

**DIARY DATE CLAIMERS:** All bookings/queries/payments please see John C.

**July 24** **BUS TRIP:** "Christmas in July" at The Fox & Hounds Mt Tamborine with Morning Tea & lunch (2 course alternate drop) included.....\$75

**August 21** **AGM & Election of Office Bearers:** If you would like to nominate, please see Barbara for a nomination form then complete and hand it in TODAY.

**September 11** **ANNUAL BBQ:** 10am at John Leitch Memorial Park Leitch's Rd, Albany Creek. BYO drinks, picnic gear including cutlery & plates.....\$12

**COMMITTEE MEMBERS:** All correspondence please email: [nsachernside@outlook.com](mailto:nsachernside@outlook.com)

**President:** Barbara Coleman  
M: 0413 494 693

**Secretary:** Vicki Beardmore  
M: 0421 630 742

**Treasurer:** Sue Webster

**Membership:** Jeanette Daff  
M: 0423 579 621

**Guest Speakers:** Vicki Beardmore  
M: 0421 630 742

**Activities:** Karlotta Reeves  
M: 0410 699 300

**Tours:** John Canterbury  
M: 0411 046 179  
Email: [jncgrange@optusnet.com.au](mailto:jncgrange@optusnet.com.au)

**Welfare Officer:** Jeanette Daff  
M: 0423 579 621

**Newsletter:** Alayne Brown  
M: 0413 317 690

#### **VENUE REMINDERS:**

\* If the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar.  
\* **MEETING PARKING:** Car park entry off Newman Rd.  
\* **BUS TRIP PARKING:** Carpark in Collings St adjacent to the trainline.  
\* **BUS PICK UPS:** Wait at the BCC bus shelter on Newman Rd opposite the the club carpark entry.

**\*\*What an extraordinary gift life is! Unwrap each day with all your heart and savour it!\*\***

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5	7	3	9	8	2	6	1	4	
6	1	2	4	5	7	9	3	8	
9	8	3	4	1	3	6	2	7	5

#### **TRIVIA ANSWERS:**

- |                  |                       |
|------------------|-----------------------|
| 1. Song          | 11. Bones             |
| 2. Rome          | 12. Midas             |
| 3. A.C.T.        | 13. Sheep             |
| 4. Compact Disc  | 14. Ream              |
| 5. William       | 15. Foot              |
| 6. Liberal Party | 16. Cheetah           |
| 7. Head          | 17. Leg Before Wicket |
| 8. Kentucky      | 18. 10                |
| 9. 1969          | 19. Linen             |
| 10. Botany Bay   | 20. Four              |

#### **NOTE:**

**Before you travel** on the new Metro or your normal BCC bus service, please visit:



[jp.translink.com.au](http://jp.translink.com.au)  
for updated route info.

# National Seniors AUSTRALIA

**CHERMSIDE BRANCH:** PO Box 2073, Chermiside Qld. 4032

**Web Page:** [nationalseniors.com.au/get-involved/branches/Chermiside](http://nationalseniors.com.au/get-involved/branches/Chermiside).

**Meeting Venue:** Geebung RSL, Newman Room, 323 Newman Rd, Geebung.



## NEWSLETTER – 17<sup>th</sup> July 2025

Good Morning Members & Guests

"The best Prevention is to pay Attention". This was a poster seen on a train, that Gary and I travelled on recently. I guess this is relevant to many situations.

How was the State of Origin last Wednesday night? I'm sure that the NSW team thought they only had to just turn up. Our Queensland team did us proud!

We have our AGM next month, if you could spare a bit of time to help out the Committee, we would greatly appreciate it.

The Lord Mayor's Christmas Party is on at City Hall, from Monday to Saturday (December 1-6). If you are interested, please let either Vicki or me know, as the tickets need to be booked very soon.

Barbara Coleman  
President

### **TODAY'S SOCIAL MEETING & MORNING TEA** (Mobile phones off/on silent please).

*Our Guest: Charlotte Sale from the Queensland Family History Society will present, "Who do you think you are? Starting a family tree & finding your family history".*

**NOTE:** Karlotta has made a lunch booking upstairs at The Restaurant after today's meeting, if you'd like to stay on for a meal, chat or just a coffee, you're most welcome to join.

### **TIP OF THE MONTH: HYDRATION**

Even with the onset of cooler weather, it's still very important to stay hydrated. As you age you generally feel less thirsty and are therefore more prone to dehydration. Remember to drink plenty of water and fluids, to stay energised and to possibly help avoid brain fog, constipation and urinary tract infections.



#### **JULY BIRTHDAYS:**

Ron Ash (94), Carolyn Bohl, Alayne Brown,  
Jo Dahl (97), Jeanette Daff, Gwenda Wood



#### **JULY ANNIVERSARIES:**

Alayne & Neil Brown (2003) 22 years  
**CONGRATULATIONS TO ALL!**

**Please bring a container if you'd like to take home any leftover morning tea scones or slices.**



Rubies are the Birthstone for July. They are one of the most popular traditional gems, and are rarer than diamonds. They are the red variety of the mineral corundum and the colours can range from deep vivid red to pinkish/purplish-red hues, due to varying levels of chromium. They are known for their hardness and rank 9 on the Mohs scale. Rubies are used in jewellery, watchmaking, medical instruments and lasers.

Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford

## NOTES FROM THE LAST MEETING:

- ❖ Attendance: 45 Members; Apologies received: 12; Visitors: 5 Barry Curtis (Zillmere C.C.), Dianne Harkin, Nicole Reid, Noelle Wardle & Steve Durston (Eleanor & Bill's son) visiting from Townsville.
- ❖ Paul Hobbs from Caring Cuisine, revisited and updated us on what's been happening at C.C. since his last visit. The uptake of their meal service has proved very popular and has expanded beyond the original base at Mitchelton, to most areas of Brisbane and even the Bayside suburbs.
- ❖ As well as introducing the new menu and pick-up-point locations, his presentation included some interesting photos and commentary of his recent camping trips. He generously brought along delicious white choc & apricot muffins for everyone as well as full-size meal samples for 3 lucky members to take home and try. Can we please have some feedback from those members?



**Donations of Concession Stamps are always welcome for our member mailouts.**

**If you have a Fed Govt concession card (ie Senior's card, Health care card, Pensioner card etc) please take it to a post office and fill in an application form. It should take 14 days to process and you will obtain a booklet of 5 free concession stamps. Seniors can then purchase books of 5 stamps for \$3 (60c ea. saving \$5.50). You can purchase up to 10 booklets (50 stamps) per year at \$30 (saving \$55.00). A normal stamp now costs \$1.70.**

## SOCIAL MEETINGS, MORNING TEAS & LUNCHES

**July 24 8.30am BUS TRIP Christmas in July** Fox & Hounds, Mt Tamborine.....\$75  
for 8.45am DEPARTURE *Morning Tea & Alternate drop 2 course Lunch incl.*

**July 31 11.30am LUNCH** Aspley Hornets 50 Graham Rd, Carseldine

**Aug 7 1pm COMMITTEE MEETING** Geebung RSL (12pm lunch prior)

**Aug 14 11.30am LUNCH** The Sands Social 50 Keogh St, Sandgate

**Aug 21 9am ANNUAL GENERAL MEETING Morning Tea & Lucky door ticket.....\$10**  
for 9.30am START *There will be an election of Office Bearers & a presentation of badges by NSA's Karen Furnivall. Tiona Evans from Smart Services Qld will speak about various discounts available to Seniors from the State Govt.*

**Aug 28 11.30am LUNCH** The Gibson 352 Stafford Rd, Stafford

**Sept 4 1pm COMMITTEE MEETING** Geebung RSL (12pm lunch prior)

**Sept 11 10am BBQ LUNCH** John Leitch Memorial Park, Leitch's Rd, Albany Ck...\$12

**Sept 18 9am SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10**  
for 9.30am START *Lifetec specialise in helping people choose the right assistive tech & home modifications for their needs. Jennifer Poppe will advise us of the upcoming Support at Home changes as well as how we can plan and budget for future assistive needs.*

**Sept 25 11.30am LUNCH** Stafford Tavern  
51 Webster Rd, Stafford

## LORD MAYOR'S CITY HALL CONCERTS Tues 12 – 1pm

July 22 *Qld Police Pipes & Drums & The Band of Blue*  
July 29 *A Showcase of Opera & Musical Theatre*  
Aug 5 *A Grand Affair: Brass Band & Organ*  
Aug 12 *The Magic of Gatsby: Midnight Jazz*  
Aug 19 *Jason Daniels Trio*  
Aug 26 *Rising Stars from The Aust Piano Duo Festival*



Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford

## LIFE MATTERS

- It's not my age that bothers me; it's the side effects.
- I'm not saying I'm old and worn out, but I make sure I'm nowhere near the footpath on bin day.
- As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.
- As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient.
- I want to be 18 again and ruin my life differently. I have some new ideas.
- I'm on two diets. I wasn't getting enough food on one.
- I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.
- My mind is like an internet browser: At least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.
- Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.
- Apparently RSVP'ing to a wedding invitation, "Maybe next time" isn't the correct response.
- There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest.

## SUDOKU

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You know you're ageing when your actions creak louder than your words.  
We owe a lot to Thomas Edison - if it wasn't for him, we'd be watching television by candlelight.  
For every student with a spark of brilliance, there are about ten with ignition trouble.  
I like to do things for my wife. I open the door for her when she puts laundry in the washing machine.  
Experience is what you have after you've forgotten her name.  
It's rough to go through life with your contents looking as if they settled during shipping.

## TRIVIA

1. An expression meaning a final appearance is a swan .... What?
2. The landmark Trevi Fountain is in which European city?
3. The Royal Military College Duntroon is in which state or territory?
4. The initials CD most commonly stand for what?
5. Bill is most commonly a short form of what men's name?
6. Former prime minister Sir William McMahon represented what party?
7. On what part of the body is a trilby worn?
8. In the name of the fast-food brand KFC, the K stands for which state?
9. In what year did the show, "Sesame Street" first air on television?
- 10 Which old folk song begins with "Farewell to old England forever"?
- 11 What parts of the body are affected by osteoporosis?
- 12 Which mythological king could turn everything he touched to gold?
- 13 Cheviot, Dorset and Merino are all breeds of what?
- 14 A quantity of 500 sheets of paper is known by what name?
- 15 Tarsal bones are found in what part of the human body?
- 16 Name the fastest land animal in the world?
- 17 In cricket, what does LBW stand for?
- 18 How many centimetres make a decimetre?
- 19 What common fabric is made from the flax plant?
- 20 In ten pin bowling, how many pins are in the back row?