

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC

VALE RON POLSON



We said goodbye to long serving National Seniors Branch member Ron Poulson on Valentines Day Friday February 14th. Ron had been an active member of our Branch for over 20 years. Ron's contribution to our Branch was significant but before summarizing his contributions it is worth reflecting on some of Ron's illustrious past. This illustrious past (Ron's description by the way!) is a recollection of Ron's visit to John and Teresa's home in Bonny Hills some twelve years ago as part of our successful 'Guess who's Coming to Lunch' activity. Ron

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volunteered to give us (there were four other NS members present) an account of his past particularly during the 'heady' days of the fifties and sixties where according to Ron is was a very wild time for him.

It appears that Ron was born to be a performer. He had vocal music success across many genres over the years. His early years were characterized by performances on radio (before TV). He toured New Zealand with the Marie Francis Band and worked in a Nightclub called the Bel Air with Marie Francis. According to a Sydney Morning Herald article (Dec 25th 2020) Ron and Marie had as whirlwind romance and got married in a registry office in Auckland. They moved to Sydney where Ron run out of performance work and for a while went back to teaching.

In the early 60's Ron auditioned for Brian Henderson's Bandstand program and got a regular gig. Brian Henderson had Ron and Marie do a duet which although successful was the centerpiece of a big dispute between the two.

Ron had four children with Marie, all of whom were very musically gifted. They divorced and Ron moved to Port Macquarie. Ron then married Lou who provided love, stability, and direction for Ron.

Possibly one of Ron's most musically gifted children and the one he spoke about a lot is son John. John is the founder of '**Tropfest**' which is now the world's largest short film festival (according to Wikipedia). It began as a public screening in a small café in Darlinghurst and grew to become the largest platform for short films in the world.

Ron displayed his musical talents at many National Seniors and other community events including;

Renditions of Xmas carols at our Xmas parties for over twelve years.

Free Friday afternoon concerts with friends at the Glasshouse where NS members were always invited.

With wife Lou leading the singing for A Combined Lions Club '*Night of Song Event.*'

Combining song with jokes at various NS meetings.

With wife Lou hosting at their home musical afternoons where members brought 2 favorite songs which were played and discussed. Food and drink were plentiful.

Performing in numerous Players Theatre musicals where once again NS members were always invited.

Ron was the instigator of the '**Getting to Know You segment**' which has evolved into our '**One Thing About Me**' segment. Ron would commence the segment by singing a few lines of the song '*Getting to Know You*' and for a few

years would also introduce the person and ask questions about their lives. Thank-you Ron for this as it has been one of your very good initiatives.

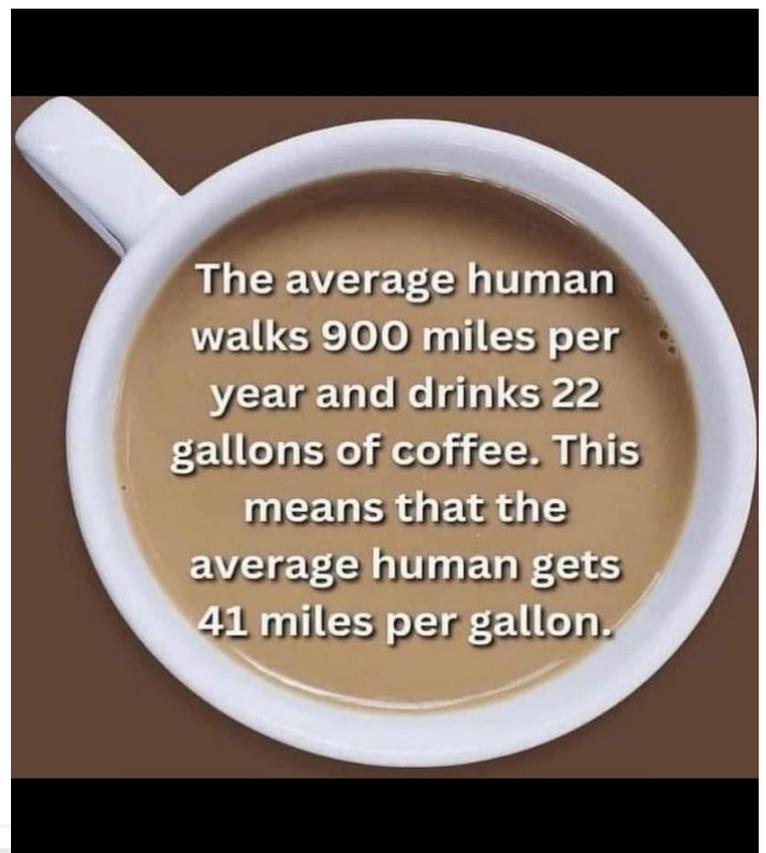
Over recent years Ron and Lou have attended many of our activities and dinners where conversation was always interesting and entertaining. Ron and Lou were always good company. Further, Ron has been a regular at the Westport Tennis Club and had devoted considerable time to Christian pursuits.

