



Message from the President

Welcome to a New Year at National Senior Australia, Forest Lake Branch. I hope that the past festive season was an enjoyable one and that most of you managed to meet up with and share time with family and friends.

We finished last year with a "bang" having a great Christmas lunch at the Gales golf club which seemed to be enjoyed by all, there were even free golf buggy rides for those who wanted one. My thanks to the activities group for their hard work in spite of some hiccups along the way.

Our activities group has organised a full program for the next six months, with the program kicking off with a lunch at the Lucky Tree Tavern on the Friday 16th February. Do come and join us and enjoy a very reasonably priced meal. There is also an International Women's Day lunch at the Forest Lake Hotel on the Friday 8th March. Please see Lynne Ball if you haven't already put your name down.

Brian

Welfare officer volunteer

We would like to welcome Vicki H to the role of Welfare Officer. Thank you Vicki for volunteering your time to assist our Branch with this important role.

Happy Valentine's Day!



- |              |             |                |
|--------------|-------------|----------------|
| L Abbersteen | A Donaldson | V Hodgson      |
| L Bird       | R Fraser    | V Mercer-Brown |
| C Bolton     | L Graham    | J Nebe         |



International Women's Day Lunch  
\$55 (alternate drop)  
Colours purple, green & white  
11.30am Forest Lake Hotel  
Speakers

Important notice

Card payments will not be available at the February meeting due to no eftpos machine available.

## Upcoming Events

### February

#### Branch Meeting

DATE: Thursday 8th  
WHERE: Hotel Richlands, 132 Government Road, Richlands  
Speaker Ron Walsh "Stroke safe"  
**Pay for International Women's Day Names for Lucky Tree Tavern Lunch Names for Ten Pin Bowling & Lunch**  
Visitor Isabel Stankiewicz - Community Development Officers Seniors, BCC  
TIME: **Entry 9.30am**, 10.15am meeting starts  
COST: \$8.00

#### Lunch

DATE: Friday 16th  
WHERE: Lucky Tree Tavern, Durack  
TIME: 11.30 am  
COST: Own expense

### March

#### International Women's Day Lunch

DATE: Friday 8th  
WHERE: Forest Lake Hotel  
TIME: 11.30 am  
COST: \$55

#### Branch Meeting

DATE: Thursday 14th  
WHERE: Hotel Richlands, 132 Government Road, Richlands  
Trivia with Lyn Martin and Easter Hats fun  
TIME: **Entry 9.30am**, 10.15am meeting starts  
COST: \$8.00

#### Ten Pin Bowling and Lunch

DATE: Friday 15th  
WHERE: Zone bowling and the Lions, Richlands  
TIME: 10.00 am  
COST: Own expense

### April

#### Branch Meeting

DATE: Thursday 11th  
WHERE: Hotel Richlands, 132 Government Road, Richlands  
Speaker Niki Dowding - Transicare.  
Mothers Day Sunday 12th  
TIME: **Entry 9.30am**, 10.15am meeting starts  
COST: \$8.00

#### Away Trip 6 nights/7days

DATE: Friday 12th to Thursday 18th  
WHERE: Hunter Valley "Granite Highlands Maxitours"  
TIME: 7.00 am  
COST: Booked / waiting list

**Anzac Day** - Service at the lake. President to lay wreath

#### Lunch

DATE: Friday 26th  
WHERE: Forest Lake Hotel  
TIME: 11.30 am  
COST: Own expense

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 – Smithx1IWD  
Surname (Smith)  
Number going (1)  
Event (International Women's Day Lunch)

### 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
International Women's Day
\$ 55
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 30<sup>th</sup> November 2023 – Christmas Lunch at Gales Golf Club

Thank you so much to Clive Kitching for your help in recommending this amazing venue, and Dan Baldwin for his special assistance on the day, also.

We had 83 attending, even though we mentioned that there were stairs! Ambience was wonderful, music was amazing and food/service simply “the best” Thank you to Gales Golf Club – a thank you email was forwarded thanking everyone involved. Such wonderful feedback.

