



Harmony Day 2026 – Childers

A Celebration of Culture, Connection and Community

Wednesday 18 March 2026 | 10:00am to 2:00pm AEST

Isis Club | Childers QLD, Australia | Cost \$20

National Seniors Australia – Childers Branch in collaboration with Howard District U3A, Childers Multicultural Friendship Group, Childers Neighbourhood Centre, the Isis Club and Bundaberg Regional Council.

National Seniors Australia – Childers Branch invites the community to come together for Harmony Day 2026, a vibrant celebration of diversity, inclusion and belonging.

This community event celebrates the many cultures that make up our region through food, stories, displays and shared experiences. Harmony Day is about respect, understanding and connection, and everyone is welcome.

The event is proudly delivered in partnership with local community organisations and aligns with Harmony Week, which runs from 16 to 22 March 2026.

For bookings and more information visit

<https://bit.ly/HarmonyDayChildersNSA>

Childers National Seniors Social Branch

M: 0419 817 973 (Desley) E: ChildersNationalSeniors@gmail.com



The Bundaberg Regional Council Community Services Program provided \$4640 to Childers National Seniors towards delivery of this event.



CHILDERS

HARMONY
DAY 2026

18TH MARCH 2026

HARMONY DAY 2026 CHILDERS

A Celebration of Culture, Connection and Community

In collaboration with Howard USA, Childers Multicultural Friendship Group, Childers Neighbourhood Centre and the Isis Club, National Seniors Australia – Childers Branch invites the community to come together for **Harmony Day 2026**, a vibrant celebration of diversity, inclusion and belonging.

The Bundaberg Regional Council Community Services Program provided \$4,640 to Childers National Seniors towards delivery of this event.

What to expect

On the day, attendees can enjoy:

- A seven-course tasting experience, featuring flavours from around the world
- A printed flyer provided with each course, including the country of origin, cultural information and recipes to take home
- Cultural presentations and displays
- Traditional dress fashion parade or similar cultural showcase
- Guest speakers, including representatives from National Seniors Australia and USA

This community event to be held at the Isis Club on **Wednesday 18th March, 2026** from 10am-2pm celebrates the many cultures that make up our region through food, stories, displays and shared experiences. Harmony Day is about respect, understanding and connection, and everyone is welcome.

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- Opportunities to connect with local multicultural and community groups

Additional activities may include cultural art experiences and presentations focused on diversity, equity and inclusion.

Who should attend?

This event is open to everyone in the community, including:

- Seniors
- Families and individuals
- People from culturally and linguistically diverse backgrounds
- People living with disability
- Aboriginal and Torres Strait Islander peoples
- LGBTQAP+ community members

Anyone interested in learning more about different cultures and building community connections.

The Isis Club venue has been selected for its accessibility.

Those interested can book directly at <https://events.humanity.com/harmony-day-2026-childers-a-celebration-of-culture-connection-and-community>

Or find the link on Childers National Seniors Facebook page or website.

HARMONY WEEK
EVERYONE BELONGS

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HAVE YOU SEEN THE GUERRILLA GARDENER?

By the time you notice, it may already be too late: the soil is healthier, the bees have moved in, and something edible is quietly thriving where yesterday there was nothing but sand and bureaucracy.

For the uninited, guerrilla gardening is the art of planting in public spaces without permission. It started in 1970s London, when rebels tired of grey, lifeless streets began secretly sowing flowers and vegetables in forgotten lots.

Since then, it's quietly gone global – turning urban spaces into rogue food forests. Think activism disguised as photography.

Here locally, the local guerrilla gardener (or network, or highly organised cult – it's impossible to tell) is operating with ruthless generosity. Witnesses report saplings appearing overnight, seeds scattering, and mulch applied with shocking flair.

Native trees take root confidently. Native flowering plants appear. And then there's the edible bounty: papaw, jackfruit, mulberries, coconuts – all poltely low-maintenance, community-minded, and absolutely unwilling to become a biological pest.

Authorities are baffled. No slogans. No plaques. No social media campaign.

Just thriving plants, slightly smug about their own survival. Those in the know benefit quietly: fruit for afternoon snacks,

shade for hot days, and habitat for every pollinator that happens to be passing through.

Signs of guerrilla activity include:

- suspiciously fertile soil
- plants that make you smile
- butterflies acting like they've hit the jackpot

The revolution will not be televised. It will be mulched, flowered, and possibly delicious.



AMPOL CHILDERS
(FORMERLY CALLED CHILDERS)

OPEN 24hrs Fuel **except Sat Night 8pm - 5am Closed** **ATM** **Air Conditioned**

Golden Fried Chicken Homestyle Meals

Breakfast-Lunch-Dinner Available All Day

Ph: 07 41261188





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DISCOVER DIGITAL CONFIDENCE WITH 'BE CONNECTED' : Digital Skills Workshops

National Seniors Australia is excited to invite local seniors to join the free, small-group digital skills workshops in Childers, thanks to the Australian Government's **Be Connected** program.

No Equipment Needed Tablets are provided for everyone, so there's no need to bring your own device. Just bring your curiosity and a willingness to have fun!

Whether you're a complete beginner or just want to brush up on your skills, these sessions are designed to be easy, enjoyable, and social—no tech experience needed!

What's in Store? Starting at 9:30am on Wednesday, 4th March at the air-conditioned Isis Club, you'll enjoy a morning filled with friendship, laughter, and hands-on learning.

The first session introduces you to the Be Connected program, helps you check your digital skills, and covers important topics like avoiding scams and staying safe online.

Each week brings new topics, so you can

Flexible and Supportive Branch volunteers understand life gets busy—even for retirees—medical appointments and other commitments happen.

While there are two compulsory sessions (4th March and 20th May), the Childers Branch friendly volunteers will be there to help if you can't make it. You can even complete the Digital Skills Checker online if you miss a session.

Plus, you're welcome to attend as many sessions as you like!

Meet Your Facilitators
+ David Halley, Community Engagement Coordinator at National Seniors Australia, brings 18 years of experience helping seniors and is known for his warm, entertaining workshops.



Facilitator: David Halley

+ Robert (Robbie) Todge, founder of Todge, is a digital marketing expert who loves making technology accessible for everyone.

+ Desley Cowley and other local volunteers from the Childers Branch are passionate about supporting you every step of the way.

