

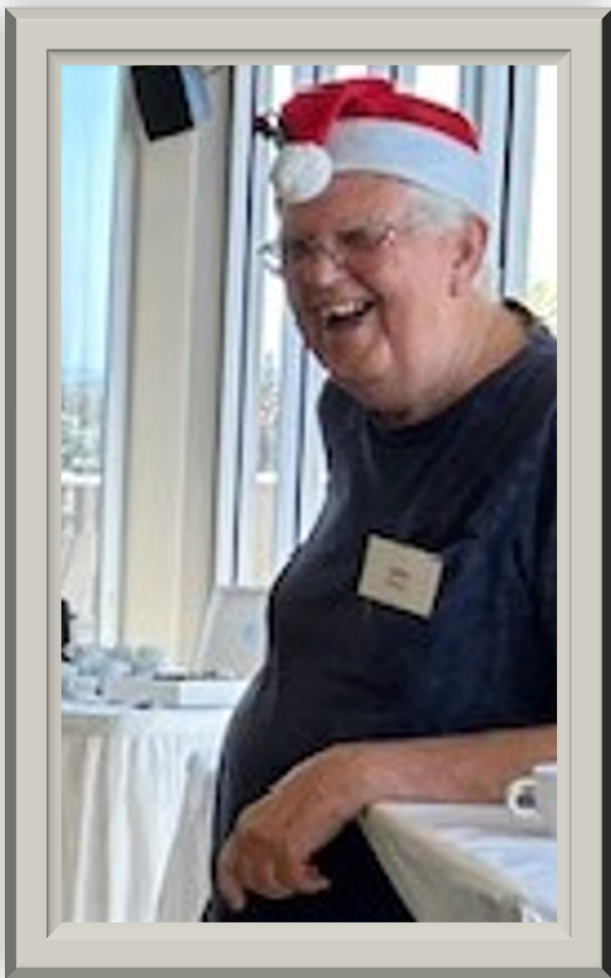
National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC

Vale John Davies

ConnectionS/Newsletter
November 2024



John Davies, a long-standing member of National Seniors and our Branch, passed away on Wednesday October 9th in Brisbane following a fall and related head injuries.

John was in the process of moving to Caloundra following the sale of their home in Dunbogan.

John was a very active and supportive Branch member. He and Nola together with John and Teresa initiat-

ed the 500-card game activity some ten years ago. At that time the activity was held at John and Nola's home and a year later the hosting was shared with Gavan and Pam because of the increased interest of members. They continued to host the 500 club until 2022 when it became too large for home hosting.

John and Nola also entertained members at their home over the years with one very memorable degustation lunch fund raiser five years ago. John loved cooking and he loved the cooking challenge. There were always surprise dishes, one being his Moroccan lamb shoulder. His love of good wine always matched his good food.

Over the years John and Nola organised walking excursions for members around the Dunbogan area, conducted the Branch car rally, participated in our trips away and other activities. Recently John wrote about our Xmas play.

Our condolences to Nola, Erica and family.

Thank you, John, for your contributions and for the memories.

NSPCH Members.

OUR WEDDING OF THE YEAR.

A happy occasion was celebrated on 10th October 2024, with members Judith and Keith being married exactly ten years to the day they met.



With both having 'fire' in their zodiac signs, and Keith being a member of the Rural Fire Service, the wedding theme was easily chosen.



The bride, resplendent in red, with attendants Di and Joan following the theme in 'charcoal' outfits, arrived appropriately in a fire truck to the brand-new Lake Innes Fire Station. Keith, in a red vest, and attendants Graeme and Graham, were waiting.

After a moving, joyful and heartfelt service, guests moved into the new station, beautifully decorated with the theme of red sparkling lights in the ceiling, red balloons cascading from the ceiling and red bottle brush table decorations. Guests happily enjoyed the delicious food along with many toasts to this amazing couple.



