

## Hello May

### Message from the President.

Once again it has been my privilege to represent Forest Lake National Seniors laying a wreath in memory of all fallen soldiers at the Anzac memorial service held on Anzac day. I am always saddened when I remember the lives lost in conflicts and the price society has to pay.

As I write this some of our members are about to go on an away trip on the Great Goondiwindi Rail Adventure. The journey should be great with green hills and fields, instead of brown hills and fields, after all the rain out west, as well as the trip on an old steam train. Enjoy.

At our next meeting we will have a presentation from "Little Wings". I have seen some of the work that this group does. A few years ago I met a little boy who was aged 3 or 4 and very ill with liver failure. He was flown to the Children's Hospital here in Brisbane and was a very sick little boy held by his mother. After a few weeks, a suitable liver was found that had to be trimmed down to fit into his little body. I then saw him about six months later and what a change; from a listless yellowing little boy to a noisy little boy running around with some other young children full of life, now with his mother trying to slow him down and not cause a problem with his recovery.

I look forward to seeing you at our next meeting on 8th May at the Forest Lake Hotel at 9.30 am for 10.00 am.

Brian.



### MAY BIRTHDAYS

Julie Baldwin	Margaret	Vicki Harrison
Iwan Biduich	Gibson	Ian Horrocks
Janet Du Thaler	Marion	Betty Maughan
Noel Edwards	Harnwell	

**National Seniors Branch use the access to the Forest Lake Hotel. on the side of the hotel opposite the Red Rooster.**



President  
Brian  
Laying a  
Wreath on  
Anzac Day  
at the  
Forest  
Lake  
Anzac  
Memorial  
Site.

**ACTIVITY REPORT  
THURSDAY 8TH MAY 2025**

**APRIL Thursday 10th** General meeting – Speaker Franz (Frank) Sauter + Denise Martin-Worland from Rotate, presentation from ESRA, environmental section of Rotary, on recycling of small items, which created a lot of interest and inquiries. There was a wonderful atmosphere with many members wearing Easter hats/ bunny ears. Franz chose the winner – Cheryl Williams. Cr Charles Strunk kindly donated an Easter Hamper which was our lucky door prize.

**MAY Friday 2nd – Monday 5th** Away Trip – Goondiwindi Rail Adventure with Allan – everyone is excited and will be a great trip

**Thursday 8th** General meeting – “Little Wings” presentation by Stephanie Kontakas (providing transport for seriously ill children across regional and rural NSW, ACT & QLD via air and ground). This organization must fund raise as they only receive a small amount of government help .

**Friday 18th** Ten Pin Bowling - Richlands 10.00 am then Lunch at The Lions later (OR just meet there for lunch) – 7 have their names down for bowling, and 15 for lunch, at this stage.

**JUNE: Thursday 12th** General Meeting – David Cheales entertaining us.

**Thursday 26th** Day/trip lunch – City Cat from Southbank to Northpoint, Hamilton with lunch at Riverside Café – bus and ferry times will be advised at June meeting. MUST have names for Expression Sheet please, so we can coordinate.

**JULY Thursday 24th July 2025** Birches Restaurant at Mt Mee Samford – booked and capped at 50. Two course meal, duo singers, great views and location - \$75 for members + \$80 non-members. Only 2 seats AVAILABLE – we will have a waiting list if necessary. They have had storm damage due to cyclone and closed at the moment for a month – they will be ready for us in July. **PAYMENT OF \$75 PRIOR TO JUNE MEETING OR \$80 NON-MEMBERS.**

## **OCTOBER**

**Monday 13th - Wednesday 15th** “Mary Valley Rattler” - Gympie Away Trip \$825.00pp double OR \$985pp single - EXPRESSIONS of interest sheet was available at March meeting – we have 30 members who have paid their deposits.

**CRUISE FOR 2026** - Ian will discuss this at our meeting and outline how this will be organised.

Carnival Encounter has a 6 day cruise up the coast leaving on the 30th May 2026. Prices will vary from inside - \$779pp, outside from \$879pp, balcony from \$1104 pp, Single price unknown at the moment.

Lynne Ball + Activity Team



### **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**



## 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"

## 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 0403663293

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.

## Laughter is the best medicine

What does a storm cloud wear under his raincoat?

Why is a football stadium always cold?

Name the kind of tree you can hold in your hand?

**Answers at the May meeting.**

**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 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.

## 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,** our away trip for the second half of 2025 titled The Mary Valley Explorer has been well received by members and promises to be a popular excursion.

