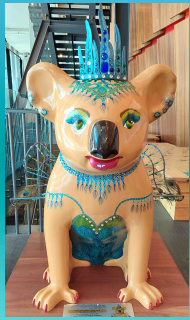
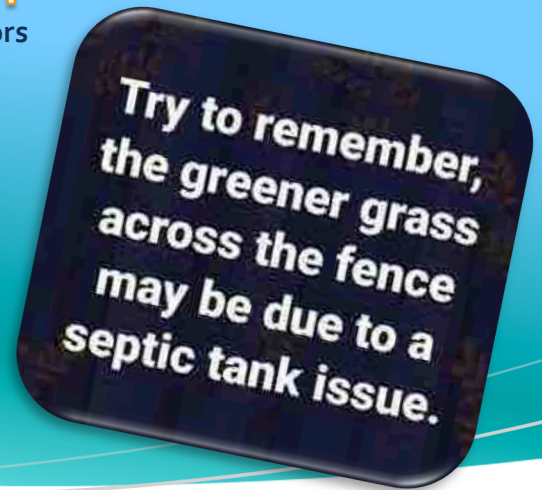


A publication from the Port Macquarie Branch of National Seniors



Lady Lola, the Dancing Koala

Artist: Francesca O'Donnell



Dear Members

Welcome to Winter. No more hot, sticky days and let's hope that it's going to be drier than summer was. Time to get the winter woollies out from wherever they go to "estivate" during the warm months. We've certainly needed them recently.

This edition marks the start of a new feature in the Newsletter: "Travel and Other Mishaps". We hope you will share with us some of the funny or weird things that have happened to you either on your travels or in daily life. They may not even have seemed funny at the time but you can look back at them now and have a good laugh. We'd like to laugh with you.

The meeting after next is our AGM. You still have a few weeks to put your hand up to join the Executive Committee, if you are interested in doing so. As usual, after the AGM, the meeting will be handed over to our facilitator to run the Annual Forum. This is where we explore the issues of most pressing interest or concern to you as a Senior. These are then collated and a report sent to National Seniors Australia to help guide their advocacy campaigns on our behalf.

We also use the Forum to find out from you how you think the Committee can improve what it does: the types of events it might organise; the way it can support its members better or communicate more effectively. It's a time to have your say so please make sure you come and make your voice heard.

Erica, Judith, Teresa and Lynda

This Issue

- Page 2 Branch News: Spotlight on members; meetings
- Page 3 Branch News: Trip to the Theatre
- Page 4 Branch News: Walking in Wauchope
- Page 5 Travel and Other Mishaps
- Page 6 Birthdays; Handy Hints
- Page 7 Around Town
- Page 8 Competition and dates for your diary



Comments and contributions welcome. Please contact: Lee B or Lynda W

SPOTLIGHT ON MEMBERS

Tom R and Sue C are another couple that joined just before COVID stopped our meetings so we have had to wait a while to get to know them. A big thank-you to Dee and Steve W for bringing them along to see what we are all about.



Winners of the Magical Mystery Car Tour receiving their trophy at the May meeting



Dee W received her prize for the winning entry in our Newsletter Title competition. Thank you, Dee.

FINAL CALL FOR OFFICE BEARERS

This is a final call before July's AGM for nominations for the Executive posts of President, Vice-President, Secretary and Treasurer. If you would like to join the Executive Committee but have yet to put your name forward please contact Erica and ask for a nomination form. Nominations close on 30th June 2021.

NEXT MEETING

VENUE: Port City Bowling Club
DATE: Tuesday, 8th June 2021
TIME: 10 a.m. for 10.30 start
SPEAKER: Daniel Abel and Debbie White from the Community Palliative Care Unit
ENTRY: \$5 (includes tea/coffee and a Lucky Door Prize)

BRANCH NEWS: TRIP TO THE THEATRE

The Players' Theatre has put on its first major production since COVID shut it down last year and what a way to start over. Its production of "We Will Rock You" has taken three months of hard work by all involved. Judging by the audience reaction, it was a commitment of time and effort well spent.



