

National Seniors Here's the News

Australia

Calamvale Branch Inc.

July 2026



President's Message

Good morning members and visitors and welcome to our Christmas in July meeting.

We are having our normal Branch meeting from 10:15 until 11:45. At 12:00, we will be served our delicious three course lunch.

After lunch we will be entertained by our own in-house DJ, Mr Pat Wilson. He sure is a man of many talents.

We have some great hampers for our Christmas in July raffle which have been generously donated by supporters of National Seniors Calamvale. Our supporters are Leeanne Enoch, State MP for the Algester Electorate, Kim Marx, BCC Councillor for the Runcorn Ward, Emily Kim, BCC Councillor for the Calamvale Ward, Ross Moir, Owner of the Parkinson Discount Pharmacy, Algester Sports Club and I have made a few hampers as well. A big thank-you to our donors for their continuing support.

Our AGM will be held at our August meeting. Nomination forms are available today from our Secretary, Anthony, if you wish to nominate yourself or someone else for a position on the Committee

As I have said many times in the past, and I will say it again, we need members to put up their hands for positions on the committee as many of us have been doing this for a long time and new members with new ideas are needed. If you do volunteer you will enjoy it, I am sure

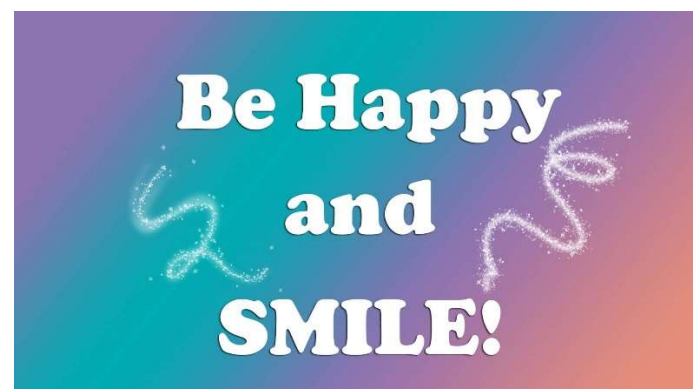
We will not have a guest speaker at our August meeting as we are required to hold our normal members meeting followed by the AGM and election of committee members.

As you know we had our Cancer Fund Raising meeting in June. With your donations and support for the raffles and a donation from branch funds we donated \$1000 to the Queensland Cancer Council. We have had a receipt and acknowledgement from them for our donation.

Quote for today: Aging is not a curse but a privilege, and the good news is that we can all become better versions of ourselves with age.

Have a good day today and as always, be happy.

Best Wishes, Lila.



THIS MONTH'S BUS TRIP 15th July

Stanford Historical Village

Departing Drakes Nottingham Road Parkinson at 8.00am sharp, travel to Elizabeth Street shopping centre in Mitchell Street Acacia Ridge at 8.15am sharp.

From here we will head off in the direction of the Samford Historical Village where we should arrive after 9.00am where we then will have morning tea. During morning tea we will be given a talk about the history of the village.

After morning tea, we will make our way around the village calling in to watch a blacksmith make various items.

Around 12.15pm, we will board the bus and head off in the direction of the Samford Hotel for lunch. Around 2.00pm, we will board the bus and make our way home.



Pat Wilson 0417493785

Please Remember to bring your own cup

Guest Speaker Today

Orange Skye

Positively connecting communities

We support people experiencing homelessness and hardship through access to free laundry, warm showers and genuine conversation.



Hello everyone,

In June, we celebrated Helen Steadman's birthday lunch at Lucky Star Tavern

The garden club meeting was at Waterford Nursery. There, we enjoyed a wonderful morning tea supplied by the nursery, before all participating in making our own succulent gardens in a mug. It was a terrific, fun morning. Before leaving, we all spent time and money in the gift shop.

Garden Club Morning at Waterford Nursery



We enjoyed our May ladies lunch at Beach House Café and Grill, Browns Plains.

Quote of the day

“Give every day the chance to become the most beautiful day of your life”

If you have eaten today, thank a farmer..... Lyn

National Seniors Australia

June Bus Trip

Harrisville



A really cool morning greeted us but it was dry with a little cloud. Today we were off to Harrisville. There were 34 of us on this trip with Henry on

the Blue bus.

Traffic was pretty horrendous getting to Ipswich road, once we got there we had a pretty decent run until we got to Cunningham Rise, when we heard that there was an accident on the highway so we made a detour but ended back on the highway, Henry had to do a bit of manoeuvrings with the big bus, ahh well we had a little adventure.

