



President's Report September 2026.

As I come to the end of my three year term as President of NSA Forest Lake Branch I think back to what has happened over the last three years. When I became President we were meeting at the Richlands Hotel but because of price increases and capacity constraints we moved to the Forest Lake Tavern where we met for two years until the Tavern was refurbished at the beginning of this year. However we managed to relocate to Dogs Queensland function room where we have settled in well, thanks to Rob Harrison and Mark Yardley.

One of the National Seniors campaigns was "Save Cash". This was reinforced recently when the major telco had internet outages. The cashless society may be approaching but it certainly is not here yet.

Another area National Seniors have been fighting is the changes to deeming rates, Super Investments, Capital Gains Tax and other changes to try and fix the national debt blow-out. This can be particularly hard on fixed income Pensioners and other Pensioners whose retirement savings are affected.

As our next meeting on the 10 September is our AGM, please consider standing for one of the Committee positions, as we still need to find a Secretary and Treasurer. I would like to take this opportunity to thank the current and past committee members for their support and help over the past three years. I would like to thank all the voluntary people who help at the meeting to ensure the activities run smoothly.

Thank you all,
Brian.



Marion Cooper	Ellen Simpson
Anita Eisenreich	Elizabeth Stanford
Jean Elston	Kay Sullivan
Valentina Gillard	Ann Tupicoff
Mavis Hillis	Liz Waldeck
John Schipholt	Barbara Weiss
Pat Parlane	

**Forest Lake National Seniors Branch
currently meet at Dogs Queensland,
247 King Avenue, Durack.**



ACTIVITY REPORT
GENERAL MEETING 10TH SEPTEMBER 2026

AUGUST:

Thursday 27th (NOTE THE DATE CHANGE) Train trip to Sandgate – beautiful weather, as we strolled through Sandgate, having morning tea on the way down to the water and having fish/chips there, before we strolled back past all the gorgeous old Queenslanders along the way - such a great day.

SEPTEMBER

Thursday 10th General meeting – AGM

Tuesday 22nd Blue Fin (fund raising dinner, with our Branch benefiting) 5.30pm start

Thursday 24th Train trip to Landsborough for lunch and a prowl – beautiful pie shop, Patisserie, Garden/gift shop, Museum 400 meters from station. A table has been booked for 11.30am at the Historic Landsborough Hotel for those who would like to have a meal there (Steak on special Thursdays). Take your “Granny trolley” for shopping.

HOW TO GET THERE: 460 bus from Maccas at Forest Lake 7.33am arrives at 7.44am Richlands Station, catch Nambour train 8.03am (or Oxley 8.10am), arrive at Landsborough 9.58am. RETURNING: Platform 2 at 2.06pm, (arriving at Oxley 3.53), Richlands at 4.00 pm, 460 bus 4.24 from station, arriving at 4.35pm at Forest Lake. (You can drive to Richlands Station if you prefer – as school holidays).

OCTOBER:

Wednesday 7th FREE OVER 50's EXPO – Riverlife Baptist Church, Jennifer Street Seventeen Mile Rocks -8.30am – 1.45pm FREE morning tea/lunch - MUST RSVP BY 2nd OCTOBER. EMAIL: centenarybeat@police.qld.gov.au OR PHONE 3737 6811 leave Message + dietary needs.

Thursday 8th General Meeting with Peter Dunell presenting “The History of the Men’s Shed” for us. (Australian Unity Aged Care speaking to us re changes taking place in 2027 in April 2027 as more changes have been made)

Tuesday 27th “Esk Bush Bashers” – elderly bush band with loads of involvement by visitors-45 members for our bus - We will have morning tea at Wivenhoe Dam prior, at a great location, with cost covering everything. \$65 pp + \$70 for GF FANTASTIC FUN DAY!!!!

NAMES AT THIS MEETING PLUS PAYMENT PRIOR TO OCTOBER MEETING PLEASE.