Ron was an interesting, talented, and kind person with an everlasting flare for music, particularly music of the '*fifties and sixties crooners*'.

Thankyou for all the wonderful memories, Ron.

Our condolences to wife Lou and family.

By John Urquhart



HELLO FROM PORT MACQUARIE CROQUET CLUB

We, members of Port Macquarie Croquet club (PMCC) are keen to foster links with groups such as yours.

- WHY PLAY CROQUET:** The game is for all ages. It is fun and friendly.
We're fortunate to be by the Hastings River.
The outlook is pleasant, the Nor'easter refreshing.
So, from all of us to each of you, we write inviting you to:
Come and try Croquet
- LOCATION:** At 15 Buller Street Port Macquarie.
- DAY / TIME:** On a day and time that suits both your schedule and ours.
Some club members will be present to assist.
- DRESS:** Comfortable clothes and flat footwear.
- EQUIPMENT:** The playing greens will be ready; a mallet will be there for your use.
Enjoy refreshments with each other after the game.
- NUMBER OF PLAYERS:** Up to 16 can register for a session.
- FURTHER INFORMATION:** A club member from PMCC could come, by arrangement, to speak briefly at one of your meetings to develop this idea and answer your member's questions.
- CONTACT:** Jill Drury, President of PMCC,
president@portmacquarietroquet.com.au
Mobile. 0408 381 195

2025 TRIVIA NIGHT

Friday 28th February saw our final activity for the month, The Trivia Night at the Lion's Den. It was attended by just 39 members of our branch and included a table from Lions Tacking Point thanks to Max Carrick.

The event was chaired by President Bill and Quizmaster James. Five tables were occupied by hungry



members armed with loads of food and drink as well as a great knowledge of the answers of the questions asked.

Breaks were made during the three groups of questions and answers to give time for mingling and eating. A heads and tails game saw our Bazz come out the victor.

The teams all had names and at the end of the initial rounds, the results were.

Max's Maniacs	58 points
Here To Drink Not to Think	58 points.
Midways.	55 points
Marigold Musicians	54 points
Masterminds	49 points

A tie breaker followed with the

two entrants tied at the end. A cutthroat tie breaker was given with Max's Maniacs and Here to Drink Not To Think taking out the award and Trophy donated by the Lion's Den.



Now the "Best Dressed" was a no-brainer. Our Donna, by a mile.

Next was the "Best Dressed Table", and again it was an easy one. The table of Philp's, and company, excelled with every piece of food and wine on the table starting with "M". They offered a bribe, but it was rejected.

Special thanks to James for his great work in putting the activity together, and to our friends at Lions for their continued support.



President Bill.

PRESIDENT'S REPORT

Firstly, special thanks to James and my fantastic committee for holding the fort at the February General Meeting. I know you all appreciated James's chairing of the meeting, and our Guest Speaker, Kylie (GI) Jones. A very interactive presentation by a very knowledgeable and talented lady,

I gather from members' comments, that the new meal arrangements for lunch worked well. Katie told me that she will "tweak" a few points for March.

Our guest speaker for March is Mal McKinlay from Bonny Hills Nursery. Mal will have plants with him that can be purchased after the meeting. A good chance to bring all your gardening questions along for the expert.

Our best wishes go out to all our "sickies", and those recovering from surgery.

There are lots of nice surprises to be unveiled at our March General Meeting.

President Bill.

MINI GOLF AND LUNCH AT SETTLERS INN

If you would like a fun filled morning with prizes for the best score followed by lunch at Settlers Inn, we just need to know numbers.

The date is Sunday 9th March, 10.30 at Lindfield Park Driving Range, Oxley Highway, Port Mac. Please note that the \$10 cost is for hiring equipment from the range and must be paid for on the day at the pro shop and not paid into the branch account.

For more details, contact Bill.

Just a follow up from our Australia Day event at Sancrox Reserve, where John Urquhart continued on with his talent of frisbee throwing. After winning the event at our Olympics Day where he won by throwing twice as far as anyone else, he continued the feat on Australia Day.

Dee Watkinson was pleased to present John with the first prize which we neglected to award on the day. I am considering handicapping him next year.



