

## DIARY DATE CLAIMERS:

**March 27<sup>th</sup> BUS TRIP:** Currumbin Valley & Rock Pools. M Tea incl. Lunch at own expense. Please book and pay **TODAY** with John C.....\$45

**April 17<sup>th</sup> EASTER STALL:** Edible Treats & Basket Raffle

**May 22<sup>nd</sup> BUS TRIP:** Montville with M Tea incl. Lunch at own expense\*.....\$45  
(\*a 2 course lunch at Poets Café, can be added for \$40 – please see John C)

**May 29<sup>th</sup> Morning Tea in the Park:** Decker Park, 18 Twenty-fifth Ave, Brighton

.....  
**COMMITTEE MEMBERS:** All correspondence please email: [nsachermside@outlook.com](mailto: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](mailto:jncgrange@optusnet.com.au)

**Welfare Officer:** June Kerrigan  
M: 0411 056 440

**Public Relations:** Alayne Brown  
M: 0413 317 690

## VENUE REMINDERS:

\* Use the lift or escalator from the entry foyer up to the 1<sup>st</sup> floor.  
\* If you're early and the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar, which is open from 8am.  
\* **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.

.....  
**NSA Our Generation Magazine:** accessed via the link: <https://nationalseniors.com.au/news/>

**WORD BUILDER ANSWERS:** 5 Letter: Early, Salty, Alter, Steal, Alert 6 Letter: Relish, Halter, Retail, Lather, Serial 7 Letter: Shirley, Irately, Slither, Earthly, Reality 8 Letter: Heartily 9 Letter: Hairstyle

Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford

## REMINDERS:

Please check your NSA Membership renewal dates and renew. If unsure, please see Jeanette Daff (Membership).

For group verification and to claim any NSA Discount when ordering lunch, drinks etc, you **MUST** wear your NSA name badge on all outings including lunches.

To purchase a badge, please see Sue Webster (Treasurer) at the social meetings. For payment of an **event**, please do **ONE** of the following ASAP:

- CASH:** Correct money placed in an envelope with:  
**Your Name – Event & Date – Amount enclosed**  
Please give the envelope to John Canterbury (Tours) who will issue a receipt. ....OR.....
- BANK TRANSFER:** Please remember to put your name in the details section of the transfer.  
**Acct Name:** National Seniors Chermshire  
**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.*

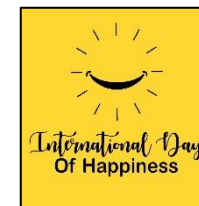
*If you are aware of any club member who is unwell, please let **June Kerrigan** our **Welfare Officer** know immediately, so that she can contact them.*

*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 information for the Newsletter and/or need a lift to the meeting or to any of the social outings, including the bus trips, please let **Alayne Brown** our **Public Relations Officer** know, to help with any arrangements.*

# National Seniors AUSTRALIA

**CHERMSIDE BRANCH:** PO Box 2073, Chermshire Qld. 4032  
**Web Page:** [nationalseniors.com.au/get-involved/branches/Chermshire](http://nationalseniors.com.au/get-involved/branches/Chermshire).  
**Meeting Venue:** Geebung RSL, Newman Room, 323 Newman Rd, Geebung.



## NEWSLETTER – 20<sup>th</sup> March 2025

Good Morning Members & Guests

I hope Cyclone Alfred did not disrupt your life too much over the last two weeks and that everything is now back to normal.

Did you know that the International Long Covid Awareness Week commenced on March 15<sup>th</sup>? Even though we don't have the lockdowns we had a couple of years ago, this virus is still around and can have a long-term effect on older people and those with pre-existing health conditions. Please stay up to date with your vaccinations and maintain healthy habits.

Today we have Karen Furnivall and David Hallesy from NSA head office with us, to speak about Digital Literacy, Social Media access and how to access Government services online. I hope you will find it informative.

NSA will be organising a Branch Open Day at the Geebung RSL at 9am on Thursday April 10<sup>th</sup>, held in conjunction with our club and the Aspley Club. This is an initiative which they hope will help our branches grow and hopefully attract new members. We will require 2-3 people to answer questions at this Open Day. Please see me if you're interested. There are a few clubs that have had difficulty in attracting members to run the clubs as they are, and these have now turned into smaller Social Clubs, and now just meet for coffee, lunches and movies etc.

Don't forget we will have our Easter themed Bring & Buy Food Stall next month. Please remember to bring extra change for both the raffles and the stall...as well as the Pink Pig.

Take care,

Barbara Coleman  
President

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

*Karen Furnival & David Hallesy from NSA will be our Guest Speakers today.*

**NOTE:** *Karlotta has made a lunch booking **downstairs at The Cove Kitchen & Bar** after today's meeting, if you'd like to stay on for a meal, a chat or just a coffee, please let her know.*

## TIP OF THE MONTH: **KEEP WALKWAYS CLEAR**

*To prevent trip hazards, it's important to keep walkways clear. Have a quick check around your home and remove any clutter or obstacles from the floor, ie. books, shoes, shopping bags or other items that may be in the way of clear access. Additionally, using non-slip mats or adding an inexpensive non-slip underlay to the underside of existing rugs, can help prevent slips.*

## MARCH BIRTHDAYS:

Sheilah Carr, Venice Corbett, Teresa Doble  
Vicki Beardmore, Bruce Blundell



## ANNIVERSARIES:

Marjorie & Roy Wilkes (1963) 62 years  
**CONGRATULATIONS TO ALL!!**

## NOTES FROM THE LAST MEETING:

- ❖ 41 Members attended plus 1 new member, Brian Dreadon.
- ❖ Stella Wells and Di Wheeler were welcomed as Visitors.
- ❖ 10 apologies were received.
- ❖ Our guest Speaker was Betty Vann who spoke about "Body Language" awareness, which was quite interesting. We were lucky to have her visit, as this was her final talk.

