

National Seniors

AUSTRALIA

Aspley Branch, March Newsletter

MARCH MEETING, 28TH MARCH 10:00

Aspley Hornets Football Club, 50 Graham Road, Carseldine Ph: 3263 5522. Carpark opens at 9.00 am and **doors open for the meeting at 9.15 am so we recommend you do not arrive early. Cost is now \$10**, which includes a lucky door prize draw. **Please have the correct money if possible.**

MARCH Speaker: CKS Lawyers, Wills and power of Attorney.

April Speaker : Lorraine Hockey, Stroke Foundation.

Up Coming events

21 March, Movies at EVENT Strathpine. 9:45 AM session. Bill Nighy, "Living". Bring your Tissues!

28 March, Branch Meeting. 9.30 a.m. for 10 a.m. start. \$10.00 for meeting and m/tea and lucky door prize. Visitors – first meeting free.

11 April Executive meeting. Some of the executive will be standing down at the next AGM. Come and see what the executive does. Please contact the president on 0421 335 323 to get the location

18 April, Meeting moved due to ANZAC day. Branch meeting. 9.30 a.m. for 10 a.m. start. \$10.00 for meeting and m/tea and lucky door prize. Visitors – first meeting free. Short meeting and Hat and Dress Parade, Egg and Spoon Race and trivia.

9 May. Some of the executive will be standing down at the next AGM. Come and see what the executive does. Please contact the president on 0421 335 323 to get the location.

7 June Barefoot Bowls, Pine Rivers Bowls Club. Cost TBA.

20 June Bus trip to Kenilworth Cheese factory.

4 July Share Picnic Pine Rivers Park, Bald Hall Flats.

18 July CHRISTMAS in JULY.

22 August AGM.

31 Aug— 3 Sep. Trip away to Maryborough Final names needed at March meeting.

28 November, Christmas Party Date claimer at Geebung RSL. Same entertainer as last year.

Please register your email address. If events or meetings change for any reason email is the only contact method that will be used to tell you. Your email will only be used for club purposes and will not be forwarded onto to any other group to use. Please email aspleynationalseniors@gmail.com with your details.

Committee Changes

If you are interested in helping to manage the club, please come along to an executive meeting which is held on the second Tuesday of each month. We are now meeting at Committee members houses. Please contact the president

COMING UP

- 21 March, 9:45 Movie. Strathpine Event Cinemas
- 28 March, Branch meeting.
- 11 April Executive Meeting.
- **18 April**, Branch meeting, date change due to ANZAC day.
- 9 May Executive Meeting
- 23 May Branch Meeting.
- 7th June Lawn Bowls.
- 9 May Executive meeting
- 7 June Barefoot Bowls
- 13 June Executive Meeting
- 20 June Bus Trip.
- 28 November, Christmas Party Date claimer.

WELFARE

Please enter details of any fellow member you know who is ill, hospitalised or deceased of a recent date in the book. Could you please write in the reason against the name so we know? Our committee will take it from there. **Feel free to ring Dianne to let her know if someone is ill and she can send them a card. Contact Welfare Officer: Dianne Beazley on 040 6 41 5690.**

NSA Aspley 2023

Meeting Dates

Month	Com- mittee	Branch
Mar	14	28
Apr	11	18
May	9	23
Jun	13	27
Jul	11	25
Aug	8	22
Sep	12	26
Oct	10	24
Nov	14	28
Dec	NM	NM

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Aspley Branch, March Newsletter Email: aspleynationalseniors@gmail.com

ONLINE ARTICLES FROM NATIONAL SENIORS AUSTRALIA

<https://nationalseniors.com.au/news/>

Providers are exiting in-home care – here's why. <https://nationalseniors.com.au/news/health/providers-are-exiting-in-home-care-here-s-why>

What's your community done for you lately? <https://nationalseniors.com.au/news/featured-news/what-s-your-community-done-for-you-lately>

Stress management for carers: How to avoid burnout. <https://nationalseniors.com.au/news/health/stress-management-for-carers-how-to-avoid-burnout>

Eat vegies for better prostate and heart health. <https://nationalseniors.com.au/news/health/eat-vegies-for-better-prostate-and-heart-health>

Do you need to upgrade to the new Australian passport? <https://nationalseniors.com.au/news/lifestyle/do-you-need-to-upgrade-to-the-new-australian-passport>

BUS AND TRIP EXCURSIONS

Bus Trip to Kenilworth. 20 June. Cost is approx. \$60. contact Jan – 0488 390 174 – Betty 0421 335 323.

