

## Message from the President

Hi fellow members,

Hope everyone is well if not slightly insane whilst in isolation. I've heard that a few are taking advantage of the relaxation of the restrictions and having friends or family around home or somewhere in the wide open spaces. Ros and I went to Wivenhoe Dam just recently for a picnic and I thoroughly recommend it. The Management Committee has had its first meeting in May since the lock-down. Hopefully we will be able to have a General Meeting at the Lion before too long (still observing the distance rules) and get our lives back to as close to normal as possible these days. Once the weather warms up in a couple of months our long awaited "picnic in the park" will go ahead. It will be great to catch up with everyone again. I think we all know that our trip calendar for 2020 has gone by the way but I am still optimistic that we can have a Christmas lunch if we can find the right venue to take the numbers in safe seating under the rules. In the meantime the Management team will be putting their thinking hats on for planning 2021. We would love any ideas to come from you addressed to our Secretary Julie for inclusion at our next MC meetings June/July.

Stay safe and keep in touch if you have anything we can assist you with.

Cheers

*Peter Dunell*

## 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



## June Members Birthdays

Jill Beauchamp	Mary Cottam
Lyn Court	Ros Dunell
Richard Hilder	Wendy Mitchell
Pauline Steadman	Jaquie Stibbard
Val Summerville	Charles Taylor
Annette Weaver	



## 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.

I 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 is in respite care at Alcare Perigian Springs.

Our Membership Officer Linda Bird was sent a sympathy card & flowers for the passing of her mother.

### **What have you been up to lately?**

Now there's a question many of us could answer differently. Judging from how well and safe everyone has been keeping, and the very few cases of COVID-19, it's fair to say we are pretty good at finding lots of ways to occupy our time in isolation. We should all be very proud of ourselves.

### **Remember – it's temporary**

One of the good things about being older is understanding that most things in life are temporary.

We have seen many seasons and stages in life (good and not so good), and they all pass. Offering this sense of perspective to younger people can be one of the ways you help others through this time.

### **The Lucky Country**

Seeing the way Australia has banded together to overcome this crisis has been incredible. Our deep-seated love for this country has been evident from the beginning.

## A Trip Down Memory Lane

### **Visit to Harrow Homestead in May 2014**

It really was a fantastic trip to Harrow Homestead at Cambooya on 22 May. A busload of eager travellers enjoyed a visit to historic Harrow Homestead. We took tea and scones on the verandah before taking in the splendour of the beautiful homestead and gardens.



### **Youngcare bibs donation April 2014**

What a heart warming occasion for these ladies to be able to present the special bibs they had sewn to residents at Youngcare Sinnamoon Park. Such beautiful work and so very much appreciated too. A big thank you to Wendy Mitchell, Annette Weaver and Val Hannan.



### **Riddle me this**

I am something people love or hate. I change people's appearances and thoughts. If a person takes care of themselves, I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down. What am I?

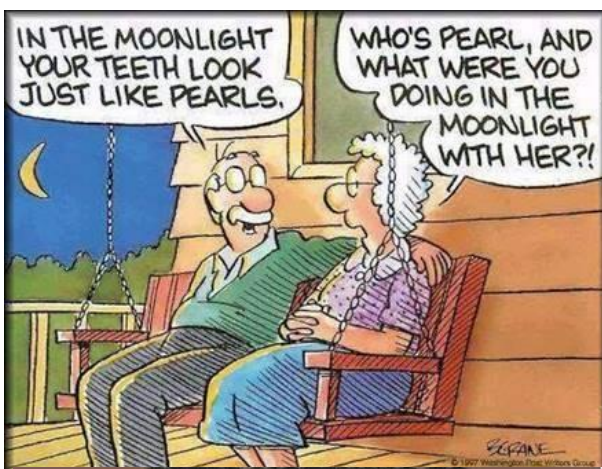
Answer: see last page



## On the Lighter Side

At the bank, I told  
the cashier, "I'd like  
to open a joint  
account please."  
"OK, with whom?"  
"Whoever has  
lots of money."

**Best To Do List Ever!**  
For those of you that know the  
theme song.....you're welcome! It  
will be stuck in your head now too.



