

## PORT MACQUARIE/HASTINGS NEWSLETTER DECEMBER 2019

Website: <https://nationalseniors.com.au/about/branches/port-macquarie-hastings>

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### THE NEXT MEETING WILL BE OUR ANNUAL CHRISTMAS PARTY TO BE HELD on TUESDAY 10<sup>TH</sup> DECEMBER 2019

**Time 12.00 Noon at the Port City Bowling Club, Owen Street Port Macquarie.**

**We look forward to a traditional two Course Christmas luncheon, and an afternoon filled with Fun & Laughter.**

### NEW YEAR EVENTS FOR YOUR DIARY.

Our first get together for 2020, will be the Seniors Breakfast to be held at McInherney Park on Tuesday 14<sup>th</sup> January 2020. Meeting at 8.30 am.

Bring along your bacon & eggs and join us for a morning beside the river.

Everyone Welcome.

### AUSTRALIA DAY 26<sup>TH</sup> JANUARY 2020

Join us on Town Green from 8.30am, we will have an information marquee set up. There will be Markets and Celebrations for you to enjoy. There will also be food stalls for you to purchase snacks and lunch.



## **PRESIDENT'S CHRISTMAS MESSAGE**

What a wonderful year we have had in National Seniors with lots of inspiring guest speakers and Getting to Know You segments.

Many of you have joined us for our well organised social activities (thank you Lee) with highlights being Christmas in July in Comboyne, Melbourne Cup Luncheon and our Hunter Valley trip to name a few.

We have welcomed many new members and seen our numbers go up at our monthly meetings.

Our Christmas Party is the highlight of the year and over 70 of you are attending so a wonderful way to end the year on a high note.

I would like to thank my wonderful committee that enthusiastically meets monthly and works hard to make our branch one of the most successful in National Seniors.

I would especially like to thank you the members for your contribution to our success by attending regularly, coming to our social activities, and your happy smiling faces.

To all those who have had health challenges during the year we wish you better health in the future.

I wish you all a joyous Christmas season with friends and family and health and happiness in the New Year.

Joan Lundstrom President



## NOVEMBER MONTHLY MEETING



Two special “0” birthdays were celebrated with Allen Philp and Alan Stephenson. Happy Birthday to both of you. Cupcakes were supplied by our resident baker. Thankyou

## PLAYERS THEATRE AND SUPPER

**A night at the Theatre featuring Jesus Christ, Super Star as described by one of our members James McAdam.**

I am sure many of you have been to the Players Theatre on one or more occasions with National Seniors. The usual format is to arrive 30 minutes before the show, have a pre-show drink, talk to people you haven’t seen for a while and then enter the theatre.

However this night was different, thanks to the efforts of our fantastic Committee. We arrived 1 hour before the show commenced and were escorted to the upstairs VIP Lounge, where we were able to partake of delicious nibbles (prepared by Master Chefs Joan and Erica) and enjoy drinks brought up from the downstairs bar and served by our own personal waiter.

Just prior to the main doors being opened we were invited to take our seats in the back row of the Theatre, before other audience members were allowed to enter.

At interval time, instead of rushing out to the bar with the other patrons, we were able to return to our VIP Lounge, where we could partake of further refreshments.

The same applied to when the performance finished. All of this added much to the enjoyment of the evening.

## **Review of the Show.**

As the unmistakable overture breaks from the 14-piece band, the silence to open the show, and the lighting strobes over the unsuspecting audience take place and you just know this is going to be a good show.

The stage was on two levels, the upper level being supported by scaffolding. The show commenced with the cast of about 20+ singers of all age groups who came from the back of the theatre through the aisles and mounted the stage.

Notable performances with given by Amanda Gordon (who always performs to a very high standard) playing Pontius Pilot and Samantha Brennan playing Mary Magdalen. That well know star of stage, screen and ABC breakfast radio Cameron Marshall with his rich, deep bass voice playing Caiaphas (the Jewish High Priest, who according to gospels, organized the plot to kill Jesus).

In my opinion, the star performer was Cindy Brennan, who played a very powerful & convincing Judas.

