

National Seniors Here's the News

Australia

Calamvale Branch Inc.

August 2026



President's Message

Good morning members and visitors and welcome to our August 2026 meeting. As you know, today we are holding our Annual General Meeting (AGM). We will have a shortened Member's Meeting with no speaker followed by our AGM to be chaired by our member Rob Johnson.

All current committee members are required to vacate their current positions and nominations have been received to fill the vacancies. We have two new nominations in Helen Thompson as Special Events Coordinator and Sue Butchard as Social Organiser. All positions have only one nomination so those positions will be elected unopposed.

Chairman Rob will detail the process for the election of the committee.

I would like to thank Helen and Sue for nominating for committee positions. We need new members on the committee and hopefully we will have further nominations next year

I would also like to thank the current committee for their commitment and support for the 2025 – 2026 year.

Also, many thanks to the members who assist behind the scenes. These members are John James, Teresa Sonogo, Linda Ganter, Deirdre Rivers, Sue Butchard, John Butchard and others who assist when called upon. Your dedication and commitment are greatly appreciated.

Last month we had our Christmas in July luncheon and entertainment. The luncheon prepared by the kitchen staff and chefs was terrific. Thanks to all at ASC who looked after us for the luncheon. I would also like to thank Pat Wilson for once again being the DJ for the afternoon. Pat it was great to see you get members involved in the entertainment. Pat, we are sure to call on you again for future functions. As always, activities other than the member's meeting, are detailed in the newsletter. I encourage you to take part and enjoy the benefits of your membership of National Seniors Calamvale.

Thought for today. Use your life experiences to guide, inspire, and bring beauty to the world around you today.

Have a great day today and always.

Best Wishes, Lila.



National Seniors Australia

THIS MONTH'S BUS TRIP

20th August

Beenleigh Sports Club

Floor Show and Lunch

Departing from the **Elizabeth Street shopping centre (Mitchell Street) Acacia Ridge at 7.45am sharp** and then travel to Drakes, Nottingham Road, Parkinson at 8.00am sharp.

From there we will head off in the direction of Beenleigh for morning tea arriving around 9.00am. Around 9.45am we will board the bus and head off towards the Beenleigh Sports Club arriving around 10.15am for the show and afterwards heading upstairs for lunch. Around 2.00pm, we will board the bus and head off in the direction of home.



Pat Wilson 0417493785

No Guest Speaker Today



Hello everyone,

In July, we celebrated Helen Bell and Denise Ryan's birthday lunch at Lucky Star Tavern

Due to the response at our July members meeting Pat W has secured cabins on a Carnival Cruise Ship for March 2027. This will be a 4 day cruise up the coast of Queensland to Airlie Beach. More information is on page 10 of this newsletter.

Birthday Girls, Denise and Helen



Quote of the day

Aristotle said, "It is the mark of an educated mind to be able to entertain a thought without accepting it,"

If you have eaten today, thank a farmer..... Lyn

National Seniors Australia

July Bus Trip

Samford Historical Village



Brrr, so cold, I think it was 8 degrees but the sun was out and there wasn't a cloud in sight. We were in for another nice day.

It was a bit later start today, we left Algester about 8am and we were on our way.

On the Blue bus once again with Cameron who was our driver for the day. We had a pleasant trip, took a bit of time to get to Samford as the traffic was horrendous.

Arriving at the Historical Village at Samford we were greeted by the very friendly volunteers there and were shown to the tea area where we set up for our morning tea hosted by Denese S and Sharon E, it was beautiful ladies, well done.

While we were having our morning tea we were entertained by one of the volunteers, an elderly gentleman who spoke a little about the history of the place and then recited some bush poems. Well he really was a revelation, as I think he was in his nineties, and what a memory, his bush poems went for a long time and he never faltered in his rendition, he was quite amazing.

THE STORY

The village is run entirely by volunteers, who put a lot into their work, and are a great group of people.

Interest in preserving the local history of Samford and the Pine Rivers region can be traced back to the lead-up to Australia's 1970 bicentenary of Captain Cook's landing. By July 1980, a dedicated group formed The Samford & Districts Historical Museum Committee, operating under the SDPPA. Their first goals: find a site and raise funds.

