

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectionS/Newsletter
July 2026

EXECUTIVE COMMITTEE 2025 –2026

President - Joan Lundstrom
Secretary - Lesley Cooney

Vice President - Teresa Iwinska
Treasurer - Erica De Carlo

PRESIDENT'S REPORT



July is the month we have our Annual General Meeting. How quickly have the last twelve months gone!! It has been a privilege to be President of such a vibrant National Seniors Branch; so many interesting and amazing members. I would like to take this opportunity to thank my hardworking committee Teresa, Erica, Leslie, Judith, Lee, Denise, Ron, James and Lynda, and especially to James, Leslie and Lynda who are leaving the committee this year and will be missed for their hard work and dedication. **Joan**

What's in this Newsletter...

President's Report

Note from the Editor

Notes for Members - Memorial for Fred; Acknowledgement of Country; Sale of projector

Branch Events - Winter Walk, Georgy Girl and Car Tour

Birthdays

Be Connected Dates in July

Note from the Editor

At the AGM on Tuesday, you will be voting for a new Executive Committee and, as Joan has pointed out, some of the current Committee members have indicated that they will not be returning. One of these is your Editor, who in words familiar to many "is retiring to spend more time with family". During the year, I was heartened to learn how many members value the Newsletter and so, of course, it will continue. Judith Clegg has volunteered to take on the role as Editor for next year. Judith has already shown that she can do a marvellous job as she edited last month's Newsletter while I was overseas. Thank you to all who have contributed to Newsletters this past year; it is self-evident that they would not be published without your help. Please keep on contributing; and perhaps other members will join you to continue telling our stories. **Lynda**

NOTES FOR MEMBERS

July 5th to 12th was NAIDOC Week and, with this in mind, the Committee will be asking members at the AGM whether meetings should start with an Acknowledgement of Country. The vote will take the form of a secret ballot. Please come and have your say. Vice-President, Teresa, explains the difference between **Welcome to Country** and **Acknowledgment of Country**

An **Acknowledgment of Country** is different to **Welcome to Country** as a Welcome to Country is an official ceremony performed by a Traditional Custodian welcoming visitors to their land. Welcome to Country is only performed by a traditional owner or an Indigenous Elder who has been given authority by the local custodians to perform a welcome.

To avoid any further confusion, National Seniors Australia, as a national organisation, "acknowledges the Traditional Owners of Country throughout Australia and recognizes the continuing connection to lands, waters and communities. We pay our respects to Elders both past and present". (This statement is on our NS website)

There are no rigid rules regarding acknowledgment and Branches can choose whether they wish to Acknowledge Country. Similarly guest speakers may also Acknowledge Country as a sign of respect of traditional custodians. **Teresa**

MEMORIAL FOR FRED HYNES

On Wednesday 24th June 2026, at the Glasshouse Foyer, the Port Macquarie Tacking Point Lions Club hosted a Memorial in honour of Fred Hynes. Monica Hales from the Lions Club gave us an interesting history of Fred's life, his achievements and his commitment to community service throughout his life.



Next, Max Carrick spoke about Fred's service in the Lions Club and the enormous amount of glasses that Fred collected and sorted before they went to under-privileged communities world-wide. Then, John Urquhart spoke about Fred's involvement in our National Seniors Branch, and his love of trivia and theatre.

Two members of the Glasshouse spoke about

Fred's passion for theatre and his continuous interaction and feedback to staff regarding shows and exhibitions. He will be remembered by the Port Macquarie community for his intelligence, love of theatre and commitment to helping people less fortunate in the world.

Teresa

EPSON PROJECTOR AVAILABLE FOR A SMALL DONATION

The Branch no longer needs its projector. For a small donation towards our annual charity, we would be happy to pass it on to some other charity or organisation that might find it useful. The projector is an Epson EB-W42 bought by the Branch in 2019.

If you know of any club or charity that might like it, please let someone on the Committee know.

NOTES FOR MEMBERS



Australian Government

Be Connected

Every Australian online.

