

DIARY DATE CLAIMERS: All bookings/queries/payments please see John C.

October 16 BRING & BUY: Food & Homemade Items only. If you can, please also bring a non-perishable pantry donation for the Burnie Brae Christmas Appeal.

October 23 BUS TRIP: Samford Valley & Mt Mee with Morning Tea incl. Lunch @ The Pit Stop Café (at own expense). Hoping for a short stop in Samford Village.....\$45

December 4 CHRISTMAS LUNCH @ Geebung RSL:.....TBA

COMMITTEE MEMBERS: All correspondence please email: nsachernside@outlook.com

President: Barbara Coleman
M: 0413 494 693

Secretary: Vicki Beardmore
M: 0421 630 742

Treasurer: Sue Webster

Membership: Jeanette Daff
M: 0423 579 621

Guest Speakers: Vicki Beardmore
M: 0421 630 742

Activities: Karlotta Reeves
M: 0410 699 300

Tours: John Canterbury
M: 0411 046 179
Email: jncgrange@optusnet.com.au

Welfare Officer: Jenny Tidey OAM
M: 0409 108 358

Newsletter: Alayne Brown
M: 0413 317 690

VENUE REMINDERS:

* If the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar.

* **MEETING PARKING:** Car park entry off Newman Rd.

* **BUS TRIP PARKING:** Carpark in Collings St adjacent to the trainline.

* **BUS PICK UPS:** Wait at the BCC bus shelter on Newman Rd opposite the the club carpark entry.

GENERAL REMINDERS:

Check your NSA Membership validity and renewal dates and renew if req'd. If unsure, please see Jeanette Daff (Membership).

For group verification and to claim any NSA Discount when ordering lunch, drinks etc, PLEASE wear your NSA name badge on all outings.

To order and purchase a badge, please see Sue Webster (Treasurer).

For payment of an event, please do **ONE** of the following ASAP:

1. **CASH:** Correct money placed in an envelope with:
Your Name – Event & Date – Amount enclosed
Please give the envelope to John C (Tours) who will issue a receipt.OR.....
2. **BANK TRANSFER:** Please record your name in the "details section" of the transfer.
Acct Name: National Seniors Chermide
BSB No: 084150 **Acct Number:** 047984369

For lunch reservations, please put your name in the exercise book at the Social meeting or contact **Karlotta**, our **Activities Co-ordinator**, before the date of the lunch.

If you're aware of a member who is unwell, please let **Jenny Tidey OAM** know immediately, so that she can contact them.

For apologies, if you're unable to attend a meeting and if your contact or address details have changed, please let **Jeanette Daff** our **Membership Officer** know ASAP.

If you have info for the Newsletter and/or need a lift to the meeting or to any of the social outings, including the bus trips, please let **Alayne Brown** our **Public Relations Officer** know, to help with any arrangements.

NSA Our Generation Magazine: <https://nationalseniors.com.au/news/>

Our Committee:

Jenny, Barbara,
Vicki, Sue, Alayne,
Jeanette & John

(absent: Karlotta)

**25 year NSA
Certificate
recipients:**
Carolyn Bohl
& Pat Felsch



Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford & Staff

National Seniors AUSTRALIA

CHERMSIDE BRANCH: PO Box 2073, Chermide Qld. 4032

Web Page: nationalseniors.com.au/get-involved/branches/Chermide.

Meeting Venue: Geebung RSL, Newman Room, 323 Newman Rd, Geebung.



NEWSLETTER – September 18, 2025

Good Morning Members & Guests

Thank you all, for attending our Annual General Meeting. I would like to sincerely thank our elected Committee members for putting up their hands to help run this club. We still require someone to fill the Guest Speaker role. Our Secretary, Vicki Beardmore is currently doing both roles, but does need to pass the Guest Speaker position onto someone else. There's not much work involved and you can ask Vicki or myself what the role entails, or come along to a Committee meeting.

We've received 20 tickets to the Lord Mayor's Christmas Pageant on December 1, for the 1.30 pm session. Unfortunately we have 27 members wanting to attend. Please check your diaries - if you cannot attend on this date at the time, please let me or Vicki know today? Also please let us know if you will be using a walker and/or have special dietary requirements?

Barbara Coleman
President

TODAY'S SOCIAL MEETING & MORNING TEA (Mobile phones off/on silent please).

Our Guests: Brooke Jorgensen & Hannah Smit from LifeTec, will advise us of the upcoming Support at Home changes. LifeTec specialise in helping people choose the right assistive tech and home modifications for their needs.

NOTE: Karlotta has made a lunch booking **upstairs at The Restaurant** after today's meeting. If you'd like to stay on for a meal, chat or just a coffee, you're most welcome to join.

TIP OF THE MONTH: POSTURE

Practice maintaining head, shoulder and hip alignment whilst standing (lean up against a wall and see how straight you can stand). Look up and ahead and try to keep your shoulders back and square. Also, consider how you sit at the table, on the sofa or at your desk. Don't sit "side-saddle". Help reduce pain and stiffness by stretching and changing position every 15 minutes.