2025 CHRISTMAS LIGHTS TRIP



Every second year over the past ten years our Branch has visited the amazing Hunter Xmas Lights at the Hunter Valley Gardens at Pokolbin.

Our 2025 trip is set down for Wednesday November 26th through to Friday November 28th. We will be staying at the four and a half star Mercure Hotel which is close to the Lights display.

This year's trip will be different to past years as will the lights display.

Day 1. We will start with a presentation at the Hunter Valley Information Centre on the history of this famous wine producing area followed by lunch at the Centre Cafe.

The afternoon activity will focus on a wine tasting that takes in the most magnificent views of the mountains and vineyards. The wine is great as well. Dinner on our first night will be at Harringans Irish Pub.

Day 2 will involve an interesting mix of wine, cheese and chocolate tastings and a visit to the Pukara Estate shop to taste various olive oils, vinegars and condiments. They also supply skincare products. The day will conclude with our special Xmas dinner at the Mercure followed by our very own special entertainment segment. This year the theme is the letter 'H'. (H is for Hunter). So come dressed up in your favourite H character and be part of the night's entertainment.

Day 3 will include a free cheese tasting before we lunch at a nearby Art Gallery and then home to Port.

The main costs for the trip include Bed and Breakfast at the Mercure, (\$420 per double room, two people, two nights), the Xmas dinner and entrance into the Lights (approx \$80 per person). Other costs relate to the tastings and other meals (approx \$200 per person). A detailed itinerary will be available in a few months' time

Please put your name down on the sheets at the meeting. It will be a first in first served basis with around 34 as a maximum.

Always a fun trip, always a great way to socialise and experience something different.

For more information contact John or Teresa on 0408384804 or via email; mailtjohn@yahoo.com.au

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 27th 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 noon start finishing at 1.00 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.



Fundraising?

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

\$1200

donated to your organisation / group / club

Fundraising made easy

Don't worry about set-up, supplies or clean-up
WE DO IT FOR YOU
All you have to do is turn up and taste!

No hidden costs

\$1200 donated straight to your group
NO COST TO YOU

No sausages sizzle, no raffle prizes, no baking.

