

# National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectioNS/Newsletter  
April 2026

## EXECUTIVE COMMITTEE 2025 –2026

President - Joan Lundstrom  
Secretary - Lesley Cooney

Vice President - Teresa Iwinska  
Treasurer - Erica De Carlo

### PRESIDENT'S REPORT

I hope everyone had a Happy Easter, enjoying a visit from the Easter Bunny, good food and hopefully spending time with family and friends.



Times are tough at the moment with cost of living, petrol prices, uncertainty with the war and maybe delayed travel plans. So come join us at our National Seniors meeting and activities for friendship and lots of light-

hearted laughter. We are here for you all. **Joan**

### What's in this Newsletter...

President's Report

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### IT'S BEEN A BUSY MONTH

This month has been an exceptionally busy one for our Branch. Lee had organised so many activities for us to enjoy, the reports of which you will find on the next few pages: a shopping day; a golf day (thank you, Bill); a performance afternoon; and a charity auction. April is always quieter for National Seniors due to Easter and the school holidays; our members have other sorts of busyness happening with family. The Committee would like to thank Lee for all the hard work she has done this month, and indeed every month this year, to keep our members socially active. The number of members coming to events has been very rewarding and we hope to see even more of our newer members at future events.

Our Allstars brighten up the afternoon



## BRANCH EVENTS

### A DAY AT THE LASIANDRA FESTIVAL

The first event on the National Seniors' Calendar for March was an outing to the Lasiandra Festival in Wauchope. In the past, our shopping trip to Wauchope took place before Christmas when stores, including our late,



great Department Store had a pre-season sales day. Since this no longer happens, the event was moved to the Lasiandra Festival instead.

Purple People Day, this year, was held on the 12<sup>th</sup> of March, so Lee had arranged for anyone who cared to visit the town that day to meet informally at 8.30 a.m. at a car park in the town and then go on to explore the activities and market stalls together or in smaller groups. The early

start was to make sure that those who came could find a parking spot since the Day is a very popular one. However, it seemed to put off some members as did the weather forecast which predicted temperatures in the 30's. By the time the day arrived, numbers attending had dwindled considerably and only seven people met for lunch at the Country Club. While it was disappointing to see so many pull out, the Committee would like to thank those who gave us plenty notice in advance. We hope those who did attend the Festival that day had a great time and spotted some great bargains.

### GOLF MORNING AT WAUCHOPE

Friday the 13<sup>th</sup> March proved to be a lucky day for the nine-member team from both National Seniors and Tacking Point Lions. Luckily, the weather was kind with only a little drizzle for a few holes. It was so nice to sit around a table in the clubhouse afterwards sharing some well-earned refreshments. We might look at an encore later in the year. **Bill**



### THE NATIONAL SENIORS ALLSTARS



The NS Allstars showcased their talents for the first - and last - time in Port Macquarie at the Lions Den on March 20<sup>th</sup> to an appreciative audience of thirty-four members. The entertainment, organised by John and Teresa, was in response to requests from those who were unable to perform in the Hunter Valley after that trip was curtailed last year by bad weather and power cuts; there

## THE NATIONAL SENIORS ALLSTARS



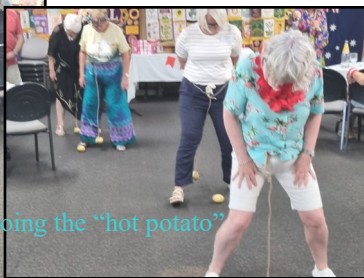
were also requests for encores of some acts that were enjoyed by those who went on our trip to Ballina last year. For a fuller account of the program, please see Page 6.



The theme of the afternoon was "**H**" and many well-dressed **H**awaiians and **h**ippies mingled with a **h**ooker, **H**elen of Troy, **H**arry and **H**ermione.



While the Allstars show was the centrepiece of the afternoon, John and Teresa had organised much more than that. The themed quiz tested all there. All ten answers started with the letter "H" . Congratulations to winner Karen; unfortunately her name doesn't start with an H but she knows her Ps and Qs, does Karen.



Being the "hot potato"

And then there was the **H**ot Potato Race: a lot of suggestive **h**ip-swinging to **h**it a potato from one end of the room to the other. Trevor, AKA **H**arry Potter, won hands down with Lynda, the **H**awaiian, as the runner up. The photographs are a poor substitute for the sights of the gyrations taking place on the field of play.