Departing on 13th October, 2025, the 'The Mary Valley Explorer' is a two (2) night (3) day travel extravaganza which will again be hosted by Granite Highlands Maxi Tours.

Please see Julie Baldwin for bookings.

Planning for The Branch's Activity Calendar for 2026 is well under way with a proposal for a six (6) day sea cruise on the mighty "Carnival Encounter" travelling up the Queensland Coast to Cairns departing on 30th May 2026. This exciting Away Trip will be my focus at our May meeting.

See you there.

Kind Regards

Ian H.

Away Trip Co-Ordinator.



### **MARY VALLEY EXPLORER 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 MAY to AUGUST 2025**

<b><u>MAY</u></b>		
<b>Friday 2<sup>nd</sup> - Mon- day 5<sup>th</sup></b>	<b>AWAY TRIP</b> – The Great Goondiwindi Rail Adventure with Allan (Granite Highlands Maxi Tours) – 4 day 3 night	Own expense
<b>Thursday 8<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 9.30 for 10 am and Mother's Day Sun 11 <sup>th</sup> Speaker from Little Wings - Clare Pearson (Providing transport for seriously ill children across regional and rural NSW, ACT and QLD via air and ground)	\$8
<b>Friday 16<sup>th</sup></b>	Ten Pin Bowling at Richlands 10 am and lunch at The Lion from 11.30am	Own expense
<b><u>JUNE</u></b>		
<b>Thursday 12<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 9.30 for 10 am Entertainer	\$8
<b>Thursday 26<sup>th</sup></b>	City Cat Ferry from Southbank to Northpoint, Hamilton with lunch at Riverside Café= Bus and ferry times to be advised.	Own expense
<b><u>JULY</u></b>		
<b>Thursday 10<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 09.30 for 10am 11am Natalie's Chair Yoga	\$8
<b>Thursday 24<sup>th</sup></b>	Christmas in July – Birches Restaurant Mt Mee. Booked. Capped at 50 - two course meal, amazing views, duo entertainment.	\$75 - members \$80 - Non members
<b><u>AUGUST</u></b>		
<b>Thursday 14<sup>th</sup></b>	General meeting held at the Forest Lake Hotel 09.30am – 14 <sup>th</sup> Birthday Celebration with Cake Entertainment – David Mason - quartet "Mates Rates" \$350	\$8
<b>Thursday 21<sup>st</sup></b>	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

**NATIONAL SENIORS AUSTRALIA**  
**FOREST LAKE BRANCH**  
**CALENDAR SEPTEMBER TO DECEMBER as at 6<sup>th</sup> March 2025**

<b><u>SEPTEMBER</u></b>		
Thursday 11 <sup>th</sup>	General meeting held at Forest Lake Hotel and AGM 09.30am – ask for member suggestions for 2026 Calendar?	\$8
Tuesday 16 <sup>th</sup>	Day trip – Esk Bush Bashers, - music, dancing, Interaction, and fun - Lunch tea/coffee included	\$70 \$75 GF
Thursday 25 <sup>th</sup>	Lunch at KhaoThai Restaurant, Forest Lake Shopping Centre – 235 Forest Lake Boulevard.	Own Expense
<b><u>OCTOBER</u></b>		
Mon 6 <sup>th</sup>	Public Holiday – Kings Birthday	FREE
Wed 8th	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks	FREE
Thursday 9 <sup>th</sup>	General Meeting held at Forest Lake Hotel 09.30am – QFES presentation	\$8
Mon 13 – Wed 15 <sup>th</sup>	Mary Valley Rattler – Gympie Away Trip (PP) Double/twin \$825.00 pp and Single \$985.00	Own Expense
Wed 29th	Fashion Event - Portofino at Forest Lake Community House 2 Alpine Place, Forest Lake TBA	TBA
<b><u>NOVEMBER</u></b>		
Thursday 13 <sup>th</sup>	General meeting held at Forest Lake Hotel 09.30am - Speaker – Remembrance Day tba Retired Lt Col George Hulse – “ dogs in war”	\$8
Thursday 20 <sup>th</sup>	7.45am Late Spring breakfast at Café 63 Richlands	Own expense
<b><u>DECEMBER</u></b>		
Thursday 4 <sup>th</sup>	<b>CHRISTMAS PARTY</b> – Blue Fin 11.30 – 2.00pm Entertainer - Alice Anderson + Mark	\$TBA