I think it's disgraceful that after 50 years, people don't know who Neil Armstrong is, or the type of trumpet he played

ONE THING ABOUT ME. DENNIS LEEMBRUG-



Our "one thing about me" speaker today led us through his amazing life. His story goes like this.

Dennis was born in Singapore, then lived in Kuala Lumpur (Malaya) till the age of 5. When the Japanese invaded Singapore, his family was then shipped with other hostages to Malaya where they were kept in a prison, and single men were sent to work on the railways. Europeans were kept under open arrest. Severe punishment was handed out for any attempted escapes. Refugees had to grow their own

food. His uncle was tortured for having an illegal radio.

After the war, Dennis's father remarried and moved back to Singapore. Shortly after Dennis's family decided to emigrate to Australia.

Dennis was conscripted into National Service (air force) and did signalman's training at Richmond Air Force Base and became a Pilot Officer. He did service at Evans Head, Point Cook, Nowra and Williamtown. He became an Air Electronics Officer.

Dennis also did a stint in Vietnam before being re-posted to South Australia (Edinburgh) where he became a permanent officer. He eventually became a Squadron Leader (Admin).

In 1977 he was promoted to Wing Commander.

In 1979 he was made O.I.C in Rockhampton where he oversaw 2500 personnel on exercise.

He served at Fairbairn Base in Canberra, including handling VIP aircraft for dignitaries from both Australia and overseas including American Vice President Walter Mondale.

Dennis now resides in Port Macquarie with his partner Marie, both valued members of our Branch.

We could have heard more from Dennis if we had time. I am sure he had more to tell.

By Paul Cooney.

TRIVIA CORNER

- 1.The last letter in our alphabet was added on 1524. What was the letter?
- 2.Which number appears under the \$ sign on a keyboard?
- 3.What is the smallest ocean in the world?

Your answers will be checked at the November General Meeting.

MELBOURNE CUP LUNCHEON



Tuesday 5th November saw 50 of our members and guests meeting at the Mercure Hotel for our annual Melbourne Cup Lunch, and what a day it was. The room was set with 2 long tables with decorations and a large TV screen showing the preparations at Flemington up to and including the running of the cup.



All were treated to complimentary drinks on arrival and several games and prizes all subsidized by the committee.

Our 2 "bookies". John and Max drew up the sweeps and we finished with 6 sweeps in total.

The winners of the sweeps were,
James McAdam

James McAdam.
Carol Castiglioni.
Maureen Lawrence.
Helen Parker.
Nicola Herbert.

Then there was our horse race dice game.

Heat 1 was won by President Bill and the second by V.P James who made a killing on the day.



Fashions on the field were run and won, with the results professionally judged by Allan Randall and Delyse Miller



Best Ladies Hat. Lyn Miller.
Best Ladies Dress. Linda Philp
Best Men's Hat. David Johnson
Best Dressed Man, Alan Stephenson.
Best Overall, John Urquhart

MELBOURNE CUP LUNCHEON CONTINUED



Then there was the amazing annual "carrot twist" where members from each table were asked to structure an item from a stretchable carrot. Judged by Wendy Aggett.

Lots of thought went into the decision, but the final winner was The Lions group, Gordon & Jenn and Kevin & Maureen, Nicola and Trev, and Teresa and John who contributed to the making of a dessert that could have been eaten, with severe after-effects.



Dee ran a racing quiz with prizes for the correct answers which led us up a well prepared and tasty 2 course lunch with bread rolls. There was nothing but empty plates on the table after each course. We also sang "happy birthday" to our birthday boy; Alan Stephenson, complete with a cake and candle.

The wine and beer prices were well priced, and the staff went overboard to make our event perfect.

President Bill paid reference to the fact that John Urquhart is retiring from service on the board of National Seniors Australia. In recognition, Head Office is putting on a dinner in honour of John and Teresa's work in the National Seniors. We, as members, have learned lots from the innovations that they have brought to all branches Nationally.



