



## Message from the President.

Welcome to our National Seniors's Meeting today and to our April newsletter. Having been away in Cape Town, South Africa for 6 weeks it is really good to be back home and finally get over the fuzzy head from the jetlag. To explain, Liz and I went to Cape Town to support our daughter (Diane) who had a stroke on New Year's day. I can report that Diane has made a remarkable recovery, having worked hard at her physio, O.T. and speech therapies, and is going back to teaching at the beginning of next term.

As a result I would like to thank Peter Dunell (with his best Irish jokes) for standing in for me at short notice and the members of the management committee and volunteers who kept the branch running smoothly while I was away. Thank you all.

A sad story from Diane's rehab neighbour of similar age, who had a similar stroke to Diane's but was left laying on the floor for 4 days before a work mate came around to find out why they could not get hold of her. Lets try not to let this sort of incident happen in our neighbourhood and look out for our neighbours and friends.

While I've been away the Activities sub Committee has been hard at work drawing up a list of great activities for our meetings and outings for the coming year, ( many things need to be booked well in advance) for us to enjoy together during the year.



## APRIL BIRTHDAYS

Pat	Anna Kitching	Gina Reginato
Hetherington	Jill Lowe	Vera Somerwil
Lorraine		
Horrocks		

**National Seniors Branch use the access to the Forest Lake Hotel. on the side of the hotel opposite the Red Rooster.**



## PRICE RISE FOR CLUB NAME BADGES

**Unfortunately, because of a rise in the cost of badges by our supplier club name badges now cost \$7.50.**

## ACTIVITY REPORT

### ACTIVITY REPORT FOR GENERAL MEETING THURSDAY 10TH APRIL 2025

#### MARCH

**Thursday 20<sup>th</sup>** Day trip to Laidley – Bundled with a visit to the Pioneer Village, which was excellent, scones jam and cream to start, then to the Queensland National Hotel for a delicious meal – pre-ordered with a drink followed by Op shopping – they had recently been flooded – such a great trip.

#### APRIL

**Thursday 10<sup>th</sup>** General meeting – Speaker Franz (Frank) Sauter + Denise Martin-Worland from Rotare, presentation from ESRAG, environmental section of Rotary, on recycling of small items. **Wear EASTER HATS** + there will be Easter eggs also! **LUCKY EASTER HAMPER DOOR PRIZE – KINDLY DONATED BY CR CHARLES STRUNK**

#### MAY

**Friday 2<sup>nd</sup> – 5<sup>th</sup>** Away Trip –

*The Great Goondiwindi Rail Adventure with Allan –  
Departure time 7.30am Ian to discuss*

**Thursday 8<sup>th</sup>** General meeting – “Little Wings” presentation by Clare Pearson

**Friday 18<sup>th</sup>** Ten Pin Bowling - Richlands 10.00 am then Lunch at The Lions later (OR just meet there for lunch – NAMES DOWN FOR BOTH FOR BOOKING PURPOSES)

#### JULY

**Thursday 24<sup>th</sup> July 2025**

*Birches Restaurant at Mt Mee Samford – booked and capped at 50. Two course meal, duo singers, great views and location - \$75 for members + \$80 non-members. Only 6 seats AVAILABLE – we will have a waiting list.*

#### OCTOBER

**Monday13-Wednesday15<sup>TH</sup>** Mary Valley Explorer- Gympie Away Trip \$825.00 pp double OR \$985 PP single - EXPRESSIONS of interest sheet was available at March meeting – 27 people have expressed their interest in this trip so far with more seats available + \$100 deposits being paid prior to meeting.

**NB: OUR 2026 CALENDAR ONWARDS, OUR DAY TRIPS WILL BE ON THE 4<sup>TH</sup> THURSDAY OF THE MONTH – NO CLASHES WITH OTHER GROUPS.**



## 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 –  
Secretary - J Jaraminas 0402097564  
Treasurer - C Court - 0426 863 506  
Membership – N. Blunden - 0421282052  
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

## Forest Lake Hotel

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

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

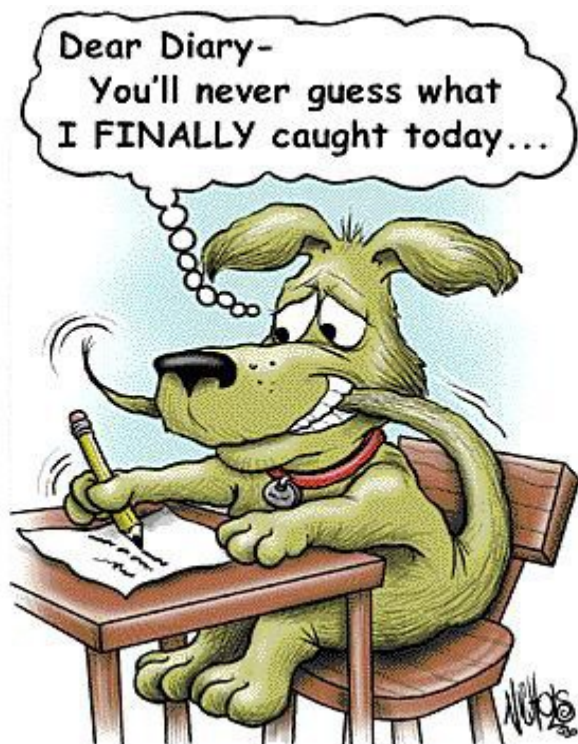
Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

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](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 runs around a yard without actually moving?

Answer will be at our April meeting.

**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 trips 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.

## AWAY TRIPS

**Hello Travelling Enthusiasts**, well with our massive rain events easing, our thoughts once again turn to the wonder of travel and accordingly, our branches' activity group have presented a second AWAY TRIP for the last half of 2025.

The “**Mary Valley Explorer**” is a two( 2 ) night three ( 3 day) travel extravaganza which proved to have sufficient member interest to give the trip the ‘Green’ light. However we are still taking names for inclusion on this trip.

### **# For those members who have already put their names**

**down.** A deposit of \$100 per member is requested before our next meeting on the 10<sup>th</sup> April. As bookings are now being made on your behalf please let Julie Baldwin or myself know if you are UNABLE TO PARTICIPATE.

I am always available to answer questions.

Kind Regards

Ian Horrocks

Away Trip Co-Ordinator



## **ITINERARY**

**Day 1** - 8.00am Depart Brisbane to the Caboolture Pioneer Village for Morning Tea and Self Guided tour then to Gympie Gold Mining Museum for Lunch and Tour then to Gympie Timber Museum then book into Motel at around 4.30pm (Great Eastern Motel Gympie) 6.30pm Dinner at Motel

**Day 2** - 7am Breakfast at Motel Restaurant 8.15am Depart to Habitat Noosa Everglades Eco Camp for a 9am/9.15am Depart for Cruise Noosa Everglades including morning tea at Harrys Hut then cruise back to the Noosa Everglades Eco Camp for lunch then to Rainbow Beach and Carlo Sand Blow then return back to Gympie 6.30pm Dinner at Motel Restaurant

**Day 3** - 7.30am Breakfast at Motel then Depart to the Old Gympie Railway Station to Board the Gympie Rattler for the Journey down to Amamoor Station short break then Return back to Gympie Station for Lunch then to Kenilworth Cheeses for Cheese tastings then return back to Brisbane via Maleny with stop in Maleny time permitting



