

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH

ConnectioNS/Newsletter
May 2026

EXECUTIVE COMMITTEE 2025 –2026

President - Joan Lundstrom
Secretary - Lesley Cooney

Vice President - Teresa Iwinska
Treasurer - Erica De Carlo

PRESIDENT'S REPORT



May is such a lovely time of the year. Autumn is at its best with sunny days and cooler weather. On my recent trip to Canberra the autumn leaves were at their best a wonderful colourful display. Many of our members have either left for holidays or are about to do so. We wish them all safe travels and look forward to hearing about their adventures when they return. **Joan**

What's in this Newsletter...

President's Report

Editor's Note

News of Members

Travelogue - Broken Hill

Branch Events

Birthdays

Book Review

Be Connected Dates

EDITOR'S NOTE

After a busy time in March, April was a very quiet one for the Branch. Two of the activities we had planned - a visit to the Museum and our mini-golf competition - were cancelled. The monthly 500 Club and the monthly morning tea were held as usual; and also a lunch at Settlers for those who had planned to play mini-golf. As a result, with fewer Branch events taking place, there is less to include in this month's Newsletter so it will be slightly shorter than usual.

I am sure that our members had plenty to keep them occupied during April, with Easter, the school holidays and trips away; the Newsletter Team would love to hear about them for future editions. Contributions to the Newsletter are always welcome. Our members like to hear what others have been up to, and sometimes the monthly meeting is just not enough time to catch up.

Lee has plenty lined up for us to do in May and June, including the NS Golden Anniversary Dinner. Those of you attended the Branch's twenty-fifth anniversary celebrations in 2024 will remember what a fun night we had; let's make it just as enjoyable this year. **Lynda**

VALE ROBYN ANNE MORGAN

Many of our members attended the funeral and celebration of life of Robyn on Friday, 24th April. Family and friends reminisced on her long, loving, giving and remarkable life.

Robyn was born in Queensland and commenced school in Bundaberg before her family moved to Marrickville where she finished school. Robyn was a representative tennis player at State level and also an accomplished and extremely talented piano player....and very modest, as we only learned of this from her family. She started work at CSR in 1965 in the Accounting Department where she met the very dashing research chemist, Robert Morgan. Love blossomed and after a very (unromantic) proposal, they married and had two children, Andrew and Kim. Kim sadly passed away three years ago. Bob told four wonderful stories of their life together - full of travel, family and volunteering. They were married for sixty years and family told us that "she was put on earth to be a loving, proud mother, grandmother and friend".



St Thomas church was absolutely filled with friends and family because Robyn and Bob have volunteered and held executive positions in many and varied charities and clubs: Lions, Probus, Inner Wheel, Westpac Rescue, Dragon Boating, St Thomas Church, U3A, National Seniors and - one I had to look up - the Soroptimist Society (improving the lives of women and girls through education, empowerment and advocacy).

Farewell to a lovely lady and friend. **Erica**

THE RYERSON INDEX

I am sure that all of you have at some time thought "whatever happened to what's his/her name". I recently discovered this web site which records death notices. Just enter the name and surname of the person you are looking for. You can enter a location but it has to be precise i.e. "Sydney" will not suffice so it is better that you leave the location out. The website address is <https://ryersonindex.org/search.php>

I hope that this may be of value to some of our members. **James**

Note from Lee: the Ryerson Index can also be used to trace and verify your ancestors. It was one of the tools used in the Family History course I have just completed at Port Macquarie Library.

BROKEN HILL BECKONS by Denise

After two days on the road, we four travellers, myself, Carol, Lee, and Margaret arrived in Broken Hill and our abode for five nights, Manuka Cottage, a tin house typical of the area. On our first day, we took the short drive, with many dips in the road, to Silverton where we walked up the hill to the Mad Max Museum. It has fantastic displays of actual garments, press releases, and footage too graphic for the film as well as many of the vehicles used. Then, to a couple of art places and lastly to the Old Police station with an amazing museum carefully laid out cell by cell. Two of us took photos of the Silverton Hotel but none came out. After lunch, we drove to the Living Sculpture park on top of a hill and had a leisurely walk around reading information on each Sculpture and what it depicted.



Next day, the longer drive to Menindee and lakes. First, down the dusty road to the Woolshed which has remains of early sheep farming in the area; the shearing shed still stands and the shearers quarters are now modern accommodation. Next, off down the track to one of the large lakes where water was a bit elusive. After a bite to eat in town, we finally saw water in Lake Menindee before the drive back to Broken Hill. We had a quick look at the Palace Hotel where a very noisy group were playing two-up, which is legal there every day, not just Anzac day.