Ready to Join? Spaces are limited to 30 people, so book your spot today! Register online at <https://bit.ly/3NUe4Hr>

or contact Desley Cowley at childersnationalnsa@gmail.com or 0425 817 973 for more information or help with booking.



Facilitator: Robert Todge

CELEBRATE HARMONY DAY AT CHILDERS: Where Everyone Belongs!

Get ready for a day of unity, culture, and culinary delight!

The Childers National Seniors Harmony Day event is just around the corner, and this year's celebration promises to be more exciting than ever.

Mark your calendars for **March 18th, from 10am to 2pm, at the Isis Club**—where the spirit of "Everyone Belongs" comes alive.

Why You Can't Miss This Event:

- **Global Flavours:** Enjoy a spectacular 7-course taster meal featuring dishes from around the world, all for just \$20! Thanks to generous support from the Bundaberg Regional Council, you'll experience a culinary journey that would normally cost \$75.
- **Inspiring Program:** Be captivated by guest speakers, cultural demonstrations, and vibrant displays. Local suppliers will showcase unique exhibits, adding to the festive atmosphere.
- **Community Connection:** Harmony Day is about inclusion, respect, and belonging. This is your chance to connect with others, celebrate diversity, and be part of something truly special.

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Hurry—Seats Are Limited! Bookings are essential and spots are filling fast, with only a handful of seats left. Don't miss your opportunity to be part of this unforgettable day—secure your place now.

Calling Local Service Providers: There's still room for two more service providers whose ethos aligns with the Harmony Day theme of "Everyone belongs." If you're passionate about community and inclusion, this is your moment to shine.

Proudly Supported By: This event is made possible through the Bundaberg Regional Council Community Services Program, which has provided \$4,640 in funding to support the Childers National Seniors in delivering this vibrant celebration.

Book Today—Be Part of Harmony!
<https://bit.ly/4qje6vD>

Contact: Desley Cowley - childersnationalnsa@gmail.com or phone 0419 817 973 for more information.



HARMONY WEEK
EVERYONE BELONGS • HARMONY.GOV.AU

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WEDNESDAY 18TH MARCH 2026
ISIS CLUB, 46 CHURCHILL ST, CHILDERS
10AM-2PM

Childers Harmony Day

Program



10AM TO 10.30AM	WELCOME: MC: NATIONAL SENIORS AUSTRALIA CEO - CHRIS GRICE
10.30AM	NORIMAKI SUSHI - JAPAN
10.45AM	ENTERTAINMENT: CHILDERS MULTICULTURAL FRIENDSHIP GROUP
11AM	ARANCINI - ITALY
11.15AM	GUEST SPEAKER: RHONDA WESTON AM, STATE PRESIDENT, U3A NETWORK QLD
11.30AM	SPRING ROLLS - FILIPINO LUMPIA - PHILLIPINES
11.45AM	ACTIVITY: CHILDERS NEIGHBOURHOOD CENTRE
12 MIDDAY	KANGAROO - 'ROO ROLLS - AUSTRALIA
12.15PM-12.45PM	COMFORT BREAK & OPPORTUNITY TO TALK TO STALL HOLDERS
12.45	GUEST SPEAKER: DAVID BATT MP; FEDERAL MEMBER FOR HINKLER GUEST SPEAKER/ENTERTAINMENT: MONIQUE JONES - COMMUNITY LIASON OFFICER - FLOURISH AUSTRALIA
1PM	MINI TACOS - MEXICO KOKODA - FIJI
1.15	GUEST SPEAKER/ENTERTAINMENT: JON CHALLIS, DRUMMING
1.30PM	DESSERT - CREPES - FRANCE
1.45PM	CLOSE: OPPORTUNITY TO SPEAK TO STALL HOLDERS/GUEST SPEAKERS

In collaboration with U3A Howard District Inc, Childers Multicultural Friendship Group, Childers Neighbourhood Centre and the Isis Club, National Seniors Australia – Childers Social Branch welcomes the community to come together for Harmony Day 2026, a vibrant celebration of diversity, inclusion and belonging.

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National Seniors
The trusted voice for
older Australians

EXIT

Hamburger w/ The Cut
Mozz. Swiss ches. Sun-dried tomat. Onion. Mayo. Progn. & Mustard
1 Hour chips
\$22
\$20

Seafood Boats
(1kg, Saffron, Lemon & prawn all included)
Served w/ chips, Salad, Lemon & Tartare
NM - \$25
M - \$23

