



Message from the President.

Welcome to our June meeting. I don't know how many of you have noticed that we are still enjoying reasonably mild weather which goes to support the theory that Queensland is the best place to be in Australia and we also have the best footy team.

At our June meeting we will have Senior Constable Ben Harm from the Queensland Police Service talking to us about cyber security and scams which are plaguing our society today. With millions of dollars being lost to scams and fraud every year, we all need to be aware of the latest tricks that scammers are up to and what we need to watch out for.

At our next meeting in July David Cheales will be entertaining us. The Christmas in July trip up to Montville at the end of July needs to be paid before or at today's meeting. Our Activities Officer, Lynne Ball will have all the details which she will outline a little later in the meeting.

Brian

CONGRATULATIONS

Linda Bird



Linda has been nominated for a "LOCAL HERO AWARD" by our National Seniors Forest Lake Branch in recognition of the years she has been our Membership Officer and then our Publicity officer and the wonderful work she has performed for our branch.

This award presentation was organised by the South-West Progress Association and will be presented to Linda on Saturday 15th June.



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|--------------|--------------|----------------|
| J. Beauchamp | L. Court | P. Steadman |
| C. Beccaria | R. Dunell | V. Summerville |
| G. Beccaria | J. Jaraminas | C. Taylor |
| M. Cottam | | |



Our meetings start at 10.00am with access to hotel from 9.30am

AWAY TRIPS

Hello travelling enthusiasts, our next AWAY trip departing on 29th September 2024 is well subscribed to and at present we have 28 members eager to go.

The proposed trip will take 5 days and 4 nights travelling to Bundaberg, Maryborough and surrounds. The itinerary takes us to both famous and out of the way venues and includes a beautiful boat trip on the Burnett River and internationally recognised whale watching in Hervey Bay.

The itinerary is included in this edition of the newsletter and is costed at \$1369.00 per person for double/twin accommodation and \$1700.00 per person for single accommodation. Payment will consist of a deposit of \$100.00 per person by our June meeting and the final payment of the outstanding amount by the August meeting.

I continually strive to bring the best of away trips for you and I know this one won't disappoint.

I am presently looking at away trips for the first half of next year. In particular a trip to Noosaville including a boat trip on the Noosa River and to Gympie and surrounds including "The Rattler" train trip. Please let me know your thoughts on any preferences for an away trip.

Kind regards
Ian Horrocks
Away Trip Co-Ordinator.

Payments made via our branch card reader will be available at our next as Janelle Jaraminas has the card reader from our treasurer Colin available.

NOTE: Please do NOT pay by transfer prior to any trip sheets being presented at the front desk for you to express your interest in attending a bus trip/event, FIRST. Expressions of interest MUST be made first before payment – making payment in advance does not guarantee you a place on the bus.

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

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

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Seal your payment inside the envelope and hand it to the trip's 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.

Branch Refund Policy

Cancellation of an outing

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 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 rescheduled, members will be refunded any monies paid.

From the Activities Group

MAY:

THURSDAY 9th *General meeting - Karen Furnivall from National Senior's Head Office, attended to present members with their 25-year member pins, and provided a presentation on National Senior's products and how they can help us, plus bought items as arranged, for Over 50's Expo in October for raffle and distribution.*

MONDAY 20th *Portofino - carpool to Warehouse - great morning enjoyed by a small group.*

THURSDAY 23rd *Vend Marketplace at Annerley - a small group caught bus to this event.*

JUNE:

TUESDAY 11th *"Esk Bush Bashers" Angie's Anglican Church Esk. There by 8.10am to leave at 8.30am with morning tea on the way to Esk, arriving at 10.30am - 3.00pm. Entertained by bush band with old fashioned wash boards, packing box double base, singing, dancing and a lot of fun. Pack of sandwiches and cake given for lunch - never ending tea/coffee - \$55.00 plus \$60 Gluten Free.*

THURSDAY 13th *General Meeting - SENIOR CONSTABLE BEN HARM will be discussing latest scams + ID fraud.*

THURSDAY 27th *Howard Smith Wharf / Maritime Museum - CANCELLED.*

JULY:

THURSDAY 11th *General Meeting with David Cheales - Singer/entertainer*

THURSDAY 25th *Christmas in July at Montville Pub - \$75.000 which includes morning tea on the way, 2 course meal with tea/coffee station. Currently totally booked - there are 15 stairs to dining area. Bus leaves at 8.30am - be there by 8.15am. PAYMENT JUNE MEETING - ACCEPTING NAMES FOR WAITING LIST, IN CASE OF LAST MINUTE CANCELLATIONS*

AUGUST

THURSDAY 8th *General meeting - 13th Birthday Celebration with cake. Guest speaker from TransitCare - Leeanne Laura*

