



Message from the President

Cheers everyone

Regrettably this will be my last few words in our newsletter to you all. I hope my "words of wisdom" over the last four years haven't offended anyone and perhaps may have amused some. I have tried to bring some fun to our meetings along with useful information to our age group. This couldn't have been possible without the individual members of our management committee. They have been the best team I have had the pleasure to work with in a long history of sitting on committees. My tenure has been one of challenges with COVID, changes to venues and cancellations of events. With these in mind, it has still been an enjoyable and fulfilling four years.

Nevertheless, we cannot become complacent as many branches have folded due to a failure of members to take up the necessary management roles to keep them running for the benefit of all. I am confident that our branch will continue to thrive because it is in a good financial position and the membership numbers are very healthy. Your continued interest in our meetings and events will maintain this condition along with your active participation. I wish you all the best with health and enjoyment of life and ask your support for the incoming management team. Finally, I thank my wife Ros for her love and support during my term as President.

Cheers Peter



A. Eisenreich
J. Elston
V. Gillard
M. Hillis
S. Miller

P. Parlane
Z. Phillips
E. Simpson
E. Stanford
N. Steadman

K. Sullivan
A. Tupicoff
E. Waldeck
L. White



Three of our Management Committee are vacating their positions. We would like to extend our sincere thanks for all their dedication to their roles. Without people like them our branch would not be able to operate.

Peter has been a long-standing member of our management committee in various roles and is our outgoing President.

Vera has also been a long-standing member of our committee and has done a lot of advocacy work for National Seniors. Last year she kindly stepped into the role of Vice President of our branch.

Linda joined the committee in 2018 as the Membership Officer and Webmaster. At the last AGM her role was split into two positions, Membership and Publicity Officer. She has held the later since then.



Upcoming Events

September

Branch Meeting - AGM

DATE: Thursday 28th

WHERE: Hotel Richlands, 132 Government Road, Richlands
Speaker Melanie Myers "Meet Me at Lennons"

Pay \$100 deposit for Hunter Valley Trip

Names for Spring Breakfast

Names for Café 63 Lunch

Names for Centenary Theatre Group

Matinee

Names for Branch Christmas Party

TIME: **Entry 9.30am**, 10.15am meeting starts

COST: \$7.00

October

Spring Breakfast in the park

DATE: Friday 6th

WHERE: Lakeside Parklands, Forest Lake

TIME: 7.30am

COST: Free

Seniors Expo

DATE: Wednesday 11th

WHERE: Riverlife, 17 Mile Rocks

TIME: 8.15am

COST: Free

Bookings are essential. See attached flyer.

Branch Meeting

DATE: Thursday 12th

WHERE: Hotel Richlands, 132 Government Road, Richlands

Speaker Spencer Howson (My Life in Radio)

Pay for Branch Christmas Party

Pay for Centenary Theatre Group Matinee

TIME: **Entry 9.30am**, 10.15am meeting starts

COST: \$7.00

Lunch at Café 63

DATE: Thursday 26th

WHERE: Café 63, Richlands

TIME: 11.30am

COST: Own expense

November

Branch Meeting

DATE: Thursday 9th

WHERE: Hotel Richlands, 132 Government Road, Richlands

Remembrance Day (11th)

TIME: **Entry 9.30am**, 10.15am meeting starts

COST: \$7.00

Centenary Theatre Group Matinee

DATE: Sunday 19th

WHERE: Chelmer Community Centre

TIME: TBA

COST: \$18

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 – Smith1xHunter

Surname (Smith)

Number going (1)

Event (Hunter Valley Trip)

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

Hunter Valley Trip

\$100.00

Gluten Free

Seal your payment inside the envelope and hand it to the trip's 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 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.



From the Activities Group

Cr Charles Strunk and a staff member attended our meeting answering questions, which was very successful - we also shared our birthday cake which was enjoyed by everyone.

Eumundi markets - was a great adventure, stopping at Caboolture for a cuppa before continuing up to Eumundi Markets. A great day, lots of stalls, great weather and food stalls, company great and left at 2.00pm stopping quickly on the way back for a break. We thank some of our Centenary group for joining us also.

Ten Pin Bowling was also successful day with lunch at the Lion afterwards. More bowling days to continue.

SEPTEMBER 28TH - AGM + GENERAL MEETING + AUTHOR Melanie Meyers speaking about her book "Meet me at Lennons."

