

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectioNS/Newsletter
March 2026

EXECUTIVE COMMITTEE 2025 –2026

President - Joan Lundstrom
Secretary - Lesley Cooney

Vice President - Teresa Iwinska
Treasurer - Erica De Carlo

PRESIDENT'S REPORT



The February meeting was a great start to the year with seventy-six people in attendance in our new venue, the Oxley Room at Port City. The Mayor's speech was very well received and a lot of questions were answered as to what is happening in the

Port Macquarie - Hastings area. Our March meeting should not be missed, with Ian Richardson presenting Thinking Ahead, a talk about practical information for our loved ones when we pass.

What's in this Newsletter...

President's Report

A Request from the Committee

Branch Events: Dinner and Picnic

A Night at the Theatre

Magic at the Tattoo

Notes for Members

Birthdays

A REQUEST FROM THE COMMITTEE

We understand that there are very good reasons why plans change but, please, if you put your name down for an event and you find that you cannot come, let whoever has organised the event know, even if your plans change at the last minute. You will find the contact details of organisers in our monthly Activities Calendar. "No shows" happen at almost every event we organise that does not require payment in advance, and, sometimes even then. It can be embarrassing for organisers when numbers have been given to venues and then fewer turn up than anticipated; so please take the time to let us know so that we can avoid such embarrassment in the future. Many thanks.

A DATE AT DELIZIOSO

Italian restaurant "Delizioso", in Laurieton, has built up a strong reputation with diners throughout the area; Lee sent out invitations to dine there this past month and, on the night, twenty-six members accepted with anticipation.

The menu is comprehensive and the aromas as we sat down were enticing. Delizioso is a relatively small restaurant so we expected the kind of delay that happens when such a large group arrives en



masse; and there were already a lot of tables occupied when we

arrived on what seemed a very busy night. As a result, some members

waited more than sixty minutes to be served their main meals which, for

some, was frustrating. However, there was plenty of conversation to pass the

time, some delicious breads to keep hunger at bay, and a very efficient drinks service. As requested by staff in

advance, we sat at three separate tables, two outside and one in the air conditioning inside. This made mingling

for those inside a bit difficult but the advantage of air conditioning,

on one of the hottest evenings of the year, was soon apparent. Out in the "alley", members were less comfortable; you can't expect a

restaurant to do to anything about the weather but it can make sure that the fans it has installed work properly...which they didn't.



Once the meals arrived, however, most members

agreed that the wait had been worth it. The food was delicious and plentiful, too

plentiful for some who left carrying doggie bags. Some of us soldiered on with our meal and managed to eat it all. I,

personally, always rate an Italian restaurant by its Margarita pizza and the one served to me that evening was

exceptionally good. Definitely five out of five and feedback suggested that, with a couple of exceptions, everyone was very pleased by the quality of the food.



On that basis, the visit to Delizioso was a definite success. The minor inconveniences, while they detracted a little from the ambiance of the evening, did not, I think, spoil our enjoyment of the food.

Next time I go, however, it would be on a quieter night (if the restaurant has one) where the noise levels aren't perhaps as distracting; and on a cooler evening when the need for working fans isn't so

essential for comfortable eating. Thank you, Lee, for arranging such an enjoyable evening out.

(Lynda)

LAST OF THE SUMMER PICNIC WINE



On a balmy summer afternoon, twenty-five members met at Shelly Beach for a relaxed get-together. We set up our tables and chairs in the shade with a refreshing ocean breeze, accompanied by *Harry's Chickens* waiting for leftovers. A few of us went for a short walk along the coast appreciating our beautiful coastal scenery and interesting rock formations. Then it was back for a refreshing drink and lots of interesting conversations and laughs.

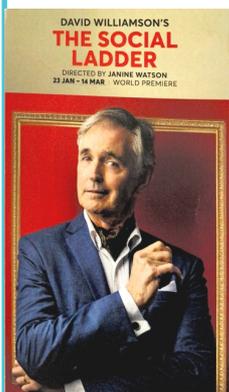


We are certainly adventurous food connoisseurs with our choice of picnic meals including bbq, pizza, kebabs, Vietnamese banh mi and sushi.