The performance of the National Seniors Allstars was, of course, the highlight of the afternoon. Twelve very special acts plus an unscheduled appearance at the end by James, who amazed the audience with a full rendition (without notes) of the naughty but nice Ballad of Blodwyn; a seven-minute epic he had learned by heart while a member of Toastmasters



The afternoon finished with voting for the best dressed; Denise took home a well-deserved prize for the ladies or should we say the "lady of the night", and Bill won for his realistic portrayal of a very **h**ot Marilyn Munroe.



At the end of the afternoon, donations were taken for Care Flight, amounting to \$158. Thank you to Teresa and John for organising such a fun spectacle and to Erica (especially for her biscuits) and David for help decorating the hall. Such a pity that this was the final performance of such a talented group of members. Perhaps, with a little bit of persuasion, they might come back for an encore at some time in the future.

## NOTES FOR MEMBERS



### CHARITY AFTERNOON TEA

Twelve years ago, Ann and Max came to the Committee with an idea for fundraising. They had recently heard about a charity called Destiny Rescue, a not-for-profit assisting vulnerable girls being trafficked in Asia. Their idea was to hold an afternoon tea at their home, with attendance proceeds going to this particular charity. So began an annual event - a very special afternoon of tea from bone china cups, sandwiches and cakes on beautiful plates, in a lovely home and garden in delightful and gracious company. Subsequently, the afternoon included an auction so that more could be raised. It unfortunately ended, as many good things did, when COVID came along. Moreover the auction was getting too big for one home and was subsequently relocated to the Lions Den.



This year, Ann and Max once again threw open their doors for a charity fundraising event. Guests were welcomed with a glass of fizz and took their place at beautifully-decorated tables. The good china came out of the cabinet once again and those attending were treated to an array of sandwiches (courtesy of John and Teresa) and cakes (courtesy of Erica) while helpers, Lee and Joan, made sure everyone had enough to eat and drink.

Thank you to Ann and Max for the revival of what had become a highly-anticipated occasion in the National Seniors Calendar. Tickets for the event raised \$500 for Care Flight while there was also a special donation of \$50 in memory of Sue Scott. In addition, left-over goodies were packed into plastic boxes and sold for \$5 each; this raised a further \$70, bringing the total raised in the afternoon to \$620. A successful and fun afternoon.

### MONTHLY MORNING TEA

On the last Tuesday in March, twelve happy souls gathered at the Drift restaurant in Port City Bowling Club for our inaugural morning tea. Chatter flowed easily and was inclusive from side to side and across the table.

This is to be a regular event at 10 a.m. on the last Tuesday of each month. Please put your name down on the list at the monthly meeting if you'd like to come. If not attending the meeting and wish to come, please phone **Denise** on 0416 282 507



**I HATE IT WHEN  
I'M TALKING TO  
MYSELF AND**



**SUDDENLY REALIZE  
I WASN'T LISTENING AND HAVE  
TO START ALL OVER**



**Be Connected**

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### BE CONNECTED ONLINE LEARNING FOR APRIL

Log on to: [beconnected.esafety.gov.au](http://beconnected.esafety.gov.au)

Click on: Free Classes, then Online Safety Modules

#### Thursday 16<sup>th</sup> April at 10.00am:

##### Using the internet at home or on your mobile

Join an 1-hour presentation to discover:

- how to get the best value for money from your mobile data plan
- tips on managing your data allowance
- how to keep your data costs down while out and about
- how to use public Wi-Fi safely

#### Tuesday 28<sup>th</sup> April at 10.00am

##### Government Websites

Join an 1-hour presentation to discover:

- which government websites might benefit you
- how to set up a MyGov account
- how to link other government services to your MyGov account
- how to keep your personal details safe and secure.

#### Thursday 30<sup>th</sup> April at 3.00pm

##### Using Apps

Join an 1-hour presentation to discover:

- what an app is
- where to find and download an app
- which apps might be helpful and interesting to you
- tips about managing your apps.



