

connexioNS Port Macquarie

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A publication from the Port Macquarie Branch of National Seniors



Alira Koala

Artist: Isobell M



Dear Members

Thank you to everyone who turned up to make sure we had a quorum at our AGM. For those who were not able to come, we have published the President's Report on page 2 and a brief review of the Planning Forum on page 4.

Restrictions are with us still, but thankfully they haven't changed since last month: masks worn unless seated; no tea or coffee unless bought beforehand. However, please note that our venue within the Club has changed. ***We will be holding our meeting downstairs this month.*** This means that we won't have to restrict numbers as we had to for the AGM. PLEASE—COME ONE, COME ALL!

We were able to go out to dinner at the Tandoori Kitchen (page 4) and have a great time. And we continue to plan optimistically for the future.

We've been looking at some of the National (USA) and International Days that take place this month: rice pudding, paninis, goat's cheese are culinary delights to be celebrated in August. Internationally, we recognise more serious issues such as World's Indigenous People Day; Aboriginal Children's Day, Youth Day as well as World Cat Day and International Beer Day. And then there is International Lefthanders Day on the 13th; see page 6 for our take on that particular subject.

Stay safe, Your Newsletter Team

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

PRESIDENT'S ANNUAL REPORT - from Lee B

Welcome to 'back to the future'. If we cast our minds back to July 2020, we were just out of a two-month lockdown in April/May and were cautiously optimistic hearing about the probable development of a vaccine that would allow a return to some kind of normality. Whilst we had not recommenced meetings, your committee had been keeping you informed and entertained with our fortnightly newsletters. In September, the relaxing of restrictions on numbers allowed us to hold an AGM at Nicola and Trevor's home where, with a quorum, we were able to elect our 20/21 Committee.

In October, restrictions allowed for up to 30 in an outdoor setting and so we had our first NS outing since March with a barbeque at Sancrox Reserve. How excited and grateful we were to be able to socialise, share food and drinks, climb the playground equipment and play hula hoops and golf games. We celebrated Melbourne Cup by having functions at two houses, not ideal, but it was another chance to keep up with tradition as well as an opportunity to dress up in our finest. The highlight of 2020 was our Christmas Party where 50 members enjoyed some great food and were entertained with our NS version of Red Faces. I am sorry that we don't have video footage of some of the 'acts', but, to date, no performer has been discovered or become an Instagram celebrity.

In February 2021 we recommenced meetings and have been able to function within the 'new normal'- QR codes and limits on numbers. We feel for our southern neighbours with sudden lockdowns, grateful in the knowledge that we were safe and without many restrictions in Port Macquarie. Our activities calendar has been full with cards, lunches, dinners, theatre, a memorable magical mystery car tour and a visit to the buffalo farm at Eungai. We enjoyed a most successful trip to Tamworth and a fun night out at the Players Theatre.

I would like to thank our members for supporting our meetings and activities. Our membership fees to National Seniors help fund advocacy, relevant to the needs of older Australians. Our concerns are heeded by government with Ian Henschke and CEO John McCallum, for example, presenting key submissions to the Royal Commission review of Aged Care. We are most fortunate to have John U on the executive committee.

Our club is strong and active because we have members who give of their time and energy to ensure our club runs smoothly. Thank you to our front desk meet and greeters- Pam and Gavan, Dee, Graeme and Keith. Thank you to Nicola and Trevor, Judith and Keith, Ann and Max, Pam and Gavan, Nola and John who open up their homes for our activities. Thank you to James who has organised our New Year BBQ breakfast for many years. Our social activities raised \$4,000 for our 20/21 charity, Endeavour Clubhouse. Thank you to John B who prints our nametags and looks after our website.

Specifically, I would like to thank the outgoing committee for their superb organisational skills and dedication to their particular responsibilities. Thank you to Vice President, Donna, for your support to me and running our April meeting; to Secretary, Lynda, who is so meticulous with meeting minutes; to Erica who keeps our accounts in order; to Judith for extracting interesting bits of information from our GTKY participants; to Ian for organising an interesting array of guest speakers; to John for his superb organisation with our wonderful variety of activities; and to Joan who cares for, and assists, members who are not well and/or have special needs. A special final thank you to our Newsletter committee, Lynda, Judith, Erica and Teresa, who keep us informed and entertained with our monthly newsletter.

BRANCH NEWS: MEETINGS AND MEMBERS

SPOTLIGHT ON MEMBERS

Our spotlight falls this month on Christine and Peter W. No, this is not a photo of them on an exotic trip to the Taj Mahal. Both attended the dinner at Tandoori Kitchen last week. We hope they can come to many more such events, especially our Dine and Dance extravaganza. Christine has a fantastic singing voice as we heard at our Christmas party last year.



