



. President's Report April 2026.

What a difference a month makes. A month ago Liz and I were planning our trip to Vanuatu without a problem. Now as I write this newsletter the middle east has blown up, so to speak, with the US and Israel and Iran getting more and more vicious with each other. The whole area has been a powder keg ready to blow for some time now.

One can only hope this situation does not escalate much further or we could end up with World War 3.

The question is, how well has the government prepared for the possibility of the situation arising where our oil supply is cut off? As our country is dependent on fuel (petrol and diesel) for our transport, agricultural and mining industries we can only wait and see how the dust settles. This is already leading to fuel prices skyrocketing and shortly food and other items will climb. This will inevitably lead to all prices going up and the costs passed on to you and I. As pensioners we will just have to battle on and ride the highs and lows.

We have had the last two meetings at the Queensland Dog Park Function room, which seems to have been well accepted.

APRIL

- | | | |
|-------------------|------------------|---------------|
| Pat Hetherington | Jill Lowe | Heather Rose |
| Lorraine Horrocks | Gina Reginato | Vera Somerwil |
| Ann Kitching | Colin Robertson | |
| Evol Lange | Sharon Robertson | |

However the move from the Forest Lake Tavern has been a problem for some people getting to the venue. If you still have a problem in this regard please contact one of the committee members and we will see if we can help. It would be terrible if we did not see your happy smiling faces every second Thursday of the month. Our next meeting is on Thursday 9th April with a prize for the best Easter bonnet.

Have a great Easter Weekend and if you are going away please stay safe.

Brian

**ACTIVITY REPORT
GENERAL MEETING**

9th April 2026

**CALENDARS FOR 2026 WERE HANDED OUT TO
MEMBERS AT THE NOVEMBER GENERAL
MEETING**

.MARCH

Thursday 12th General meeting: - St Pat's Day - GREEN THEME. FLSHS (Forest Lake State High School) students discussed their aspirations for their future, attending with one of the Experienced Senior Teacher. School expressed interest in having more involvement with us eg entertain us with their various bands.

Thursday 26th Day trip to Brisbane Motor Museum Banyo and DFO were a huge success. Museum was amazing. Unfortunately, we were still short by 4 seats – in future, we will have to cancel our trips if we are short.

APRIL

Thursday 9th General meeting:
EASTER HAT TIME + EGGS
Speaker Claire Hoffman – Funeral Education Session (Under Taking Grace – Deathcare & Funerals). Hon Milton Dick unable to attend due to Canberra duties and now will be attending in October 2027,

Thursday 23rd Lunch at the Monier Hotel Darra 11.30am – put your name on the list if attending, for booking purposes. (yummy food).

MAY:

Thursday 14 General meeting:– Mother's Day (wear your best hat) - Chair Yoga with Natalie

Tuesday 19th Blue Fin Dinner – 5.30pm start. \$5.00 for our National Seniors for all meals ordered over \$15.50. Wonderful fund raising event for our group.

Thursday 28th BCC BUS TRIP: Roma Street Police Museum (200 Roma Street) -lunch afterwards at Roamer Brisbane Bar/Café 466 George Street (4 mins walk away). Council bus from Forest Lake at 8.07am, to Richlands Railway Station for 8.36am train to Roma Street – Museum close by. Expression of Interests please at April meeting. We will be there for a 9.30am start.

Lynne B + Activity Team

Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126
Vice President – John 0410480758
Secretary - Janelle - 0402097564
Treasurer - Colin - 0426 863 506
Membership – Norah - 0421282052
Activities - Lynne . - 0412 122 161
Publicity - Lorraine . – 0409275016
Welfare - Vicki - 0403663293

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

Our next meeting is on

9th April 2026

and this will be at

DOGS QUEENSLAND

247 King Avenue, DURACK.

**A special thank you goes to our VOLUNTEERS
without whom our meetings would not run so
smoothly.**

**The Committee would like to thank all
supporters of the NSA Forest Lake Branch for
photocopying , financial reports and other sup-
port material.**

**Thank you for the printing of our monthly
newsletter to MARGIE NIGHTINGALE and her
team at her Office . Margie is our local state
member**

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"

Hi Members: Could you please try to have small change with you to pay when entering our meetings. This is to pay for morning tea and as our lovely Volunteers manning the desk do not have access to a lot of change and big notes make it very difficult for them.

