

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo

The PLAYERS THEATRE Inc. Presents
A Doll's House
Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham
11th - 27th August
Friday & Saturday 8pm
Sunday 2pm
Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

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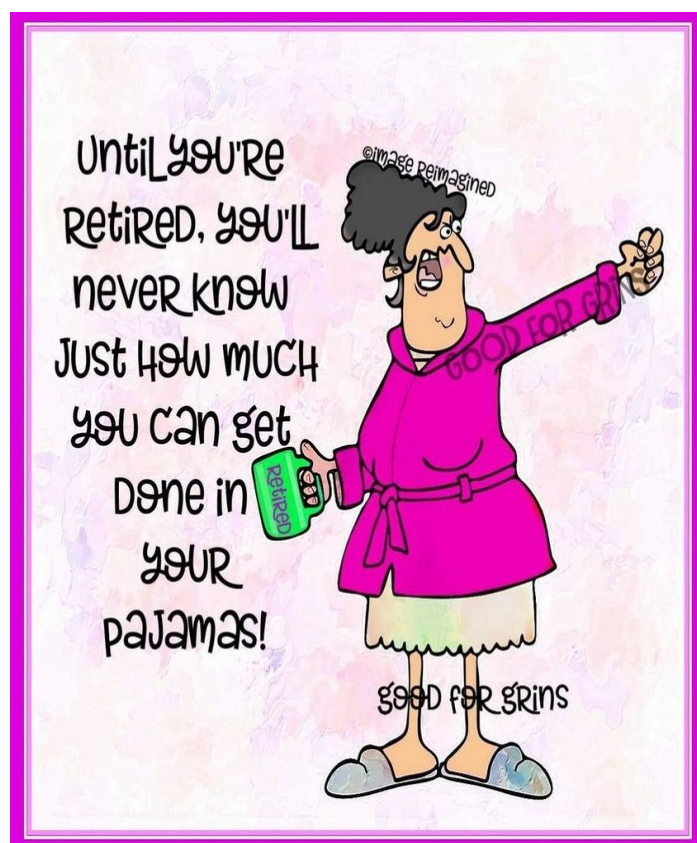
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Stuart & Jillene Vaughan.

Stuart

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During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

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Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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WASTE & WATER VISIT

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By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



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& Dee Watkinson.**

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



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By Leanne Pike.

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The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



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12th, 19th, 26th

Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

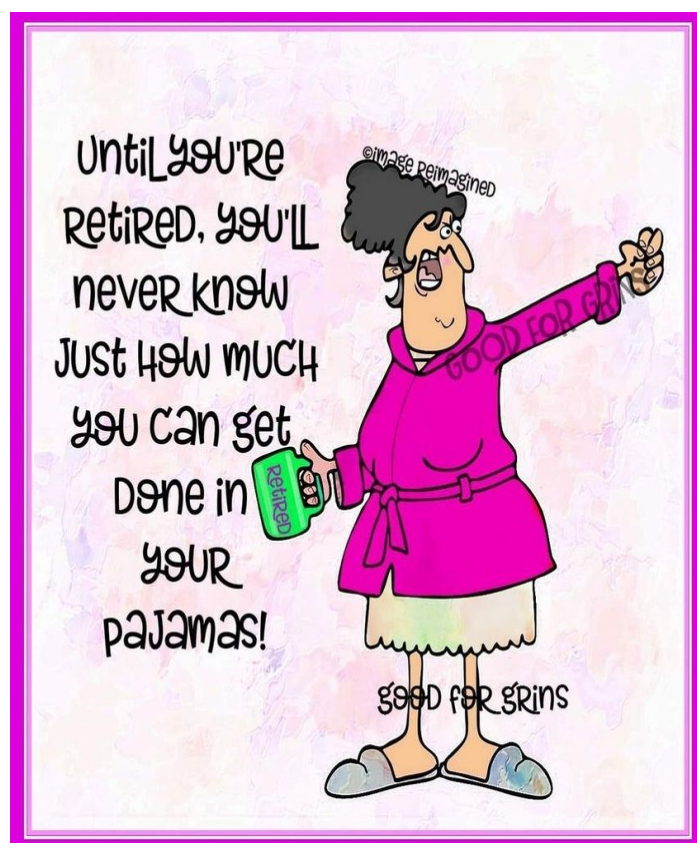
Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family’s Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

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The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

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You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.players theatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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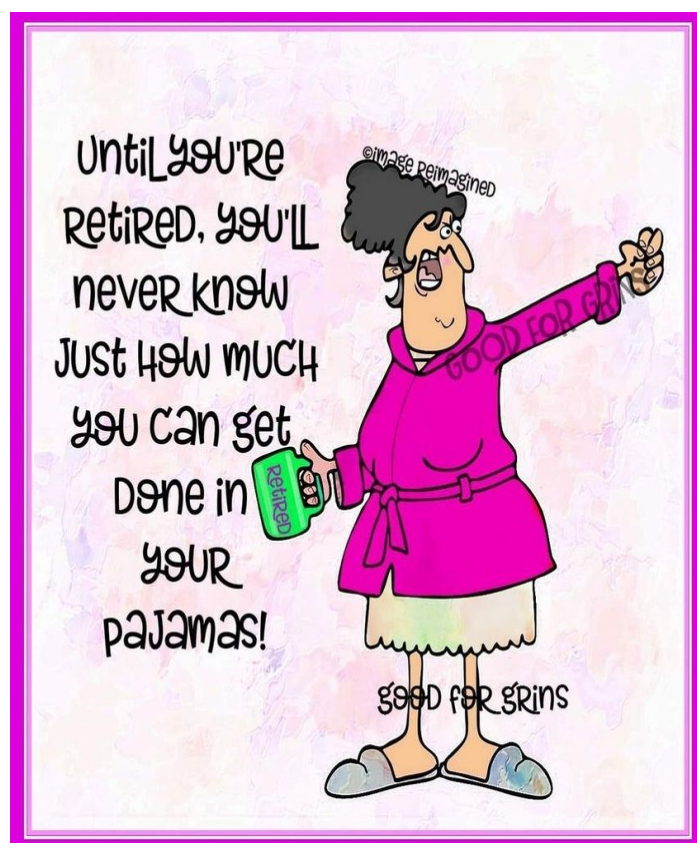
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Stuart

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I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Thank you Players Theatre.

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0730 SPRING WALK MEETING AT
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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



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We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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Looking forward to seeing you
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They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

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Thank you Players Theatre.

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At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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SUB COMMITTEES

Activities	Lee Brown
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1 Thing about Me	Linda Philp



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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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**It's OK to talk to
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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

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Bed and Breakfast



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Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp

UNTIL YOU'RE
RETIRED, YOU'LL
NEVER KNOW
JUST HOW MUCH
YOU CAN GET
DONE IN
YOUR
PAJAMAS!



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



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& Dee Watkinson.**

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National Seniors

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

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He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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Looking forward to seeing you
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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



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WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
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because you weren't
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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

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The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



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& Dee Watkinson.**

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Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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Bed and Breakfast



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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



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They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

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#femalequotient

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By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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**Interviewed by
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I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo

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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

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He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



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They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

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On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp

UNTIL YOU'RE
RETIRED, YOU'LL
NEVER KNOW
JUST HOW MUCH
YOU CAN GET
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YOUR
PAJAMAS!