We arrived at the Harrisville "Royal Hotel" about 9.30ish where we were having our Morning High tea. We were greeted by our hosts Jayde and Cath who are the owners and current licensees of the hotel. We all settled in for our morning tea which was nice, not what we were used to but just enough.

Jayde then gave us some history of Harrisville and the area, she was such a good talker and so knowledgeable.

Harrisville was established in the early 1860s, when the Queensland Government began to encourage settlement in country areas. As one of these initiatives, Ipswich Agricultural Reserve was established around Warrill and Warroolaba Creeks. In this reserve, land was surveyed into small blocks and made available for settlers. The land was fertile and by 1864, there were already 27 thriving farms. More were growing cotton, taking advantage of a world-wide shortage during the American Civil War. Other crops were oats, maize, potatoes and tobacco.

In 1870, merchants George and John Harris (Who the town is named after) bought land from early settler Robert Dunn and established a store and a cotton gin to separate seed from cotton.

By the mid-1870s, cotton growing had declined but Harrisville continued to advance. A railway branch line was built in 1882 and was an added incentive to development. The town soon has its own hospital, school of arts, school, churches, banks and post office.

We left the hotel after morning tea and went down to the Museum. The museum is housed in a 100 year old weatherboard home, school and display sheds. A highlight is one of only two remaining Stiger Vortex Rain Guns (used in the 1902 drought).

It was a very interesting visit, there were a lot of exhibits and so much history, so we spent some time there before heading back to the hotel for our lunch where again Jayde led us through the history of the hotel itself also telling us stories about the ghosts that supposedly reside there. She was really interesting to listen to.

All too soon it was time to leave and head back to Brisbane. Another good day out, and the weather was kind to us again.

Thanks again to Pat and Freda for a great day out.



Editorial by John Butchard



July Birthdays

Helen Bell
Joyce Daly
Connie Russo
Graham Wise
June Mead
Pam Noy
Denise Ryan
Tricia Hickey
Jan Kelly
Mary George
Janet Mc Latchie



No Guest Speaker Next Month



July Recipe

Janess Peterson's Vanilla Slice.



Ingredients

1 pkt milk coffee biscuits
100gm sugar
3 eggs
3 slightly rounded tablespoons of cornflower.
500ml milk,
1 tsp vanilla.
120 gm butter

Method

Mix eggs, milk, sugar, corn starch
Cook until thick, stirring constantly, allow to cool but not set.

Next beat butter, then add by spoonful to egg mixture until smooth texture is achieved.

Line a sandwich tray with baking paper then lay milk coffee biscuits.

Spread vanilla mixture on top.

Crumble a few biscuits on top and slice when set.

National Seniors Australia

PHOTO GALLERY

Bus Trip Folks enjoying lunch at the Harrisville Hotel



Garden Club Meeting at Waterford Nursery



Ladies Lunch at Browns Plains Hotel



Personality Linked to Longevity

Positive traits are good for our health, according to international research.

Attaining a “ripe old age” has long been linked to familiar factors such as genetics, diet, and exercise.

Increasingly, however, research shows that who we are psychologically can also play an important role in how well, and how long, we live.

Large-scale international studies suggest that certain personal traits influence health behaviours, resilience, and even mortality risk.

According to recent research, people who are organised, responsible, and active tend to live longer than those who are careless or chronically worried.

Drawing on research involving more than 22,000 adults, the study found that traits linked to “conscientiousness” – such as being thorough, dependable and self-disciplined – were associated with a significantly lower risk of death over time.

Being energetic and actively engaged with life also showed a protective effect, while chronic anxiety and emotional instability were linked to poorer outcomes.

These findings align with decades of broader scientific research. One of the most comprehensive analyses, involving more than 44,000 people across 15

long-term international studies, found that low conscientiousness and high neuroticism consistently predicted higher mortality risk

In contrast, people who scored higher on conscientiousness, agreeableness, and extraversion tended to live longer, even after accounting for age, gender, and socioeconomic factors.

Why do these traits matter? Researchers believe the answer lies in everyday habits. Conscientious individuals are more likely to follow medical advice, attend health screenings, exercise regularly, and avoid risky behaviours such as smoking.

Over time, these small decisions compound into meaningful health advantages. Studies also suggest conscientiousness may support better cognitive function and immune health in later life, further contributing to longevity.

Equally important is what this research means for older adults today.

