

# National Seniors

## AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC

### **VALE PAM PEAD.**



## **ConnectionS/Newsletter February 2025.**

It is with heavy hearts that we advise members that Pam Pead passed away on Thursday 9th January after suffering a severe stroke. Our condolences go to Gavan and his family at this difficult time. Pam was a delightful and beautiful lady, always ready with a smile and will be sadly missed by our members. Both Pam and Gavan were a great team supporting our branch by being our "front of house" attendance officers. As a committee, we are in touch with Gavan, and I am sure that all members will give Gavan their support in any way they can.

**President Bill**

### **FEBRUARY BIRTHDAYS**

|                           |                        |
|---------------------------|------------------------|
| <b>Elaine Barnes</b>      | <b>Paul Cooney</b>     |
| <b>Vivienne Howell</b>    | <b>Kylie Jones</b>     |
| <b>Deborah Lonsdale</b>   | <b>Lynne Magni</b>     |
| <b>Ron Mitchell</b>       | <b>Christine Wells</b> |
| <b>Lin Van Copenhagen</b> |                        |
| <b>Delyse Miller (0)</b>  | <b>Sue Scott (0)</b>   |



## National Seniors Members Discount App

Many of our members would remember the wonderful '*Entertainment Book*' that you could purchase normally through a community group such as Lions or Rotary.

In this book there were myriads of discounted products and services including great deals on dining experiences. For the one-off price of \$90 you could access many discounted services but not always in your area. A further downside was that you could only use the discount once on many offers.

Fast forward to 2024 and welcome in the '***National Seniors Discount app***'. The app is the modern electronic way of obtaining discounts and services and is available to all NSA members. However, there are some major differences between the Entertainment Book and the app. These include.

- There is no cost to members
- You can redeem the same offers every day and watch the savings add up.
- You can redeem the offers online through the app or in person

It is Australia wide so can be used while travelling around Australia. Every member has been sent details on how to download the app. Once downloaded you need to fill in the details to personalise your membership.

However, if you need assistance, please contact the Head Office membership team on 1300 76 50 50

The app is yet another advantage of NSA membership.

**By John Urquhart**

## Anne's Book Review.

**"When you are mine" - Author Michael Robotham**

Philomena McCarthy is a promising young police officer despite being the daughter of a notorious gangster. Called to a domestic assault she rescues a bloodied young woman, the mistress of a decorated detective. When the incident is hushed up she realises she has unwittingly made a dangerous enemy with powerful friends. The two women strike up a friendship, but sinister things start happening. When a journalist with links to her father and the detective is found murdered Phil doesn't know where to turn to or who to blame. Who can she trust. An exhilarating page-turner.

**By Anne Jackson.**

# PRESIDENT'S REPORT

As you can imagine, this is not the start we needed for February. I have come to realize that we are all (except Kylie Jones) in that age bracket that we need to look after ourselves and our partners. As I have said many times to our committee, it was the thing I dreaded the most in my term of office. We have had our "sickies" in Cathryn Randall and "First Lady", Suzie, and fortunately, both are on the improve. I am sure they are not the only ones with health problems.

On a happier note, we have plans in place for some great outings and activities, thanks to James, together with some great Guest Speakers. Our committee are working hard (including Dee), to plan our main events for this year to outdo last year.

There is a trial plan for our meals and refreshments at our monthly meeting. It is only a trial, and if it doesn't work it will be scrapped. I know you all enjoyed our activities in January, and the attendances were great. Just a note that its only events that we need numbers for, like majors and restaurants, theatre activities. Mini Golf, BBQs, Australia Day, it's just turn up.

We as a Branch are in a good place thanks to Sue Gardiner, and I can assure you that there is space now to subsidize more activities.

## President Bill

### MINI GOLF AND LUNCH AT SETTLERS INN

It was most unfortunate that this activity was called off due to inclement weather. I can assure you all that we will reschedule in the not-too-distant future.

Got up at 5 am, ran 4 miles came back, made a vegetable smoothie for breakfast, did 2 loads of laundry, mopped and vacuumed floors! ...and that's all I remember about my dream...

