



Message from the President

Salutations members,

I sincerely hope you are all well despite the latest health issues in our suburb. This will probably be the last edition of the Newsletter that Julie Baldwin will oversee as she has done so since its inception. Her professionalism in its production will be sadly missed and I personally want to thank her for her contribution over the years and I'm sure this is echoed by all members. Hopefully you can make it to the meeting at the RSL Hall this month to pay tribute to this, if not you will no doubt catch up with her sometime in the future. The Newsletter will continue under Linda's stewardship with a little help from friends. Our September General Meeting and AGM are contingent on the directions by the Health Department but be assured we will have stringent COVID procedures in place to protect all. There is at present a restriction of 100 in the hall to allow required distancing between individuals. Lyn Martin has continued to be the engine room for the Branch in organizing the upcoming events of the Melbourne Cup (November) and Christmas at the Blue Fin (December)- more will follow to gauge member interest. The self-drive day trip to Kalbar is well advanced in the planning and will be covered elsewhere in this Newsletter. The new Management Committee will meet early in October to plan the year ahead. They will welcome any suggestions in terms of day trips, away trips and activities you may wish to have in 2021. Write them on a piece of paper and deposit them in the Suggestion Box at this or future meetings. Let's stay positive and assist each other where necessary. Cheers 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

September Members Birthday

- Jean Elston Ellen Simpson
Val Hannan Nick Steadman
Mavis Hillis Ann Tupicoff
Pamela Kurzok Elizabeth Waldeck
Pat Parlane Barbara Weiss
Zoe Phillips Lynne White



Membership Renewals

With the cancellation of our meetings, we are 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.

We request that you please let Linda or Julie know of your new expiry date. It is a requisite of the branch that we keep our Branch Membership Register updated.

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

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

Get Well cards were sent to the following Members:

Wendy and Bruce Mitchell, Wendy was unwell, while Bruce has an ongoing medical condition.

Barry Miles & Vera Somerwil who are both recovering from Surgery.

Flowers were also sent to Val Summerville after her stay in Hospital, she is now recovering at home.

A Sympathy Card was sent to Jock Shepherd for the passing of his beloved Margaret.

Riddle me this

You measure my life in hours, and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

Answer: see last page

Members did you know the **mobile library** is again operating at the usual site near the Post Office at Forest Lake Shopping Centre, every Tuesday from 9am to 4pm. The service includes free access to computers and Wi-Fi.

A Trip Down Memory Lane

Here's a photo taken on the staircase of our beautiful City Hall in 2017. Members enjoyed a guided tour and were fascinated to hear of the history and restoration of this very important building. We enjoyed tea and scones in the Red Cross Tea Rooms as guests of Cr Charles Strunk.



SOME GOOD NEWS FROM HEAD OFFICE

A big thanks to the hundreds of you who have donated care packages to our fellow older Australians in Victoria.

Because of your generosity we've been able to distribute hundreds of extra packages to where they are needed most.

Each care package contains:

- 5 disposable face masks
- 2 x 50ml hand sanitisers
- 2 x alcohol wipes packs (10 wipes in pack)
- And a guide from CEO Professor John McCallum on accessing the [Older Person's COVID-19 Support Line](#).

We'd also like to thank our partner Auswide Bank for its donation of \$1,000 providing an extra 50 packages.

It's not too late to donate either. Each packet costs \$20, so if you have money spare, be rest assured it's going to a great cause.



It's In The Bag campaign.

Our Member Barry Weston is again collecting for the Share the dignity, It's in the bag campaign this year. Donations will be collected at the September

Branch meeting or you can contact our secretary.

#ITSINTHE **Bag** essentials

- ✓ Shampoo
- ✓ Toothbrush
- ✓ Soap or body wash
- ✓ Conditioner
- ✓ Toothpaste
- ✓ Sanitary Items
- ✓ Roll on Deodorant

Unfortunately, we cannot accept these items:

- * Pharmaceutical items (including but not limited to condoms, throat lozenges, paracetamol or nurofen)
- * Any food or drinks
- * Razors/knives/scissors
- * Loose tampons and pads

In addition to this, you can add any products or gifts you think someone doing it tough may appreciate. The bag itself needs to be in good condition but can be a pre-loved handbag or backpack.

Technology Tips

Technology Tips from National Seniors-Increase the font size on your mobile iPhone

Click on 'Settings'

Click on Display and Brightness

Scroll to Text size, touch then move the white button on the bar to your desired font size

Treasurer's Report

**Treasurer's Report 19th August 2020 for period 1st
- 31st July 2020**

The National Seniors Forest Lake Cash Account for the period began with an opening balance of \$8,601.11, received income of \$67.23 incurred expenses of \$790.00 with a closing balance of \$7,878.34 made up as shown of:

Balance at Bank:	\$1,697.30
Heritage Term Deposit	\$6,061.04
Petty Cash & Floats	\$120.00

