

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

July 23 BUS TRIP "CHRISTMAS IN JULY": Canungra & Scenic Rim. Morn Tea & lunch incl...\$80

August 27 MT COOT-THA BUS TRIP or LANDSBOROUGH TRAIN TRIP:.....TBA

Sept 24 SPRING BUS TRIP: Summerland Camel Farm at Harrisville.....\$50

October 15 BRING & BUY: Homemade craft items, baked & bottled goods.

Dec 3 CHRISTMAS LUNCHEON: Geebung RSL.....TBA

COMMITTEE MEMBERS: All correspondence please email: nsachermshire@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

Welfare Officer: Jenny Tidey OAM

M: 0409 108 358

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 club carpark entry.

GENERAL REMINDERS:

Check your NSA Membership validity and renewal dates and renew if required. If unsure, please see Jeanette Daff (Membership).

For group verification and to claim any NSA Discount when ordering lunch, drinks etc, PLEASE wear your NSA name badge on all outings.

To order and purchase a badge, please see Sue Webster (Treasurer).

For payment of an **event**, please do **ONE** of the following ASAP:

1. CASH: Correct money placed in an envelope with:
Your Name – Event & Date – Amount enclosed
Please give the envelope to John C (Tours) who will issue a receipt.
.....OR.....

2. BANK TRANSFER: Please record your name in the "details section" of the transfer.
Acct Name: National Seniors Chermshire
BSB No: 084150 **Acct Number:** 047984369

For lunch reservations, please put your name in the exercise book at the Social meeting or contact **Karlotta**, our **Activities Co-ordinator**, before the date of the lunch.

If you're aware of a member who is unwell, please let **Jenny Tidey OAM** know immediately, so that she can contact them.

For apologies, if you're unable to attend a meeting and if your contact or address details have changed, please let **Jeanette Daff** our **Membership Officer** know ASAP.

If you have info for the Newsletter, feedback and/or need to organise a lift to the meeting or to any of the social outings, please let **Alayne Brown** our **Public Relations Officer** know, to help with any arrangements.

NSA Our Generation Magazine: <https://nationalseniors.com.au/news/>

LORD MAYOR'S CITY HALL CONCERTS: FREE From 12 – 1pm Every Tuesday

For full details of performances go to: www.sarahhutton.com.au/local-updates/lord-mayors-city-hall-concerts

JULY 21 Hopelessly Devoted to Olivia: Iconic songs of Olivia Newton John

JULY 28 The Spirit of the Isles: Queensland Conservatorium Brass Band

AUG 4 Dance & Romance: Spectacular choreography and Organ

AUG 11 Miss Mandy Swings: Golden days of Hollywood, Stage & Screen

AUG 18 The Serenading Sopranos

AUG 25 Acoustic Guitar Performance: Three outstanding guitarists



Q. How did the dentist become a brain surgeon A. His drill slipped
These days, whenever I fill out a form that asks: "In case of Emergency, who should we call?"
I always put "Ambulance", because no one in my family answers an unknown phone number.



Today's Picture: A pair of Tawny Frogmouths sitting in a tree, only 1 metre above my parked car, where I park at The Gap. Some days they are on different branches, but on the cold ones, they sit side-by-side pressed together. A reminder that when you go outside or take a walk, look up and around you - you may get a pleasant surprise!

Paper and printing kindly supplied by the Member for Stafford, Luke Richmond & his staff

National Seniors AUSTRALIA

CHERMSIDE BRANCH: PO Box 2073, Chermshire Qld. 4032

Venue: Geebung RSL, Newman Room, 323 Newman Rd, Geebung

Web Page: nationalseniors.com.au/get-involved/branches/Chermshire



NEWSLETTER July 16, 2026

Good Morning Members & Guests

Hope you are all keeping warm now that the cooler weather is here. Gary and I arrived back from our holiday to Japan on June 20th - it was a bit of a shock to us - as it was Summer over there, much like our Summers here.