## SOCIAL MEETINGS, MORNING TEAS & LUNCHES

**March 27<sup>th</sup> 8.30am for 8.45am Departure - BUS TRIP - Currumbin Valley.....\$45**

**April 3<sup>rd</sup> 1.00pm - COMMITTEE MEETING - Geebung RSL (12pm lunch prior)**

**April 10<sup>th</sup> 11.30am - LUNCH - The Gibson - 352 Stafford Rd, Stafford**

**April 17<sup>th</sup> 9.30am - SOCIAL MEETING - Morning Tea & Lucky door ticket...\$10**  
**EASTER Treats & Basket raffles** – please bring food to sell and change for the raffles.

**Bill Hendersen** (who last visited us in 2023), will talk about the "Rats of Tobruk to Tarakan", in particular, his Father-in-Law's journey in WWII. He's asked for club members who served or had a family member who did, to please wear their medals. We'll pass the **Pink Pig** around for donations which will go to a charity, which Bill will nominate.

**April 24<sup>th</sup> 11.30am - LUNCH - Albany Ck Tavern - 730 Albany Ck Rd, Albany Ck**

*"The power of finding beauty in the humblest of things makes a home happy and life lovely." Louisa May Alcott*

## LORD MAYOR'S CITY HALL \*MARCH & APRIL\* CONCERTS\* Tues 12 – 1pm

### 25<sup>th</sup> March – *Martes en Marte*

Graduates from the Qld Conservatorium Griffith University explore links between Jazz, Afro-Cuban and Latin Folk rhythms and melodies with vocal acapella, a salsa 'orquestra' and dance spectacular.

### 1<sup>st</sup> April – *Mariana Verna*

The Qld Conservatorium Griffith University alumnus explores and shares her love of jazz and contemporary music and love of Vocalese, performing many well-known hits.

### 8<sup>th</sup> April – *Kellee Green & Andrew Butt Trio: True*

Long time friends and collaborators, Andrew (saxophone) and Kellee (piano) will showcase a set of nostalgic music and popular jazz standards from the 40's, 50's and 60's.

### 15<sup>th</sup> April – *Peace & Remembrance: A Journey of the ANZACS*

ChoirWorks will present a choral programme to mark the 110<sup>th</sup> anniversary of ANZAC Day.

### 22<sup>nd</sup> April – *Bach to Blockbusters*

Sydney's Daniel Justin presents an organ concert featuring music from JS Bach and Rossini through to popular movie scores including *How to Train Your Dragon* and *Interstellar*.

### 29<sup>th</sup> April – *Go the Distance: Tenori*

Andrew, David and Stewart met whilst touring with the *Ten Tenors*. They've perfected an entertaining "mash-up" of opera, musical theatre, jazz and pop - mixed with a large dash of cheeky humour.

Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford

## WORD BUILDER



Using all nine letters provided, can you answer the clues? Every answer must include the central letter. Bonus: find a word with all nine letters?

### CLUES:

#### 5 Letters:

Ahead of schedule \_\_\_\_\_

Brackish \_\_\_\_\_

Modify \_\_\_\_\_

Take Illegally \_\_\_\_\_

Wide awake \_\_\_\_\_

#### 6 Letters:

Greatly enjoy \_\_\_\_\_

Leading Rope \_\_\_\_\_

Sale of goods \_\_\_\_\_

Soapy Froth \_\_\_\_\_

Story in parts \_\_\_\_\_

#### 7 Letters:

----- Bassey (singer) \_\_\_\_\_

Furiously \_\_\_\_\_

Move like a snake \_\_\_\_\_

Terrestrial \_\_\_\_\_

Truth \_\_\_\_\_

#### 8 Letters:

With much vigour \_\_\_\_\_

#### 9 Letter Word:

\_\_\_\_\_

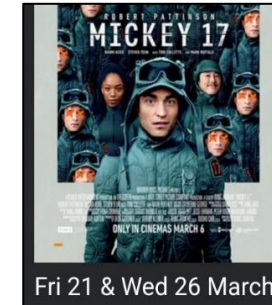
**At a couples counselling meeting, the speaker mentioned that couples are so disconnected these days, that 85% of husbands don't even know what their wife's favourite flower is.**

**Mick turned and whispered to his wife:**

**"It's self-raising, isn't it?"**

## SENIOR'S MOVIE MORNINGS @ Strathpine

**Cinemas 10.15am (check times) \$13**



### *THAT'S LIFE!*

"The Years between 60 and 80 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." T.S. Elliot

"At age 20, we worry about what others think of us; at age 40, we don't care what they think of us; ...at age 60, we discover they haven't been thinking of us at all." Ann Landers

"The important thing to remember is that I'm probably going to forget." Unknown

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." Andy Rooney

"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me – they're cramming for their final exam." George Carlin

"Inside every older person is a younger person wondering what happened." Jennifer Yan

"The older we get, the fewer things seem worth waiting in line for." Will Rogers

"I'm so old that my blood type is discontinued." Bill Dana

"We must recognize that, as we grow older, we become like old cars – more and more repairs and replacements are necessary." C.S. Lewis

Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does." Norman Collie

"The older I get, the more clearly I remember things that never happened." Mark Twain

"Old people shouldn't eat healthy foods. They need all the preservatives they can get." Robert Orben