



Members & Visitors

Message from the President

" I hope you all enjoyed an informative presentation from Ian Henschke, NSA's Chief Advocate, on issues that concern us all. It was also fitting to pay tribute to Vera Somerwil for her outstanding contribution in her various roles to National Seniors over the years. Don't be too surprised to find a different seating arrangement when you come to our March meeting as we are trying to reduce the work-load on our committee prior to the event. Again, we encourage your feedback on whether it is effective. We have come up with a few ideas about visiting some local towns to assist small business affected by droughts or fire (you would remember I asked for these at the February meeting and many of you showed an interest in supporting this initiative). We are still interested in your ideas so bring them to discuss. It is all depending on our success in gaining funding for a couple of buses. I hope you are all staying well and careful with the impending flu season around the corner. Cheers Peter."

Committee Members

President - Peter Dunell.....33729432
Vice President - Lyn Martin0409879329
Secretary - Julie Baldwin..... 32787274
Treasurer - Colin Court.....0426863506
Membership - Linda Bird..... 37149708
Trips Coordinator - Roebayne Birtles..... 0433191786
Activities Coordinator - Barry Miles 38791690



March Members Birthdays

Colin Court	Therese Kutscheid
Julie Dendle	Derrick Malone
Mervyn Gibson	Kathleen Manning
Robin Hall	Catherine Robertson
Gordon Ison	Patricia Williams
Beata Kozlowski	



Meeting Apologies

If you want to submit your inability to attend a Branch Meeting contact the Secretary Julie 32787274, leave a message if out or email nsaforestlakesec@gmail.com

Meeting Venue

Branch Meetings are held at The Lion, 133 Pine Road, Richlands on the 2nd Thursday of the month.

No meetings held in December or January
Sign in 10am for a 10.30am start.



Visitors

Visitors are welcome to attend three meetings to see if our branch is for you. After your 3rd visit if you decide you want to continue joining us, you need to become a member of the National Seniors Australia & be put on our Branch register. If you are an existing NSA Member you will need to be put on our Branch register. Please see the Membership Officer between 10am & 10.30am at the monthly Branch Meeting.

New Members Welcome Pack

It was decided by the new committee that we should welcome new members with a pack. These packs contain: Members information book, Medical pocket card & NSA items subject to availability



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.

Movie & Theatre Group

Give your contacts to Barry Miles if you would like to join us. Barry will let you know when the next movie outing is scheduled. We go to Orion Cinemas at Springfield Lakes. Tickets are cheaper if you have a Cinebuzz Seniors Card. It's easy to catch the train and a short walk to the Movies.

Logan Entertainment Centre

From time to time we go to shows at the LEC. Barry Miles will keep us up to date with upcoming shows.

Dining Adventurers

Watch this space.....



For a laugh



UPCOMING EVENTS

March

Movie Group – Military Wives

Date: Wednesday 18th
Where: Event Cinemas, Orion Springfield
Time: 10.00am
Cost: Ticket at own cost

Day Bus Trip

Date: Thursday 19th
Where: Currumbin Wildlife Sanctuary
Time: 8.30am
Cost: \$55.00 Bus & Entry (Lunch at own expense)

LEC Silver Series – Liza Meets Bassey

Date: Friday 27th
Where: Logan Entertainment Centre
Time: 10.00am
Cost: \$22.00

April

Coffee Morning

Date: Monday 6th
Where: Coffee Club Forest Lake
Time: 9.30am
Cost: Pay for your own coffee etc

Branch Meeting

Date: Thursday 9th
Where: Lions, Richlands
Time: 10.00am
Cost: \$6.00

LEC Silver Series – The Foreverlys

Date: Friday 17th
Where: Logan Entertainment Centre
Time: 10.00am
Cost: \$22.00

Pay at March Branch Meeting

Day Bus Trip

Date: Thursday 23rd
Where: Ipswich Railway, Queens Park, etc
Time: 8.45am
Cost: \$35.00 Bus & Entry (Lunch at own expense)

Pay at March 12th Branch meeting

May

Away Bus Trip

Date: 1st-4th
Where: Bellingen/Dorrigo
Time: TBA
Cost: (Single \$928) – (Double/share \$748pp)

Coffee Morning

Date: Monday 4th
Where: Coffee Club Forest Lake
Time: 9.30am
Cost: Pay for your own coffee etc

Parliament High Tea

Date: Wednesday 6th
Where: Parliament House
Time: 8.10am, 100 Bus from Shopping Centre
Cost: \$49.10

Pay at March 12th Branch Meeting

Trips Payment

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.