Personality is not fixed in stone. While core traits are relatively stable, specific behaviours – such as staying organised, setting routines, remaining socially active, and managing stress – can be strengthened at any age. Experts stress that adopting even modest changes can support both physical health and emotional wellbeing as we grow older.

Ageing well, it seems, is not solely about medical numbers or fitness targets. It is also about staying engaged, purposeful, and attentive to one's health.

In that sense, cultivating helpful habits and attitudes may be one of the most accessible tools we have for supporting longer, healthier lives.

Taken from National Seniors Newsletter

National Seniors Australia

EVENTS CALENDAR

July

Wednesday 1st General Meeting

10th Quilting Morning

13th Lunch Time Social Dinner

14th Movie Day

15th Bus Trip

16th Garden Club

22nd Sausage Sizzle

29th Committee Meeting

30th Ladies Lunch

Men's Cuppa – every Thursday

Social Lunch

Monday 13th

Lucky Star Tavern

397 Hellawell Road

Sunnybank Hills.

11.30 for 12 noon.

We will order when everyone is seated

RSVP : Up to Monday Morning 13th Irene S

Text 0407 679 985 with your name, if you are attending



SAUSAGE SIZZLE

Social get-together for all NSA members

Calamvale district park

Off Ormskirk Street

Hosts Yvonne K & Ross F



Please bring your own eating utensils and a dessert or salad item to be shared with others. This is a great fun time to catch up with everyone. Put your name down at meeting or

Phone Sue 3273 4531

MOVIE DAY

Tuesday 14th



Meet up 9 – 9.30am

for morning tea

Hoyts Cinema at

Sunnybank shopping Centre.

Phone Linda 3342 5881

LADIES LUNCH

Thursday 30th

For more details

Ph

Lyn D - 0416 085 555 or

Julie - 0418 799 545

The Garden Group



Thursday

16th

9.30am to

11.30am.

Please advise Dianne S or Denise if you are attending and remember to bring your own cup.

Contact Dianne S 0402 480 223 for address.



Quilting Morning

Friday 10th

4 Dargo Pl Algester.

9am-12pm

No need to bring anything.

Come and join us for a cuppa.

Ph Janess 3273 2164



National Seniors Australia



Bus Trips

Thursday 27th August

Beenleigh Sports Club

For a floor show and lunch.
Departing from the Acacia Ridge at
7.45am sharp and then travel to
Drakes, Parkinson at 8.00am sharp.

Can't make the bus

As you may already know, that when you make a travel booking with a commercial company, you may lose all or part of your monies should you not travel.

When you make a payment for your trip with the Calamvale National Seniors, you have signed a contract with the Calamvale National Seniors to travel on that trip. Should you for whatever reason, cancel that trip, the Calamvale National Seniors shall retain an amount of monies (\$25.00) to cover the bus seat and the cost of the entry fee, unless you or the tour co-ordinator can locate someone to take your place.

We do understand that other conditions raise their ugly head and such conditions shall be taken into consideration

Any Dietary Requirements!!

Please advise of dietary requirements to the committee member who is organizing the particular event

Sunnybank Theatre Group



I am handing out tickets for July show today and taking bookings for show 5 September. The Pink Panther Strikes Again.

Paula R Tel 3711 5317 or 0409 615 525



MENS MORNING COFFEE & CHAT

Every Thursday Morning 8.30am

Jo's Café
Next to Aldi
Cnr Illaween St & Beaudesert Road
Phone John M 0438 532 528



If you would like to celebrate your birthday with a lovely meal and a fun time.

Join the

Birthday Club

A contribution of \$5.00 per person will cover the cost of a gift, a joint card and birthday cake.

Collection of the birthday cake will be rotated and paid for out of the birthday fund.

For more details

Ph: Sue B 0422 929 800

Please Note

The above events are planned in good faith but can change. We will endeavour to give plenty of notice of any changes.

Publication disclaimer

For Calamvale NSA Branch. Anyone who does not wish to have his/her names &/or photo used in any internal or external NSA publication, kindly advise the editor, Lyn Douglas or Lila Wells. Please ensure submissions to the newsletter are with the editor no later than **Sunday before** the committee meeting. Any notices, photo's, recipes, or points of interest will be gratefully accepted

Email: - Lyn atlynd09@gmail.com
Ph:- 0416 085 555

Legal Insurance Advice

All members are reminded that participation in some advertised activities, or visiting some venues, may involve a degree of risk, particularly for those who have health and/or mobility concerns.

Please bear this in mind when planning to attend our activities.



