



President's Report - August 2026.

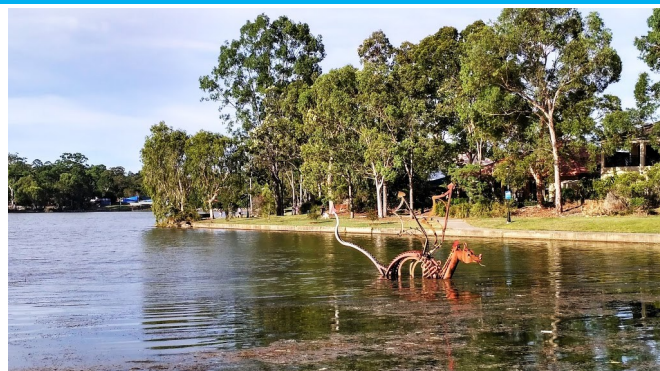
A disturbing article in the NSA Connect newsletter is that the government is looking at the inclusion of a person's home in your assets test when a person is assessed for pension and/or benefits. NSA is fighting this thought bubble as a lot of people our age may be asset rich but cash poor. Why do people who have owned a home for many years, and witnessed property booms and busts, have to now be penalised for financial wisdom? We can only hope this thought bubble never comes about.

Recently I have noticed an increased activity at this time of year around "Christmas in July". Now don't get me wrong, I for one love any excuse to have a good meal preferably with a group of friends. I know that here at National Seniors Forest Lake we have celebrated "Christmas in July" for a number of years now, and they have been great fun and good days out making them something special.

However, hasn't the commercialism around "Christmas in July" gone a bit too far with one of the big supermarket chains saying they were hoping to sell over a million "mince pies" this year. There was an abundance of hams on the shop shelves earlier this month, is this not taking the commercialisation of "Christmas in July" a bit too far.

One may ask when are the other trappings of Christmas eg. presents, special cakes, lollies, decorations going to be pushed as well. I guess this is all good fun as long as the real meaning of Christmas is not lost in the chasing after sales and profits.

Brian



Madonna Arndell	Allen Hashim-Jones
Barbara Barlow	Lesley Ingram
Steve Bentley	Steve Jonsson
Noral Bunden	Barry Miles
Wendy Donaldson	Judith Poole
	Brian Waldeck

**Forest Lake National Seniors Branch
currently meet at Dogs Queensland,
247 King Avenue, Durack.**



ACTIVITY REPORT
GENERAL MEETING 14th August 2026

JULY:

Thursday 23rd *Christmas in July at the Fox & Hounds at Wongawallan (Mt Tamborine) with a delicious 2 course meal plus tea/coffee in the Tudor Room, stopping at the Damian Leeding Park at Oxenford to have a refreshment break prior to arriving at our destination- there were 47 of us. The weather was beautiful, and we had a lot of fun.*

AUGUST:

Thursday 13th *This is our 15th Birthday Celebration, cutting our cake, kindly donated by Cr Charles Strunk with David Hamilton-Puppeteer/Vocalist/Master Puppeteer, plus a Queensland Entertainer of the Year, Award, entertaining us,*

Wednesday 19th – Saturday 22nd *Away trip with Allan Foster – Granite Highlands Maxi Tours (See Ian)*

Thursday 27th (NOTE THE DATE CHANGE) *Train trip to Sandgate (Shorncliffe Line) for a free time coffee/stroll/op shopping/ lunch PERHAPS down to the Esplanade for fish/chips (Catch 460 bus at 7.45am at Forest Lake stop (near Maccas), Train from Richlands at 8.18 am platform 2 to ROMA STREET STATION, arriving platform 9, change to platform 6 to catch 9.09am train to Shorncliffe). RETURNING: 2.11PM (Platform 2) Cleveland Line, ARRIVING 2.33pm -CHANGE train at Eagle Junction to Platform 3, catch 2.46pm train to Richlands (arriving platform 1) 3.50pm bus departs Bus A Richlands Bus Station arriving Forest Lake shops at 4.01pm. NB: WEATHER PERMITING*

SEPTEMBER

Thursday 10th *Our next Branch meeting and AGM*

Nomination forms will be available at our August branch meeting for Committee positions.

Tuesday 22nd *Blue Fin (fund raising dinner, with our Branch benefiting) 5.30pm start*

Thursday 24th *Train trip to Landsborough for lunch and a prowl – beautiful pie shop, Patisserie, Garden shop, Museum 400 metres from station.*

TRAIN DETAILS IN NEWSLETTER, NEXT MONTH – AS QLD RAIL MAINTENANCE WORK IS TAKING PLACE THIS MONTH

OCTOBER:

Tuesday 27th *“Esk Bush Bashers” – 45 members. We will have morning tea at Somerset Dam prior, and cost covers sandwiches/cake/slice + tea and coffee for lunch. A very, very entertaining day plus so much fun \$65 pp + \$70pp Gluten free members*

Lynne Ball + 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 - Lynne - 0408889479

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

13th August 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 support 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

LORD MAYOR'S TOWN HALL FREE CONCERTS: EVERY Tuesday FROM 12.00 -1.00PM. Catch the Bus 100 from Forest Lake and change at QPAC and catch M1 or M2 to King George Square. FREE DAY with top quality varied entertainment weekly - Programs on the desk at the back of venue, with newspapers.

