



Message from the President.

We start our venture today, meeting here in the Forest Lake Tavern.

As you all know we have struggled to fit into our last venue at the Richlands Hotel, with some people saying that they had trouble finding two seats together if they arrived just before the starting time. We hope this venue will allow us to fit in more comfortably and it certainly is more convenient for our members in Forest Lake.

Our Activities Group have been busy organising various events, we had lunch at the Lucky Tree Tavern Durack which was enjoyed by the members who came along. We also had the Celebration of International Women's Day lunch last Friday. Then tomorrow we have Ten Pin Bowling organised with lunch afterward which is not restricted to bowlers.

I can not believe how fast the year is going by. In two weeks it will be Easter with a quarter of the year gone. It remains for me to wish all our members a Happy Easter and if you are travelling by road anywhere, drive safely and don't become a statistic for the weekend.

Brian
President



- | | | |
|----------|--------------|-----------|
| V. Atley | G. Ison | C. Pullan |
| G. Bates | B. Kozlowski | E. Roach |
| C. Court | T. Kutscheid | H. Roper |

Below is a photo of the entrance that our Forest Lake National Seniors Branch members will be using to access the Forest Lake Hotel. It is located on the side of the hotel opposite the Red Rooster.



We take this opportunity to welcome Mary Cottam to our committee. Mary has now filled the Vice-President's position and we thank Vera Somerwill for filling this position in the interim.



HUNTER VALLEY BUS TRIP

Departing: 7AM on FRIDAY 12th APRIL, 2024

Returning: THURSDAY 18th APRIL, 2024

Hello Hunter Valley Travellers, I have been advised that an unexpected change has been made to the accommodation for the FIRST night of the bus trip.

Allan Foster has advised that accommodation will now be provided at the SANCTUARY RESORT MOTOR INN on the southside of Coffs Harbour in lieu of the Nambucca Motel which will be undergoing renovations

Kind Regards
Ian Horrocks
Away Trips Co-ordinator

NOTE: Please do NOT pay by transfer prior to any trip sheets being presented at the front desk for you to express your interest in attending a bus trip/event, FIRST. Expressions of interest MUST be made first before payment – making payment in advance does not guarantee you a place on the bus

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.

From the Activities Group

THURSDAY 14TH MARCH 2024

VENUE:

Starting Thursday 14th March 2024 meeting at Forest Lake Tavern/Hotel, The Boulevard, Forest Lake at 9.30am. ENTRANCE VIA Red Rooster side, which has steps and ramp into hotel.

FEBRUARY MEETING: Great presentation from Volunteer Ron Welsh from Stroke Safe- we can never have enough information about how to prevent or identify symptoms of strokes/heart attacks.

LUCKY TREE TAVERN LUNCH: About 12 people attended and had a pleasant day.

UPCOMING EVENTS

MARCH

Friday 8th International Women's Day Lunch at Forest Lake Tavern – 42 people paid in advance, we had 2 speakers, 5 lucky drawn prizes + 2 course meal.

Thursday 14TH General meeting. There will be Trivia with Lyn Martin and an Easter hat competition. Just a reminder that it is St Patrick's Day on the 17th March.

Friday 15th Ten Pin Bowling plus lunch at the Lion afterwards – Expressions of interest for Lions lunch only can be given to the Activity counter before start of meeting.

APRIL:

Tuesday 2nd Blue Fin dinner – meet at 5.30pm – NS receives \$5.00 spent on meal.

Thursday 11TH General Meeting.

Niki Dowding will speak to us about Transit Care and how this could help us.

12th - 18th Hunter Valley Away Trip
Friday 26th Forest Lake Hotel Lunch – names down at **March meeting** please for booking purposes.

MAY:

Thursday 9th General Meeting - Karen Furnival from National Seniors Head Office will be at our meeting.