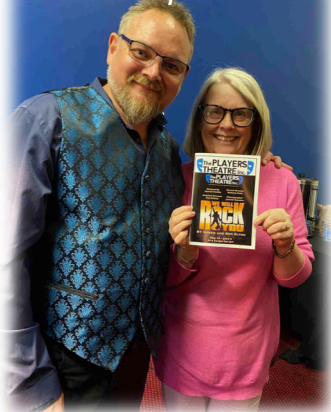
Nineteen members met in the Gould Room upstairs in the theatre to enjoy drinks and nibbles, before joining the rest of the audience in the auditorium. Thank you to Judith C, Teresa I, Joan L and John U for the plates of delicious sandwiches, antipasto and desserts. It added a definite buzz to the evening to meet up in our own space before the curtain rose, and again during the interval.

The expectation of something enjoyable to come was heightened once we moved into the theatre itself. The house was full, and the audience of all ages was ready for some rock'n'roll.

The musical is set in a future world where overuse of the Internet has allowed the company Globalsoft and its leader, the Killer Queen, to take over. There is no live music, only a legend about something called Rock. A band of young rebels called the Bohemians are determined to unravel this mystery and gain "freedom, individuality, and the rebirth of the age of rock". Written by Ben Elton, the dialogue is quick and witty, typical of his sense of humour but it is really, at the end of the day, a vehicle for the music of QUEEN. That's what has drawn in audiences since its première in London back in 2002.

I imagine that it was the music that drew in this audience as well. Most of Queen's iconic songs are reprised to help move the story along: Radio Gaga, Crazy Little Thing, Killer Queen (of course), We Will Rock You, to name but a few. For those who remember the original releases, the performances helped recapture the spirit of the 70's and 80's. It was booming and energetic. For those a bit (or a lot) younger, it was perhaps a chance to move past some of the iconic hits such as "We Are the Champions" to learn a little more about rock and roll.

Director, Hamish

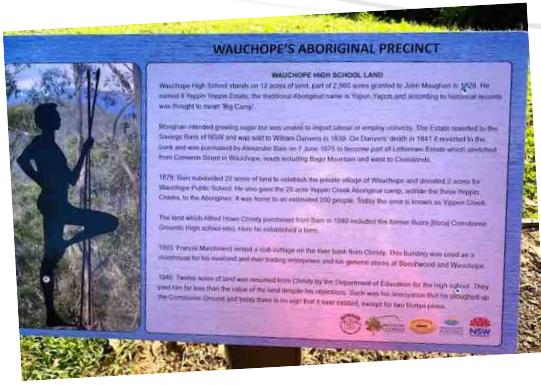


At the interval, the Director, Hamish, joined our group to say hello and to find out what we thought about the show. He gave us some background details of the production and was full of praise for the commitment of our local artists. We each had our favourite performer and performance: some preferred the more melodic voice of the main female character, Scaramouche; others preferred the raunchier interpretation by the Killer Queen. All agreed these talented amateurs were doing an entertaining job.

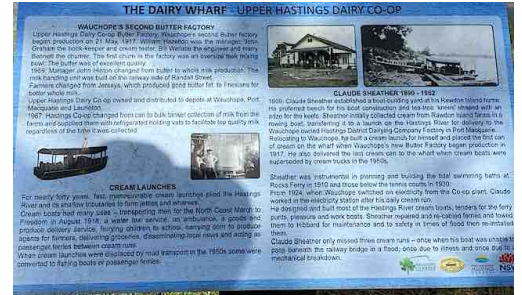
Back from the interval, and building up to the finale, there was plenty of interaction between performers and audience. The actors often used the auditorium as part of their stage, rushing in through doors and singing across the aisles. The audience has plenty of opportunity to get involved, keeping the beat and singing along.

The best was kept for last. The ensemble's curtain call was a full rendition of Bohemian Rhapsody which sent some of us of a certain age home with a smile, humming our favourite Queen song.

WALKING IN WAUCHOPE



When our walking group chose to walk along the river at Wauchope this month, we ended up taking a walk through history, from the time of the First Nations right up to today. Residents of Wauchope will tell you that Port Macquarie is just an upstart in



comparison to this old timber and dairy town and the Hastings River was the lifeblood of the settlement.