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

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 has kindly taken on this important role for our club.

Phone 0403663293 or email on vixharrison55@gmail.com

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

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.

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Branch Refund Policy

Cancellation of an outing

Travel Insurance for our away trips is strongly recommended.

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 away trip or 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 re-scheduled, members will be refunded any monies paid.

AWAY TRIPS

Hello Travelling Enthusiasts,

Just a reminder to those members who have booked with Flight Centre for our six day cruise departing on the 30th May, that I have arranged for a bus to transfer our participating members from Forest Lake to the Brisbane Cruise Terminal and return at the completion of the cruise. Depending on the number of members taking advantage of this service, the return cost will be around \$24.00. Bus numbers will be taken at our April 9th meeting and payment will be required no later than our May meeting. This payment will be to our Branch's Heritage Bank account.



For those members who have booked a seat on our second away trip for this year "The Great Yamba and Northern Rivers Adventure" set down for departure for Wednesday 19th August and returning on Saturday 22nd August, 2026,

a deposit of \$100.00 is required prior to our April meeting to secure your booking.

Final payment is required before our June meeting.

All inclusive costs for the Yamba away trip is:

Double/Twin - \$940.00 per member

Single - \$1,180.00 per member.

Holidays are the best medicine making memories with your friends.



KEEP ON TRAVELLING.

Ian H.

Away Trip Co-Ordinator

LAUGHTER IS THE BEST MEDICINE




.I have six locks on my door, all in a row. When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three

. What do you call a lazy kangaroo? A pouch potato!

I told my computer I needed a break, and now it won't stop sending me vacation ads. (Artificial intelligence at its best).

**NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH**

APRIL		
Thursday 9th	General Meeting: EASTER HAT TIME + EGGS Speaker Claire Hoffman – Funeral Education Session (Under Taking Grace – Deathcare & Funerals) Sadly, Hon Milton Dick unable to attend meeting now, due to his commitment in Canberra.	\$8.0
Thursday 23rd	Lunch at the Monier Hotel 11.30am NOTE: Change to Calendar – Over 50’s Expo is going ahead and will now be on Wednesday 7th October at the usual venue. (Please change your calendar date)	Own Expense
MAY:		
Thursday 14th	General meeting – MOTHER’S DAY -wear your best hat- Chair Yoga with Natalie 	\$8.00
Tuesday 19th	Blue Fin Dinner – 5.30pm start. \$5.00 for our National Seniors for all meals ordered over \$15.50. Wonderful fund raising event for our Branch.	Own Expense
Thursday 28th	BCC BUS TRIP: Roma Street Police Museum (200 Roma Street) -lunch afterwards at Roamer Brisbane Bar/Café 466 George Street (4 mins walk away). Council bus from Forest Lake at 8.07am, to Richlands Railway Station for 8.36am train to Roma Street – Museum close by. Expression of Interests please at April meeting. We will be there for a 9.30am start.	Own Expense

Follow the arrows to get to Dogs Queensland at Durack.



LUNCH MENU

Seniors rump steak	\$18
Served with your choice of chips & salad or mash & veg.	
Chicken Schnitzel	\$15
Served with your choice of chips & salad or mash & veg.	
Crumbed/battered fish	\$15
Served with your choice of chips & salad or mash & veg.	
Spinach & ricotta lasagna	\$15
Served with your choice of chips & salad or mash & veg.	
Bangers, mash and peas	\$15
Caesar salad - \$12	
Add grilled chicken - \$3	

**Here is the lunch menu at
Dogs Queensland Restaurant for
those interested.**

**Please order your lunch before
the start of the meeting.**