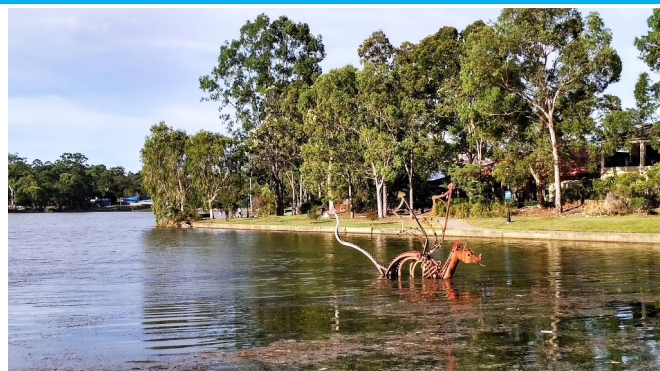




. President's Report July 2026.

Welcome to the July newsletter of the Forest Lake National Seniors. With all the problems of the world still going on around us, not much has changed and the cost of living has not changed much and excuses abound as to the cause of the inflation. All that is obvious, seniors have lost out again and costs have gone up.

As for our branch, the group that went on the cruise to Cairns on the Carnival Encounter, had a great time. I'm told that certain members of the group kept up the reputation of the "disgraceful grey's" of Forest Lake which meant that a great time was had by all.

Last meeting Snr Const. Ben Harm reminded us of the security of our property and ourselves when we are out and about. These tips were useful because we often become casual about locking up our property and where we are when we walk about.

As mentioned at the last meeting we have booked the Dog's QLD function room for the next 18 months which gives us some security of venue and hopefully this will continue.

As referred to last month this is the time of the year where we call for nominations for the positions on the Management Committee. Please consider taking on one of the portfolios, contact one of the committee members and we can explain what is involved.

N.B. None of us bite.

Brian



Pauline Allen	Doreen Flynn	Wendy Sparkes
Cheryl Alloway	Jeanette Holberton	Vera Taylor
Judy Boyle	Harry Horrigan	Jeanette Weaver
Judy Currell	Val Horrigan	Marie Whitford
Robin Curtis	Beverley Manning	
Adele Edwards	Emily Mattheys	
Valerie Ellis		

**Forest Lake National Seniors Branch
currently meet at Dogs Queensland,
247 King Avenue, Durack.**



ACTIVITY REPORT
GENERAL MEETING 9th July 2026

CALENDARS FOR 2026 WERE HANDED OUT TO MEMBERS AT THE NOVEMBER 2025 GENERAL MEETING

JULY:

Thursday 9th General meeting - Sally Gardner, the President of QCWA group at Oxley will tell you about the role of the CWA in the community.

Thursday 23rd Christmas in July at the Fox & Hounds at Wongawallan (Mt Tamborine) with a delicious 2 course meal and a tea/coffee station, in the Tudor Room, stopping at the Damian Leeding Park at Oxenford to have a refreshment break prior to arriving at our destination. BUS will depart from the car park (usual spot) beside Aldi's in Forest Lake at 9.00 am and leave around 2.00 pm for home.

PAYMENTS TO BE MADE PRIOR TO OUR MEETING ON THE 9TH PLEASE – THANK YOU SO MUCH.

AUGUST:

Thursday 13th This is our 15th Birthday Celebration, cutting our cake, with David Hamilton and his Marionettes entertaining us as a special treat.

Wednesday 19th – Saturday 22nd Away trip with Allan Foster – Granite Highlands Maxi Tours

Thursday 27th (NOTE THE DATE CHANGE) Train trip to Sandgate (Shorncliffe Line) for coffee/stroll/lunch PERHAPS down to the Esplanade for fish/chips **NAMES ON LIST PLEASE.** Catch 460 bus at 7.46am at Forest Lake stop (near Maccas), Train from Richlands at 8.18 am platform 2 to CENTRAL, arriving platform 6, change to platform 4 to catch 9.13am train to Shorncliffe.