**AFTER LISTENING TO,  
LINDA, HIS HUMAN, FOR 12 DAYS  
WHILE IN QUARANTINE AS SHE  
COMPLAINED FOR HOURS ON END**



**SPARKY REALIZED HE  
WAS NOT CUT OUT TO BE  
AN EMOTIONAL SUPPORT DOG**



**I told my suitcases  
that there will be no  
vacation this year.  
Now I'm dealing with  
emotional baggage.**



## **Those were the days - A Bit of Nostalgia**

My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning. Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting E-coli.

Almost all of us would have rather gone swimming in the creek, the lake or at the beach instead of a pristine chlorinated pool (talk about boring), no beach closures then either.

We all took PE and risked permanent injury with a pair of Dunlop sandshoes or bare feet if you couldn't afford the runners, instead of having cross-training athletic shoes with air cushion soles and built-in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got the cane or the strap for doing something wrong at school, they used to call it discipline, yet we all grew up to accept the rules and to honour & respect those older than us.

We had at least 40 kids in our class and somehow we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter, FUNNY THAT!!

We all said prayers in school irrespective of our religion, sang the national anthem and saluted the Flag and no one got upset. Staying in detention after school netted us all sorts of negative attention we wish we hadn't got.

And we all knew we had to accomplish something before we were allowed to be proud of ourselves.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. We weren't!! Don't even mention about the rope swing into the river or climbing trees

Oh yeah, and where were the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Castle" on piles of dirt or gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6p bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat. To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

We never needed to get into group therapy, or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

BUGGER ME!! How did we ever survive? AAAAh, those WERE the days!!!!



## **National Council**

The National Council is a peak governance element within the National Seniors structure.

The National Council is established to provide a forum for the discussion of matters relevant to trends and strategic issues relating to older Australians and the National Seniors Australia organisation.

It will also provide reflections and advice to the Board relevant to the continued development of the organisation which will include:

- emerging trends, that impact on the over 50s population,
- societal attitudes to the over 50s and the impact of these on the organisation,
- the role of National Seniors Australia in the context of societal and other trends,
- the nature and direction of the priorities of National Seniors Australia; and
- ensuring the structure of the organisation remains relevant to the needs of National Seniors Australia membership and the older Australians generally.

### Membership

#### The Board

Mr Christopher Guille – SA

Ms Valerie Pratt – NSW

M. Darryl Wilson - QLD

Ms Marcia Griffin - VIC

Mr Ross Glossop - WA

### Regional Representatives

Dr Marjorie Green – QLD

Mr Peter Feeney – VIC/TAS

Mr Graeme Piggott – WA

Mr Gary Byron - SA/NT

Mr John Urquhart - NSW

### General Representatives

Mr David Warner – QLD

Mr Robert Firth – NSW/ACT

Ms Mary Parsissons – TAS

Ms Barbara Horton – WA

## **Quote me this**

The single biggest problem in communication is the illusion that it has taken place.

George Bernard Shaw

I woke up this morning with devout thanksgiving for my friends, the old and the new.

Ralph Waldo Emerson.





## Recipe Resource

### Mini Raspberry Friands

0:20 Prep \* 0:20 Cook \* 10 Servings \* Advanced

Topped with crunchy golden almonds, these baby-sized friands are ideal for any special celebration with friends.

#### INGREDIENTS

Melted butter, to grease  
Plain flour, to dust  
195g (1 ½ cups) pure icing sugar, sifted  
75g (1/2cup) plain flour, sifted  
155g (1 ½ cups) almond meal  
3 eggs, lightly whisked  
180g unsalted butter, melted, cooled  
100g frozen raspberries  
2 tablespoons flaked almonds  
Icing sugar, to dust

#### METHOD

- Step 1** Preheat oven to 180°C. Brush thirty 40ml-capacity mini muffin pans with melted butter to grease. Dust with plain flour.
- Step 2** Combine the sugar, flour and almond meal in a bowl. Make a well in the centre. Add egg and butter. Stir until well combined.
- Step 3** Divide among the prepared pans. Divide the raspberries among the centres. Sprinkle with the flaked almonds.
- Step 4** Bake for 15-20 minutes or until light golden. Set aside in the pans for 5 minutes to cool slightly before transferring to wire racks to cool completely.
- Step 5** Dust the friands with icing sugar to serve.

#### NOTES

Freezing tip: Prepare to the end of step 4 up to 2 weeks ahead. Wrap the friands, 5 at a time, in 2 layers of plastic wrap and 1 of foil. Freeze. Thaw overnight. Continue from step 5 just before serving.



