



Message from the President.

Welcome back to our March meeting. I'm not sure whether President Brian will be back but if he is then I will gracefully step down. Otherwise, it will be on with the show which has an Irish theme with Saint Patrick's Day looming on the 17th. Hope everyone participates to celebrate the Irish in all of us even if we aren't, as it is all in the name of having fun. No doubt we will have a best Irish hat or costume if you wish. Bring your best Irish jokes which are usually not that funny at the best of times.

I hope you all remained safe during Cyclone Alfred and especially looked out for your fellow members with special attention for those living alone. A phone call can be very reassuring at any time. It's amazing that my kids rang me to seek advice on how to prepare for such an event. Just goes to show that we seniors have some valuable experience and common sense to pass onto the next generation.

It is encouraging to see the branch is gaining new members but I would ask that you try to make them welcome by inviting them to sit with you and actively chatting with them. Unfortunately, we still have some saying you can't sit there because it is reserved for another member. We all have a story to tell and widening our circle of friends is both good for longevity and interesting.

Hope to see you at the meeting
Peter



MARCH BIRTHDAYS

- | | | |
|-------------|-------------|---------------|
| Vince Atley | Therese | Caryll Pullan |
| Greg Bates | Kurtscheid | Elaine Roach |
| Colin Court | Jane Lutke- | Hazel Roper |
| Beata | Schipholt | |
| Kozlowski | | |



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

ACTIVITY REPORT

GENERAL MEETING 13TH MARCH 2025

FEBRUARY Thursday 13th Speaker was Richard Kinnon from Outback Pioneers, Longreach very entertaining with lots of information about the area.

Thursday 20th Lunch at Monier Hotel – very pleasant day with great choices, beautiful meals and 20% off Thursdays.

MARCH Thursday 13th General meeting – Theme – **ST PATRICK'S DAY -WEAR GREEN** - **GUEST SPEAKER:** Kelly Gatehouse, Solicitor, Nurture Law. "Estate Planning."

Thursday 20th Day trip to Laidley. Day has been bundled which now includes Village entry, scones jam and cream, and lunch at the Hotel/choices Roast of the day, Chicken Schnitzel of crumbed fish/chips includes a free wine/drink. Op shopping afterwards. \$65.00. (We now have 5 vacancies again which must be filled to make this trip viable)

APRIL Thursday 10th General meeting – Speaker: Frank Sauter and Denise Martin-Worland speaking on Rotare: recycling of small items. (This project is part of E.S.R.A.G. (Rotary))

Don't forget EASTER HATS + Easter eggs.

MAY Friday 2nd - Monday 5th **AWAY TRIP – The Great Goondiwindi Rail Adventure with Allan (Granite Highlands Maxi Tours)**

Thursday 8th
Friday 16th General meeting held at the Forest Lake Hotel 9.30 for 10 am and Mother's Day Sun 11th Speaker from Little Wings - Clare Pearson (Providing transport for seriously ill children across regional and rural NSW, ACT and QLD via air and ground)

Friday 16th Ten Pin Bowling at Richlands 10 am and lunch at The Lion from 11.30am

JULY Thursday 24th July 2025

Birches Restaurant at Mt Mee – booked and capped at 50. Two course meal, duo singers, great views and location - \$75 for members + \$80 non-members. Only 6 seats AVAILABLE – we will have a waiting list.

OCTOBER

Monday 13th-Wednesday 15th Mary River Rattler-Gympie Away Trip \$825.00 pp double OR \$985 PP single -EXPRESSIONS of interest sheet will be available at our next meeting .

NO PAYMENTS REQUIRED YET - SEE JULIE BALDWIN.

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

Committee Members

Branch email -
nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126
Vice President -
Secretary - J Jaraminas 0402097564
Treasurer - C Court - 0426 863 506
Membership - N. Blunden - 0421282052
Activities - L Ball - 0412 122 161
Publicity - L Horrocks- 0409275016

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 Hotel

245 Forest Lake Blvd
Forest Lake, QLD, 4078
(07) 3278 7444

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"



Thank you Julie for your fantastic contributions to our Branch



Thank you to our guest speaker Richard Kinnon

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.

AWAY TRIPS

Hello travelling enthusiasts, in this edition of the newsletter, the Activities Group have presented their Calendar of Events for the last half of this year, 2025, which presents a Second AWAY TRIP to be co-ordinated by Julie Baldwin and set down for the 13th October to the 15th October 2025.

“The Mary Valley Explorer” is a two (2) night three (3) day travel extravaganza which is once again being hosted by Allan Foster of Granite Highlands Maxi Tours.

The very reasonable inclusive cost for this tour is
\$825 per member Double/twin
and \$985 per member Single.

Bookings for this Away Trip will again be in high demand with **EXPRESSIONS OF INTEREST BEING TAKEN AT OUR MARCH MEETING.** Be sure to get your name in early.

Kind Regards

Ian Horrocks

Away Trip Co-Ordinator.



