

PORT MACQUARIE/HASTINGS NEWSLETTER FEBRUARY 2019

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A Happy New Year to all our members, we wish you good health and happiness for 2019.

Our First Meeting for 2019 will be held on Tuesday 12th February 2019 at the Port City Bowling Club

The subject for our guest speakers will be “Behind Bars; A tale of Two Prisons.”

Presented by Ron Polson, Jeff Robertson and John Layton.

Our Getting to Know You Guest; will be Judith Hedges.

CHRISTMAS PARTY 2018

We closed the 2018 year with a very successful Christmas Party held on the 11th December at the Port City Bowling Club. More than 62 members came to celebrate the festive season and partake of a two course Christmas lunch of turkey, pork, Christmas pudding and Pavlova.

Everyone was in a happy and festive mood and the party games were well received, with members certainly entering into the spirit of the Kris Kringle. Each person had to open their presents in succession and if they did not like the gift they could swap with another person. The favourite prize seemed to be the rubber chicken which changed hands several times.

Thank you to Joan and Judith for finding some most unusual gifts.



The Twelve days of Christmas rendition was a very noisy one, with each of the four tables given three actions to perform, with a tree waving “partridge in a pear tree,” “leaping lords,” “hissing geese” and “twirling dancing maidens.” Everyone had a great time; it certainly was a fun day.

KEITH DAWSON

On the 7th December 2018 we received some sad news to say that our oldest member Keith Dawson had passed away. A Memorial Service was held at the Innes Gardens to celebrate his life, he was 105 years old.

NEW YEARS' BREAKFAST



Our first gathering was the traditional January breakfast on 8th January 2019. This was held at McInherney Park at 8.30am and was a great opportunity for members to catch up on all the holiday happenings and meet up with their friends: More than 33 people attended on a bright and sunny morning. Thank you to James McAdam for setting up the tables and providing hot water for coffee & tea.

AUSTRALIA DAY



Australia Day this year we set up a marquee on Town Green, so that we were amongst the activities taking place along the foreshore. It provided a good opportunity for us to present National Seniors to the local Port Macquarie community. Our national banner was unfurled for the day and we had books and pamphlets sent to us by head office to distribute to people who expressed an interest in joining the Club. With willing members of our committee manning the marquee table during the day, we gave out books and information to the public.

Some of our members visited the stand throughout the day providing encouragement and support. This proved to be a successful day with quite a number of people considering attending our meetings. Also we have a short list of phone numbers of people to contact before our February meeting. Late in the afternoon the wind decided to make things difficult and we had to dismantle the marquee before it blew away.

Tips to ensure safe holiday travel for seniors.

A holiday can quickly turn into a nightmare if you run out of your medications, or they are lost when you head to an overseas destination, but your luggage goes elsewhere.

Pharmacist Gerard Stevens AM has some great tips to ensure peace of mind when you head out the door, whether you are driving interstate or catching a flight overseas. “Safe medications make safe holidays,” Mr Stevens said. “A few simple preparations will ensure you are prepared for happy and healthy holidays.”

Carry your medication profile with you.

If you're on medications, especially life-saving ones – as many of us are – it can be a big worry if you run short a long way from home. It may be critical that you don't miss a dose. Being able to explain exactly what you take and what dose can be an issue. “Around one-in-five people aged 70 or older are on four or more medications, which they truly need. It can be difficult to remember all of the names and correct dosages,” said Mr Stevens, who is also founder and managing director of Webster care.

“One solution is the Pocket Profile. It contains a person's entire medication profile, including images of medications, and folds down to the size of a credit card, so it's easy to keep in your purse or wallet. “In an age where things are increasingly digital, users don't need the latest gadgets, apps and electronic devices – it won't run out of charge and it won't shut down.” The pocket card also lists the person's pharmacy and phone number, enabling a pharmacist at a holiday destination to simply ring the home pharmacy to confirm the medications that were prescribed before issuing emergency replacement medications to last the remainder of the holiday.

Have medications pre-packed for the duration of your trip. It is a good idea to have your local pharmacist prepare a pack to ensure you have enough medication for the duration of your trip and to ensure you also remember that you've taken your recommended doses.

The most widely used pack in Australia is the Webster-pak®. Your pharmacist will dispense your medications into a blister pack, containing the tablets and capsules needed at each time of day, for each day of the week. This makes it easy to manage your medication, and to ensure you have sufficient supplies.