ELECTION OF EXECUTIVE OFFICERS

The following were elected at the AGM:

President: Lee B
Vice President: Teresa I
Treasurer: Erica D
Secretary: Lynda W



Members helped Jacqui celebrate a special birthday this month

NEXT MEETING

VENUE: Port City Bowling Club,
(downstairs)
DATE: Tuesday, 10th August 2021
TIME: 10 a.m. for 10.30 a.m. start
SPEAKER: Tony D from the PMH
Historical Society
ENTRY: \$2 for the Lucky Door Prize

RESTRICTIONS

TEA OR COFFEE DOWNSTAIRS AT OWN COST
MASKS MUST BE WORN UNLESS SEATED

BRANCH NEWS: PLANNING FORUM AND EVENTS



We were unable to hold this annual planning get-together last year, so members had had two years to think of something to say. This is a chance for the incoming Committee to get feedback about what is going well and what could be improved. Members are also asked for ideas about possible future speakers and events. Importantly, it also gives us the chance to feed our concerns back to National Seniors Australia.

Participants discussed these issues in groups and then a spokesperson for each group presented their collective thoughts to an attentive audience (as you can see from the photos). While providing serious ideas on topics, it was also meant to be a fun exercise, casual even—(although perhaps too casual for Lynda who seems to have come in her dressing gown).



As the outcomes of the exercise will be sent directly out to all members, we will not report here on these but, instead, thank everyone who took part in making it a very productive session. You have given the Committee plenty to think about.

On behalf of the Branch, Lee thanked the outgoing Vice President, Donna M, not just for organising and running the Forum, but for all the support she has given the Branch through her work on the Committee over the last two years. Her contributions have added tremendously to the decision-making of the Committee and it will certainly miss her at its meetings.

A CURRY NIGHT OUT



Twenty-six members met at the Tandoori Kitchen restaurant on 16th July to enjoy convivial company and delicious food. It is always amazing how much fun can be had when people set out to have a good time. Everyone was in high spirits as a tsunami of conversation and laughter almost overwhelmed the venue. So much so that our recruiting sergeant major, Teresa, involved a couple at a neighbouring table who seemed delighted that their quiet Friday meal out had turned into such a festive occasion. We wonder if they will turn up to our next meeting!

The only negative experience of the evening was the very extended wait for meals. Some members were still waiting for main courses two hours after they sat down. Delays are always to be expected with such large numbers, and the staff did their best to manage. When the meals did arrive, though, they were delicious. The wine flowed and the vivid impression was that everyone had had the fun they had come to have. Thank you to John and Teresa for orchestrating the evening.



STEVE AND DEE'S TRAVEL DIARY



Hi there!

Into our fifth week of travel away from Port Paradise and today, almost at Tennant Creek, is the first of actually feeling warm. Over 5,000km covered, great sunsets, not so many sunrises, its barely light at 7am.

Very strange dealing with all the different requirements of each State, their border pass applications, implementation and use of qr codes.

Adelaide seemed more like a city than the country town we had known, lots of building going on. The road systems were greatly improved too after years of disruption and construction. Despite having fared very well during COVID last year, their businesses have suffered significantly. Having to check into every single venue, including paying for fuel, was onerous.

The Stuart highway has been a pleasure to travel, a new experience for us, great road and changing scenery. Indigenous-based Coober Pedy was good to compare with our own quirky Lightning Ridge, as opal mining towns.

The Ayers Rock Resort had something for everyone and was better than we anticipated. That said we could only get into the overflow campground. They do not answer phone calls or emails, you just cross your fingers and turn up. The website suggests you try again in August, hardly great tourism management. We benefited at the expense of Victorians, sadly cancelling from an extended lockdown. The Field of Light display near the base of Uluru



has been extended until 2027; it was spectacular. The East and West McDonnell ranges did not disappoint, with the gorges, flocks of birds, especially budgies and wildlife.

Mornings of -2° and cool daytime temps are now going to make way for warmth.

We mix and match free camps with van parks and do not have reception for much of the time. It looks as if bookings will be needed further north, its proving to be popular with lots of people on the road.

Much love to you all,

Dee and Steve

P.S. Have to wait for reception to send....



LEFT-HANDEDNESS (by Teresa I)

International Left Handers day is on 13 August to celebrate the uniqueness of left-handed individuals who count for 10% of the population. How wonderful it is to celebrate these special people, rather than ostracise them. In the past left-handed people were forced or encouraged to use their right hand due to prejudice and the prevalence of right-handed utensils. Some of the restraining tactics included tying the left hand behind a child's back or hitting children with a ruler whenever they used their left hands.