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
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WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp

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JUST HOW MUCH
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OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

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National Seniors

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



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Stuart & Jillene Vaughan.

Stuart

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We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Theatre Bookings
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

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In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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Bed and Breakfast



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For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Thank you Players Theatre.

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By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
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sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

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& Dee Watkinson.**

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On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

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By Bill Wendt.



Bed and Breakfast



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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



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They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

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Memb/Welfare	Erica De Carlo
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1 Thing about Me	Linda Philp



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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo

The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen

Adapted and Directed by Hamish Keddie

Assistant Director Emily Barham

11th - 27th August

Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

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Neil spoke of various aspects encountered during the planning



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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

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Friday & Saturday 8pm
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Theatre Bookings
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
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because you weren't
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VIAGRA

**IT WON'T MAKE YOU
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BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family’s Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Thank you Players Theatre.

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BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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& Dee Watkinson.**

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Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Bill Wendt.



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For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



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Thank you, Lesley, it was a great story. "

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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

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By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

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A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

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Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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**John Urquhart & David Johnson
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On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

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After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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Bed and Breakfast



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Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



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& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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By Erica De Carlo



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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

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Thank you, Lesley, it was a great story. "

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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo

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Theatre Bookings
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**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

**IT WON'T MAKE YOU
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BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



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For your diary...0730 on October
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Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



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Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

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CHEF DEE'S GOURMET COOKING CLASS



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WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled "**An Orphan in the snow**" by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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National Seniors

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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By Erica De Carlo



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By John Urquhart

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

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Looking forward to seeing you
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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

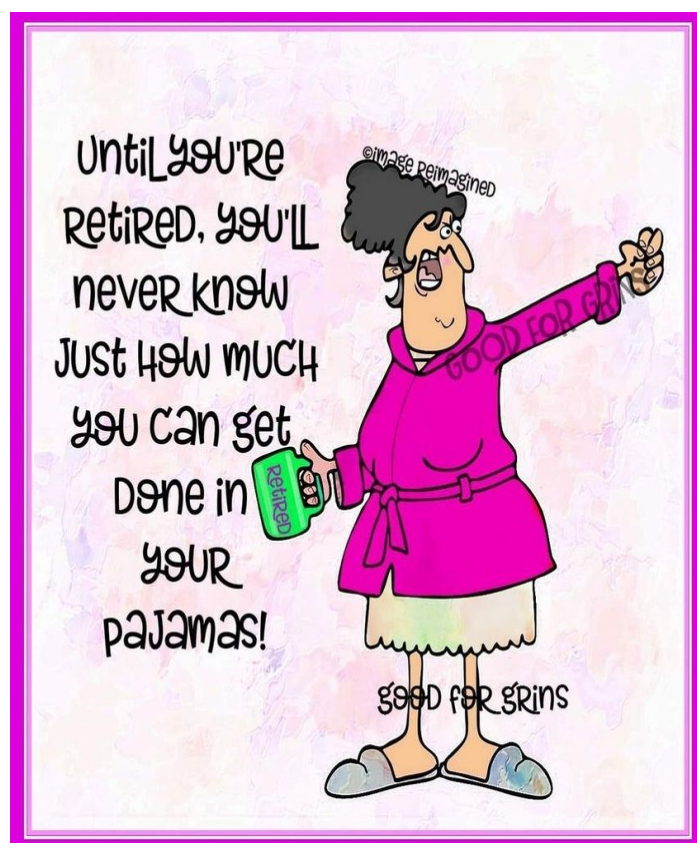
Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

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You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

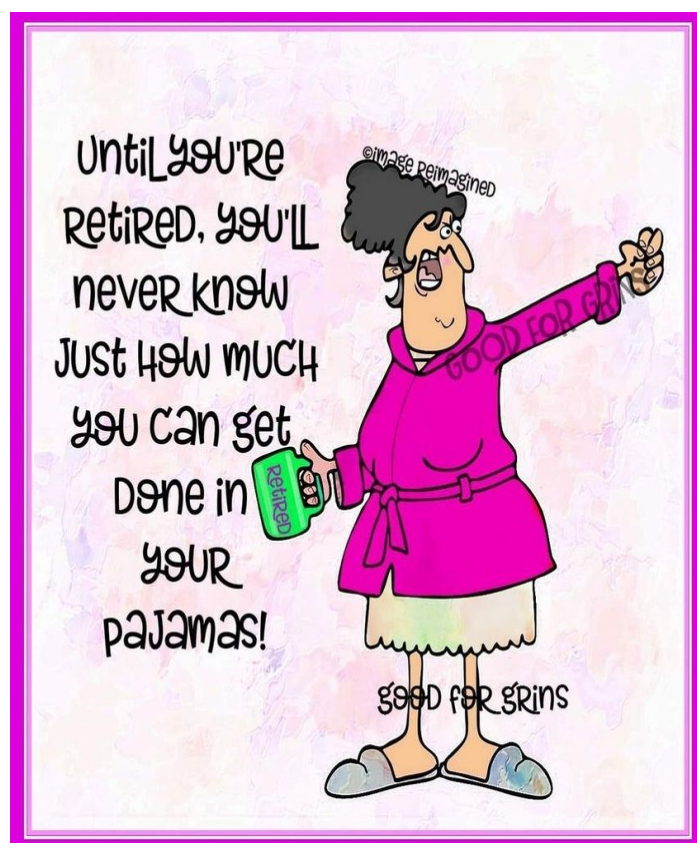
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Stuart & Jillene Vaughan.

Stuart

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During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Thank you Players Theatre.

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femalequotient

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On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

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My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

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Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo

The PLAYERS THEATRE Inc. Presents
A Doll's House
Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham
11th - 27th August
Friday & Saturday 8pm
Sunday 2pm
Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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& Dee Watkinson.**

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**Interviewed by
James McAdam**

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The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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femalequotient

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With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
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Theatre Bookings
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1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
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VIAGRA

IT WON'T MAKE YOU

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BUT IT WILL MAKE YA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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NEXT THURSDAY MORNING AT
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SKATE PARK

For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

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Stuart & Jillene Vaughan.

Stuart

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During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



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& Dee Watkinson.**

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Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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National Seniors

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Cynthia Brady
Gavan Pead
Pamela Pead



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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

**IT WON'T MAKE YOU
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BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

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process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

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By Bill Wendt.



Bed and Breakfast



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Looking forward to seeing you
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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

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That's why there are so many of us.

