

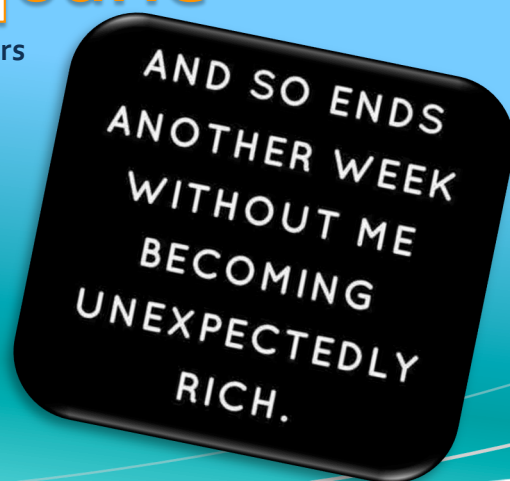
# connexioNS Port Macquarie

May 2021

A publication from the Port Macquarie Branch of National Seniors



Bago Blossom  
by Kellie Mobbs



## Dear Members

Welcome to our Newsletter with its new title. We think it reflects who we are very nicely! Thanks to Dee Watkinson for coming up with the clever, winning title. To add a little local touch each month, our logo will feature some of the many "Hello Koalas" around the area. Send us in a photo of your favourite and we will pop it on the front page.

**IMPORTANT NOTICE:** *We plan to start uploading Newsletters to our NSA Website. It is important that members who do not want their photo or name to appear in the Newsletter or Website to let Lynda Walters know as soon as possible. If we do not hear to the contrary, we will assume that members have no objection to seeing themselves in either publication. Many thanks for your guidance in this matter.*

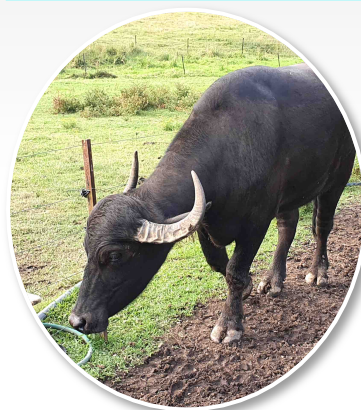
Our AGM is almost upon us. Importantly - since we can't have a club without them – we are sending out a call for committee members (Page 2 for details). The Committee meets on the first Tuesday of the month, at members' homes- and are always fun. After the business of the morning is concluded, there is time to catch up over tea/coffee and a piece of cake. Please consider being part of the team.

There were quite a few chances for members to meet up this past month: our Bicentenary trip downtown; a magical mystery car rally and the most recent trip up to Eungai Buffalo Farm (see pages 3-5 for photos).

Erica, Judith, Teresa and Lynda

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Comments and contributions welcome. Please contact: President, Lee Brown at [leebrown958@gmail.com](mailto:leebrown958@gmail.com) or  
Lynda Walters at [lynda.walters@gmail.com](mailto:lynda.walters@gmail.com)

### SPOTLIGHT ON MEMBERS

#### PAT HEATON AND LOUISE NIVEN-LORVENSEN

Pat and Louise have been members for quite a few years now, but can't always make it to meetings. Happily, they were both able to come to last month's meeting to help us celebrate Port's Bicentenary.



### BRANCH ELECTIONS

It will soon be the end of the financial year, when the Executive posts of President, Vice President, Treasurer and Secretary become vacant. Elections to fill these posts will take place at our AGM in July.

If you would like to put your name forward for one of these four positions, please contact Erica on [ericadecarlo@gmail.com](mailto:ericadecarlo@gmail.com) and ask for a nomination form. Nominations will close on 30<sup>th</sup> June 2021.

The Executive Committee also invites expressions of interest from members who would prefer to join in a non-executive role. Please let Erica know by the closing date.

It is always refreshing to have members come on board with new perspectives and ideas. The current Committee looks forward to welcoming both nominations and expressions of interest from those keen to keep our Branch one of the most vibrant in the country.

