

October 2026

Good morning to all our members and a big welcome to any visitors who have joined us today.

At a recent Management meeting it was decided that due to some meetings going longer than usual we will bring the start time forward by 15 minutes. As of January 2027, we will open the meeting at 9.30am instead of 9.45am, finish time will hopefully be 11.30am, so members are not missing out on appointments etc.

I am still on the hunt for speakers, we also decided to

increase the 5-minute time to 10minute if needed, to give the speakers more flexibility if necessary.

The Committee and members say a big thank you to Margaret Cook, Lurleen Ramm and Robyn Knopke who have stepped down from their committee commitments.

The next meeting will be Tuesday 17th November
See you all then --- Larney

GUEST SPEAKERS

5 Minute: Ken Watson – Microphone handling

20 Minute: Alan Fort – The Hearing Centre

OCTOBER CELEBRATIONS

HAPPY BIRTHDAYS

Trevor Davies; John Feddersen; Graham Howard; Wade Hughes; Alda Janssen; Barb Kukulies; Julie Marshall; **Roslyn Newberry**; Fay Poole; Helen Smith; Pauline Walters; Gayle Young.

HAPPY ANNIVERSARIES

Don & Joan Sutton.

THOUGHT FOR THE DAY

Do men really have one less rib than a women? As stated in the Bible.

A LITTLE HUMOUR

Bob was a slow worker who found it difficult to hold down a job. Finally, he was offered work at a local zoo. The head keeper, aware of Bob's reputation, assigned him to the tortoise section. Later, he dropped by to see how Bob was coping and found him standing by an empty enclosure. "Where are the tortoises?" the keeper asked. "I can't believe it", said Bob "I just opened the door and then – whoosh!".

A doctor asked a patient with insomnia, "Why don't you try counting when you get into bed?"

"Well, you see, I'm a boxer," the patient explained, "When I get to nine, I get up!".

Dad: What do you call a fairy who doesn't wash?

Answer: Stinker Bell.

Dad; What do you call a group of killer whales playing musical instruments?

Answer: An Orca-Stra

UPCOMING ACTIVITIES

From Activities Officer: Pauline

Good morning, everyone,

GET- ONLINE DAY

Thursday 22nd October at The Precinct, Phillip Street. 12 noon.

Lunch will be provided before we start. There is no charge for this program as it has been sponsored.

Lucky door prizes as usual. We will have some interesting speakers. A sheet is on my table for names needed for catering purposes.

**CHRISTMAS DINNER
ROCKY GLEN HOTEL,
THURSDAY 19TH NOVEMBER
6.00PM M&G,
DINNER 6.30PM
COST \$25.00.**

Athol Gilson will be entertaining us during the evening.

Monies to be paid by the October meeting. Sorry, there will be no refunds once I have given the venue our final number, approximately a week before the dinner.

72 members have their names down with 20 having paid.

THE LION KING

Has been booked for 3rd March 2027 with some members already putting their names down. Costing is being worked on at the moment.

PAULINE

AROUND THE TRAPS

NATIONAL SENIORS GLADSTONE BRANCH

Will be holding a very special birthday celebration for the extraordinary life of

NELLIE JANE McEACHRAN

Who reached the age of 110 years young on the 5th November 2026.

The Branch will be holding a plaque ceremony commemorating this amazing life, on Thursday 12th November, 10am at the Toondoon Gardens, the totems are near the Café end of the gardens.

If any member would like to help celebrate this special event please advise.

MELBOURNE CUP SWEEPS

Please see Roy Jones and Nic Swettenham who are running our yearly Melbourne Cup Sweep, numerous sweeps are available.

Results will be advised at our November meeting.

WHAT'S ON AT GECC

FRIDAY 23RD OCTOBER

GECC presents the "Kings of Country Rock"
The Eagles and Creedence.

WEDNESDAY 18TH NOVEMBER

Horizon Bangarra Dance Company, an Australian Aboriginal Dance Company.

SUNDAY 6TH DECEMBER

"Peter Pan" See the magic through dance.

MORNING MELODIES

Will be held on Tuesday 8th December.
Rhydian Lewis – will be presenting the songs of:
"Micheal Buble" - A Canadian Crooner.

GECC Box Office 4972 2822

TOUR INFORMATION

From Tour Officer: Barbara

Hi Members,

We actually survived our latest trip (Canberra) without any visit to the hospital.

A big thank you to all the travellers who made the trip so enjoyable.

We visited many places of interest which included a visit to the Mount Ainslie Lookout, a drive through of the Duntroon Military College and Parliament house, and that was just the first day. During the rest of our tour, we visited the War Memorial, Cockington Green, a quick visit to Goulburn, saying hello to "Rambo" on the way through. We also visited the waterworks whilst there.

We had a day of culture on Friday, visiting the National Library, Portrait Gallery. Botanic Gardens, Lake Burley Griffin, Zoo & Aquarium finishing off at the Sound & Archive Museum, and we had not finished the tour yet.

BarbK

AROUND THE TRAPS, continued

THE FINAL CALLIOPE MARKETS

Will be held on Sunday 8th November, it will also be featuring an early Christmas theme. Gates open at 7.30am.

MCCOSKER GLADSTONE SPEEDWAY

Next meet to be held on Saturday 7th November, Jono Porter Drive, Benaraby.

For tickets contact

admin@gladstonespeedway.com.au

THE 2026 SANTOS GLNG MAYOR'S CAROLS

Will take place at the GPC Marina Parklands Main Stage on Friday 4th December, from 5.30 – 8.30pm.

Lighting of the Christmas Tree – scheduled for approx.: 7pm

Fireworks Finale - at approximately 8.20pm

Markets & Food Vendors - will open from 4pm

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

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>