FRIDAY 6TH OCTOBER - free Spring breakfast in the park - Lakeside Parklands 7.30-8.00am start. Bring a fold up chair if coming by car, plus a hat.

WEDNESDAY OCTOBER 11TH - FREE OVER 50'S EXPO, with morning tea + lunch provided Riverlife, Jennifer Street Seventeen Mile Rocks. See attached flyer. Speakers, many displays, raffle tickets will be sold with great prizes (this helps pay for the event) MUST RSVP PLEASE.

THURSDAY OCTOBER 12TH - GENERAL MEETING: Speaker: Spencer Howson "My life in Radio"

PLEASE NOTE - XMAS LUNCH NOW TO BE HELD AT GAILES GOLF CLUB - 299 Wilruna Street Wacol Thursday 30th November. (price - tba at meeting).

Please write your name down at this meeting with payment due at our October meeting

Lynne Ball and Activity Team

August Branch Meeting

Our August Branch meeting was really well attended including visitors. First up was the much anticipated Forum led by Councillor Charles Strunk (Forest Lake Ward). Everyone received a bag containing helpful information brochures to take home and browse through. Some questions were sent to Charles in advance of the meeting which he addressed and then took additional questions from members. He concluded wishing our Branch a Happy 12th Birthday and noted next year we will be teenagers. After a quick break the Branch meeting commenced with very helpful information shared with members. It was then time to cut the fabulous birthday cake. The honour given to Nick Steadman.



Eumundi Markets

Big day out. Lots of happy travellers. Even our men enjoyed the day. Huge number of market stalls at Eumundi. The merchandise was top quality and a few necessary purchases were made. The weather was fantastic. Spoilt for choice with all the food stalls. Many enjoyed delicious ice creams before boarding our bus to return home. It was great to share the day with our good friends from Centenary Branch. Thanks to the organising committee. Job well done.

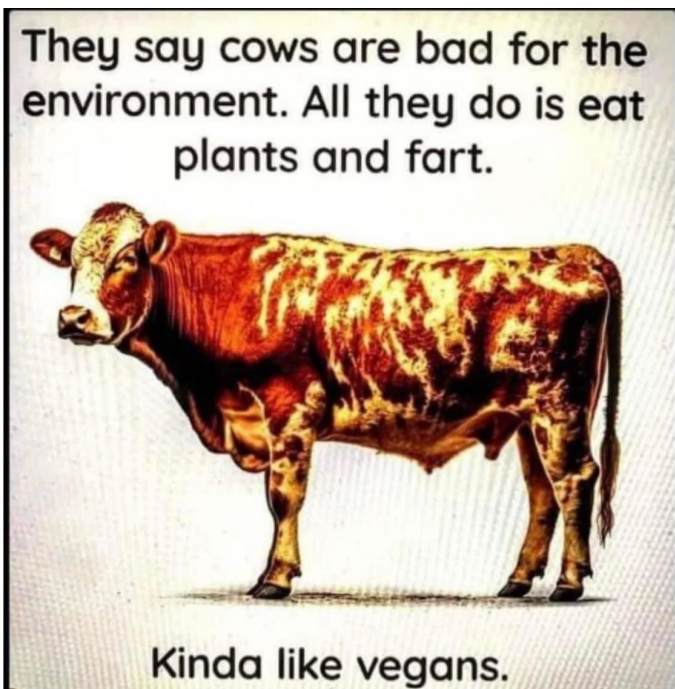


Newsletter, Agendas & Minutes of previous meetings

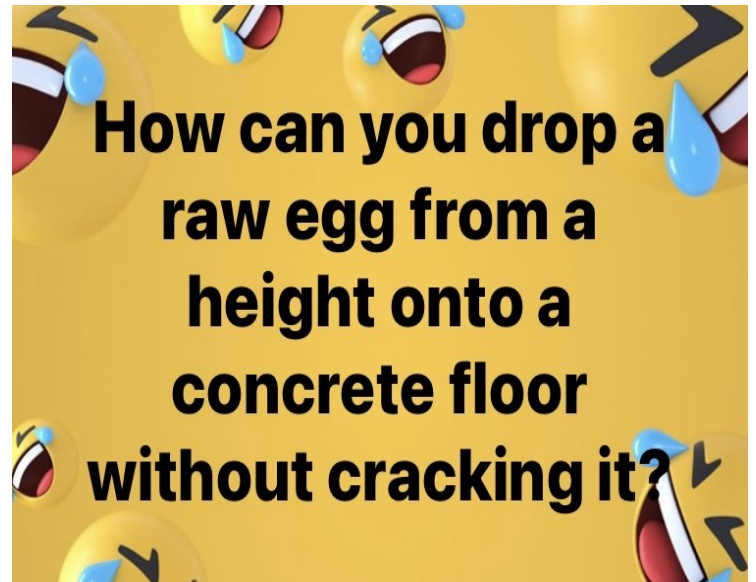
Email Members will be sent these in the pre-meeting email, **please print them out & bring with you if you wish to have a copy at the branch meetings**