### MAY BIRTHDAYS

We have two members, Anne Jackson and John Neilson, celebrating their impressive "0" birthdays this month. Joining Anne and John celebrating their May birthdays are:

John Davies  
Grace Jane  
Christine Parkes  
Tom Pearson  
Jeanette Symons  
Dee Watkinson



### NEXT MEETING

<b>VENUE:</b>	Port City Bowling Club
<b>DATE:</b>	Tuesday, 11 <sup>th</sup> May 2021
<b>TIME:</b>	10 a.m. for 10.30 start
<b>SPEAKER:</b>	Diane Gillespie from Port Macquarie Family History Society
<b>ENTRY:</b>	\$2 for Lucky Door Prize

Between the 10<sup>th</sup> to 18<sup>th</sup> April, residents and visitors alike were treated to nine days and evenings of events to mark the bicentenary of the first European settlement in Port Macquarie. The program was extensive and hopefully you all found something that appealed to your tastes and imagination over those days.

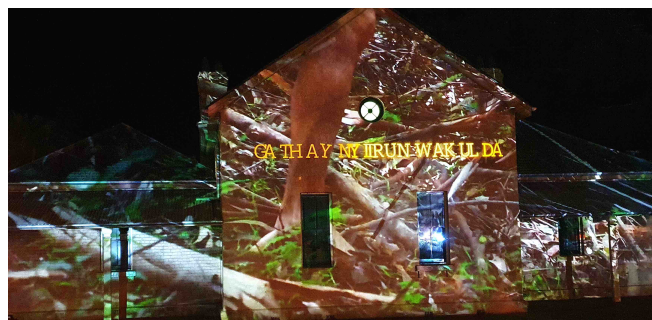
We had our roving reporters, Lynda Walters and Dee Watkinson, out and about capturing on camera some of the sights and sounds of the celebrations. Some visitors might have spent time visiting the open studios of our local artists (and may have spent more than they intended!). Others might have preferred the slow pace of dinner on the river in the tall ship, the Coral Trekker.



Others had fun at the annual duck race down at Kooloonbung Creek and shouted on their ducks or, in fact, cheered on the ducks that made a dash for freedom at the end and made it to the river. We hope many were able to experience the Roulettes flying display and fireworks that celebrated the last of the events.

On the Thursday night, 15<sup>th</sup> April, the Branch had organised a casual evening out, to enjoy some of the experiences as a group. There was no set program and we each had leisure to visit the events that interested us the most at our own pace.

Many went round the museum to see the fascinating display of artifacts from the last twenty decades. Some went to look at the exhibitions in the Glasshouse Gallery. Everyone, however, took the time to watch the amazing sound and light installation at the Historic Courthouse. Lasting ten minutes and entitled "Wakulda", it was a beautiful way to showcase the spirit of Port Macquarie, telling stories from the time of the First Nations through to present day.



After wandering around experiencing the almost festive atmosphere of downtown Port, twelve members retired to celebrate with some very tasty food and a few bottles of wine at the Northpoint Thai.





## BRANCH NEWS: THE MAGICAL MYSTERY CAR TOUR



Going the right way



Big kids having fun

If you spotted a few Beatles impressionists around the town trying to replicate that famous Abbey Road album cover, fear not. It was not madness, merely some of our seniors battling to win the Mystery Car Tour Competition.



Going the wrong way

Teams were sent off at 10 a.m. on Tuesday 20<sup>th</sup> to find and take photos of forty artifacts to be found round town. Some were relatively simple tasks such as finding a speed sign, or playing in a playground. Some were more challenging: do you know where to find a phone kiosk in this town, or a garden gnome? Some were diabolical and took a great deal of cheekiness like asking innocent strangers to show tattoos or dance in the middle of the road.