After negotiations with the Queensland Lands Department and Pine Rivers Shire Council (now the City of Moreton Bay Council), a portion of John Scott

Park in Station Street was approved as the museum's site in 1982. Council also set aside funding to assist with the project.

In July 1984, the museum subcommittee became the fully fledged Samford District Historical Museum Society. It was officially incorporated in February 1985 and adopted its own logo. After nearly 14 years of dreaming and planning, the museum was finally underway. The museum holds a remarkable range of materials: from the preservation of the Samford Bora Ring Grounds to local families, schools, rail history, primary industries, wartime service, maps, and businesses. These resources are available to researchers and curious visitors alike. The journey of the Samford Museum continues, driven by its core purpose: to collect, preserve, and share the rich history of Samford in a way that is understood, appreciated and enjoyed by all generations.

It was a really memorable visit.

Leaving the village behind we were off to The Gap Tavern for a really nice lunch, where the price of drinks was a bit of an eye opener, one of our members was charged \$19 for a glass of Chardonnay, he was a bit stunned by that one, most drinks were above what we normally expect to pay, (you will take us to these fancy places Pat).

We headed back home after our lunch, the traffic was not as bad as it had been in the morning, the weather was kind to us again, and it did warm up as the day went on.

Thanks again to Pat and Freda for a great day out.



Editorial by John Butchard

National Seniors Australia



August Birthdays

Atilio Brauika
Peter Chris
Rosemary Pearman
Wayne Thomson
Anne Tomat
David Warden-Hutton
Bob Wood
Olga Wood
Sharon Everton
Betty Oliver
Irene Ward
Patti Brown
Robyn Graham



Guest Speaker Next Month

Bob Walker
Office of Fair Trading
Dept of Justice

August Recipe

Chicken Stroganoff



Ingredients

600gm chicken thighs (4 - 5) boneless
1 tsp garlic powder
Salt and pepper
1 tbsp olive oil
1 large onion , chopped
300g mushrooms , sliced
3 tbsp butter
2 tbsp flour
2 cups beef broth/stock
1 tbsp Dijon mustard
2/3 cup (150g) sour cream

Method

Sprinkle chicken with garlic powder, salt and pepper on both sides.
Heat oil in a large skillet over medium heat.
Place chicken in skillet smooth side down.
Press down lightly with spatula. Cook for 4 minutes until golden.
Turn and cook for 2 minutes. Remove chicken onto a plate.
Turn heat up to medium high. Add butter, melt. Then add onions, cook for 1 minute, then add mushrooms. Cook mushrooms until golden. Scrape bottom of fry pan to get all the golden bits off (this is flavour!). Add flour, cook, stirring, for 1 minute.
Add half the broth while stirring. Once incorporated, add remaining broth.
Stir, then add sour cream and mustard.
Bring to simmer, then reduce heat to medium low. Once it thickens to the consistency of pouring cream (3 minutes), adjust salt and pepper to taste.
Add chicken back in (including plate juices).
Simmer for 1 minute
Serve over pasta or egg noodles, sprinkled with parsley or chives if desired.

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PHOTO GALLERY

Garden Club Meeting at Sam's Nursery Durack



Christmas in July Lunch



Ladies Birthday Lunch at Lucky Star Tavern



Bus Trip to Samford Historical Village



How to stay safe and warm

Here are some strategies for older Australians to keep healthy throughout winter.

As colder weather sets in, we all need to take extra care to stay warm, healthy, and safe.

Ageing bodies can have a harder time regulating temperature, making older people more vulnerable to cold-related illnesses such as hypothermia, respiratory infections and worsening of chronic conditions.

A few simple steps can make a big difference.

Keep warm at home

Maintaining a comfortably warm indoor environment is essential. Aim for a living area temperature of around 18–21°C.

Use heaters safely and ensure rooms are well ventilated to prevent carbon monoxide build-up.

Draught-proof doors and windows, and close curtains at dusk to retain heat. Wearing layers – including thermal underwear, socks, and a well-fitting jumper – helps trap body heat effectively.

Look after your health

Winter is the peak season for colds, flu, and other respiratory illnesses.

Regular handwashing, avoiding close contact with unwell people, and staying home when sick all help reduce the risk of infection.

Chronic conditions such as arthritis, asthma, and heart disease can worsen in cold weather. Keep medications organised and attend regular medical appointments.

