

PORT MACQUARIE/HASTINGS NEWSLETTER **SEPTEMBER 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
			Chris Wright	0418 218499

THE NEXT MEETING WILL BE HELD ON TUESDAY 10th SEPTEMBER 2019

Our next monthly meeting will be held on Tuesday 10th September 2019 at 10.00am at the Port City Bowling Club, Owen Street Port Macquarie.

Our “Getting to Know You Guest,” will be Linda Philp

The Guest Speaker: - Artist-Richard Klekocuik talking about:-

“Exploring artistic passions when you retire: Seeing ordinary objects in a new light

Richard is an experienced Tasmanian artist and teacher whose artwork has been recognised both nationally and internationally through numerous awards and publications. He specialises in coloured pencils and has achieved 2 Pencil Master Status Awards, one from Australia, the other, Canada.

Richard is an Ambassador for Caran d’Ache (Geneva) in Australia and has been based in Port Macquarie since 2017, part of a four year working holiday that has included 12 months in Cairns.

Richard’s work is based on his interpretations of the Australian landscape from realism to abstraction, observation to storytelling, mark making to pattern and design.

Website: RichardKlekocuik.com

MURDER MYSTERY AFTERNOON August 17th.



The cast from Paddington Lodge

On a sunny Saturday afternoon 40 members gathered at the Lake Cathie Bowling Club for lunch in the Bistro and then afterwards were invited to “Paddington Lodge,” to witness and solve a murder. The cast enacted a short play, after which the audience was invited to solve the mystery.

After much deliberation the team called the “*Marrakech Express*” were voted the winners. On board were Teresa & John, James, Beverley & David, John & Sandra.

In recognition of their super sleuthing they were rewarded with a gift bag containing wine, chocolates and biscuits.

A great afternoon enjoyed by everyone.



AUGUST MONTHLY MEETING

At our last monthly meeting we had two special celebrities with Wynne and Brian Eldridge.

Wynne was our special “Getting to Know you Guest,” and Brian was pictured with surprise birthday cakes for a big “O” Birthday coming up in September.



MUSICAL AFTERNOON

On Thursday 19th September at 2.30 pm Ron Polson intends to hold a musical appreciation afternoon at his home in Port Macquarie.

Although numbers are limited due to the size of the premises, Ron would like to hear from members who wish to be invited.

Please bring to the event 2 CD tracks to play, any music of your choice being Rock and Roll, Classical, Country & Western, Opera, humorous and of course Jazz, or any other genre.

After listening to each music track, the rest of the group holds a discussion with the other members as to the merits or otherwise of the music that was played. This is an enlightening and interesting afternoon for musical lovers.

Ron & Lou will provide coffee and light refreshments. You are welcome to bring your own alcohol if preferred.

Ron can be contacted on 0418 236 393.

NATIONAL SENIORS PORT MACQUARIE recently received a Be Connected grant of \$2,000 and we conducted the first session on Tuesday 27 August at the Port Macquarie Hastings Library.

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

We have already achieved our obligation of signing up 30 participants, with many of them attending the Library session on 27 August. After registering on the website, attendees browsed the extensive list of modules and chose to work through the ones that suited their level of expertise and their interests. Several members volunteered to act as ‘mentors’ who were on hand to answer question and solve problems.

Members (and some non-members) who attended the session came along to learn more about their smart phone, laptop, tablet or personal computer. Answers to the question “What did you find most useful?” included:

- Working at my own pace and being able to ask questions
- Personal and friendly help and advice
- Interaction between mentors and attendees
- Being able to start at the beginning and go through slowly

Further Be Connected sessions are scheduled in the Library’s Tech Room on 24 September and 22 October – 10am to 12pm.



TEN PIN BOWLING

The Ten Pin Bowling event proved to be another successful National Seniors day out on Thursday 29th August. With 12 members having a fun time with lots of cheering and laughter. Judy Stace made her delicious slices for morning tea, which we all enjoyed. Nicola had a strike in the very last game, to just beat Graeme for the coveted trophy. The group then adjourned for lunch at the Settlers Inn.