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

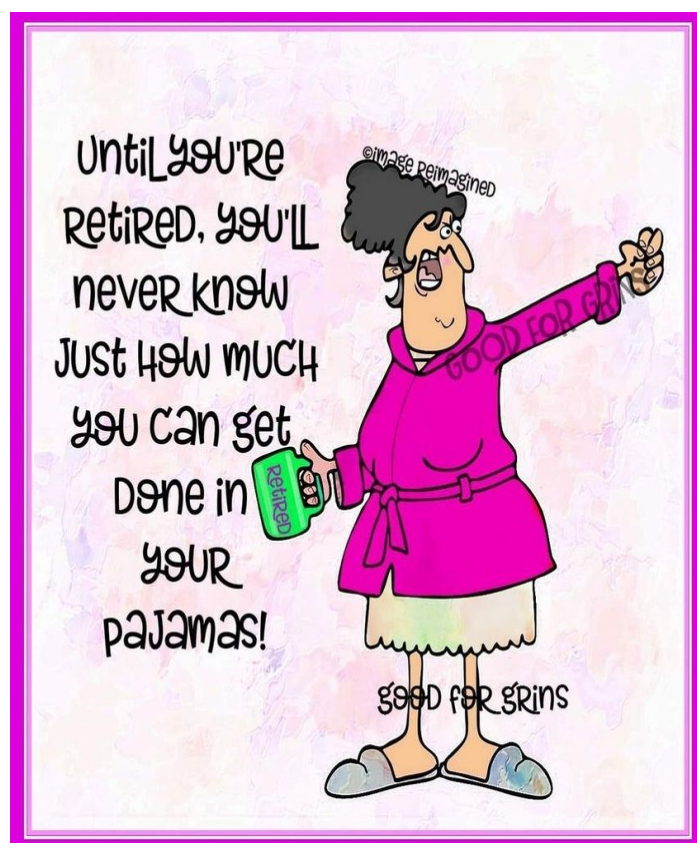
Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
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With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

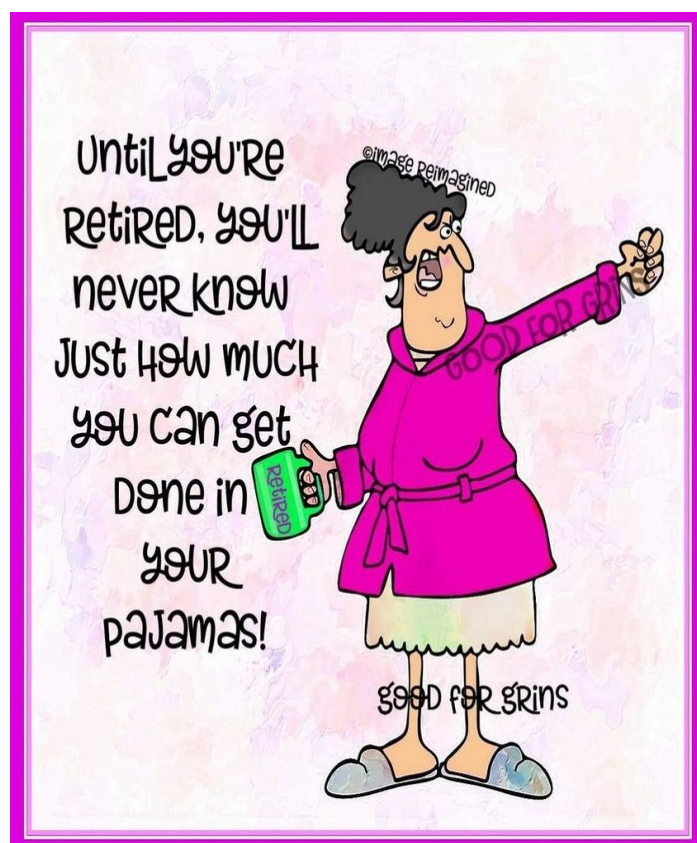
Bill Wendt Editor.

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President	Teresa Iwinska
Vice President	Dee Watkinson
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SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
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Theatre Bookings
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Via the Glasshouse 6581 8888
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1 hour prior to the show



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**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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**It's OK to talk to
yourself...and ok to
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VIAGRA

**IT WON'T MAKE YOU
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

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Stuart & Jillene Vaughan.

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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



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Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



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& Dee Watkinson.**

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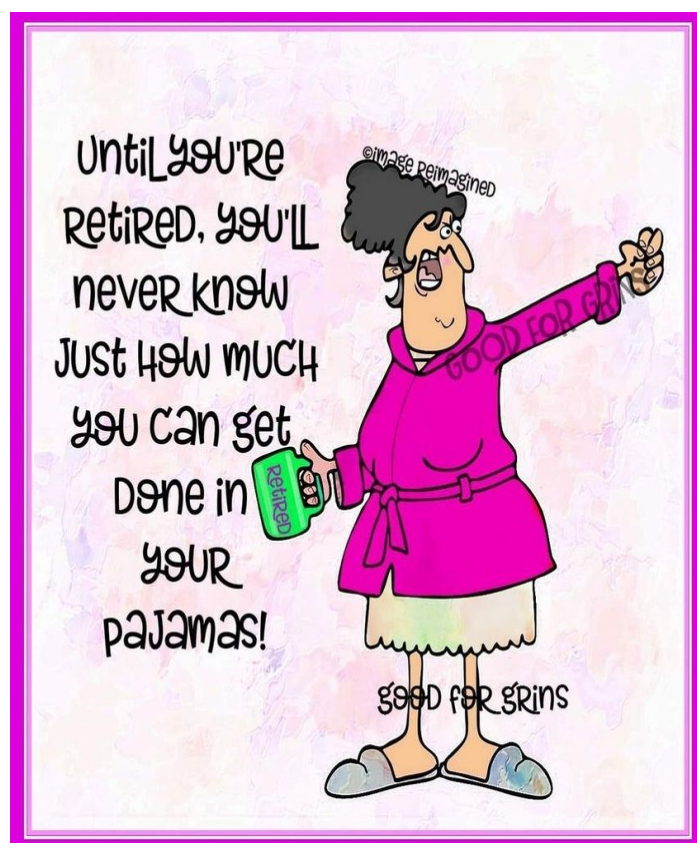
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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



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The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Friday & Saturday 8pm
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Theatre Bookings
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Cr Lord & Gordon St
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WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

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Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

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By Bill Wendt.



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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

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Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



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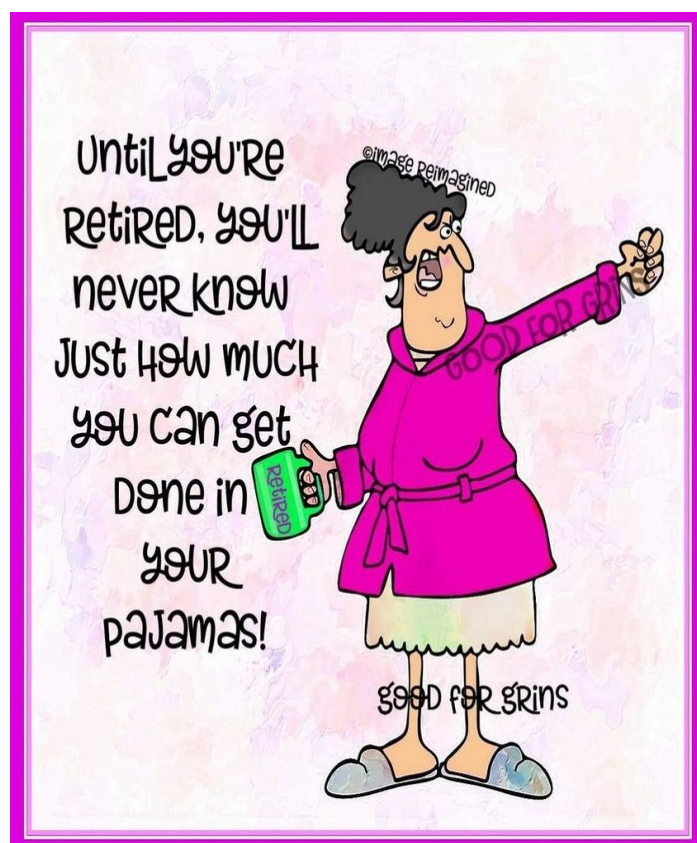
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Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

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Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



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By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

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Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

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& Dee Watkinson.**

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
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Theatre Bookings
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Via the Glasshouse 6581 8888
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
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sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

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For your diary...0730 on October
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Looking forward to seeing you
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Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp

UNTIL YOU'RE
RETIRED, YOU'LL
NEVER KNOW
JUST HOW MUCH
YOU CAN GET
DONE IN
YOUR
PAJAMAS!