THURSDAY 15th *Redlands IndigiScapes Environmental Centre & Café Capalaba, Botanic Gardens and tracks plus native nursery & visit to Golden circle Factory Outlet. Includes morning tea only, on the way, BYO lunch OR buy at Café at gardens. Bus departs from Aldi at Forest Lake at 8.30am. BE THERE BY 8.15AM \$30 pp. PAY AT THE END OF JULY*

NOTE: *Please do NOT pay by transfer prior to any trip sheets being presented at the front desk for you to express your interest in attending a bus trip/event, FIRST. Expressions of interest MUST be made first before payment - making payment in advance does not guarantee you a place on the bus.*

If you have any suggestions for interesting day outings we would love to hear from you.

Lynne Ball + Activity Group

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. Vicki H has kindly taken on this important role again for our club this year. You can ring Vicki on 0403663293

Committee Members

Branch email - nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126

Vice President - M Cottam 0403006758

Secretary - J Jaraminas 0402097564

Treasurer - C Court - 0426 863 506

Membership - A Kitching - 0417 508 383

Activities - L Ball - 0412 122 161

Publicity - L. Horrocks- 0409275016

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing of newsletters, financial reports and other support material. Thank you to the team at the Office of Margie Nightingale for the printing of our newsletters each month. A special thank you goes to our volunteers without whom our meetings would not run so smoothly.

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"

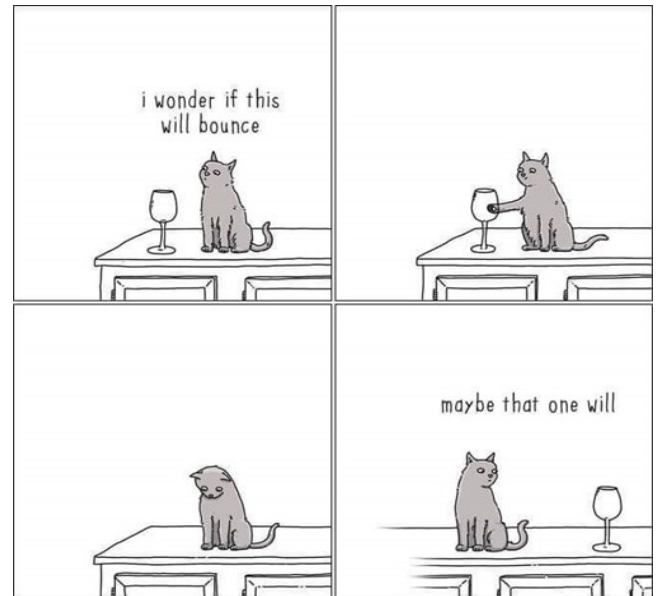
Laughter is the best medicine

According to unofficial sources, a new simplified income-tax form contains only four lines:

1. What was your income for the year?
2. What were your expenses?
3. How much have you left?
4. Send it in now.

Riddle answers at June meeting

1. When you cross a cocker spaniel, a poodle, and a rooster, what do you get?
2. Why did the poor dog chase his tail?



PHOTOS

Please don't forget to check our Photo Book [with many thanks to Julie Baldwin] at our meetings. You choose and order the photos you want at no cost to you.

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

Forest Lake

245 Forest Lake
Forest Lake, QLD,
(07) 3278 7444

Hotel

Blvd
4078

General Opening Hours

Everyday 10.00am - 4.00am

FOREST LAKE BRANCH EVENT CALENDAR JUNE TO JULY 2024		
<u>JUNE</u>		
Monday 10th	The tour and morning tea at FOREST GROVE (AVEO) has been cancelled. .	
Tuesday 11th	Esk Bush Bashers, Ange’s Anglican Church, 41 Highland Street, Esk 10.30am-3.00pm Cut off number is 60 people	\$55
Thursday 13th	National Seniors General Meeting - Forest Lake Tavern 9.30am Sen. Constable Ben Harm, Mt Ommaney Police - PRESENTING LATEST SCAMS + ID FRAUD . An outing to the Howard Smith Wharf and/or the Maritime Museum has been cancelled.	\$8 Own expense
<u>JULY</u>		
Thursday 11th	General Meeting - Forest Lake Hotel 9.30am - Entertainer Singer David Cheales	\$8
Thursday 25th	CHRISTMAS IN JULY - Montville Pub with morning tea stop 2 course meal with free tea/coffee. PLEASE EXPRESS INTEREST AT THIS MEETING. <i>Please be aware there are 15 stairs at this venue.</i> <i>Accepting names for waiting list in case of last minute cancella- tion.</i>	\$75 pp
AUGUST		
THURSDAY 8th	General meeting – 13th Birthday Celebration with cake. Guest speaker from TransitCare – Leeanne Laura	\$8
THURSDAY 15th	Redlands IndigiScapes Environmental Centre & Café Capalaba, Botanic Gardens and tracks plus native nursery & visit to Golden circle Factory Outlet. Includes morning tea only, on the way, BYO lunch OR buy at Café at gardens. Bus departs from Aldi at Forest Lake at 8.30am. BE THERE BY 8.15AM \$30 pp. PAY AT THE END OF JULY	\$30