In conclusion, it was a great evening. It brought a new dimension to National Seniors nights at the Players Theatre, which will hopefully be repeated on future occasions.

Contributed by James McAdam.

## **Potentially Preventable Hospitalisation**

The rising tide of vaccine preventable hospitalisation

The largest increase in PPH is in the category of vaccine preventable conditions.

Between 2016–17 and 2017–18, Vaccine preventable hospitalisations rose by 46.5 per cent. According to the *Admitted patient care 2017–18* report, this reflects large increases in admissions for Pneumonia and vaccine-preventable influenza in most states and territories.

Data for people aged 65 and over, shows there were 40,649 PPH which were vaccine preventable.

It also shows that the rate of PPH per 100,000 of the population aged 65 and over was more than four times that of the population under 65 for vaccine preventable PPH.

Not surprisingly, a significant proportion of vaccine preventable hospitalisations were related to pneumonia and influenza.

Ref: NSA Website.

## HUNTER VALLEY GARDENS

### *Hunter Valley Lights Spectacular and Wineries Trip; November 20<sup>th</sup> to 22<sup>nd</sup>.*

On Wednesday November 20<sup>th</sup> twenty one members set off for the Hunter Valley to visit the beautiful Hunter Valley gardens lights spectacular, some wineries, galleries and eateries.

Our first stop, the Maitland Regional Art Gallery was where we lunched at Seraphines café, perused the artworks and were tempted by the artisan's gift shop. We stayed at the beautiful Mercure Hotel at Pokolbin, perfectly located next to the gardens. In the afternoon some members visited the adjacent shops while others sampled their first wines or cheeses at a near-by winery. At 6.00pm we all dined at the Garden Terrace Restaurant before proceeding to the Light Show. This show is the largest Xmas light display in the southern hemisphere. Every tree and shrub in the gardens was artistically decorated.....what a wonderful experience. Two of our very own 'musketees' (Nicola and Erica) took time out from viewing lights to enjoy the giant slippery slide while others marvelled at the sculptures and colours.

Day 2 started with a great Mercure breakfast followed by shopping or a favourite winery visit. At 10.30am we all met up at Tyrells winery for an in-depth tour of the winery and wine tasting. By popular demand we lunched at the Irish Pub (in air conditioning) followed by more wine tasting. Our evening meal at Mercure was memorable in that after dinner Kevin and Ian led us in a night of entertainment and fun.

Our final day highlight was the visit to Sabor's, the Hunter's premium dessert bar where choice of desserts was a difficult task for most. The tasting plates were very popular. Overall a great trip with good feedback from members.



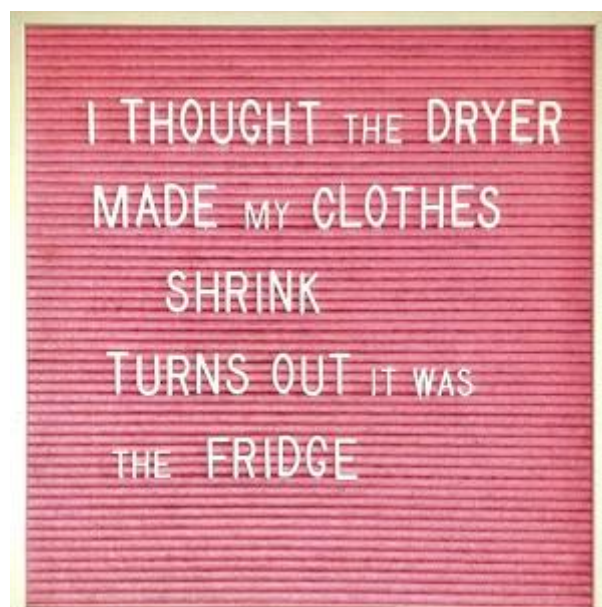




**CONGRATULATIONS to HEATHER SECOMBE**



A small group of National Seniors ladies, gathered at Watermans Café' in Wauchope to celebrate the recent retirement of Heather, who has been a Pharmacist in the Wauchope area for 50 years. We would like to congratulate her and wish her many happy times ahead.



