



Message from the President

"Hi fellow members

It is with a heavy heart that I share this message with you this month. My dear uncle passed away last week aged 91, of whom I have lasting fond memories spent on holidays on his farm outside Toowoomba. He was the true example of an Australian - resilient, caring, always positive with a wicked sense of humour. This period we are going through drove home the effects when we could not attend his service this Wednesday. Yet I know my uncle would say it won't last my boy all you just have to do is stay positive and keep on working to the end. Having been through a war and a depression his words have more truth and meaning to them now.

We are all feeling low because we can't see our families and friends at present - I know because we missed our grandson's 9th and granddaughter's 3rd birthdays. No different to any of you no doubt. Yet I am buoyed by the news tonight that the trend in new COVID-19 cases is going down so this isolation may be shorter than they predict - we'll wait and see. Meanwhile it is important that you look after yourselves and stay your distance but stay connected with friends by phone or social media. It has been said we will either come out of this as excellent cooks or total drunks and there is nothing in between. I know Ros is cooking up a storm and I'm contributing to the weight gain the nation will all have - also predicted.

Hopefully you are all aware of the help you can get if you need it. The Queensland Government has a Care Army (1800 173 349) and then there is the local Salvation Army (37140777) or your local council ward office (34071211) to ask for assistance. Phone service for seniors who have foregone government home services to protect their health is 1800 200 422 for assistance. Don't forget the person living alone in your street - now is the time to renew or start friendships with your neighbours (at a discreet distance). Remember you can contact any of the



Management Committee to help you. Well I'll be back into the garden which I'm starting to enjoy - but hope I can catch up again soon with you at the Lion.

Peter

Committee Members

President - Peter Dunell.....33729432

Vice President - Lyn Martin.....0409879329

Secretary - Julie Baldwin.....32787274

Treasurer - Colin Court.....0426863506

Membership - Linda Bird.....37149708

Trips Coordinator - Roebyne Birtles.....0433191786

Activities Coordinator - Barry Miles.....38791690



May Members Birthdays

Julie Baldwin

Noel Edwards

Margaret Gibson

Clive Harnwell

Marion Harnwell

Ian Horrocks

Morven Leech

Rod Leech

Betty Maughan

Doreen Spence

Terry Weaver

Congratulations to April birthday draw winner
Brian Phillips.

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.

Lorraine Horrocks has kindly taken on this important role for our club this year. You can contact her on 0409275016.

Welfare Report

Our Branch has had some sad news with the passing of our member Dee Gray last month. Her funeral was Family only due to the current Covid-19 restrictions.

A Trip Down Memory Lane

Wolston House September 18 Thursday 2012

A lovely morning out. We carpooled and met at Wolston House where we enjoyed a delicious morning tea. This was followed by a very interesting talk on the history of the house and a most enjoyable tour through the farmhouse and grounds.



Noela's Gardens 19 September Thursday 2013 Donnybrook

What a great day out. Our membership numbers were steadily growing and we headed off by bus to the Gardens. We were warmly welcomed and invited to enjoy the MOST AMAZING MORNING TEA, tour of the beautiful gardens and we headed over to Bribie Island where we managed to fit in lunch at the Bribie Island RSL. Bit of snoozing on the way home.