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family’s Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

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The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

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Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

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& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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SUB COMMITTEES

Activities	Lee Brown
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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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**It's OK to talk to
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

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0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

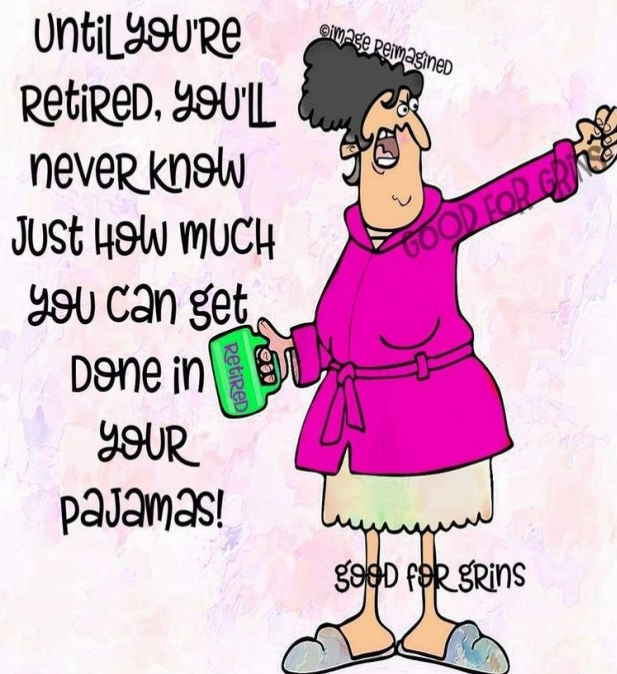
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Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

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Adapted and Directed by Hamish Keddie
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Friday & Saturday 8pm
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Theatre Bookings
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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



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At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

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& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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For your diary...0730 on October
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Looking forward to seeing you
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Thank you, Lesley, it was a great story. "

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That's why there are so many of us.

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By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

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Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

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At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

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My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

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Activities	Lee Brown
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Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

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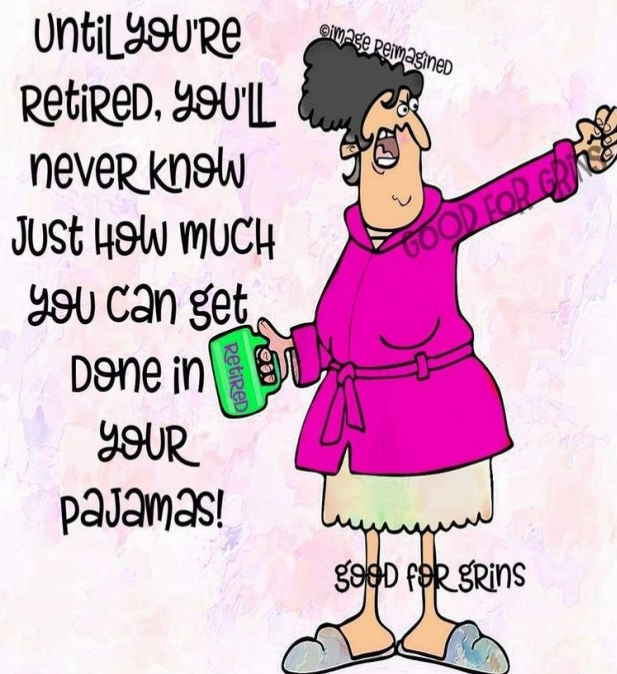
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We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Theatre Bookings
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**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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Looking forward to seeing you
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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Thank you Players Theatre.

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femalequotient

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By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

IT WON'T MAKE YOU

JAMES BOND

BUT IT WILL MAKE YA

ROGER MOORE

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

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**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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National Seniors

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
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Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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Thank you Players Theatre.

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Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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GUEST SPEAKER (CONTINUED)

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Thank you, Lesley, it was a great story. "

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

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At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

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My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
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Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

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Neil spoke of various aspects encountered during the planning



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One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Adapted and Directed by Hamish Keddie
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11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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1 hour prior to the show



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**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

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For your diary...0730 on October
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Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

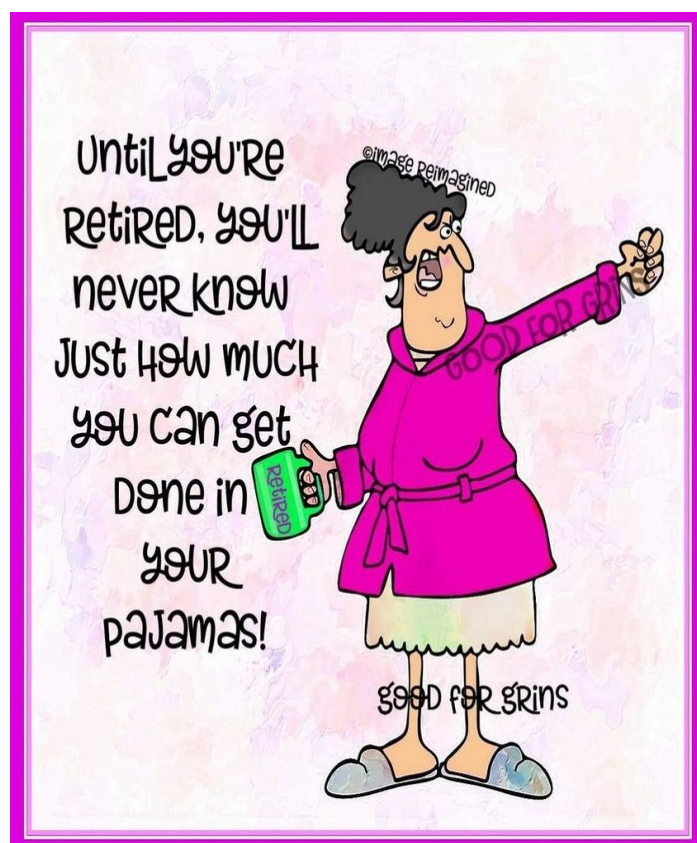
Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

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Thank you Players Theatre.

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By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
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Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
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Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



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& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

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Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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By Leanne Pike.

