

PORT MACQUARIE/HASTINGS NEWSLETTER NOVEMBER 2019

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

THE NEXT MEETING WILL BE HELD ON TUESDAY 12th NOVEMBER 2019

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

Our “Getting to Know You Guest,” will be Trevor Read.

The Guest Speaker: - Mike Jones “Half the World in one summer.”

My journey of 20,000 kilometres across Russia on a motor cycle and the wonderful people I met on that journey.

OCTOBER MONTHLY MEETING



The winning team from the NSA Ball Games Day were presented with their trophy by our president Joan. The lucky four were Duncan, Dee, Beverley and Trevor. Congratulations.

A PLACE IN THE SUN.

On the 17th October Nicola & Trevor invited members to their home for a second viewing of the documentary “A Place in the Sun,” This was filmed in 2004, before Nicola & Trevor immigrated to Australia. They were brought out from UK to view a total of six Properties with the possibility of purchasing one of them. Houses were located in Forestville, The Blue Mountains and Avalon and were interesting from the changes in styles and colours of the day.

The last house had fantastic views, but the down side was there were 80 steps to the front door, and you would need to be very fit to live there.

There was plenty of audience participation and quite a few laughs.

A scrumptious afternoon tea was provided with a Lumbar Jack cake, Chocolate brownies and a variety of biscuits and slices.

Thank you to Nicola and Trevor for a very entertaining afternoon.



Australian Government

Be Connected

Every Australian online.

On the 22nd October Christine Parkes lead a 2 hour seminar for fourteen of our members to give them an understanding as to how, with a little practice, they can produce photo books to cover many different events in life.

Initially they covered the process of how the books were put together and that all companies that print books, basically operate in the same way.

To make this easier Christine explained the importance of having the photographs that you wished to use in manageable files, frequently backing up your work. She also demonstrated how she had put together some of the pages in a recently completed book. In the second half of the seminar she covered the use of a programme which allowed you to enhance photographs by deleting objects or people, cropping or improving the light or colour.

The participants were able to practise this on their own photos that they had brought along to the workshop.

Overall the participants felt that the workshop had been interesting with several of them indicating that they will be completing photo books and also using the programme to improve their photos.

MINI GOLF TOURNAMENT.

On 30th October members were all geared up to participate in the Mini Golf Challenge. Regretfully “Mother Nature” took hold and due to the smoke from bush fires pervading the town, it was decided for health reasons that this event should be postponed to another day.

ABOUT EMERGENCY WARNINGS

Do not rely on receiving a warning message on your phone. You still need to prepare for an emergency and you should not wait to receive a warning before you act.

The Emergency Alert telephone warning system is one of a number of ways we can warn the community of New South Wales about an emergency threat or emergency situation.

Emergency Alert is the national telephone warning system used by emergency services to send voice messages to landlines and text messages to mobile phones within a defined area about likely or actual emergencies. In the case of an emergency, you may receive a voice message on your landline or a text message on your mobile phone.

There is no need to register or sign up to Emergency Alert.

Emergency services decide when they will use Emergency Alert. It is just one way of warning communities and will not be used in all circumstances. Emergency Alert relies on telecommunications networks to send messages, and message delivery cannot be guaranteed.

[More information on Emergency Alert \[external\]](#)

Emergency information contact details

For all life threatening emergencies, call Triple Zero (000)
TTY: 106 (hearing / speech impaired)

NSW Police Force

General information line: 131444

- Website: www.police.nsw.gov.au [external]

NSW Rural Fire Service (RFS)

- General information line: 1800 679 737
- Website: www.rfs.nsw.gov.au [external]

NSW State Emergency Service (SES)

- General information line: 132 500
- Website: www.ses.nsw.gov.au [external]

Fire and Rescue NSW (FRNSW)

- Website: www.fire.nsw.gov.au

NSW Ambulance

- Website: www.ambulance.nsw.gov.au [external]

Emergency NSW

- Website: <https://www.emergency.nsw.gov.au>

JOKE

It's most important to find something to smile or laugh about every day. I believe it was Spike Milligan who said "Every morn, I collect the newspapers & return to bed to read the obituary columns. If my name doesn't appear, I get up and get on with my day."

**People say that drinking milk
makes you stronger.**

Drink 5 glasses of milk and try
to move a wall.

Can't?

**Now drink 5 glasses of wine.
The wall moves all by itself!**

MELBOURNE CUP

Melbourne Cup Luncheon was hosted by Nicola & Trevor at their home in Lakes Innes, with 39 members attending to partake in the festivities.

Thanks to the committee and other volunteers we were treated to a delicious lunch of hot and cold foods, a variety of different salads and afterward some lovely sweet treats.

As usual we all ate too much, but who could resist such an array of tasty food.

John Urquhart & Graeme Lundstrom were our bookies on the day and everyone had the chance to place their bets and have a horse to cheer in the race.

Some lucky eight winners came away richer on the day with some winning more than one sweepstake prize. Well done.

After the race we had our own "Fashions on the Field," and the judges voted that Marlene Davar was the best dressed lady and David Johnson the best dressed gentleman.



Everyone had dressed up in their finery and we had some very interesting outfits amongst the crowd. Thank you every one for entering into the spirit of the day.







Alan Stephenson celebrated his 80th birthday on this special Melbourne Cup Day.

Three lucky couples were winners of the “Charity Auction,” held for three B & B rooms on offer from our hosts. These three couples were fortunate that they did not have to drive home after the party and had a nice relaxing evening afterwards.

This auction raised a total of \$280 dollars for our charity “Endeavor House.”

Many thanks to Nicola and Trevor for opening up their home and providing us with a fantastic afternoon.

DECEMBER CHRISTMAS PARTY

The Annual Christmas Party will be held on 10th December. We would request members to advise Erica by the 1st December, if you wish to attend.

As this function is prepaid, unfortunately there will be NO refunds.

Hastings Choristers to perform Handel's Messiah

SUNDAY 15 DECEMBER at 2 PM,

ST AGNES CATHOLIC CHURCH Hay St Port Macquarie.

Tickets (\$25) are now on sale at Glasshouse Box Office or at the door on the day.

Hear favourite choruses and revel in this glorious Baroque music as the Hasting Choristers Cantorus choir accompanied by the renowned organist Heather Moen Boyd take you on a wonderful pre Christmas journey. (two hours of complete bliss)

ADVERTISEMENT

For Sale From National Seniors Port Macquarie Branch.



Epson Projector EB S6 in excellent working condition complete with Carry Case

Price \$100.00 ono.

Contact John Banks phone number (02) 6582 4318

HANDY HINTS

BRAND NEW BOARD

If your light-coloured plastic or wooden cutting board has some stubborn food stains on it, cut a lemon in half and use it to rub down the surface. Leave the board to sit for 20 minutes, then wash the lemon juice off. The food stains should be gone, leaving you with a new-looking board.

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

8-17th November – **Jesus Christ Super Star in Concert at Player's Theatre Lord Street Port M.**
16th November – **Port M. Beer & Cider Festival 1 pm Westport Park Port Macquarie.**
17th November – **Salsa & Latin Dancing 4-7 pm Flynn's Beach Surf Club.**
24th November – **Port M. Helicopters Scenic Flights. Hastings District Flying Club Open Day.**
Port Macquarie Airport.
24th November – **Camper Trailers of the Year Showcase. 9am Town Beach Port Macquarie.**
25th November – **Retirees and Seniors Big Day Out. 11am Cruise Terminal Clarence Street.**
28th November - **Countdown to Christmas. From 5.30pm on Town Green. Sponsored by PMHC.**

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 December 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.
