

## PORT MACQUARIE/HASTINGS NEWSLETTER OCTOBER 2019

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

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### THE NEXT MEETING WILL BE HELD ON TUESDAY 8<sup>th</sup> OCTOBER 2019

Our next monthly meeting will be held on Tuesday 8<sup>th</sup> October 2019 at 10.00am at the Port City Bowling Club, Owen Street Port Macquarie.

Our “Getting to Know You Guest,” will be Nicola Herbert.

**The Guest Speaker: - Sarah Ashton “The experience of living with dementia.”**

Sarah refers to herself as a “Dementia Advocate” runs a Website support group for those living with dementia & gives talks to assist others (family members etc.) to understand what their relative may be experiencing.

### SEPTEMBER MONTHLY MEETING



Congratulations to Nicola Herbert who won the Ten Pin Bowling Competition, she was presented with the trophy at our last meeting by Lee Brown.

## **OUR NEWEST MEMBER**

We would like to welcome our newest member Robyn Mulligan, who just happened to be celebrating her 60<sup>th</sup> birthday in September. All the members joined in the chorus to sing “Happy Birthday,” on the day and wish her a happy year ahead.



## **MUSICAL AFTERNOON**

On Thursday 19th September a small group of members attended a musical appreciation afternoon at the home of Ron & Lou Polson.

We were treated to a diverse range of music from Greek Folk Music, a French Operetta, a choral excerpt from “The Requiem,” sung in Latin.

Then we enjoyed trad jazz with Stan Getz “The Girl from Ipanema,” Acker Bilk, Benny Goodman and more.

Lou played a recording by Ron himself, singing a classic Frank Sinatra number, which we all applauded.

We also enjoyed a song from Carousel one of the great musical shows of our time.

Our final record for the day was a Noel Coward offering of “London Pride.”

Lou provided coffee and light refreshments, which we all enjoyed, especially the chocolate mousse cake, “Yummy.”

Many thanks to Ron & Lou for inviting us into their home for a very pleasant afternoon listening to various types of music.

## NATIONAL SENIORS BALL GAMES DAY

After having been postponed because of rain on the 18<sup>th</sup>, we gathered together on a bright sunny morning at Nicola & Trevor's home for our special Games Day on September 25<sup>th</sup> 2019.

Seventeen eager competitors came dressed for the day, all with their competitive spirit raring to play. We had seven games to play Mini Golf, Quoits, and Boules. Kubb, Three Pin Bowling and the football in the barrel event, the final game was a modified version of Captain Ball.

The group was split up into 4 teams, two boys and two girls and playing against their respective spouses to make it more interesting.

Nicola & Trevor kept the scores and directed us to which games to play. Each team played three games before we took a break for morning tea & coffee, served with delicious cakes and biscuits.

Having replenished our energy we then played our next round of games. We all had so much fun, lots of laughter and such a happy atmosphere. Everyone felt like they were teenagers again.

After all the scores were tallied the winning team members were Duncan, Trevor, Dee & Beverley. They were presented with their trophy by Lee. The highest scores on the day were by Trevor and Beverley who won a gold cup for their efforts.



Once we had finished the games, we all enjoyed a BBQ or Picnic Lunch on the verandah.



## **FUNDRAISER FOR OUR ANNUAL CHARITY**

Nicola and Trevor have kindly offered to provide Bed and Breakfast to three couples (or singles!) following the **Melbourne Cup** celebrations (so that driving home is not an issue).

There are three bedrooms, each with a Queen sized bed. One bedroom is Ensuite, the other two bedrooms share a bathroom.

There will be a \$50 minimum bid per bedroom. If you are interested, please enter your bid by emailing Nicola ([herbertnicola@gmail.com](mailto:herbertnicola@gmail.com)). Please make it clear if you are only interested in the Ensuite bedroom. In order to achieve the maximum bid, Nicola will let you know if you have/have not been successful so that you can increase your bid if you desire. Final bids must be in by 5pm Sunday 3rd November.

A full cooked breakfast will be served at 8am!

All monies raised will be donated to our annual charity.

## CONCERNS ABOUT MEMORY LOSS.

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's disease (IMMA)

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families ...
2. I do not remember where I put some things ...

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking. "

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common symptoms are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there ...
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years...

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."



**Be Connected**  
Every Australian online.

Eighteen enthusiastic people attended our latest stimulating **Be Connected** meeting in the Technology room at Port Macquarie Library on Tuesday 24<sup>th</sup> September.

While 3 mentors roamed the room offering assistance, everyone was confident in their ability to navigate and learn from all the topics that are now available.

A great learning source which is now available to all of us.