SEPTEMBER BIRTHDAYS:

Barbara Coleman, Gary Coleman, Janet Kelly, Beris Wilson, Linda Lucas (AUGUST)



SEPTEMBER ANNIVERSARIES:

Jeanette & Peter Daff (1971) 54 years
CONGRATULATIONS TO ALL!



Sapphire, September's birthstone, is celebrated for its stunning blue hue and is one of the hardest natural gemstones. Historically associated with royalty and opulence, they signify serenity, protection and good fortune.

Please bring a container if you'd like to take home any leftover morning tea scones or slices.

NOTES FROM THE LAST MEETING:

- ❖ **Attendance:** 46 Members including 2 new members (Linda Lucas & Eileen McDonald); **Apologies received:** 17; **Visitors:** 0
- ❖ NSA's Community Engagement Officer, Karen Furnivall attended our AGM and presented 25 year membership certificates and badges to 2 members present, (Carolyn Bohl and Pat Felsch). Our elected Committee were welcomed and given their badges.
- ❖ We welcomed Past President Jenny Tidey OAM to the role of Welfare Officer, taking over from long-serving June Kerrigan, who was acknowledged and thanked with the gift of an orchid.
- ❖ It was wonderful to see Carolyn Bohl back with us and helping at the door. Thank you for supplying us with LOTS of raffle ticket books, which should keep us going for years!
- ❖ Karen ended the meeting with recent NSA news, happenings and advocacy for members.



Thank you, **Anne Palu**, for donating stamps - much appreciated.
Our Annual BBQ was again a success. Many thanks **Jeanette & Peter Daff** and all the other helpers who organised, set up, contributed and cleaned up on the day.

SOCIAL MEETINGS, MORNING TEAS & LUNCHES

- Sept 25 11.30am LUNCH** Stafford Tavern 51 Webster Rd, Stafford
- Oct 2 1pm COMMITTEE MEETING** Geebung RSL (12pm lunch prior)
- Oct 9 11.30am LUNCH** Zillmere Sports Club 340 Zillmere Rd, Zillmere
- Oct 16 SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10**
9.30am for 10 am Start **Bring & Buy Food & Homemade Items.** Please bring a non-perishable pantry food donation for the Burnie Brae Christmas Appeal.
Our Guest: An unforeseen cancellation, replacement speaker to be confirmed.
- Oct 23 BUS TRIP Samford Valley & Mt Mee Morning Tea incl.....\$45**
8.30am for 8.45am Departure Lunch @ The Pit Stop Café (at own expense)
- Oct 30 11.30am LUNCH** The Homestead Tavern Hotel 114 Zillmere Rd, Boondall
- Nov 6 1pm COMMITTEE MEETING** Geebung RSL (12pm lunch prior)
- Nov 13 11.30am LUNCH** Warner Tavern 2 Everest St, Warner
- Nov 20 SOCIAL MEETING Morning Tea & Lucky door ticket.....\$10**
9.30am for 10am Start Our Guest John Crook will discuss how AI is shaping our lives.
- Nov 27 11.30am LUNCH** Everton Park Hotel 101 Flockton St, Everton Park
- Dec 4 End of year Celebration Christmas Lunch @ Geebung RSL.....TBA**

CITY HALL CONCERTS Tues 12 - 1pm (free) Full details: www.brisbane.qld.gov.au/events

Sept 23 Invoices

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|---|---|
| Oct 7 Musical Tour through the Decades | Oct 21 Fab Hits of the 50's, 60's & 70's |
| Oct 14 Artemii Safonov | Oct 28 Hope: Lost and Found |

WELFARE: Marjorie Wilkes has now relocated to Beaumont Care, 111 George St, Kippa-Ring, Q 4021. Please note this address change if intending to visit or send cards.

Paper & Printing courtesy of Jimmy Sullivan MP, Member for Stafford & Staff

SPECIAL REQUEST: At our first Social meeting on January 15, 2026, we will have a "Guess Who?" game, where we'll compile and show pictures of members in their younger days, for you all to try and guess who's who. It should be lots of fun - especially viewing the different poses and fashions over the decades.

So please, get out your albums and select an interesting baby/childhood or wedding photo? Please name and date it (if possible, on the back or on a post it note), put it in an envelope or small paper bag and hand it to Vicki at either of the October (16/10) or November (20/11) meetings.

Remember: Don't show your photos to anyone else - it's a secret!



WORD SEARCH

Words are hidden vertically, horizontally, diagonally, forwards & backwards.

Author	Cover	Paper
Bibliophile	Fiction	Plot
Binding	Hardcover	Reading
Biography	Library	Script
Book	Manuscript	Series
Bookshop	Non Fiction	Text
Chapters	Novel	Tome
Character	Pages	Volume



THINK ABOUT IT

Just so everyone is clear, I'm going to put my glasses on.
At the toy store I asked where the Schwarzenegger dolls were? I was told, "Aisle B, back."
What do you say to comfort a friend who's struggling with grammar? There, their, they're.
Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again.
I'm trying to organise a hide and seek tournament, but good players are really hard to find.
I got over my addiction to chocolate, marshmallows, and nuts. I won't lie; it was a rocky road.
Scientists got together to study effects of alcohol on a person's walk, and the result was staggering.
What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.
I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.