

National Seniors AUSTRALIA

CHERMSIDE BRANCH: PO Box 2073, Chermside Qld. 4032
Venue: Geebung RSL, Newman Room, 323 Newman Rd, Geebung
Web Page: nationalseniors.com.au/get-involved/branches/Chermside



NEWSLETTER June 18, 2026

Good Morning Members & Guests,

The AGM is scheduled here at Geebung RSL for 20th August. All office bearer positions for our Chermside Branch will become available. These nine positions include: President, Secretary, Treasurer, Membership, Guest Speakers, Activities, Tours, Welfare and Newsletter/Public Relations. As you all know we're still looking for someone to take over the Guest Speaker role from Vicki, as she will not be re-nominating. Vicki will be available to help with the transition and has a list of contacts for future events. Please consider putting your name forward as we would appreciate more members to help the committee with fresh ideas and to run our club.

The Nomination forms for candidates will be available from today. These forms are to be completed and handed to Vicki, our Secretary 14 days before our August Meeting, for consideration and voting at the Committee meeting on 6th August. Please see Vicki or Jeanette after today's meeting for a Nomination form.

The Committee meets upstairs here at Geebung RSL in the small conference room adjoining the lift, on the first Thursday of the month at 1.00pm. We also arrive earlier from 12noon, for a light lunch, coffee and friendly catch up in The Cove Café, before the meeting. You're always welcome to come along and see what happens.

Tare care and keep warm,
 Barbara Coleman
 President

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

Our Guest Speaker is: Queensland Fire & Rescue – talking about "Safety in the home".

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: AVOIDING END OF FINANCIAL YEAR SCAMS

With the end of financial year looming, scammers will use this as another opportunity to try to steal your money and get your personal information. They may send text messages and emails pretending to be from the government, your bank or financial institution, Aged Care or other legitimate business urging you, for example: to confirm your information or banking details or click the link to receive a refund or money you are not expecting. Never click on a link. Delete the email or hang up. Call the business or your bank if you're concerned. As always, please be vigilant.

HEALTH TIP:

Winter is here!! With the cooler weather and chilly mornings, it's tempting to stay in bed a bit longer – at least until the room warms up. Before you arise, breathe in deeply 4 or 5 times before gently moving. Once you're up n'about, try to stand or sit tall, breathe deeply and gently stretch out or move what you can. Continue doing this at intervals during the day. This will help calm you, get your blood flowing and help to regulate warmth.

JUNE BIRTHDAYS: Jenny Ebenezer 9th, June Kerrigan 10th, Fay Frazer 17th, Ron Markland 25th

JUNE ANNIVERSARIES: Barbara & Gary Coleman (1973) 53 years

CONGRATULATIONS TO ALL!

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

July 10 NAMBOUR GARDEN SHOW: **FRIDAY** \$1 return train trip. Ent fee: \$23.50 conc. See info on page 2 & speak to either Vicki or Jenny T. if interested in joining or have any queries.

July 23 CHRISTMAS IN JULY: Cunungra & Scenic Rim. Morn Tea & lunch incl.....\$80

July 28 MT COOT-THA BUS TRIP: Accessible BCC Bus with a high tea lunch.....TBA

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

COMMITTEE MEMBERS: All correspondence please email: nsachermside@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.

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

- JUNE 23 Golden: A Dazzling musical mixtape
- JUNE 30 Danny Widdicombe & the Wandrin' Stars
- JULY 7 Christopher Wrench: Acclaimed International Organist
- JULY 14 The Best of Josh Grobin featuring The Two Tenors
- JULY 21 Hopelessly Devoted to Olivia: Iconic songs of Olivia Newton John
- JULY 28 The Spirit of the Isles: Queensland Conservatorium Brass Band



For those of you that don't want Alexa or Siri listening in on your conversation, they are making a *male version*.... it doesn't listen to anything.

If Adam and Eve were Cajuns, they would have eaten the snake instead of the apple and saved us all a lot of trouble.

You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen.'

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 Chermside
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/>



NOTES FROM THE LAST MEETING

- ❖ **Attendance: 47 Members; Apologies received: 11**
- ❖ Dara Tyrien, a Chair Yoga Teacher, guided us through some simple exercises to improve flexibility, balance and overall wellbeing. The interactive session was both enjoyable and informative.

OTHER NOTES

- We raised \$230.00 from the Bring & Buy at our last meeting. This will go towards our Christmas Celebration.
- Thank you Pat Felsch for your kind donation of stamps for the Committee to use for member mailouts.
- If anyone is interested in taking the old wooden Storage Cupboard which was used at our old venue, please see Jeanette to organise delivery to you. Our trusty removalist duo - Gary & Barry - are happy to drop it to your home.

WELFARE VALE ~ YVONNE STEPHENS 04/1935 – 06/2026 91years

Sadly, Yvonne Stephens, one of our long-term members and friends, passed away early last week. She joined our club in 2013. A service will be held TOMORROW Friday June 19th at 2pm at George Hartnett Funerals, 19 Anzac Avenue Redcliffe and afterwards at The Belvedere Hotel, Woody Point.



SOCIAL MEETINGS, MORNING TEAS & LUNCHES

June 25 11.30am LUNCH The Prince of Wales Hotel, 100 Buckland Road, Nundah

July 2 1pm COMMITTEE MEETING Geebung RSL (12pm lunch prior)

July 9 11.30am LUNCH The Everton Park Hotel, 101 Flockton St, Everton Park

July 10 NAMBOUR GARDEN SHOW TRAIN TRIP: *Bring your TransLink card \$1 return trip.*
FRIDAY morning DEPARTURE: Geebung Station at 8.40am to Petrie. The train from Petrie leaves at 9.06am arriving at Nambour at 10.26am. **Free shuttle bus to the showgrounds.** Entrance fee: \$23.50 concession. RETURN trip: 3.08pm train to Petrie arriving at 4.26pm. Change trains for the 4.32pm train to Geebung (Springfield line) arriving at 4.50pm.