Famous left-handed people include Marie Curie, Queen Victoria of England, Ruth Ginsberg, Leonardo Da Vinci, Oprah Winfrey and Barack Obama. Left-handedness has been associated with better divergent thinking, which translates to more creativity, and research shows that they do better in fights because nobody expects a punch to come out of left field.

HANDY HINTS AND HELPFUL NOTICES

LEMON CURD RECIPE (from Erica)



Before...

My tree is groaning under the weight of gigantic, juicy lemons so I again reach for my mother's battered, loved and stained cook book. I wish to share with you her old fashioned recipe for lemon curd. I have the oven on 250 degrees with my choice of bottles washed and now drying at this heat for at least 15 minutes to sterilise. The lids I put in the saucepan of boiling water.

INGREDIENTS

1½ pounds sugar (680 grams)

½ pound of butter (225 grams - but I use 250 grams)

The recipe states use the rind and juice of 12 lemons but, this year, my lemons are the size of grapefruit. I grated about 8 – 10 lemons and used ½ litre of their juice. This time it was 7 lemons!

1 dozen eggs, 80 gram size

METHOD

Beat the eggs and put all the ingredients together in a double saucepan, having the water in the outer saucepan boiling (with the aforementioned lids). Cook until quite thick stirring regularly (about 20-25 minutes) and having the water simmering but not boiling hard. Bottle and cover when cold.



...during....

When I reach for this old book it evokes lovely memories but also gives me laughter as there are recipes for stove polish, boot and furniture polish etc. and so many hints, unusual ingredients and ideas.



..and after

GRANTS BEACH WALK (From John D)



The intrepid group of 8 hikers agreed to a change of plans. They decided that they would set off from the northern entrance to Grants Head Reserve to walk the track up to Grants Head, down to Grants Beach, and then to the initially planned Grants Beach Coast Walk. The walker with a gammy knee would head off to Beach Break Cafe at Camden Haven Surf Club to secure seating for lunch.

The sky was a crisp clear blue with only a hint of clouds on the horizon as the trekkers headed off. It was a little early for spring flowers and there was just a spattering of colour. The first part of the trek was taxing as the tracks are not maintained. The track down to the beach had been damaged by heavy rain and the washouts were at times challenging slip hazards. However, all were in good spirits. They were in a world of their own and did not meet any other trekkers in this remote area. The views from the cliff top were spectacular and a photographer's delight.



The coastal walk was a lot easier as the wider flatter track was maintained. The trekkers moved through varied ecosystems with eucalypt, paper bark, and banksia woodlands and coastal heath. Along the way, they crossed a pond surrounded by paper bark trees by a wooden walkway. VERY PICTURE SKEW.

Only a smattering of fellow trekkers were met along the way, all of whom accompanied dogs. [YES, I HAVE IT THE RIGHT WAY AROUND]. At the North Haven Beach 4WD access road, the explorers decided to leave the track and finished the journey by walking along the beach to the café for lunch.

All in all, it was a long, but pleasurable, walk of 3 miles [OK -5 kilometres IF YOU INSIST] that took 2½ hours.

AUGUST BIRTHDAYS

Our August birthdays are being celebrated by many members this month.

Happy birthday to *Ann C* adding a happy "o" to her age and to:

Wendy A

Erica D

Fred H

Nicky H

Pat H

Frank L

Gyllian M

Ron P

Brett R

Gilbert T

Steve W

COMPETITION AND DATES FOR YOUR DIARY

HOW WELL DO YOU KNOW PORT?

LAST MONTH'S ANSWER

Apart from St Thomas' Church, the Museum is the only building remaining from convict days. The Building, in Old Georgian style, was built with hand-made bricks and erected by William Stokes as a commercial store with attached residence c 1825-1840. Free settlement was permitted in the colony from 1830.

THIS MONTH'S QUESTION IS:

What and where is the only Government building in Port Macquarie?



DATES FOR YOUR DIARY (Covid permitting)

Aug 10th - Monthly Meeting

Aug 11th - Walking Group

Aug 16th - 500 Club

Aug 26th - Glasshouse and Gallery Tour

Sept 4th - Dine, Dance and Sing Along

Sept 14th - Monthly Meeting

Sept 20th - 500 Club

Sept 25th - Curry Fest, Woolgoolga

Dec 7th - Christmas Party

For those who have had the pleasure or are about to:

