



Message from the President

Hello fellow members,

Finally, there is a light at the end of the tunnel with restrictions being greatly lifted from July onwards. We have booked our old picnic ground at the lake for 23/07/2020 for our Christmas in July function. It is highly unlikely that the Lion would have opened fully and they will probably be looking to use the available space for paying diners. Our function will have to be according to social distancing restrictions but that should be achievable easily in the park. It will be fully catered for and have some forms of entertainment. I encourage everyone to attend and catch up with friends as well as moving towards some normality in our lives. More details will be forthcoming by email after our Management Committee meeting this month. Our AGM will be conducted at the September meeting (venue yet to be confirmed) so I would encourage all that are interested in nominating themselves or another for a position on the Management Committee, to contact Julie Baldwin, our Secretary for the appropriate form. We will have these forms available at our Christmas in July function on request as well. All positions are vacated prior to re-election of officer bearers. Some current office bearers are not offering themselves up for re-election so please consider assisting in this regard. I have reapplied for a grant to cover a day trip by two buses to a local town or region to assist local business through members spending in the town. There was a great deal of interest in this activity prior to shutdown so watch this space for more news on that front and save your \$\$\$\$\$. Keep well and hope to see everyone soon
Peter.

Committee Members

| | |
|---|------------|
| President - Peter Dunell..... | 33729432 |
| Vice President - Lyn Martin..... | 0409879329 |
| Secretary - Julie Baldwin | 32787274 |
| Treasurer - Colin Court..... | 0426863506 |
| Membership - Linda Bird..... | 37149708 |
| Trips Coordinator - Roebayne Birtles..... | 0433191786 |
| Activities Coordinator - Barry Miles..... | 38791690 |



July Members Birthday

| | |
|---------------------|------------------|
| Pauline Allen | Rod Humphreys |
| Cheryl Alloway | Sharyn Humphreys |
| Judy Boyle | Heather Kelly |
| Heather Clennick | Craig Moffitt |
| Dorothy Coburn | Jan More |
| Judy Currell | Jenny Schonfisch |
| Adele Edwards | Henry Sehgal |
| Doren Flynn | Vera Taylor |
| Jeannette Holberton | Jeannette Weaver |
| Harry Horrigan | Judy Weston |
| Val Horrigan | |



Membership Renewals

With the cancellation of our meetings, we are unable to process your Membership renewals.

If yours falls due while we are in restrictions please contact the National Seniors Australia Head Office on 07 3233 9198. Alternately you can renew online via your membership login.

We request that you please let Linda or Julie know of your new expiry date. It is a requisite of the branch that we keep our Branch Membership Register updated.

We would like to thank members that have already done so.

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.

Welfare Report

Brian Dodd has moved to be a permanent resident at Alcare Perigian Springs.

Jeanette Weaver is recovering at home after her recent stay in hospital.

Riddle me this

I have cities, but no houses, I have mountains but no trees. I have water, but no fish. What am I?

Answer: see last page

A Trip Down Memory Lane

Crazy fun Dressups at July 2015 Branch Meeting

Look at these beautiful "lady Indians". Coral, Linda, Lizzie (now back in her home country NZ) and Lyn. Oh, the costumes were fabulous girls.



July 2015 "Christmas in July" at Flaxton Gardens

Was it really 5 years ago? These three ladies, Valerie, Lynne and Pat love a bit of fun dressing up in the spirit of the event. Have you still got that hat Pat?



Teddy Bears Picnic June 2020

What fun we had at the Teddy Bears Picnic. Congratulations to Therese and Lyn who won a prize for the biggest teddy and the smallest teddy. Weather was beautiful and Lyn also won the Teddy Ladders and Slides board game. She certainly was one very happy lady



History repeats itself

This is Timeless....

It was written in 1869 by Kathleen O'Mara:

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

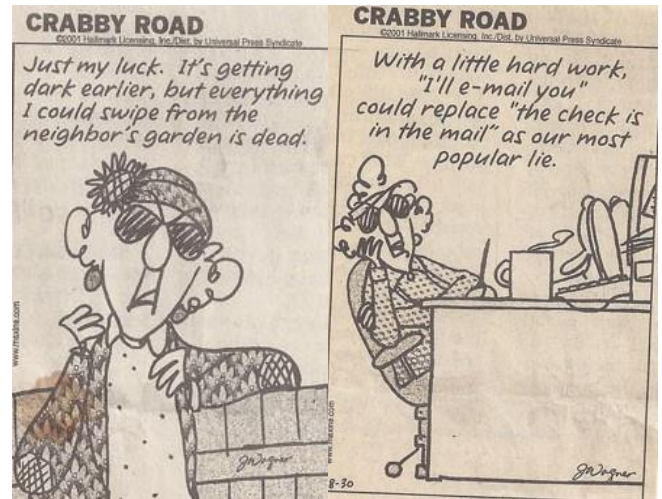
Reprinted during Spanish flu
Pandemic, 1919

AUSTRALIA WORD SEARCH PUZZLE



| | | | |
|------------|--------------------|------------|----------|
| BILLABONG | GREAT BARRIER REEF | OUTBACK | TASMANIA |
| BRISBANE | KAKADU | PERTH | ULURU |
| DINGO | KANGAROOS | PLATYPUS | VICTORIA |
| EUCALYPTUS | KOALA | QUEENSLAND | WALLABY |
| GOLD COAST | MELBOURNE | SYDNEY | WOMBAT |

On the lighter side



**Does anyone
know if we can
take showers yet
or should we just
keep washing
our hands ??**

**ALWAYS LAUGH
WHEN YOU CAN. IT IS
CHEAP MEDICINE.**

Lord Byron

Positive thoughts and recipes you may not have tried from the kitchen of the "Luv Ta Cook".

Let's start with something you may relate to. You know you're over the hill when "Happy Hour" means an afternoon nap!

The best dip recipe ever

350g mayonnaise,
3 teasp curry powder,
2 teasp chilli sauce,
2 teasp lemon juice,
1/3 cup sour cream,
½ teasp Worcestershire sauce,
3 green shallots finely chopped.



Combine ingredients in a bowl and mix well.
Works best with chunks of raw vegetables to dip in.



I wish I were a teddy bear - everybody likes them, no one cares how fat they are, and the older they get, the more they are worth.

Cheats onion soup

500g onions, peeled and sliced
250g butter
Salt and pepper
2 x 450g beef consommé
1 soup tin of water
French stick sliced
Butter
Grated cheese



Fry onions lightly with butter, salt and pepper – sauté till transparent. Don't burn. Transfer to a saucepan, add consommé and water.

While that's cooking, butter bread, pile cheese on top of each slice and bake in oven till browned.

To serve, pour soup into bowls, add a slice of cheesy bread on top. Voila!!

Doing nothing is the most tiresome job in the world - because it's impossible to quit and take a rest.



And now, for your sweet tooth.

Mars Bar Slice - a hit with grandkids

3 cups Rice Bubbles,
3 Mars bars,
90g butter.



Topping:
200g chocolate,
30g butter.

Roughly chop mars bars and melt with butter. Stir in the rice bubbles. Press into greased lamington bar and refrigerate. Topping: Melt chocolate and butter together and spread over base. Refrigerate.

Try it. You may want to hide from everybody else.

Middle Age - is when your narrow waist and broad mind begin to change places.



From Head Office National Seniors

Getting into an aged care home can be difficult and expensive. A new rating system could improve things. Properly assessing the quality and safety of aged care homes has been near impossible. However, from July the Federal Government will begin publishing a compliance rating for quality and safety on the My Aged Care website.

To make sure you're kept up to date, [subscribe to our Connect eNewsletter](#).

Universal ratings

The rating system was developed by the Department of Health in partnership with the Aged Care Quality Commission and in consultation with stakeholders including senior Australians, their caregivers, aged care providers, and peak bodies.

The initiative means every residential aged care service will have a Service Compliance Rating in the 'Find a Provider' section of the My Aged Care website.

How it works

The rating will allow consumers to access and compare easy-to-understand information on the quality of residential aged care services, supporting more informed decision-making.

The rating will reflect a service's current compliance position – i.e. whether a service has a sanction or non-compliance notice and the outcome of the most recent performance assessment by the Commission against the Aged Care Quality Standards.

The Aged Care Quality Commission advises there will be more information available in the coming weeks.

"Lacks fundamental transparency"

The residential sector has a long way to improve.

The Royal Commission into Aged Care Quality and Safety reported that Australia's aged care system "lacks fundamental transparency".

"There is very little information available to the public about the performance of service providers," the Interim Report noted.

"The number of complaints against them are not published. The number of assaults in their services are not published. The number of staff they employ to provide care are not published. Participation by providers in the collection of a very limited set of performance indicators only became compulsory on 1 July 2019."

The report noted The Department of Health's intention to publish "differentiated performance ratings of residential aged care providers" but said at that point there was still "no clarity" about what the system would look like.

