



Message from the President.

May 2024.

Welcome to the National Seniors Forest Lake Branch. On Anzac Day I had the honour of laying a wreath on behalf of the branch at the morning ceremony. I was staggered to see so many people at this moving ceremony.

I also caught up with a few of the travellers from the last bus trip which went to the Hunter Valley, Central New South Wales, and they could hardly stop talking about what a great time they had. I would like to thank Ian and his helpers for organising the trip. So much fun was had by all that we are looking at doing another trip later this year to Hervey Bay. Ian will speak about this later in the meeting seeking expressions of interest.

I welcome Karen Furnivall, Secretary of National Seniors Australia in Queensland to our meeting this morning. Karen will be presenting 25 year membership badges to some of our members and then updating us on the latest lobbying the NSA is doing to the government on behalf of seniors.

Brian



- | | | |
|--------------|-------------|-------------|
| J. Baldwin | M. Gibson | I. Horrocks |
| I. Bidiuch | C. Harnwell | M. Howes |
| J. Du Thaler | M. Harnwell | B. Maughan |
| N. Edwards | V. Harrison | S. Pluta |



Our meetings start at 10.00am with access to hotel from 9.30am

SEPTEMBER AWAY TRIP TO BUNDABERG
departing 29th September 2024

Hello travelling enthusiasts, well I promised a number of members that I would present another away trip for the latter part of the year and to this end I will take expressions of interest for our latest bus trip spectacular at our May meeting.

The proposed trip will take 5 days and 4 nights travelling to Bundaberg Maryborough and surrounds. The itinerary takes us to both famous and out of the way venues and includes a beautiful boat trip on the Burnett River and internationally recognised whale watching in Hervey Bay.

This bus trip is again provided by Allan Foster of Granite Highlands Maxi-tours, whose costings I believe to be extremely reasonable in this world of escalating prices. To be fair to all members I will take the names of those members wishing to go on the away trip on a first come basis at the May meeting and not prior to or by telephone.

The itinerary is included in this edition of the newsletter and is costed at \$1369 per person for double/twin accommodation and \$1709 for single accommodation. Payment will consist of a deposit of \$100 per person by our June meeting and the final payment of the outstanding amount by the August meeting.

If the proposed bus trip receives adequate support at the May meeting this outing which is set down for Sunday 29th September 2024 will proceed. I continually strive to bring the best of away trips for you and I know this one wont disappoint.

Kind Regards
Ian Horrocks
Away Trip 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

9TH MAY 2024

APRIL:

Tuesday 2nd **Blue Fin dinner at 5.30pm - \$5.00 for every meal over \$15.00 was donated to our Branch.**

Thursday 11th **General meeting at Forest Lake Tavern - TransitCare cancelled 4 days prior so Hearing Australia contacted to fill vacancy and the presentation was excellent.**

Friday 12th-18th April **Hunter Valley away trip -excellent trip, perfect weather, food, everyone mixed well, with a huge thank you to Allan for his wonderful organizational skills and Ian Horrocks for arranging the trip.**

Friday 26th **Forest Lake Hotel/ Tavern for lunch at 11.30am- 20 attended.**

MAY:

Thursday 9th **General meeting- Karen Furnivall from National Senior's Head Office will attend to present members with their 25-year member pins, and will provide a presentation on National Senior's products and how they can help us.**

Friday 20th **10am-2pm Portofino Warehouse visit. 11 Emily Street, Highgate Hill. Own Transport/Car Pool (20 only please)**

Thursday 23rd **9.10am bus 100 from McDonalds at Forest Lake to visit VEND Marketplace Annerley, undercover markets/food, bus stop just before PA Hospital.**

JUNE:

Monday 10th FOREST GROVE (AVEO) TOUR HAS BEEN CANCELLED.

Tuesday 11th **"Esk Bush Bashers" Ange's Anglican Church Esk. Leave at 8.30am with morning tea on the way to Esk, arriving at 10.30am - 3.00pm. Entertained by bush band with old fashioned wash boards, packing box double base, singing, dancing and a lot of fun. Pack of sandwiches and cake given for lunch - never ending tea/coffee. 60 only please. \$55.00 plus \$60 Gluten Free. PAYMENTS & NAMES AT MAY MEETING PLEASE**

Thursday 13th **General Meeting - Senior Constable Ben Harm will be discussing latest scams + ID fraud.**

Thursday 27th **Howard Smith Wharf or Maritime Museum - Bus 100 at 9.00am McDonalds Forest Lake.**

JULY:

Thursday 11th **General Meeting with David Cheales - entertainer**

Thursday 25th **Christmas in July at Montville Pub - \$75.00 which includes morning tea on the way, 2 course meal with tea/coffee station. (PLEASE BE AWARE - MONTVILLE PUB - HAS STAIRS AT THE VENUE)**

PLEASE EXPRESS INTEREST ASAP AT MAY MEETING, PAYMENT JUNE - FOR BOOKING PURPOSES.

Lynne Ball + Activity Group

Thank you

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 Margie Nightingale 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.

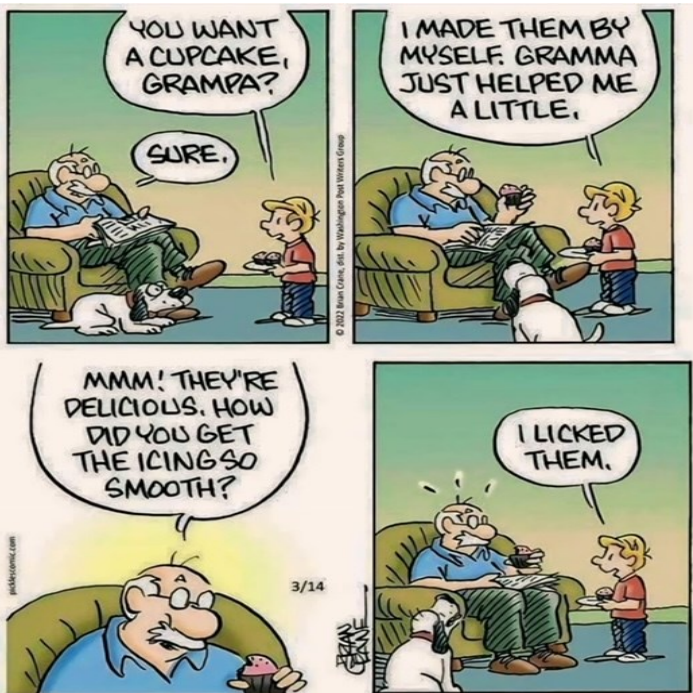
Newsletter, Agendas & Minutes of previous meetings

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

Why are pediatricians always so grumpy?
They have little patients.



PUZZLE:

What is it?

If you have three, you have three.

If you have two, you have two.

But if you have one, you have none.

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



President Brian laying a wreath at the Anzac Day Service at Forest Lake on behalf of all members.

PHOTOS

Please don't forget to check our Photo Book [with many thanks to Julie Baldwin] at our meetings. You choose and order the photos you want at no cost to you.

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 MAY TO JULY 2024

FOREST LAKE BRANCH		
EVENT CALENDAR MAY TO JULY 2024		
<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
Monday 20th	Portifino visit. 10am-2pm 11 Emily Steet. Highgate Hill. Own transport/carpool. Put your name down today.	Own expense
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	The tour and morning tea at FOREST GROVE (AVEO) has been cancelled.	
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 Sen. Constable Ben Harm, Mt Ommaney Police - PRESENTING LATEST SCAMS + ID FRAUD	\$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. <i>Please be aware there are stairs at this venue.</i>	\$75 pp

Granite Highlands Maxi-Tours Proposed tour to Bundaberg /Maryborough/Hervey Bay

4 Nights 5 Days

Day 1. 7am Depart Forest Lake for morning tea and Tour at Yandina Ginger Factory then proceed to Maryborough for lunch at the Carriers Arms Hotel then proceed to Mamino's Ice Creams Childers for Macadamia Ice Cream then to Bundaberg and book into Motel
6.30pm Dinner at Motel Restaurant

Day 2. 7.30am Breakfast at Motel 8.30am Depart to Bundaberg Ginger Beer Factory tour and Tastings then to Hinkler Aviation Museum and Botanic Gardens then to Lunch at Bargara Golf Club then to the Bundaberg Rum Factory tour and tastings to The Hummock Lookout then return back to Motel 6.30pm Dinner at Bundaberg Services Club

Day 3. 7.30am Breakfast at Motel Depart to the Bundy Belle for 2.5 Hour Burnett River Cruise with morning tea then to Lunch at Grunske's by the River then to Kalkie Moon Gin Distillery for tour and tastings then to Tina Berries for a berry ice cream to Macadamias Australia can purchase products and look around shop then back to the Motel 6.30pm Dinner at Motel

Day 4. 7.30am Breakfast at Motel Load Bus then Depart to Hervey Bay to Reef World fish feeding experience and tour with early lunch at their waterfront Restaurant then Board the Tasman Venture around 1.15pm Departs at 1.30pm for Whale Watching Cruise returns around 5.30pm Then book into Hervey Bay Motel 7pm Dinner at Hervey Bay RSL Club

Day 5. 7.30am Continental Breakfast at Motel Load Coach and Depart to Maryborough Military Museum and Freedom Park then Morning tea at Allowishes Delicious Café then to Pomona Hotel for Lunch after Lunch proceed back to Forest Lake with Comfort Stops at Caboolture if needed

All inclusive cost for the 4 night 5 day tour to Bundaberg Hervey Bay and Surrounds is \$1369 per person Double or Twin Share and Single is \$1709 per person (person not sharing motel room)

Enquiries to Away trip Co-ordinator, Ian Horrocks

NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
DRAFT EVENT CALENDAR AUGUST TO DECEMBER 2024 as at 22 APRIL 2024

<u>AUGUST</u>		
Thursday 8 th	General meeting held at the Forest Lake Hotel 0930am – 13 th Birthday Celebration with Cake Speaker – TransitCare (Lee-anne Laura)	\$8
Thursday 15 th	Day trip – Redlands IndigiScapes Environment Centre & Cafe Capalaba, Botanic Gardens and tracks plus native nursery & Golden Circle Factory Outlet. Includes morning tea on way. Depart Aldi 8.30am. Lunch at own expense or BYO	\$25
<u>SEPTEMBER</u>		
Thursday 12 th	General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2025 Calendar	\$8
Wednesday 18 th	Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. Depart Aldi 8am	\$50
Sunday 29th-Oct 3rd	Away trip Bundaberg-Maryborough-Whale watching.	Own expense
<u>OCTOBER</u>		
Wednesday 9 th	Over 50s Expo – Riverlife Seventeen Mile Rocks	-
Thursday 10 th	General Meeting held at Forest Lake Hotel 0930am – Kelly from “LiveUp” is our speaker today. This is a free healthy ageing guide funded by Australian Department of Health & Aged Care designed to help us stay independent & socially connected as we grow older.	\$8
Thursday 17 th	Day trip – Woongooroo Estate Winery Kilcoy/Mount Archer includes morning tea, lunch + fun. Depart Aldi 8am	\$50
<u>NOVEMBER</u>		
Thursday 7th	Spring Breakfast, CAFÉ 63 , Richlands. 7.30am	Own expense
Thursday 14 th	General meeting held at Forest Lake Hotel 0930am - Speaker	\$8
Thursday 21st	Bus and City Cat to The River Room Café, Northshore Hamilton near Gateway Bridge (<u>maybe now called Riva Kitchen & Events</u>) Bus 100 departing 9am McDonalds	Own expense
<u>DECEMBER</u>		
Thursday 5 th	CHRISTMAS PARTY – Blue Fin Entertainer Alice. 2 courses Baked Pork & Ham, roast vegetables and dessert	\$tba