

March 2026

Good Morning,

This year is flying by like "Speedy Gonzales", it will be Easter before we know it.

The hot cross buns and eggs are everywhere, seriously tempting us – especially the salted caramel ones, YUM.

To all our members who have been feeling a little under the weather, we wish you a speedy recovery to feeling your old chirpy self again.

We will be celebrating our 30th birthday next month

with Head Honcho, Chris Grice attending as our guest speaker.

We also have some members receiving their 25-year membership certificates and badges.

We will be celebrating with a special birthday cake to mark the occasion.

Our next meeting will be held Tuesday 21st April 2026. See you all then,

..... **Larney**

GUEST SPEAKERS

5 Minute: Raymond Lewis – Departure Point

20 Minute: Adele Hughes – Valley Funerals

MARCH CELEBRATIONS**HAPPY BIRTHDAYS**

Marilyn Berrie; Betty Betts; Judy Broome; Barbara Holgate; John Jones; Trese Kelly; Col Perry; Brian Petersen; Lyn Russell; **Norma Smith**; Christine Swettenham; Kath Thomson; Nola Ward; Ken Watson.

HAPPY ANNIVERSARIES

John & Val Jones; Colleen & Roy Marek; Col & Pat Perry; Helen & Ken Watson.

THOUGHT FOR THE DAY

Problem Solving: Create time and space for your mind to resolve problems, BUT sleep on them first.

A LITTLE HUMOUR 😊

An Australian joins the UN Peacekeeping Corps.

On his second day, his American Drill Instructor is going down the line grilling the recruits.

He gets to the Australian, and screams "Did you come here to die?!"

To which the Australian replies "Nah mate, I came here yesterday."

My life is like the driver who signals right, then turns left.

I didn't realise how bad a driver I was until my Sat Nav said, "In 100 metres, do a slight right, stop, and then let me out."

I was applying for Australian citizenship and was asked, "Do you have a criminal record?"

I replied, no, then I asked is it still a requirement?"

UPCOMING ACTIVITIES**From Activities Officer: Pauline**

Good morning everyone,

This morning – St Patricks Day.

A change from the committee, only one lucky number prize.

Whoever guesses the number Carolyn has chosen, between 0 and 100, receives the prize.

Harvey Road Tavern - LUNCH:

LUNCH at the tavern is on Monday 23rd March, 12 noon, at own expense,

48 members have indicated they are going.

April meeting, which is our 30th birthday, has been changed from lunch to morning tea.

We will have a lucky prize worth \$100.00

Pauline



Check it out at the GECC – 30 April 2026

AROUND THE TRAPS

Harbour Festival

Great Raft Regatta: Cheer on participants in the Boluda Towage Austral, Great Raft Regatta at Auckland Greek. Racing starts 9am, Friday 3rd April.

Thrills and fun from Thursday 2nd April to Sunday 5th April.

Shell QGC Roving entertainers will be mingling with the crowds bringing dazzling tricks, stilt walkers, and interactive performances.

Wicet'ss Marina Markets will be offering lots of goodies. They will be held in the CQU Carpark, Friday and Saturday.

Enjoy a range of FREE exciting activities, including craft, silent disco, games and more, Friday 3rd April. FREE craft from 9:30 am – 1:30 pm.

Silent Disco, 6:0 pm - 9:0 pm.

For further details contact 4972 5111

Gladstone Entertainment Centre

The next Morning Melodies will be held on Tuesday 21st April featuring:

“The Beggars sing the “Seekers””.

Bluey Big Play:

Comes to GECC on 11th April.

Beatlemania:

Relive your TEENS and check out “Beatlemania” on tour, Thursday 30th April.

Phone the GECC Box office for further details: 4972 2822

Due to the recent inclement weather:

Gladstone Tondoon Botanic Gardens playground is CLOSED.

And,

Calliope River Picnic area (Campground) is CLOSED.

TOUR INFORMATION

From Tour Officer: Barbara

Hi Members,

1. Our 2026 Tour will be Canberra and Surrounds. Today at the meeting Raymond will arrive early and do a PowerPoint presentation of our proposed day to day itinerary. He will supply a handout for you to take away and consider.
2. Flights will be Virgin via Brisbane, leaving Gladstone October 15th and arriving home October 13th.
3. Your free day will be October 9th – for you to explore, visit Floriade, meet up with family and friends etc.
4. Deposits are being taken NOW - \$500, please to Departure Point. Ensure that you take your Virgin frequent flyer number with you - if you have one.
5. We urgently require numbers to hold seats at a reasonable price for flights.
6. Please discuss with me if you require more time to pay a deposit.
7. Final numbers will ideally be 40.

Our Tour for 2027 are many and varied – again we require 40 members to travel.

Suggested 2027 Tours include:

1. Yamba to Port Macquarie – coach travel
2. Sydney to Parkes for the Elvis Festival.

If you have any ideas, please let me know asap

Regards, Barbk

AROUND THE TRAPS, continued

- BAM markets will be held on Sunday 4th April. Check out the stalls and listen to some fabulous music
- Gladstone cinemas now have a Seniors Session every Monday.

Some fabulous films are being shown at the moment. Be sure to check them out.

Committee Members

PresidentCarolyn – 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

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>