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VIAGRA

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JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

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For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

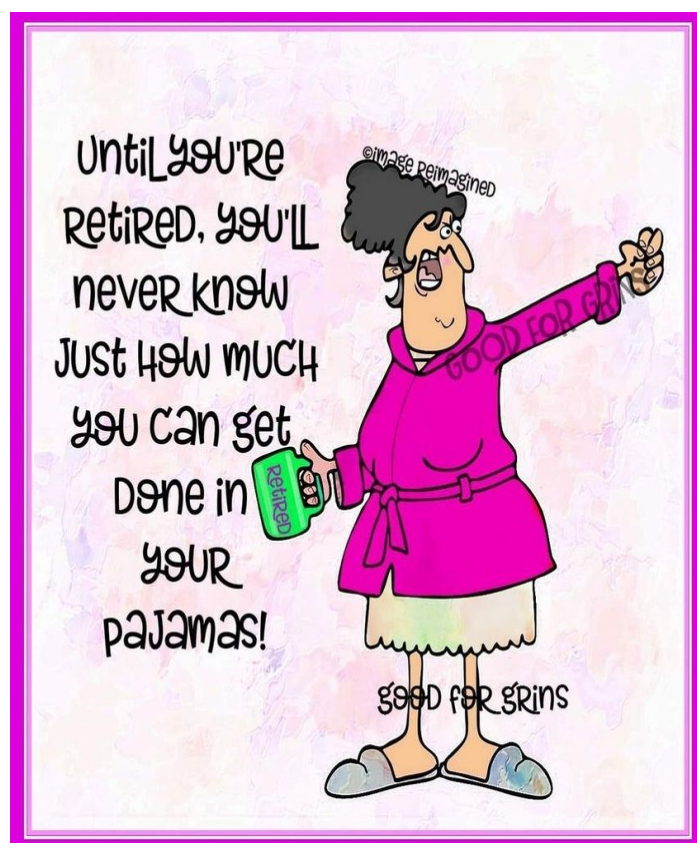
Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.players theatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
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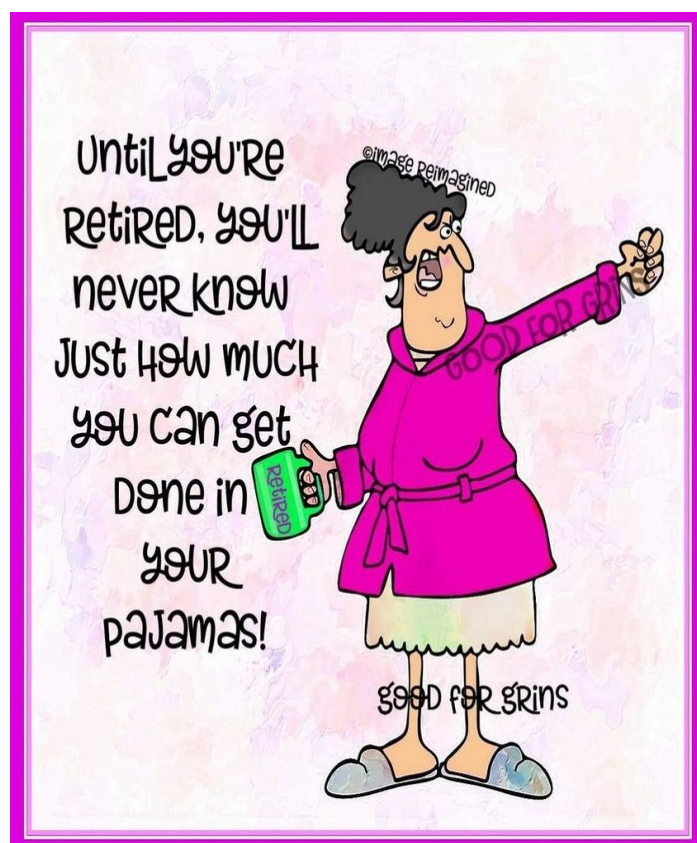
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John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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Adapted and Directed by Hamish Keddie
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Friday & Saturday 8pm
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Theatre Bookings
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**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

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BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



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For your diary...0730 on October
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Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



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It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



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Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

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CHEF DEE'S GOURMET COOKING CLASS



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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnardo's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



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& Dee Watkinson.**

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Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

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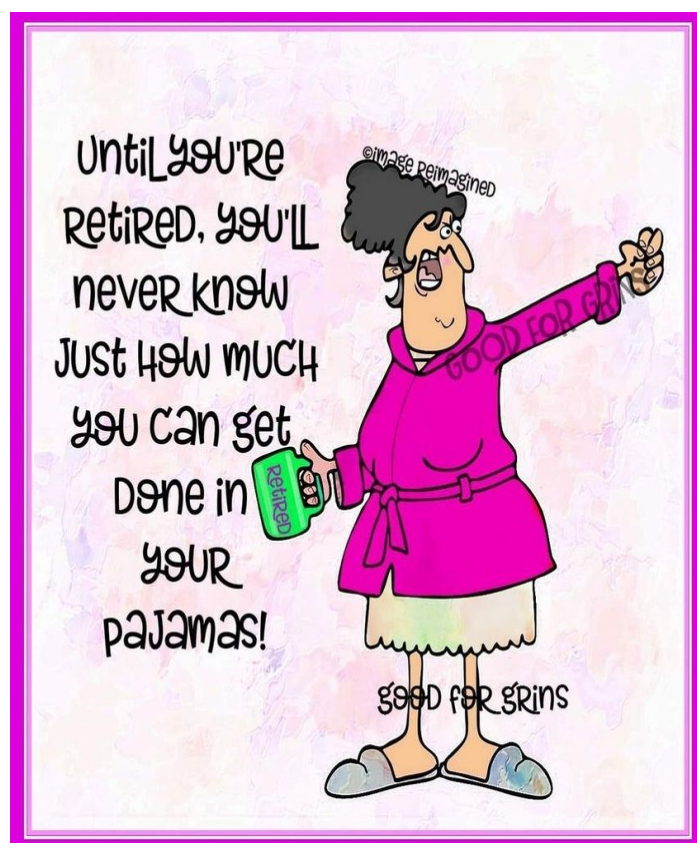
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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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By Leanne Pike.

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Thank you Players Theatre.

By Erica De Carlo



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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

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Thank you, Lesley, it was a great story. "

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WASTE & WATER VISIT



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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

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owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



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Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

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Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

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Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
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GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

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One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

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Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

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Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

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The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

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Thank you Players Theatre.