If you notice changes in symptoms, such as shortness of breath or increased joint pain, seek medical advice promptly.

Eat and drink well

Good nutrition supports immunity and energy levels. Enjoy warm, nourishing meals such as soups, stews, and cooked vegetables.

Don't forget to drink enough fluids. People often feel less thirsty in cold weather, but dehydration can still occur.



Stay active and connected

It's easy to become less active during winter, but staying physically active helps maintain strength, balance, and mental wellbeing.

Gentle indoor exercises, chair yoga, stretching, or short walks during the warmest part of the day can help.

Equally important is social connection. Regular phone calls or visits with family and friends can prevent isolation and support emotional health.

Be mindful of safety risks

Winter can increase hazards in the home. Wet surfaces and poor lighting raise the risk of slips and falls. Ensure walkways are clear, use non-slip mats, and keep frequently used items within easy reach.

If you are using electric blankets or heaters, check that they are in good working condition.

Check on others

Finally, look out for neighbours, friends, or family members who may be vulnerable. A simple check-in can make a big difference.

By taking a proactive approach, we can all enjoy a warm, safe, and healthy winter season.

Taken from National Seniors Newsletter

National Seniors Australia

EVENTS CALENDAR

August

Wednesday 5th General Meeting

10th Lunch Time Social Dinner

11th Movie Day

14th Quilting Morning

20th Garden Club

20th Bus Trip

26th Committee Meeting

27th Ladies Lunch

Men's Cuppa – every Thursday

Social Lunch

Monday 10th

Browns Plains Hotel

11.30 For 12 noon.

We will order when everyone is seated

RSVP : by 7th August Sue B

Text Sue 0422 929 800 with your name, if you are attending



NO SAUSAGE SIZZLE

Social get-together for all NSA members
Calamvale district park
Off Ormskirk Street



Please bring your own eating utensils and a dessert or salad item to be shared with others. This is a great fun time to catch up with everyone. Put your name down at meeting or

Phone Sue 3273 4531

MOVIE DAY

Tuesday 11th

Meet up 9 – 9.30am
for morning tea

Hoyts Cinema at
Sunnybank shopping Centre.

Phone Linda 3342 5881



LADIES LUNCH

Thursday 27th

For more details

Ph

Lyn D - 0416 085 555

The Garden Group

Thursday 20th

9.30am to 11.30am.

Please advise Dianne S or Denise if you are attending and remember to bring your own cup.



Contact Dianne S 0402 480 223 for address.

Quilting Morning

Friday 14th

4 Dargo Pl Algera.
9am-12pm

No need to bring anything.
Come and join us for a cuppa.

Ph Janess 3273 2164



National Seniors Australia



Bus Trips

Wednesday 16th September

Eumundi Markets

Departing Drakes Nottingham Road at 7.30am sharp and then travel to the Elizabeth Street shopping centre (Mitchell Street) Acacia Ridge at 7.45am sharp.

Can't make the bus

As you may already know, that when you make a travel booking with a commercial company, you may lose all or part of your monies should you not travel.

When you make a payment for your trip with the Calamvale National Seniors, you have signed a contract with the Calamvale National Seniors to travel on that trip. Should you for whatever reason, cancel that trip, the Calamvale National Seniors shall retain an amount of monies (\$25.00) to cover the bus seat and the cost of the entry fee, unless you or the tour co-ordinator can locate someone to take your place.

We do understand that other conditions raise their ugly head and such conditions shall be taken into consideration

Any Dietary Requirements!!

Please advise of dietary requirements to the committee member who is organizing the particular event

Sunnybank Theatre Group



Please pay for Pink Panther at today's meeting or put in my bank account by 10 August. I have one ticket left that needs to be booked today So I have time to ask outside Seniors. Paula R
Tel 3711 5317 or 0409 615 525



MENS MORNING COFFEE & CHAT Every Thursday Morning 8.30am

Jo's Café
Next to Aldi
Cnr Illaween St & Beaudesert Road
Phone John M 0438 532 528



If you would like to celebrate your birthday with a lovely meal and a fun time.

Join the Birthday Club

A contribution of \$5.00 per person will cover the cost of a gift, a joint card and birthday cake.

Collection of the birthday cake will be rotated and paid for out of the birthday fund.