RELAX

Belonging

SERENITY

Wellbeing

flourish
AUSTRALIA

Where mental wellbeing thrives

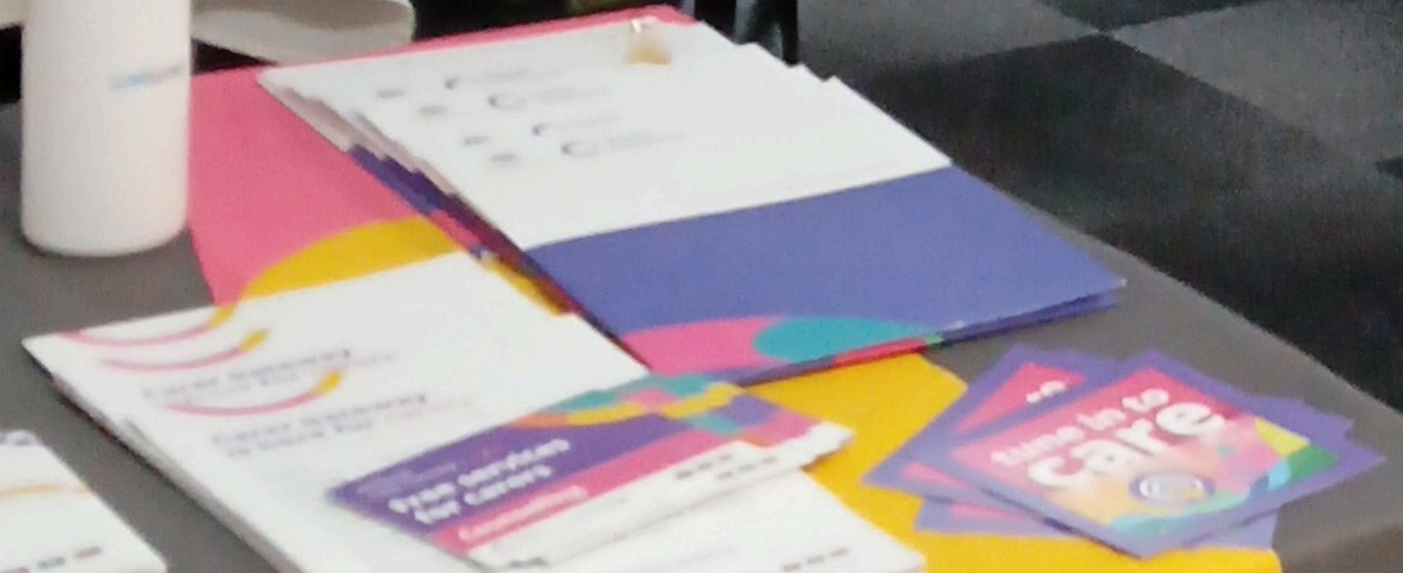
Family

HEALTH

Friends

Community

flourish
AUSTRALIA
Where mental wellbeing thrives



THE WELCOME PARTY



CHRIS GRICE
CEO NATIONAL SENIORS AUSTRALIA



Travel Your Way JAPAN



Senso-ji Temple, Asakusa, Tokyo



JAPAN

Cuisine & Culture: Food is a central attraction, ranging from refined kaiseki dining to lively street food in cities such as Osaka, offering something for every taste.

Contrast: Japan captivates visitors with its blend of cutting-edge cities and tranquil, historical neighbourhoods. The striking contrast between futuristic skyscrapers and ancient districts is a hallmark of the country's appeal.

Easy Travel between Destinations: The Shinkansen (bullet train) network is renowned for its speed and efficiency, making it simple to travel between major destinations—from bustling Tokyo to the historic streets of Kyoto.

Dramatic Seasonal Changes: Japan's dramatic seasonal changes add to its charm. Spring brings cherry blossoms (hanami), while autumn is marked by vivid foliage, creating picturesque scenes in places like Kyoto and Yoshinoyama.

Unique experiences abound: Watching wild snow monkeys soak in Jigokudani's hot springs or exploring innovative art islands like Naoshima, making Japan a true "bucket list" destination.

Japan stands out for its vibrant fusion of old and new, efficient transport, stunning seasonal beauty, exceptional food culture, and unforgettable, unique adventures—all within easy reach for travellers.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Norimaki Sushi*

Ingredients:

- ½ cup sushi rice
- 1 sheet nori seaweed
- 2 tbsp sushi vinegar
- Soy sauce to taste
- Wasabi
- Sushi ginger
- Roasted white sesame seeds
- Your favourite fillings:
 - Raw, cooked or canned fish or prawns
 - Chicken, bacon or other cooked pork
 - Avocado, cucumber and/or cream cheese
 - Carrot, asparagus, capsicum

Method:

Rinse ½ cup of Japanese short-grain rice until water runs clear, soak for 30 minutes, and cook with 1/2cup of water (1:1 ratio) via rice cooker or simmer covered for 15-20 minutes.

When rice has cooked and cooled, prepare your sushi mat.

Hint: To make sushi without a mat, use a sheet of parchment paper, aluminum foil, or a clean, flexible dishtowel covered in plastic wrap to roll the nori and rice.

Place a sheet of nori seaweed on your sushi mat. Cover 2/3 of of the seaweed mat with sushi rice.

Add your favourite ingredients in a line along the centre of the rice.

Roll the sushi using your rolling mat. Practice makes perfect!

Cut the roll into 6-8 pieces and serve with your favourite sauce! Soy, sushi ginger, wasabi!

**correct at time of writing; actual ingredients may vary*

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Travel Your Way ITALY



Portofino, Liguria



ITALY

Cuisine: renowned for local food and wine, plus specialties like gelato, pizza, and pasta, are essential to Italian life.

Ancient History: The Colosseum, Roman Forum, and Pompeii offer direct links to the Roman Empire.

Art & Culture: Florence and the Vatican Museums showcase works by Michelangelo, da Vinci, and Raphael.

Scenery: The Amalfi Coast, Lake Como, and Tuscany's hills are visually stunning.

Hospitality: Italians are known for their friendliness and welcoming nature.

Italy is renowned for its rich history, breathtaking art, and stunning architecture. Rome impresses with iconic landmarks and masterpieces, while the Vatican offers a moving spiritual experience. Beyond the cities, Italy's countryside features charming villages and lush vineyards, providing a tranquil escape and a taste of authentic rural life. Italy's lakes, such as Garda and Maggiore, invite relaxation, and the coastlines of Sardinia and Sicily promise sun-soaked beaches and crystal-clear waters. Vibrant festivals like Venice's Carnevale and Siena's Palio highlight the country's lively culture and deep traditions. Italians are celebrated for their warmth and passion, welcoming visitors to enjoy la dolce vita—through leisurely meals, lively piazzas, and heartfelt hospitality.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Aranchini* (makes 8 serves)

Ingredients:

- 3 cups cooked arborio rice, cooled
- 1 egg, lightly beaten
- 1 egg yolk, extra
- ¼ cup rice flour
- 2 cloves garlic, crushed
- 1 cup grated cheddar cheese
- ½ cup finely grated parmesan cheese
- ¼ cup chopped chives
- Sea salt & cracked black pepper
- 2 cups fresh breadcrumbs
- Vegetable oil for shallow-frying
- Store-bought tomato chutney, to serve

Method:

Place the rice, egg, egg yolk, rice flour, garlic, cheddar, parmesan, chives, salt & pepper in a bowl and mix well to combine. Shape ¼ cupfuls of mixture into patties & press into the breadcrumbs to coat.

Heat 1cm of oil in a frying pan over medium heat.

Cook the patties, in batches, for 2-3 minutes on each side or until golden & crispy. Drain on absorbent paper. Serve with tomato chutney.