LORD MAYOR'S TOWN HALL FREE CONCERTS: EVERY Tuesday FROM 12.00 -1.00PM. catch the Bus 100 from Forest Lake and change at QPAC and catch M1 or M2 to King George Square. FREE DAY with top quality varied entertainment weekly

Lynne Ball + Activity Team

Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126
Vice President – John 0410480758
Secretary - Janelle - 0402097564
Treasurer - Colin - 0426 863 506
Membership – Norah - 0421282052
Activities - Lynne . - 0412 122 161
Publicity - Lorraine . - 0409275016
Welfare - Vicki - 0403663293

Heritage Bank
Community Branch *People first.*

Forest Lake Branch
For all your banking needs see the friendly branch team or contact us on 3412 2360

Our next meeting is on

9th July, 2026

and this will be at

DOGS QUEENSLAND

247 King Avenue, DURACK.

A special thank you goes to our VOLUNTEERS without whom our meetings would not run so smoothly.

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

Thank you for the printing of our monthly newsletter to MARGIE NIGHTINGALE and her team at her Office . Margie is our local state member

Newsletter, Agendas & Minutes of previous meetings

Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

Non-Email Members will have a copy of the newsletter reserved for them for pick up at the entry desk.

The Newsletter is also available online at **(nationalseniors.com.au/getinvolved/branches/forest-lake)** & on our Facebook group page **"Forest Lake Branch National Seniors Australia Group"**

If you are on Facebook go to the Branch Facebook Page **(Forest Lake National Seniors Australia)** and click on "Join Group"

Hi Members: Could you please try to have small change with you to pay when entering our meetings. This is to pay for morning tea and as our lovely Volunteers manning the desk do not have access to a lot of change and big notes make it very difficult for them. Also members, could you please let a committee member know when paying by cash through a bank branch

We strongly encourage Members to pay for excursions via Internet banking or by depositing payment over the counter at Heritage Bank Forest Lake.

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. **Lynne** has kindly taken on this important role for our club for the next month.

Phone 0408889479 or email on **lf0gg61@gmail.com**

Trips Payment

Bank Transfer & Direct Deposit

Account Name: National Seniors Australia Forest Lake Branch Inc

Bank account details: BSB-638 070

Acc No-12471674

Please include your name & event name on the transfer and receipt for identification.

Example – Smithx1Xmas party

Surname (Smith)

Number going (1)

Event (Branch Christmas Party)

EFTPOS

The Branch has a "Square card" hand-held EFTPOS machine to take payments. Members wishing to pay by card using this method can do so at Branch Meetings. Receipts will be emailed. Please note payment via this method will incur a surcharge of 1.9%.

Cash or Cheques

To assist the trips desk please write on an envelope:

Your name

Trip details

Payment amount

Dietary requirements

Seal your payment inside the envelope and hand it to the trips desk.

Unless it is in an Envelope as stated above the trips table will not accept any payment.

Full Payment will be due at the monthly meeting prior to the trip.

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Branch Refund Policy

Cancellation of an outing

Travel Insurance for our away trips is strongly recommended.

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. In the case of a sudden medical emergency on the day which cannot be prevented, the Management Committee will consider the matter with respect to a refund.

When we have to book seats on a bus or give numbers for a booked away trip or luncheon and are still required to pay even in the case of a cancellation by a member, a refund will not be provided.

In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be re-scheduled, members will be refunded any monies paid.

AWAY TRIPS

Hello Travelling Enthusiasts,

As we progress through winter in Australia, memories of earlier travel overseas are brought to bear by messages from our children holidaying overseas. Our son and his family are exploring Japan and our youngest daughter and her family are travelling through England.

Age by itself is no barrier to travel. Physical and mental health are important and must be continually supported by activity and social involvement. Our National Seniors meetings together with our Branch activities plan should be considered as important involvement in this endeavour.

