

## July 2026

Good morning,

Cheryl has agreed to fill in for me today, whilst I am grappling the "Yankee Doodles" and sweating bucket loads.

You can all breathe a sigh of relief as while the cat is away the mice can escape being fined, but be warned, I will be back.

I have listed the Committee positions for you all to consider. Some Committee members may not nominate, probably wanting a well-earned break, so

new blood will be welcomed.

We are still looking for 5-minute & 20-minute speakers amongst our members, so if you have some interesting stories you would like to share, please speak to Cheryl. We do have speakers organised for August. September is our AGM so none needed, we do have vacancies for October though, this could become your moment of fame - lol

Next Meeting to be held Tuesday 18<sup>th</sup> August 2026.

## GUEST SPEAKERS

5 Minute: Mark Glann & Leslie Lofthouse

"Mark & Leslie's Home Exchange adventures"

20 Minute: - Ian Anderson – Native Bees.

## JULY CELEBRATIONS

### HAPPY BIRTHDAYS

Julie Brodie; Ellen Cass; Karen Christensen; **Christine Dennis; Pam Elliott;** Ria Forrest; Kaylene Fry; Val Mary Jones; Roy Jones; Marie-Ann Martin; Gaye Nicholson; Cheryl Paroz; Nick Swettenham; Narelle Wright.

**HAPPY ANNIVERSARIES** Cheryl & Trevor Heard.

### THOUGHT FOR THE DAY

"Status Quo", you know is latin for: "The mess we're in!"  
*Ronald Regan.*

### A LITTLE HUMOUR 😊

- Why did the kookaburra join the comedy club?  
It wanted to share its best laughs!
- Parallel lines have so much in common.  
It's a shame they'll never meet.
- Why did the rhetorical question cross the road?  
To get to the other sigh.

### A few of the things that mothers say:

1. If you fall out of that tree and break your leg, don't come running to me for sympathy.
2. Look at the dirt on the back of your neck.
3. Who do you think you are?
4. Don't make me come over there.
5. Because I said so.
6. Money doesn't grow on trees.
7. You'll live.

## UPCOMING ACTIVITIES

### From Activities Officer: Pauline

Good morning, everyone,

41 members attended the HIGH TEA AT THE BOTANIC GARDENS ON MONDAY 22 JUNE. Lots of lovely food and good company. Col Perry won the best dressed male and Christine Swettenham the best dressed lady. Photos on the NSA FACEBOOK PAGE.

MARYBOROUGH /GYMPIE RATTLER TRIP—7-8-9 AUGUST.

We now have 34 members for this excursion. Thanks for supporting this trip. Itineraries will be at the meeting today. All deposits have been paid, and final payment is due this Thursday 23<sup>rd</sup>.

CHRISTMAS DINNER 19<sup>TH</sup> NOVEMBER- ROCKY GLEN HOTEL-6.00PM  
COST FOR MEMBERS \$20 WITH THE CLUB SUBSIDING THE MEAL.

I will have a sheet out today to start putting names down.

PAULINE.



## AGM - SEPTEMBER MEETING:

We will be holding our AGM at the September meeting. Mr. Chris Grice – National Seniors CEO has agreed to chair the meeting.

All positions will be declared vacant – positions are listed below:

President  
Vice President  
Treasurer/Public Officer  
Assistant Treasurer  
Secretary  
Assistant Secretary  
Tour Officer  
Assistant Tour Officer (When needed)  
Activity Officer  
Assistant Activity Officer  
Membership Officer  
Website Administrator  
Publicity Officer  
2 x Raffle Officers  
Facebook Administrator  
4 x Meet & Greet  
1 Guest Speaker meet & greet  
Exercise Officer  
Project Officer (When needed)  
Poet  
Jokes  
Fines  
Committee member to do miscellaneous Duties  
Please ask Cheryl for a copy of the Job description and what it entails if you are interested in applying.  
Cheryl also has a nomination form. These must be received by the end of the August meeting.

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Free Flu shots are now available – contact your GP or friendly chemist to make an appointment.

## TOUR INFORMATION

**From Tour Officer:** Hi Members,

Gladstone National Seniors are travelling to Canberra in October for our Annual Tour. Any new members wanting to join us are most welcome.

Please speak with me, Barb, and I'll give you more information.

These tours cover all your costs and expenses during your travels except for one free day.

Travel Insurance is included for everyone travelling.

Variations to and from the destinations are always set up by Departure Point.

This allows for the freedom to visit family, extend the tour or go to another destination.

Next year 2027, our branch will be doing another tour. I have had a few suggestions, and these will be considered at the next management meeting in August.

Thank you for the support and friendship over the last few years.

Yours in travel BarbK

## AROUND THE TRAPS:

GECC are holding a show a musical called "Your Song", the best of Elton John. Saturday 25<sup>th</sup> July.

"Symphony under the Stars" – Marina stage 7pm  
Friday 31<sup>st</sup> July.

"Room on the Broom" - 5.30pm Tuesday 11<sup>th</sup> August  
Wednesday 10.30am 12<sup>th</sup> August

"Everly Brothers & Friends and Roy Orbison" Thurs  
13<sup>th</sup> August 7.30pm

"A Taste of Ireland" Friday 14<sup>th</sup> August 7.30pm

Box Office Ph – 4972 2822 for tickets

## Committee Members

President .....Carolyn – 0419 712 720  
Vice President ..... Nick - 0419 772 141  
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 Carolyn - 0419 712 720

Contact Larney - 0400 610 277

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