**correct at time of writing; actual ingredients may vary*

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RHONDA WESTON AM
STATE PRESIDENT U3 NETWORK QLD



U3A HOWARD DISTRICT INC
PRESIDENT PAM CLARK & VICE
PRESIDENT FLEUR GRAINGER WITH
RHONDA WESTON AM
STATE PRESIDENT U3 NETWORK QLD



Travel Your Way PHILIPPINES



El Nido, Palawan



PHILIPPINES

Cuisine & Culture: Filipino cuisine blends Malay, Spanish, Chinese, and American influences. Popular dishes include adobo, lechon, sinigang, and halo-halo. Abundant seafood and tropical fruits like mango and coconut feature in meals. Warm hospitality, English-speaking locals, and lively festivals make the Philippines welcoming and vibrant.

Unrivalled natural beauty: Over 7,000 islands provide breathtaking beaches and landscapes.

Affordability: The Philippines offers budget-friendly food, accommodation, and drinks.

Diverse adventure: Activities range from diving and hiking to exploring UNESCO sites.

Social media appeal: Instagrammable spots like El Nido and Siargao drive global interest.

The Philippines is celebrated for its top tourist destinations, including Palawan (El Nido & Coron), Boracay, Cebu, Siargao, and Bohol. Palawan is renowned for dramatic limestone cliffs, hidden lagoons, and crystal-clear waters, while Boracay attracts visitors with its famous White Beach, lively nightlife, and water sports. Cebu offers a mix of historical sites, adventure activities like canyoneering, and opportunities to swim with whale sharks. Siargao stands out as the surfing capital, featuring a laid-back vibe and iconic surf breaks such as Cloud 9. Bohol is known for the unique Chocolate Hills and rich marine life.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Spring Rolls (Filipino Lumpia)

Ingredients:

- 1 x 350g pack Lumpia or spring roll wrappers
- 500g beef mince
- 250g ground pork
- 3 cloves garlic
- 1 onion
- 1 stick celery
- ¼ cabbage
- ¼ kg beans
- 1 medium carrot
- Salt & pepper to taste
- 1 litre oil for frying

Method:

Thaw wrappers if frozen. Carefully separate wrappers and keep moist with damp paper towel or damp tea towel.

Finely copy or grate onion, celery, cabbage, beans, carrot & garlic.

In a large bowl, combine all the ingredients except oil. Place 1 heaped tablespoon of meat mixture diagonally along centre of wrapper. Fold one edge of wrapper over filling. Fold outer edges in slightly, then roll into a 10cm log. Wet finger with water and moisten outer edge to seal. Repeat with remaining wrappers and filling, keeping finished lumpia covered to prevent drying.

Heat oil in a deep pan on medium to medium-high heat around 170 to 175 degrees C). Fry 3 to 4 lumpia at a time, turning in oil until golden brown all over, about 3 to 4 minutes per side. Remove from pan & drain on paper towels.

Serve hot with sweet & sour sauce or sauce of your choice.

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DEBRA MURPHY
CHILDERS NEIGHBOUR CENTRE
COMMUNITY DEVELOPMENT OFFICER



Travel Your Way AUSTRALIA



The Three Sisters, Blue Mountains, NSW



AUSTRALIA

Cuisine: well known for outdoor dining, the “bbq” being almost a cultural pursuit.

Natural Wonders: Great Barrier Reef, Uluru, and Daintree Rainforest offer unique, globally recognised experiences.

Coastal Scenery: Famous beaches like Whitsundays and Byron Bay attract visitors for their beauty and leisure activities.

Wildlife: Kangaroos, koalas, quokkas, and whale sharks are unique to Australia.

Cultural Heritage: Engage with Aboriginal history, art, and sacred sites.

Diverse Regions: Scenic drives like the Great Ocean Road and vibrant destinations like the Gold Coast offer dramatic landscapes and lively city life.

Lifestyle: Australia’s laid-back, friendly culture, high-quality food and wine, and easy accessibility make travel enjoyable.

Australia’s diverse beauty continues to surprise, even for those who’ve explored every state and territory. There’s always something new to discover, whether it’s revisiting familiar spots or venturing further afield.

Top attractions include iconic natural wonders like the Great Barrier Reef, Uluru, and the Daintree Rainforest. The country’s 34,000 km coastline is dotted with world-famous beaches such as the Whitsundays, Cable Beach, and Byron Bay, known for surfing and relaxation.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Roo Rolls*

Ingredients:

- 2 sheets semi thawed frozen pastry
- 1/2kg kangaroo mince
- 1/3 cup breadcrumbs
- 1 egg + 1 egg for glaze
- Salt & pepper to taste
- Poppy seeds for sprinkle

Method:

Preheat oven to 200 degrees (180 for fan forced)
Line flat baking trays with baking paper
Cut pastry sheets into 4 equal sized rectangles
Spread kangaroo mince evenly along the centre of each pastry sheet
Wrap pastry sheet around mince, sealing the overlay with egg glaze
Sprinkle poppy seeds on top
Place the sausage rolls on baking tray with the seam side down
Chill for ½ hour
Cut each long ‘sausage’ into 8 equal smaller sausage rolls and slash the tops of the pastry two or three times to suit.
Brush with egg glaze
Place on baking trays
Bake in preheated oven until pastry is nice & crisp (around 25-30 minutes depending on your oven)
Allow to cool before serving!