My planning role is designed to give us something a little extra to firstly look forward to and then something “out of the box” to enjoy.

Cruising has been popular and to that end a cruise a little longer and more exciting has been added to our list. Next years cruise will be a 12 day sailing on the mighty “Carnival Encounter” cruising from the port of Brisbane on to Fiji and the South Pacific Islands. Departing Brisbane on Monday 10th May 2027 and returning on Saturday 22nd May 2027. As with all cruises early booking is essential. Tracey Pridmore at Flight Centre, Forest Lake is taking bookings NOW.

Costings are - Interior Cabin from \$1812.00 per person, Outside view from \$1968.00 per person, Balcony from \$2688.00 per person.

KEEP ON TRAVELLING.

Ian H.

Away Trip Co-Ordinator



LAUGHTER IS THE BEST MEDICINE.

A lost dog strays into a jungle. A lion sees the dog from a distance and cautiously thinks, “Hmm, this guy looks edible. Never seen his kind before.”

The lion starts rushing toward the dog menacingly. The dog notices and begins to panic, but just as he’s about to run, he spots some bones nearby. Thinking quickly, the dog loudly exclaims, “Mmm... that was some good lion meat!”

Hearing this, the lion abruptly stops in his tracks and thinks, “Whoa! This guy seems tougher than he looks. I better leave while I still can.” The lion retreats cautiously.

Up in the treetops, a monkey witnesses the entire scene. Realizing he could gain favour with the lion, the monkey decides to spill the truth. He swings down and tells the lion what really happened. Furious, the lion growls, “Get on my back! We’ll deal with him together!”

The lion and monkey rush back toward the dog. Spotting them, the dog panics again but quickly comes up with another idea. He shouts loudly, “Where the hell is that monkey? I told him to bring me another lion an hour ago!”



**NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH**

JULY:		
Thursday 9th	General Meeting - Speaker:_ Sally Gardner, President of QCWA (Oxley Branch)	\$8.00
Thursday 23rd –	CHRISTMAS IN JULY Fox & Hounds –at Wongawallan (Mt Tamborine) Two course meal plus tea/coffee station in the Tudor Room. Please pay PRIOR to our JULY Meeting - this would be greatly appreciated. •	\$75.00
AUGUST:		
Wednesday 13th	<i>This is our 15th birthday celebration with David Hamilton and his Marionettes entertaining us as a special treat. (We do need to organize our cake as well).</i>	\$8.00
Wednesday 19th -Saturday 22nd “	<i>The Great Northern Rivers Explorer” – away trip with Allan Foster.</i>	Own expense
Thursday 27th	NOTE THE DATE CHANGE) Train trip to Sand- gate (Shorncliffe Line) for coffee/stroll/lunch. PERHAPS down to the Esplanade for fish/chips NAMES ON LIST PLEASE. Catch 460 bus at 7.46am at Forest Lake stop (near Maccas), Train from Richlands at 8.18 am platform 2 to CENTRAL, arriving platform 6, change to plat- form 4 to catch 9.13am train to Shorncliffe.	Own expense



HERE IS LUNCH-
MENU FOR DOGS
QLD.

PLEASE ORDER
YOUR MEAL BEFORE
THE START OF OUR
MEETING.

LUNCH MENU	
Seniors rump steak Served with your choice of chips & salad or mash & veg.	\$18
Chicken Schnitzel Served with your choice of chips & salad or mash & veg.	\$15
Crumbed/battered fish Served with your choice of chips & salad or mash & veg.	\$15
Spinach & ricotta lasagna Served with your choice of chips & salad or mash & veg.	\$15
Bangers, mash and peas	\$15
Caesar salad - \$12 Add grilled chicken - \$3	

Here is a map to guide you to the Dogs Queensland.

Follow the arrows to get to Dogs Queensland at Durack.