To access these presentations, type beconnected.esafety.gov.au into your internet browser. Click on Free Classes, then Online Safety Presentations, then July. Choose the topic you would like to explore and register for that date - see below.

July 21 - Safer online shopping and banking 10.00am

Join a 1-hour presentation to discover:

- the benefits of shopping and banking online
- how to safely shop and pay for things online
- how to do every day banking safely online
- what to look out for.

July 23 - All about your iPhone 10.00am

Join a 1-hour presentation to discover:

- iPhone features, settings and shortcuts
- ways to access, view and delete notifications
- how to change your passcode and block nuisance calls
- accessibility features and how to adjust them
- how to share photos with others.

July 30 - Technology and your Health 10.00am

Join a 1-hour presentation to discover:

- what you need to start monitoring your health
- health apps for your smartphone
- wearable technology
- fitness and wellbeing apps and other resources.



Lee Brown	Lesley Cooney
Mara Goodall	Kevin Howell
Walter Lutz	Lyn Miller
Sarah Missio	Andrew Moll
Keith Reichenbach	Mavis Wallace
Lynda Walters	

Happy birthday to all members with July birthdays



to everyone who helped put together the Newsletter this month:

The Newsletter Team - Denise, Erica and Judith

President's Report - Joan

Notes to Members - Teresa

Branch Events - Suzanne, James

Birthdays - Ron

Photographs - Ron, Lee, Suzanne

Lynda ❤

BRANCH EVENTS

WINTER WALK AND BREAKFAST

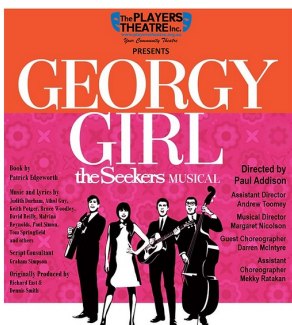


A group of members met at Town Beach on Friday 19th June to enjoy a pleasant walk to Sails. The weather gods had listened and put on a clear but brisk morning and the walkers enjoyed the sun sparkling off the water and the usual to-and-fro of recreational craft on the river. The walking group met up with the non-walking group at the Sails breakfast venue and that was where things took a twist.

Despite Lee having notified Sails more than once of the numbers for breakfast, the 'Gorgon at the Gate' (aka breakfast receptionist) knew nothing about our party and instead of just getting it sorted, as there was plenty of room in the restaurant, took great pains to explain to Lee that she knew nothing about it and it wasn't her fault. Lee in her usual fashion sorted out the situation calmly but with determination and we gained entry.



Then the real fun began. Although there was a fine array of breakfast choices, the kitchen staff had forgotten to either turn on the warmers or they were too low as all the food was, at best, lukewarm. This didn't deter us and despite the challenges, we all enjoyed the company and conversation. I personally enjoyed the experience enormously as I felt I'd been catapulted into an episode of *Faulty Towers*. So, if you're looking for a bright and airy venue with a lovely outlook for breakfast – go to Sails. If you're looking for a welcoming environment and hot food – go somewhere else. **Suzanne**



A NIGHT AT THE THEATRE

Georgy Girl generally refers to the classic 1966 British romantic comedy film and its iconic Oscar-nominated theme song by The Seekers.

It was just one of twenty songs enjoyed when thirty-one National Seniors recently took a trip down memory lane, back to the early sixties, to see *Georgy Girl, the Seekers Musical*, at the Players Theatre last month. As has been the case in the past, festivities commenced with a light supper served in the privacy of the Gould Room, an excellent pre-show venue in the theatre which adds much joy to the evening.

The show was amazing! It was perfectly cast with Samantha Brennan playing Judy Durham alongside the trio of Elijah Koivu on 12-string, Darcy Richars on guitar and Isaac Long on base. In fact, they were so good you could be forgiven for thinking you were watching a tribute show.