If you need further information and are interested in going please let Jenny T know by calling/texting her on 0409 108 358. In case there are changes to the trains etc on the day, she can let you know.
Come along and enjoy a fun day out!

July 16 SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10
9.30am for 10am Start Guest Speaker: Julie Hogarth-Williams who has developed a Seniors channel for TV and iPads etc to view at home.

July 23 BUS TRIP: Christmas in July: Cunungra & Scenic Rim. Morning Tea & lunch incl....\$80

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 Annual General Meeting Guest speaker: NSA's Karen Furnivall

Aug 27 11.30am BCC BUS TRIP & LUNCH Mt Coot-tha & High Tea.....TBA

Please bring a container if you'd like to take home any leftover morning tea scones or slices.

WHISKY RAFFLE (Kindly donated by Bruce Blundell) **LAST DAYS...HURRY!!**

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.

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

FUNNIES

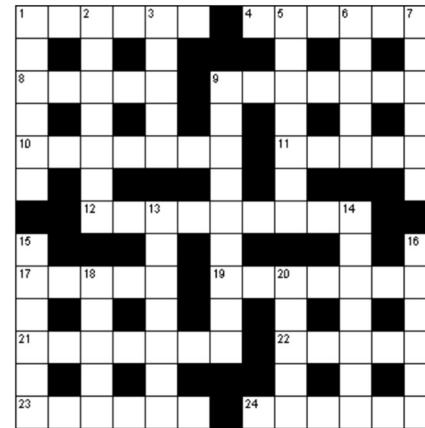
A woman and a baby were waiting to see the Doctor for the baby's first check-up. The Doctor arrived, examined the baby, checked his weight. Seeming a little concerned, he asked if the baby was breast-fed or bottle-fed. "Breast-fed," she replied.

"Strip down to your waist," the Doctor said. She did. He pinched her nipples, then pressed, kneaded, and rubbed both breasts in a detailed examination.

Motioning her to get dressed, he said, "No wonder this baby is underweight, you don't have any milk!"

"I know," she said, "I'm his Grandma, but I'm glad I came along."

I hired a handyman earlier today and gave him 6 things to do. When I got back he only did 1, 3, and 5. Turns out, he only does odd jobs.



Down

- 1 Hypnotic state (6)
- 2 Irritated (7)
- 3 Consumed (5)
- 5 Moment (7)
- 6 Assumed name (5)
- 7 Motor fuel (6)
- 9 Malevolent (9)
- 13 Aver (7)
- 14 Slaver (7)
- 15 Imaginary ideal place (6)
- 16 Large containers for milk (6)
- 18 Funeral fires (5)
- 20 Extensive area of land (5)

Across

- 1 Underground passage (6)
- 4 Magician (6)
- 8 Vigilant (5)
- 9 Huge (7)
- 10 Army rank (7)
- 11 Gangway (5)
- 12 Devoted (9)
- 17 Theme (5)
- 19 The largest living bird (7)
- 21 Maybe (7)
- 22 Fossil resin used for jewellery (5)
- 23 Response (6)
- 24 Accentuate (6)

WORD SEARCH

FOOD TYPES

T	I	U	R	F	T	L	I	G	R	H	A	M	E	TUNA
O	R	G	I	H	I	N	O	R	A	C	A	M	C	SPAGHETTI
O	C	G	E	E	R	V	F	T	D	E	E	S	U	FRUIT
O	Y	D	L	L	T	E	A	V	I	R	E	L	T	ONION
S	S	D	O	G	L	G	S	D	S	E	I	L	T	RADISH
A	P	S	R	R	N	E	T	I	H	A	B	O	E	SALAD
L	A	O	E	A	O	T	F	N	A	L	R	R	L	HAM
A	G	N	S	V	O	A	O	N	B	G	E	A	N	STEAK
D	H	I	S	Y	D	B	O	E	R	T	A	S	S	NOODLES
G	E	O	A	R	L	L	D	R	T	N	D	R	T	MACARONI
E	T	N	C	C	E	E	L	U	A	O	G	K	E	FAST FOOD
T	T	A	S	E	S	S	B	M	T	N	R	C	A	TV DINNER
E	I	B	U	R	G	E	R	S	T	O	U	A	K	VEGETABLES
D	E	S	G	O	D	T	O	H	P	R	S	T	L	BUTTER

A grass fire had started in a paddock near a farm. The Bush Fire Brigade was called to put out the fire. The fire was more than they could handle, so someone suggested to put a call-out to a nearby volunteer group. Despite some doubt, the call was made.

The volunteers arrived in a dilapidated old fire truck. They rumbled straight towards the fire, drove right into the middle of the flames and stopped! The firemen jumped off the truck and frantically started spraying water in all directions. Soon they'd snuffed out the centre of the fire, breaking the blaze into two easily controlled parts.

The farmer was so impressed with their work and grateful that his farm had been spared. Right there on the spot, he presented the volunteers with a cheque for \$2,000. A local news reporter asked the volunteer fire captain what they planned to do with the funds.

"Well, that's obvious," he responded, wiping ashes off his coat. "The first thing we're gonna do is get the brakes fixed on that damn truck!"

A new Grandad was taking a turn at feeding his baby grandchild some mashed peas. There were traces of food everywhere!! His wife comes in, looks at the infant, then at her husband, who is just staring off into space and says, "What on earth are you doing?" He replied, "I'm just waiting for the first coat to dry, so I can put on another."

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot

OUR NATIONAL ANTHEM: 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!