2013 Award Forest Lake Shopping Centre "Spirit of Forest Lake Award" Winner 2013



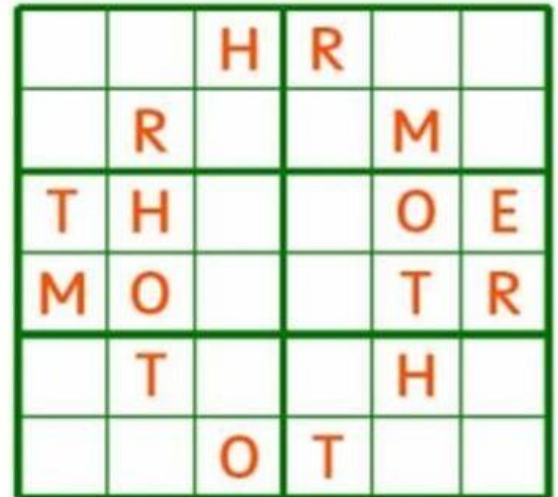
MY MOTHER KEPT A GARDEN

My Mother kept a garden,
 A garden of the heart.
 She planted all the good things
 That gave my life its start.
 She turned me to the sunshine
 And encouraged me to dream.
 Fostering and nurturing
 The seeds of self-esteem.
 And when the winds and rain came,
 She protected me enough.
 But not too much because she knew
 I'd need to stand up strong and tough.
 Her constant good example
 Always taught me right from wrong.
 Markers for my pathway
 That will last a lifetime long.
 I am my Mother's garden.
 I am her legacy.
 And I hope today she feels the love
 Reflected back from me.



Mother's Day Sudoku

Every row, column and mini-grid must contain the letters M O T H E R.
 Don't guess - use logic



Mother's Day Word Search

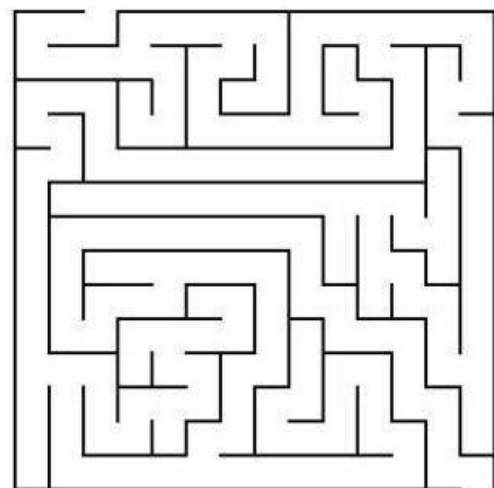


SUNDAY
 GIFTS
 INLAW
 HARDWORKING
 LISTEN
 DAUGHTERS
 SHEET
 KISSES
 HUGS
 SONS
 FATHER
 FLOWERS
 LOVE
 FEEDING
 PATIENT
 CARING
 GIVING
 ADVICE
 COOKING
 WIFE



Mother's Day Maze

Can you help the little girl take the present to her mother?



On the Lighter Side

We are about 3 weeks away from knowing everyone's true hair color



To go to the grocery store , they said a mask and gloves were enough....they lied.....everybody else had clothes on!

It was a quiet Monday morning in September 2053, when John awoke with a need to go to the bathroom. To John this wasn't just any ordinary day! This was the day he would open the last package of toilet paper his parents bought in the year 2020.

Have we tried unplugging 2020 waiting ten seconds and plugging it back in?

Looking at the map for some weekend travel ideas



If the schools are closed for too long, the parents are gonna find a vaccine before the scientists...

Now that we have everyone washing their hands correctly.

Next Week: Turn Signals!!!



Mum's Clothes Line Rules

The clothes line must be wiped before hanging clothes.

Socks must be hung by their toes.

Hang sheets and towels on the outside line so you can hide your 'unmentionables'.

Clothes must hang in order - whites with whites and hung first.

Shirts must always hang by the tail - never the shoulders.

Lining up the clothes so that each item shares one of the clothes pegs with another item.

It doesn't matter if it is sub-zero outside, the clothes will go out and just freeze.

Pegs must be gathered up when taking down clothes - never leave them on the line.



Treasurers Report – March 2020

Opening Balance \$11,130.26

Income: \$6,926.81

Expense: \$8,187.23

Surplus/(Deficit) (\$1,260.42)

Closing Balance at 31st March \$9,869.84

Made up of:

Balance at Bank \$3,716.03

Heritage Term Deposit \$6,033.81

Petty Cash & Floats \$ 120.00

Committed Funds

First Aid \$ 350.00

Seniors Week BBQ \$ 900.00

Trips \$ 877.40

Therefore, the true funds available = \$9,869.84 minus \$2,127.40
= \$7,742.44

Membership Renewals

With the cancellation of our meetings, I am unable to process your Membership renewals.