It was a shitty cruise, rained a lot. But they had a great buffet, I had two of everything.



## OUR AUSTRALIA DAY BBQ

Another amazing Australia Day 2025. 30 members met at Sancrox Reserve around midday to find Australian flags hung everywhere. It wasn't long before everyone was



mingling and popping corks.

Lunches varied from the traditional BBQ to the sandwiches, or just nibbles. Tables were scarce, but that didn't stop us. Some brought extra tables and John Urquhart even set up a gazebo.



After a long lunch and a lot of mingling we imparted on to our entertainment for the afternoon. We held a 60 question Australia Trivia Quiz. Some of the answers were negotiable, but we all had fun. There were four members in each team, and they had to answer all questions.

## MORE AUSTRALIA DAY FUN

The results were 1<sup>st</sup>. Joan and Graeme and Jan and Frank with 39 points. Equal 1<sup>st</sup> with Karen and Max and Justina and Martin. It was lovely for me to walk around the tables and see the interaction between each question.



We then moved on to the "Frisbee Throw". Now I might preface this by drawing members attention and thoughts back to the Olympic Games Day for the same event. John Urquhart threw double the distance of anyone else. Well, he repeated the act, and is hence forth banned from the Frisbee event, unless he guarantees to take "a dive".



To top off the day we had a sing along with three traditional Australian songs. Led by Dee and accompanied by James on the recorder and a choir of members, we all thundered out the words with great gusto.

It was lovely to see members who have gone through a lot over the past months joining in with supporting friends from our branch.

**By Bill Wendt**

# NEW YEARS BREAKFAST 2025

On Tuesday 14<sup>th</sup> January, 56 members of our group met for breakfast at 8.30 am at McInherny Park although most of them turned up at 8.15 am. Last year we had 44 attendees. The group had a fantastic morning of mingling, breakfast and numerous bottles of bubbly and other beverages that were consumed far too early in the day.



We made money for our charity, The Hope Foundation, via the members' support of both the sharpening service offered, and other clandestine means which will not be mentioned. Full marks for James, who suffered a lack of electricity to the site, but made alternative arrangements, and made this a lovely morning out.



Thanks again to James McAdam for your, as usual, attention to detail.

## WANTED

I am looking for someone among our members to learn how to put a newsletter together. I put my hand up a few years ago and have thoroughly enjoyed putting a new face to it. It is done in "publisher", which is not hard to get a handle on. I am prepared to train anyone interested in time for the new financial year. It is not time-consuming if the information and photos come in from the members. Reports on Guest Speakers and One Thing have been attended to by the members this year and this makes the process simple. If you are interested, please let me know and we can get training underway.

**President Bill**

**Been out in the garage crushing Coke cans. It was soda pressing.**

# MEAT TASTING FUNDRAISER

Our Main Fundraiser for the year is our Meat Tasting Event, and we need your support for just one hour.

The Venue is **The Lions Den**. Hastings River Drive next to the Port Home Centre,

The Date is **Thursday 27<sup>th</sup> March 2025**.

The Cost **FREE**

There will be 3 sittings, 9.45 for 10.00am start, finishing at 11.00am. Session 2, 10.45am for 11am start finishing at 12 noon and session 3 will be from 11.45 am for a 1.00pm start finishing at 2.00 pm Lunch will be at Settlers Inn after.

It is important to note that you will not fill up on the tasting as they are only bite-sized portions.

I currently have 19 names registered. (we need 60 with a few reserves to account for non-attendance).

Please help us get to the finish line and the \$1200.00.

