



President's Report February 2026.

Welcome to the National Seniors Forest Lake branch. I hope you had a good and restful holiday period and are now ready to face up to whatever challenges the New Year brings.

For your committee the new year has already started with a bang. The Forest Lake Tavern informed us that the renovations which were supposed to start in the latter part of February had been moved forward to mid January and therefore we were not able to hold our normal meeting there. This led to a mad scramble to find a venue big enough to hold our group and was available every second Thursday of the month. After looking at a number of venues, we found that the Function room at Dogs Queensland was both suitable and available. This venue has been booked for the next 3 months while the renovations at the Forest Lake Tavern are carried out and then we will review the suitability of the Tavern for our meetings.

For our first meeting this year we will have "Little Wings" talking to us about their work of bringing sick or injured children from the bush to hospitals in Brisbane.

I look forward to seeing all our members at the Dogs QLD.

Brian



DECEMBER

Arthur Morris Edith Schauble John Young
Cheryl Williams

JANUARY

Kay Smart Mary Barker Kay Jones
Barbara Tweedie Shirley Cawley Beryl Ness
Lynne Fogg Jenny Olive
Peter Poole Sharon Poulter

FEBRUARY

Lisa Abersteen
Coral Bolton
Alan Donaldson Raewyn Fraser Jean Nebe
Leonie Graham Mary Steinberg
Valerie Hodgson

ACTIVITY REPORT FOR GENERAL MEETING

12 FEBRUARY 2026

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

JANUARY

Tuesday 20th Blue Fin Fishing Club
Community Dinner attracted 30 from our
group. Next community dinner will be
Tuesday 19th May at 5.30pm.
Please add this date to your calendar.

FEBRUARY

Thursday 12th General meeting with “Little
Wings” with Michael Buchanan, the new
Business Development Manager for Queens-
land, will be doing to presentation.

Thursday 26th Lunch at The Lion – 11.30am –
names down please for booking.

MARCH

Thursday 12th General meeting – FLSHS
(Forest Lake State High School) students dis-
cussing their aspirations for their future, at-
tending with Meaghan Milne, Experienced
Senior Teacher, and Student Leadership Coor-
dinator.

Thursday 26th Day trip to Brisbane Motor
Museum Banyo - \$55.00 Bus/Entrance fee
ONLY. Morning tea + lunch at own expense.
(Menus to be handed in upon arrival and paid
for ready for 12.00 lunch)

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

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



Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126

Vice President – John

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 on

12th February 2026

will be at

DOGS QUEENSLAND

247 King Avenue, DURACK.

Of interest for our Branch Members

jpc mobile, tech repair and accessories
have now moved into a shop.

The address is Shop 3a, 152 Woogaroo Street
Forest Lake Phone 0480 039 913.

If any members happen to need their services
can they please mention that they are National
Seniors Forest Lake Branch members.

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 rescheduled, members will be refunded any monies paid.

AWAY TRIPS

Hello travelling enthusiasts,

Welcome to 2026 and another year of selectively planned AWAY TRIPS especially created for our Forest Lake Branch members, featuring interesting destinations and minimum cost travel.

Our planning group have given the first few months of the year over to saving for what will be a cracker of a six day cruise to Cairns on the "Carnival Encounter" departing Brisbane on Saturday 30th May 2026 and returning on Friday 5th June 2026. Booking for this adventure is being facilitated through 'Flight Centre' Forest Lake Shopping Centre and their agent 'Tracy Pridmore'.

Participating Members please take note that **final payments are coming due on or around 20th February** depending when your booking was made.

Please also note that arrangements will be made for a **bus transfer** to and from the Cruise Port should enough members request it. Please let me know at our February meeting. Costings will be **approximately** \$24 Per Member return trip based on all our member 'cruisers' participating.

Our second Away Trip for the year will be a four day/ three-night bus and river adventure to Yamba and the NSW Northern Rivers. The outing departs on Wednesday 19th August 2026 and returns on Saturday 22nd August 2026. The fare has again been kept incredibly low with the cost of Double/Twin \$940 P.P. and Single \$1180 P.P.

This fantastic excursion will be hosted by Allan Foster of Granite Highlands Maxi Tours. Talk to you at our February Meeting.

Keep on Travelling

Ian H.

Away Trip Co-ordinator



Yamba and the Northern Rivers Away Trip

Wednesday 19th August to Saturday 22nd August 2026

DAY 1. 7am Depart Forest Lake travel to Tweed Escapes for Tweed River Cruise to Tumbulgum for lunch at the Hotel then bus pick up and proceed to Yamba Motor Inn 6.30pm Dinner at the Yamba Bowls Club.

DAY 2 7.30am Breakfast at motel. Depart for Maclean for tour of town. Morning tea at Botero Café and rosterie, time to browse shops then travel to Laurence and lunch at the Laurence Hotel. After lunch travel to Grafton for shopping. then return to Yamba Motor Inn. 6.30pm Dinner at the Golf Club.

DAY 3. 7.30am Breakfast at motel. Time to look around Yamba: Clearance headland; Yamba Lookout and lighthouse. Board Clarence River Cruises around 10.45am Cruise Clarence River, light lunch provided returning around 3pm time to browse Yamba shops. 6.30pm Dinner at Yamba Bowls Club.

