

PORT MACQUARIE/HASTINGS NEWSLETTER

JUNE 2019

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

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THE NEXT MEETING WILL BE HELD ON TUESDAY 11th JUNE 2019

Our Guest Speaker will be Steve Towle: **“When you ring 000 for an Ambulance.”**
“Firsthand experience of a Paramedic Ambulance Officer.”

Presentation of Cheque to our Charity for 2018/2019.

President of Hastings Home Hospice. Lillian Andrews.

MAY MEETING

At the May meeting Nicola had the pleasure of handing over the “Car Rally Trophy,” to the new Winners: Joan and Graeme together with Keith & Judith. Congratulations, we know you will enjoy the wonderful trophy over the next twelve months.



We also celebrated two special birthdays which were for our President Joan whose birthday was in May and her husband Graeme, who will be enjoying his birthday in June. Thank you to our resident baker who provided the yummy cup-cakes appropriately Pink and Blue. (See picture below.)



DINNER AT “LA ROMA”

On Thursday the 23rd of May, twenty five members gathered together to partake of Pizza, Pasta and all things Italian for a friendly dinner at the “La Roma Restaurant.” There was a good selection of breads for starters followed by choices of Prawns, Veal, Spaghetti and Pizza’s, something to please everyone. The night was very friendly and there was plenty of good conversation as people got to know each other.





Pat Prior celebrating a special birthday. Judith with her delicious Affogato.

WINGHAM SCOTTISH FESTIVAL

Saturday 1st June was the day of the “Wingham Scottish Festival” which was held in the small country town of Wingham, just outside Taree. Members had decided to take the Port Bus Service instead of driving, so they could view the countryside. The weather was a little overcast however the rain held off enabling everyone to enjoy the day’s activities. The Festival was located on the large Town Green in the centre of town.

There were Scottish Pipe Bands and Drummers all dressed in their traditional tartans and full regalia, setting the tone for the day with rousing marching music to entertain us. Then came the games with the competition of “Tossing of the Caber”. Jousting Knights and Knights fighting on foot, in the old days supposedly fighting till their death.

There were quite a number of stalls dotted around selling Scottish merchandise and also those regarding heraldry where you could trace your ancestry and maybe find your own “Coat of Arms.” Several members were sighted out and about.

When lunch time arrived everyone was happy to take a break and meet up in the café called “Bent on Food,” for some respite and light refreshment.





THIS WAS SIGHTED OUTSIDE A GOLD COAST CAFÉ.



Very appropriate in this busy day and age, when mobile phones and iPads rule our lives.



Canon Printer ink cartridges: Does any member have a Canon Printer that uses CLI 650/651 black & coloured inks and would be interested in a box of new (sealed) cartridges at a much reduced price. Please contact Committee member, Ian (6584.8693).

National Seniors welcomes electricity Default Market Offer

The announcement of regulated prices for the new Default Electricity Offer is great news for older Australians battling rampant electricity increases and a confusing retail market.

National Seniors Australia has welcomed the Australian Energy Regulator's final determination on Default Market Offer (DMO) prices, which will see a reduction for people on standing offers of:

- Between \$129 and \$181 for NSW (depending on distribution zone) •
- \$118 for South-Eastern Queensland, and
- \$171 for South Australia.

Chief Advocate Ian Henschke said the DMO would benefit people unable to shop around in a confusing retail market with poorly regulated standing offers with inflated prices.

“According to the ABS almost 2.6 million Australians do not use the internet, and many are older people unable to shop around,” he said.

“Under the DMO they will no longer be ripped off. Standing offers should have protected people unable to shop around for a better deal but they haven't.

“That's why we have been calling for the reintroduction of a regulated price for electricity. As we get closer to the election we urge ongoing bipartisan support for this initiative,” Mr Henschke said.

While the DMO is good news for seniors National Seniors is also calling on election candidates to commit to reintroducing indexation to the energy supplement as part of its energy affordability and election campaign.

Mr Henschke said that unlike the pension, the Energy Supplement was not increased annually.

“Over time the Energy Supplement will be worthless as a means of assisting pensioners with rising energy prices,” he said.

“Energy costs have jumped 90 per cent over the past decade, hitting pensioners on low incomes hardest.

“Indexation was removed in the 2014-15 Budget following the repeal of the so-called carbon tax.

“If prices go up, the supplement should go up,” he said.

Information about the Energy Affordability campaign is available at <https://nationalseniors.com.au/advocacy/current/energy-affordability>

The full National Seniors *Federal Election 2019 Policy Priorities of Older Australians* is available at www.nationalseniors.com.au/FederalElection2019.

National Seniors Media contact: 0488047380

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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. – **10.30am Cruise Terminal Clarence St.**
Every Day Sunset Cruise - **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 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.

EVENTS

21st June- International Make Music Day @ the Library- **7pm Sydney Symphony Orchestra live-stream (Joseph Tawadros) Port Macquarie Library RSVP 6581 8755.**
21st June- U3A Port Macquarie Hastings Term 2. Check courses & activities for Seniors and enrol.
22nd June – Rydges High Tea. **2pm Rydges Port Macquarie.**
22nd June - Funkya Unkya Markets and Lunch. - **Eungai Creek Buffalo Farm. Contact web page for pick up and details. www.limitlesstours.com.au**
27th June – Aperture Photography Social Group. **7pm Sunset Gallery Central Rd Port Macquarie.**
29th June -Author Talk with Steve Matthews. **10am Meeting Room Port Macquarie Library. RSVP 6581 8755**
29th June – Watercolours, Charcoals, Inks & Soft Pastels Workshop. **12.30 -2.30pm Sea Scout Hall. Bookings phone/txt 0434-464646.**

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.**

U3A Online have some very interesting courses of professional quality.

Note that it is quite different from the local U3A, as it offers face-to-face teaching courses with or without a tutor.

If you are interested go to <https://www.u3aonline.org.au/links>

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 July 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.
