



**Message from the President.**

**President's Report February 2025.**

Please bear with me as I am a bit rusty having been out of the role for over 12 months.

Brian our President has to return to South Africa for personal reasons and has asked me to stand in whilst he is away which may be for a couple of meetings. My favourite subject at the moment is Aged Care and making sure you are all getting the benefits you are entitled to. I will speak more on this at the meeting so bring your stories and questions for the good of all.

I'd also like to speak further on how supermarkets manipulate your spending. Since I spent over 35 years in the industry, I think I am reasonably qualified. This may help you to minimize your costs in these tough times. By the time you get this newsletter, Ros and I would have attended a rally in town to further the retaining of cash instead of going totally digital for transactions which can be very difficult for some of our more senior members.

Hopefully you will find the meeting interesting enough from a rusty ex-President.

See you there.

Cheers Peter Dunell

Peter Dunell  
Acting President  
NSA Forest Lake Branch Inc.



**January Birthdays**

Mary Barker	Kay Jones	Sharon Poole
Shirley Cawley	Beryl Ness	Sharon Poulter
Lynne Goss	Jenny Olive	Kay Smart
	Peter Poole	Barbara Tweedie

**February Birthdays**

Lisa Abbersteen	Raewyn Fraser	Jean Nebe
Coral Bolton	Leonie Graham	Mary Steinberg
Alan Donaldson	Valerie Hodgson	



**Our meetings start at 10.00am with access to hotel from 9.30am**

## ACTIVITY REPORT FOR GENERAL MEETING

THURSDAY 13TH FEBRUARY 2025

THURSDAY 5TH DECEMBER 2024

Christmas lunch at the Blue Fin Fishing Club  
11.30am -2.00pm

Excellent day, music great with Alice Anderson + Mark, food was exceptional, great service and on time as requested. Good fun day with gift cards – next year draws BEFORE lunch, when singers having break and prior to leaving, just 3 draws. Rebooked for December 2025 – see calendar.

### FEBRUARY

**Thursday 13th General meeting** – Speaker Richard Kinnon from Outback Pioneers, Longreach.

**Thursday 20th Lunch at Monier Hotel** – 11.30am  
Names down please for booking purposes

### MARCH

**Thursday 13th General meeting** – Theme – St Patrick's Day -**WEAR GREEN GUEST SPEAKER:** Kelly Gatehouse, Solicitor, Nurture Law. "Estate Planning."

**Thursday 20th Day trip to Laidley.** Day has been bundled which now includes Village Entry, scones jam and cream, and lunch at the Hotel/choices Roast of the day, Chicken Schnitzel of crumbed fish/chips includes a free wine/drink. Op shopping afterwards. \$65.00. Make sure you put your name down & PAY before END of FEBRUARY or at our February meeting. Many thanks. (Food choice for hotel too so we can pre order before arrival)

**PLEASE NOTE: EXPRESSIONS OF INTEREST FORM WILL BE READY FOR FIRST 50 MEMBERS TO SIGN UP FOR OUR XMAS IN JULY AT MT MEE (SAMFORD) ON THURSDAY 24TH JULY - 2 COURSE MEAL, DUO SINGING, AMAZING VIEWS – BIG TREAT. MEMBERS: \$75 non-members \$80.00**

**NO PAYMENT TILL JUNE MEETING**

**Lynne Ball + Activity Team**

It is with great sadness that we advise you that our member, WARREN ALLOWAY has passed away. Our condolences to Cheryl and all their family. Warren's funeral will be held on Thursday 13th February at 10am at the Rivers Apostolic Centre, 16 Noel Street, Slacks Creek.

### 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. Vicki H has kindly taken on this important role again for our club this year. You can ring Vicki on 0403663293

### Committee Members

**Branch email -  
nsaforestlakesec@gmail.com**

President - B Waldeck— 0407113126

Vice President –

Secretary - J Jaraminas 0402097564

Treasurer - C Court - 0426 863 506

Membership – N. Blunden - 0421282052

Activities - L Ball - 0412 122 161

Publicity - L Horrocks– 0409275016

# 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

## Forest Lake Hotel

245 Forest Lake Blvd

Forest Lake, QLD, 4078

(07) 3278 7444

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 Margie Nightingale 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.

