

DIARY DATE CLAIMERS:

March 27th BUS TRIP: Currumbin Valley & Rock Pools

April 17th Easter Stall: Edible Easter Treats & Basket Raffle

May 29th Morning Tea in the Park: Decker Park, 18 Twenty-fifth Ave, Brighton

COMMITTEE MEMBERS:

Correspondence Email:
nsachermide@outlook.com

President: Barbara Coleman

Secretary: Vicki Beardmore

Treasurer: Sue Webster

Membership: Jeanette Daff

Guest Speakers: Vicki Beardmore

Activities: Karlotta Reeves

Tours: John Canterbury
P: 3356 7405 M: 0411 046 179
Email: jncgrange@optusnet.com.au

Welfare Officer: June Kerrigan

Public Relations: Alayne Brown

VENUE REMINDERS:

- * Use the lift or escalator from the entry foyer up to the 1st floor.
- * If you're early and the main doors are closed, enter via the Newman Rd entrance of The Cove Kitchen & Bar, which is open from 8am.
- * **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 club carpark entry.

SQUARE WORD ANSWERS: ACROSS 1. BOLT, 5. LILIES, 7. YOGA MAT, 8. OCD, 9. ICE, 10. WHAT THE, 12. STREEP, 13. AIDS
DOWN: 1. BIG DATA, 2. OLA, 3. LIMITED, 4. TEACHES, 5. LOCHS, 6. STREEP, 7. YOW, 11. TRI.

REMINDERS:

Please check your NSA Membership renewal dates and renew. If unsure, please see Jeanette Daff (Membership).

For group verification and to claim any NSA Discount when ordering lunch, drinks etc, you **MUST** wear your NSA name badge on all outings including lunches.

To purchase a badge, please see Sue Webster (Treasurer) at the social meetings. 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 Canterbury (Tours) who will issue a receipt.**OR**.....
2. **BANK TRANSFER:** Please remember to put your name in the details section of the transfer.
Acct Name: National Seniors Chermide
BSB No: 084150 **Acct Number:** 047984369

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*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 are aware of any club member who is unwell, please let **June Kerrigan** our **Welfare Officer** know immediately, so that she can contact them.*

*If you change your contact or address details, please let **Jeanette Daff** our **Membership Officer** know ASAP.*

*If you have information 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.*

Bad Joke of the Month

A farmer sees a chicken cross the road and asks, "Hey, why did you cross the road?"
The chicken replies, "I'm going to a bar."
The farmer asks, "What happens when you walk into a bar?"
The chicken says, "Sorry, but that's a whole other joke."

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 – 16th January 2025

Good Morning Members & Visitors

Hope you all had a very Happy Christmas and your New Year celebrations went well. I'm sure you all enjoyed our Christmas Luncheon last year. With the change of room, it turned out better than expected on the day. If you would like a photo of the Luncheon, please let me know and I will send the photo to your phone.

We are still looking for a person to take over the Guest Speaker Position with our club. It is not a hard job. Previous members who have looked after this position have compiled a list of contacts, and there are people who contact us during the year, with information and "talk topics" they would like to present to our members. If you would like to help the committee and are interested, please come forward.

It is a New Year and technology is changing very fast. With the new Artificial Intelligence (AI), please keep vigilant with all emails and SMS messages. DO NOT answer or click on the links in the emails that you do not recognise, and if someone is asking for money or information about your bank accounts, PLEASE DO NOT answer. If you are not sure phone the bank or building society on their documented phone number, NOT the one that is supplied in the email or SMS. The web page "Scamwatch.gov.au" is a good one to (regularly) check out, as it lists different types of scams and what to do.

Stay safe and keep well.

Barbara Coleman
President

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

Our first guest for 2025 will be Tom Law OAM who spent 21yrs in the Australian Army, where he focussed on training. He is now a qualified personal trainer with his own fitness business. He strives to instil in all, the importance of exercise no matter what age you are.

NOTE: *Karlotta has made a lunch booking downstairs at The Cove Kitchen & Bar after today's meeting, if you'd like to stay on for a meal, a chat or just a coffee, let her know.*

TIP OF THE MONTH: *HEALTHY, HAPPY & ACTIVE NEW YEAR*

Start 2025 by reviewing your health and well-being and set or re-establish some positive habits. Try and prioritise these 7 things: Healthy eating; Daily gentle exercise; Proper Hydration; Good Sleep; A positive mindset; Good oral health and Social connections.

NOTES FROM THE LAST MEETING:

- ❖ 43 Members attended with 1 Visitor, Ian Dunn.
- ❖ 15 Apologies were received including 1 by our new member, Dianne Cook.
- ❖ Our guest was Entertainer Terry Scott, who sang a variety of Christmas-themed songs.