## **NATIONAL SENIORS WELCOME RETIREMENT INCOME REVIEW.**

Leading advocacy organisation National Seniors Australia (NSA) has welcomed the federal government's commissioning of an independent review of the retirement income system and hopes this once-in-a-generation opportunity addresses key hot issues for seniors.

NSA has been calling for a comprehensive review for years based on principles of adequacy, sustainably, certainty and fairness.

NSA Chief Advocate Ian Henschke said the review terms of reference were very broad and hopes they will address the current problems in the retirement income system.

“The review tribunal is on trust to do the right thing and truly address the hot issues impacting now on seniors. He said the terms of reference were broad enough to fix pension poverty and address the issues around sustainability and fairness into the future.

“One of the most glaring problems with the pension system is the taper rate means the more you save the worse off you are,” he said. The Review must address these key issues:

- High Deeming Rates – must be cut further
- Inadequate Newstart and rent assistance – must be increased
- Spiralling living costs – must be brought down or most vulnerable seniors compensated
- High Age Pension taper rate – must be lowered
- Politicisation of Age Pension – must establish an independent tribunal.

Mr Henschke said for years, retirees, whether they are pensioners or self-funded, have become an easy target for successive governments.

He said the review was a once in a life time opportunity to re-set the retirement income parameters to embrace adequacy, sustainably, certainty and fairness.

“The retirement income system needs to be regarded as part of an “eco system”, which includes employment income, the pension, superannuation, home ownership, health and aged care costs.

“This review should not become a battle ground for ideological warriors who want to attack older Australians, otherwise it will be a wasted opportunity,” Mr Henschke warned.

National Seniors is calling for an independent body to be established after the review to set deeming rates and pensions and take politics out of the pension and the retirement system.

NSA WEBSITE.

## **TRIVIA NIGHT**

The Terrific Trivia Night was held at the “Lion’s Den,” on Thursday 3<sup>rd</sup> October in the late afternoon. Thirty five members attended for a night of fun and laughter and also to test their knowledge on a wide range of subjects.

The theme for the night was the letter “T” and contestants were encouraged to dress up. Everyone was organised into tables and asked to have a team name.

Our quizmasters for the night were Teresa, Lee, Christine and Nicola who asked us questions on general knowledge, music and travel. Interspersed with this we had table games to give us some exercise and stop us from being glued to our chairs. Prizes of smarties and chocolate bars were given to the winners.

At the end of the evening the scores were tallied and the winning team was “Tinker, Tailor, Tramp” with a high score of 90 points. The group was John & Teresa, Erica, Donna & Chris and Nicola & Trevor. Who were presented with the special trophy.



Second place went to team “T-Bone,” with 81 and third place was team “Trashie,” with 78. Closely followed by The Old Codgers, Raging Tigers, and Toothless Tigers.

Then we had the competition for the best theme costume, we had tourists, tailors, tiger people, T/Rex, Tramp, Tooth Fairy, Tea Bag, Traffic Light, Torso people, and more. We were graced with a visit from “Trump” aka Malcolm. The judges ruled that the winners were Trevor dressed as a very convincing Tramp and Beverley as the Tooth Fairy.

A fantastic night enjoyed by everyone. Thank you to all our quizmasters and participants.

## ADVERTISEMENT

### For Sale From National Seniors Port Macquarie Branch.



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

**Price \$120.00 ono.**

**Contact John Banks phone number (02) 6582 4318**

## HANDY HINTS

*To remove rust from chrome or stainless steel, wet and scrunch some aluminium foil and rub the surface clean.*





## **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. – **11.00am Cruise Terminal Clarence St.**  
Every Day Sunset Cruise - **6 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 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**

13<sup>th</sup> October – Lily Munday & Friends ‘on the Pergola’- **11.00 am Bago Vineyards Wauchope.**  
14<sup>th</sup> October (4 week course) – Salsa Dancing – **7.30 pm Settlers Inn Port Macquarie.**  
19<sup>th</sup> October - Douglas Vale Garden Party Open Day with Trevor Knight Performance. **9.30 am Douglas Vale Historic Homestead & Vineyard.**  
19<sup>th</sup> – 20<sup>th</sup> October – 71<sup>st</sup> Annual Camden Haven Show. **9 am Kendall Showground.**  
22<sup>nd</sup> October – Port Macquarie Hastings Volunteer Expo. **10am -2pm Port Macquarie Panthers.**  
26-27<sup>th</sup> October –Christmas Gift Fair. **10am Port Macquarie Panthers Auditorium.**  
2<sup>nd</sup> November Space – Cracking the Final Frontier. **6pm Port Macquarie Astronomical Association Presents – Talk by Assoc. Professor John O’Byrne. At Iona Centre St. Columbia Anglican School.**

## **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 November 2019 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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