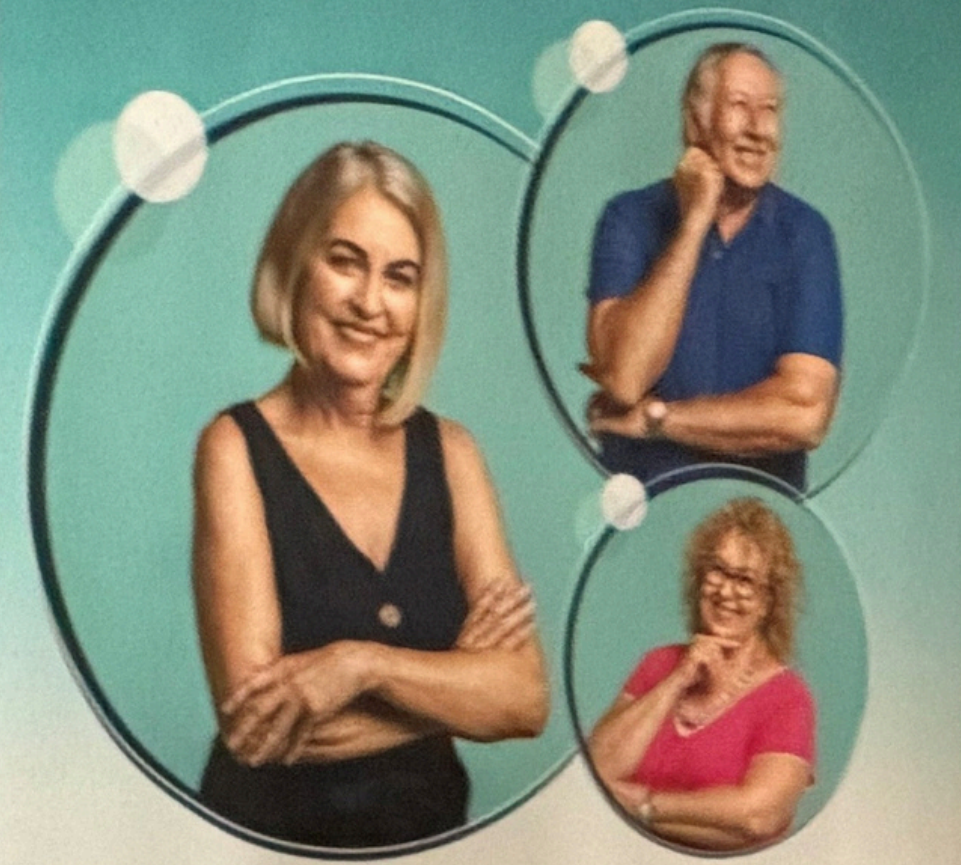
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DAVID BATT MP
FEDERAL MEMBER FOR HINKLER



National Seniors
AUSTRALIA



The trusted voice for
older Australia



Research



Member



Local



MONIQUE JONES
COMMUNITY LIAISON OFFICER
FLOURISH AUSTRALIA







RELAX

Belonging

SERENITY

Family

Wellbeing

HEALTH

flourish
AUSTRALIA

Where mental wellbeing thrives

GROWTH OF
NATURE

Community

Friends

Travel Your Way MEXICO



San Miguel de Allende



MEXICO

Cuisine & Culture: Mexico is famed for its cuisine—especially in Oaxaca—along with lively mariachi music, colourful festivals, and welcoming markets.

Archaeology & History: Explore legendary Maya and Aztec ruins such as Chichen Itza, Teotihuacan, and Tulum, each revealing Mexico's fascinating past.

Beaches & Nature: The country's coastlines range from Caribbean shores in the east to the Pacific and Sea of Cortez in the west, while lush jungles, cenotes, and dramatic mountains add to the scenery.

Accessibility & Value: Close proximity to the US and a range of accommodation, from boutique hotels to all-inclusive resorts, make it easy and affordable for travellers.

Other Highlights: Discover colonial cities like Guanajuato and San Miguel de Allende, eco-parks in Riviera Maya, or enjoy adventure—snorkelling at Isla Mujeres, hiking Copper Canyon, and whale watching in Baja.

Mexico offers a captivating mix of archaeological sites, breathtaking natural landscapes, vibrant culture, and accessible travel, making it a top choice for relaxation and adventure.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Mini Tacos *

Ingredients:

- 1 avocado mashed
- ½ cup carrot, grated
- ½ stick celery, finely chopped
- 1 small onion, finely chopped
- ½ punnet cherry tomatoes, chopped
- ½ baby cos lettuce, shredded
- Mini taco's
- 500g beef mince
- ½ cup grated cheese

Method:

Heat oil in a large frying pan. Add onion, celery and carrot and cook over medium heat for 5 minutes or until softened.

Add mince and cook for 5 minutes, stirring with a wooden spoon to break up any lumps. Add Taco Spice Mix and stir for 1 minute.

Add ¾ cup water and tomatoes, simmer for 2 minutes or until sauce thickens.

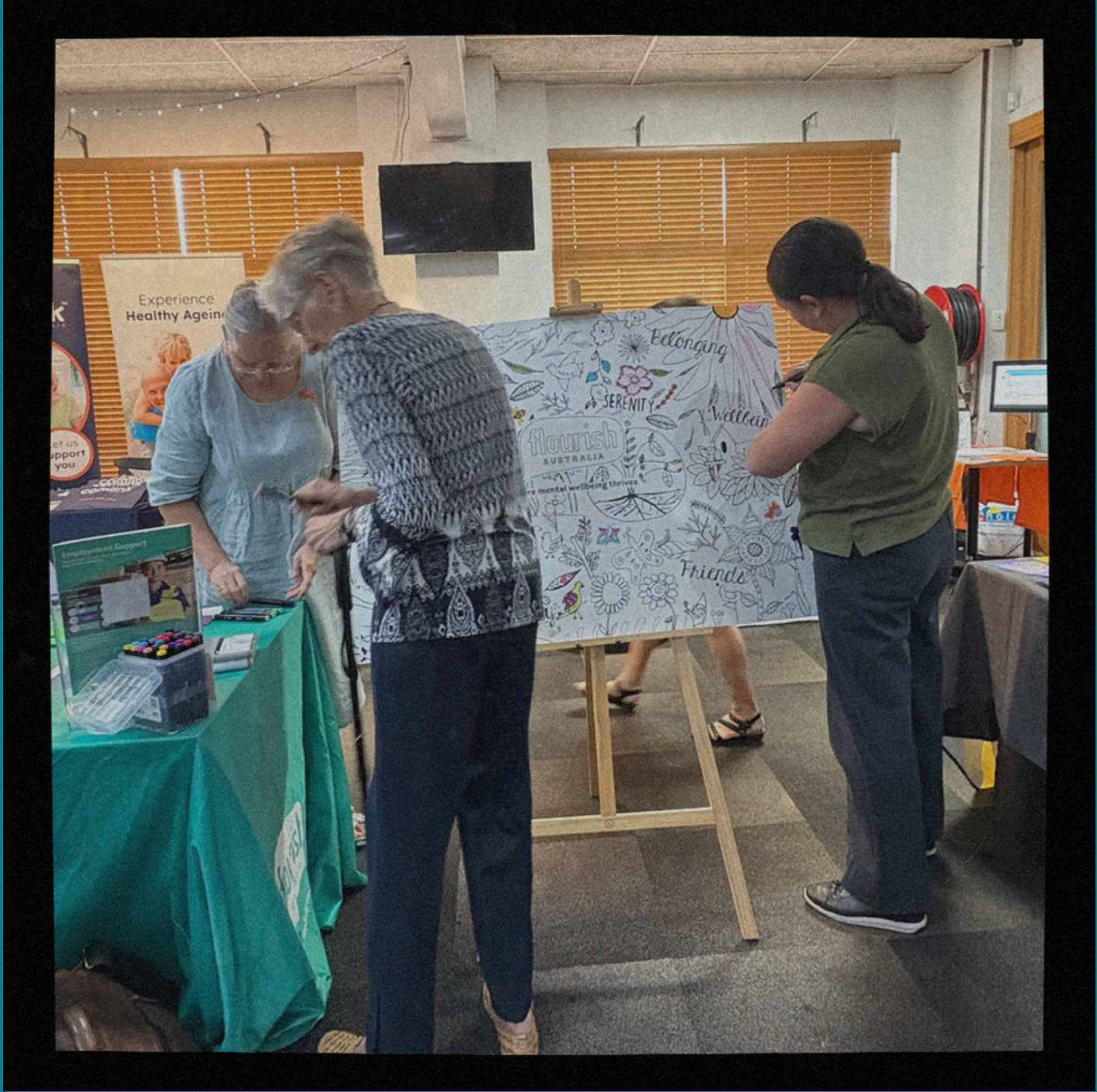
For crunchy taco shells, follow on pack instructions.

