



Message from the President

Hi Everyone

It's already half way through the year and it seems we are playing catch-up on our activities and meetings. It has been eventful in the way that our members injured themselves with a number having falls and ending up in hospital. This is the biggest danger facing us as we advance in years so I ask, please be careful especially around your homes where most of these accidents happen, probably due to over familiarity with our surroundings and some complacency setting in.

May saw our first meeting at the Richlands Hotel and yes there were some teething problems but they were expected. Lyn Martin and I will address them with our hosts for the next meeting. Any issues please direct them to either of us rather than to other members so we can fix them if possible. I also ask that you patronise the hotel if you want a meal as we are getting a very good deal with the cost of meetings.

Christmas in July is one of our main events of the year and we are hoping to subsidize the cost putting it in reach of all members. It is difficult to estimate attendance so where possible please express your intention to attend at the June meeting. Last minute decisions to attend may not be entertained because of the necessity to book the location for the meal.

During my term as President, I stated that I would focus on health issues and to that end, I can only endorse that we all get vaccinated with the flu and the Astrazeneca vaccines as soon as possible. Winter is shaping up to be a cold one and we need to get these protections. Ros and I are waiting on our final shot in August with no ill effects to date. Stay healthy and upright.

Cheers Peter

MC Positions

Positions Vacant from September

Branch Secretary

This position will become vacant in September. I always believe a committee needs to refresh and in one role or another I have been on this committee for six years. It has always been rewarding and enjoyable but it's time for me to move on.

As Secretary my main duties are to organise the meeting agenda for both the Management Committee and Branch meetings. I take the minutes at both and



distribute them afterwards via email to committee and Branch members.

Otherwise, I support functions and other organised events as needed.

The Branch must have a Secretary to operate. Please talk to Peter if you would be prepared to support the Branch and take on this role."

Thank you, Mary

Branch Membership Officer

This position will also become vacant in September.

I am sad to leave this role & have enjoyed my years in service to the branch. A lot of self-satisfaction was gained from providing what I hope has been a smooth & efficient service to our members. But as Mary has said, we have done our bit.

In this position my main duties are to maintain the Branch Membership & Attendance Registers. Process new membership applications & assist branch members with renewing. Providing visitors with information about our branch. Badge orders, birthday prize draw, liaise with Welfare Officer volunteer & deliver the reports.

As Mary & I are *unable* to continue, please consider putting your hand up to help your branch out.

Thank you, Linda

10 Minutes of Fame

Want your 10 minutes of Fame? Have you had an interesting life or adventure? Would you like to share it at our branch meeting?

Well, here's your chance! We are introducing a new item to our Branch meeting Agenda. Ten minutes is your allotted time to tell us your tale. And yes, we will be timing you. Come on who's going to be first?

Talk to Peter or Mary if you want your 10 minutes of fame.



Upcoming Events

June

Picnic in Heathwood Park

DATE: Thursday 3rd
WHERE: Heathwood Park, Heathwood
Parkwood Drive, Heathwood
Please bring a chair
TIME: **10am to 2pm**
COST: Free

Branch Meeting

DATE: Thursday 10th
Pay for Christmas in July (\$60)
WHERE: Richlands Hotel
132 Government Road, Richlands
TIME: **Entry 9.30am**, 10am meeting starts
COST: \$6.00

Day Trip – Canungra & O’Reillys Valley

DATE: Thursday 17th
WHERE: O’Reillys Valley Estate & Canungra
TIME: 7.45am depart from ALDI carpark
COST: \$65pp

Lunch

DATE: Thursday 24th
WHERE: Monier Hotel, 168/176 Monier Road, Darra
TIME: 11.45 am
COST: Pay for own meal on the day

July

Branch Meeting

DATE: Thursday 10th
Pay \$100 deposit for Bellingen/Dorrigo trip
WHERE: Richlands Hotel
132 Government Road, Richlands
TIME: **Entry 9.30am**, 10am start
COST: \$6.00

Day Trip – Christmas in July

DATE: Friday 23rd
WHERE: Woodlands at Marburg
TIME: TBA
COST: \$60 pp

August

Branch Meeting

DATE: Thursday 12th
Pay Balance for Bellingen/Dorrigo Trip
WHERE: Richlands Hotel
132 Government Road, Richlands
TIME: **Entry 9.30am**, 10am meeting starts
COST: \$6.00

Away Trip – Whitsunday Dreaming

DATE: Wednesday 11th to Tuesday 17th
COST: Fully booked

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 – Smith1Xmas]
Surname (Smith)
Number going (1)
Trip (Christmas in July)

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
Seating needs

Joe Smith
Christmas in July
\$60
Gluten Free

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.

