



Message from the President.

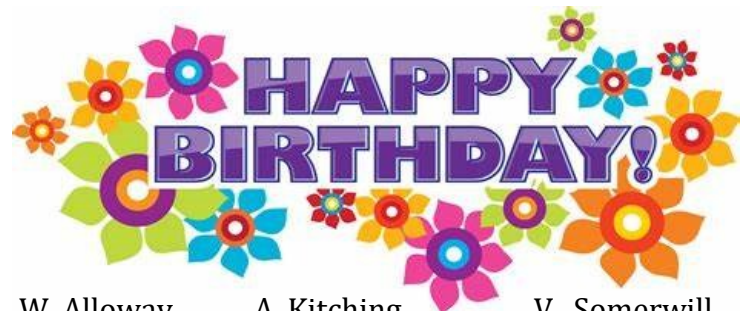
Welcome to our second meeting here at the Forest Lake Tavern. There were however a few minor issues that the committee identified at our first meeting that we have tried to address for this meeting. If you have any ideas which might help things to run a little more smoothly, please let myself or one of the committee members know and we can see if we can accommodate you.

Please note, the Hotel only opens its doors at 9.30 am for general access. The doors to the restaurant and pokies area open at 10.00 am. We have a special dispensation to allow early access for the set-up volunteers to set-up the various tables etc. We hope to have everything in place to start the meeting at 10.15 am. On Friday 12 April our bus trip to the Hunter Valley departs with some lucky travelling members. I trust that they will have a great time and no doubt have a few tales to tell. I hope all of them are good. I would like to thank Ian Horrocks for organising the trip.

I will be laying a wreath on behalf of Forest Lake National Seniors at the Anzac Day Service at the lake on Thursday 25 April. On Friday 26 April we will have lunch at the Forest Lake Tavern, please put names down today for booking purposes.

Brian

President



W. Alloway A. Kitching V. Somerwill

P.Hetherington J. Lowe

L. Horrocks G. Reginato

The Anzac tradition of wearing Rosemary.

Rosemary is an ancient symbol of fidelity and remembrance. The aromatic herb grows wild on the Gallipoli peninsula in Turkey, where the original Anzacs served in World War I. Australians traditionally wear sprigs of rosemary as a symbol of remembrance on Anzac Day or Remembrance Day.

Rosemary grows wild on the Gallipoli peninsula in Turkey where many Australians served in World War I. In the 1980s, cuttings of plants from Gallipoli were planted in nurseries throughout Australia to support [Avenues of Honour](#).





HUNTER VALLEY BUS TRIP

Hello Hunter Valley Travellers.

Our departure date Friday 12th April is finally on our doorstep. Just a last minute reminder to bring a water bottle which can be refilled for each days travel.

The bus leaves from behind the Aldi store in the Forest Lake shopping centre at 7 am. Please be there at 6.40am. Lorraine and I look forward to your company on this fantastic bus trip.

Kind Regards
Ian Horrocks
Away Trips Co-ordinator

NOTE: Please do NOT pay by transfer prior to any trip sheets being presented at the front desk for you to express your interest in attending a bus trip/event, FIRST. Expressions of interest MUST be made first before payment – making payment in advance does not guarantee you a place on the bus

We strongly encourage Members to pay via Internet banking or depositing payment over the counter at Heritage Bank Forest Lake.

Trips Payment

Bank Transfer & Direct Deposit

Account Name: National Seniors Australia Forest Lake Branch Inc

Bank account details: BSB-638 070
Acc No-12471674

Please include your name & event name on the transfer and receipt for identification.

Example – Smithx1Xmas party

Surname (Smith)

Number going (1)

Event (Branch Christmas Party)

EFTPOS

The Branch has a "Square card" hand-held EFTPOS machine to take payments. Members wishing to pay by card using this method can do so at Branch Meetings. Receipts will be emailed. Please note payment via this method will incur a surcharge of 1.9%.

Cash or Cheques

To assist the trips desk please write on an envelope:

Your name

Trip details

Payment amount

Dietary requirements

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Seal your payment inside the envelope and hand it to the trip's desk.

Unless it is in an envelope as stated above the trips table will not accept any payment.

Full Payment will be due at the monthly meeting prior to the trip.

Branch Refund Policy

Cancellation of an outing

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. In the case of a sudden medical emergency on the day which cannot be prevented, the Management Committee will consider the matter with respect to a refund.

When we have to book seats on a bus or give numbers for a booked luncheon and are still required to pay even in the case of a cancellation by a member a refund will not be provided. In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be rescheduled, members will be refunded any monies paid.