In closing, Bill thanked Dee who had a major input in 2 major events we run each year. Also, John and Max for a fantastic job in running the sweeps. Our General Committee of Sue and Phil Gardiner, Linda Philp, Ron Mitchell, Lesley Cooney, James McAdam have done a great job in making this event a success. This event is a credit to how your committee is working.

By The Editor.

YOUR 24/25 COMMITTEE

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NOVEMBER BIRTHDAYS

Jillian Fuller Jakob Held
Teresa Iwinska David Johnson
Allen Philp Alan Stephenson



LAST MONTHS ACTIVITIES

WA WORKSHOP



While in Perth recently John and Teresa ran a workshop for WA Branches. All Branches in WA were involved. The focus of the workshop was Sustaining a Successful Branch with emphasis on Membership recruitment and retention and succession planning. Numerous other issues were discussed and new ideas from the group will be incorporated in the next edition of the Branch Toolkit.



By John Urquhart

SPRING WALK



At 0800 on Monday 30th Sept a small enthusiastic group of National Seniors enjoyed a glorious morning walk along the well-trodden path from near the Mariner to the end of the Break wall and returned to Westport bowls club for an enjoyable breakfast/ coffee and catch-up chat.

Left Right ..left right



Walking is a great way to improve or maintain your overall health.

30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance” left right, left right.

By Helen Lutz

National Seniors Members Discount App

Many of our members would remember the wonderful '*Entertainment Book*' that you could purchase normally through a community group such as Lions or Rotary.

In this book there were myriads of discounted products and services including great deals on dining experiences. For the one-off price of \$90 you could access many discounted services but not always in your area. A further downside was that you could only use the discount once on many offers.

Fast forward to 2024 and welcome in the '***National Seniors Discount app***'. The app is the modern electronic way of obtaining discounts and services and is available to all NSA members. However, there are some major differences between the Entertainment Book and the app. These include.

- There is no cost to members
- You can redeem the same offers every day and watch the savings add up.
- You can redeem the offers online through the app or in person

It is Australia wide so can be used while travelling around Australia. Every member has been sent details on how to download the app. Once downloaded you need to fill in the details to personalise your membership.

However, if you need assistance, please contact the Head Office membership team on 1300 76 50 50

The app is yet another advantage of NSA membership.

By John Urquhart

ANNE'S BOOK REVIEW

"The Edge" Author David Baldacci

When CIA agent Jenny Silkwell is found murdered by the elite Army Special Forces agent Travis Devine is called in to investigate the murder. Her knowledge of National Security Secrets would be valuable to several enemies, but her investigation of the rape of her sister fifteen years earlier is the start of further murders all to prevent finding who was the rapist. The small town of Putnam on the Maine coastline harbours many secrets.

Agent Travis Devine must unravel the many connections and contradictions of this small-town cohesive secrecy. A compelling murder mystery.

By Anne Jackson

Ballina 'Happy Hippy' Trip Away

Our next trip away will be to Ballina in May 2025. The dates are Wednesday May 21st to Saturday May 24th with confirmation of dates to occur early in the New Year.

Day One will have us visit the National Holden Museum in Coffs Harbour and the adjoining Cartoon Gallery. Morning Tea will be at the Brock Cafe. Lunch on day one will be at a local Ballina Cafe; Cafe Boker. After booking into our Resort, it will be time for rest and/or walking or shopping. Dinner on day one will be at the beautiful Ballina RSL Club.

Day Two After breakfast at the Resort we will travel to Murwillumbah to the Margaret Olley Gallery where we will have a guided tour and some shopping before lunch at the Gallery Cafe. After lunch we will travel to Burringbar, to Heaths Old Wares and Collectables and the Natural Wine Shop for a winetasting. Dinner will be a BBQ at the Resort.