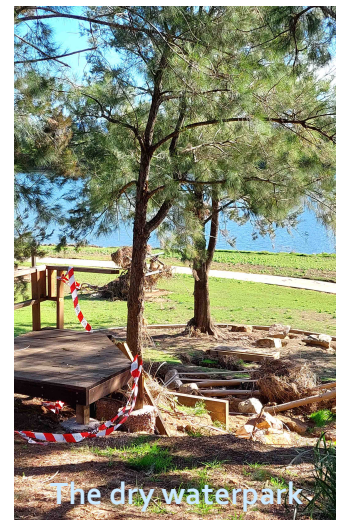


Plaques telling a little of the river's economic and social story are strategically located along the walk, as are a number of weathered artworks. Our walkers spent more time reading these than rambling. Intrepid Judith also took the time to try her hand (and legs) at the few exercise stations along the way.

On a beautiful bright morning, it was difficult to imagine the river as it was in March. Signs of the devastation caused by the recent flood can be seen all along the river but especially at Rocks Ferry Reserve. It is awe-inspiring to think of the torrential speed the Hastings must have reached in order to do such damage. Logs/planks can still be seen at the edge of the railways bridge; the beautiful park is a scene of destruction with picnic tables and benches upended and footpaths swept away. The fabulous waterpark is now a dry shambles.



And the pathway swept aside



The dry waterpark

However, this recent part of history didn't detract from the river's fascinating story or the beauties of nature on display. Nor did it spoil our enjoyment of the coffee after the walk was complete.

IF YOU WOULD LIKE TO JOIN OUR WALKING GROUP PLEASE LET ONE OF THE NEWSLETTER COMMITTEE KNOW. WE PLAN ONE WALK A MONTH, NOTHING TOO STRENUOUS. IT'S A CHANCE TO TAKE SOME EXERCISE IN CONGENIAL COMPANY, WITH COFFEE AND CAKE TO LOOK FORWARD TO AT THE END. PLEASE COME JOIN US.

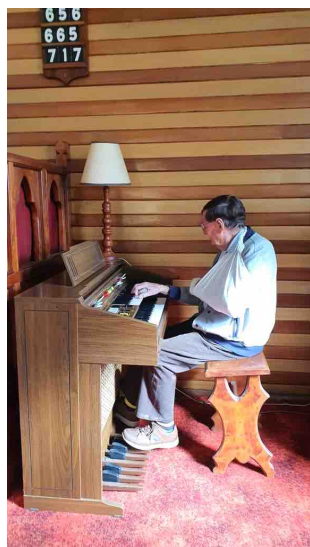
LIFE'S FUNNY LITTLE MISHAPS

It has come to our attention that our members are very good at mishaps. And it's fantastic to know that they don't mind telling others about them too. We'd love to hear from you about some of life's funny little hiccups that have come your way and we'll share these two to get us started.

BRIAN'S LATEST EPISODE (By Wynn E)

He's done it again!

Eleven years ago, Brian fell off a bin in our back yard, badly breaking his right wrist. This was a blow to his ego let alone his piano playing.



Last Saturday 15th May, he slipped on a board down two steps and fractured his left wrist. He plonked on a plank so to speak. Wauchope Hospital confirmed the break and applied the necessary plaster.

So-o-o-o, he had already agreed to take a small church service in Comboyne the next day which meant, lead the service, play the organ and preach the sermon. So he did. YAY!! Actually the little organ sounded quite good played with **one** hand and foot.

This was my first drive up the mountain and I didn't like it. I can't understand why Brian loves it so much. Life's full of adventure.

Graeme and I were travelling to Orange as part of our recent holiday and I was looking up Booking.com.au to look for accommodation

for two nights. Orange must be a popular place because the accommodation was expensive. Unhappy with the prices, I got frustrated and went in and out of the site until, "Eureka", I found a place that I thought was a fair price so booked it. As we were approaching Orange, Graeme asked for the address and to my utter disbelief it was in Orange, France!!! I had unwittingly gone onto Booking.com not Booking.com.au.

WHERE?! (By Joan L)

Who would have guessed there was an Orange in France? I did get my money back but had to pay two international transfer fees. So Buyer Beware!



ORANGE, NSW



ORANGE, FRANCE

JUNE BIRTHDAYS

Congratulations to Judy S who is reaching a milestone "o" Birthday this month.