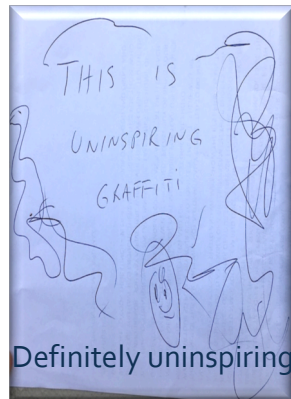
After an exhausting morning, leaping in and out of cars to take photos, the hunt ended with a relaxed BYO lunch round the pool at Nicola and Trevor's. Only then did the trickiness of some of the competitors become clear to an amazed and appreciative audience. If you can't find the car wash, do-it-yourself; if you can't find a bird on a wire, make your own; who needs a real waterfall or to find graffiti when you can scribble. And, telephone kiosks grow in gardens in Port! A lot of thinking outside the box was going on.



Car Wash



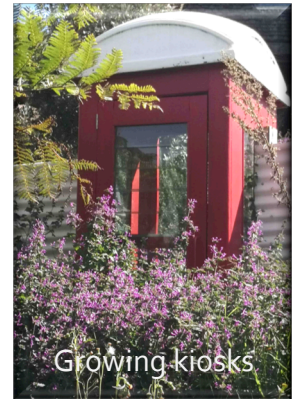
Bird on wire?



Definitely uninspiring



Waterfall?



Growing kiosks



Three teams managed to find all forty items (of some sort or another). Congratulations to Judith Clegg, Nola and John Davies, Teresa Iwinska, Donna Munro, Christine Parkes, Linda and Alan Philp, Keith Reichenbach, Duncan Wyndham, and John Urquhart. We also managed to raise \$53 for our charity by playing with some gold coins and a wine bottle. John won again.



In all, it was a day of absolute fun, enjoyed in the best of competitive spirits and no-one got pushed into the swimming pool either! A big thank-you to organisers: Ann and Max Cross, Erica de Carlo, Nicola Herbert and Trevor Read. Thanks also to Steve and Dee Watkinson who have volunteered to organise the event next year.



Thirty-four of our members took advantage of a beautiful autumn day and enjoyed meandering around the Kempsey riverside markets. Many bargains were found and greetings exchanged before we travelled north to the Eungai Creek Buffalo farm and café for lunch.



This was a perfect venue to enjoy a wide menu selection namely wood fired pizza generously topped with their own mozzarella, buffalo burgers, fish and chips, snacks with their hand-crafted cheeses and many other delights. Dessert was also on the menu with 20 varieties of delicious gelato made with the milk of the buffalo topped off with the rich, creamy, buffalo milk coffee.



Our host regaled us with stories of his very spoilt and indulged Italian water buffalo. Their pure white milk has 50% more calcium, 40% more protein and 43% less cholesterol than cows' milk. The price of buffalo milk, which is creamier and sweeter than cows' milk, is \$4.50 wholesale against cows' milk at 51 cents per litre but this is offset by the large expense of testing and strict regulations of Health and Safety.

We were told that one of the buffalo, Bessie, was an escapologist and, when pregnant, found it difficult to jump the fences so repairs were continuous. A few of our members found, to their shock, that electric fence wire was introduced to prevent Bessie and her brood seeking greener pastures. We had a wonderful, entertaining day and arrived home with many purchases from the markets and farm.

***We have invited a Palliative Care Nurse to come to talk to the Branch in June. Before then, we thought it would be interesting to find out a little bit more about how Hastings Home Care supports palliative care in our Community***

### HASTINGS HOME HOSPICE (By Marita Crighton, Secretary)

Home Hospice was formed in 1998 to provide support to residents in the local government area who are clients of the Palliative Care Service. Its motto is "helping to ease the hardship".

Many patients need an oxygen supply and we own several units. There is a great need for pain control and a syringe driver can supply up to 24 hours of medication through a small device that can be worn on the body for ambulation. These units require regular maintenance, which we pay for.

When a patient is being nursed in their home, care may be made easier with the use of the appropriate equipment. Caring for an ill person in a large bed can be very difficult for

(Continued over page)

both patient and carer. Having an electric single bed that is totally adjustable makes a big difference. Also, having equipment such as an over-bed table, shower chair, toilet raisers and commodes etc. is very useful. Wheelchairs enable a frail person to be moved around the home, as well as making it easier to be taken out, for social outings or doctors appointments.

