

PORT MACQUARIE/HASTINGS NEWSLETTER
FEBRUARY 2020

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

President:	Joan Lundstrom	0409 250246	Committee Members:	
Vice President:	Teresa Iwinska	0408 384804	Sandra Banks	6582 4318
Treasurer:	Erica De Carlo	6585 3052	Lee Brown	6584 7434
Secretary:	Lynda Walters	0402 577445	Judith Clegg	6586 4860
Public Officer:	Erica De Carlo	0413 232224	Donna Munro	0417 691392
			Ian Richardson	6584 8693

WE WELCOME ALL MEMBERS TO THE NEW YEAR 2020, AND LOOK FORWARD TO A YEAR FULL OF INTERESTING MEETINGS AND EXCITING FUNCTIONS AND OUTINGS.

THE NEXT MEETING WILL BE HELD ON TUESDAY 12th FEBRUARY 2020

At 10.00am at the Port City Bowling Club, Owen Street Port Macquarie.

Our “Getting to Know You Guest,” will be Dee Watkinson

The Guest Speaker: -

Mr Rob Moorehead CEO of Endeavour Clubhouse.

“The Endeavour Clubhouse and what the future holds.”

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Endeavour Clubhouse is a place you can go to find support for your recovery from mental illness. They provide a safe, caring environment for you to build your self-confidence, and vocational and social skills. They believe that every member has a contribution to make and they rely on their members’ talents, skills and strengths in order to function.

Endeavour Clubhouse is our chosen charity for 2019/2020.

CHRISTMAS PARTY DECEMBER 2019

Our Christmas Party in December was full of fun and laughter, with 72 members attending on the day. We were treated to a two course luncheon of either Roast Pork or Turkey followed by Christmas pudding or Pavlova. With tea and coffee available afterwards. Everyone was obliged to pull their Christmas crackers and wear their party hats. Ron Polson sang three of his favorite Christmas songs, which we all applauded.



KRIS KRINGLE

Then the entertainment started firstly with the Kris Kringle,” where 12 members came forward and opened some most unusual gifts, which they could exchange if they saw another gift they liked better, everyone entered into the spirit of the game and we had many laughs.



A CHRISTMAS STORY

We were then treated to a very modern version of “The Story of Jesus,” which had been written by one of our members Dale Rose and performed by some talented amateur actors. On Christmas Eve, Mary and Joseph left their home in Blacktown in their combi-van to travel to the Mid North Coast. On the way their van broke down and they had to call for help. The boys and girls from the NRMA came to the rescue fixing the combi-van.

The birth of the baby Jesus was imminent and with the Star of Bethlehem hovering above and the Angels watching over them, the baby Jesus was born in the combi-van.

The Angels announced the wondrous birth and the three NRMA boys and girls came to pay homage to the new born child. All the animals, the donkeys, the cows, the sheep, the goats and the kangaroos all gathered around to see the new born child and wonder at this miracle. Mary and Joseph were so happy, they decided Kendall was the perfect place to settle.

Thank you to the narrator and all the actors for presenting this wonderful story to us. And thank you to Dale for writing this story for us all to enjoy.



HAMPER RAFFLES

There were three big raffle prizes, a Large Christmas Hamper with lots of goodies. A basket with three different wines and a third with a homemade Christmas cake. The winners were Keith, John (U) and Robyn.

Thank you to the Committee for organising a great afternoon of fun and entertainment.

BBQ BREAKFAST

Our first gathering for 2020 was a BBQ Breakfast in McInherney Park. James McAdam arrived early, to set up all the tables with coloured table cloths and boil the kettle for coffee. Everyone arrived bright and early at 8.30 am to cook their bacon and eggs and catch up on all the news from the Festive Season. There were between 30 and 40 members arrived for a morning beside the river. Great way to start the year.



WILLAWARRIN TOOL RUN

Willawarrin a community west of Kempsey was devastated by the recent bush fires and in need of all kinds of assistance. On Friday 17th January 2020 a group from the Lions Club at Tacking Point organised a Tool Run. With donations received from Lions Club, National Seniors and the Hope Shop, two car trailer loads of tools and equipment were taken to aid the small community, who in some cases had lost everything.