Best wishes and good fortune to Judy and a trio of June Birthday members:

Graeme L
Donna M
Lois M



I have a bumper sticker that says "Honk if you think I'm sexy."

Then I just sit at green lights until I feel better about myself.



HANDY HINTS AND HELPFUL

NOTICES

Some time ago, we asked our readers to send us handy tips that they have found useful. John B received this message last week from one of his tech sources and thought it might be of interest to everyone with a mobile phone or laptop i.e. quite a lot of us.

"You've heard you shouldn't charge your lithium-ion battery to 100%. But did you know you shouldn't go above 80%?"

Lithium-ion batteries last the longest when they're at 30-80% charge. It's the charge going above 80% or below 30% that causes your battery to deteriorate faster over time.

That's right. Overcharging can happen before you hit 100%. But if you know to try and keep your battery in this range (and only give a full charge if you need it for a long trip) you can keep your battery from deteriorating early.

So make sure you (and your friends) are in the know about how to keep their batteries in top condition."

THANKS, JOHN FOR PASSING ON THIS ADVICE.

James M^cA has written in to let us know that the electric BBQ's at Sancrox are currently out of order. There is a notice to this effect but no mention of when they will be operational again.

In fact, the recent flooding has left many BBQ facilities in the Port Macquarie area closed. If you are thinking of a winter picnic, you might want to consult the Council website which lists all affected sites:

<https://www.pmhc.nsw.gov.au/Services/Community-Flood-Updates/Open-spaces-and-places>

THANKS, JAMES.



THINGS TO DO IN MAY/JUNE

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

To 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/>

11th – 13th June: Rotary Giant Book Sale, 9 a.m. to 6 p.m. (Frid. & Sat.). 9 a.m. to 1 p.m. (Sun). Panthers Auditorium

12th – 14th June, Hastings Farm Gate Tour. Opening and tour times and map available for \$40 in booklet/ticket. http://www.pmhsn.org.au/events_projects/hastings-farm-gate-tour/

10 July: Camden Haven Festival, 11 a.m. to 6.30 p.m. Camden Haven River Foreshore, North Haven. Live music, art display, food, fireworks.
<http://www.camdenhavenfestival.org.au>



LOCAL MARKETS: A REMINDER

PORT MACQUARIE:

Real Food Local Produce Markets – Every Tuesday, Port Central. Noon - 6 p.m.

Art Society Market Bazaar – Every Sunday, 198 Hastings River Drive. 8 a.m. - 1 p.m.

Uniting Church Markets - First Saturday, Cnr. Oxley Highway and Sherwood Road. 8 a.m. - 11 a.m.

Foreshore Markets – Second Saturday, Westport Park. 8 a.m.- 1 p.m.

The Artists Market - Second and Fourth Sundays, Maritime Museum. 9 a.m.- 1 p.m.

LAURIETON:

Riverwalk Market – Third Sunday, Cnr. Tunis & Short Street. 8 a.m. - 1 p.m.

WAUCHOPE:

Farmers' Market – Fourth Saturday, Wauchope Showground. 8 a.m.- noon.

OTHERS:

Kundabung Hall Markets - Second Sunday, River Road, Kundabung. 8 a.m. - 1 p.m.

Pappinbarra Grown and Gathered Community Markets - First Sunday, 1493 Pappinbarra Road, Pappinbarra. 9 a.m. – noon.

Johns River Markets - Second Saturday, Johns River Community Hall. 8 a.m.- noon.

Kendall Bazaar and The Meeting Place – Every Thursday, Kendall Community Centre. 9 a.m.- noon

HOW WELL DO YOU KNOW PORT?

LAST MONTH'S ANSWER

A two-story granary was on the site of the present Police Station. Convicts were used on the treadmill to make flour. See the Museum to see an example of the treadmill

THIS MONTH'S QUESTION IS:
What is the significance of the old well in Munster Street?



DATES FOR YOUR DIARY

June 8th – Monthly Meeting

June 14th – 500 Club

June 24 – Lunch at Beechwood Café

July 13th – AGM

July 16th – Dinner at Tandoori Kitchen

July 19th – 500 Club

July 30th – Players' Theatre