**To Register please contact Bill on 0407 565 049 or email [bssharp@bigpond.net.au](mailto:bssharp@bigpond.net.au).**



## Fundraising?

60 people + 1 hr + taste-test Aussie beef or lamb =

# \$1200

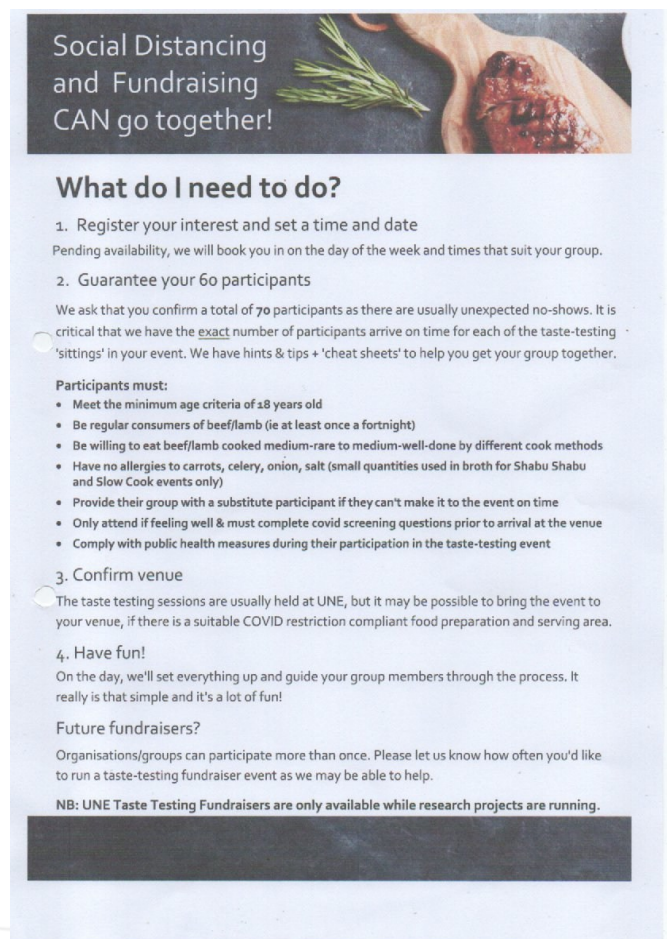
donated to your organisation / group / club

|   |  |   |
|---|--|---|
| <b>Fundraising made easy</b><br>Don't worry about set-up, supplies or clean-up<br><b>WE DO IT FOR YOU</b><br>All you have to do is turn up and taste! | <b>No hidden costs</b><br>\$1200 donated straight to your group<br><b>NO COST TO YOU</b><br>No sausages sizzle, no raffle prizes, no baking. | <b>It's really that simple</b><br>These events comply with the latest NSW Public Health Order, so that you can get fundraising again! |
|---|--|---|

Raise \$1200 in an hour, just by taste-testing Australian beef or lamb

To secure your place, please contact:  
Briony Looker  
0482 527 263  
[sensoryresearch@une.edu.au](mailto:sensoryresearch@une.edu.au)



## Social Distancing and Fundraising CAN go together!

### What do I need to do?

1. Register your interest and set a time and date  
Pending availability, we will book you in on the day of the week and times that suit your group.
2. Guarantee your 60 participants  
We ask that you confirm a total of 70 participants as there are usually unexpected no-shows. It is critical that we have the exact number of participants arrive on time for each of the taste-testing 'sittings' in your event. We have hints & tips + 'cheat sheets' to help you get your group together.  
**Participants must:**
  - Meet the minimum age criteria of 18 years old
  - Be regular consumers of beef/lamb (ie at least once a fortnight)
  - Be willing to eat beef/lamb cooked medium-rare to medium-well-done by different cook methods
  - Have no allergies to carrots, celery, onion, salt (small quantities used in broth for Shabu Shabu and Slow Cook events only)
  - Provide their group with a substitute participant if they can't make it to the event on time
  - Only attend if feeling well & must complete covid screening questions prior to arrival at the venue
  - Comply with public health measures during their participation in the taste-testing event
3. Confirm venue  
The taste testing sessions are usually held at UNE, but it may be possible to bring the event to your venue, if there is a suitable COVID restriction compliant food preparation and serving area.
4. Have fun!  
On the day, we'll set everything up and guide your group members through the process. It really is that simple and it's a lot of fun!