Another option if you're only travelling for a short time is a disposable pack that provides medication for four days. Initially designed for hospital discharge patients to allow for the continuous supply of medication, it can be used in any situation when a short supply of medication is required.

If going overseas, check your medication is legal.

Some medications that are legal in Australia may be prohibited overseas. You can check with the Australian embassy in the countries you intend visiting. Make sure you take enough regular medication with you to last the entire trip as some drugs may not be available overseas. “If you are travelling with prescribed medicine, ensure that it stays in the box with your name and pharmacy sticker on it to prove they are yours,” Mr Stevens said.

“If you are taking a large amount of medication with you, it's wise to obtain a letter from your doctor stating why this is necessary.”

If in doubt, speak to your pharmacist. Your local pharmacist is a wealth of knowledge and information. They can provide trusted advice to ensure you're prepared to enjoy a wonderful – and safe – holiday.”

National Seniors Trip to Canberra; March 25th to March 30th 2019.

Members are invited to be part of an exciting trip to Australia's capital city Canberra. This five day six night trip will incorporate many of the great sites of Canberra and its



surrounds including both Parliament Houses, the War Memorial, the National Rose Garden, the National Art Gallery, The Australian Institute of Sport, the Questicon Science Centre, five wonderful wineries and if time permits the High Courts of Australia and Trove Canberra. A three hour three-course sunset dinner cruise is included. In addition we will be spending a night in Bowral on our way to Canberra where we will visit the International Cricket Hall of Fame and on our way home we will spend a night at Rydges in Cambelltown and visit the Mt Annan Australian Botanic Gardens.

Have fun with friends and join us on this wonderful adventure. Car pooling is encouraged. The approximate cost for this trip is \$805pp twin share which includes accommodation \$375, petrol sharing \$100, boat cruise \$79, entrance fees \$80, food \$250. Cost can be reduced if you do not wish to participate in some activities.

For further details see John or Mal.

AGE-OLD DEFICIENCY.

It's about time the authorities did something about older drivers on our roads.

For far too long older drivers have caused havoc as they hog the left lane, stick to the speed limits (even the road work limits) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like.

Another major concern is that by avoiding fines and demerit points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers.

Until older drivers can prove that they are proficient at weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts they must be banned from holding a licence.

RETARDED GRANDPARENTS

After Christmas, a teacher asked her young pupils how they spent their holiday away from school.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck centre, but they must have got it fixed because it is all okay now.

They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out.

And, they eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked centre for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

PRICELESS!



FOR SALE - Mini iPad 2, 16 GB, with case, 3-4 years old. Wi-Fi + Cellular. This means you can put a data sim card in it and have Wi-Fi wherever you go. Very handy when travelling if McDonalds free Wi- Fi is not available. **Yours for only \$150.**

Phone: Anne Jackson on 6583-4781 or 0417288946

DATES FOR YOUR DIARY

Every Day Morning 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. - **10.30am and 2.30pm Cruise Terminal Clarence St.**

Every Sunday – **Jimmy's Vinyl Sunday Sessions – From 2pm The Westport Club.**

Every Wednesday & Sunday Open Nights. **The Astronomical Society. 7.15 pm both nights**

Trivia Nights:

Every Tuesday at Hibbard Sports Club 7.00pm.

Every Tuesday at Westport Club 6.30pm.

Every Wednesday at Settlers Inn 7.00pm.

Every Wednesday at Port City Bowling Club 7.30pm.

Every Thursday at Panthers 6.30pm.

REGULAR MARKETS.

Every Tuesday – **Real Food Local Produce Markets.** Port Central Forecourt, Time 3pm 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.**

February 14th - Abundance "Under the Stars," Opening Night Valentine's Day.

Bookings only at Abundance Café.

February 14th- Panther's Masquerade Party.

Port Panthers 6.30pm.

February 16th- Grand re-opening.

7-10pm Sunset Gallery

February 18th- Sensational Seniors Expo.

Port Macquarie Panthers 9.00am.

2019 Seniors Festival from 13th – 24 February.

NB * The Historical Museum is offering their usual Open House with free entry for seniors from Monday 11th to Saturday 23rd February 2019.

2019 NSW Women's Festival 3rd – 9th March.

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 the March 2019 Newsletter.

Anyone interested should send their advert to sandybanks@bigpond.com

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