Build your own Mini tacos with beef mixture, lettuce, avocado cheese and Mild Taco Sauce.

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Travel Your Way FIJI



Yasawa Islands



FIJI

Cuisine: is a highlight, blending fresh seafood, local produce, and Indian influences for unique flavours.

The “Bula” Spirit: Fiji’s locals are renowned for their genuine warmth, friendliness, and hospitality.

Unmatched Hospitality: The family-oriented culture boasts superb childcare and nanny services, especially valued by visiting families.

Adventure + Relaxation: Visitors can easily combine thrilling activities like river rafting with peaceful moments on secluded beaches.

Unique Marine Life: Fiji’s coral reefs and diverse marine ecosystems make it a top spot for snorkelling and scuba diving.

Cultural Experiences: Traditional ceremonies, music, and cuisine offer a taste of authentic Fijian life.

Fiji is not just visually stunning; it’s the welcoming “Bula” spirit that truly sets it apart. Travellers across the islands experience breathtaking scenery, attentive security, and a culture that makes everyone feel safe and cared for. Accommodation ranges from luxury resorts to affordable dorms, making Fiji accessible for all. Even in less affluent areas, most locals are welcoming, though nightlife in Suva can be less friendly at times. The islands are also famous for their vibrant coral reefs, offering world-class snorkelling and diving. Traditional Fijian ceremonies, such as kava rituals and firewalking, give visitors a deeper insight into the rich cultural heritage. The mix of adventure and relaxation appeals to a wide variety of visitors, and many find Fiji grows more beautiful with each return.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Kokoda*

Ingredients:

- 1kg fish
- Juice of 10 limes and 3 lemons
- 2 medium-sized onions, finely diced
- 3 red chillies, minced
- 2 cups finely chopped tomato
- Several spring onions, finely sliced
- A few stems of coriander leaves
- 4 cups coconut milk
- ½ tablespoon sea salt

Method:

Cut the fish into 1 cm dice, discarding any bloody tissue.
In a bowl, mix the fish and the citrus juices and chill to marinate for two to three hours, or until the fish is opaque.
Drain the fish and add the onion, chilli, tomato, spring onion, coriander, coconut milk and salt.
Mix well, chill well and serve with lime wedges.

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Travel Your Way FRANCE



Eiffel Tower, Paris

nationalseniorstravel.com.au

National Seniors
TRAVEL



FRANCE

Cuisine & Culture: Culinary culture is a highlight, with gourmet restaurants, charming cafes, patisseries, and celebrated wines drawing food lovers from around the globe.

Recognisable landmarks: Renowned for its instantly recognisable landmarks, including the Eiffel Tower, the Arc de Triomphe, and the gothic splendour of Notre-Dame Cathedral. The Palace of the Popes in Avignon, the Roman amphitheatre in Nîmes, and the picturesque villages of Alsace are also considered must-see landmarks across the country.

Rich History & Artistic Heritage: The nation's rich history and artistic heritage are showcased in Paris, with its world-class museums like the Louvre and the opulent halls of Versailles, offering a glimpse into centuries of royal tradition and European art.

Diversity in the landscape: France's diverse regions add to its allure: the sun-soaked beaches of the French Riviera, the rolling vineyards of Bordeaux, the majestic castles lining the Loire Valley, and the breathtaking peaks of the Alps each provide distinctive experiences for travellers.

Unique destinations: Such as Mont Saint-Michel offer rare, picturesque settings and historic intrigue, while medieval towns like Carcassonne and the lavender fields of Provence further enrich the visitor experience.

Efficient Travel: France's efficient rail and transport network makes it easy to explore both bustling cities and serene countryside, ensuring accessibility and convenience for all types of travellers.

From iconic landmarks and deep history to culinary excellence and regional diversity, France stands out as an unforgettable destination where tradition and modernity blend seamlessly—all within easy reach for visitors.

RECIPE (Recipes kindly provided by the Isis Club, Childers.)

Crepes*

Ingredients:

- 1 2/3 cups plain flour
- 3 tbsp caster sugar
- 1/4 tsp cooking salt
- 3 large eggs
- 2 cups milk
- 1/3 cup water
- 2 tbsp vegetable oil
- 45g unsalted butter

Method:

Whisk flour, sugar and salt. Add eggs then milk, water, oil and whisk into a smooth batter. Cover and rest for an hour. Cook in a lightly buttered non-stick pan, swirling ¼ cup batter to cover the surface. Cook for 1 minute. Flip, cook for 30 seconds, remove once golden and stack as you go.

**correct at time of writing; actual ingredients may vary*

The Bundaberg Regional Council Community Services Program provided \$4,640 to Childers National Seniors towards delivery of this event.

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NSA





Travel Your Way THAILAND



Marble Temple, Bangkok

nationalseniorstravel.com.au

National Seniors
TRAVEL

THAILAND

Cuisine: five core flavours—sweet, sour, salty, bitter, and spicy—using fresh, aromatic herbs like lemongrass, basil, and lime. Heavily rice-based, it features coconut-rich curries, stir-fries, and zesty salads, often served in shared, communal-style meals.