ITINERARY

Day 1 - 8.00am Depart Brisbane to the Caboolture Pioneer Village for Morning Tea and Self Guided tour then to Gympie Gold Mining Museum for Lunch and Tour then to Gympie Timber Museum then book into Motel at around 4.30pm (Great Eastern Motel Gympie) 6.30pm Dinner at Motel

Day 2 - 7am Breakfast at Motel Restaurant 8.15am Depart to Habitat Noosa Everglades Eco Camp for a 9am/9.15am Depart for Cruise Noosa Everglades including morning tea at Harrys Hut then cruise back to the Noosa Everglades Eco Camp for lunch then to Rainbow Beach and Carlo Sand Blow then return back to Gympie 6.30pm Dinner at Motel Restaurant

Day 3 - 7.30am Breakfast at Motel then Depart to the Old Gympie Railway Station to Board the Gympie Rattler for the Journey down to Amamoor Station short break then Return back to Gympie Station for Lunch then to Kenilworth Cheeses for Cheese tastings then return back to Brisbane via Maleny with stop in Maleny time permitting



NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
EVENT CALENDAR MARCH TO JULY 2025

<p><u>MARCH</u> Thursday 13th</p> <p>Thursday 20th</p>	<p>General Meeting held at the Forest Lake Hotel 9.30 for 10 am Theme - <i>St Patrick's Day. WEAR GREEN</i></p> <p>Guest Speaker – Kelly Gatehouse, Solicitor, Nurture Law “Estate Planning”</p> <p>Day trip/lunch/morning tea on the way, LAIDLEY PIONEER VILLAGE, lunch at Qld National Hotel/own expense/ Op shop shopping</p>	<p style="text-align: right;">\$8</p> <p style="text-align: right;">\$40</p>
<p><u>APRIL</u> <u>FRI 18 TO MON 21</u> <u>SUN 5 TO MON 21</u> Thursday 10th</p> <p>Friday April 25</p>	<p><i>EASTER PERIOD</i> <i>SCHOOL HOLIDAYS QLD</i></p> <p>General Meeting held at the Forest Lake Hotel 9.30 for 10 am Wear your Easter Hat and yes there will be Easter Eggs too. Guest Speaker : Frank Sauter and Denise Martin-Worland - speaking on Rotate: recycling of small items. (This project is part of E.S.R.A.G. (Rotary))</p> <p>ANZAC DAY – service at The Lake start time is 10.40am Wreath Laying</p>	<p style="text-align: right;">\$8</p>
<p><u>MAY</u> Friday 2nd - Monday 5th Thursday 8th</p> <p>Friday 16th</p>	<p>AWAY TRIP – The Great Goondiwindi Rail Adventure with Allan (Granite Highlands Maxi Tours) – 4 day 3 night</p> <p>General meeting held at the Forest Lake Hotel 9.30 for 10 am and Mother's Day Sun 11th Speaker from Little Wings - Clare Pearson (Providing transport for seriously ill children across regional and rural NSW, ACT and QLD via air and ground)</p> <p>Ten Pin Bowling at Richlands 10 am and lunch at The Lion from 11.30am</p>	<p style="text-align: right;">Own expense</p> <p style="text-align: right;">\$8</p> <p style="text-align: right;">Own expense</p>
<p><u>JUNE</u> Thursday 12th</p> <p>Thursday 26th</p>	<p>General meeting held at the Forest Lake Hotel 9.30 for 10 am Entertainer</p> <p>City Cat Ferry from Southbank to Northpoint, Hamilton with lunch at Riverside Café= Bus and ferry times to be advised.</p>	<p style="text-align: right;">8</p> <p style="text-align: right;">Own expense</p>
<p><u>JULY</u> Thursday 10th</p> <p>Thursday 24th</p>	<p>General meeting held at the Forest Lake Hotel 09.30 for 10am 11am Natalie's Chair Yoga</p> <p>Xmas in July – Birches Restaurant Mt Mee. Booked. Capped at 50 - two course meal, amazing views, duo entertainment.</p>	<p style="text-align: right;">\$8</p> <p style="text-align: right;">\$75 - members \$80 - Non members</p>

NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH
CALENDAR AUGUST TO DECEMBER as at 6th March 2025

<u>AUGUST</u>		
Thursday 14 th	General meeting held at the Forest Lake Hotel 09.30am – 14 th Birthday Celebration with Cake	\$8
	Entertainment – David Mason - quartet “Mates Rates” \$350	
Thursday 21 st	8.00 bus departs for Wellington Point Farmhouse Restaurant – morning tea HIGH TEA including a drink + drive around Wellington Point- Golden Circle Outlet to buy goodies	\$75
<u>SEPTEMBER</u>		
Thursday 11 th	General meeting held at Forest Lake Hotel and AGM 09.30am – ask for member suggestions for 2026 Calendar?	\$8
Tuesday 16 th	Day trip – Esk Bush Bashers, - music, dancing, interaction, and fun - Lunch tea/coffee included	\$70 \$75 GF
Thursday 25 th	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevard.	Own Expense
<u>OCTOBER</u>		
Mon 6 th	Public Holiday – Kings Birthday	FREE
Wed 8 th	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks	FREE
Thursday 9 th	General Meeting held at Forest Lake Hotel 0930am – QFES presentation	\$8
Mon 13 – Wed 15 th	Mary Valley Rattler – Gympie Away Trip (PP) Double/twin \$825.00 pp and Single \$985.00	Own Expense
Wed 29 th	Fashion Event - Portofino at Forest Lake Community House 2 Alpine Place, Forest Lake TBA	TBA
<u>NOVEMBER</u>		
Thursday 13 th	General meeting held at Forest Lake Hotel 0930am - Speaker – Remembrance Day tba Retired Lt Col George Hulse – “ dogs in war”	\$8
Thursday 20 th	7.45am Late Spring breakfast at Café 63 Richlands	Own expense
<u>DECEMBER</u>		
Thursday 4 th	CHRISTMAS PARTY – Blue Fin 11.30 – 2.00pm Entertainer - Alice Anderson + Mark	\$TBA