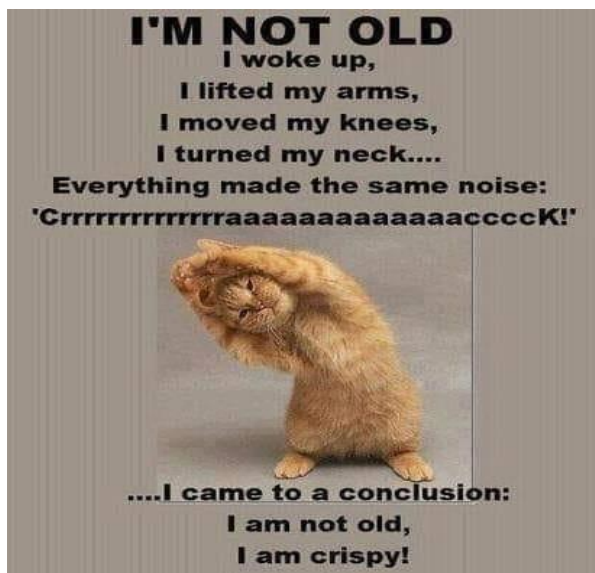
The closing balance of \$7,878.34 includes committed monies held for:

First Aid	\$176.00
Seniors Week BBQ	\$150.00
Trips	\$66.00

This leaves the Branch with a total of \$7,486.34 in available funds at the end of July. The month's activities resulted in a decrease to available funds of \$-12.77. Funds were impacted by the expenses of gifts for Members welfare.

Colin Court Treasurer

On the lighter side



**I'VE ORDERED SO MUCH IN
ISO, I DON'T KNOW WHAT'S
COMING ANYMORE.**

**IF AUSTRALIA POST BRING
ME A LLAMA TOMORROW I
WON'T QUESTION IT.**

Upcoming Events

September

Branch Meeting

Date: Thursday 10th

Where: RSL Hall at former Wacol Army Barracks,
907 Boundary Rd, Wacol

Time: 9.30am

Cost:

Self-Drive Day Trip to Kalbar

Date: Friday 18th

Where: Kalbar – All bookings for morning
tea, lunch

and White Chapel tour have been made.

Time: Departing Forest Lake 8.00am

Cost: At own cost

October

Lunch at local venue

Date: TBA

Where: TBA

Cost: TBA

November

Melbourne Cup

Date: Tuesday 3rd

Where: The Comerford's, Pallara

Time: TBA

Cost: \$40

December

Christmas Lunch

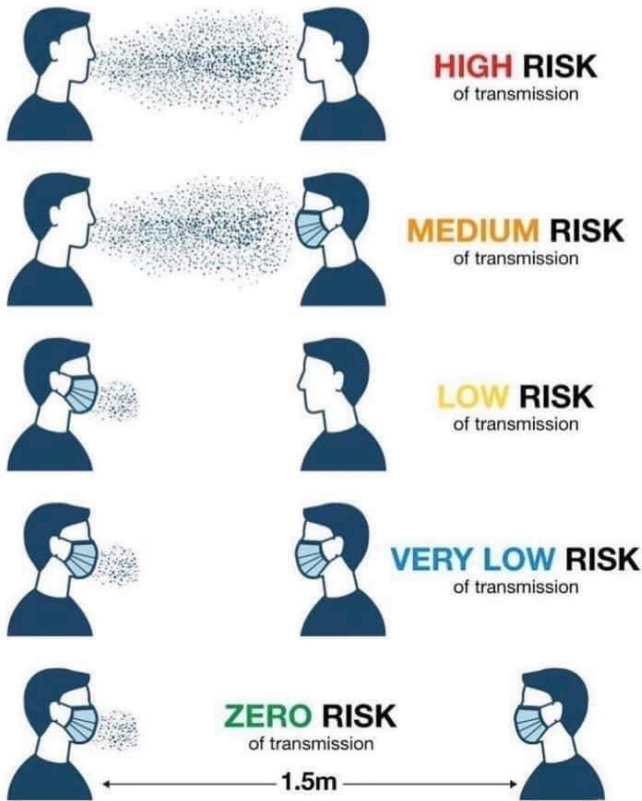
Date: Tuesday 3rd

Where: The Blue Fin, Inala

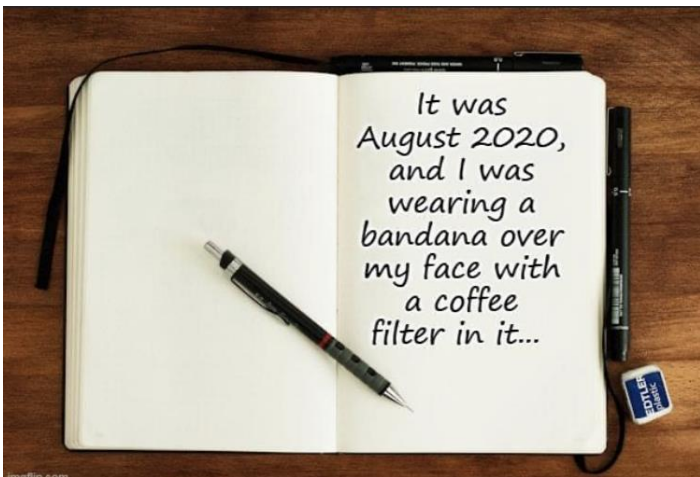
Time: TBA

Cost: TBA

How effective are face masks?



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THE LION
RICHMOND

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

M T R
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Riddle Answer:
A Candle

The Committee would like to thank all the supporters of the NSA Forest Lake Branch for photocopying or printing newsletters, meeting minutes and agendas, financial reports and other support material.