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%.

Bank Transfer & direct deposit

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

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 - Court2Ipswich

Surname (Court)

Number going (2)

Trip (Ipswich Railway, Queen's park, etc)

Branch Refund Policy

Cancellation of an outing

The branch policy for late cancellations. Notify the Secretary 32787274 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

Joe Smith Ipswich Railway, Queen's Park \$35 Gluten Free

DAY BUS TRIP - 23rd APRIL 2020 'So much to see! So much to do!'

Ipswich Railway Workshop and Museum



Take a tour of the Museum showcasing some of its key collection items. There is so much to see and do at the museum. See the largest model railway layout of Queensland.



Relive rail travel and see a 1930s carriage. Since the opening of the first line in 1865, railways have been an important part of Queensland life. Rail shaped the development of towns and industries, created opportunities for travel, and greatly improved communication. Come and explore how rail has influenced the life of Queenslanders.

Queens Park, Ipswich - Nerima Japanese Gardens, Nature Centre, Environmental Centre



Nerima Gardens

Relax and enjoy this beautiful tranquil park with its Japanese themed dry rock waterfall and tea house. Autumn leaves should be starting to show and the camellias may be blooming



Ipswich Nature Centre

Home to many furry and feathered friends. You can stroll on shady walkways and enjoy the native residents including wombats, wallabies, emus, quolls and the nocturnal bilby. A vibrant rainforest aviary is alive with the sounds of our beautiful native bird

Queens Park Environmental Education Centre

Next to the Queens Park Cafe in the centre of the city's premier parkland. The Centre has many environmental education exhibits which showcase Ipswich's unique natural environment and waterways. The interactive displays connect you with nature in your home and around the city.



TRIP INFORMATION FOR THE DAY 23 APRIL 2020

Cost: \$35.00 includes bus, morning tea, entry to railway museum and tour. No charges for entry to park. Lunch at own cost. Maybe bring along a picnic lunch to enjoy on the grassy areas or eat at the Queens Park Café.

9:00am Bus leaving from Aldi Carpark

9:45am Arrive at Rail Museum

10:00am Morning tea in Café -tea or coffee with scones, jam and cream

11:00 Group 1 – Guided Tour

11:30 Group 2 – Guided Tour

12:15pm Bus to Queens Park – Nerima Gardens and Nature Park

3:00pm leave Ipswich for trip back to Forest Lake

3:30pm approximately arrive Aldi Carpark



Corona-virus Information

The other day a friend tried to make light of the health crisis now gripping the world.

He'd imbibed too much amber coloured liquid and blamed his hangover on what he described as Corona-virus. It had nothing to do with the disease and everything to do with a certain beer brewed in Mexico.

Despite attempted levity, the news is concerning. Older people and those with chronic disease including heart disease and diabetes are being warned to prepare for the worst.

News media is reporting health authorities fear a global pandemic with elderly aged care residents the most at risk of becoming seriously ill.

Worldwide, the number of confirmed cases of the flu-like infection has passed 81,000, with more than 2,700 people dead, surpassing the death toll from the 2003-2004 SARS outbreak.

Professor Raina MacIntyre, head of the Biosecurity Program at UNSW's Kirby Institute, said the coronavirus could infect between 25 and 70 per cent of the Australian population and warned the impact in Australia could be worse than in China because of the ageing population.

In China, about 9 per cent of the population is over the age of 65 compared with 16 per cent in Australia.

"It is going to manifest with a greater impact," Professor MacIntyre said.

"We know already that the infection is much more severe in older age, that's the age group that's going to mostly end up hospitalised and in intensive care."