## National Seniors Australia

### Keep Cash Campaign

To grab attention we have secured a billboard across from King George Square as a public Valentine to the Treasurer. Channel 9 and potentially the Today Show will cover the story and we need 50+ members in KEEP CASH t-shirts (**yours to keep**) to participate with NSA staff behind our CEO, Chris Grice.

Event details:

When: 9.00-10.30 am Tuesday 11 February

Where: NSA Head Office, Level 19, 160 Ann Street, Brisbane.

### [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](http://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"

### **VOLUNTEER NEEDED**

We have a volunteer position vacant for a photographer to take photos at our meetings and on our trips. Please let any committee member know if you are interested in this position.

**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 - Smithx1Xmas party

Surname (Smith)

Number going (1)

Event (Branch Christmas Party)

#### **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
Branch Christmas Party
\$ ?
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. 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.

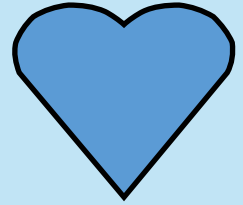
When we have to book seats on a bus or give numbers for a booked luncheon and are still required to pay even in the case of a cancellation by a member a refund will not be provided. In the event of an activity/outing being cancelled due to some unforeseen circumstance beyond our control, eg: storm, transport breakdown, etc, and cannot be rescheduled, members will be refunded any monies paid.

Some photos from our Christmas party at the Blue Fin.

Laughter is the best medicine



Who *always* has a date on Valentine's Day.



A calendar.



## AWAY TRIPS

Hello travelling enthusiasts, I am now finalising the bookings for our next away trip in May 2025, the trip titled "The Great Goondiwindi Rail Adventure" has proven exceptionally popular with members and is presently fully booked. However I am still taking names for a standby list.

For those members booked on the bus, the remainder of your fare is due prior to our next meeting on Thursday 13th February 2025 .

All inclusive cost per member is:

Double/Twin - \$1,051 per person less \$100 deposit

Single - \$1,231 per person less \$100 deposit

Any enquiries please give me a ring.

*Kind Regards*

**Ian Horrocks**

*Away Trip Co-Ordinator.*



## **ITINERARY**

### **THE GREAT GOONDIWINDI RAIL ADVENTURE**

#### **DAY ONE: Friday 2nd May**

7.30am depart Forest Lake shopping centre

Morning tea Bestbrook Mountain Resort

Tour and Lunch at "The Abbey" Warwick

Depart for Goondiwindi

Goondiwindi town orientation/Shopping

Overnight motel at Goondiwindi Best

Western Ascot Lodge Motor Inn

6.30pm Dinner at Motel Restaurant

#### **DAY TWO: Saturday 3rd May**

7.30am Breakfast at Motel

8.45am Goondiwindi Cotton Farm Tour

Morning tea at Customs House Museum.

Shopping then lunch at the Victoria Hotel.

Botanic Gardens and time to stroll the River

Pathways, Gunsynd Memorial then back to

Best Western Ascott Lodge Motor Inn.

6.30pm Dinner at Motel Restaurant.

#### **DAY THREE: Sunday 4th May**

Breakfast at Motel

7.15am load bus and depart motel for Rail Station

Board Downs Explorer Steam Train

8.00am Depart on "Goondiwindi Rail Adventure"

12.00pm lunch during train stop at Inglewood Station.

5.00pm Arrival at Warwick Station. Bus pick-up at Warwick Railway Station and book into Warwick Vines Motel

Dinner at Warwick RSL

#### **DAY FOUR: Monday 5th May**

Load bus and travel to "The Garden Centre Café" for Breakfast.

Depart Warwick for Nobby. (Nobby Museum)

Lunch at "Dad and Dave Pub", Nobby Hotel.

Depart Nobby travelling to Toowoomba Picnic Point Lookout/comfort stop.