The Interim Report also noted that the My Aged Care website "often" doesn't provide "helpful information" about local aged care providers.



Treasurer's Report

Treasurer's Report 24th June 2019 for period 1st - 31st May 2020

The National Seniors Forest Lake Cash Account for the period began with an opening balance of \$8,875.04, received income of \$ 0.00 incurred expenses of \$40.00 with a closing balance of \$8,835.04 made up as shown of:

Balance at Bank: \$2,681.23

Heritage Term Deposit \$6,033.81

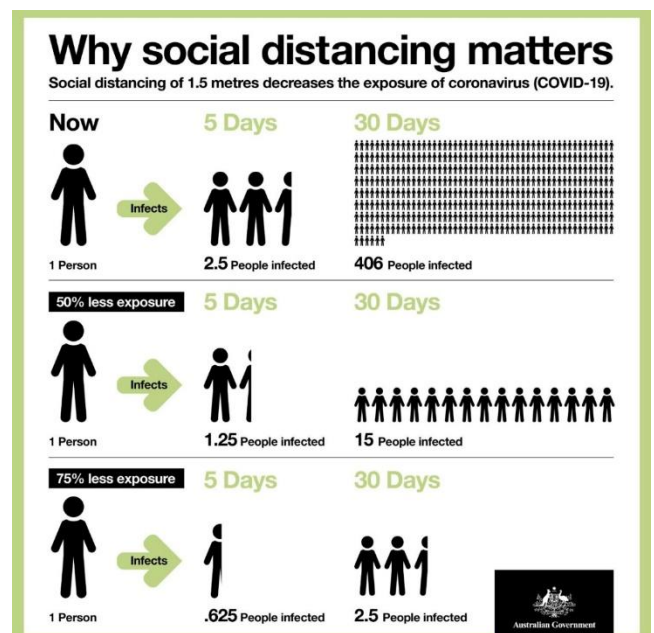
Petty Cash & Floats \$ 120.00

The closing balance of 8835.04 includes committed monies held for, First Aid \$ 350.00

Seniors Week BBQ \$ 900.00

Trips \$ 26.00

This leaves the Branch with a total of \$7,559.04 in available funds at the end of May.



Roadmap to easing Queensland's restrictions

A step-down approach to COVID-19

Unite against COVID-19

CONTINUING CONDITIONS • Social distancing, 1.5 metres and hygiene • Stay at home if you're sick • Tracking, tracing, rapid response • Frequent cleaning and disinfection

from 11:59pm
STAGE 1: 15 MAY 2020 (2 weeks)

Family, friends and community

- Gatherings in homes (household plus max 5 visitors, allowed from separate households)
- Gatherings of up to 10 people:
 - outdoor, non-contact activity
 - personal training and pools (indoor and outdoor)
- public spaces and lagoons (e.g. South Bank Parklands, Cairns, Airlie Beach etc.)
- libraries, parks, playground equipment, skate parks and outdoor gyms
- weddings and places of worship
- hiking and other recreational activities in national and state parks
- Funerals (max 20 indoors or 30 outdoors)
- Recreational travel (max 150 kms within your region for day trips).

Businesses and economy

- Retail shopping
- 10 people permitted at any one time for:
 - dining in (with COVID Safe Checklist): restaurants, cafes, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming
 - open homes and auctions
 - beauty therapy and nail salons (with COVID Safe Checklist)
- All students back at school from 25 May 2020.

Outback*

- Dining in (with COVID Safe Checklist): restaurants, cafes, pubs, registered and licensed clubs, RSL clubs and hotels (max 20 at any one time) for locals only (must show proof of residence) – no bars or gaming
- Recreational travel including overnight accommodation max 500 kms within the outback only if you live in the outback.

commencing from 12 noon
STAGE 2: 1 JUNE 2020 (5 weeks)

Family, friends and community

- Gatherings of up to 20 people:
 - homes
 - public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc.)
 - non-contact indoor and outdoor community sport*
 - personal training, gyms*, health clubs*, yoga studios*, pools* (indoor and outdoor) and community sports clubs*
 - museums*, art galleries* and historic sites*
 - weddings and places of worship*
 - libraries*, parks, playground equipment, skate parks and outdoor gyms
 - hiking, camping and other recreational activities in national and state parks
 - Funerals† (max 100 people)
- Recreational travel, camping and accommodation, including caravan parks (anywhere in Queensland*).