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[If you are visiting us today
we invite you to join our Branch](#)

National Seniors Australia membership is open to any person who:

- has an interest in seniors' issues; or
- is age 50 years or over; or
- Is a spouse / partner of a person who is 50 years or over.

Membership is available for only \$49.50 for a one-year single membership, or \$80 for one-year joint membership.

For further information, ask President Lila or Secretary Anthony for a Membership Application brochure (if you weren't given one at the door on your way in).

NEXT COMMITTEE MEETING

Wednesday 29th

For those wishing to attend to **observe** proceedings, contact Lila.
0400 796 563

UPCOMING EVENTS

August
AGM

September
Father's Day

October
Club birthday celebration

November
**Melbourne Cup
Bring n buy**

December
Christmas Lunch

NEXT GENERAL MEETING

Wednesday 5th August

Doors open 9.15

Meeting starts 10.15 am

REMINDER NOTICE

Bring your own cup
for your morning cuppa at our General
meeting. *Thank you*



National Seniors Australia



Do you have something to sell, give away? Family notices, births, deaths, birthdays.
Thank you to someone; want to buy, help wanted etc



Do you know of a member who is sick, lost a loved one, or is hurting in any way?

Call Freda T our Welfare Co-ordinator and she can give them a call or send them a card to cheer them up.

Ph Freda 0403 914 800

PLEASE leave your name and phone number so that I can call you back

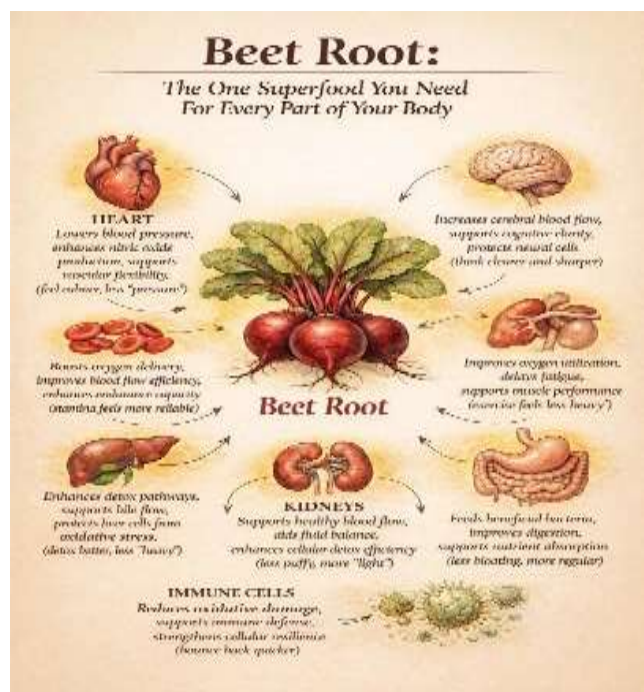


MEMORIES

Recordings VHS to DVD

LP & Cassette to CD's,
Open Reel Tape to CD's
Video tape to DVD

Contact Barry
0437 342 811



Compiled and edited by:

LYN DOUGLAS

LILA WELLS



Newsletter
designed by
Lyn Douglas



National Seniors

Australia

www.nationalseniors.com.au
Meetings at Algester Sports Club
Endiandra Street, Algester –
1st Wednesday of Month

National Seniors Australia

July 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 General Meeting Doors open 9.15am for 10.15am start	2 Men's Morning Cuppa at Jo's Café. (next to Aldi) 8.30 am Ph John 0438 532 528 Every Thursday	3	4	5
6	7	8	9 Ladies Birthday Lunch Sue B 0422 929 800	10 Quilting Morning 4 Dargo Pl Algester 9am -12pm Ph Janess 3273 2164	11	12
13 Social Lunch Out For members and their friends 12noon Put name down with Irene S 0407 679 985	14 Movie Day Meet up Sunnybank Hoyts Cinema 9am-9.30 Ph Linda 3342 5881	15 Bus Trip Departing from Drakes at 8am Acacia Ridge at 8.15am Pat W 0417 493 785	16 Calamvale Garden Club 9.30-11.30 Contact Dianne S 0402 480 223	17	18	19
20	21	22 Sausage Sizzle NSA members 11am onwards Calamvale District Park Off Ormskirk St	23	24	25	26
27	28	29 Committee Meeting If you wish to attend to observe proceedings Ph Lila 0400 796 563	30 Ladies Lunch See notices for more details Lyn 0416 085 555			