Day Three Following breakfast at the Resort (and for some short walk along the Ballina Breakwall) we will travel to Zentvelds Coffee Plantation for a tour and morning tea. From here we travel to Alstonville to Summerland Farm (an Avocado and Macadamia farm) for lunch. Back to Ballina after lunch for your choice of: rest, shopping, walking, Thursday Plantation shop, Maritime Museum, Northern Rivers Community Gallery or Seven Mile Brewery (tasting). Dinner tonight will be at the Resort and is themed 'Happy Hippy'. Optional Hippy dress up. Entertainment by Port Macquarie National Seniors 'All Stars'. For those attending you will be part of the Port Macquarie National Seniors 'All Stars'

Day Four After breakfast at the Resort we book out and head home with a rest stop at either Woolgoolga, Coffs Harbour or Nambucca Heads.

The cost for this trip will be dependent on current negotiations with the accommodation venue and excursions costs. However, I envisage the cost will be around \$650 per person plus petrol/car share costs. Some meals are not included in this cost.

Please carpool where possible and negotiate a share cost arrangement with the other party.

I would like names by the end of the year. Please register on the sheet at the back of our meeting venue.

Confirmation of your registration will include your name on the booking sheet plus the accommodation deposit. I will provide the accommodation details and deposit the amount to registered participants once negotiations are complete.

At this stage numbers are restricted to thirty because of some venue requirements.

We are looking forward to a fun packed and interesting trip.

By John Urquhart

PLAYERS THEATRE.

On Sunday 13th October, Sue and I, together with a few other



members attended the matinee session of Players Theatre's production of "Unnecessary Farce".

In an economy motel room, an embezzling Mayor is supposed to meet his new female accountant. In the interconnecting room next door, two inept undercover cops are supposed to catch the meeting on videotape. But there is some confusion as to who's in which room. Who's watching the video, who's taken the money, who's hired the hitman, and why the new accountant keeps tak-

ing her clothes off.

Set in two adjoining motel rooms, the plot thickens with bumbling police officers, a suspicious Mayor and a pair of clumsy bad guys who are all caught up in the dizzying dance of mishaps, misunderstandings and mayhem. But...there were still a few surprises in store. The seven actors did a wonderful job in giving us lots of laughs from a well-scripted play.

We can't wait for the next production by this very professional group.

By Bill & Sue

IMPORTANT INFO

Could all members please be aware that it is important to place your names on the sheets at the back of the room to indicate your interest in a function, together with particularly ones that need definite numbers for pre-booking.

Our Players Theatre trip on the 29th November is one that needs your attention. We have only booked for 25.

Next in line is our Christmas lunch at the Golf Club. We will need to notify the club of the numbers soon.

Please also be advised that although there will be no meeting in December and January, we will still be sending you the newsletter with information and contacts for planned activities.

By James McAdam



BE CONNECTED



On Monday 14th October, 23 of our members met at Port Macquarie Library for a three-hour session learning more about how to get the best out of our phones and laptop computers. The session was run by Lee Brown who shared her knowledge gained over many years of running the seminars. All members have 10 minute, one on one sessions with our computer guru Michael from MBR Computing. Everyone gained valuable information on items that they wanted to learn about, and how to use various apps. They all shared information on their favorite apps. There was a lot of downloading being done at this point.

At 10.30, we all stopped and enjoyed morning tea complete with some yummy slices made by Sue Scott.

We were then treated to a Zoom meeting with the girls from NS Head Office in Brisbane. The subject was the new National Seniors Entertainment app. Members were shown how to log on and download the app. We were informed that there was a prize of \$500 to go towards our Christmas function. This applied to all branches. The prize

would be given to the branch that had the most downloads by members on a pro-rata basis. We were encouraged to become involved in this worthy program.

In this edition, you can read how the program works together with the many benefits available for you the members.

By 12.30, those present chipped in to tidy up before heading off with smiles on their faces after a good morning filled with valuable information.