**CALENDAR FOR 2024** – please note - swap changes for the months of April/May. Please see the changes to calendar in the newsletter, which is always subject to change.

**FEBRUARY 8TH MEETING** – Ron Welsh will be doing a presentation on “StrokeSafe”.

**Friday 16<sup>th</sup>** Lunch at Lucky Tree Tavern – please put you names down for booking purposes please.

### **MARCH**

**Friday 8<sup>th</sup> International Women’s Day lunch** – Forest Lake Tavern/Hotel 11.30am MUST put name down, pay at meeting or online afterwards, FRIENDS invited must put their name on the list and payment made to enable us to advise of numbers attending, for catering purposes. COLOURS: GREEN/WHITE/PURPLE - wear to lunch, Speakers and lucky raffle draws. Great day. \$55.00

**Friday 15<sup>th</sup>** 10.00 am Ten pin bowling plus lunch afterwards at the Lion – names please.

Lynne Ball + Activity Team

## Christmas Party

What a fabulous Christmas Party at Gales Golf Club which was beautifully decorated. Our two course meal was very delicious and so nicely presented. Lucky winners were all smiles. Thanks to our Politicians and Heritage bank for their kind donations. Also thanks to Marjorie for her donation of a homemade tray of Christmas goodies. What about those fabulous dancers on the dance floor rocking along to the fantastic sounds of our entertainers. They really were a big hit with music many of us thoroughly enjoyed. Special thanks to our activities group who were kept busy but always with a smile on their face.



### HUNTER VALLEY BUS TRIP

**Departing: The Forest Lake Shopping Centre**

**7am on Friday 12th April 2024**

**Returning Forest Lake on Thursday 18th April 24**

Hello Bus Trip enthusiasts.

Our long awaited bus trip departure to the Hunter Valley and surrounds is fast approaching. Participating members who have paid a deposit of \$100 pp are now requested to make arrangements for a bank transfer of the outstanding fare to our National Seniors Australia Forest Lake Branch account.

#### **Fare :**

\$1590 per person, twin/double less deposit = \$1490

\$1920 per person, Single less \$100 deposit = \$1820

Account Name:

National Seniors Australia Forest Lake Branch Inc.

Account Details: BSB : 638070

Account Number: 12471674

Please include 'your name'; S or D or T for single, double, twin: the number you are paying for [1 or 2] ; and the word 'Hunter'

EXAMPLE: HorrocksD2Hunter

All fare monies must be paid to reach our branch account **before our February meeting**. This will confirm your booking and allow me to approach members on standby should you choose not to participate.

Kind Regards

Ian Horrocks. Away Trip Coordinator.

*Granite Highlands  
Maxi - Tours*



## [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](http://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](#)

What do you call malware on a Kindle?

A bookworm.

Why are crabs so bad at sharing?

Because they're all shellfish.

What happens to a frog's car when it breaks down?

It gets toad away.

Why aren't koalas actual bears?

They don't meet the koalafications.

What do dentists call their x-rays?

Tooth pics!

Why should you never trust stairs?

They're always up to something.

What do you call blackbirds that stick together?

Vel-crows.

Question: What do you call a piece of sad cheese?

Blue cheese.

**Riddle:** What starts with 'T', is filled with 'T' and ends in 'T'?

Answer to above puzzle will be disclosed at the February Branch meeting.