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. Also members, could you please let a committee member know when paying by cash through a bank branch

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. **Lynne** has kindly taken on this important role for our club for the next month.

Phone 0408889479 or email on **lf0gg61@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.

Forest Lake Branch - 15th Birthday -

Celebrating the good times, forming everlasting friendships and getting to know lots of locals too.

50 years ago this year National Seniors Australia was founded by Everalld Compton AO. After a public meeting our Branch was formed with a group of enthusiastic members putting their hands up to form our very first management committee. A few of these great people continue on today volunteering in various important roles. Cr Milton Dick the then Councillor for the Richlands Ward 2008-2016 attended the public meeting and threw his support behind the establishment of a new National Seniors Branch in Forest Lake. encompassing postcodes 4077, 4078 and 4110.

Our Branch has moved with the times and been involved in Zone Conferences, Helping the farming community out at St George who were suffering from the worst drought period. Thanks to the generosity of our members and people in the surrounding community it was gratifying to witness and be part of.

On the way we have enjoyed and supported

- Excellent guest speakers

- Entertainers

- Good advice from service organisations

- Wreath laying at various significant occasions ie Anzac Day

- Shows

- Day trips

- Away trips

- Cruising - ocean and river

- Train journeys

- Lunches

- Picnics in the Park and "highly competitive" sports like Bocce, Thong Throwing and the like. The ladies always took the trophy for the tunnel ball event.

There is something like 20plus photo albums and with the creation of our very own Facebook page members can view photos taken at all events. Heehee some crazy ones in there

Early days saw a group of young, fit and a little bit of friendly competition, doing Bunnings Sausage Sizzles (hot Summer Saturdays not for the faint hearted). Moneys raised gave a nice boost to the Branch Bank Account.

Let's continue to enjoy our branch and wherever possible make your own contribution. After all we know Head Office is committed to supporting our members Australia wide. Thanks also to our Federal, State and Local politicians for their continuing support.



NATIONAL SENIORS AUSTRALIA FOREST LAKE BRANCH

AUGUST:		
Thursday 13th	<i>This is our 15th birthday celebration with David Hamilton and his Marionettes entertaining us as a special treat. (Nominations forms are available for Committee member positions for our September AGM)</i>	\$8.00
Wednesday 19th- Saturday 22nd	<i>Away trip with Allan Foster – Granite Highlands Maxi Tours (See Ian)</i>	Own Expense
Thursday 27th	<i>(Catch 460 bus at 7.45am at Forest Lake stop (near Maccas), Train from Richlands at 8.18 am platform 2 to ROMA STREET STATION, arriving platform 9, change to platform 6 to catch 9.09am train to Shorncliffe). RETURNING: 2.11PM (Platform 2) Cleveland Line, ARRIVING 2.33pm - CHANGE train at Eagle Junction to Platform 3, catch 2.46pm train to Richlands (arriving platform 1) 3.50pm bus departs Bus A Richlands Bus Station arriving Forest Lake shops at 4.01pm. NB: WEATHER PERMITTING (NOTE THE DATE CHANGE) Train trip to Sandgate (Shorncliffe Line) for a free time coffee/stroll/op shopping/lunch PERHAPS down to the Esplanade for fish/chips</i>	Own Expense
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AWAY TRIPS

Hello Travelling Enthusiasts,

Our August Away Trip is nearly upon us as we look forward to a wonderful bus and boat trip away from the routine of life in the suburbs.

The **pickup point for the bus will be the carpark behind ALDI in the Forest Lake Shopping Centre Precinct.** The Granite Highlands Maxi Tour will depart at **7am sharp on Wednesday 19th August 2026.** Please be in attendance by **6.40 am, 20 minutes before departure.**

Another Crackerjack trip.....ENJOY

Travel is the best medicine....Keep on Travelling.

Ian H.

Away Trip Coordinator



YAMBA and the NORTHERN RIVERS Away Trip departing Wednesday 19th August and returning Saturday 22nd August 2026

DAY ONE. Depart from behind ALDI at Forest Lake at 7am travelling to Tweed Heads to board our Tweed River Cruise and travelling up river to the Tumbulgum Hotel for lunch. Our bus will pick us up after lunch and proceed to the Yamba Motor Inn. 6.30pm dinner at the Yamba Bowls Club.

DAY TWO. 7.30am breakfast at the motel. Depart for the town of Maclean, enjoy a tour of the town with time to Brouse shops. Morning tea at the Botero Café and Rosterie. Then travel to the town of Laurence with lunch at the Laurence Hotel. After lunch travel to Grafton for a chance to shop then return to Yamba Motor Inn. 6.30pm dinner at the Yamba Golf Club.

DAY THREE. 7.30am breakfast at motel. Time to look around Yamba. Clearance Headland, Yamba Lookout and light house. Board Clarence River Cruises around 10.45am. Cruise Clarence River with light lunch provided. Return to Yamba around 3pm. Time to browse Yamba shops. 6.30pm Dinner at the Yamba Bowls Club.

DAY FOUR. 7.30am breakfast at motel. This morning 8.45am depart for New Italy, morning tea and a visit to the museum. Travel to Evans Head F111 museum. Lunch at Evans Head RSL Club. This afternoon after lunch return to Forest Lake.



LAUGHTER IS THE BEST MEDICINE

Doc, I can't stop singing the "Green Green Grass of Home" He said:

"That sounds like Tom Jones syndrome." "Is it common?" I asked.

"It's not unusual" he replied.