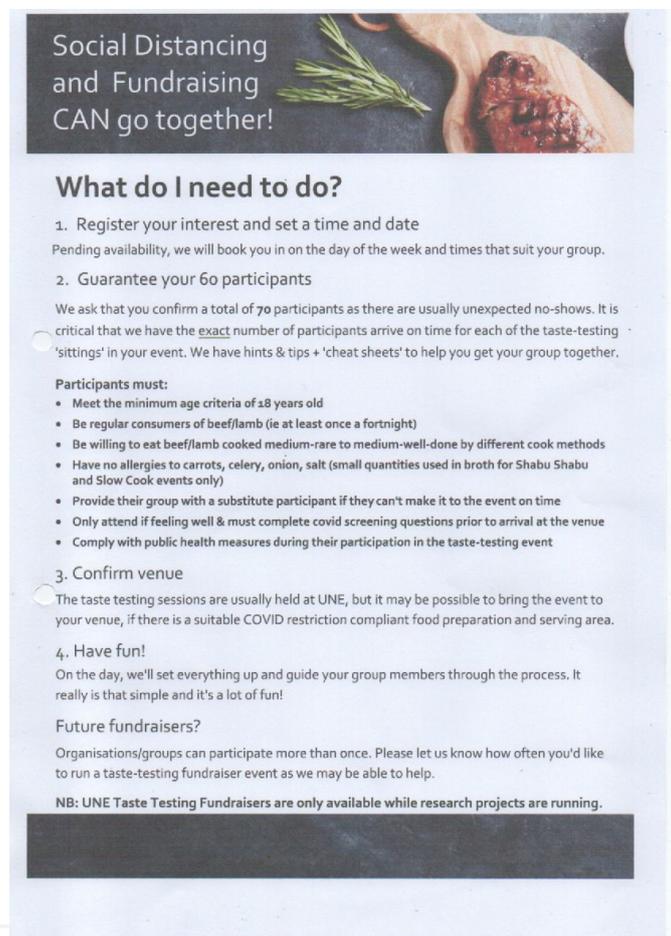
It's really that simple

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



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 11th 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					
MAINS					
Beer Battered Goldband Snapper Fillets With chips, salad, lemon & tartare		MEMBERS		NON-MEMBERS	
	(2 fillets) petite	\$21	petite	\$23	
	(3 fillets) large	\$27	large	\$29	
Chicken Schnitzel With chips, salad, lemon & gravy make it a parmi		MEMBERS		NON-MEMBERS	
	(140gm) petite	\$22	petite	\$24	
	(280gm) large	\$26	large	\$28	
				\$6	
250g Chargrilled Black Angus Sirloin (GF) With your choice of two sides and a sauce		\$37		\$39	
Angus Beef Burger With caramelised onions, tasty cheese, tomato, lettuce and burger sauce on a milk bun, served with seasoned chips		\$25		\$27	
Steak Sandwich With caramelised onions, tasty cheese, tomato, lettuce and smoky BBQ sauce on a Turkish roll, served with seasoned chips		\$26		\$28	
Penne Boscaiola (*GF) With bacon, mushrooms, baby spinach & creamy parmesan sauce		\$24		\$26	
Bangers & Mash (GF) With gourmet beef sausages, Paris mash, peas & onion gravy add bacon		\$26		\$28	\$4
SAUCES & SIDES (GF)					
Gravy, Mushroom, Dianne, Pepper, Bearnaise, Creamy Pernod Garlic, Jus, American Mustard, Paris Mash, Seasoned Chips, Buttered Steamed Veggies, Salad					
DESSERTS					
Mango, Cinnamon and Vanilla Bean Panna Cotta (GF)	MEMBERS	\$15	NON-MEMBERS	\$16	
Chocolate Mousse With cream & jaffa brioche crumble	MEMBERS	\$15	NON-MEMBERS	\$16	
Sticky Date Pudding With Himalayan salted caramel sauce and ice cream	MEMBERS	\$15	NON-MEMBERS	\$16	
KIDS MEAL (under 14yrs)					
Chicken Nuggets & Chips		\$15			
Fish & Chips		\$15			
Cheeseburger & Chips		\$15			
Bangers & Mash (GF)		\$15			
Tomato sauce BBQ sauce All kids meals are served with a pop-top juice & ice cream!					
					

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

Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!



OUR FEBURARY GUEST SPEAKER-KYLIE (GI) JONES

GI Jones AKA Kylie, Fitness Instructor, was a motivating Guest Speaker for our first meeting of the year. Audience participation based on fun, had our members off their seats doing squats for one minute: we were ready to sit down, but we had to keep going doing various balancing exercises.



To increase the fun, each table was given an animal name with relevant sound effects and another game commenced. Eight questions were asked and chaos ensued as the answers involved standing up – making the right sound, then answering the question. This showed brain and body co-ordination with much laughter!



We were told improving balance is most important to avoid falls.

Nutrition, exercise and brain stimulation are all very important to help slow the ageing process. These facts were presented in a fun way where members did not feel they were being lectured but were part of an enjoyable programme. More exercises – then the finale.



One member from each table participated in ball bouncing whilst standing on one leg. Not easy, but great fun.



Kylie was thanked by Joan and presented with a gift.

All members acknowledged what an interesting speaker.

By Jan Liddell

Our committee would like to acknowledge Bunnings Port Macquarie for their generous offer of 20 x \$10 gift vouchers for use as door prizes. The vouchers were approved by Mykaela, Activities Officer (pictured, permission given). It is great to have continued support from businesses who support our branch.



As mentioned at the last meeting we have proceeded with Ian Richardsons idea of having reminder stickers for your vehicles.

We have now updated to two types of labels. As some members have more than one vehicle plus vans etc, we decided to modify the label slightly to allow for vehicle, rego number, day and month of renewal. The idea is that you personally write the details on the label. Both types are available for you to pick up at the meeting **FREE OF CHARGE**.



MARCH BIRTHDAYS

Harry Creamer	Kaye Koning
Colin Crighton	Jan Liddell
Marita Crighton	James McAdam
Max Cross	Tom Roberts
Elaine Howell	Prue van Copenhagen



ANNE'S BOOK REVIEW

Subject: The Naturalist's Daughter - Author Tea Cooper

Two women, a century apart, are drawn into a mystery of the classification of the platypus. Working with her naturalist father Charles Winton, the discoveries they have made could turn the scientific world on its head. Rose travels to England in 1808 to present their scientific discoveries to the prestigious Royal Society. In 1908 Tamsin Alleyn was given a mission to travel to the Hunter to retrieve an old sketchbook of debatable value gifted to the Mitchell Library. Whilst there she meets a young antiquarian bookseller and lawyer who has his own agenda when it comes to the book. The deeper they delve, the more intricate the mystery becomes. An engrossing narrative.

By Anne Jackson

THIS MONTH'S TRIVIA QUIZ

1. In what decade did the Charleston become a dance craze in the US?
2. In which year did the London Underground celebrate its 150th birthday?
2008,2013,2018,2023.
3. Is it true or false that porcupines float on water?

YOUR 2024/2025 COMMITTEE

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