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He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

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femalequotient

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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



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& Dee Watkinson.**

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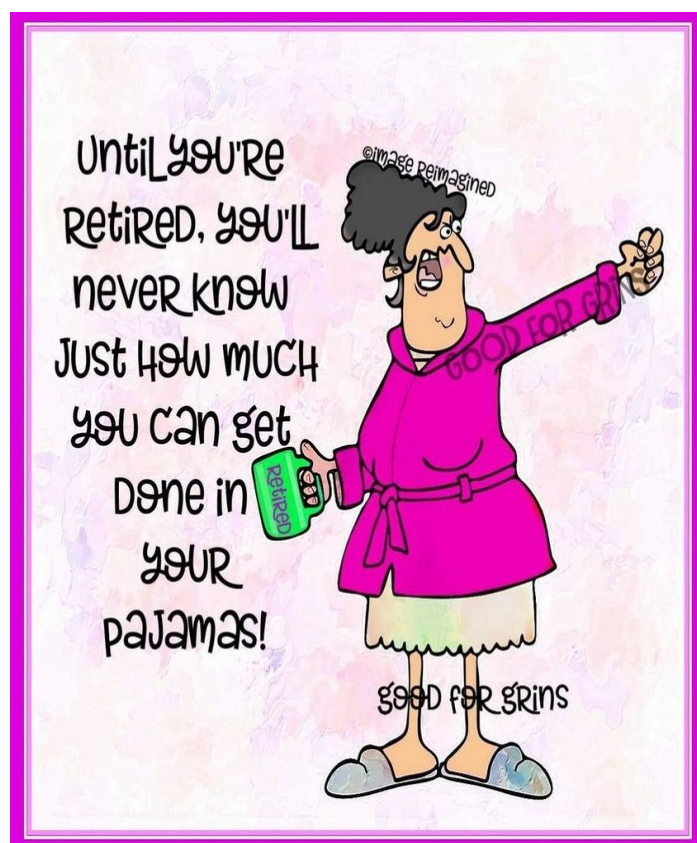
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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



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Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

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VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

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By Bill Wendt.



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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

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WASTE & WATER VISIT



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WASTE & WATER VISIT

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With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

We then moved to Bathurst where I undertook studies to teach at TAFE and Adult Education as well as my position at Charles Sturt University. I remained at the university for 25 years. While in Bathurst I helped organise the building of a roller-skating rink and taught there for many years. In 1996 I took sabbatical from CSU and did a large trip. I taught English at Liverpool University for some time. I returned to CSU. In 1998 I moved to Port Macquarie to be near my daughter and her family. Here I took up lawn bowling and volunteer work with Hospice and Palliative Care. I met Stuart in 2012. We married in 2015 and have built a new home in Crestwood.



**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

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With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

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President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



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A Doll's House

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Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

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**John Urquhart & David Johnson
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National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

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In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
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VIAGRA

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OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

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Neil spoke of various aspects encountered during the planning



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Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



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GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



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Looking forward to seeing you
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ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

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Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

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Stuart & Jillene Vaughan.

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We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

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The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



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We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



Apparently Mac supports Windows now.

This joke panes me.

BOOK REVIEW

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When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

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We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown

National Seniors

AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

ConnexioNS Newsletter

October 2023

Editorial

Well, I finally got through my first full newsletter last month together with my first month on the new committee. With several others who were new to the committee, there was a lot to learn about our new positions. I know, as with the other "newbies", we felt a bit daunted about what we had let ourselves or were gently coerced into.

With lots of encouragement from the members on the committee who had done our jobs prior, we soon "got the hang of it". In my role I had to learn the computer program together with the different functions to make a legible newsletter. Thanks to Lynda and help from Sue's ex, things soon fell into place. I was given the scope to put a new face on the content, and the committee were very supportive.

My plan is that if the content is interesting, the length is not important. I just need you to give me stories, no matter whether it's about your trip, your family, or just an item you have read that tickles your fancy.

You are an amazing friendly and talented group with lots to offer, so don't feel embarrassed about sharing it around and enjoying what we have as a group.

Bill Wendt Editor.

Executive Committee

President	Teresa Iwinska
Vice President	Dee Watkinson
Secretary	Lesley Cooney
Treasurer	James McAdam

SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



OCTOBER BIRTHDAYS

Wow! Only 4 birthdays this month. Happy Birthday to you all from all of us.

John Banks
Cynthia Brady
Gavan Pead
Pamela Pead



GETTING TO KNOW OUR MEMBERS.

Stuart & Jillene Vaughan.

Stuart

As a boy, I was raised in the Sydney northern suburb of Wahroonga and completed schooling through Knox Grammar School in 1958. After completing the Higher School Certificate, I attended to my accounting studies, while working for Hungerford Spooner Co during the following 5 years.

During my working life, I was involved in several different activities – initially in the family's Import Agency business - Howard Vaughan Australia P/L. This employment later led into the establishment of a Cold Forging Plant located at Brookvale Sydney -Linread Australia P/L - producing bulk fasteners for industry assembly plants. Following later an acquisition of the Linread plant by G.K.N Nettlefolds, I joined TNT Australia in a management capacity, where I worked for the next 20 years.

In semi-retirement, I became involved in Property Development, with residential developments in Port Macquarie, Wauchope and Lake Cathie areas, before my permanent retirement at aged 69.

During my career, my business involvements necessitated extensively travelling and spending considerable time in Birmingham UK, Guelph in Canada, Taipei in Taiwan and a year residing in New York city. On the personal side, my marriage to Jillene occurred in January 2015. We plan to continue travelling much of the world together

Jillene I was born in Takapuna in New Zealand where I was interested in swimming, netball and roller skating. On leaving school I worked for a law firm. At 19 with two girlfriends, we headed to reside in Bondi Beach. I continued working as a legal secretary.

One weekend we visited Jenolan Caves and ended up staying there for some time. In the early 1960s we made a trip to W.A. for the Commonwealth Games, returning afterwards to Jenolan Caves where I married the schoolteacher. At the end of the year, we moved to Newcastle where we raised two daughters and a son.

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**Interviewed by
James McAdam**

WHAT OUR MEMBERS HAVE BEEN

CHEF DEE'S GOURMET COOKING CLASS



I was fortunate to be a successful bidder for the inaugural Scone & Mini Pav cooking experience. This was donated by Dee & Steve to the charity auction and is the first time that experiences were included. Three of the four purchasers had Sunday 13th August free, so Joan, Lee and I turned up ready for class. It was lovely that our partners were also invited, and they enjoyed tasting, watching, and drinking.

Dee had already made a batch of three different scones we were to learn, so we started off tasting these. A traditional scone, cheese scone and scrumptious savory scone roll. Steve was busy as well organizing nice Sangria and wines. While we were tasting,

Dee went through her scone process and gave us a handout of her recipes and many tips. She explained each step in the process before we donned our aprons and got to work.

We all made a batch of basic scones, and everyone managed under Dee's guidance to achieve that nice, not too moist, not too dry consistency. A little bit of kneading and they were all ready for the cake tins and the oven. Next came the Mini Pavs. Dee had also made a batch of these prior and we all enjoyed tasting them as well with cream and strawberries of course. Everyone learnt that the best way to make very white pavs is to ensure that the sugar is completely dissolved and to leave them in the coolest possible oven overnight with the door closed.

Everyone had a fantastic time and left with lovely scones. On behalf of us all, I would like to thank Dee and Steve for organizing such an enjoyable event, for Dee's wonderful cooking skills, and Steve's hospitality.

By Leanne Pike.

WHAT OUR MEMBERS HAVE BEEN DOING

A Leisurely Afternoon At Players Theatre.