Businesses and economy

- Unlimited travel and overnight stays for all of Queensland* (including for school holidays)
- Dining in or seated drinks in restaurants, cafes, pubs, registered or licensed clubs, RSL Clubs, hotels and casinos (no gaming) – up to 20 patrons per room or defined area (indoors or outdoors) for a venue (when following a COVID Safe Industry Plan)
- 20 people permitted at any one time for:
 - indoor cinemas*
 - open homes* and auctions*
 - outdoor amusement parks*, tourism experiences*, zoos* and arcades*
 - concert venues*, theatres*, arenas*, auditoriums* and stadiums*
 - beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID Safe Checklist).

commencing from 12 noon
STAGE 3: 3 JULY 2020

Family, friends and community

- Private, non-commercial (e.g. home) gatherings of up to 100 with friends and family
- Weddings and funerals (max 100 people)†
- Maximum number of persons at museums, art galleries, libraries and historic sites determined by the one person per 4 square metre rule
- Sport, recreation and fitness organisations when following a COVID Safe Industry Plan:
 - resumption of activity including competition and physical contact is permitted on the field of play
 - indoor sports facilities can open with one person per 4 square metres (off the field of play)
 - outdoor sports facilities can open with physical distancing (off the field of play).

Businesses and economy

- Maximum number of customers for a business at any one time is determined by the 4 square metre rule**
- For smaller venues below 200 square metres, businesses can have one person per 2 square metres up to 50 persons at a time**
- The following businesses and areas may re-open with a COVID Safe Plan:
 - casinos, gaming and gambling venues (including electronic gaming machines)
 - non-therapeutic massage*
 - saunas and bathhouses*
 - nightclubs
 - food courts
- Office-based workers can return to their place of work
- Up to 25,000 spectators or 50% of capacity (whichever is the lesser) at Queensland's Major Sports Facilities, with a COVID Safe Plan
- Concert venues, theatres and auditoriums can open and have up to 50% capacity or one person per 4 square metres (whichever is the greater), with a COVID Safe Checklist continue to apply.
- More events allowed:
 - fewer than 500 people – no approval needed when following a COVID Safe Event Checklist
 - 500 to 10,000 people – need a COVID Safe Event Plan approved by local public health units
 - over 10,000 people – need a COVID Safe Event Plan approved by the Queensland Chief Health Officer
- COVID Safe Industry Plans continue to apply with revisions to reflect changes in Stage 3. COVID Safe Checklists continue to apply.

BORDERS

From 12 noon 3 July 2020

- Due to the current community transmission levels, the border with Victoria will remain closed and be strengthened.
- Any person (whether a Queensland resident or non-Queensland resident) who has been in any local government area within the State of Victoria within the last 14 days should not come to Queensland. If they do, they must undergo mandatory quarantine in a hotel at their own expense for a minimum of 14 days.
- Queensland residents must not travel to any local government area in Victoria.
- The Queensland Government will implement enhanced border control measures, including border passes and identification screening.

From 12 noon 10 July 2020

- From 10 July 2020, any person from New South Wales, Western Australia, South Australia, Tasmania, the Australian Capital Territory and the Northern Territory may enter Queensland subject to completing and signing a border declaration.
- If any person entering Queensland from whatever place has spent time in any local government area in Victoria during the past 14 days, they will be subject to mandatory hotel quarantine.

Offences and quarantine measures

- All persons entering Queensland must complete and sign a border declaration stating they have not been to any local government area in Victoria in the past 14 days. Penalties apply for false statements.
- All flights will be checked and road vehicle borders will be enforced.
- Police will enforce quarantine.
- A person who refuses testing in quarantine will be subject to a further 10-day period at cost.

Review

- The Queensland Chief Health Officer will review levels of community transmission and may impose additional restrictions should new hot spots occur.

Ongoing review

- Ongoing review of state-based restrictions will be undertaken based on levels of community transmission. This includes:
 - Density requirements, including consideration of moving from 4 to 2 square metres per person for all venues
 - Remaining restrictions on high-risk businesses and activities.



QUOTE ME THIS

Sing like no one's listening
Love like You've Never Been Hurt
Dance Like Nobody's Watching
And Live Like Its Heaven on Earth.

Mark Twain

A shout out to everyone who is trying right now.

Trying to do the right thing. Trying to stay open. Trying to keep going. Trying to hold on.
Trying to let go. Trying to find their flow.
Trying to stay afloat. Trying to meet each new day. Trying to find their balance. Trying to love themselves. Trying new things & new ways.
I see you, I'm there too. We're in this together



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



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