From the Activities Group

THURSDAY 11th April 2024

MARCH: Thursday 14th General meeting at our new venue – very successful venue with Peter Dunell running our Trivia morning very successfully. Thank you, Lyn Martin, for the questions and the packets of Smarties for the winners, together with piggy banks from the Heritage Bank. Great Easter hat entries – thank you to those who participated and congratulations to Pam Healy for winning the most amazing hat of the day! Many had a great lunch later after the meeting.

Friday 15th Ten Pin Bowling at Richlands Bowls and Lunch at the Lion: A fun morning bowling with lunch later at the Lion and everyone seemed to have had a great day.

APRIL: Tuesday 2nd Blue Fin dinner at 5.30pm. National Seniors received \$5.00 spent on meals over \$15.00 – thank you Blue Fin.

Thursday 11th General meeting at Forest Lake Tavern/Hotel - Niki Dowding will speak to us about Transit Care and how they could help us all.

Friday 12th-18th Hunter Valley away trip – Ian will finalize at the April meeting.

Friday 26th Forest Lake Hotel Lunch – names down please for booking purposes, this meeting please.

MAY: Thursday 9th General meeting - Karen Furnival from National Senior's Head Office will speak about National Senior's and what products they can assist us with presentation of 25-year badges to those members who have been members for that period of time.

Thursday 23rd - 9.10am at Forest Lake Bus Stop - Visit to VEND Marketplace 298 Ipswich Road Annerley on 100 bus from Forest Lake, undercover markets/food, but stop just before the Princess Alexandra Hospital.

JUNE: Monday 10th Aveo Tour 9.30am

Tuesday 11th “Esk Bush Bashers” Ange’s Anglican Church Esk - LEAVE at 8.30am with morning tea on the way and Esk from 10.30am-3.00pm, singing, music, (packed lunch given included plus cupcake, tea/coffee). Pay by May meeting. 60 ONLY PLEASE. \$55.00 for lunch/afternoon tea + \$60.00 for Gluten Free **MUST EXPRESS INTEREST ON SHEET FIRST PLEASE- THEN PAYMENT.**

Thursday 13th General Meeting – Senior Constable Ben Harm will be discussing latest scams + ID Fraud.
(BASIC FIRST AID - cancelled)

Thursday 27th Howard Smith Wharf and/or Maritime Museum – more information later.

JULY: Thursday 11th General Meeting with David Cheales - entertainer.

Thursday 25th Christmas in July at Montville Pub – \$75.00 includes morning tea on the way, 2 course meal and free tea/coffee facilities. **PLEASE EXPRESS INTEREST AT THIS MEETING.** Thank You from Lynne Ball and Activity Team

Members Welfare

Do you know of any Members who are unwell, had a bereavement in the family or feeling down? Often, we are not aware so if you know of any Members, please let our Welfare Officer know. Vicki H has kindly taken on this important role again for our club this year. You can ring Vicki on 0403663293

Committee Members

Branch email - nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126

Vice President – M Cottam 0403006758

Secretary - J Jaraminas 0402097564

Treasurer - C Court - 0426 863 506

Membership – A Kitching - 0417 508 383

Activities - L Ball - 0412 122 161

Publicity - L. Horrocks– 0409275016

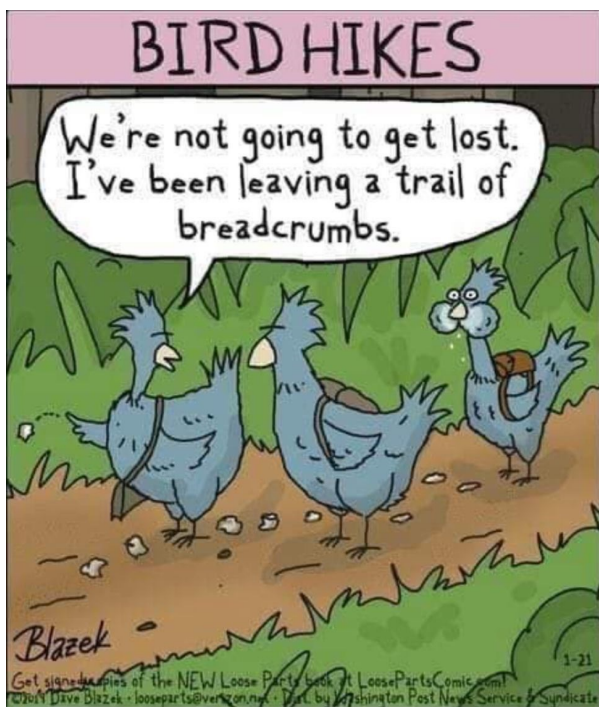
The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing of newsletters, financial reports and other support material. Thank you to the team at the Office of Jess Pugh for the printing of our newsletters each month. A special thank you goes to our volunteers

