

May 2026

Good morning to all our lovely members, and a warm welcome to any visitors who might be attending today. NSA CEO Chris Grice sends his best wishes and thanks all our members for making him feel so welcome when he attended our 30th Birthday celebration. Some of the committee took him out to the gardens to view our 100yr totem pole, followed by an afternoon tea at Auckland House, before taking him back to the airport for his flight home. Chris also advised that we are still the largest branch in

Australia, an achievement of which we are very proud of.

Thank you to all our members who have signed up for the proposed Canberra Tour, it sounds as though it will be a lot of fun.

Next Meeting to be held Tuesday 16th June 2026.

See you all then,

..... Larney

GUEST SPEAKERS

5 Minute: Judy Aitkenhead

20 Minute: Trevor Heard – How to use the NSA Website

MAY CELEBRATIONS**HAPPY BIRTHDAYS**

Leah Hall; Robyn Harvey; **Anne Hawton**; Betty Holzheimer; **Linda Moore**; Allan Pease; Peg Pendreigh; **Helen Radford**; Patricia Van Bergen; **Claire Vloedmans**; Maurice Ward; Dianne Webster; Terry Werder.

HAPPY ANNIVERSARIES

Mark Glann & Leslie Lofthouse; David & Margaret Pendreigh; Annette & Hugh Rowe.

THOUGHT FOR THE DAY

The only way to have a friend is to be a friend.

Ralph Waldo Emerson

A LITTLE HUMOUR 😊

The police were called to a daycare centre where a three-year old was resisting a rest.

A sign on the lawn at a drug re-hab centre said, "keep off the grass".

Why did the chicken go to the séance?

To get to the other side.!!!

I'm reading a book about anti-gravity.

It's impossible to put down.

What do you call a sad strawberry?

A blueberry.

UPCOMING ACTIVITIES**From Activities Officer: Pauline**

Good morning, everyone

We are having a problem getting the Mary Valley trip organized with accommodation etc. As I am writing this on Friday hopefully today, we will have all the information for you.

It may be a weekend trip as Maryborough seems to be booked out during the week. The motel where we stayed in Gympie last time does not even have a restaurant anymore, hence thinking of going to Maryborough.

MONDAY 22 JUNE—HIGH TEA, INCLUDES TEA AND COFFEE--- JUNCTION CAFÉ, TONDOON GARDENS—10.00AM COST \$20.00

List out today, money can be paid today or June meeting.

IF anybody has any ideas of a day trip in the area let me know and we can check it out.

I can't believe that we are nearly through May.

Next thing we will be organizing is the Christmas dinner.

Pauline

AROUND THE TRAPS:

At the recent management meeting we noticed that our entrance fees are down, could you please ensure that you pay the \$2.00 entrance fee upon arrival, and sign the name sheets, even if you do not wish to purchase any raffle tickets, this helps to cover our running costs for the room hire which has increased since we first booked it.

It has been mentioned that some mobile phones have been ringing and being answered during our meeting, which has upset some members.

We do not want to have to say "ALL MOBILES MUST BE PUT IN THE BASKET UPON ARRIVAL" do we?

So please upon arrival, turn off the sound, mute or vibrate is acceptable, as we know that sometimes there is an emergency that we must be informed of, but the rest of the room does not need to know this, or do they?

As mentioned in the JKIT, scams are increasing again. The scammers are very cunning and are not in least bit concerned that they be causing stress and heartache to their victims.

PLEASE if in doubt, do not answer, do not respond and do not give any personal details to anyone.

IF IN DOUBT, press the off button, this is a magnificent function, available on all devices and very effective.

The Committee sends its best wishes to Noel & Robyn Harvey, they, unfortunately, are having some health issues and are residing in the Prince Charles Hospital, our thoughts are with you at this difficult time.

It was mentioned at our recent management meeting, that we should approach the RSL to ask if our branch (A reminder) the largest branch in Australia, be permitted to lay a wreath at the Anzac Day services, the committee voted in favour, what do you think?

TOUR INFORMATION

From Tour Officer: Barbara

Hi Members,

We have 35 members travelling to Canberra & Goulburn for our 2026 tour. Package is \$4487 twin share. This includes all your travel, accommodation, most meals & activities, travel insurance. I do understand that this is a large slice of your income if you are living on the pension alone. Start a saving program for the future so that you can join a future tour to a destination of your liking.

The tour is still open to more members to travel - some of our members do not attend meetings but are welcome to join the tour. Let me know if you know of someone wishing to join us, please.

I also need to make sure I have all your diet, food allergies or special meal requirements. Regular travelers will be noted by Raymond & myself. If you are relatively new, please check with me to confirm we have it correct. If you have developed a new health issue, e.g. diabetes, I will need to be made aware so I can care for you as required.

Also, Raymond has requested that any traveler who has a travel variation from the set itinerary, to report to me & for me to record the request. This is so we can cross-check that our plans are in order. If you are leaving early, coming back later, using a different service, or making a special request e.g. aisle seat?? I can only offer to you if I know your needs.

Yours in travel BarbK Tour Officer

AROUND THE TRAPS, continued

Last but not least, thank you to all our members who dined out at the Harvey Rd Tavern to help celebrate our 30th.

We had a good response from the members who agreed with the change in venues and understood the reasons behind it all.

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>