Cultural Heritage: Deep history in Bangkok and Ayutthaya.

Tropical Paradise: Stunning, affordable beaches.

Diverse Experiences: City excitement and peaceful nature.

Accessibility & Value: Easy travel and great value for money.

Thailand is a country rich in history—some of it difficult—but the locals, despite having little, are always ready with a warm smile. Beyond the breathtaking scenery, its true diversity is reflected in the people. Travelling through Thailand highlights the many ways communities find joy and connection, regardless of their circumstances.

Thailand has a deep cultural heritage, with places like Bangkok and Ayutthaya giving visitors a glimpse into sacred and royal history. The tropical beaches of Krabi, Phuket, and the Gulf Islands are both stunning and accessible, making for affordable holidays. Thailand also offers a wide range of experiences—from energetic city life in Bangkok to peaceful mountains and cultural adventures in Chiang Mai. The country's excellent tourist infrastructure ensures ease of travel, and high-value accommodation and food make it a favourite among travellers.

THANK YOU

Thank you for joining us for Harmony Day 2026. In collaboration with U3A Howard District Inc, Childers Multicultural Friendship Group, Childers Neighbourhood Centre and the Isis Club, National Seniors Australia – Childers Social Branch was delighted to bring the community together to celebrate diversity, inclusion and belonging.

This special event celebrated the many cultures that make up our region through food, stories, displays and shared experiences. Harmony Day is about respect, understanding and connection, and we appreciate everyone who helped make the day so welcoming and enjoyable.



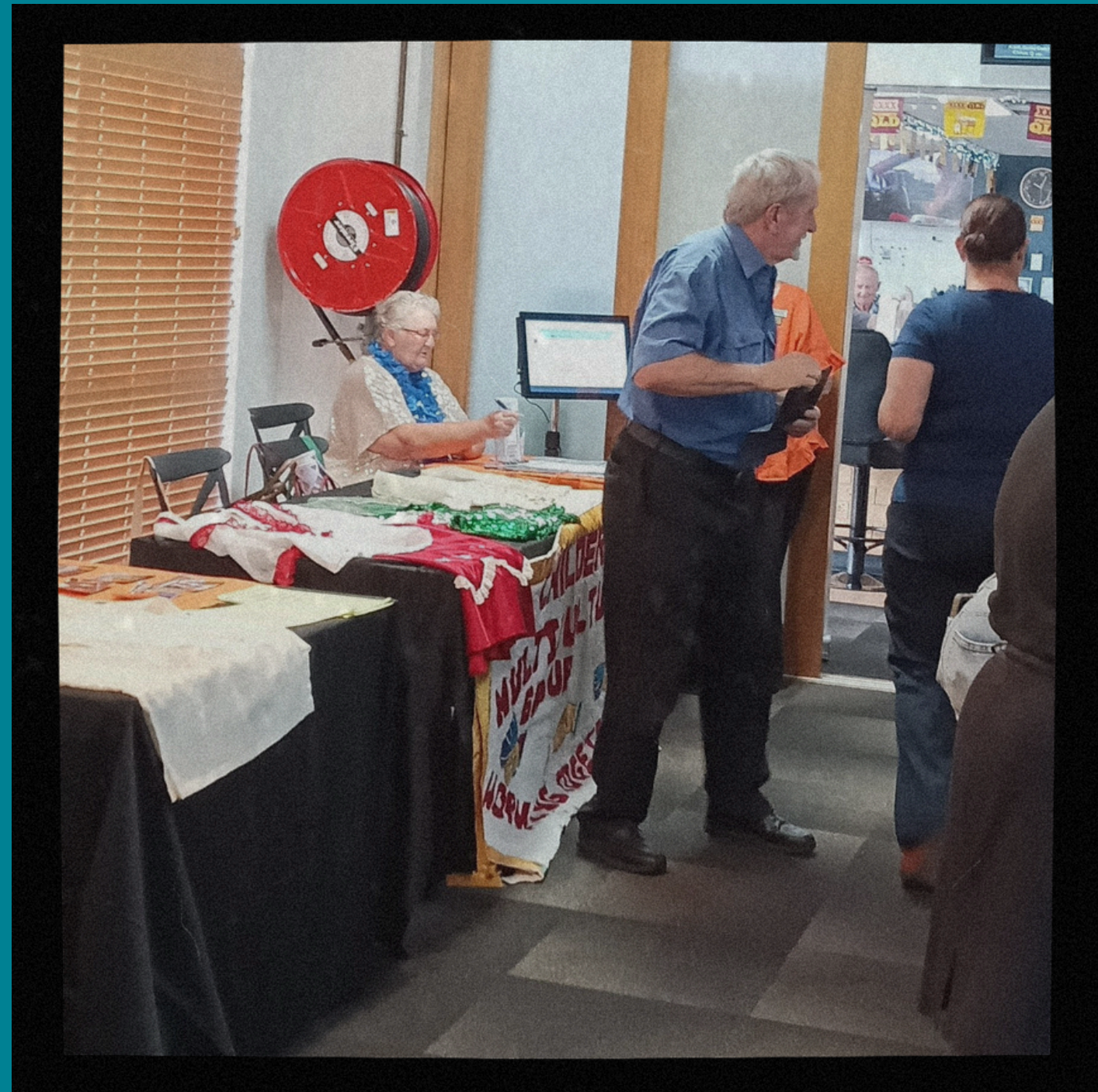
The Bundaberg Regional Council Community Services Program provided \$4,640 to Childers National Seniors towards delivery of this event.

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NSA

THE TRUE HEROES OF THE DAY!











Sheree Rich
18h · 🌐

the Biggenden Women's Shed attended the Harmony day in Childers yesterday and every member had a fabulous day. The event was so well put together by the volunteers, with lots of great useful information, incredible food, and all served very efficiently by the Isis Bowls club staff. Congratulations to everyone involved in putting on such a successful event. A huge thank you from our group and an extra thanks for providing the gluten free option. Much appreciated.
Sheree



You, Mary Flesser and 4 others
Like Comment



Desley Cowley
16 January · 🌐

..and that's the plan for the Branch Harmony Day. Like or follow this Facebook

Desley Cowley
9 February · 🌐

How wonderful to see such a large group from U3A Howard. So good to catch up with Fleur, Pam and others to discuss Childers Harmony Day Collaboration. Link to the event and more information in the comments 🙄

Desley Cowley
18 February · 🌐

Harmony Day at the Isis Club is fully booked! There'll be an eclectic mix of food, food, food, information and entertainment. Those lucky enough to have snagged a seat will not be disappointed!
ancing, drumming and did I say food?