We hardly realised that it was after sunset and time to pack up until a heavy rain shower put a sodden end to our memorable summer picnic. **(Lee)**



A NIGHT AT THE THEATRE



We had a wonderful, hilarious and totally entertaining afternoon at the beautiful Ensemble Theatre in Kirribilli. This is a beautiful, intimate little theatre with exquisite views of Sydney Harbour where you can watch colourful yachts jostle for position while enjoying a very refreshing and inviting glass of "bubbles".

The play, "The Social Ladder" was the world première of David Williamson's latest masterpiece. The storyline follows a woman who desires a taste of the high-life. She invites an elite and art-collecting power couple over for dinner. She is relying on her charm, fine wine, expensive and delicious food and a jaw-dropping painting she's hired to adorn her wall; she has a chance to climb the social ladder and she is not going to waste it. As the evening progresses, and wine flows, the polite façade starts to crack and the evening unravels into a comedy of lies, cover-ups and social desperation. The play is a satire of the outrageous lengths to which she would go and the fragility of the perceived status that she wishes to attain.

We, and the audience, were totally engaged and laughter was continuous. A spoiler – the painting she hired was owned by the power couple. A must-see for the laughter and excitement and drooling from all the female audience at Andrew McFarlane ("The Sullivans"). **(Erica)**

MEMBERS TRAVELS

75TH ROYAL EDINBURGH MILITARY TATTOO - BRISBANE FEBRUARY 2026.



WOW, what a spectacle !!! We've all seen it on television many times and been impressed by the magic of it, but to see it LIVE is another thing altogether. Suncorp Stadium, thirty thousand people, wet weather before and after the show (but not during) and over 3,200 bands people and dancers – what more could one want ??

There was a total of twenty bands in the display – from Scotland, England, Australia, New Zealand, USA, Norway, Tonga, Switzerland and Japan – and the Duchess of Edinburgh's string orchestra, just for something different - all very vibrant and extremely musical!!

The end of the stadium was lit with a photo of Edinburgh Castle (no, they didn't bring the real one) with various walkways so drummers and pipers could play from it and at times the 'Story Teller' (Terrence Rae – think Outlander) would be explaining what was happening in the arena. It was quite magical, especially when there's a thousand pipers and drummers marching in from one end of the stadium with their associated sounds, then the lights come on at the other end and there's another thousand marching in from there.



The precision of the marching, especially when they cross over in the middle is fascinating. Some of the bands have 'drill teams' as part of their display (Norway, Swiss and USA) and, although we've all seen it on tele, when it's happening right in front of you, the precision and the patterns they march are quite inspiring. And they do all this while playing a musical instrument – and stay in a straight line whether doing circles or crisscrosses – amazing.

Some of the bands instruments are quite fascinating – the USA Marine Drum and Bugle Corps was all highly polished chrome wind instruments and large drums; one of the Scottish Royal Regiments was all flutes and oboes and piccolo's; the Swiss Top Secret Drum Corps was all snare and base drums (plus a flag corps): but the majority were pipes, drums and all sorts of wind instruments. Imagine marching with a trombone and having to do a 180-degree turn, continue playing and not hitting the musician next to you – don't think they learned that in a week! Mind you, for the Scottish dancing there was also fiddles and violins – just for a change.

The other aspect that was great was all the colours – the uniforms were multi-hued – never seen so many shades of tartan in my life – and others in vivid red and white (USA), all red (Tonga), black (Swiss and Norway) and flax skirts for the Kiwi's.

The Edinburgh Tattoo's roots lie in military tradition and its legacy is to support veterans and other benevolent institutions that support the men and women of the United Kingdom, Australian and New Zealand military services. Annually, they give over \$1.9 million to these causes. (**Judith and Keith**)

NOTES FOR MEMBERS

Free online presentations from the Be Connected program for March are:

Thursday 19th March at 3.00pm



Be Connected
Every Australian online.

iPhone Basics - this presentation includes information on:

- 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.