## Treasurer's Report

### Treasurer's Report 27th May 2019 for period 1st - 30th April 2020

The National Seniors Forest Lake Cash Account for the period began with an opening balance of \$9,869.84, received income of \$2,230.00 incurred expenses of \$3,224.80 with a closing balance of \$8,875.04 made up as shown of:

Balance at Bank: \$3,121.23 Heritage  
Term Deposit \$6,033.81  
Petty Cash & Floats \$ 120.00  
Un-presented Cheque # 582501 \$-200.00  
Un-presented Cheque # 582502 \$-100.00  
Un-presented Cheque # 582503 \$-100.00

The closing balance of 8875.04 includes committed monies held for,  
First Aid \$ 350.00  
Seniors Week BBQ \$ 900.00  
Trips \$ 426.00

This leaves the Branch with a total of \$7,199.04 in available funds at the end of April.

The months' activities resulted in a decrease to available funds of \$- 543.40. Funds were impacted by the expenses listed and adjustment to funds set aside for Activities/Excursions.

Colin Court Treasurer

## Coronavirus COVID-19



CORONAVIRUS	COUGHS	EYES	MILD
DISEASE	SNEEZES	CLOSE	SEVERE
NOVEL	BREATHE	CONTACT	DEADLY
RESPIRATORY	TOUCHING	INFECTED	FEVER
ILLNESS	SURFACE	RISK	COUGH
SPREAD	MOUTH	HEALTH	SHORTNESS
DROPLETS	NOSE	CARE	BREATH
VIRUS	POSSIBLY	WORKERS	

# Roadmap to easing Queensland's restrictions

Unite against COVID-19

## A step-down approach to COVID-19

**CONTINUING CONDITIONS** • Social distancing, 1.5 metres and hygiene • Stay at home if you're sick • Tracking, tracing, rapid response • Work at home if it works for you and your employer