Please continue to keep a look out for SMS and email scammers who are trying very hard to access your personal information and money. If you do not know the phone number or it starts with a (+) sign followed by a number this is an overseas call. If the email does not have your name in the address, this could also be a scam. There is a list to help you on the Telstra webpage: www.telstra.com.au of what you should look out for.

A reminder that next month is our Annual General Meeting. The current Committee members would like some help with running this club please. Most of us have been in our roles for three or more years and would like a bit of a help at the committee meetings. Please have a talk to one of the committee members during morning tea or after the meeting. We would like new ideas to keep everyone interested, with suggestions for venues to visit for lunches, bus trips, and/or outings for next year.

Also, our last Bring & Buy for the year will be held in October. This is only for cakes, biscuits and home-made items. Please make a note in your calendar.

Take care and stay warm.

Barbara Coleman

President

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

Our Guest Speaker is: **Julie Hogarth-Williams** who has developed a Seniors channel which is available to view at home and is accessible on TV and iPads.

NOTE: Karlotta has made a lunch booking **upstairs at Element 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: 94yo EVERALD COMPTON'S Top 5 Tips to ward off Dementia

1. Make sure you get enough sleep. Most adults need 7 to 8 hours of sleep a night. 2. Stay physically active and exercise regularly. 3. Keep your mind sharp. Do things ie. writing, crosswords, painting, cooking, playing an instrument or learning a language. 4. Eat healthy. "The Mediterranean Diet", which includes regular serves of vegetables, fish and legumes has been associated with healthier ageing and preventing age-related diseases. 5. Maintain an active social life. Take time to nurture your social connections and keep loneliness at bay.

JULY BIRTHDAYS:

Beverley Milgate 4th (85), Barry Smith 10th,
Alayne Brown 13th, Carolyn Bohl 17th,
Jeanette Daff 26th (75), Ron Ash 27th (95)



JULY ANNIVERSARIES:

Alayne & Neil Brown (2003) 23 years

CONGRATULATIONS TO ALL

NOTES FROM THE LAST MEETING:

- ❖ **Attendance:** 47 Members; **Apologies:** 7 **Visitors:** 1 Carmel Blake
- ❖ Our special guest was from *The Queensland Fire & Rescue Service* – talking about “Safety in the home”. This session was highly informative and relevant to all. Important points: *Update your smoke detectors. *Do a safety audit of your home. *Prepare an evacuation plan and practice it. *Check that you have at least one fire blanket in your kitchen, which is easily accessible. *Consider purchasing a handheld fire extinguisher.

OTHER NOTES:

- Thank you Brenda Dimmock & Julia Geatches for donating stamps to be used for member mailouts.
- During July, Geebung RSL's Element Restaurant is offering a “Christmas in July” Special with \$1 from each meal donated to Aspley Special School's Year 12 Camp. The Chef's Dish: Duo of Roast ham & turkey with vegetables is \$27. Plum pudding dessert is \$5.



SOCIAL MEETINGS, MORNING TEAS & LUNCHES

July 23 BUS TRIP “Christmas in July”: Canungra & Scenic Rim. Morn Tea & lunch incl....**\$80**
8.15 for 8.30 Departure *We have a full day ahead, please be on time.*

July 30 11.30am LUNCH Norths Devils Leagues Club, Franklin St, Nundah

Aug 6 1pm COMMITTEE MEETING Geebung RSL (12pm lunch prior)

Aug 13 11.30am LUNCH The Sands Social, 50 Keogh St, Sandgate

Aug 20 SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10
9.30am for 10am Start Our Annual General Meeting will be chaired by our Guest speaker - NSA's Karen Furnivall, who will also present 25year membership certificates and pins to 2 of our members.

Aug 27 9.30am DAY TRIP & LUNCH Mt Coot-tha Bus Trip OR Landsborough Train Trip....**TBA**
 Please register you interest in the Bookings notepad for either of these options. We are still considering transport options/costs, which will involve an accessible bus. Full info available next meeting.
Come along and enjoy a fun day out!

