



Message from the President

Our March meeting saw more of our members coming out to enjoy an amusing presentation by Jim Lergesser about the baby-boomer era. We were treated to memories and the changing times around the new meanings of words. We have planned to have Jim back with his band Boom Baby at a meeting soon. Unfortunately, we had some very stormy weather on the day which, due to some difficulties our members had getting to the "conveniences", has forced me to go looking for another venue - so stay tuned for an announcement on this subject. The Lion is definitely not available in the foreseeable future.

On the health scene, the government is rolling out the vaccine to our age group through our general practitioners. My doctor tells me that they will contact each of their patients in turn with consideration to their health issues so we can all expect a call over the coming weeks if you are under a GP's care. I for one, will welcome the opportunity to get back to some form of normality in my life again. You can also read about the 10 highest recommendations from the Aged Care Royal Commission in the "Our Generation" magazine out now or the National Seniors Australia website.

I've just returned from a great day out at the Albert River Estate, photos of which some members would have seen on our branch Facebook page. It was well planned and extremely enjoyable thanks to Ian our Trip Coordinator's efforts. We have a further trip to Toowoomba planned in April, which may revisit old memories for some and break new ground for others. Don't forget to introduce a friend to our next meeting at the Wacol Hall if you can, as this will help the branch to grow and thrive. Remember we are still under some health restrictions and personal spacing, masks and hand sanitizers are recommended though not mandatory.

PS. Does anyone remember mowing the lawn with one of these - an artifact from the Albert River trip.

Cheers Peter



Committee Members

President - Peter Dunell	0404829518
Vice President - Lyn Martin	0409879329
Secretary - Mary Cottam	0403006758
Treasurer - Colin Court	0426863506
Membership - Linda Bird	0737149708
Trips Coordinator - Ian Horrocks	0409275016



Warren Alloway	Jill Lowe
Iwan Bidiuch	Brian Phillips
Brian Dodd	Gina Reginato
Pat Hetherington	Hazel Solway
Lorraine Horrocks	Vera Somerwil
Ann Kitching	

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 again for our club this year. You can contact her on 0409275016.

Credit/Debit Card Payments

We apologise to those who were unable to pay by Credit/Debit Card at the last two meetings.

The issues have now been resolved and are pleased to advise we can now process your Card payments for Entry, Trips or Activities etc.

Hall Entry Time 9.30am

To minimise the risks to members at the Meeting Hall entry is only allowed from **9.30am** for Occupational Health & Safety reasons, with the exception of Management Committee & Volunteers only.

Upcoming Events

April

Branch Meeting

DATE: Thursday 8th Cent Auction & Plant Sale
Pay for Bribie Island Trip

WHERE: National Serviceman's Association Hall
907 Boundary Rd, Wacol

TIME: **No entry prior to 9.30am**, 10am start

COST: \$6.00

Presidents Pick

DATE: Tuesday 13th

WHERE: Gallery of Modern Art – **History of Motorcycles** – Stanley Place, Sth Brisbane

TIME: 8.40am sharp, Bus 100 at McDonalds Bus Stop, Forest Lake Boulevard

COST: \$20pp Concession pay on the day
Lunch/coffee at own expense at the Goma Café & Bistro

Please advise Peter if you will be going

Sherwood Services Club Lunch

DATE: Thursday 15th

WHERE: Sherwood Services Club

TIME: 12.00 pm

COST: Pay for your own meal on the day
Own or Public Transport

Please advise Lyn or Ian if you will be going

Bus Overnight Trip – Toowoomba

DATE: Thursday 22nd/Friday 23th

WHERE: Toowoomba

TIME: 7am Depart Brisbane

COST: \$334 Double/Twin \$384 Single not sharing

May

Branch Meeting

DATE: Thursday 13th Entertainment – Boom Baby
Pay for Canungra / O'Reillys Trip

WHERE: National Serviceman's Association Hall
907 Boundary Rd, Wacol

TIME: **No entry prior to 9.30am**, 10am start

COST: \$6.00

Day Trip – Bribie Island

DATE: Thursday 20th

WHERE: Bribie Island – Butterfly House & Lunch

TIME: TBA

COST: \$55pp

Please note all Meetings, activities & trips remain fluid & can change due to the Covid 19 regulations at the time.