JANUARY BIRTHDAYS:

Barbara Barlow (94), John Davenport,
Bill Durston (92), Eleanor Durston,
Mary Hargreaves, Suzanne Webster



ANNIVERSARIES:

Bill & Eleanor Durston (1963) 62 years

CONGRATULATIONS TO ALL!!

SOCIAL MEETINGS, MORNING TEAS & LUNCHES

January 23rd 11.30am - LUNCH - Pine Rivers Bowls Club, 11 Sparkes Rd, Bray Park

January 30th 11.30am - LUNCH - Aspley Central Tavern, 1378 Gympie Rd, Aspley

February 6th 1.00pm - COMMITTEE MEETING - Geebung RSL (12pm lunch prior)

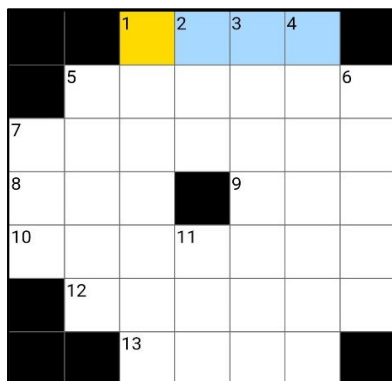
February 13th 11.30am - LUNCH - Taigum Tavern, 217 Beams Rd, Taigum

February 20th 9.30am - SOCIAL MEETING - Morning Tea & Lucky door ticket...\$10
We will be joined today by a popular return guest speaker: Ms Betty Vann. Her topic today will be "Body Language", which promises to be enlightening, entertaining and interesting.

Why not stay on for lunch or coffee after the meeting? Please let Karlotta know if you're keen.

February 27th 11.30am - LUNCH - Petrie Hotel, 2 Dayboro Rd, Petrie

SQUARE WORD



ACROSS

1. Streak of lightning
5. Flowers with "tiger" and "trumpet"
7. Surface to stretch on
8. Obsessive condition (abbr)
9. "Rocks" to a bartender
10. "Wait, seriously?!"
12. Actress with 21 Oscar nominations

DOWN

1. Info sets used in computer analytics
2. Portuguese greeting
3. Not infinite
4. Shows the ropes to
5. Scottish bodies of water
6. Like some prices & rollercoaster drops
7. "That really hurts!"
11. Prefix with ---ceratops

OLD FART PRIDE

I've never really liked the terminology "Old Farts", but this makes me feel better about it. If you aren't one, I bet you know one. I got this extract from an Old Fart friend of mine and I'm forwarding this on. I'm forwarding it, as I did not want to be the only Old Fart receiving it. Actually, it's not a bad thing to be called as you will see:

1. Old Farts are easy to spot at sporting events, as during the playing of the National Anthem, Old Farts remove their caps and stand at attention and sing without embarrassment. They know the words and they believe in them.
2. Old Farts remember World War II, Pearl harbour, Guadalcanal, Normandy and Hitler. They remember the Atomic Age, the Korean War the Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peace-keeping Missions from 1945 to 2005, not to mention, Vietnam.
3. If you bump into an Old Fart, he'll apologise. If you pass an Old Fart on the street he'll nod or tip his hat to a lady. Old Farts trust strangers and are courtly to women.
4. Old Farts hold the door for the for the next person and always, when walking, make certain the lady is on the inside for protection.
5. Old Farts get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.
6. Old Farts have moral courage and personal integrity. They seldom brag, unless it's about their children or their grandchildren.
7. It's the Old Farts who know our great country is protected not by politicians but by the young men and women in the military, serving their country.

This country needs Old Farts with their work ethic, sense of responsibility, pride in their country and decent values. We need them now more than ever! Thank God for Old Farts! Please pass this on to all the "Old Farts" you know.

LORD MAYOR'S CITY HALL *FEB & MARCH* CONCERTS* Tues 12 – 1pm

11th February – Hits of the Crooners

Chris Lloyds and the Jamie Rigg Big Band perform classic crooner Jazz and Swing numbers.

25th February – The Serenading Sopranos

A variety of music styles including Opera, Music Theatre, Celtic, Contemporary and original charts.

4th March – I'm Just Wild About Harry

Renowned Australian tenor Jonathon Welch AM (Choir of Hard Knocks) pays tribute to Welsh tenor & comedian Sir Harry Secombe.

25th March – Martes en Marte

Graduates from the Qld Conservatorium Griffith University explore links between Jazz, Afro-Cuban and Latin Folk rhythms and melodies with vocal acapella, a salsa 'orquestra' and dance spectacular.

QUICK QUOTE

Life is like a bicycle. To keep your balance, you must keep moving.

-Albert Einstein-

NSA Our Generation Magazine

Online articles can be accessed via the link: <https://nationalseniors.com.au/news/>