Committee Members

Branch email - nsaforestlakepres@gmail.com

President - Brian - 0407113126
Vice President – John 0410480758
Secretary - Janelle - 0402097564
Treasurer - Colin - 0426 863 506
Membership – Norah - 0421282052
Activities - Lynne . - 0412 122 161
Publicity - Lorraine . - 0409275016
Welfare - Lynne - 0408889479

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

Our next meeting is on

10th September 2026

and this will be at

DOGS QUEENSLAND

247 King Avenue, DURACK.

**A special thank you goes to our
VOLUNTEERS without whom our
meetings would not run so smoothly.**

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

Thank you for the printing of our monthly newsletter to MARGIE NIGHTINGALE and her team at her Office . Margie is our local state member

LORD MAYOR’S TOWN HALL FREE CONCERTS: EVERY Tuesday FROM 12.00 -1.00PM. Catch the Bus 100 from Forest Lake and change at QPAC and catch M1 or M2 to King George Square. FREE DAY with top quality varied entertainment weekly - Programs on the desk at the back of venue, with newspapers.

AWAY TRIPS

Hello Travelling Enthusiasts.

Our trip to Yamba certainly lived up to expectations. A cool morning start with driver/host Eugene negotiating traffic with no delays soon found us in the Tweed Heads Golf Club enjoying coffee and cake, whilst preparations were made for our Tweed River Cruise departure.

The River cruises on the Tweed and Clarence Rivers were a peaceful and informative change from home routines. The three night stay based in Yamba provided a comfortable and enjoyable holiday in the Northern Rivers tourist town.

Our walks through the town and traversing the grassy Clarence River Headland with its lighthouse and Pilots Station provided spectacular views of the ocean beaches and of course the famous Clarence River Bar and navigation rock walls.

The day trips by bus to the towns of Maclean, Laurence, Grafton, New Italy and Evans Head provided a chance to explore local establishments, Arts and Crafts and of course the Op Shops. Our visits to these towns were full of fun and Yes, there were the tastings of the local produce, including the specialty beers, coffee and cakes, and of course, the local oysters.

Our final day saw us enjoying our military aerial history in the F111 museum at Evans Head. Who could forget our F111 fighter bombers which formed the basis of our country's air force for so many years. The famous "dump and fuel burn" with flyovers at 'Riverfire' and other significant occasions in Brisbane. These aircraft were based at Amberley for most of their service.

We were fortunate to have with us two of our members, Harry Horrigan and Dan Baldwin who had a history with these special aircraft.

After lots of photographs and talks from local volunteers we left the museum for our final lunch, which we enjoyed at the local Evans Head RSL. Departing Evans Head we had a pleasant drive home with a few sleepy members enjoying shut eye and waking at our departure point in Forest Lake at 4.30pm.

Once again I give recognition to those members who continue to support our 'AWAY TRIPS' program. Their wonderful outlook and companionship provides the fabric and cohesion which helps make our Branch the success it is. A special 'Thank You' to members Peter DUNELL and John YOUNG for their unending help and support to myself and our travelling members throughout the trip.

TRAVEL IS THE BEST MEDICINE - KEEP ON TRAVELLING.

Kind Regards....

Ian H....Away Trip CoOrdinator.

***A few photos from our Yamba
bus trip***



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"

Hi Members: Could you please try to have small change with you to pay when entering our meetings. This is to pay for morning tea and as our lovely Volunteers manning the desk do not have access to a lot of change and big notes make it very difficult for them. Also members, could you please let a committee member know when paying by cash through a bank branch

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

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. **Lynne** has kindly taken on this important role for our club for the next month.

Phone 0408889479 or email on lf0gg61@gmail.com

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 – Smithx1Xmas party

Surname (Smith)

Number going (1)

Event (Branch Christmas Party)

EFTPOS

The Branch has a "Square card" hand-held EFT-POS 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

Branch Christmas Party

\$?

Gluten Free

Seal your payment inside the envelope and hand it to 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

Travel Insurance for our away trips is strongly recommended.