Day 4 7.30am breakfast at motel. 8.45am depart to New Italy for morning tea. Visit museum. Then to Evans Head F111 museum. Lunch at Evans Head RSL Club. This afternoon after lunch return travel to Forest Lake.

All inclusive cost Double/twin \$940 P.P. Single \$1180 P.P.

Bookings will be capped at 31 members to accommodate bus capacity

Deposit required for booking

DEPOSIT \$100 per member required before APRIL 26 meeting FINAL payment before JUNE meeting.

**NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
EVENT CALENDAR**

FEBRUARY		
Thursday 12TH	General meeting with “Little Wings” with Michael Buchanan, the new Business Development Manager for Queensland, will be doing to presentation.	\$8.00
Thursday 26th	Lunch at The Lion - 11.30am - names down please for booking.	Own Expense
MARCH		
Thursday 12th	General meeting – FLSHS (Forest Lake State High School) students discussing their aspirations for their future, attending with Meaghan Milne, Experienced Senior Teacher, and Student Leadership Co-ordinator.	\$8.00
Thursday 26th	Brisbane Motor Museum. Banyo - Morning tea + lunch at own expense. (Menus to be handed in upon arrival and paid for ready for 12.00 lunch) (The Menu will be available at the March meeting. Please choose your lunch options then.)	\$55.00 Bus/ Entrance fee ONLY.

LAUGHTER IS THE BEST MEDICINE

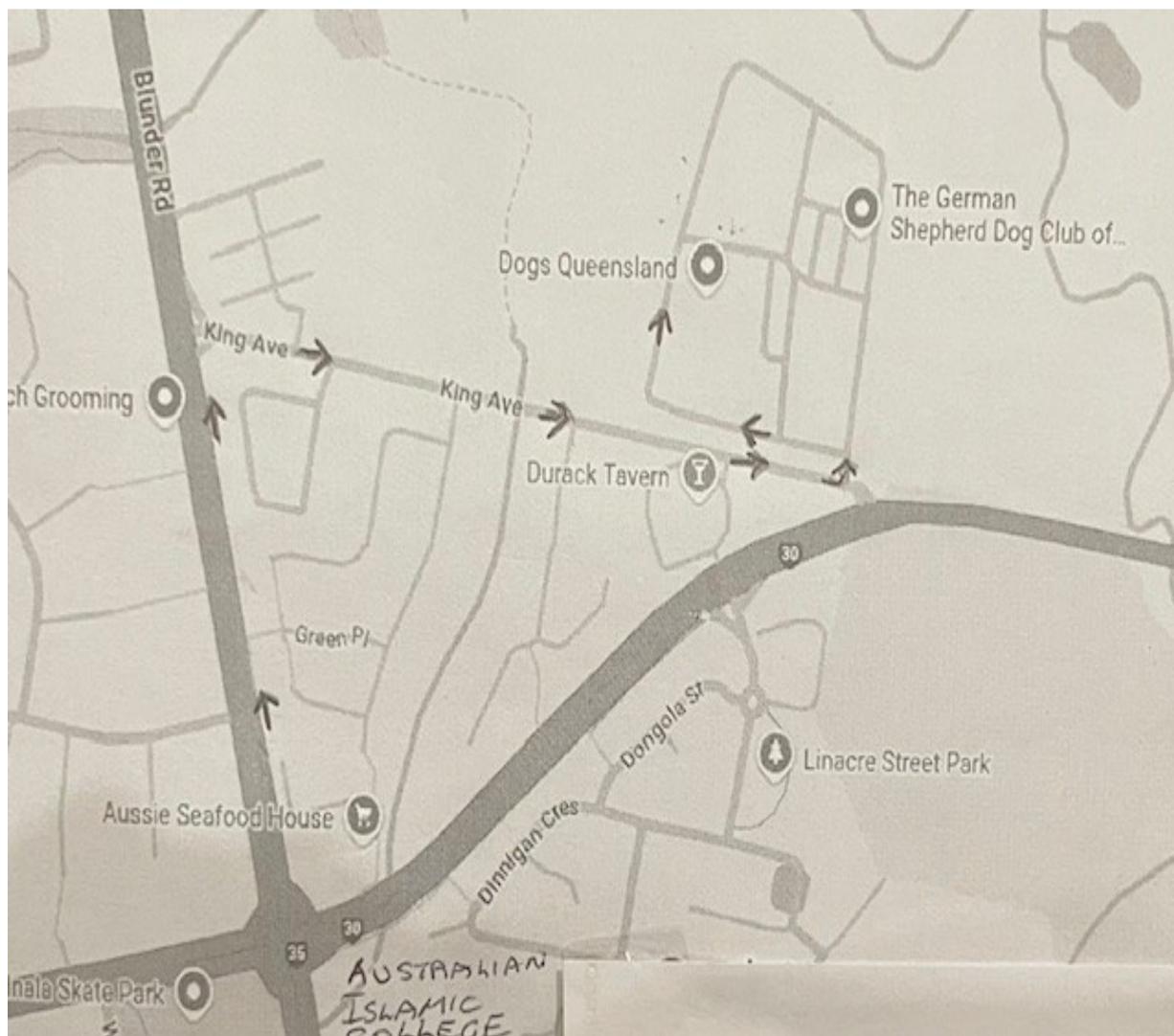
Question: What does a storm cloud wear under his raincoat.

Answer: At the February meeting.

I found a book called “*How to Solve 50% of Your Problems*” so I bought 2.



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.