



Members & Visitors

Message from the President

This year has been one full of change with our share of natural disasters and ill health, but we baby boomers and beyond have seen it all before and know things will get better. You know you are getting older when Santa looks younger. My Christmas wish to you all is to spend more time with your family and friends than untangling Christmas tree lights. I sincerely wish this season brings you the courage to learn new things, a joy that numbs the pain and friendships that last forever. May this Christmas end the present year on a cheerful note and make way for a fresh New Year. On behalf of the Management Committee, I wish you a Merry Christmas and a Happy New Year” Cheers Peter

Committee Members

- President - Peter Dunell33729432
- Vice President - Lyn Martin0409879329
- Secretary - Julie Baldwin32787274
- Treasurer - Colin Court0426863506
- Membership - Linda Bird37149708
- Trips Coordinator - Roebyne Birtles0433191786
- Activities Coordinator - Barry Miles38791690

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. Lorraine Horrocks has kindly taken on this important role for our club this year. You can contact her on 0409275016.



Christmas Lunch

Upon entry you will be given a free Lucky Christmas Draw Ticket, keep this ticket handy as we will have several draws throughout the day. Performing for us on the day will be entertainers Poco Loco.



Meeting Apologies

If you want to submit your inability to attend a Branch Meeting contact the Secretary Julie 32787274, leave a message if out or email nsaforestlakesec@gmail.com

Meeting Venue

Branch Meetings are held at The Lion, 133 Pine Road, Richlands on the 2nd Thursday of the month.
No meetings held in December or January
Sign in 10am for a 10.30am start.



New Members Welcome Pack

It was decided by the new committee that we should welcome new members with a pack. These packs contain: Members information book, Medical pocket card & NSA items subject to availability

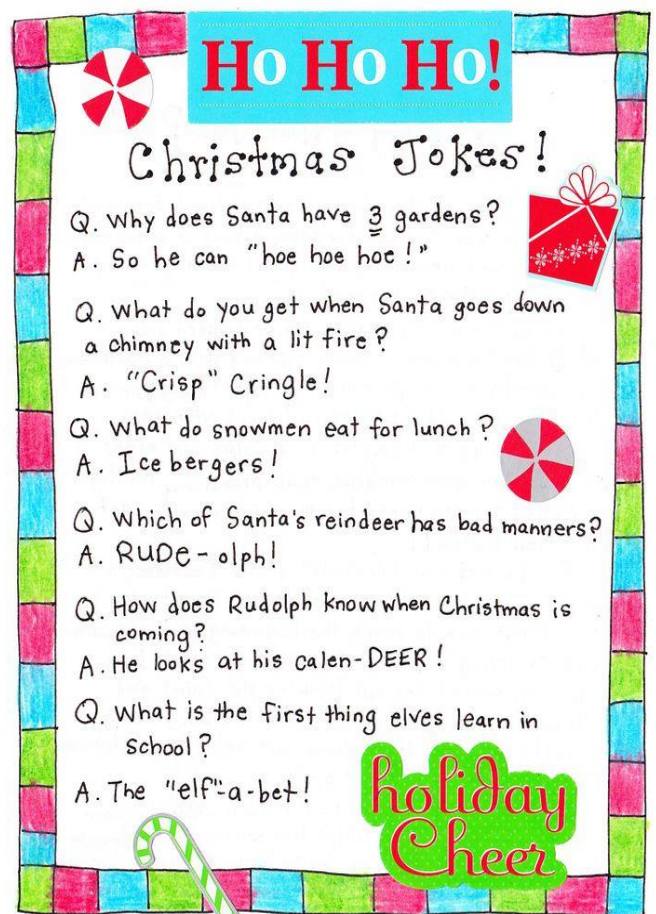


Settlers donations for St George

Thanks to the generosity of residents at Settlers Forest Lake a lovely load of Christmas toys and other gifts made their way out to the Balonne Shire (St George) just in time to put happy smiles on the faces of children and adults. Several residents are also members of our Branch.