Granite Highlands Maxi-Tours Proposed tour to Bundaberg /Maryborough/Hervey Bay

4 Nights 5 Days

Day 1. 7am Depart Forest Lake for morning tea and Tour at Yandina Ginger Factory then proceed to Maryborough for lunch at the Carriers Arms Hotel then proceed to Mamino's Ice Creams Childers for Macadamia Ice Cream then to Bundaberg and book into Motel
6.30pm Dinner at Motel Restaurant

Day 2. 7.30am Breakfast at Motel 8.30am Depart to Bundaberg Ginger Beer Factory tour and Tastings then to Hinkler Aviation Museum and Botanic Gardens then to Lunch at Bargara Golf Club then to the Bundaberg Rum Factory tour and tastings to The Hummock Lookout then return back to Motel 6.30pm Dinner at Bundaberg Services Club

Day 3. 7.30am Breakfast at Motel Depart to the Bundy Belle for 2.5 Hour Burnett River Cruise with morning tea then to Lunch at Grunske's by the River then to Kalkie Moon Gin Distillery for tour and tastings then to Tina Berries for a berry ice cream to Macadamias Australia can purchase products and look around shop then back to the Motel 6.30pm Dinner at Motel

Day 4. 7.30am Breakfast at Motel Load Bus then Depart to Hervey Bay to Reef World fish feeding experience and tour with early lunch at their waterfront Restaurant then Board the Tasman Venture around 1.15pm Departs at 1.30pm for Whale Watching Cruise returns around 5.30pm Then book into Hervey Bay Motel 7pm Dinner at Hervey Bay RSL Club

Day 5. 7.30am Continental Breakfast at Motel Load Coach and Depart to Maryborough Military Museum and Freedom Park then Morning tea at Allowishes Delicious Café then to Pomona Hotel for Lunch after Lunch proceed back to Forest Lake with Comfort Stops at Caboolture if needed

All inclusive cost for the 4 night 5 day tour to Bundaberg Hervey Bay and Surrounds is \$1369 per person Double or Twin Share and Single is \$1709 per person (person not sharing motel room)

Enquiries to Away trip Co-ordinator, Ian Horrocks

NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
DRAFT EVENT CALENDAR AUGUST TO DECEMBER 2024 as at 07JUNE 2024

<u>AUGUST</u>		
Thursday 8 th	General meeting held at the Forest Lake Hotel 0930am – 13 th Birthday Celebration with Cake Speaker – TransitCare (Lee-anne Laura)	\$8
Thursday 15 th	Day trip – Redlands IndigiScapes Environment Centre & Cafe Capalaba, Botanic Gardens and tracks plus native nursery & Golden Circle Factory Outlet. Includes morning tea on way. Depart Aldi 8.30am. Lunch at own expense or BYO	\$30
<u>SEPTEMBER</u>		
Thursday 12 th	General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2025 Calendar	\$8
Wednesday 18 th	Day trip - TOOWOOMBA CARNIVAL OF FLOWERS – Morning Tea and Lunch. Depart Aldi 8 am	\$50
Sunday 29th-Oct 3rd	Away trip Bundaberg-Maryborough-Whale watching.	Own expense
<u>OCTOBER</u>		
Wednesday 9 th	Over 50s Expo – Riverlife Seventeen Mile Rocks	-
Thursday 10 th	General Meeting held at Forest Lake Hotel 0930am – Kelly from “LiveUp” is our speaker today. This is a free healthy ageing guide funded by Australian Department of Health & Aged Care designed to help us stay independent & socially connected as we grow older.	\$8
Thursday 17 th	Day trip – Woongooroo Estate Winery Kilcoy/Mount Archer includes morning tea, lunch + fun. Depart Aldi 8am	\$50
<u>NOVEMBER</u>		
Thursday 7th	Spring Breakfast, CAFÉ 63 , Richlands. 7.30am	Own expense
Thursday 14 th	General meeting held at Forest Lake Hotel 9-30am - Speaker	\$8
Thursday 21st	TBA	Own expense
<u>DECEMBER</u>		
Thursday 5 th	CHRISTMAS PARTY – Blue Fin Entertainer Alice. 2 courses Baked Pork & Ham, roast vegetables and dessert	\$tba