

## PORT MACQUARIE/HASTINGS NEWSLETTER MARCH 2019

Website: [www.portmacquarieseniors.com](http://www.portmacquarieseniors.com)

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### NEXT MEETING WILL BE HELD ON TUESDAY 12<sup>th</sup> MARCH 2019 at 10.30 am.

Our speaker will be Sue Stubbs representing the Port Macquarie Koala Hospital. (Please consider booking for our Koala Hospital site visit the next day, Wednesday 13<sup>th</sup> March.) We will need to pay a small entry fee of \$4.50pp. The expert guide will be Michael Feeney.

The Getting to Know you Guest; will be Ian Richardson.

### PICNIC AND VISIT TO THE OBSERVATORY



Although the weather was overcast and showery, we finally were able to have our evening picnic in the Rotary Park on the 20<sup>th</sup> February 2019. Twenty one members arrived at 6.30pm some with Fish & Chips others with more healthy options for a gathering and catch up before heading to the Observatory.

At 7.15pm we walked up the hill to the Observatory building, and into the theatre auditorium. We were not able to view any images through the telescope due to the heavy cloud cover.

Our presenter gave a very interesting talk about the stars and nebulae that can be seen in the southern night sky. With the aid of a computer we viewed images of different stars and galaxies. We were informed of the significance of what we were viewing and how far back in time the events being observed had occurred.

At the end of the session we had a Q & A segment, which explained some of the additional information relayed to us.

A very good night out. Thank you Lee for organising this.

## GUESS WHO IS COMING TO LUNCH

The winner is... 'hospitality'.

The things that attract us to being in a community group are feeling that we are welcome and the hospitality and friendship we enjoy as part of, and outside of the meetings. "Guess who is coming to lunch" is a very special way to give and receive hospitality in each other's homes, while discovering some more of each guest's passions and preoccupations from the past and the present. Many thanks to all of our generous hosts.



1. Our fabulous afternoon was off to a perfect start with champagne and smoked salmon blinis on Lee and Malcolm's terrace ... looking up the north shore towards Point Plomer. Ron, Malcolm and Chris entertained us while they reminisced, and Lee served a wonderful three-course lunch: a fresh and tasty Thai prawn salad, followed by roast duck with black cherries offset by a zingy apple and fennel salad ... topped off with an out-of-this-world dessert - Lemon Berry Roulade.

We thoroughly enjoyed the entertaining company, the delicious food, and the wonderful views ... thank you Lee and Malcolm!

2. Pam and Gavan hosted John, Teresa and Anne for our annual guess who's coming to lunch.

We were welcomed with a delightful mix of cheeses, savouries and wines on Pam and Gavan's veranda. A three course lunch followed. Firstly, San choy bow as our entree, next a wonderful main course of Chicken with honey and macadamia stuffing and vegetables, and for dessert we had pear and almond tart. Our lunch was a happy mix of good food and wine, great company and Gavan's rendition of '*fifty shades of sheds*'.

Thank you Gavan and Pam

3. Spent a wonderful few hours with John, Nola & Allan yesterday over a delicious lunch. A slight hiccup. We were all set to go to lunch on Wednesday so decided to go crabbing Tuesday just after arriving home from crabbing Tuesday a very lovely phone call from Nola wondering where we were Allan had arrived no Ross and Jeanette. We somehow did not get the info about date change. Anyhow arrived an hour late full of apologies and had a "WOW" of a time. Thank you to Nola, John & Allan for being so understanding.

No Photo.



4. Keith & Judith hosted Ian, Joan and Graeme.

We had a lovely Thai themed delicious lunch. Judith and Keith were excellent hosts and we enjoyed lovely stimulating conversation. A great day all round.

Keith had us gasping as he told a recent ‘emergency’ moment in his role with the Rural Fire Service while returning from the Shelley Beach search for the missing backpackers”

5. Nicola & Trevor, John & Sandra were greeted by their host James McAdam.

As it was such a lovely day we sat in the Courtyard where we were welcomed with a glass of white wine and some nibbles.

Following this we were treated to a special three course lunch of Salmon Loaf served with cherry tomatoes, bean sprouts and fresh multigrain bread. Our main course was Chicken Lasagne with mixed garden salad, fresh beetroot, olives and dressing on the side. This was topped off with a velvety smooth, decadent chocolate mousse desert.

Conversation flowed freely and after hearing about James’s escapades we decided he was definitely *peripatetic*

Thank you James for a most enjoyable afternoon.