Next morning we visited the Pro Hart Gallery with a great video telling his life story. The gallery, although small, has three floors of art works; outside are four Rolls Royce cars owned by Pro. Next, the short drive to the airport and the Royal Flying Doctor Service where we had a talk on its history, watched a short film, then had time to wander in the large hangar housing original aircraft - a fascinating look at the beginning of a great service, initially treating emergencies and now offering regular health checks and dentistry.

After a quick snack at Bells 50's milk bar with its original décor, it was off to the Miners' Memorial, The Line Of Load, which is situated high on the hill. It is very well-presented with a wall of names, jobs and cause of death.



Monday, we were off to the Railway and Minerals Museum which houses machinery and equipment from original steam trains to the first diesel engine used, plus immigration, transport and medical history, all beautifully displayed. We spent more than a couple of hours wandering through trains and reading massive amounts of information. As it was a beautiful sunny day we had lunch at the lovely cafe at the Line of Load which overlooks Broken Hill, the heritage-listed city.



Next morning, we left Broken Hill and headed for White Cliffs, but that's a story for another day....

BRANCH EVENTS

MONTHLY MORNING TEA

Just as the month in general was quiet for members, numbers who turned up to the second of our morning teas were comparatively small. Seven of us sat down to refreshments at



the Drift Restaurant in the bowling club and had lively conversations on a variety of topics, getting to know each other better - the main reason, after all, for holding social events. This event, held on the last Tuesday of each month, is open to all, but new members are particularly welcome; the Committee hopes that it will give them the opportunity to learn more about the Branch, to get to know the Committee better, and also, for the price of a cup of tea, to meet others who are new - or not-so-new too.

The Drift Restaurant is proving a quiet and comfortable venue for the event - you can even hear each other talk - which is perfect for our purpose. If you have a spare hour or so at 10 a.m. on the 26th of May, please join us; just sign up at the next Monthly Meeting or let Denise know that you will be coming so that she can tell the Club how many to expect. **Lynda**

LUNCH AT SETTLERS

The Committee hasn't had much luck these last eighteen months or so organising our (usually) annual mini-golf competition. It was rained off twice last year and, this year, it was cancelled for lack of numbers. The lucky



holder of the coveted trophy will be able to hang on to it for a bit longer.

Although the golf was cancelled, the

lunch afterwards at Settlers went ahead as planned with eleven members tucking into good pub grub at a venue that we haven't been to, as a group, for some time. **Lynda**



ANNUAL GENERAL MEETING

Elections for the Executive Committee will take place at our upcoming AGM in July. There are four executive posts: President, Vice-President, Secretary and Treasurer. If you would like to volunteer for any one of these, please apply to a Committee member for a nomination form to be handed in at least two weeks before the AGM. Filling these posts is vital; the Branch cannot continue without them and we are in real need of fresh faces on the Committee, bringing new ideas and viewpoints, and continuing, into the future, the success of the Branch. **Your Committee**

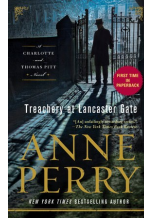


NOTES FOR MEMBERS

BOOK REVIEW

TREACHERY AT LANCASTER GATE

by Anne Perry



Thomas Pitt, head of Special Branch, and Inspector Tellman must uncover the truth of a devastating bombing at Lancaster Gate where two policemen are dead and three critically injured. Was it anarchists or a personal vendetta against those particular men? Was it a drug raid that went fatally wrong that let an innocent man hang? They must uncover the truth of police corruption and blackmail. Being scrutinised puts their own lives at risk. A historical thriller. **Anne Jackson**



May Birthdays

Kevin Barnes	Karen Carrick
Anne Jackson	Joan Lundstrom
Christine Parkes	Cathryn Randall
Jeanette Symons	Ian Thiele
Dee Watkinson	Ron Wilson

Happy birthday, one and all.

BE CONNECTED ONLINE LEARNING FOR MAY

Log on to: beconnected.esafety.gov.au

Click on: Free Classes, then Online Safety Modules

Thursday 14th May at 3.00m: Apps for Smarter Travel

Join an 1-hour presentation to discover:

- benefits of using apps
- useful apps for traveling in Australia and overseas
- transport apps that help make it easier to get around
- tips to keep safe when using apps.

Tuesday 19th May at 10.00am: Can you spot a Scam?

Join an 1-hour presentation to discover:

- common scams including the latest Tax and Medicare scams
- tips on how to spot them
- what to do and what not to do
- where to go for help.

Thursday 21st May at 3.00pm: Staying safe on Facebook

Join an 1-hour presentation to discover:

- what you can do on Facebook
- how to take control of your privacy settings
- common scams on Facebook
- how advertising works on Facebook.



to everyone who helped put together the Newsletter this month:

The Newsletter Team - Denise, Erica and Judith

President's Report - Joan

News of Members - Erica, Denise

Birthdays - Ron

Be Connected - Lee

Photographs - Denise

Book Review - Anne

Lynda ❤️