The show took us from the early days, when Judith Cock joined the Seekers; shortly afterwards, she

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changed her name to Durham. After a slow beginning, the group moved to London where they soon became the Australian group that captured the world. During the show we enjoyed numbers like I'll Never Find Another You, A World of Our Own, and the finale with The Carnival is Over. Thank you, Lee, for organising this activity. Truly a most enjoyable evening. **James**

A COUNTRY OUTING

(as experienced by David and Lynda)

Our annual Mystery Car Tour took place on 25th June and was, as usual, a rip-roaring success. We're not allowed to call the event a car rally for fear that insurers might find forty seniors racing around the countryside too dangerous to cover - and who says that they would be wrong if it *was* a race but, instead, we enjoyed a morning tootling round the countryside at our own pace on what once might have been called a treasure hunt.

Each team would have had a different experience of the morning so I can only give you some idea of how it played out in our car. We arrived at the starting venue at the scheduled time and Denise gave us a clipboard and our marching/driving orders; twenty-nine places to find before we could have morning tea plus a further thirty-one before lunch. To our chagrin, almost everyone else had already been and gone so we started off already behind; it's a good job that this is not a first-past-the-post event. What we had already lost in time perhaps could be made up by finding answers quickly. We managed the first instruction very well - turning right out of the car park - without getting lost; after that it went down hill very quickly. Who would have thought the clue "up the Hill and down hill" meant go down Hill Street. After much searching along Pacific Highway, including undergrowth, (just in case we'd missed a sign), David eventually sussed it out and off we went to find our first destination; that must have lost us a further fifteen minutes! Marking off the names of medical practices, shops, radio stations, schools, streets as we went merrily along, it took David and I nearly an hour just to get out of Port; we did it though and, with a sigh of relief, finally made it into open country.

Although there were some rain showers, on the whole, it was a very pleasant drive out to places that we had never been to before. We thought taking us to the Waste Management Facility at Cairncross



was presumptuous; David and I were not quite ready to give up on the tour and head for the scrapheap. We drove around Telegraph Point several times as we got a bit lost around there; Cooperabung came and went in a flash. For quite some time, David and I looked out for cafés in the middle of nowhere that might hold the key to long-needed tea, coffee and scones, but Denise had concocted a "cunning plan" for our morning cuppa. With great originality, she had organised for it to be served in the hall at Rolland Plains. Devious Denise finally had to ring us up and ask where we were and

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tell us how to get there. Needless-to-say, we arrived as most other competitors were leaving, but we had managed to answer all the questions, and surely that must count for something?

After our delightful refreshment, we were ready to take on the second half of the challenge and started off with a visit to what (for me) was the most interesting part of the tour, the old cemetery at Rollands Plains - I felt as if I was back in Scotland, surrounded as I was by McKays and Thompsons. I always think in awe of the pioneers who lived such hard lives. An hour or so later, after another few detours and U-turns, we met up with the other teams for lunch at the Telegraph Point Rec. A couple of glasses of chardonnay for David and, some (unfortunately) non-alcoholic drink for me, and we were ready to compare our answers with others. Do you remember that sinking feeling when coming out of an exam at school and finding out your answers are not the same as others? The winners of this year's competition were announced - Karen and Max, and Linda and Allen with a magnificent score of 59. We did win a prize though, for taking the most kilometres to finish the course; one hundred in all while some took less than eighty. In my own defence - weak as it is - I hadn't driven our car for almost eight weeks after driving a manual for much of the time we were overseas. I became re-acquainted with the reverse gear very quickly, though. Plus we were obviously still jet-lagged!



President, Joan, thanked Denise for all her hard work; she had been planning the event for months, and had even asked friends to go round the course in advance so that everything would go as smoothly as it did on the day. It was another deserved triumph for her and her organisational skills: the country was frequently lovely; the food was good; the course challenging enough to put pressure on our marriage at times. It survived, perhaps the "magic and the "mystery" in our "Magical Mystery Car Tour". Thank you, Denise.



Our Intrepid Travellers at Lunch