Sept 3 1pm COMMITTEE MEETING Geebung RSL (12pm lunch prior)

Sept 10 11.30am LUNCH The Aspley Leagues Club, 29 Kirby Road, Aspley

Sept 17 SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10
9.30am for 10am Start Guest speaker: TBD

Sept 24 BUS TRIP: Summerland Camel Farm at Harrisville.....\$50
8.15 for 8.30 Departure Morning Tea incl. Lunch at own expense. Visit the Homestead Café & Farm store selling camel milk products. An earlier start today, as we hope to join the 10am Farm Tour.

WHISKY RAFFLE (Kindly donated by Bruce Blundell) ****FINAL DAYS****

We are raffling this Rare Collector's Edition Glenfiddich “Robert the Bruce” Single Malt Speyside Scotch Whisky. Bottled in the 1980's (approximately 45yo), in a distinctive 750ml ceramic decanter/jug, with stopper, featuring the Scottish king.
 (Note: The box for illustrative purposes only and is not included).

Tickets are \$2 each or 3 for \$5 and will be drawn at our AGM in August.



ADVANCE AUSTRALIA FAIR

Australians all let us rejoice, For we are one and free; We've golden soil and wealth for toil, Our home is girt by sea; Our land abounds in nature's gifts Of beauty rich and rare; In history's page, let every stage Advance Australia fair! In joyful strains then let us sing, Advance Australia fair!	Beneath our radiant Southern Cross, We'll toil with hearts and hands; To make this Commonwealth of ours Renowned of all the lands; For those who've come across the seas We've boundless plains to share; With courage let us all combine To advance Australia fair. In joyful strains then let us sing Advance Australia fair!
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Paper and printing kindly supplied by the Member for Stafford, Luke Richmond & his staff

NAMBOUR GARDEN TRIP Friday 10/07/2026



A group of our members journeyed by train to visit the **Nambour 2026 Garden Expo**, which showcased “the State's largest collection of plants in one location”

It was a busy day with so much to see including floral displays, cooking demonstrations, street theatre, food stalls, landscaping, indoor & outdoor gardens, local produce, sculptures and of course – plants.



On this day:

- 1914 The first delivery of Air Mail in Australia (Melbourne to Sydney in a monoplane which took 9.5 hours).
- 1945 The US successfully detonated the first atomic bomb in the New Mexican desert. A month later atomic bombs were dropped on Hiroshima and Nagasaki in Japan, hastening the end of WWII.
- 1951 JD Salinger's *The Catcher in the Rye* was published and later became a worldwide classic.
- 1965 The Mont Blanc Tunnel, linking France & Italy, opened as the world's longest vehicular tunnel at 11.7km long.
- 1969 NASA launched Apollo 11. 4 days later, astronauts Aldrin and Armstrong became the first to walk on the moon.
- 1986 A tragic mine explosion at the Moura No 4 underground mine in Qld kills 12 people.
- 1999 JFK Jr and his wife Carolyn Bessette Kennedy tragically died in a plane crash off the coast of Massachusetts.
- 2021 Various statewide Covid-19 pandemic restrictions were eased in Queensland, by the Palaszczuk Govt.

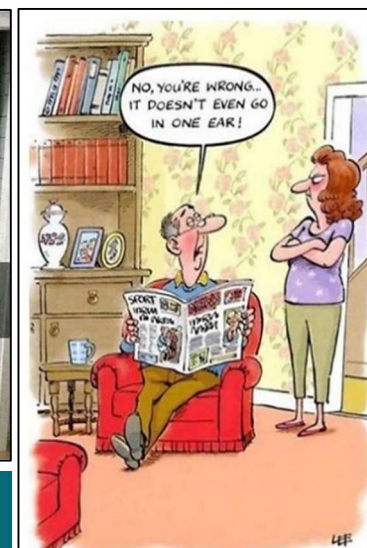


The wife said:
 “Here’s \$20, get the dog a jacket.

If there’s any money left over, get yourself a beer!



For those who don't want Alexa listening in on your conversations, they're making a male version.....it doesn't listen to anything.



Roadside sobriety tests are getting ridiculous. Last night I had to fold a fitted sheet...