**Future fundraisers?**  
Organisations/groups can participate more than once. Please let us know how often you'd like to run a taste-testing fundraiser event as we may be able to help.

**NB: UNE Taste Testing Fundraisers are only available while research projects are running.**

# MEAL ORDERS AT MONTHLY MEETINGS

Could all members please note that as from our next general meeting on 11<sup>th</sup> February, a new system will be in place for meals after the meeting. Attached is a copy of the Menu for lunch. You are asked to order your meals at the usual place before the meeting. Staff will be there early to take your orders. You may also order the daily specials. You will be asked for your name at this time.

The restaurant will be set up with tables of 6 or 8 (no 2's). At the end of the meeting please purchase your drinks and proceed to a table at the usual end of the restaurant. Meals will be served by the staff from 12.15. If you come in late for the meeting, you will still be able to order in the previous way. This new system will enable the kitchen staff to have all meals ready by that time with less delay for our members.

## Your Committee.

| 11:30am to 2:00pm  |                    | Lunch Menu |             | 11:30am to 2:00pm |     |
|--|--------------------|------------|-------------|-------------------|-----|
| Port Macquarie Golf Club   |                    |            |             |                   |     |
| <b>MAINS</b>   |                    |            |             |                   |     |
| <b>Beer Battered Goldband Snapper Fillets</b><br>With chips, salad, lemon & tartare  |                    | MEMBERS    |             | NON-MEMBERS       |     |
|  | (2 fillets) petite | \$21       | petite      | \$23              |     |
|  | (3 fillets) large  | \$27       | large       | \$29              |     |
| <b>Chicken Schnitzel</b><br>With chips, salad, lemon & gravy<br>make it a parmi  |                    | MEMBERS    |             | NON-MEMBERS       |     |
|  | (140gm) petite     | \$22       | petite      | \$24              |     |
|  | (280gm) large      | \$26       | large       | \$28              |     |
| <b>250g Chargrilled Black Angus Sirloin (GF)</b><br>With your choice of two sides and a sauce  |                    | \$37       |             | \$39              |     |
| <b>Angus Beef Burger</b><br>With caramelised onions, tasty cheese, tomato, lettuce and burger sauce on a milk bun, served with seasoned chips                            |                    | \$25       |             | \$27              |     |
| <b>Steak Sandwich</b><br>With caramelised onions, tasty cheese, tomato, lettuce and smoky BBQ sauce on a Turkish roll, served with seasoned chips                        |                    | \$26       |             | \$28              |     |
| <b>Penne Boscaiola (*GF)</b><br>With bacon, mushrooms, baby spinach & creamy parmesan sauce  |                    | \$24       |             | \$26              |     |
| <b>Bangers &amp; Mash (GF)</b><br>With gourmet beef sausages, Paris mash, peas & onion gravy<br>add bacon  |                    | \$26       |             | \$28              | \$4 |
| <b>SAUCES &amp; SIDES (GF)</b>   |                    |            |             |                   |     |
| Gravy, Mushroom, Dianne, Pepper, Bearnaise, Creamy Pernod Garlic, Jus, American Mustard, Paris Mash, Seasoned Chips, Buttered Steamed Veggies, Salad                     |                    |            |             |                   |     |
| <b>DESSERTS</b>  |                    |            |             |                   |     |
| <b>Mango, Cinnamon and Vanilla Bean Panna Cotta (GF)</b>   | MEMBERS            | \$15       | NON-MEMBERS | \$16              |     |
| <b>Chocolate Mousse</b><br>With cream & jaffa brioche crumble  | MEMBERS            | \$15       | NON-MEMBERS | \$16              |     |
| <b>Sticky Date Pudding</b><br>With Himalayan salted caramel sauce and ice cream  | MEMBERS            | \$15       | NON-MEMBERS | \$16              |     |
| <b>KIDS MEAL</b> (under 14yrs)   |                    |            |             |                   |     |
| <b>Chicken Nuggets &amp; Chips</b>   |                    | \$15       |             |                   |     |
| <b>Fish &amp; Chips</b>  |                    | \$15       |             |                   |     |
| <b>Cheeseburger &amp; Chips</b>  |                    | \$15       |             |                   |     |
| <b>Bangers &amp; Mash (GF)</b>   |                    | \$15       |             |                   |     |
| Tomato sauce   BBQ sauce<br>All kids meals are served with a pop-top juice & ice cream!  |                    |            |             |                   |     |
| <small>(M) Vegetarian (GF) Gluten Free (*GF) Gluten Free Option Available</small><br> |                    |            |             |                   |     |