OUT OF POCKET EXPENSES

Spiralling out-of-pocket health care costs are the biggest concern of older Australians. National Seniors is calling for reforms that put a brake on rising health care costs and help older Australians retain health insurance and access the best possible medical services.

A major worry is the amount of money people are paying out of their own pockets for services and procedures not reimbursed by Medicare or private health insurance.

Unless you go to a public hospital or are bulk-billed by the GP or specialist, you will have to pay the 'gap' costs. These are the fees charged, minus the Medicare rebate benefit and whatever your health fund is willing to cover.

Gap charges are a major contributor to rising out-of-pocket costs. People on low fixed incomes are particularly hard hit and may put off medical treatment or cut back on their private health cover.

Out-of-pocket costs continue to grow as doctors' fees rise faster than the Medicare rebate. Skyrocketing private health insurance premiums and growing lists of treatment exclusions also contribute to the declining affordability of health care.

This situation is made worse by a lack of transparency in the health sector. Private health insurance policies can be confusing and difficult to compare. Also, comparing specialist fees and services is almost impossible for most consumers.

Fees for in-hospital care and procedures plus overcharging by specialists further increase out-of-pocket costs.

Patients' bills may include costs for multiple doctors, including surgeons, anaesthetists, pathologists and radiologists. The total cost of in-hospital treatments may not become clear until months afterwards.

According to a survey of 6000 National Seniors members, seniors want reduced out-of-pocket specialists' fees, cheaper private health insurance premiums, increased funding for public hospitals, and more services covered by Medicare.

Join our campaign to cut health costs and tell doctors, insurers and the government what you want. You can also help by becoming a National Seniors member.

[NSA Website.](#)



Hunter Valley Lights Spectacular; Wednesday November 20 to Friday November 22nd 2019

Twenty three members have registered for the three day two night Hunter Lights Spectacular. This display is the largest Xmas light display in the southern hemisphere. In addition to the lights we will be visiting selected wineries, gardens, a cheese factory, the Sabor dessert bar, an art gallery and some historic buildings. A further highlight will be two formal dinners, one with National Seniors entertainment.

We will be staying at the Mercure Resort, next door to the Hunter Gardens and the venue for the Lights Spectacular. Our wineries experience will include Tyrells and Bimbadgen and a boutique winery of your choice. In addition there will be opportunities to shop and engage in chocolate and cheese tastings. Something for everyone.

This trip is fully booked.

Contact; John Urquhart on 0408384804

HANDY HINTS

HOW TO CLEAN YOUR OVEN RACKS.

1. Pull your **oven racks** out completely.
2. Wrap each one in aluminium **foil**.
3. Allow them to soak in a bathtub filled with hot water and a dishwashing **tablet for at least two hours**.
4. Remove the pieces from the tub, unwrap them, and wipe them down.
5. Put them back in the oven, clean and sparkling.

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 - **After April 7th this will be 4pm. Cruise Terminal Clarence Street.**
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. 19th – 25th May

EVENTS

13, 20, 21, 27, 28 September "Taste of Polynesia – **4.30pm Cruise, Food and Music-Cruise Terminal Clarence Street,**
14th September Braveheart's Fund Raising Trivia Night – **Port Macquarie Panthers Auditorium.**
17, 19, 26 September Seniors and Retirees Big Day Out. – **11am Port AdVenture, Cruise Terminal**
21st September High Cheese on Hastings. – **3.30pm Zebu Restaurant Rydges Port Macquarie.**
27th September – Food Smart Workshop - **9.30 – 11.30am Port Macquarie Library.**
27th September – 18th October "Look who's Talking," – **Players Theatre Lord Street Port Macquarie.**
28th September - Woolgoolga Curry fest – **Tour to Woolgoolga Curry Fest.**

www.limitlesstours.com.au

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 October 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.