All our equipment is loaned free of charge to those who will benefit from it. A common request is for financial assistance with medications; these can be expensive and beyond many families' resources, especially when the patient or carer has had to retire from paid work. We can also provide monies for special food supplements and will consider any request made to us.

We are also supportive of the Palliative Care Unit at Wauchope. Recently we were able to provide funds to replace some of the curtains, which have to be washed regularly. We helped purchase some equipment and furnishings when the Unit was established. The requests for support come through the three Palliative Care Nurses who are on our committee, as well as through the Director Of Nursing of the Palliative Care Unit at Wauchope. We give help only to residents in our Local Government area who must be a client of the Palliative Care Service.

We receive no Government support and rely on the monies our very small band of volunteers can raise through cake and craft stalls and donations from our generous community. **Our next Trading Table will be held at Settlement City on Saturday 15 May.**

### OTHER THINGS TO DO IN MAY/JUNE

**6 May-4 July: Landscape, 10 a.m. to 2 p.m.** Glasshouse Regional Gallery.  
An exhibition of art owned by Port Macquarie-Hastings Council.

**6 May-4 July: New Exhibition of Local Artists, 10 a.m. to 4 p.m.** Hastings Fine Art Gallery adjacent to the Maritime Museum <http://www.hastingsvalleyart.net.au/>

**23 May: LEGO Brickfest, 10 a.m to 4 p.m.** Port Macquarie Indoor Sports Stadium, Hibbard Drive. [www.facebook.com/PortMacquarieBrickfest](http://www.facebook.com/PortMacquarieBrickfest)

**26 May: Cancer Council Biggest morning Tea @ Mrs. York's Gardens, 9.30 a.m. to 11.30 a.m.** Cnr. Grant and Stewart Streets. \$5 entry

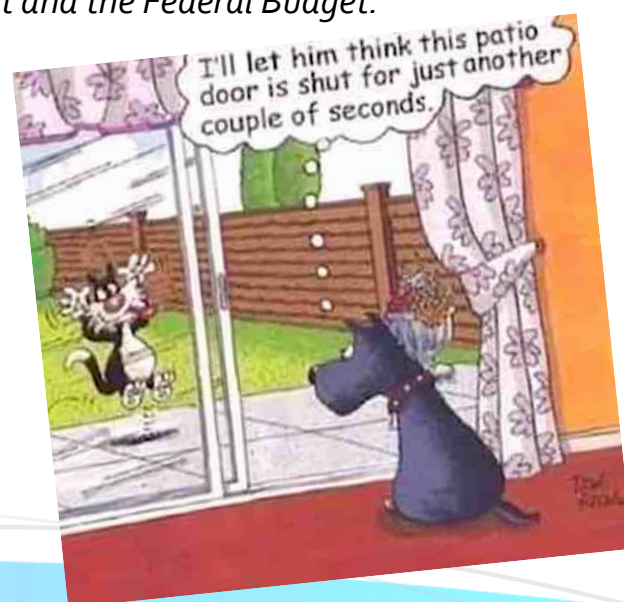
**30 May: Rolland Plains Market, 9 a.m.to 2 p.m.,** Rolland Plains Recreational Grounds, Bril Bril Road, Rolland Plains.

**Hastings Farm Gate Tour: 12<sup>th</sup> – 14<sup>th</sup> June,** Opening and tour times and map available for \$40 in booklet/ticket. [http://www.pmhsn.org.au/events\\_projects/hastings-farm-gate-tour/](http://www.pmhsn.org.au/events_projects/hastings-farm-gate-tour/)



John was at a Board meeting of NSA this month. There was a great deal to read, digest and discuss at the meeting but John has kindly put together a brief summary for us:

- + Louise O'Neill, CEO of the Aged Care Workforce Industry Council presented a comprehensive overview of workforce issues regarding aged care. CEO Prof John McCallum represents NS on the Council. Significant changes are being proposed.
- + As a result of an extension of a government grant NS is continuing to support older Australians via the COVID hotline. Many callers are now enquiring about the vaccination program. The hotline is also supporting a range of ethnic communities who have COVID related concerns.
- + NS as part of 'Building Better Homes' campaign has been instrumental in securing more accessible housing regulations for older Australians.
- + There is a strong expectation by members that more home care packages will emanate from the upcoming federal budget. NS has had a lead role in progressing this issue.
- + NS is developing a range of strategic partnerships that will have mutual benefits for both parties. Most advanced of these partnership arrangements is with a superannuation fund.
- + Membership is up on the previous reporting period. 44% of new members are in the 50 to 60 age group. The membership database is still in phase 1 of development and meaningful data is not yet available to Branches.
- + Current NS research includes; *Older Australians Sentiments on Vaccination; Co-Design Improving the Aged Care System, NS/Challenger Report on Planning for Later Life, Older Drivers and Automated Driving Assistance (with UNSW).*
- + Members have suggested NS campaigns on; *Fixing Pension Poverty, Better Housing, Health Costs especially Specialist Fees, Fairness in Retirement and the Federal Budget.*



From member, Elaine Howell: A For Sale notice in one of the papers which should put a smile on faces. "For Sale – Double burial plot – Ocean views".

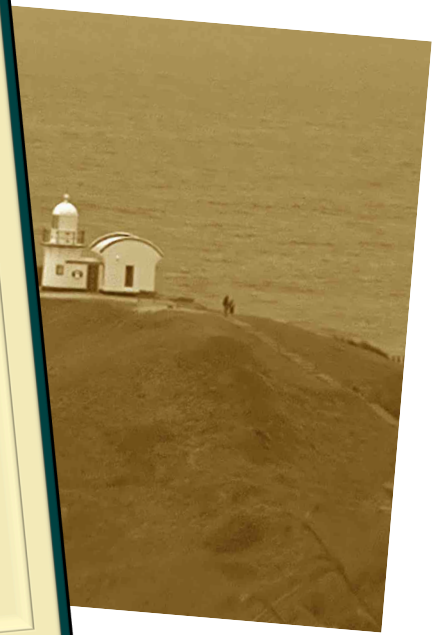
## HOW WELL DO YOU KNOW PORT?

### LAST MONTH'S ANSWER

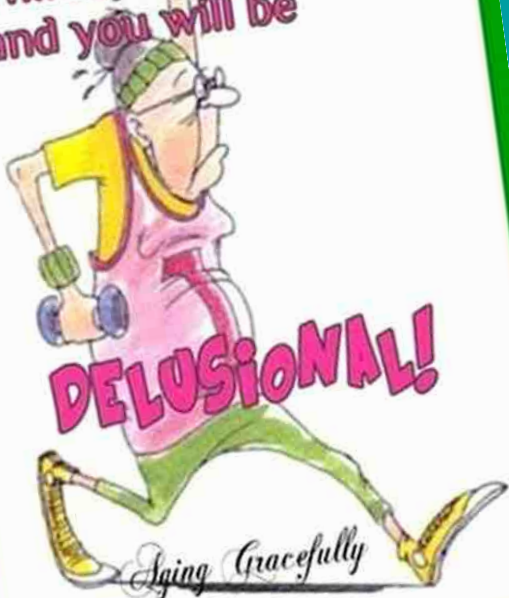
Long before James Cook christened them the Three Brothers in 1770, the local Birpai people had a Dreamtime story about three brothers whose resting places are marked by these iconic features. There are several versions of the way in which they died (murder, suicide, fratricide and filicide all feature) but all agree that the mountains are named after these men.

### THIS MONTH'S QUESTION IS:

In the early days of the settlement, what stood on the site where the Police Station is currently?



Think you are old,  
and you will be old.  
Think you are young,  
and you will be



## DATES FOR YOUR DIARY

May 11<sup>th</sup> – Monthly Meeting

May 17<sup>th</sup> – 500 Club

May 29<sup>th</sup> – Players Theatre  
Evening

June 2<sup>nd</sup> to 4<sup>th</sup> – Trip to Tamworth

June 8<sup>th</sup> – Monthly Meeting

June 14<sup>th</sup> – 500 Club

June 24 – Lunch at Beechwood  
Cafe