Pam Corliss, Sue Evans and 1 other



U3A Howard District Inc
9 February · 🌐

Some random snaps from our 'Welcome' Morning Tea this morning at Insane Caffeine, Childers. A great catchup following our long semester break over Xmas; with a gre

Desley Cowley
5h · 🌐

Great photos Fleur. Thank you for joining with the Branch to bring this together.



U3A Howard District Inc is with Childers Neighbourhood and 2 others.
U3A Howard District Inc at HARMONY DAY IN CHILDERS on Wednesday hosted by the Isis Club - a thoroughly festive event with an abundance of food and entertainment on off... See more

Like Comment Share

Desley Cowley
1 March at 11:03

Check out the March newsletter to discover what the Branch has in store for you during March and April.

Find out more about the March guest speaker, Digital Skills workshops, Harmony Day (already fully booked) and what is in the works for April.

Thanks so much to **David Batt MP**, Federal Member for Hinkler and his lovely team who are printing hard copies for the Branch this month.

Hard copies will be delivered around town to key places seniors frequent. If you know someone who doesn't have access to a computer to view the online version, please ask them to contact the Branch to arrange a hard copy.

PDF
MAR - Childers NSA Newsletter March 2026.pdf

Desley Cowley
14 January

Special Event - Harmony Day - a day of friendship, celebration, learning and a feast of international food!

Exhibitors invited: There will be limited opportunities for cultural sensitive local businesses and other organisations to set up stalls to share the love.

More information will be emailed and posted later this week. If you'd like to be added to this coming together in harmony event, please message, email or phone to be sure you are sent to you.

See more

Desley Cowley
1 January

@everyone Happy New Year! 2026 is shaping up to be a busy one. Who said retirement was boring?

The Branch January newsletter will be published a few days late. Just waiting on a couple of story updates.

In the meantime the Branch website is up to date with upcoming events, activities and photos of past events.

Here's a sneak peak of what you'll find on the website.

- If you'd like to volunteer for the Branch, there's a Branch Volunteer 2026 planning day on 15th January.
- Regular catch up on 5th February. Planning for Purpose is designed to get you really thinking about what you'd like to do for the rest of your life to stay happy, healthy and fulfilled.
- Would you like to learn more about using your computer? The branch has been successful in gaining funding to deliver basic computer skills courses over 10 weeks commencing on 4th March.
- Find out more about the local arts scene and how you can potentially gain funding for your special arts project at the Branch regular catch up on 5th March. Special Guest Speaker is Jolene Watson, Community Arts Development Officer for Bundaberg Regional Council.
- The Branch, in collaboration with Childers Neighbourhood, U3A Howard, Childers Multicultural Friendship Group and Bundaberg Regional Council has also secured funding to deliver a very special event for Harmony Day on 18th March. A day of friendship, celebration, learning and feast of international food. Details are still being finalised for this exciting event.

More details on the Branch's website! Please share with all your over 50's friends.

<https://nationalseniors.com.au/.../chi.../events/harmony-day>

Desley Cowley
31 January

There's so much happening in March that the February BUMPER one!

Eight pages. Inside you'll find details of Branch upcoming events including:

- February catch up - Planning for Purpose this Thursday coming
- March catch up - special guest speaker
- Harmony Day event you won't want to miss
- FREE Digital Skills Workshops

... volunteers that the newsletter is informative and helpful. ... in it will be gratefully received.

Desley Cowley
10 January

Branch volunteers are excited about plans for 2026. January newsletter is attached to this post.

It's jam packed with information about:

- Branch regular catch ups and special events including two planning sessions, computer skills courses a massive event for Harmony Day, how you can get involved.
- National Seniors Australia 'Keep the Cash' campaign and how you can help local businesses participate in the 'Eat Play Save' app to help them grow their business!

Looking forward to seeing you in 2026. Please don't hesitate to reach out if you have any questions.

Please like and share!

PDF
Childers NSA Newsletter January 2026 (3).pdf

Harmony Day is now fully booked! How good is that?

We can potentially add one or two more stall holders. Please contact me to be interested.

Pam Corliss and Yoga Owl

Like Comment

Pam Corliss and Lija Kazlauskaitė
10 shares

Share

Like Comment

Write a public comment...

PDF
Childers NSA Newsletter January 2026 (3).pdf

Yoga Owl and 1 other

HARMONY DAY 2026 - CHILDERS QLD

18TH MARCH 2026

FEEDBACK

“The food - Isis Club really excelled themselves. The dancers were lovely. Would have been good to have more of the drummer. Very much appreciated that the stall holders were relevant to the local community and took on the harmony theme.”

“The food! Loved the recipe files and information about the different countries.”

“Couldn't fault anything. Loved every aspect of the event.”

“The way everything linked together harmoniously.”

“Networking with other stall holders and the lovely ladies from the Childers Multicultural Friendship Group.”

“The positive energy brought by everyone who participated.”

“food and company”

“The event was well-organised. I enjoyed meeting and speaking with folks the most!”

“It's heartening to see so many community groups working together to make something like this happen in our little town of Childers. Thanks also to Bundaberg Regional Council for contributing so it's affordable for everyone. A great day out!”

“Thank you, the food was great, the event was on time and it seemed like a well oiled machine.”

“Thank you to Bundaberg Regional Council for the financial support. Thank you to Chris Grice, NSA, he did a nice job as MC. Always good to have local politician support - David Batt.”

“It was beautiful event, so glad I had opportunity to participate.”

“Congratulations on a very successful event. It was a lovely celebration.”

HARMONY DAY 2026 - CHILDERS QLD
18TH MARCH 2026

Thank you all for joining us in collaboration and on the day.

A special thank you to the entire team at the Isis Club, Childers for all that you did to make the day such a huge success. Working with you all truly is a joy!

Looking forward to receiving your feedback so we can build upon the success of the day and do it all again in 2027 even better!