## **BATCHELOR SOUP**

I was a bachelor, the good wife was taking a break  
And although she had made up meals for every day  
I decided chicken soup would be easy enough to make  
So I collected the ingredients to help me on my way  
As I checked my ingredients I found I had no chicken stock  
So I made a hurried journey to the local grocer's shop  
Not too much of a journey, just a bit down the block  
But a shame just as I started, having suddenly to stop  
Back to the kitchen where my task had been aborted  
I diced some potatoes so they would cook right through  
Again checking my list to ensure everything was sorted  
For this was to be a masterpiece not just another stew  
I prepared the onions next by giving them all the chop  
And despite my crying, I swore I would never call it quits  
For although peeling the onions caught me on the hop  
No matter the teary eyes, I chopped those onions into bits  
Cutting carrots was next for my sudden kitchen caprice  
A much easier proposition than the eyewatering onion  
And an essential ingredient for my culinary masterpiece  
Because the carrot is an excellent vegetable companion  
No soup would be complete without putting garlic in  
Also without celery my soup would ever hit the spot  
So I prepared both with some mushroom and capsaicin  
And at this time I had to lightly fry my onions in a pot  
Popping in all the veggies when the onions were done  
I vigorously stirred this masterful edible concoction  
And to ensure my masterpiece was completely homespun  
I poured in the chicken stock, perfection my only option  
Drumsticks were prepared next for my soup "par excellent"  
It took care and time to remove all the fatty chicken skin  
As I wanted this culinary masterpiece to be quite decadent  
And final preparation would ensure I suffered no chagrin  
I put pepper and a crushed up oxo cube into the brew  
While adding those chicken thighs to the cooking pot  
Stirring the contents to ensure they all cooked through  
Then added just enough water in to cover up the lot  
I let the pot simmer a couple of hours on a low heat  
Then took the slow cooked chicken from out the pot  
I stripped the bones, removing all the cooked meat  
Then used the "Bamix" to blend in the simmering lot  
After dicing the chicken up I put it back into the stew  
Then removing my culinary masterpiece from the heat  
All that was left now was to taste the blended brew  
And although I can say is it was a taste hard to beat  
There was something missing in this triumphal soup  
One special intangible flavour, standing a class above  
I realised what ingredient was missing from my group  
A very special blend, the wife made her soup with love

<b>February</b>		
<b>Thursday 8<sup>th</sup></b>	General Meeting at the Richlands Tavern 9.30 for 10.15 am start <b>Speaker Ron Walsh - "Stroke Safe"</b> Visitor Isabel Stankiewicz - Community Development Officer Seniors, Access & Inclusion Team/Inclusive Communities Lifestyle & Community Services Brisbane City Council	<b>\$8</b>
<b>Friday 16<sup>th</sup></b>	Lucky Tree Tavern, Durack, 11.30 am	<b>Own expense</b>
<b>March</b>		
<b>Friday 8<sup>th</sup></b>	International Women's Day Lunch, 11.30 am	<b>\$55</b>
<b>Thursday 14<sup>th</sup></b>	General Meeting at the Richlands Tavern 9.30 for 10.15 am start <b>Trivia with Lyn Martin &amp; Easter Hats Fun</b>	<b>\$8</b>
<b>Friday 26<sup>th</sup></b>	Ten Pin Bowling (Zone Bowling Richlands) & Lunch (Lions Richlands)	<b>Own expense</b>
<b>April</b>		
<b>Thursday 11<sup>th</sup></b>	General Meeting at the Richlands Tavern 9.30 for 10.15 am start <b>Speaker Niki Dowding - Transicare. Mother's Day Sunday 12<sup>th</sup></b>	<b>\$8.00</b>
<b>Friday 12<sup>th</sup> to Thursday 18<sup>th</sup></b>	Away trip - Hunter Valley trip with Granite Highlands Maxitours 6 nights/7 Days	<b>Booked with waiting list</b>
<b>Thursday 25<sup>th</sup></b>	ANZAC DAY - Service at the lake - President to lay wreath	
<b>Friday 26<sup>th</sup></b>	Forest Lake Hotel lunch, 11.30 am	<b>Own expense</b>

## 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 for our club this year. You can contact her on 0403 663 293.

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing financial reports and other support material. Thank you to the team at the Office of Inala Parliament for the printing of our newsletters each month. A special thank you goes to our volunteers without whom our meetings would not run so smoothly.

