



. **President's Report March 2026.**

I was pleasantly surprised to see so many of our regular members join us at the Dog's Queensland function hall for our last meeting. We had 62 members attend and 2 visitors.

While I do realize that the venue is not easily accessed without transport, please contact one of the committee members and we will try and arrange a lift for you.

The National Seniors Newsletter had more articles on investments and scams. With all of us watching our super, the returns they provide are important to us. However with the uncertainty in the world at the moment especially in financial circles the number of scams have increased with promises which are often "too good to be true" which are generally a sign that it is a scam. So please be careful if you make any changes.

The other problem that I've been reading a lot about recently, is where a elderly person is persuaded by the family to sell their home and move into a care facility, with the family taking the "profit" and disappearing.

The other side of the problem is when an elderly person is staying in the family home and for one reason or another cannot take proper care of themselves and



MARCH

Caroline Alexander	Colin Court	Janice Luttk Schipholt
Vince Atley	Beata Kozlowski	Caryll Pullan
Greg Bates	Therese Kutscheid	Hazel Roper

unfortunately "home care" packages are often not what they should be, with providers just in the system to rip it off, and care homes struggling to meet the demand.

I look forward to catching up with you all at our next meeting at the Dog's Queensland function room on Thursday 12 March. We will be celebrating St Patrick's Day, so show your true Irish roots, come dressed in green.

Brian

**ACTIVITY REPORT FOR
GENERAL MEETING**

12th March 2026

**CALENDARS FOR 2026 WERE HANDED OUT
TO MEMBERS AT THE NOVEMBER
GENERAL MEETING**

MARCH

Thursday 12th - General meeting -
St Patrick's Day - **GREEN THEME.**

FLSHS (Forest Lake State High School)
students discussing their aspirations for their
future, attending with Meaghan Milne,
Experienced Senior Teacher, and Student
Leadership Coordinator.

Thursday 26th - Day trip to Brisbane Motor
Museum Banyo - \$55.00 Bus/Entrance fee
ONLY. Morning tea + lunch at own expense.
(menus to be handed in upon arrival and paid
for ready for 12.00 lunch).

SUGGESTION: to include a drop off for
ladies at DFO near Airport, cost will be
\$35.00 bus only

.APRIL

Thursday 9th - **EASTER HAT TIME** +
EGGS Sadly, Hon Milton Dick unable to at-
tend meeting now, due to his commitment in
Canberra. Another speaker contacted to be
confirmed.

Thursday 23rd - Lunch at the Monier Hotel
11.30am. NOTE: Change to Calendar – Over
50's Expo is going ahead and will now be on
Wednesday 7th October at the usual venue.
(Please change your calendar date)

Lynne B + Activity Team

**A special thank you goes to our
VOLUNTEERS without whom our
meetings would not run so smoothly.**



Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126

Vice President – John 0410480758

Secretary - Janelle - 0402097564

Treasurer - Colin - 0426 863 506

Membership – Norah - 0421282052

Activities - Lynne . - 0412 122 161

Publicity - Lorraine . - 0409275016

Welfare - Vicki - 0403663293

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

Our next meeting is on

12th March 2026

and this will be at

DOGS QUEENSLAND

247 King Avenue, DURACK.

The Committee would like to thank all
supporters of the NSA Forest Lake Branch for
photocopying , financial reports and other sup-
port material.

Thank you for the printing of our monthly
newsletter to MARGIE NIGHTINGALE and her
team at her Office . Margie is our local state
member

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"

Hi Members: Could you please try to have small change with you to pay when entering our meetings. This is to pay for morning tea and as our lovely Volunteers manning the desk do not have access to a lot of change and big notes make it very difficult for them.

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

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 has kindly taken on this important role for our club.

Phone 0403663293 or email on vixharrison55@gmail.com

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

Seal your payment inside the envelope and hand it to the trips 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.

Joe Smith
Branch Christmas Party
\$?
Gluten Free

Branch Refund Policy

Cancellation of an outing

Travel Insurance for our away trips is strongly recommended.

