

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC

PRESIDENTS REPORT

Another month gone with many of our members travelling to see family interstate. Some back now with a few more to come (Dee and Steve). It was so good to see Vera back last meeting looking as lovely as ever. I can report that Nicola Herbert, Alan Randall, Max Cross and our Sue Scott are all on the mend. If you are not on the list, hope you are getting better.

This month saw our meat tasting having to be cancelled due to lack of numbers, despite us contacting both Lions Clubs and getting support. We have plans in place to ensure this does not occur again. The \$1200 will be greatly missed this year, but let's keep positive, it will work.

Other functions we will work on are the Pickleball (alternative venue) and Croquet. Watch this space.

I am delighted to inform members that Lee White has taken the responsibility of the Newsletter. Lee has a great computer mind and will put a new look to our monthly newsletter. We are working together to get things moving ASAP. As usual, we will depend on your input to make

ConnectionS/Newsletter March 2025.

Lee's job easy. This should include reports on guest speakers, one thing about me and any info, photos you take at meetings jokes that Lee can use as fillers. She will do a great job. Her contact details are in this newsletter.

My position as President will continue as normal, including Speaker Seeker which I have well in hand till July and the normal duties. You are a great bunch of caring members.

Cheers **Bill**

I couldn't resist. 😊



APRIL BIRTHDAYS

Judith Clegg

Denise Healey.

Rosemary Mann

Helen Morgan

Stuart Vaughan

Noeleen Hayward

Nicola Herbert.

Sue Moll

Linda Philp

David Walters.



OUR GUEST SPEAKER- MAL MCKINLAY



Today's guest speaker was Mal McKinlay from Bonny Hills Nursery & Garden Supplies.

Many of our members are well known to Mal having helped with the design and planting of their gardens,

Mal's topic was "Perennial Plants", and how to plant, fertilize and generally keep them healthy.

Mal brought a wide variety of plants and described how each plant would grow and where to place them in the garden. He

explained that when we buy perennials it is important to get the best out of them by not putting them in the ground from the pot in one bunch, but to break them up and plant them individually as this would not only be better value, but they would multiply every year. They could then be separated again over many years and planted in other areas of your garden or in pots.

Another important hint was fertilized with a good all-purpose fertilizer such as Dynamic Lifter. Although the normal one has a smell, Stuart mentioned that one was also available with a reduced smell. Potting mix was also important. Use only a good quality mix when planting as the better mixes have more nutrients which will help the plant settle in better.

There were plenty of good questions from the floor, and Mal commented later on the vibe he got from our group. Another interesting speaker.

11:30am to 2:00pm

Lunch Menu

Port Macquarie Golf Club

11:30am to 2:00pm

MAINS

Beer Battered Goldband Snapper Fillets

With chips, salad, lemon & tartare

MEMBERS	NON-MEMBERS
(2 fillets) petite \$21	petite \$23
(3 fillets) large \$27	large \$29

Chicken Schnitzel

With chips, salad, lemon & gravy
make it a parmi

MEMBERS	NON-MEMBERS
(140gm) petite \$22	petite \$24
(280gm) large \$26	large \$28

250g Chargrilled Black Angus Sirloin (GF)

With your choice of two sides and a sauce

\$37 \$39

Angus Beef Burger

With caramelised onions, tasty cheese, tomato, lettuce and burger sauce on a milk bun, served with seasoned chips

\$25 \$27

Steak Sandwich

With caramelised onions, tasty cheese, tomato, lettuce and smoky BBQ sauce on a Turkish roll, served with seasoned chips

\$26 \$28

Penne Boscaiola (*GF)

With bacon, mushrooms, baby spinach & creamy parmesan sauce

\$24 \$26

Bangers & Mash (GF)

With gourmet beef sausages, Paris mash, peas & onion gravy
add bacon

\$26 \$28

\$4

SAUCES & SIDES (GF)

Gravy, Mushroom, Dianne, Pepper, Bearnaise, Creamy Pernod Garlic, Jus, American Mustard, Paris Mash, Seasoned Chips, Buttered Steamed Veggies, Salad