I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall



WASTE & WATER VISIT



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& Dee Watkinson.**

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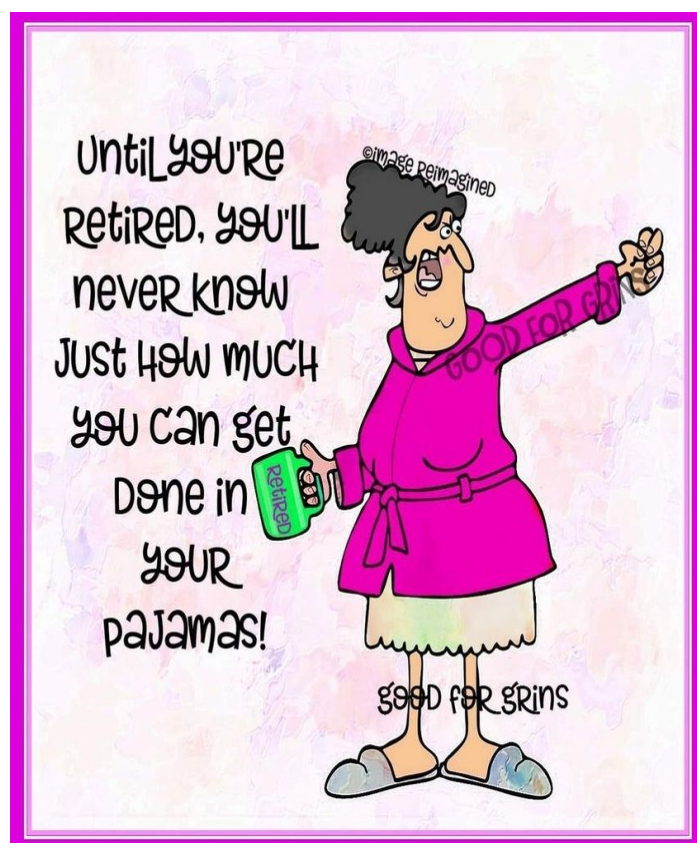
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Stuart & Jillene Vaughan.

Stuart

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**Interviewed by
James McAdam**

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CHEF DEE'S GOURMET COOKING CLASS



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By Leanne Pike.

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I have often written about plays we have seen at the "Ensemble" theatre in Kirribilli which led us to book tickets at Players theatre for "A Doll's House" as we had previously thoroughly enjoyed this play. We were not disappointed as our Port Macquarie amateur players were wonderful.

The play was written by Henrik Ibsen, 1879 (studied in English classes when much younger) and not with fond memories. However, with age and the intriguing adaptation by the Player's Assistant Director, Emily Barham, we were transported with the afternoon's entertainment.

The superb acting from a wonderful cast threatens to expose a fraud that the subservient, irresponsible wife, Nora had committed without her husband's knowledge. This fraud, committed to save her husband's life, is known to a hard-minded, conniving and ambitious money lender who threatens to expose her. Nora's husband is an extremely dominant husband but thankfully is exposed as a weak, sarcastic, and thoroughly despicable man. The happy ending?? – Nora packs her bags and leaves with a song. A wonderful play.

Thank you Players Theatre.

By Erica De Carlo



The PLAYERS THEATRE Inc. Presents

A Doll's House

Written by Henrik Ibsen
Adapted and Directed by Hamish Keddie
Assistant Director Emily Barham

11th - 27th August
Friday & Saturday 8pm
Sunday 2pm

Theatre Bookings
Online at www.playerstheatre.org.au
Via the Glasshouse 6581 8888
or at The Players Theatre Box Office
Cr Lord & Gordon St
1 hour prior to the show



WHAT OUR MEMBERS HAVE BEEN DOING

Regional Australia Bank Community Partnership Awards



**John Urquhart & David Johnson
Accepting their awards.**

National Seniors Port Macquarie Hastings branch is part of the Regional Australian Bank's community partnership program.

On Wednesday September 6th, two of our members, John Urquhart and David Johnson attended the 'Bonus Payment' evening at the Bonny Hills Surf Club where John accepted an award and a donation for banking with the Regional Australia Bank and being part of the community partnership program on behalf of our branch.

David Johnson also accepted an award and a donation on behalf of the Port Macquarie Pistol Club.

The program allows customers of the bank to nominate a local charity from a list of over 1700 of which we are one. Each year the bank donates a small percentage of transactions to nominated charities.

In 2022, over \$2 million dollars was donated back to charity groups. If Branch members bank with the Regional Australia Bank, they may wish to nominate our Branch as a preferred recipient. A great initiative of the Regional Australia Bank.

By John Urquhart

**It's OK to talk to
yourself...and ok to
answer yourself. But
sad when you have to
repeat what you said
because you weren't
listening!!**

VIAGRA

**IT WON'T MAKE YOU
JAMES BOND
BUT IT WILL MAKE YA
ROGER MOORE**

OUR MONTHLY GUEST SPEAKER

Guest Speaker. Mr. Neil Black Immediate Past President The Rotary Club of Port Macquarie Sunrise.

Neil was raised on a farm in western NSW, attended boarding school in Orange before studying at Sydney University.

He holds a degree in Agricultural Science, a certificate in Horticulture and a Diploma of Education. Neil spent 35 years working in vocational education, the final 6 years as head of North Coast TAFE before retiring in 2006. In 2007 he received an Australia Day Honours Award for services to Education in Australia.

After retiring from full time work, Neil became involved with Meals on Wheels and joined the Rotary Club of Port Macquarie Sunrise in 2009.

Since joining Rotary, Neil has been awarded three Paul Harris Fellow and has been Rotarian of the Year on two occasions.

In 2017, Neil was awarded Senior Citizen of the Year for the Port Macquarie-Hastings LCA. He is Immediate Past President and currently Community Service Director of Sunrise Rotary.

In his spare time, Neil enjoys playing golf and bridge as well as travel with wife Pauline also spending time with their four grandchildren.

He has managed the project to restore the Tacking Point Lighthouse and surrounding headland since its inception in 2010, and that is what he is here to tell us today.

After an introduction by Bill,

Neil spoke of various aspects encountered during the planning



process of the project since 2010.

Neil told us of the problems in dealing with all the parties concerned in the restoration of the lighthouse. It was interesting to know that there are 24 lighthouses situated along the NSW coast, only some have been restored.



Being a local resident in the area at Lighthouse Beach, Neil walked his dog every day past the run-down lighthouse and surrounds. Pictures were shown of the area before, during and after the renovation of both the lighthouse, the entrance steps, the road access and also the old lighthouse keeper's residence. This was all commenced within one year of Neil joining Rotary.

GUEST SPEAKER (CONTINUED)

Neil was the coordinator of a team of tradesmen, building suppliers and volunteers from both The Rotary club and Work for the Dole recipients. Work started in 2013 and took several years to complete it to the stage it is today.

Stage 7 will be undertaken shortly to allow wheelchair access to the top of the hill and the lighthouse. The information signs will also be refurbished in this stage. An excellent talk appreciated by the great turnout of our members.

By Bill Wendt.



Bed and Breakfast



THURSDAY SPRING WALK

Spring morning walks got off to a great start with 11 members taking part but only 6 dedicated walkers attended last Thursday morning at 0830. It was felt that by 0900 we were all feeling the heat. Therefore, a unanimous decision was made to commence the walks at 0730 each Thursday morning during Sept/Oct. meeting at the Skate Park.