Depart Toowoomba for Forest Lake.

Arrival Forest Lake approximately 4.30pm.

NATIONAL SENIORS AUSTRALIA

FOREST LAKE BRANCH

EVENT CALENDAR FEBRUARY TO JULY 2025 as at 13th February 2025

<p><b><u>FEBRUARY</u></b>  <b>Thursday 13<sup>th</sup></b>   <b>Thursday 20<sup>th</sup></b></p>	<p><b>General meeting held at the Forest Lake Hotel 9.30 for 10 am  Speaker Richard Kinnon, Outback Pioneers, Longreach</b></p> <p><b>Lunch Monier Hotel - Darra - 11.30am</b></p>	<p><b>\$8</b></p> <p><b>Own expense</b></p>
<p><b><u>MARCH</u></b>  <b>Thursday 13<sup>th</sup></b>   <b>Thursday 20<sup>th</sup></b></p>	<p><b>General Meeting held at the Forest Lake Hotel 9.30 for 10 am  Theme - St Patrick's Day.</b></p> <p><b>Guest Speaker – Kelly Gatehouse, Solicitor, Nurture Law  “Estate Planning”</b></p> <p><b>Day trip/lunch/morning tea on the way, LAIDLEY PIONEER  VILLAGE, lunch at Qld National Hotel/own expense/ Op shop  shopping</b></p>	<p><b>\$8</b></p> <p><b>\$40</b></p>
<p><b><u>APRIL</u></b>  <b><u>FRI 18 TO MON 21</u></b>  <b><u>SUN 5 TO MON 21</u></b>  <b>Thursday 10<sup>th</sup></b>   <b>Friday April 25</b></p>	<p><b>EASTER PERIOD</b></p> <p><b>SCHOOL HOLIDAYS QLD</b></p> <p><b>General Meeting held at the Forest Lake Hotel 9.30 for 10 am  Wear your Easter Hat and yes there will be Easter Eggs too.  Guest Speaker PRESENTATION: TBC</b></p> <p><b>ANZAC DAY – service at The Lake start time is 10.40am  Wreath Laying</b></p>	<p><b>\$8</b></p>
<p><b><u>MAY</u></b>  <b>Friday 2<sup>nd</sup> -</b>  <b>Monday 5<sup>th</sup></b>  <b>Thursday 8<sup>th</sup></b>   <b>Friday 16<sup>th</sup></b></p>	<p><b>AWAY TRIP – The Great Goondiwindi Rail Adventure with  Allan (Granite Highlands Maxi Tours) – 4 day 3 night</b></p> <p><b>General meeting held at the Forest Lake Hotel 9.30 for 10 am  and Mother's Day Sun 11<sup>th</sup> Speaker from Little Wings -  Clare Pearson (Providing transport for seriously ill  children across regional and rural NSW, ACT and QLD via air  and ground)</b></p> <p><b>Ten Pin Bowling at Richlands 10 am and lunch at The Lion  from 11.30am</b></p>	<p><b>Own expense</b></p> <p><b>\$8</b></p> <p><b>Own expense</b></p>
<p><b><u>JUNE</u></b>  <b>Thursday 12<sup>th</sup></b>   <b>Thursday 26<sup>th</sup></b></p>	<p><b>General meeting held at the Forest Lake Hotel 9.30 for 10 am  Entertainer</b></p> <p><b>Ten Pin Bowling at Richlands 10am and lunch at Lions from  11.30am</b></p>	<p><b>\$8</b></p> <p><b>Own expense</b></p>
<p><b><u>JULY</u></b>  <b>Thursday 10<sup>th</sup></b>   <b>Thursday 24<sup>th</sup></b></p>	<p><b>General meeting held at the Forest Lake Hotel 09.30 for  10am 11am Natalie's Chair Yoga</b></p> <p><b>Xmas in July – Birches Restaurant Mt Mee. Booked.  Capped at 50 - two course meal, amazing views,  duo entertainment.</b></p>	<p><b>\$8</b></p> <p><b>\$75 members  \$80 Non -  members</b></p>