DESSERTS

MEMBERS NON-MEMBERS

Mango, Cinnamon
and Vanilla Bean
Panna Cotta (GF)

\$15 \$16

Chocolate Mousse
With cream & jaffa brioche
crumble

\$15 \$16

Sticky Date Pudding

With Himalayan salted
caramel sauce and ice cream

\$15 \$16

KIDS MEAL (under 14yrs)

Chicken Nuggets & Chips

\$15

Fish & Chips

\$15

Cheeseburger & Chips

\$15

Bangers & Mash (GF)

\$15

Tomato sauce | BBQ sauce

All kids meals are served with
a pop-top juice & ice cream!

(V) Vegetarian (GF) Gluten Free (*GF) Gluten Free Option Available

11:30am to 2:00pm

Lunch Menu

Port Macquarie Golf Club

11:30am to 2:00pm

STARTERS

	MEMBERS	NON-MEMBERS
Sourdough Garlic Bread (V+*GF)	\$8	\$9
Cheesy Sourdough Garlic Bread (V+*GF)	\$10	\$11
add bacon	\$13	\$14
Bowl of Seasoned Chips (V+GF)	\$10	\$11
With aioli		
Wedges (V+GF)	\$12	\$13
With sweet chilli and sour cream		
Duck Spring Rolls	\$16	\$18
With house Thai three-flavoured sauce		

SALADS

Roasted Pear, Toasted Almond, Rocket & Pecorino Salad (V+GF)	\$22	\$24
Classic Caesar Salad	\$22	\$24
With baby cos, bacon, parmesan, croutons, egg & Caesar dressing		
add chicken		\$6
add smoked salmon or minute steak		\$10

LIGHT MEALS

Salt & Pepper Squid (GF)	(150g) petite \$20	petite \$22
With mild house chilli jam & lime	(300g) large \$26	large \$28
add salad or chips		\$4
PMGC Poke' Bowl	\$25	\$27
With seasonal salad, slaw, seasonal greens, avocado, edamame, rice, Tamari pepitas & sesame dressing		
add chicken		\$6
add smoked salmon or minute steak		\$10
Soft Fish Tacos	2 tacos \$18	\$20
With crispy beer battered flathead, slaw, aioli, charred corn & lime salsa	3 tacos \$27	\$29
Smoked Salmon on Toasted Turkish	\$22	\$24
With dill, cream cheese, avocado, lettuce, Spanish onion, baby capers, lemon & balsamic glaze		

Please see board at restaurant counter for daily specials

(V) Vegetarian (GF) Gluten Free (*GF) Gluten Free Option Available

ONE THING ABOUT ME– PHILIP GARDINER

I have been very involved with Marine Rescue since early 2017. Marine Rescue NSW is a State Emergency Service responsible to the Marine Area Command of the NSW Police Force. Our mission is to save lives on the water.

Marine Rescue NSW operates 44 bases along the NSW coast and in the Alpine Lakes and the Murray River with a small paid staff and over 3000 volunteers.

There are normally three tiers of service in each base:

Boat Crews manning the rescue vessels.

Radio Bases, the ears and eyes of the service, which operate 24 hours a day, 365 days per year.

Fundraising Teams for each base.

In Port Macquarie our rescue vessels are: One large Flybridge Cruiser PM30, One Rib PM21 and two Jet Skis, PM11 and PM12.

In the Radio Base we monitor VHF radios, particularly VHF 16 (the International Distress and Calling Channel) on a 24/7, 365 days basis. We look after all boat traffic in the Port Macquarie area and on Lord Howe Island and at night we look after all the bases from Forster to the Queensland border, 16 bases in all.

We log vessels on, with vessel registration, number of people on board, destination and estimated time of return and we check on all vessels to ensure they are safe and return on time. We will call out our rescue vessels to assist any vessel in trouble whether it be a mechanical problem (NRMA jobs), a vessel overdue or in a serious life threatening situation such as a MAY DAY call. We are also requested to assist with searches for missing fishermen or swimmers from time to time by the NSW Police.