For a laugh



UPCOMING EVENTS

December

LEC-Craig Martin's Swingin' Christmas Show

Date: Friday 20th
Where: Logan Entertainment Centre
Time: 11.00am
Cost: \$28.50

January

Australian Occasion Dinner

Date: Friday 24th
Where: Forest Lake Hotel
Time: 11.30am
Cost: Purchase your own meal
Contact Julie 32787274 or Lyn 0409879329

February

Coffee Morning

Date: Monday 3rd
Where: Coffee Club Forest Lake
Time: 9.30am
Cost: Pay for your own coffee etc

Branch Meeting

Date: Thursday 13th
Where: Lions, Richlands
Time: 10.00am
Cost: \$6.00

March

Coffee Morning

Date: Monday 2nd
Where: Coffee Club Forest Lake
Time: 9.30am
Cost: Pay for your own coffee etc

International Women's Day Lunch

Date: Friday 6th
Where: Forest Lake Hotel
Time: TBA
Cost: \$35
Join us in the celebration of Women

Branch Meeting – (Speaker)

Date: Thursday 12th
Where: Lions, Richlands
Time: 10.00am
Cost: \$6.00

Day Bus Trip

Date: Thursday 19th
Where: Currumbin Wildlife Sanctuary
Time: TBA
Cost: \$55.00 (Bus & Entry) Lunch at own expense
Pay at February Branch Meeting

May

Away Bus Trip

Date: 1st-4th
Where: Bellingen/Dorrigo
Time: TBA
Cost: (Single \$928) – (Double/share \$748pp)
Pay \$100pp deposit at February meeting

Website

nationalseniors.com.au/about/branches/forest-lake

Here you can see upcoming events, the latest newsletter & photos of our outings

Please also take time to access the National Seniors Australia Website. It is very simple to navigate the drop-down menus are excellent. There's lots of interesting things to read and keep yourself up to date. There's a world of membership benefits awaiting. Remember to look out for the quarterly PAM reports from NSA Chief Advocate, Ian Henschke.

Facebook

Did you know our Branch has a Facebook page?

Search for **Forest Lake Branch National Seniors Australia**. You can join our group to keep up with all the news. Please note only Members on our Branch register will be given access to the group. National Seniors Australia is also on Facebook & is a great way to keep up to date.



Answers from Dee McAlister RACQ

Below are the answers to some of the questions that were asked on the day.

Q: Why are there yellow stripes on some traffic lights?

A: Some traffic lights have reflective or yellow bands on them to make them more visible to both pedestrians and vehicles. These are often in areas where vehicles (especially larger ones) may have to take a wider swing than usual or in areas where the traffic lights have been damaged due to previous accidents.

Q: What percentage of over 75's cause accidents?

Considerations: This is a difficult question to answer for a number of reasons.



1. The only data the government has published on this is old (2009).
2. The below data does not show the percentage of drivers in the age group causing accidents compared with the number of drivers in that age group on the road, to show a direct percentage comparison.
3. Despite who causes the accidents, the aim of our presentation is to keep all road users as safe as possible for as long as possible. Which is why we provide presentations to all age ranges through kindergarten, primary school, high school and seniors.

A: Further reading can be done here https://www.tmr.qld.gov.au/-/media/Safety/Transport-and-road-statistics/Road-safety1/Road_traffic_crashes_in_qld_2009.pdf?la=en

Organ Donation

Another topic that was discussed during the Q&A was organ donation. The new changes state that anyone wishing to be an organ donor needs to join the Australian Organ Donor Register – state-based driver's licence donor registries no longer exist.

Myths and misconceptions

MYTH: It's better to just let my family decide at the time.