If yours falls due while we are in restrictions please contact the National Seniors Australia Head Office on 07 3233 9198. Alternately you can renew online via your membership login.

I request that you please let myself or Julie know of your new expiry date. It is a requisite of my position that I keep our Branch Membership Register updated.

I would like to thank members that have already done so.



Anzac Day 2020

On behalf of our Branch Membership our President Peter Dunell laid a wreath at the Anzac Memorial at the Lake on 25 April. He was accompanied by Past President, Dan Baldwin. This year there wasn't a huge crowd in attendance because of COVID-19. A very important occasion to salute our military both past and present. LEST WE FORGET.

What are the pros and cons of garage sales versus estate sales or donating?

The decision on whether to let go of items in your home through a garage sale, by using an estate sale company or by simply donating them depends entirely on your expectations. Garage sales are excellent for getting rid of a large quantity of stuff quickly. They do involve work in setting up the sale and the issue of dealing with strangers usually looking to spend little and get a lot! If you keep your financial expectations low, garage sales are great for quickly decluttering items you no longer need, use or want. Estate sales are an excellent and usually hassle-free way of disposing of items. Others take care of the setup and sale for you without the need for you to even be present. The downside is that you should expect to pay somewhere around 30% commission depending on what you negotiate with the company. The easiest avenue of all is to simply donate items to charities that you like and support. While there is no financial return you will be helping others less well off than yourself in the knowledge that your items are being well used and appreciated.

Do you have any advice for those wanting to connect with people who want to buy their items?

There are a range of options for people wishing to connect with others who might wish to buy their items. Reputable auction houses can be used to sell more valuable items like paintings, furniture or jewellery. Estate sale companies will often handle the sale of all items in a home that are not wanted. If you're using either auction houses or estate sale companies be sure to ask for references to ensure they are legitimate and be prepared to pay 30% or so in commission depending on the work involved. Selling items can be done online through sites such as eBay or Gumtree, however, this involves photographing, listing, handling bids and shipping the item to the buyer. Be sure to first assess the

value of an item by checking similar items on eBay to decide if the effort is worth the return. That said, in my experience people always think their things are worth more than they are so always keep your expectations realistic.

What about those who aren't downsizing their home but are wanting to clean up and declutter their possessions?

The single biggest problem with organisation is that people think it's all about 'the stuff' when, in fact, it's almost never about 'the stuff'. If you focus on the stuff you will never get organised – weird but true! The very first step in getting organised is to ask yourself "What is the life I want to be living?" And from this question there are others; "What does that life look like?", "What do I want from my home – what mood, what experience?" It's only after you have answered these questions that you can start looking at your stuff and get organised by asking (of each item), "Does this thing help me create the home I want?" or "Does this thing move me closer to or farther away from the life I want?" That's the criteria for what stays and what goes.

The word 'organise' and the word 'organic' come from the same source. To be organic is to be fully whole, complete, one, human. That's what organisation does in our lives and that why it's a goal to aspire to. Without exception I have seen that getting organised has transformed people's lives and that it is possible for everyone to achieve it. Also, there are professionals who can assist you in dealing with your clutter. Check out the website of the [Australian Institute of Professional Organisers](#) or their [Facebook page](#) to find someone in your area who has the skills and experience you're looking for.



**Thank you to the Lions for
the use of their facilities for
our meetings**



**Special thanks to our Newsletter
sponsor. 3271 2595 Located in the
Forest Lake Shopping Centre.**



**For all your banking needs
see the friendly Branch team
or contact the Heritage Bank
on 34122360**



**The Committee would like to thank all the supporters
of the NSA Forest Lake Branch for photocopying or
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financial reports and other support material.**