Newsletter, Agendas & Minutes of previous meetings

Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

Non-Email Members will have a copy of the newsletter reserved for them for pick up at the entry desk. The Newsletter is also available online at (nationalseniors.com.au/getinvolved/branches/forest-lake) & on our Facebook group page "Forest Lake Branch National Seniors Australia Group" If you are on Facebook go to the Branch Facebook Page (**Forest Lake National Seniors Australia**) and click on "Join Group"

Laughter is the best medicine



PUZZLE

You have a single match and are in a pitch black room with a candle, an oil lamp, and a gas stove. Which do you light first?

(Answer to above puzzle will be disclosed at the April Branch meeting.)

GALLIPOLI NURSES

No angel wings adorned their weary back
No halos hung above their troubled brow
Compassion was something they did not lack
Aid to those in need was their dedicated vow

They landed on deserted Lemnos shore
With their possessions held in their hand
They knew nothing of the misery in store
Just a little group, sheltered on the sand

A piper heralded the apprehensive group ashore
Not one nurse had any idea of what lay ahead
They had little knowledge of the horrors of war
But each nurse harboured a feeling of dread

These young women entered this foreign land
Tending the wounded being the task ahead
But when supplies did not arrive as planned
For the wounded and dying, there was no bed

The traumatised troops laid on the bare ground
And weeks passed before the huts were ready
But the nurses uttered no complaining sound
As they toiled day and night, staunch and steady

Much has been made of this action, doomed to fail
And this bloody Gallipoli conflict took many lives
But for those wounded who survived to tell this tale
Of dedicated care, a characteristic that still survives

©Text Brian Phillips

March 2024

Heritage Bank

Community
Branch

People first.

Forest Lake Branch

For all your banking needs see the friendly branch team or contact us on 3412 2360

Forest Lake Hotel

245 Forest Lake Blvd
Forest Lake, QLD, 4078
(07) 3278 7444

General Opening Hours

Everyday 10.00am - 4.00am

	FOREST LAKE BRANCH EVENT CALENDAR APRIL TO JULY 2024	
<u>APRIL</u>		
Thursday 11th	General Meeting - Forest Lake Hotel 9.30am - Speaker Niki Dowding from Transicare.	\$8
Fri 12th -Thurs 18th	AWAY TRIP - Ian will finalise at the April meeting.	BOOKED - Waitlist only
Thursday 25th	ANZAC DAY service at the Lake - President to lay wreath	
Friday 26th	Forest Lake Hotel Lunch - 11.30am Names down for booking purposes please	Own expense
<u>MAY</u>		
Thursday 9th	General Meeting - Forest Lake Hotel 9.30am KAREN FURNIVALL NATIONAL SENIORS REPRESENTATIVE to present 16 members with 25 year service badges and a talk on National Seniors and what products they can assist members.	\$8
Thursday 23rd	Visit VEND MARKETPLACE - 298 Ipswich Road, Annerley 100 bus route. Market is just before Princess Alexandra Hospital - Morning tea, shopping and lunch	Own expense
<u>JUNE</u>		
Monday 10th	AVEO (FOREST GROVE DURACK) Tour. Morning Tea plus tour. Approximately 9.30am start. NEED 15 interested parties to participate which will generate \$500 in gift vouchers to go to our National Seniors Branch.	
Tuesday 11th	Esk Bush Bashers, Ange's Anglican Church, 41 Highland Street, Esk 10.30am-3.00pm Cut off number is 60 people	\$55
Thursday 13th	National Seniors General Meeting - Forest Lake Tavern 9.30am FIRST AID VOLUNTEER speaker.	\$8
Thursday 27th	An outing to the Howard Smith Wharf and/or the Maritime Museum	Own expense
<u>JULY</u>		
Thursday 11th	General Meeting - Forest Lake Hotel 9.30am - Entertainer David Cheales	\$8
Thursday 25th	CHRISTMAS IN JULY - Montville Pub with morning tea stop 2 course meal with free tea/coffee. PLEASE EXPRESS INTEREST AT THIS MEETING.	\$75 pp