# NATIONAL SENIORS AUSTRALIA

## FOREST LAKE BRANCH

<b><u>APRIL</u></b> <b><u>SUN 5 TO MON 21</u></b> <b>Thursday 10<sup>th</sup></b>     <b>Friday April 25</b>  <b><u>FRI 18 TO MON 21</u></b>	<b>SCHOOL HOLIDAYS QLD</b>  <b>General Meeting held at the Forest Lake Hotel 9.30 for 10 am</b> <b>Wear your Easter Hat and yes there will be Easter Eggs too.</b> <b>Guest Speaker : Frank Sauter and Denise Martin-Worland -</b> <b>speaking on Rotate: recycling of small items. (This project is</b> <b>part of E.S.R.A.G. (Rotary)</b>  <b>ANZAC DAY – service at The Lake start time is 10.40am</b> <b>Wreath Laying</b>  <b>EASTER PERIOD</b>	          <b>\$8</b>
<b><u>MAY</u></b>  <b>Friday 2<sup>nd</sup> -</b> <b>Monday 5<sup>th</sup></b>    <b>Thursday 8<sup>th</sup></b>     <b>Friday 16<sup>th</sup></b>	<b>AWAY TRIP – The Great Goondiwindi Rail Adventure with</b> <b>Allan (Granite Highlands Maxi Tours) – 4 day 3 night</b>   <b>General meeting held at the Forest Lake Hotel 9.30 for 10 am</b> <b>and Mother's Day Sun 11<sup>th</sup> Speaker from Little Wings -</b> <b>Clare Pearson (Providing transport for seriously ill</b> <b>children across regional and rural NSW, ACT and QLD via air</b> <b>and ground)</b>  <b>Ten Pin Bowling at Richlands 10 am and lunch at The Lion</b> <b>from 11.30am</b>	<b>Own expense</b>       <b>\$8</b>       <b>Own expense</b>
<b><u>JUNE</u></b>  <b>Thursday 12<sup>th</sup></b>    <b>Thursday 26<sup>th</sup></b>	<b>General meeting held at the Forest Lake Hotel 9.30 for 10 am</b> <b>Entertainer</b>  <b>City Cat Ferry from Southbank to Northpoint, Hamilton with</b> <b>lunch at Riverside Café= Bus and ferry times to be advised.</b>	<b>\$8</b>    <b>Own expense</b>
<b><u>JULY</u></b> <b>Thursday 10<sup>th</sup></b>    <b>Thursday 24<sup>th</sup></b>	<b>General meeting held at the Forest Lake Hotel 09.30 for</b> <b>10am 11am Natalie's Chair Yoga</b>  <b>Christmas in July – Birches Restaurant Mt Mee.</b> <b>Booked. Capped at 50 - two course meal, amazing views,</b> <b>duo entertainment.</b>	<b>\$8</b>    <b>\$75 - members</b> <b>\$80 - Non</b> <b>members</b>

**NATIONAL SENIORS AUSTRALIA**  
**FOREST LAKE BRANCH**  
**CALENDAR AUGUST TO DECEMBER as at 6<sup>th</sup> March 2025**

<b><u>AUGUST</u></b>		
Thursday 14 <sup>th</sup>	General meeting held at the Forest Lake Hotel 09.30am – 14 <sup>th</sup> Birthday Celebration with Cake  Entertainment – David Mason - quartet “Mates Rates” \$350	\$8
Thursday 21 <sup>st</sup>	8.00 bus departs for Wellington Point Farmhouse Restaurant – morning tea HIGH TEA including a drink + drive around Wellington Point- Golden Circle Outlet to buy goodies	\$75
<b><u>SEPTEMBER</u></b>		
Thursday 11 <sup>th</sup>	General meeting held at Forest Lake Hotel and AGM 09.30am – ask for member suggestions for 2026 Calendar?	\$8
Tuesday 16 <sup>th</sup>	Day trip – Esk Bush Bashers, - music, dancing, interaction, and fun - Lunch tea/coffee included	\$70 \$75 GF
Thursday 25 <sup>th</sup>	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevard.	Own Expense
<b><u>OCTOBER</u></b>		
Mon 6 <sup>th</sup>	Public Holiday – Kings Birthday	FREE
Wed 8 <sup>th</sup>	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks	FREE
Thursday 9 <sup>th</sup>	General Meeting held at Forest Lake Hotel 0930am – QFES presentation	\$8
Mon 13 – Wed 15 <sup>th</sup>	Mary Valley Rattler – Gympie Away Trip (PP) Double/twin \$825.00 pp and Single \$985.00	Own Expense
Wed 29 <sup>th</sup>	Fashion Event - Portofino at Forest Lake Community House 2 Alpine Place, Forest Lake TBA	TBA
<b><u>NOVEMBER</u></b>		
Thursday 13 <sup>th</sup>	General meeting held at Forest Lake Hotel 0930am - Speaker – Remembrance Day tba Retired Lt Col George Hulse – “ dogs in war”	\$8
Thursday 20 <sup>th</sup>	7.45am Late Spring breakfast at Café 63 Richlands	Own expense
<b><u>DECEMBER</u></b>		
Thursday 4 <sup>th</sup>	<b>CHRISTMAS PARTY</b> – Blue Fin 11.30 – 2.00pm Entertainer - Alice Anderson + Mark	\$TBA