

## August 2025

Good morning,

I am now back after spending a lovely holiday with my family in America, but golly this cool weather takes a bit of getting used to.

We welcome Chris Grice, NSA CEO, who will be chairing our AGM today.

Most positions have been filled, so breathe easy.

NSA Gladstone branch committee would like to thank our outgoing President, Terry Freyling, for all the time he has put into his position over the past 8 yrs.

and welcome Carolyn Vickery, who has nominated for this position.

A warm welcome to all our new members, and hope that they enjoy the time spent with us.

The next meeting on Tuesday 16<sup>th</sup> September, we should be back to normal activities, which include exercises, fines, jokes and poets.

Meet you all again then, Cheers **Larney**

## GUEST SPEAKERS

NSA Gladstone Branch welcomes NSA CEO Chris Grice, who will be chairing our AGM and outlining the goals of the Association.

## AUGUST CELEBRATIONS

### HAPPY BIRTHDAYS

Pauline Bambling; **Cheryl Bensted**; Neil Christensen; Bev Ellem; Jennifer Hinde; Robyn Hunt; Val M Jones; Liz Keating; Annette Rowe; Edna Stokes; Pat Ward.

### HAPPY ANNIVERSARIES

Fred & Andrea Jones; Patricia & Ronald Van Bergen; Nola & Ray Ward.

## THOUGHT FOR THE DAY

Mentor Dad once told me, never do any job to perfection. Because, if you do, you'll likely be stuck with it.

## A LITTLE HUMOUR



The downside to retirement, I told my daughter, a stay-at-home mum with three young girls, is that you no longer feel euphoric about Fridays.

"When you're retired, every day is a Friday."

"I know what you mean," my daughter replied.

"When you're a stay-at-home mum, every day is a Monday."

A priest, a pastor, and a rabbit walk into a blood bank. The rabbit is asked, "And what is your blood type, Sir?" The rabbit replied, "I think I'm a type O."

Bruce went to the police station and asked to speak to the burglar who broke into his house.

"I need to know how he got in without waking my wife," pleaded Bruce. "I've been trying to do that for years."

## UPCOMING ACTIVITIES

### From Activities Officer: Pauline

Good morning, everyone,  
After a cloudy beginning to our coffee cruise on 27 July it was a very enjoyable 2 hours with a great commentary from our captain. The water was as smooth as glass.

TUESDAY 2<sup>nd</sup> SEPTEMBER - SPRING HIGH TEA, GLADSTONE BOTANIC GARDENS, 9.30am. Prizes for females and males best spring outfits. Cost \$20.00 pp. Please pay today.

11-12-13 NOVEMBER-PRETTY WOMAN, LYRIC THEATRE, SOUTH BANK, BRISBANE.

We are going by Tilt Train and will be taken to our hotel by coach.

Itinerary and cost here today. All money to be paid to Departure Point.

CHRISTMAS DINNER, THURSDAY 20<sup>th</sup> NOVEMBER, YARALLA EVENTS CENTRE.

Normally Buffet costs \$55.00 but Yaralla has discounted it to \$43.00. pp

Cost to members \$20.00pp with our club paying the remaining \$23.00pp.

This can be made possible by a generous donation from Departure Point and raffle monies during the year.

Dave Murray and Pat will be entertaining us again, but for the last time as Dave is retiring at the end of the year.

GET ONLINE- Gladstone library- 11<sup>th</sup> SEPTEMBER, 9am -12noon.

Names can be given to us today for catering purposes.

**Pauline**

## TOUR INFORMATION

Hi Travelers and Members

If you have changed your mind and want to be part of this tour to Melbourne (including Dandenong Puffing Billy), Great Ocean Road, Ballarat & Bendigo; please speak with BarbK today so we can include you. Payment is due for all travelers by the end of this month - unless you have made private arrangements at Departure Point. All travelers are covered by insurance for major health issues. To date we have 37 members to enjoy much fun and adventure.

I am requiring an assistant during the tour. This will involve looking after part of the group at the times when we must divide into 2 groups. This is a short term responsibility to assist on and off the coach, making sure the luggage is all loaded, keeping travelers as a group so members don't wander off. Please speak with BarbK today if you would like to assist, thank you. Today I have the medical forms for you to fill out and return at the next meeting. This is required only in an emergency and kept private for ambulance and medical persons only. Forms are returned to you at the end of the tour. We have required these at times and medical officials have praised us for having them.

We leave Gladstone mid-morning 11<sup>th</sup> October with Virgin. We have a short changeover in Brisbane. Please bring lunch with you as our time in Brisbane may not allow for a meal. In-flight food is available for purchase. My experience is that limited options are available. Dinner is not until about 7pm. Bring nibbles and snacks, please.

Sunday 12<sup>th</sup> October will be your FREE day to do as you please. Shopping, catching up with friends, and taking a stroll around. The Melbourne Marathon is on that morning - south of the city centre will be restricted. You can have a leisurely start to the day if you want. We are at the Victoria Hotel, 215 Little Collins St Melbourne, very central with FREE Tram transport around the city. I'll have various options for the day with your travel documents, next meeting. Emails may follow when I have more info.

Yours in Travel **BarbK**

## SCAM ALERT

The Committee has been advised that some members have been contacted by scammers. We contacted Head Office for advice on this subject, and they have advised the following.

"You might like to look at the KEEP SCAM SAFE Section of our website:

<https://nationalseniors.com.au/resources/keep-scam-safe>.

It has some handy tips. We can also cover some helpful information for members in our presentations"

## AROUND THE TRAPS:

*Calliope Historical Markets* will be held on Sunday 14<sup>th</sup> September.

*Gladstone Art Gallery Exhibitions:* -

"Paddock to Port" Explores the evolution of Agriculture in the Port Curtis region. Ends 6<sup>th</sup> September.

"Intercity Images" starts on 13<sup>th</sup> September featuring a joint display of photos taken by Gladstone & Saiki residents. Starts 13<sup>th</sup> Sept.

"Our Priceless Past" a new selection of Gladstone over 70's commences 20<sup>th</sup> Sept through to 15<sup>th</sup> Nov.

## Committee Members

President..... Terry – 0418 185 380

Vice President..... Carolyn – 0419 712 720

Secretary ..... Larney – 0400 610 277

Treasurer ..... Ria – 0427 737 909

Act/Officer ..... Pauline – 0448 778 710

T/Officer ..... Barb – 0412 049 390

Branch Email: [nsagladstonebranch@gmail.com](mailto:nsagladstonebranch@gmail.com)

## Branch Contact Details

Branch Meetings are held at:

**Yaralla Sports Club:** Corner, O'Connell and Bell Streets, Barney Point, Gladstone.

Third Tuesday of the month at 9am for 9:45am.

Contact Terry - 0418 185 380

Contact Larney - 0400 610 277

Web: <https://nationalseniors.com.au/get-involved/branches/gladstone>