| 11:30am to 2:00pm  |               | Lunch Menu |        | 11:30am to 2:00pm |  |
|--|---------------|------------|--------|-------------------|--|
| Port Macquarie Golf Club   |               |            |        |                   |  |
| <b>STARTERS</b>  |               |            |        |                   |  |
| <b>Sourdough Garlic Bread (V+*GF)</b>  |               | MEMBERS    |        | NON-MEMBERS       |  |
|  |               | \$8        |        | \$9               |  |
| <b>Cheesy Sourdough Garlic Bread (V+*GF) add bacon</b>   |               | MEMBERS    |        | NON-MEMBERS       |  |
|  |               | \$10       |        | \$11              |  |
|  |               | \$13       |        | \$14              |  |
| <b>Bowl of Seasoned Chips (V+GF)</b><br>With aioli   |               | \$10       |        | \$11              |  |
| <b>Wedges (V+GF)</b><br>With sweet chilli and sour cream   |               | \$12       |        | \$13              |  |
| <b>Duck Spring Rolls</b><br>With house Thai three-flavoured sauce  |               | \$16       |        | \$18              |  |
| <b>SALADS</b>  |               |            |        |                   |  |
| <b>Roasted Pear, Toasted Almond, Rocket &amp; Pecorino Salad (V+GF)</b>  |               | \$22       |        | \$24              |  |
| <b>Classic Caesar Salad</b><br>With baby cos, bacon, parmesan, croutons, egg & Caesar dressing<br>add chicken<br>add smoked salmon or minute steak                                 |               | MEMBERS    |        | NON-MEMBERS       |  |
|  |               | \$22       |        | \$24              |  |
|  |               |            |        | \$6               |  |
|  |               |            |        | \$10              |  |
| <b>LIGHT MEALS</b>   |               |            |        |                   |  |
| <b>Salt &amp; Pepper Squid (GF)</b><br>With mild house chilli jam & lime<br>add salad or chips   |               | MEMBERS    |        | NON-MEMBERS       |  |
|  | (150g) petite | \$20       | petite | \$22              |  |
|  | (300g) large  | \$26       | large  | \$28              |  |
|  |               |            |        | \$4               |  |
| <b>PMGC Poke' Bowl</b><br>With seasonal salad, slaw, seasonal greens, avocado, edamame, rice, Tamari pepitas & sesame dressing<br>add chicken<br>add smoked salmon or minute steak |               | \$25       |        | \$27              |  |
|  |               |            |        | \$6               |  |
|  |               |            |        | \$10              |  |
| <b>Soft Fish Tacos</b><br>With crispy beer battered flathead, slaw, aioli, charred corn & lime salsa   |               | MEMBERS    |        | NON-MEMBERS       |  |
|  | 2 tacos       | \$18       |        | \$20              |  |
|  | 3 tacos       | \$27       |        | \$29              |  |
| <b>Smoked Salmon on Toasted Turkish</b><br>With dill, cream cheese, avocado, lettuce, Spanish onion, baby capers, lemon & balsamic glaze   |               | \$22       |        | \$24              |  |
| <small>Please see board at restaurant counter for daily specials<br/>(M) Vegetarian (GF) Gluten Free (*GF) Gluten Free Option Available</small>                                    |               |            |        |                   |  |

## THIS MONTH'S TRIVIA QUIZ

1. In Elton John's 1972 hit song Rocket Man. What time of day was "Zero Hour".
2. In Ancient Rome, how many days there were in the week.
3. What is the most recorded Christmas Carol.