The branch policy for late cancellations. Notify the Secretary or Treasurer 48 hours beforehand. A Medical Certificate will be required to receive a refund if notification is 24 hours or less. 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 away trip or 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

NATIONAL SENIORS AUSTRALIA FOREST LAKE BRANCH

<u>SEPTEMBER</u>		
Thursday 10 th	General meeting held at Forest Lake Hotel and AGM 0930am – ask for member suggestions for 2027 Calendar?	\$8
Thursday 22 nd	<i>Blue Fin (fund raising dinner, with our Branch benefiting from every meal purchased from 5.30pm)</i>	
	Third Term School Holidays 21st September-5th October	
Thursday 24 th	Train to Landsborough – museum, plants/gift shop Famous pie shops, lunch at historic hotel, free day – DEPARTURE information IN activity report	Own expense
<u>OCTOBER</u>		
Mon 5 th	Public Holiday – Kings Birthday	
Thursday 8 th	General Meeting held at The Dogs Queensland 09.30am – speaker Peter Dunell “History of the Men’s Shed” - (Speaker from Australian Unity (Changes to our Care) now changed to April 2027)	\$8.00
Wednesday 14 th	FREE Over 50s Expo – Riverlife Church Seventeen Mile Rocks. Many stalls, speakers, FREE morning tea/lunch. FINAL EXPO	FREE
Tuesday 27 th	Esk Bush Bashers Event at Esk - A group of talented, fun- loving musicians and singers who have performed for over 24 years and love to involve their guests. GREAT DAY	\$65 \$70 GF
<u>NOVEMBER</u>		
Thursday 12 th	General meeting held at Dogs Queensland. 9.30am - Speaker Lt Col Geoge Hulse – Remembrance Day	\$8
Thursday 26 th	Lunch.....Durack Tavern	Own Expense
<u>DECEMBER</u>		
Thursday 3 rd	CHRISTMAS PARTY – Blue Fin Fishing Club sumptuous 2 course meal, free lucky door tickets for many raffle prizes, including gift vouchers, music and dancing.	\$55

Hello members,
Help us raise money through the People First Community Lottery

This year, we're taking part in the **2026 People First Community Lottery** to help raise funds to make our Christmas Luncheon, at the end of the year bigger and better this year, and most importantly more affordable for all.

What's the Community Lottery?

Originally known as the People's Choice Community Lottery, the People First Community Lottery gives local sporting clubs, schools, charities, volunteer groups and other not-for-profit community groups around Australia the opportunity to raise funds and achieve fundraising goals. The Community Lottery has helped to raise more than \$22 million for community groups since its inception in 1984.

If you'd like to help us raise money this year, please buy tickets and help us reach our goal so we can keep supporting our local community.

Tickets are only \$2 each and by buying from us, not only do you support us, you also go into the draw for a chance to win one of 41 prizes worth over \$300,000.

**How do I buy tickets? To buy tickets, head to communitylottery.com.au, find our group and click buy tickets.
Each ticket is another entry to win!**

LAUGHTER IS THE BEST MEDICINE



How did 39 Mathematicians Board a bus with 38 seats.

Answer: They carried the One.

What starts with T, ends with T, and has T in it?

Answer: A Teapot.




Bring in your old eyeglasses to
donate to the Lions Club
'Recycle for Sight' program

*Presented by the Centenary North Police Beat
Volunteers in Policing*



Over 50's Expo

7 October 2026

Doors open 8:30am (for a 9:00am start) - 1:45pm
Be entertained by the Inala Hub Ukulele Group in the auditorium prior to opening

Riverlife Baptist Church
Jennifer Street, Seventeen Mile Rocks

Guest Speakers

Lady Mayoress **Nina Schinner** | ABC Presenter **Jenny Woodward**
Speaker of the House of Representatives **Hon. Milton Dick MP**
Queensland Police Service **Senior Constable Ben Harm**
Oxley Medicare Urgent Clinic

Over 60 displays from Government Departments, Brisbane City Council,
community organisations and commercial providers
(morning tea, sausage-sizzle lunch and refreshments provided)

Proudly sponsored by



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Dedicated to a better Brisbane

Justices of the Peace will be available on the day for the signing of legal documents

THIS IS A FREE EVENT - LIMITED PLACES
REGISTER BY 2 OCTOBER TO CONFIRM YOUR ATTENDANCE

Email centenarybeat@police.qld.gov.au or phone the
Centenary North Police Beat on 07 3737 6811 and leave a message