Thursday 23rd

VEND Marketplace Annerley, just before PA Hospital (298 Ipswich Road, Annerley) - indoor marketplace, morning tea, shopping etc. Bus 100 leaving Forest Lake at 9.25am (be there by 9.10am)

JUNE:

Monday 10th AVEO (FOREST GROVE DURACK) TOUR

Morning Tea and Tour of the facilities and display units. We need 15 people to make tour viable and they will donate \$500 gift card to you Branch. Time & place TBA

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

Committee Members

Branch email - nsaforestlakesec@gmail.com

President - B Waldeck— 0407113126

Vice President – M Cottam

Secretary - J Jararminas 0402097564

Treasurer - C Court - 0426 863 506

Membership – A Kitching - 0417 508 383

Activities - L Ball - 0412 122 161

Publicity - L. Horrocks– 0409275016

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 Jess Pugh for the printing of our newsletters each

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

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



Riddle: What belongs to you, but other people use it more than you.

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

NOSES

Thank you for not mocking my poor nose
For to mock it would see me in tears
For no matter where ever I go, it goes
As it sits about half way between my ears

There are of course many other noses about
Because this appendage decorates every face
And each nose has a different form to flout
Some slighted, others showing style and grace

Then there are noses looking swollen and fat
And of course we have the inevitable button
And a tiny nose laying almost completely flat
Yet another nose looking like a leg of mutton

There are so many noses for me to describe
Like the boxers nose, one battered but bold
A damaged nose they may find hard to imbibe
But a nose trying to do its best when all is told

There is a cold nose and one that is shiny red
A hooked nose and one that is quite stunning
A nose quite aloof and one, quite shy instead
There is a dry nose or one that is always running

We are presented with a nose of Roman descent
And the elegant Pharaoh's nose of the Egyptian
I have observed a few that are twisted and bent
And a multitude that confound any description

©Text Brian Phillips



<u>MARCH</u>		
Thursday 14th	General Meeting - Forest Lake Hotel - 9.30am - Trivia with Lyn Martin and Easter Hat Fun	\$8
Friday 15th	Ten Pin Bowling 10am at Zone Bowling, Richlands followed by lunch at the Lion Richlands. Suggest lunch at the Lion for all members even if they are not playing tenpin	Own expense
<u>APRIL</u>		
Tuesday 2nd	Blue Fin Dinner - meet at 5.30pm - National Seniors receive \$5.00 on each meal purchased.	Own expense
Thursday 11th	General Meeting - Forest Lake Hotel 9.30am - Speaker Niki Dowding from Transicare.	\$8
Fri 12th -Thurs 18th	AWAY TRIP - Hunter Valley Trip with Granite Highlands Maxitours 6nights/7days - \$1590pp Double or Twin Share - \$1920pp not sharing	BOOKED - Waitlist only
Thursday 25th	ANZAC DAY service at the Lake - President to lay wreath	
Friday 26th	Forest Lake Hotel Lunch - 11.30am	Own expense
<u>MAY</u>		
Thursday 9th	General Meeting - Forest Lake Hotel 9.30am KAREN FURNIVALL NATIONAL SENIORS REPRESENTATIVE to present 16 members with 25 year service badges and a talk on National Seniors.	\$8
Thursday 23rd	Visit VEND MARKETPLACE - 298 Ipswich Road, Annerley 100 bus route. Market is just before Princess Alexandra Hospital - Morning tea, shopping and lunch	Own expense
<u>JUNE</u>		
Tuesday 11th	Esk Bush Bashers, Ange's Anglican Church, 41 Highland Street, Esk 10.30am-3.00pm Cut off number is 60 people	\$55
Monday 10th	<i>AVEO (FOREST GROVE DURACK) Tour</i>	
Thursday 13th	General Meeting - Forest Lake Tavern 9.30am FIRST AID VOLUNTEER speaker.	\$8
Thursday 27th	An outing to the Howard Smith Wharf and/or the Maritime Museum	Own expense
<u>JULY</u>		
Thursday 11th	General Meeting - Forest Lake Hotel 9.30am - Entertainer David Cheales	\$8
Thursday 25th	CHRISTMAS IN JULY - Montville Pub with morning tea stop	\$75 pp