Parking is convenient at the break wall end of the lower Town beach car park. So COME ALONG, enjoy the scenery, breathe the morning air, do something for your heart, and enjoy the company of fellow National Seniors. And a chat over coffee afterwards.

NEXT THURSDAY MORNING AT
0730 SPRING WALK MEETING AT
SKATE PARK

For your diary...0730 on October
12th, 19th, 26th

Looking forward to seeing you
there

Helen & Walter Lutz. 0409481035



ONE THING ABOUT ME Lesley Cooney.

They were married in Sydney and after a honeymoon on Dunk Island Paul took his new bride's home to his property in Walcha. After turning off the main road (with a broken windscreen) and travelling 15ks along a dirt road they arrived at their new home.

Lesley was confronted by a weatherboard 'shack' which had Hessian walls, broken windows and had been cleaned by a backhoe removing dead sheep from the floor.

Paul presented Lesley with her a wedding present... a portrait of himself, which still hangs in the home today. She decided this was not for her and told Paul she was not staying, and he kindly offered to help her pack. However, as we know Lesley stayed. They made many improvements to the property including a washing machine which had to be used in the backyard and a flushing toilet.

Lesley and Paul went on to have a great life in Walcha, made lovely friendships and ran 'party central' hosting many nights of great food and fun.

They later moved to Cowra and Kempsey before retiring to Port Macquarie, and we are so happy that they did.

Thank you, Lesley, it was a great story. "

By Linda Philp



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.



“
It actually doesn't take much to be considered a difficult woman.

That's why there are so many of us.

Jane Goodall

#femalequotient

WASTE & WATER VISIT



On a lovely sunny Wednesday, 19 members were entertained and educated by David and Trent at the Waste Treatment Plant and Trent, Danny, and Glen at the Wastewater Plant.

We were totally intrigued and educated by the process of the activated sludge and its resultant recycling flowing through the screening & deodorisation, nutrient reduction, decantation, sludge lagoons, centrifuge, and UV disinfection. These steps that were discussed and displayed result in what they describe as "Chocolate" being forwarded to Cairncross Waste facility and the treated water that is discharged into Kooloonbung Creek. I was unsure if I would like this activity but was totally engaged by the knowledge and dedication shown by David. We are all now aware of only to flush the 3 "P's" Poo, Pee and Toilet Paper. Please – no wipes (advertised "flushable" yes) but they clog up the system, Cotton buds (who would flush them? – but apparently many do, and the resultant sticks wash up on our shores), nappies, fats, oils and medications.



The stories abound of what is found and must be cleared.

We moved onto the Wastewater plant and again, the knowledge, enthusiasm and dedication of Danny and Glen was amazing. These two men had been up all night because they are short staffed, but they were keen to show and educate us about their workplace and the pride they have in it.

The processing here is apparently like the desalinate plant built in Sydney. However, it is only built to process water for 52,000 persons and we know how rapidly our area is growing. Council is in the process of building another water treatment plant near Wauchope which will be much larger and able to cope with our growing population.



WASTE & WATER VISIT

We were also told that another Waste Treatment plant is being built in Thrumster to manage our growing population. We were totally impressed with these two men because they were told of some future development at Cowarra dam which they did not agree with and were prepared to stand in front of the bulldozers. They assisted in thwarting this development which would have spoilt the pristine water which we all enjoy. We were also told of the wastewater, (non-drinkable but not dangerous), which will be available to all new developments in the Hastings area. Purple pipes, taps and sprinklers will assist in keeping their gardens, schools and playgrounds green and lush. I am totally envious but it is totally exorbitant for council to supply purple pipes to existing homes.



With heads spinning with all this knowledge we retired to McInherney Park for laughter, food and fun. A very successful activity – thank you Lee.

By Erica De Carlo.



This joke panes me.

BOOK REVIEW

This book is set during WW2 titled **"An Orphan in the snow"** by author Molly Green. June Lavender, having lost her mother and sister from her stepfather's violence, takes a job at a Dr Barnado's orphanage, to help children whose lives have been torn apart by war.

When she meets the handsome Flight Lieutenant Andrews the attraction is instant but how can they think of love when war is tearing the world apart, As the staff and children suffer under the tyrannical Matron and the war rages on, June finds the strength and courage to make life better for herself and the children. A heartwarming story.

By Anne Jackson

POSH FOODS VISIT & TASTINGS

We were invited by the Hastings Co-op to taste a line of 'Posh Foods' foods, which they are promoting and selling in their IGA stores. Mehri Sangini, a 'Posh Foods' representative, tantalised us with her delicious freshly made produce which included gourmet pies, sausage rolls, spanakopita, quiches and a favourite - pumpkin frittata. They also do chorizo and pate. The company prides itself on maintaining quality and freshness with daily deliveries. Many tastings were offered, and we were joined by quite a few shoppers at the Sovereign Hills IGA who were enticed by the food aromas. John U. said we should have bought some National Seniors' Application forms!

Introduced by Tim Walker, Hastings Co-op Business & Community Development Manager, we learned some of the community



owned co-operative's history, which dates to 1916. It has grown from originally being established by a group of dairy farmers owning a butter factory, to eight business units employing 300 people. These include 4 IGA supermarkets, 3 hardware and farm supply outlets, Ampol fuel supplies, liquor stores and THE

Department store.

Ladies and Gentlemen, the Department store is a magnet for bargains when we have our Wauchope shopping day in December!

The Hastings Co-op supports the local Hastings Community generously. Our National Seniors' group has continued to benefit from this, particularly with vouchers for prizes and hampers for raffles, for



which we thank them.

At the end of our session a lot of us continued to browse and purchase in the store, taking home, some of the delicious new products we had been introduced to. The Butchers department at Sovereign Hills has also recently received a 'National Large Meat Dept' excellence award. Don't forget that we can use our Seniors cards to obtain a 5% discount on IGA purchases on any day of the week.

**By Erica De Carlo
& Dee Watkinson.**

MORNING TEA & LAURIETON MENS SHED & PIZZA LUNCH

On a beautiful spring morning our first visit was to enjoy a catch-up and coffee at Bonny Hills Garden Centre.



Next stop was the Laurieton Men's Shed where we were amazed at the extent of what is offered for men who would like a day out, working on a home project or sharing their skills with others. Laurieton Men's Shed currently has 200 members, making use of the extensive equipment available and enjoying social activities said to improve health and well-being. We were given a tour of the various sheds including areas for working with timber, metal, welding, and stained glass, all with up-to-date equipment.

You can purchase a trap for mynah birds or, as a member, use the hoist to grease your car. Training is provided. There are bee hives with honey for sale and a



garden with vegetables and herbs. Community members can bring in items for repair and pay a nominal fee. A highlight was the wonderful and plentiful pizzas cooked in the outdoor woodfired oven, prepared, and served by the men. We enjoyed thin crust pizzas with a variety of toppings, and all were delicious.



Dee gave a lovely speech thanking the men for providing us with a memorable visit. The donation we provided will go towards a fund with a goal to purchase the land they are on.

The next garage sale at the Men's Shed is on 18/19th November, starting at 8.00am at 164 Diamond Head Rd, Dunbogan.

By Lee Brown