Two rescues of note:

2017: Sailor called on radio "On fire, getting into the tender, will call on the phone". He was near Hat Head so the phone call was diverted to Trial Bay Base but they could not assist so Port Macquarie sent out a rescue vessel which was met by a trawler who had heard the call and picked up the sailor. Our rescue vessel then went to the site of the burning vessel and attempted to put out the fire but it burnt to the waterline and sank.

2019: Vessel hit rocks at Crescent Head after midnight and frantic calls to the Port Macquarie Radio base set off a rescue mission. When our rescue vessel arrived on the scene they found 3 badly injured fishermen; one had a broken jaw, one had a punctured lung and one below deck with a broken back. Our rescue team had to float the sailor with the broken back out of the sinking vessel on a spine board. All three men were saved but unfortunately the young man with the broken back is now a paraplegic.

For this rescue Marine Rescue Port Macquarie were honoured with an International Maritime Rescue Federation Award in London for the most significant international rescue at sea in 2019.



PAYING FOR AND ATTENDING ACTIVITIES

The amount of work carried out behind the scenes to create and organise our activities is a lot of work.

It is up to the person who enters their name on the activities sheet to **pay by our new credit/debit card facility or cash at each meeting when booking your activity or pay into our Bank Account as soon as possible after booking the activity.**

This is so we can inform the restaurant, hotel, park, BBQ boats, guess who's coming to lunch; whatever activity, how many will be attending. If only 6 show up to a restaurant that has scheduled its workforce to handle 20 (this has happened) it puts a real bad light on the National Seniors.

If you do need information on any activity the name to contact is on the activity sheet.

Unfortunately, refunds can only be given in exceptional circumstances.

These are our bank details.

Regional Bank Port Macquarie

Acct Name. National Seniors Port Macquarie Hastings

BSB 932.000
ACCT 100548607

These bank details are on your activity sheet.

REGO REMINDER STICKERS

Just a reminder to pick up you reminder stickers from the back desk, fill them in an place them on a fridge magnet or on the lower windscreen of your vehicle.

Of all the things that taste like chicken, it's weird that eggs aren't one of them.



IMPORTANT TO NOTE

Please note that our 2025 AGM will be held on TUESDAY 15th JULY and not the Tuesday prior. Sorry for any inconvenience.

President Bill.

RITCHIES TAKE OVER OF HASTINGS CO-OP IGA

RITCHIES IGA + LIQUOR

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Nominate your favourite club, school or charity. Every time you shop, Ritchies will reward a % of your spend to your organisation of choice.

For more information visit ritchies.com.au/loyalty

RITCHIES IGA + LIQUOR **\$52 Million** Given back to the community.



Members should note that your old Hastings Co-op card is now obsolete.

The new Ritchies cards are available from all IGA stores.

Please note that as well as discounts available, you can nominate a charity which will receive a percentage of what you spend.

Please nominate National Seniors Port Macquarie Hastings Branch.

ANNE'S BOOK REVIEW

Subject: Dust of the Land - Author J.H. Fletcher

The saga of a woman determined to succeed on Australia's red frontier. Born illegitimate in the London slums, rescued by her grandfather and raised as a member of the aristocracy, her future seems assured, until her grandfather's death changes everything.

Banished by the family she flees to Australia where she is offered a job with the owner of Miranda Downs cattle station in the remote Pilbara region. Together Bella and Garth become major players in the new mining industry. After Garth's unfortunate death Bella is forced to deal with circumstances that bring the family close to ruin and the business they have built on the brink of collapse.

Can Bella's strength save the family home and business?

By Anne Jackson

THIS MONTH'S TRIVIA QUIZ

1. What letter in the alphabet does not appear in any US state?
2. In Rudyard Kiplings "The Jungle Book", what kind of animal was Kaa?
3. What kind of object does a helixophile collect?

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