The federal health department has contacted aged care providers, urging them to use active "containment processes" to help prevent the spread of COVID-19.

Authorities suggest measures such as washing hands and cough etiquette, and to be prepared to identify and isolate cases to "ensure that the other residents are safe".

Warning to make plans

Nursing home residents and their families are being encouraged to discuss their end-of-life plans in case the virus results in rationing of intensive care beds.

Deputy Chief Medical Officer Paul Kelly told The Daily Telegraph that in the event of an outbreak, nursing homes would need to isolate infected residents, stop visitors, have "care in place" rather than hospitals and encourage "end of life planning".

Should you travel?

If you are sick, don't travel ... you may end up detained and quarantined.

Airline crews are on heightened alert for anyone sneezing or coughing.

Remember, on a plane, failure to comply with crew orders is a federal crime.

Take extra supplies of your medications including cold medicine and a thermometer. Take health insurance documentation and have someone back home ready to help with emergency travel plans if you need to get home quickly. A travel agent may also help.

What is your level of risk getting sick while travelling? Older people or those with underlying medical conditions are at greater risk.

Get a flu shot before travelling if you haven't already. It can take a week to become effective, but it's not too late in the flu season to protect yourself.

Check your travel insurance.

Use the [smartraveller website](#) for the latest travel advice from the Department of Foreign Affairs and Trade (DFAT), information about the latest travel recommendations and overall travel advice levels, as well as links about infectious disease and medical assistance overseas.

February Branch Meeting Guest Speaker Ian Henschke

Chief Advocate, Mr Ian Henschke's presentation began with an electronic PAM showing the latest issues Ian has been advocating on. He went on to summarise what the organization represents and some future key policy areas up to 2022 federal election. Topics included Aged Care Reform, Housing, Health, Finance, Services, Legacy, Deeming Rate, Review of Retirement Income, Pension Loans, Franking Credits and so much more. Ian's talk was well received by members who had questions afterwards. Ian focused on the importance of socializing for better health first and foremost. This was the results determined by a large social survey of over 5,000 members. Not to forget walking, gym and your bowl of salad.

General Manager Chris Grice presented a segment on National Seniors Branded Products such as Credit Card, Term Deposits, Insurances, Travel, Financial Literacy Service, Car Buying and Appliances Buying as well as Partner Branded Products ie Equity Release, Pre-paid Funeral Cover, Health Insurance, Energy Buying, Car Servicing, Furniture discounts, eGift cards (Woolworths, MYER, Bunnings etc)



Presentation of certificate and gifts of appreciation to retiring chair policy advisory group, Vera Somerwil

It was with great pleasure President Peter presented Vera with a Certificate of Appreciation, Thank You Card, Parker Pen and a lovely bunch of roses. Chief Advocate Ian Henschke also presented Vera with a special bottle of wine and thanked her for the tremendous work she has done over the years for the great benefit of all members. Members showed their appreciation to Vera with a resounding round of applause.



International Women's Day Event

This was our inaugural IWD event. On arrival ladies were greeted with a voucher for a glass of Champagne or soft drink. After a short welcome from Lyn Martin, some ladies joined in with the Zumba Gold routine, thanks to Sandra Regano for donating her time. Next, we enjoyed an informative talk by Mary Cottam. She took us on a journey via a timeline through history. After a lovely lunch we heard from Linda Bird what it was like to be a housewife in 1950. The Final speaker Lyn Martin gave us her insight into three famous women.



CLASSIFIEDS

To advertise on this page is free



Friday's Craft Days

Forest Lake Community House,
3 Alpine Place, Forest Lake.
Fridays 9am - 12 noon. \$5 entry
includes morning tea and a lucky
door prize. The group carries
insurance. Contact Wendy on
0406 063 585.

Richlands Courthouse
is looking for a volunteer to add to
their books. It would start as a
relief position, and later
become permanent. It is for
approximately 2 – 2 1/2 hours
one day a week. If you are
interested you can contact Pat
Hetherington after the meeting or
phone 0488 337 210 for more
information.

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*See our Secretary
Julie if you wish to
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minutes and agendas, financial reports and other support material.**