EASING TO DATE	STAGE 1: from 11:59pm 15 MAY 2020 (4 weeks)	STAGE 2: 12 JUNE 2020 (4 weeks)	STAGE 3: 10 JULY 2020
<b>SCHOOLS PLAN</b>	11 May Kindy, Prep Years 1, 11, 12	25 May Years 2-10	School holidays (27 Jun-12 Jul)
<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Gatherings in homes (household + 2 visitors from the same or different households, or up to 5 visitors from the same household)</li> <li>Household or one friend and within 50 kms of home for recreational purposes:                             <ul style="list-style-type: none"> <li>go for a drive</li> <li>have a picnic</li> <li>visit a national park</li> <li>go fishing, boating or jet-skiing</li> </ul> </li> </ul> <b>Retail shopping</b> <ul style="list-style-type: none"> <li>Allowing retail shopping for non-essential items within 50 kms of home</li> </ul> <b>Schools</b> <ul style="list-style-type: none"> <li>Gradual return to class</li> <li>11 May: Kindy, Prep and Years 1, 11 and 12</li> <li>25 May: Years 2-10.</li> </ul>	<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Gatherings in homes (household + max 5 visitors, allowed from separate household)</li> <li>Gatherings of up to 10 people:                             <ul style="list-style-type: none"> <li>outdoor, non-contact activity</li> <li>personal training</li> <li>pools (indoor and outdoor)</li> <li>public spaces and lagoons* (e.g. South Bank Parklands, Cairns, Airlie Beach etc)</li> </ul> </li> <li>parks, playground equipment, skate parks and outdoor gyms</li> <li>libraries</li> <li>weddings</li> <li>hiking and other recreational activities in national and state parks</li> <li>places of worship and religious ceremonies</li> <li>Funerals (max 20 indoors or 30 outdoors)</li> <li>Recreational travel (max 150 kms within your region for day trips)</li> </ul> <b>Businesses and economy</b> <ul style="list-style-type: none"> <li>Retail shopping</li> <li>10 people permitted at any one time for:                             <ul style="list-style-type: none"> <li>dining in (with COVID SAFE Checklist): restaurants, cafés, pubs, registered and licensed clubs, RSL clubs and hotels – no bars or gaming</li> <li>open homes and auctions</li> <li>beauty therapy and nail salons (with COVID SAFE Checklist)</li> </ul> </li> </ul> <b>Outback*</b> <ul style="list-style-type: none"> <li>Dining in (with COVID SAFE Checklist): restaurants, cafés, 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</li> <li>Recreational travel including overnight accommodation max 500 kms within the outback only if you live in the outback.</li> </ul>	<b>Family, friends and community</b> <ul style="list-style-type: none"> <li>Gatherings of up to 20 people:                             <ul style="list-style-type: none"> <li>homes</li> <li>public spaces and lagoons (e.g. South Bank Parklands, Cairns, Airlie Beach etc)</li> <li>non-contact indoor and outdoor community sport</li> <li>personal training</li> <li>gyms*, health clubs* and yoga studios*</li> <li>pools (indoor and outdoor) and community sports clubs</li> <li>museums, art galleries and historic sites</li> <li>weddings</li> <li>parks, playground equipment, skate parks and outdoor gyms</li> <li>libraries</li> <li>hiking, camping and other recreational activities in national and state parks</li> <li>places of worship and religious ceremonies</li> </ul> </li> <li>Funerals (max 50)</li> <li>Recreational travel, camping and accommodation, including caravan parks (max 250 kms within your region)</li> </ul> <b>Businesses and economy</b> <ul style="list-style-type: none"> <li>Retail shopping</li> <li>20 people permitted at any one time for:                             <ul style="list-style-type: none"> <li>dining in (with COVID SAFE Checklist): restaurants*, cafés*, pubs*, registered and licensed clubs*, RSL clubs*, hotels* and casinos* – no bars or gaming</li> <li>indoor cinemas</li> <li>open homes and auctions</li> <li>outdoor amusement parks*, tourism experiences*, zoos* and arcades*</li> <li>concert venues*, theatres*, arenas*, auditoriums* and stadiums*</li> <li>beauty therapy, nail salons, tanning, tattoo parlours and spas (with COVID Safe Checklist)</li> </ul> </li> <li><b>School holidays – drive holiday in your region – Queenslanders backing Queensland</b></li> <li>Tourism accommodation</li> </ul> <b>Outback*</b> <ul style="list-style-type: none"> <li>Dining in (with COVID Safe Checklist): restaurants*, cafés*, pubs*, registered and licensed clubs*, RSL clubs* and hotels* (max 50 at any one time) for locals only (must show proof of residence) – no bars or gaming</li> <li>Recreational travel within the outback only if you live in the outback.</li> </ul>	<p>Subject to further planning and review, interstate and further intrastate travel will be permitted and a maximum of 100 people will be permitted for:</p> <ul style="list-style-type: none"> <li>gatherings in public spaces and homes</li> <li>dining in: restaurants, cafés, pubs, registered and licensed clubs, RSL clubs, food courts and hotels</li> <li>indoor cinemas</li> <li>places of worship and religious ceremonies</li> <li>museums, art galleries and historic sites</li> <li>pools and community sports clubs</li> <li>community sport</li> <li>gyms, health clubs and yoga studios</li> <li>outdoor amusement parks, zoos and arcades</li> <li>concert venues, theatres, arenas, auditoriums and stadiums</li> <li>weddings</li> <li>funerals</li> <li>saunas and bathhouses</li> <li>open homes and auctions</li> <li>casinos, gaming and gambling venues</li> <li>pubs, registered and licensed clubs, RSL clubs and hotels</li> <li>nightclubs</li> <li>beauty therapy, tanning, nail salons and spas, tattoo parlours and non-therapeutic massage parlours</li> <li>libraries</li> <li>hiking, camping and other recreational activities in national and state parks.</li> </ul> <p><b>The public health rules to maintain:</b></p> <ul style="list-style-type: none"> <li>Physical distancing</li> <li>4 square metres per person when indoors</li> <li>Hand hygiene</li> <li>Respiratory hygiene</li> <li>Frequent environmental cleaning and disinfection</li> </ul> <p>* More with COVID SAFE Plan approved by health authorities # Outback areas as defined by Local Government Areas. Details on COVID19.qld.gov.au</p>



## For Sale

I have a leather jacket for sale, I purchased it to protect my arms if I came off my Yamaha scooter while travelling between Sydney and Wollongong in the early 70's. It is in pretty good condition and I would like \$50 which I will donate to Doctors without borders. If anyone is interested in buying the jacket they could contact me on our landline 30609784, email me, [barbara.tweedie@gmail.com](mailto:barbara.tweedie@gmail.com) or call in and try the jacket on, check the condition etc.



Riddle answer: Age



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



Special thanks to our Newsletter sponsor. 3271 2595. Forest Lake Mobile Service



For all your banking needs see the friendly Branch team or contact the Heritage Bank on 34122360



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