## **HANDY HINTS**

Put a lemon wedge in the water while boiling eggs. The shells will just about fall off when they're done.

## **DATES FOR YOUR DIARY**

Every Day Morning Tea Cruise – **10.00am Port Jet Cruise Adventures Office 1 Short St. PM.**  
Every Day Eco Cruise – **1.00pm Port Jet Cruise Adventures Office 1 Short St. PM**  
Every Day Sunset Cruise **6.00pm Port Jet Cruise Adventures Office 1 Short St.PM**  
Every Day- Daily Dolphin Cruises. – **11.00am Cruise Terminal Clarence St.**  
Every Day Sunset Cruise - **5.30 pm. Cruise Terminal Clarence Street.**  
Every Wednesday & Sunday Open Nights. **The Astronomical Society. 7.15 pm both nights**

## **Trivia Nights:**

Every Tuesday at Westport Club 6.30pm.  
Every Wednesday at Settlers Inn 7.00pm.  
Every Wednesday at Wauchope Country Club 7pm.  
Every Wednesday at Port Macquarie Golf Club. Time 5.30 pm.  
Every Wednesday at Port City Bowling Club 7.30 pm.  
Every Thursday at Panthers 7.00 pm.

## **EVENTS**

14<sup>th</sup> December 2019 – **Meet Your Local Artist “Beric Henderson.” At the Glasshouse time 11.00 m.**  
16<sup>th</sup> December – 23<sup>rd</sup> December 2019 – **The Seed Creative Workshops. 44 Gordon Street. 9am to 3.00 pm.**  
28<sup>th</sup> December 2019 - **Oysters in the Vines at Cassegrain Winery All Day Event.**  
11th January 2020 to 1<sup>st</sup> March 2020 – **Australian War Memorial Touring Exhibition “Reality in Flames.” The Glasshouse Port Macquarie Time 10.00 am to 4.00 pm.**  
23<sup>rd</sup> January 2020 – **Seniors Autumn Big Day Out. Port Cruise Terminal 11.30 am to 3.30 pm.**  
1<sup>st</sup> February 2020 – **Kendall National Violin Competition at Kendall School of Arts time TBA.**  
9<sup>th</sup> February 2020 – **Bago’s Grape Stomping Championships and Jazz Day. 11.00 am Bago Winery**



## **REGULAR MARKETS.**

Every Tuesday – **Real Food Local Produce Markets.** Port Central Forecourt, **12pm to 6pm.**

Every Thursday – **Kendall Bazaar and The Meeting Place 9am -12pm. Kendall Community Centre.**

Every Saturday- **Flower & Plant Market. The Botanic Merchant. 9.30am to 1.30pm. Bellbowrie St.**

Every Sunday- **Port Macquarie Art Society Market Bazaar.** Hamilton House

198 Hastings River Drive. Time 8am to 1pm.

Second Saturday: **The Foreshore Market** – 8:00am to 1:00pm. (Port Macquarie Hastings Farmers & Artists) Westport Park, Corner Buller and Park Streets, Port Macquarie.

Third Sunday - **Laurieton Riverwalk Market** – 8:00am to 1:00pm Corner Tunis and Short Streets, Laurieton.

Fourth Saturday - **Wauchope Farmers' Markets** 8:00am to 12:00pm Wauchope Showground, High St. Wauchope.

Fourth Sunday – **The Artists Markets 9am – 1.00pm. Maritime Museum 8 William St. Port Mac.**

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If you know of any member who may be unwell, please let anyone on the Committee know. It is important that we offer support if one of our members is unwell and let them know we are thinking of them. If anyone is in need of a helping hand to do a small job, again, let a Committee member know. We can also arrange for transport to and from meetings if anyone is unable to make their own arrangements.

And if anyone is celebrating a big "0" birthday - again, please let a Committee member know.

If you do not wish your photo or personal information to be distributed to other members, or published on our website, please inform a Committee member.

We are now accepting advertisements for February 2020 Newsletter.

Anyone interested should send their advert to [sandybanks@bigpond.com](mailto:sandybanks@bigpond.com)

the cost is \$5 for 40 words and \$10 if accompanied by a photograph. This cost covers one issue only.

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