FACT: If you want to become an organ or tissue donor – you need to tell your family. A main reason that families decline donation is because they simply don't know what their loved one wanted. 73% of families that have prior knowledge of their loved one's willingness to donate say 'yes'. This increases to 90% when the deceased is a registered donor. When the family is unaware of their loved one's donation decision, only 44% of families agree to donation.

MYTH: I can't be an organ and tissue donor because I lived in the UK

FACT: You can donate your organs but not your tissues. If you lived in the UK between 1980 – 1996 for a period of six or more consecutive months you can still become an organ donor.

At present however you are not able to be a blood or tissue donor due to the risk of transmitting Creutzfeldt-Jakob disease. The determining factors are where and how a person dies, and the condition of their organs and tissue including consideration of the deceased's age and medical history. If you're willing to save lives as an organ donor join the Australian Organ Donor Register today and discuss it with your loved ones.

MYTH: Organ and tissue donation disfigures the body

FACT: Organ donation is specialised surgery and does not disfigure the body. Organ and tissue retrieval is performed by highly skilled surgical and health professional teams. The surgical incision made during the procedure will be closed and covered as in any other operation and will not be visible beneath the person's clothes. The donor's body is always treated with dignity and respect and the family can still have an open casket viewing if desired.

MYTH: it's my choice – I don't need to discuss it with my family.

FACT: Your family needs to know. They will be asked to confirm your decision. Families play a crucial role in the

donation process because they are asked to confirm the donation decision of their loved one. The family will be involved in each step of the donation process and be asked to provide vital health information – even if you have registered your decision. If you've decided to become a donor, you need to register your decision on the Australian Organ Donor Register. Most importantly you need to discuss your decision with your loved ones. Prepare your family so that they are comfortable being part of the process.

MYTH: Organ and tissue donation is against my religion

FACT: All major religions support organ and tissue donation as an act of compassion and generosity. All major religions including Christianity, Islam, Buddhism, Hinduism and Judaism support organ and tissue donation. The organ and tissue donation process can accommodate religious and cultural end of life requirements.

- **MYTH: Is I am a registered donor, doctors won't try as hard to save your life**

FACT: The doctor's first priority is always to save your life.

- Saving your life is the absolute priority of medical staff – health staff, doctors and nurses work incredibly hard to save people's lives. Organ and tissue donation is only considered when the person has died or death is inevitable, at which time the Australian Organ Donor Register is checked and the family is asked to confirm their loved one's donation decision. One organ and tissue donor can save and transform the lives of many.

- **MYTH: I'm too old to be an organ and tissue donor**

FACT: Age is not a barrier - people over 80 have become organ and tissue donors. People in their 70's and 80's have saved the lives of others through organ and tissue donation. While your age and medical history will be considered, you shouldn't assume you are too old or not healthy enough. Every potential donor is assessed on an individual basis. There is every possibility you may be able to donate your organs or tissues.

MYTH: I'm healthy enough to donate because of my lifestyle choices.

FACT: People who smoke, drink or have an unhealthy diet can still donate. You don't have to be in perfect health to save lives. There's every chance that some of your organs and tissues may be suitable for donation. Don't rule yourself out – count yourself in! The determining factors are where and how a person dies, and the condition of their organ and tissues. The important thing is if you are willing to one day save lives as a donor, register and discuss your decision today.

- **MYTH: I'm already registered on my drivers licence, I don't need to do anything else**

FACT: You need to join the Australian Organ Donor Register – state-based driver's licence donor registries no longer exist. If you previously registered to be a donor on your driver's licence, you now need to join the Australian Organ Donor Register. It takes less than a minute. You can no longer register to be an organ and tissue donor on your driver's licence. State-based licence donor registries, whereby you registered to be a donor on your driver's licence, no longer exist. SA residents can however record their donation decision when applying for or renewing their driver's licence, which is then transferred directly to the Australian Organ Donor Register.