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"

Laughter is the best medicine



Brain Tester



Answer to above puzzle will be disclosed at the September Branch meeting.

BAR TALK

In my life I have travelled far and wide
Not always with someone at my side
Alone and standing at a bar one day
I overheard a guy with plenty to say
I soon met this man who knew it all
He'd top any tale no matter how tall
I lied and spoke of deeds well done
In fact of those deeds I'd done not one
But still those stories poured from his lips
The work he'd done on world-wide trips
The many conquests in life he'd made
The fabulous fortunes he'd been paid
Then at last I could stand it no more
I left the bar and staggered to the door
Some months later in that very same bar
I recognised a voice that came from afar
I regret the return to the bar that day
Because that voice I knew began to say
"I once met a man who knew it all"
"He'd top any tale no matter how tall."

<p>September Friday 8th Thursday 28th</p>	<p>Ten Pin Bowling at Richlands - 10am followed by lunch at the Lions General Meeting at the Richlands Tavern 9.30 for 10.00 am start AGM / Speaker Melanie Myers Author "Meet me at Lennons"</p>	<p>Own expense \$7</p>
<p>October Friday 6th Wednesday 11th Thursday 12th Thursday 26th</p>	<p>Spring Breakfast—Lakeside Parklands, Forest Lake Seniors Expo, Riverlife Seventeen Mile Rocks General Meeting, Richlands Tavern. Speaker: Spencer Howson (My Life in Radio) Lunch at Café 63, Richlands</p>	<p>Free - \$7 Own expense</p>
<p>November Thursday 9th Sunday 19th</p>	<p>General Meeting at the Richlands Tavern 9.30 for 10.00 am start Remembrance Day (11th) Centenary Theatre Group Matinee George Bernard Shaw's "Pygmalion" which led to the movie "My Fair Lady" - carpool, train to Chelmer Station. Location Halsbury St. Community Centre, Queenscroft Street, Chelmer.</p>	<p>\$7.00 \$18.00</p>

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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 H has kindly taken on this important role again for our club this year. You can contact her on 0409275016.

Committee Members

Branch email - nsaforestlakesec@gmail.com

President - P Dunell - 0404 829 518

Vice President - V Somerwil - 0407 646 081

Secretary - J Jararminas

Treasurer - C Court - 0426 863 506

Membership - A Kitching - 0417 508 383

Activities - L Ball - 0412 122 161

Publicity - L Bird - 07 3714 9708

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 Anastacia Palaszczuk 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.

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



it's going to be a

CONNECT FEST

OCT 2023 QUEENSLAND
SENIORS
MONTH



Raffles
and lucky
door
prizes

FREE

PRESENTED BY CENTENARY VOLUNTEERS IN POLICING

Over 50's Expo

Wednesday, October 11, 2023

8:15am (for a 9am start) - 1:30pm

(Morning tea, sausage sizzle lunch and refreshments provided)

Riverlife Baptist Church
Jennifer Street, Seventeen Mile Rocks

Speakers from the Queensland Police Service and other organisations will provide advice on how Over 50's can protect themselves from crime and fraud, and how they can prepare better to enjoy their retirement and senior years.

Over 50 displays from Government departments, community organisations and commercial providers.



Proudly sponsored by



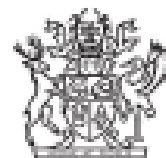
Dedicated to a better Brisbane



Bring in your old eye glasses
to
donate to the Lions Club



Funded by



Queensland
Government

LIMITED PLACES
REGISTER BY OCTOBER 5th TO CONFIRM YOUR
ATTENDANCE

Email centenarybeat@police.qld.gov.au or phone the
Centenary North Police Beat on 3737 6811