

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectioNS/Newsletter
February 2026

EXECUTIVE COMMITTEE 2025 –2026

President - Joan Lundstrom
Secretary - Lesley Cooney

Vice President - Teresa Iwinska
Treasurer - Erica De Carlo



PRESIDENT'S REPORT

Happy New Year to you all and let 2026 be a memorable one for us all.

The National Seniors' year started off with a well-attended Breakfast at McInerney Park and our Australia Day Event at Sancrox. Both events displaying what NS is all about: getting together with like-minded people for good conversation, lots of laughs and plenty of fun.

So come and join us at our monthly meetings and activities and reap the benefits for your physical and mental health; research has shown socialisation can increase our lifespan by 50%. The added bonus is that our members are a happy, interesting and enthusiastic group of wonderful people. **Joan**

What's in this Newsletter...

President's Report

A Request from the Committee

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Rego Reminder

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Birthdays

trivia quizzes, members' travelogues, branch events. We've introduced members, held competitions, carried reviews of theatres, film and books.

Now your feedback would be greatly appreciated. In particular the Committee would like to know whether we should continue with the Newsletter into the future; perhaps there is no longer a role for it. Members may get the information they need elsewhere? Perhaps the content is not what members are looking for. At March's meeting, we will ask you what you truly think and go from there.

A REQUEST FROM THE COMMITTEE

Welcome to the first edition of our Newsletter for 2026. Over the years, we have changed the type of content and the format of the Newsletter. In the past, content has included speakers talks,

NATIONAL SENIORS WELCOMES IN THE NEW YEAR



Every year since 2013 (excluding Covid), National Seniors has hosted a breakfast BBQ at McInherney Reserve. This annual event has proved very popular with our members; firstly, because it is very casual and allows the members to either escape their relatives or bring them along; and secondly, it's just a great get together after the Christmas break. Thirty-seven members attended this year plus two guests "Ivan" & "Arthur" from the Men's Table of which I am also a member. In addition, Bill was



there with his knife sharpening equipment and raised \$166 for our selected charity Care Flight. Hopefully, this joyous event will continue for many years to come. **James**

AUSTRALIA DAY PICNIC

On a warm Australia Day, in the middle of a heatwave warning, thirty-nine members met to enjoy a picnic at the Reserve in Sancrox. There was, thankfully, a very welcome breeze keeping us comfortable and the BBQ area was spacious enough to hold all who came.



This covered area had been decked out very patriotically with lots of Australian flags and bunting, a perfect backdrop to our National Day. Many wore their Australia Day finery - shirts, t-shirts, dresses, hats. If there had been a dress-up competition, it would have been a close contest; personally, I loved Erica's dress (see left)



There was a lot of mingling, of course, as we are renowned as a group for our sociability. Some had not seen each other since our Christmas lunch, so there was some catching up to do - sharing news of the holidays, the family and any other interesting little items. Much of the time was spent doing this, while eating our lunches and drinking our preferred tipple. Some even braved the heat of the BBQ to bring an Aussie authenticity to the day.



AUSTRALIA DAY



After a couple of hours, Dee began the entertainment. Accompanied by James on his chanter, we sang Waltzing Matilda, I Still Call Australia Home and Advance Australia Fair. Raffle tickets were drawn, and the winners invited to the front. President Joan, representing the Governor-General, presented them with the Australia Day CK (Order of the Caramel Koala) and they were then dubbed formally by King James (of Redfern), ably assisted by Wynne. We finished the day with the traditional throng throwing, ditching the usual rubber thong for one more interesting. The more professional thrower watched carefully the many throwing styles on show, before making their own bid. This year the competition was won by Graeme; rumour has it that his Viking heritage and his axe-throwing experience contributed a great deal to his success.



Thank you to all those involved in organising the day: Allen, Bill, Dee, James, Linda, and Steve. Their efforts were greatly appreciated.

SOME OF THE ENTRANTS' THROWING STYLES



NOTES FOR MEMBERS

HAVE YOU BEEN FINED FOR DRIVING AN UNREGISTERED VEHICLE?

"No", or "Unlikely", you say! Yet the Senior Constable who spoke to us last year told us the Highway and Street patrols catch many seniors who have failed to register their motor vehicle or caravan. You may have seen patrol vehicles parked facing oncoming traffic. They are not checking your speed but using enforcement cameras to detect unregistered vehicles. They automatically check your number plate for valid registration and CTP insurance.



In NSW, the penalty for failure to register your vehicle is \$818.00. If needed, you may be directed to obtain a Pink Slip and have to have your vehicle towed to somewhere the inspection can be carried out; you may have to leave it where it is until the Registration and Green Slip have been paid. The image here illustrates a simple way to remember that your rego. is due; write your rego. date on the National Seniors' sticker and attach it on the front windscreen next to the service reminder from the workshop where your vehicle is serviced.

So, avoid the fine and inconvenience with the National Seniors' stickers that were developed and promoted by our Branch in 2025. **Ian Richardson**

Note from Editor—as someone who got fined last year for forgetting both green slip and rego, I would have appreciated this easy reminder. I had a reasonable excuse (my phone was hacked and I lost the reminder emails from Service NSW, honestly); I decided though to pay the fine (mea culpa) but could have done without the unexpected expense. Not to mention the embarrassment of being pulled over by the Highway Police on the Hume Highway on our way to Melbourne. Thankfully, I had a phone signal and was able to sort out the problem on the spot, otherwise we would have been well and truly stuck. I, for one, won't be forgetting again; my NS reminder is now prominently placed in my car.



BE CONNECTED is an Australian government initiative to support seniors with using technology. The online safety presentations are a good way to learn or update your skills. The website address is beconnected.esafety.gov.au

On the opening page, click Topics and then click Online Safety Presentations. Follow the instructions to register for the presentation you wish to watch. Topics for February/March are

- * 10th February: Can you spot a scam? -3pm
- * 17th February: Safer online shopping and banking -10am
- * 19th February: Technology and your health -3pm
- * 3rd March: Useful tips for your Android phone -10am

Lee



February Birthdays

Elaine Barnes	Paul Cooney
Vivienne Howell	Kylie Jones
Deborah Lonsdale	Lynne Magni
Delyse Miller	Ron Mitchell
Lin van Copenhagen	Christine Wells



As we celebrated at our Christmas lunch in December, a special couple was remembering a special event that had taken place exactly sixty-five years before. On a "stinking hot" day in Broken Hill, members Jan and Frank Liddell were getting married.

When asked what they remember of the day, one of their abiding memories is that the air-conditioning in their hotel room broke down that very hot night.

Thank you, Jan and Frank for sharing your anniversary with us.

**I'VE TALKED THE TALK
AND WALKED THE WALK
NOW, AT MY AGE, I'M
JUST GONNA SIT THE SIT.**



To everyone who helped put together this Newsletter:

The Newsletter Team - Denise, Erica and Judith
President's Report - Joan
Branch Events - James
Notes to Members - Ian, Lee
Birthdays and photographs - Ron

Lynda ❤