## Committee Members

**Branch email - nsaforestlakesec@gmail.com**

President - B Waldeck - 0407113126  
 Vice President - M Cottam - 0403 006 758  
 Secretary - J Jararminas - 0402 097 564  
 Treasurer - C Court - 0426 863 506  
 Membership - A Kitching - 0417 508 383  
 Activities - L Ball - 0412 122 161  
 Publicity - L. Horrocks- 0409275016

## 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



**NATIONAL SENIORS AUSTRALIA**  
**FOREST LAKE BRANCH**  
**EVENT CALENDAR FEBRUARY TO JULY 2024**  
**as at 22 JANUARY 2024 SUBJECT TO CHANGE**

<b>FEBRUARY</b> Thursday 8 <sup>th</sup>	General meeting held at the Richlands Tavern 9.30am – Speaker “Stroke Safe” – Speaker Ron Welsh. Visitor Isabel Stankiewicz, Community Development Officer Seniors, Access & Inclusion Team/ Inclusive Communities Lifestyle & Community Services Brisbane City Council	<b>\$8</b>
Friday 16 <sup>th</sup>	Lucky Tree/Durack Tavern Lunch 11.30am	<b>Own expense</b>
<b>MARCH</b> Friday 8 <sup>th</sup>	International Women’s Day Lunch – purple, green & white – 11.30am Forest Lake Hotel (alternate drop) Speakers	<b>\$55</b>
Thursday 14 <sup>th</sup>	General meeting held at The Richlands Tavern 9.30am – Trivia with Lyn Martin and Easter Hats Fun	<b>\$8</b>
Friday 15 <sup>th</sup>	Ten Pin Bowling 10am at Zone Bowling, Richlands followed by lunch at the Lion Richlands. Suggest lunch at Lions for all members not playing	<b>Own expense</b>
<b>APRIL</b> Thursday 11 <sup>th</sup>	General Meeting held at the Richlands Tavern 9.30am – Speaker Niki Dowding, Transicare. Mother’s Day Sun 12 <sup>th</sup>	<b>\$8</b>
Fri 12 <sup>th</sup> – Thurs 18 <sup>th</sup>	<b><u>AWAY TRIP</u></b> - Hunter Valley Trip with Granite Highlands Maxitours 6 nights/7 days \$1590 pp D or Twin Share Single \$1920 (not sharing)	<b>Booked – waiting list.</b>
Thursday 25 <sup>th</sup>	ANZAC DAY – service at The Lake – President to lay wreath.	
Friday 26 <sup>th</sup>	Forest Lake Hotel Lunch 11.30am	<b>Own expense</b>
<b>MAY</b> Thursday 9 <sup>th</sup>	General meeting held at the Richlands Tavern 9.30am Karen Furnivall National Seniors presentation to 16 Seniors with 25-year service badges and a talk on National Seniors	<b>\$8</b>
Thursday 23 <sup>rd</sup>	Visit Vend Marketplace, 298 Ipswich Rd Annerley on 100 bus route just before PA Hospital – morning tea, shopping and lunch	<b>Own expense</b>
<b>JUNE</b> Tuesday 11 <sup>th</sup>	Esk Bush Bashers, Ange's Anglican Church 41 Highland Street, Esk. 10.30am-3pm. Cut off number 60 people	<b>\$55 \$60 G/F</b>
Thursday 13 <sup>th</sup>	General meeting held at the Richlands Tavern 9.30am – First Aid Volunteers Speaker	<b>\$8</b>
Thursday 27 <sup>th</sup>	Howard Smith Wharf and/or Maritime Museum	<b>Own expense</b>
<b>JULY</b> Thursday 11 <sup>th</sup>	General meeting held at The Richlands Tavern 9.30am – Entertainer David Cheales	<b>\$8</b>
Thursday 25 <sup>th</sup>	<b><u>Christmas in July</u></b> – Montville Pub, morning tea stop	<b>\$75pp</b>