Tuesday 24th March at 3.00pm

How to protect yourself against scams - this presentation includes information on:

- how to protect your personal information from scammers
- how to spot investment scams
- where to go for help.

To register for these presentations Use your browser to access beconnected.esafety.gov.au

- Click on Free Classes, then Online Safety Presentations
- Click on iPhone Basics or How to protect yourself against scams, and follow the directions.

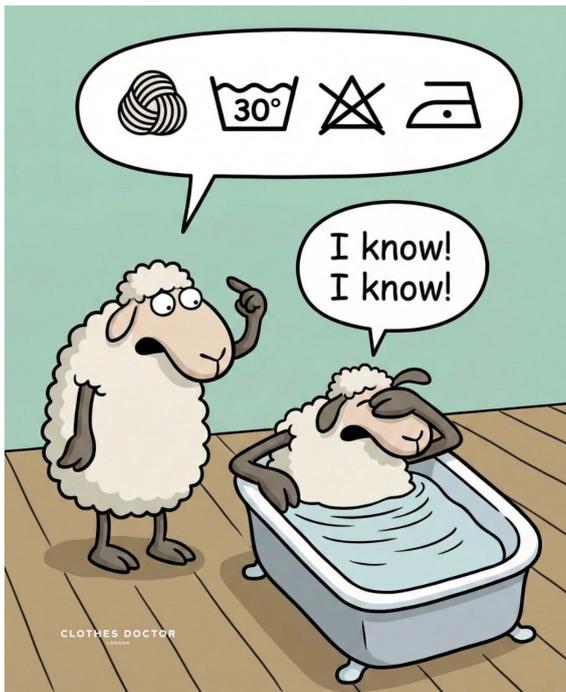


THINKING AHEAD

At our next meeting, we will be discussing how important it is to give family "advance warning" of some of the private decisions we make; this will make life easier for them when, in the future, they need information about bank accounts, insurances, wills etc. and it may not involve as much cost or time and effort as you may think.

A big issue is how easy it is to set up electronic accounts these days. This can pose "knotty problems" for the person nominated to manage your affairs when you cannot, because these accounts need passwords, passcodes and/or pins, or have even more sophisticated access techniques such as fingerprint or facial recognition.

At the meeting, we will hear stories of those who have encountered these kind of problems and learn from their experiences and hear any suggestions they might make. We will also discuss the process of providing information to those who will be legally responsible for managing our affairs and make us think about who we have asked to be "guardians" of our affairs, and how we can give them a "leg-up" as best we can to help them do what we are asking of them. **(Ian Richardson)**



March Birthdays

Harry Creamer	Marita Crighton OAM
Max Cross	Elaine Howell
Kaye Koning	Jan Liddell
James M ^c Adam	Leanne Pike
Prue Copenhagen	Duncan Wass

SENIORS FESTIVAL



As most members will be aware, it is almost time for the annual Seniors' Festival; this year the Festival runs from the 2nd March to the 15th and the theme is "Live Life in Colour".

Throughout the Festival, Port Macquarie Museum has **free entry** for Seniors. Two new exhibitions that will especially appeal to members are **Tickled Pink**, with fashions from the sixties and seventies, and **Reflections**, Life at the Lake House, the once-grand residence of Major Archibald Innes.

For additional information on what is available during the Festival visit the Council website on pmhc.nsw.gov.au/seniors-festival or more widely <https://www.nsw.gov.au/arts-and-culture/seniors-festival>



To everyone who helped put together this Newsletter:

The Newsletter Team - Denise, Erica and Judith

President's Report - Joan

Branch Events - Lee

Travelogue - Judith and Keith

Notes for Members - Lee and Ian

Birthdays - Ron

Photographs - Keith and Lee

Lynda ❤️