For more details

Ph: Sue B 0422 929 800

Please Note

The above events are planned in good faith but can change. We will endeavour to give plenty of notice of any changes.

Publication disclaimer

For Calamvale NSA Branch. Anyone who does not wish to have his/her names &/or photo used in any internal or external NSA publication, kindly advise the editor, Lyn Douglas or Lila Wells. Please ensure submissions to the newsletter are with the editor no later than **Sunday before** the committee meeting. Any notices, photo's, recipes, or points of interest will be gratefully accepted

Email: - Lyn [at lynd09@gmail.com](mailto:lynd09@gmail.com)
Ph:- **0416 085 555**

Legal Insurance Advice

All members are reminded that participation in some advertised activities, or visiting some venues, may involve a degree of risk, particularly for those who have health and/or mobility concerns.

Please bear this in mind when planning to attend our activities.



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[If you are visiting us today
we invite you to join our Branch](#)

National Seniors Australia membership is open to any person who:

- has an interest in seniors' issues; or
- is age 50 years or over; or
- Is a spouse / partner of a person who is 50 years or over.

Membership is available for only \$49.50 for a one-year single membership, or \$80 for one-year joint membership.

For further information, ask President Lila or Secretary Anthony for a Membership Application brochure (if you weren't given one at the door on your way in).

NEXT COMMITTEE MEETING

Wednesday 26th August

For those wishing to attend to **observe** proceedings, contact Lila.

0400 796 563

UPCOMING EVENTS

September
Father's Day

October
Club birthday celebration

November
**Melbourne Cup
Bring n buy**

December
Christmas Lunch

NEXT GENERAL MEETING

**Wednesday 2nd September
August**

**Doors open 9.15
Meeting starts 10.15 am**

REMINDER NOTICE

Bring your own cup
for your morning cuppa at our General meeting. *Thank you*



National Seniors Australia



Do you have something to sell, give away? Family notices, births, deaths, birthdays.

Thank you to someone; want to buy, help wanted etc



Do you know of a member who is sick, lost a loved one, or is hurting in any way?

Call Freda T our Welfare Co-ordinator and she can give them a call or send them a card to cheer them up.

Freda 0403 914 800

PLEASE leave your name and phone number so that I can call you back



Airlie Beach Cruise 2027

Sunday 21/3/27 to 25/3/27



After the response at the July meeting, I looked into booking a cruise in September 2026 but was unable to book for the estimated number as they were fully booked out.

So, I contacted Carnival Cruises and have been able to secure 8+ inside cabins for the cruise to Airlie Beach from Brisbane on Sunday the 21st March 2027 to Thursday the 25th March 2027. The cost is from \$601.00 p/p based on two (2) people per cabin. This is the price of an inside cabin only. Window and balcony cabins are available at extra cost.

A deposit of is required from \$75.00p/p ASAP. Full payment is required before 5/1/27.

Further information is available on forms available from me. To make a booking and further information, contact Brittani at Carnival on 1800073489.

I will be looking into booking a bus to transport us to and from the International Cruise Terminal. It may be cheaper than taking our own cars as the average cost is \$95.00 for the four (4) days.

Pat W

Compiled and edited by:

LYN DOUGLAS

LILA WELLS



Newsletter
designed by
Lyn Douglas



National Seniors

Australia

www.nationalseniors.com.au
Meetings at Algester Sports Club
Endiandra Street, Algester –
1st Wednesday of Month

National Seniors Australia

August 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5 Branch Meeting Doors open 9.15am for 10.15am start	6 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	7	8	9
10 Social Lunch Out For members and their friends Put name down with Sue 0422 929 800	11 Movie Day Meet up Sunnybank Hoyts Cinema 9am-9.30 Ph Linda 3342 5881	12 NO Sausage Sizzle	13 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	14 Quilting Morning 4 Dargo Pl Algester 9am -12pm Ph Janess 3273 2164	15	16
17	18	19	20 Calamvale Garden Club 9.30-11.30 Contact Dianne S 0402 480 223 Bus Trip Pat 0417 493 785	21	22	23
24	25	26 Committee Meeting If you wish to attend to observe proceedings Ph Lila 0400 796 563	27 Ladies Lunch Lyn 0416 085 555	28		