FOREST LAKE BRANCH
Calendar 2020
JANUARY TO JULY **AS AT 5 DECEMBER 2019**

Jan 22 – Wed Jan 24 - Fri	Management Committee Meeting Proposed “Australia Occasion Lunch” Forest Lake Tavern (pay on the day)	
Feb 3 - Mon Feb 13 - Thurs Feb 26 – Wed	Coffee morning @ The Coffee Club 9.30am Branch Meeting - “Valentine’s Day Theme” – pay \$100 deposits for Bellingen Away Trip; Pay for Currumbin Day Trip MOVIE MORNING – depends on suitable movie Management Committee Meeting	
Mar 2 - Mon Mar 6 - Fri Mar 12 - Thurs Mar 19 – Thurs Fri morning Mar 25 – Wed	Coffee morning @ The Coffee Club 9.30am International Women’s Day Lunch at Forest Lake Tavern Branch Meeting - “Mystery Activity” – pay for Parliament House High Tea Currumbin Wildlife Sanctuary (Day trip) incl morning tea. Lunch own cost LEC (to be decided depending on entertainment) MOVIE MORNING – depends on suitable movie Management Committee Meeting	\$35 \$55pp
Apr 6 - Mon Apr 11 – Thurs Apr ?? - Fri Apr 10-13 Apr 22 - Wed Apr 25 - Sat Fri morning	Coffee morning @ The Coffee Club 9.30am Branch Meeting – “Easter Theme” Test your Easter Skills – pay balance for Bellingen Away Trip; Pay for Nerima Gardens Day Trip Parliament House High Tea + Botanical Gardens (Day trip) EASTER Management Committee Meeting ANZAC DAY – President to lay WREATH on behalf of Branch LEC (to be decided depending on entertainment) MOVIE MORNING – depends on suitable movie	tba
May 4 - Mon May 1 - 4 May 14 - Thurs May 21 - Thurs Fri morning May 27 – Wed May 28 - Thurs	Coffee morning @ The Coffee Club 9.30am Bellingen/Dorrigo (Away Trip) (single \$928) (\$748pp double/share) Branch Meeting - Speaker – pay for Glengallan Homestead trip Nerima Japanese Gardens & Nature Park at Queens Park Ipswich (Day trip) LEC (to be decided depending on entertainment) MOVIE MORNING – depends on suitable movie Management Committee Meeting BBQ 17 Mile Rocks	\$748pp(twin) tba
June 1 - Mon June 11 - Thurs June 18 - Thur June 25 - Thurs Fri morning June 24 - Wed	Coffee morning @ The Coffee Club 9.30am Branch Meeting – Speaker – pay for Xmas in July State Emergency Services visits location 1, lunch Kedron Wavell RSL, visit location 2 Glengallan Homestead trip LEC (to be decided depending on entertainment) MOVIE MORNING – depends on suitable movie Management Committee Meeting	\$tba \$tba
July 6 - Mon July 9 - Thurs July ? - ?? Fri morning July 22 - Wed	Coffee morning @ The Coffee Club 9.30am Branch Meeting – Entertainer – pay any balances for Away Trips Xmas in July – Woodlands of Marburg (Day Trip) LEC (to be decided depending on entertainment) MOVIE MORNING – depends on suitable movie Management Committee Meeting	\$tba

BIG TRIPS FOR CONSIDERATION IN 2020

INDIAN PACIFIC TRAIN to ADELAIDE + MURRAY RIVER CRUISE (8 + days)

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CLASSIFIEDS

To advertise on this page is free



Friday's Craft Days

Forest Lake Community House,
3 Alpine Place, Forest Lake.
Fridays 9am - 12 noon. \$5 entry
includes morning tea and a lucky
door prize. The group carries
insurance. Contact Wendy on
0406 063 585.

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See our Secretary
Julie if you wish to
place a classified



Thank you to the Lions for the
use of their facilities for our
Meetings



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thankyou

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing newsletters, meeting minutes and agendas, financial reports and other support material.