6. Mara and Noel Goodall, Denise Healey and Erica De Carlo were welcomed into the lovely home of Megan Richardson. We were greeted with flutes filled with pink (sorry Noel) champagne and strawberries. Delicious! Megan plied us with blinis of smoked salmon and caviar which we thoroughly enjoyed with our champagne. The smells emanating from the kitchen beckoned us to the table where Megan had a stunning roast pork, numerous crispy roast vegetables and a delicious gravy reduction of mustard, port and juices. Being the wonderful hostess, Megan allowed us to crunch the fabulous crackling from our fingers. Greasy chins all around! Our dessert was a lovely coffee and chocolate Opera cake which Megan served with ice-cream and dollops of cream. Coffee followed and we then bid goodbye to lovely friends and a gracious hostess.

Thank you Megan.

No Photo.

## SPECIAL BIRTHDAY



At our last meeting we helped celebrate a special birthday with Malcom Brown, we presented him with blue cupcakes to mark the occasion and sang Happy Birthday.

A member has a friend who writes lyrics about Sewing Machines.

He says, she is hoping to become a prominent “Singer Song Writer,”





## **Report on February National Seniors Council Meeting**

National Seniors Council and the Board met in early February to discuss strategic issues impacting on the over 50's. Topics discussed included membership, marketing, commercial services and advocacy. There was also some discussion on the upcoming federal government election. Below are summaries of two items of business.

CEO Prof John McCallum opened the meeting with an overview of our current positioning statement which reinforces our advocacy position and the provision of quality services leading to more informed decision making by older Australians. There was considerable discussion on the success or otherwise of this positioning statement, how it should be measured and where are the future opportunities for business and services.

Specific discussion centred on the Aged Care Royal Commission and National Seniors role in promoting the many issues surrounding aged care in Australia. Through research and feedback from members many of the problems in the aged care sector are related to the provision of quality services such as patient to carer ratios, qualified staff, 7/24 nursing care and support, effective handling of complaints, patient hygiene and elder abuse. Although, it was recognised that many aged care homes are good facilities some fall well short of an acceptable level of care.

Prof McCallum, who was one of the first to be interviewed by the Aged Care Royal Commission will discuss the issues raised by members. I spoke on the possibility of National Seniors becoming the administrator of the aged care quality unit or at the very least having a more proactive role in monitoring the quality of aged care. We will no doubt hear of the outcomes in due course.

Overall a productive meeting and a good opportunity to network with other members.  
John Urquhart

### **PROPOSED CANBERRA TRIP**

The planned trip away to Canberra has unfortunately been cancelled as there were insufficient numbers to make it viable.

### **GUEST SPEAKER FOR APRIL 2019**

Our guest speaker at the Monthly Meeting on April 9<sup>th</sup> will be The Mayor of Port Macquarie Hastings Council Ms. Peta Pinson.

As this will be a very interesting talk about issues in the Port Macquarie Area, we do intend to have a controlled Q & A session at the end of the presentation.

We are requesting members who wish to raise questions to submit them by email to [lynda.walters@gmail.com](mailto:lynda.walters@gmail.com) prior to the meeting.

The closing date for these questions will be **30th March 2019**.

Your cooperation in providing this information would be appreciated.

**A conclusion is the place, where you got tired of thinking.**

**Experience is something you don't get, until just after you need it.**

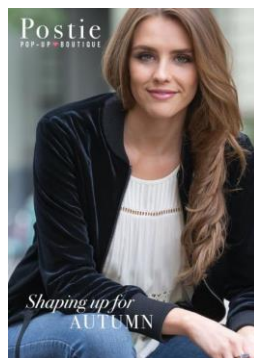
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## **INVITATION**

Ladies, please join me for an afternoon of fashion, fun and a glass of bubbles.

**Fri 22nd March 2019 at 2.00 pm**

**111 Tall Timber Road, Lake Innes**

New winter arrivals plus SALE of Summer samples. Sizes 6 – 28.

**Everyone welcome**

Please RSVP to Judith by 18<sup>th</sup> March 2019  
[postiepopup@gmail.com](mailto:postiepopup@gmail.com) or 0409 999 061

## **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 - **6.00pm 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.

## **REGULAR MARKETS.**

Every Tuesday – **Real Food Local Produce Markets.** Port Central Forecourt, Time 3pm 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.**

4-23 March **Wauchope Lasiandra Festival** – Checkout the Calendar on the Website.

15<sup>th</sup> March – **Ladies in Red 6.30pm** Rydges Port Macquarie.

16<sup>th</sup> – 17<sup>th</sup> March – **Annual Comboyne Show, Dog Show & Goat Races.** 10am Comboyne Showground.

20<sup>th</sup> March – **Big Morning Tea.** 10am Uniting Church Sherwood Road.

20<sup>th</sup> March – **Seniors and Retirees Big Day Out Cruise.** Cruise Terminal Clarence Street. Check website.

22<sup>nd</sup> March – **Charity Luncheon with Kurt Fernley.** Tacking Point Tavern. Check website.

31<sup>st</sup> March – **Port Macquarie Classic Motorcycle Club Bike Show.** 10am Settlers Inn Car Park.

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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 the April 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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