MEMBER WELFARE

If you are aware of members who are sick or need some help please let our Welfare Officer Di Beazley 0406 415 690 know.

INSPIRATIONAL QUOTES

“The type of the Inevitable is death. I remember well that in my youth I believed that I was certainly exempt from its operation. First when my daughter died, next when you were wounded, I knew that I was mortal; and now I regard those years as wasted, as unproductive, in which I was not aware that my death was certain, nay, momentarily possible. I can now appraise at a glance those who have not yet foreseen their death. I know them for the children they are. They think that by evading its contemplation they are enhancing the savour of life. The reverse is true: only those who have grasped their non-being are capable of praising the sunlight.”

— Thornton Wilder, The Ides of March

JOKES

What is a soldier's most active day of the year? — March forth!

Man: When is your birthday? ; Woman: March 1st! The man walks back and forth for a few seconds and then moves to the woman. — Man: Ok now tell me when's your birthday?!

Why are so many people tired on April 1st? — They just finished a 31-day March.

Why did the mom call pest control? — Ants were on the March.

What was the drill sergeant's favorite month? — MARCH!

What do you call a fake diamond in Ireland? — A sham-rock

Why do people wear shamrocks on St. Patrick's Day? — Real rocks are too heavy!

What do you get when you cross poison ivy with a four leaf clover? — A rash of good luck

SCAM ALERT (FROM RACQ)

SCAMWATCH can be found at <https://www.scamwatch.gov.au>

ASPLEY BRANCH CONTACTS

President

Betty Vann
0421 335323

Vice President

Graeme Hayes
0418 854790

Secretary

Judy Tuckett
0409 573621

Treasurer

Bill Taege
0437 628 933

Welfare Officer

Dianne Beazley
0406 415 690

New Members

Sue Garry
0407 951 901

Entertainment

Linda Doxey
0413 334 852

Newsletter/Members Officer

Neale Hall
041 707 0356

Bus /Trip Convenor

Jan Caldwell
0488 390 174

Aspley Branch email Address

aspleynationalseniors@gmail.com

**National Seniors
Australia**
nationalseniors.com.au

IS THAT REFUND MESSAGE REALLY FROM RACQ?

IN THE COMING months current and former RACQ members may receive correspondence from the Club regarding a refund as part of the pricing promises review.

This review identified members who did not receive the full benefit of discounts and members who had insurance policies with Product Disclosure Statement wording that inadequately described how premiums were calculated for optional benefits. The Club is in the process of issuing refunds and to ensure we have the correct details, some members may be contacted via letter, email or text message before refunds are processed.

If you're eligible for a refund we will contact you. Any correspondence from RACQ about the pricing promises review will always direct members to racq.com/pricingpromises where they can access the refund form. Details provided in the online refund form will be sent to you securely. We will never ask you for

personal or financial information through an email or text message.

If you're unsure whether an email, letter, text or phone call is from RACQ, please do not provide your bank account details or click on any links or attachments. Instead, contact us immediately on 1800 637 013 between 8am-6pm, Monday to Friday or visit your nearest RACQ store. ■

HOW TO RECEIVE YOUR REFUND

- Type 'racq.com/pricingpromises' into your browser. Never click a link in a message.
- Have your 'Refund ID' ready. You will find this on the letter attached to the email you received or on the letter you received in the post.
- Click on the 'Refund form' button.
- Follow the prompts to supply your bank account details.