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 – Smith1Bribie

Surname (Smith)

Number going (1)

Trip (Bribie Island Trip)

EFTPOS

The Branch has purchased 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

Seating needs

Seal your payment inside the envelope and hand into 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. In the case of a sudden medical emergency on the day which cannot be prevented, the management Committee will consider the matter with respect of 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.



IWD Luncheon

At the IWD luncheon on Monday 8th March a lady who shall remain nameless had us in fits of laughter as she thought the sign in the photo was the door to the ladies but we set her on the right path.



From The Trips Desk

Well members our trip to ALBERT RIVER was a great day out made interesting by our recent wet weather event. With flood waters closing our travel route and access to our destination doubtful, we were determined not to cancel but it required going early. Members were contacted and some messages left on answering machines but all arrived on time. The Albert River homestead and historic buildings were a treat as was our morning tea and lunch served on the wide verandah of the restaurant complex. The views overlooking the cow pasture which were dry and green complemented a beautiful sunny day and a fantastic part of the world. Thank you to all those members who joined us it made for a fun and very enjoyable day out.



Our next away trip is on Thursday 22nd/Friday 23rd April, an overnight trip to TOOWOOMBA COUNTRY with our host Alan Foster. An early start with a 7AM departure, again be early. We have 2 full days of sightseeing and a great deal of fun lined up for us. My wife Lorraine is out of hospital with a new hip and will be joining us on what is shaping up to be another great outing.

Don't forget our trip to Bribie Island on Thursday 20 May at \$55 per member, lunch at the Surf club included. A great day out at a great low price, which is payable due at our April meeting.

See you there.

Kind Regards, Ian H.

Newsletter, Agendas & Minutes of previous meetings

Our postage & stationary costs have become quite significant, in an effort to save we will predominately use Email to deliver the Newsletter, Branch Meeting Agenda & Minutes of previous Branch meeting to our members. We will have a limited supply at the Branch Meetings & priority will be given to non-email members

In the pre-meeting email, you will find attached not only the Newsletter but also the Agenda for the upcoming Branch Meeting & the Minutes of the previous Branch Meeting. If you wish to have a copy with you at the Branch Meeting, **please print them out & bring them with you.**

The Newsletter is available to read on our website (nationalseniors.com.au/getinvolved/branches/forest-lake) & also 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"



MC Positions

Management Committee Positions falling vacant 2021 - 2022.

Branch Secretary

Membership Coordinator.

Our current Management Committee members fulfilling these roles will not be renominating next year. Both roles are essential to the running of the branch and must be filled. If you feel you would like to contribute, even if only for a short time, please speak to either Mary or Linda, to get an understanding of these roles and if agreeable, then you could be trained/mentored in the time leading up to our AGM in September this year.

CANADA

In grey mountains high and
valleys deep

Where tall pines cling to
hillsides steep



Where moose graze and bald
eagles fly

Where in deep caves the sleeping
bears lie



Where crisp snow can lay all the
year long

Where white throat sparrows sing
a new song



Where sudden avalanches can
rule the slopes

Where miners lived in poverty
with false hopes



Where the rivers run with rapids,
icy blue

Where your life's adventures can
start anew



Where the grey rock, icy water
and giant trees

Gave me a lasting legacy of grand
memories

©Brian Phillips

February 2021

A poem inspired by a trip to Canada and Alaska in mid-year 2010



Laughter is the best medicine

Advice from a Singer Sewing Machine Manual from 1949

Prepare yourself mentally for sewing.

Think about what you are going to do. Never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference dominates. Never try to sew with a sink full of dirty dishes or beds unmade. When there are urgent housekeeping chores, do these first so that your mind is free to enjoy your sewing.

When you sew make yourself as attractive as possible. Put on a clean dress. Have your hair in order, powder and lipstick put on. If you are occasionally fearful that a visitor might drop in or your husband come home, and you will not look neatly put together, you will not enjoy your sewing.

Oh, how times have changed



Justice of the Peace: If anyone requires a JP, Mary Cottam would be happy to provide this service after our monthly meeting, or privately in your home. Just call Mary on 0403006758 to advise what it is you would like witnessed.

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.