Donations ranged from shovels, spades, saws, screwdrivers, a wheelbarrow, a lawn mower, a welding kit, golf clubs, garden hoses and much more. These were then set up in a local shed, so that residents could come along and the tools could be distributed.

The local pub provided lunch for the volunteers as an expression of their thanks for Port Macquarie's generosity.



APPLY FOR A REGIONAL SENIORS TRAVEL CARD

The regional seniors travel card provides eligible seniors in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel. You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW Trainlink Regional trains and coaches.

The travel card is valid for 14 months from the date of issue. The expiry date is available on the front of the card.

The regional seniors travel card program is available for a 2-year trial period (2020-2021). Eligible seniors can apply for a card in 2020 and for another card in the second year of the program (2021).

QUOTE

It's been said that '**Laughter IS the Best Medicine.**' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a two kilo potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks, I moved up to 5-kilo potato sacks, then 20-kilo potato sacks and finally I got to where I could lift a 45-kilo potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.

AUSTRALIA DAY



We had a successful day with many of our members joining us for a chat. We had quite a few people interested in National Seniors and hopefully they will become New Members. A group of us were later present at the Port Macquarie Australia Day Awards ceremony and we were very proud when John Urquhart was presented with a certificate as a short listed nominee for Senior Citizen of the Year.

John truly deserved this honour for all he has done for his community and especially for National Seniors.

CHINESE NEW YEAR

On Sunday 2nd February, 22 National Seniors members met at Port City Bowling Club to enjoy a special Chinese New Year buffet.

Whilst some members were disappointed there was no fire breathing dragon, there was some delicious food.

We all had food favourites, enjoying a plentiful supply of oysters, prawns, duck pancakes and suckling pig.

A standout dish was the scallops in shell with vermicelli noodles.

We did not go home hungry.

Contributed by Lee Brown.



PORT MACQUARIE MUSEUM - EVENT

The NSW Seniors Festival will be held from 12 to 23 February. This year's theme is "Love to Celebrate!" We are offering our usual Open House at the Port Macquarie Museum in Clarence Street, with free entry for seniors from Monday 10 to Saturday 22 February, and with the support of a \$710 NSW Seniors Festival Grant, through the Department of Family and Community Services, we are hosting another creative collaborative exhibition. The specially curated exhibition 'Out of the Frame' will feature creative artworks by Manning Support Services clients facilitated by Lisa Hort, Creative Ageing Practitioner, Port Macquarie U3A textile and fibre artists, and Port Macquarie U3A acrylic artists. 'Out of the Frame' explores the concept of creativity without barriers or boundaries. Working outside the frame enables creativity beyond the regular scope, spaces and dimensions. It presents an opportunity to create the unusual, the remarkable and the extraordinary through embellishment, exaggeration and enhancement. We encourage you to come along and view the exhibition which will be on display until 31 March.

The exhibition will be officially opened by Leslie Williams, Member for Port Macquarie on Monday 10 February 2020 at 5.00pm. Members are invited to come along and meet the artists and their families and carers. Refreshments will be served. Please RSVP by Friday 7 February.

The 'Out of the Frame' exhibition is proudly supported by the NSW Government in association with Port Macquarie Museum.

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 - **6.00 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.** Jimmy's Bar & Lounge.
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

February 14th – **Valentine's Day Dinner 6.00pm Mercure Centro Hotel. Bookings essential.**
February 17th – **Seniors Expo 9.00am to 2.00 pm. Port Macquarie Panthers Club.**
February 21 -23 **Hastings Bonsai Group Exhibition. 9.30 am Panthers Club Bay Street.**
February 22nd – **Beer & Cider Festival 1.00pm Westport Park Buller Street PM.**
February 29th to 1st March - **Les Miserables: The Concert. Screening at Majestic Cinemas PM refer to bookings for times of showings.**
February 29th - **Taste of Autumn Dinner. 6.00 pm at Cassegrain 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.**

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 March 2020 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.