HAPPY BIRTHDAY

Jill Beauchamp
Dianne Clark
Mary Cottam
Lyn Court
Ros Dunell
Richard Hilder

Janelle Jararminas
Wendy Mitchell
Pauline Steadman
Jaquie Stibbard
Val Summerville
Charles Taylor

From The Trips Desk

Hello Travelers, well our trip to the butterfly house and the Bribie Island Surf Club on Thursday 20 May certainly turned out to be a great day. The butterflies did not disappoint and settled on our members especially those wearing bright clothes.



CANUNGRA AND O'REILLY'S Bus Trip

Our next trip is on Thursday 17 June 2021 to Canungra and O'Reillys Valley Estate. We have 29 members going. The bus will depart from behind Aldi at 8am please be there by 7.45AM. I anticipate being home before 4pm. Lorraine and I look forward to having a wonderful day out with our travelling members.

MONIER HOTEL LUNCH

Our next local social date is Lunch at the Monier Hotel on Thursday 24 June 2021. We have approximately 27 members who have said they will attend. Our meeting time is 11.45am in the hotel. We will be on the "long table" in the dining area. Please order individually and ensure you advise staff that you are lunching with the Forest Lake Branch of National Seniors Australia. Lorraine and I look forward to seeing you there.

CHRISTMAS IN JULY OUTING

Our Christmas in July outing is set down for Friday 23rd July 2021 at WOODLANDS of MARBURG. There will be a guided tour of the heritage listed property and a two-course lunch to enjoy. This venue is not cheap so I have

asked the Management Committee to support membership with a healthy contribution towards our members cost for the day. President Peter and the management members have done a great job and as a result we can offer the complete day trip for a cost of \$60 per member. **Please pay for this trip at the June meeting.**



SEPTEMBER TRIP TO BELLINGEN/DORRIGO

This Four day/Three night away trip with Granite Highlands Maxi Tours is scheduled for Monday 20th to Thursday 23rd September 2021. This trip will have a minimum of 20 members and capped at 34 members. The final cost is \$750 per member for Double/Twin and \$930 per member Single.

We will be taking definite names for this away trip at the June meeting

Kind Regards Ian Horrocks.

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.

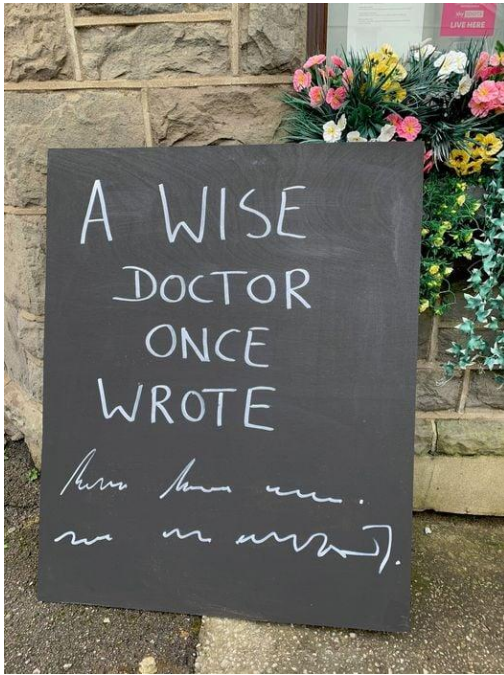
Newsletter, Agendas & Minutes of previous meetings

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"

Laughter is the best medicine



Brain training

Experts say that if you can find YOUR NAME in this puzzle then you're in the top 8% and one of the smartest people in the world!

E M A N R U O Y A R H N C
 J K L P S T K P Y C J L L
 Q R Z T M B X W U X Z O W
 D Z J T M Y O U R N A M E
 Y L M B R M Z H D D Q H M
 G J Z M F U F K R Z T J K
 X U J C V G H I V X H I H
 J D J B G C Y K S I M G E
 A U A G I V M W C Z I G N
 T F K I S P H P Z I N X Q
 D Y O U R N A M E L D Z N

BERTIE the BULLDOG



A well-known character in the country town
Was Bertie the eccentric British bulldog
His habits and appearance were well renown
Because he was known to be a bit of a hog

Always alert, and as bright as a button
Everyone knew of his love of good food
With his favourite meal being a leg of mutton
With a side of veggies to be totally imbued



And he wouldn't say no to a feed of pork
And as for fish, that always went down well
He was also partial to a steak, ala New York
Would scoff seafood straight from the shell



He wouldn't turn up his nose to a lettuce head
And pasta would still go down as a real treat
Bacon and egg fry-up with a slice of fried bread
Was there nothing this bulldog wouldn't eat?

But there was a price to pay for this food excess
He slowly began to put on a massive weight
How big he would get was any-one's guess
For his sheer gluttony never seemed to abate



Sad to say Bertie bulldog paid the ultimate price
When eating a turkey with a side of chicken
He just gave a burp as he downed the last slice
And with a sigh he rolled over finally stricken



© Brian Phillips

December 2017

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

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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 printing of newsletters, financial reports and other support material.



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.