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 away trip or 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 re-scheduled, members will be refunded any monies paid.

AWAY TRIPS

Hello Travelling Enthusiasts,

There has been a huge response to our May 30th cruise on the mighty Carnival Encounter for a wonderful 6 day excursion cruising to Cairns and back along the Queensland Coast. Bookings for as little as \$800 each are still available through Tracy Pridmore at the Flight Centre Forest Lake Agency.

What a way to get rid of the winter blues with meals and bed making duties all done for you. Throw in entertainment and plenty of ME time, cocktails at the bar and relaxing cabanas to watch the waves go by. Do your own thing or meet with other members to enjoy the cruise vibe. As my grand children would say, 'WOW'.

I have arranged for a bus to transfer our participating members from Forest Lake to the Cruise Terminal and return at the completion of the cruise. Depending on the number of members taking advantage of this service the return cost will be around \$24. (PLEASE NOTE) **The bus will depart from the Woogaroo Street Car Park opposite the school** and NOT at the rear of the Al-di Shop. Bus numbers will be taken at our April Meeting and payment will be required no later than the May meeting.

Our Second Away Trip for the Year 'The Great Yamba and Northern Rivers Adventure' set down for a departure on Wednesday 19th August and return on Saturday 22nd August 2026 has been met with substantial interest from members and as a result the bus trip was booked out at our February meeting. But vacancies do occur so I am maintaining a wait list for those who have not booked and would like to participate.

This fantastic Four Day/ Three Night all inclusive excursion will be hosted by Allan Foster of Granite Highlands Maxi Tours. The itinerary includes boat trips on the Tweed and Clarence Rivers.

For those who have booked, a deposit of \$100 per member is required prior to our April Meeting to secure your booking, with the final payment due PRIOR to our June meeting.

All inclusive cost: Double/Twin \$940 Per member and Single \$1180

In arranging Away Trips for members I strive to keep the prices low and of course Value For Money. Holidays are your best medicine making memories with your friends.

KEEP ON TRAVELLING

Ian H

AWAY TRIPS COORDINATOR



**NATIONAL SENIORS AUSTRALIA
FOREST LAKE BRANCH**

MARCH		
Thursday 12th	St Patrick's Day - GREEN THEME General meeting – FLSHS (Forest Lake State High School) students discussing their aspirations for their future, attending with Meaghan Milne, Experienced Senior Teacher, and Student Leadership Co-ordinator.	\$8.00
Thursday 26th	Brisbane Motor Museum. Banyo - Morning tea + lunch at own expense. (Menus to be handed in upon arrival and paid for ready for 12.00 lunch SUGGESTION: to include a drop off for ladies at DFO near Airport = \$35.00 (The Menu will be available at the March meeting. Please choose your lunch options then.)	\$55.00 Bus/ Entrance fee ONLY. \$35.00
APRIL		
Thursday 9th	EASTER HAT TIME + EGGS Sadly, Hon Milton Dick unable to attend meeting now, due to his commitment in Canberra. Another speaker contacted - to be confirmed.	\$8.00
Thursday 23rd	Lunch at the Monier Hotel 11.30am NOTE: Change to Calendar - Over 50's Expo is going ahead and will now be on Wednesday 7th October at the usual venue. (Please change your calendar date)	Own Expense



Follow the arrows to get to Dogs Queensland at Durack.



LUNCH MENU

Seniors rump steak	\$18
Served with your choice of chips & salad or mash & veg.	
Chicken Schnitzel	\$15
Served with your choice of chips & salad or mash & veg.	
Crumbed/battered fish	\$15
Served with your choice of chips & salad or mash & veg.	
Spinach & ricotta lasagna	\$15
Served with your choice of chips & salad or mash & veg.	
Bangers, mash and peas	\$15
Caesar salad - \$12	
Add grilled chicken - \$3	

Here is the lunch menu at
Dogs Queensland Restaurant for
those interested.

**Please order your lunch before
the start of the meeting.**