### April Birthdays

Judith Clegg  
Nicola Herbert  
Sue Moll  
Linda Philp

Denise Healey  
Rosemary Mann  
Helen Morgan  
David Walters

### AN INVITATION TO CELEBRATE

On the 6<sup>th</sup> May, the Branch will be helping National Seniors Australia celebrate its Golden Anniversary. It's a unique opportunity to do what we are so good at - hosting a fun social event; but it will also help remind us of all the work that National Seniors has done over five decades to support older Australians, especially in terms of advocacy at the national level.

The Golden Anniversary Dinner will take place at Port City Bowling Club with fine food, music and entertainment. You'll find more details in our Activities Calendar this month. Please come; it's going to be a very special evening.



to everyone who helped put together this Newsletter:

The Newsletter Team - Denise, Erica and Judith

President's Report - Joan

Branch Events - Bill

Notes for Members - Denise, Lee

Birthdays - Ron

Photographs - Bill, Joan, Ron, Teresa

Lynda ❤

## ALLSTARS PROGRAM



To the tune of "Summer Holiday", Ian led us in two versions of a song he had adapted called "We're all goin' on a Hunter holiday/Seniors afternoon" bringing back lots of memories for those Cliff Richard fans in the audience. A member of Blokes Notes, Ian was the perfect warm-up act.

Robyn followed hubby as part two of the warm-up act. Unfortunately, we have no photo of Robyn's act; we were too busy listening to the very clever ditty she had composed on all the ways she might have dressed on the theme of "H". The roles she imagined had approximately thirty-six words beginning with the letter 'h'. She finished by highlighting her headdress with lights. Happily hilarious.



Third on the bill was everyone's favourite hooker, Denise, with a poignant poem she had written called "A Moment in Time" about the sad life of a hooker whether in Fitzroy Street, Melbourne, Kings Cross, Sydney or Hayes Street, Kalgoorlie. Denise as can be seen had dressed for the part.



Lynn and Baz took to the stage as June Carter and Johnny Cash, the man in black. Their version of the song "Jackson" was very entertaining; Baz had even bought his own prop, in this case a bottle of "bourbon". They then had everyone up dancing to The Bee Gees disco song "Staying Alive".



Back by popular request, our loved-up couple, Teresa and John reprised an act they had performed in Ballina - a popular country duet called "In Spite of Ourselves". After lively solo verses, the chorus tells us that these are two people who are "never gonna let" each other go. We know that.



Ian grew up in a family with Welsh roots and was a member of a Welsh choir before coming to Port. He sang for us a very beautiful song, amazingly in Welsh, about the ache of homesickness; in that heart-rending way for which the "boys from the Valley" are so famous.



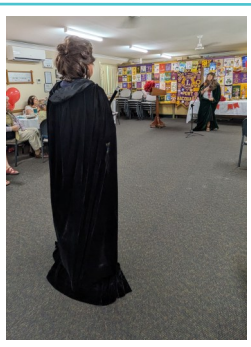
Karen introduced Max, telling the audience about a dance that takes place every morning in many households. Max then proceeded to try and put on his underwear to the tune of "Hey Mambo", an inspired choice and a hilarious performance.



David told a warning tale of how violence lies just below the surface in even the most unlikely of places, such as a Senior Cit's Meat Raffle. The audience rocked with laughter as David dramatised Bill Kearns' poem about the mayhem caused when duplicate tickets are sold at a raffle.



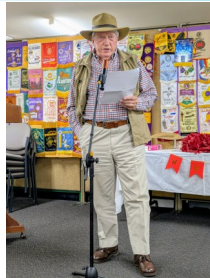
Ann treated us to two very funny Pam Ayres ditties. "They Should Have Asked My Husband" is about a man with strong, loud but unsolicited opinions on many social issues. Max played the straight man, looking more perplexed than all-knowing. He then went on to do what he is famous for - telling clever and witty jokes.



What else would Harry (Trevor) and Hermione (Nicola) have prepared but a magic act? They astounded the audience as they communicated telepathically, not just once but three times, to identify an object in the room picked at random by one of the audience. Sufferin' Horcruxes!



Bill's Marilyn tribute act was perfectly co-ordinated with music. To the song "I Wanna Be Loved by You", Bill gave the men in the audience palpitations - of the wrong sort - much to the delight of partners.



Last on the bill but very much not least, our very own thespian, Ron, told us the story of "The Man from Snowy River". We were with him all the way as he rode up hill and down with Paterson's famous character, spurring him on to victory.