

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectionS/Newsletter

August 2025

August Birthdays

Wendy Aggett

Fred Hynes

Myrna Bristowe

Marie Jensen

Ann Cross

Frank Liddell

Erica De Carlo

Gylian McNaught

Pat Heaton

Steve Watkinson



What's in this Newsletter...

August Birthdays

A Bit about me, from our New President

The New Committee and their Positions

The Results of the Forum

Be Connected

The Annual Sports Day @ Sancrox

500 Club Host Handover

The Committee and Contact details

Joan Lundstrom, President Port Macquarie National Seniors

Most of you know me but for those who don't I will tell you a little about my history with National Seniors.

I became a member when I turned 50 which was wonderful NOT. My mother thought it was a lovely gift, but I was so upset (I wasn't OLD) I threw the first magazine I received in a corner of the room in disgust. Months later I found it and decided to flick through the pages.

It was an eye opener. We Baby boomers have always wanted to change things and the concept of retiring to a rocking chair never appealed, so here was an organisation that offered a new concept in ageing, respect, rights, fun and lots of activity. They had even the ear of the government, and I was IN.

We retired and moved to Port Macquarie, and we heard they were having a meeting to restart the Port Macquarie Branch, so Graeme and I attended that meeting and have been very active members ever since.

Over the years we made many wonderful friends and had many fun times. We attended as many meetings and activities as we could. This gave us the opportunity to get to know people better.

We're excited to have so many new faces joining us—some who've recently made Port Macquarie their home. My goal is to help you feel part of something special right from the start. By joining in our activities, you'll not only discover our community but also have the chance to form lasting friendships and meaningful connections. Every event is an opportunity—for us to get to know you better and for you to meet fellow members.

My wonderful new committee are planning some fun times ahead so come and join us and help us to make our Port Macquarie Branch one of the best in National Seniors.

Vice President _____	<i>Teresa Iwinska</i>
Secretary _____	<i>Leslie Cooney</i>
Treasurer _____	<i>Erica De Carlo</i>
Activities _____	<i>Lee Brown</i>
Speaker Seeker & One Thing About me _____	<i>Judith Clegg</i>
Membership & Web Master _____	<i>Ron Mitchell</i>
Well Being _____	<i>Denise Healey</i>
Newsletter _____	<i>Lynda Walters</i>
All Rounder & Assistant Extraordinaire _____	<i>James Mc Adam</i>

Extra helpers will be

Helen & Walter _____ on the Door
John & Teresa _____ as Greeters
Joan to work with *Ron* _____ assisting new members
Lynda Walters _____ as Computer Whiz at meetings
Bob Morgan _____ 500 Club
Dee _____ as MC at Events.

I would like to thank them all, a truly talented Team.

The Newly Elected Committee



Thank you to Bill

I would like to thank Bill for his efforts over the past year.

We are all aware it has been a difficult one for Bill and Sue. Throughout this time, Bill and his team managed to keep the Branch functioning successfully.

Completing the transition from the Port City Bowling Club to the Port Macquarie Golf Club and getting the room hire charge taken out. Saving you all money.

Leading the way in our fundraising efforts, particularly his saw sharpening. Involving himself in most of our activities.

I would also like to thank Sue for her unwavering support to Bill and the branch. Sue helped whenever she could and remained stoic throughout her ordeal.

Joan Lundstrom

The 2024-25 Outgoing Committee



The Forum

Our Forum, conducted by Donna Munroe was, judging by the buzz in the room, a great success at the AGM.

CARE FLIGHT was chosen as our Charity for the year.

Care Flight is an Australian aeromedical charity with a mission to save lives, speed recovery and serve our community.

We have this service based in Port Macquarie and it has transported many Port Macquarie people to major hospitals for specialist treatments and procedures that are not available locally.

For anyone who needed to use this service and Bill told us about Sue's journey, it is a godsend; so a very worthy charity to support.

The results of the rest of the Forum are in an attachment with our August Meeting Notices.

BE CONNECTED

PORT MACQUARIE HASTING LIBRARY



WEDNESDAY 22ND OCTOBER
Commencing at 9.45am

This has proved to be a very successful event.

We will be holding a workshop at Port Macquarie Library. Bring your device whether it be phone, tablet, laptop or desktop regardless of whether they are, Big Mac or Android, on the day to explore modules from the 'Be Connected' program.

When you arrive, from 9.45am, you can sign up for a ten minute private session with our Tech Guru.

This event is free.

Be Connected is an Australian Government initiative to support seniors with confidence in using technology and staying safe online. Our club has applied for a grant to support our Technology Day at Port Macquarie Library on Wednesday 22nd October, commencing at 9.45am.

To prepare for the day, it is suggested that you log into beconnected.esafety.gov.au to explore the many resources that are available.

Annual Sports Day @ Sancrox Reserve

Today was a day to put into the sports history books, records were broken, and humility reigned supreme at Sancrox Reserve for the National Seniors Annual Games.

What a beautiful day, weather wise, a lovely group of members came along just to have a fun day, and that they did.

There were championship events in Mini Mini Golf, Quoits, Corn Hole, Ten Pin Bowling, Thong Throwing and Frisbee Throwing.

We need to take our hats off to Lee Brown who, with help from others, organized us into groups and she had a whistle she kept on blowing for us to change to the next event every 10 minutes and if you didn't do as you were told you were sent to the naughty corner. I think my team spent a lot of time there.

The Gold winners on the day were: Baz, Erica, Suzanne and Ray. Silver winners were Steve, Joan M, Denise and Graeme. And top dog winner Best Sportsman was Ray.

A great day was had by all I'm looking forward to the next years nail biting day of NS sport achievements from Sancrox Reserve, don't you miss it.

Ron Mitchell



500 Club Handover

After 10 years at the helm, at the July 500 Club meeting, John Urquhart and Teresa Iwinska officially handed over the reins to Bob and Robyn Morgan. Bob and Robyn are the contacts for attending our monthly games of 500. They will be supported by Denise Healey who also enjoys playing the game.

The 500 Club was conceived at a luncheon engagement involving John and Teresa and John and Nola Davies some eleven years ago. For seven years it was run out of John and Nola's home in Dunbogan and Pam and Gavan Pead's home in Port Macquarie. When the numbers became too large for homes, it was transferred to the Port City Bowling Club where it is still running on a monthly basis.

A big **Thank you** to Nola and Gavan for use of their homes and to those members who have supported John and Teresa including Walter and Helen Lutz , Duncan Wyndham and Christine Parks.



National Seniors 2025-2026 Committee

President

Joan Lundstrom
Email: joanl9@bigpond.com
Mob: 0409250246

Vice President

Teresa Iwinska
Email: mailtjohn@yahoo.com.au
Mob: 0408384804

Secretary

Lesley Cooney
Email: lesleyc48@hotmail.com
Mob: 0427430631

Treasurer

Erica De Carlo
Email: ericadecarlo@gmail.com
Mob: 0413232224

Activites

Lee Brown
Email: leebrown958@gmail.com
Mob: 0418474295

Well Being

Denise Healey
Email: dhealey649@gmail.com
Mob: 0416282507

Speaker Seeker & One Thing About Me

Judith Clegg
Email: postiepopup@gmail.com
Mob: 0409999061

Membership & Web Master

Ron Mitchell
Email: rjmitch4@bigpond.com
Mob: 0414 278 605

All Rounder & Assistant Extraordinaire

James McAdam
Email: james.mcadam2004@gmail.com
Mob: 0425 293 961

Newsletter

Lynda Walters
Email: lindylou1936@gmail.com
Mob: 0402 577 445