

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC



ConnectionS/Newsletter

December 2024

On behalf of Sue, myself, and your committee, I would firstly like to thank you all for your input with the branch over our first six months.

We had lots of fun at the many activities, I know we can continue to entertain you in the next six months. Your committee is working as a well-oiled team with emails being the main source of contact between meetings. Our plan to invite one member each month to our committee meeting for input has produced some really good ideas. The numbers for our major events have been great with Christmas Lunch and Meat Tasting, considering the number of members travelling overseas, but we must work around this factor to make things work for you all.

Another aspect of the Branch that I so much love, is the way you all look after and care for each other. Several members in recent times have had health problems, and it is evident and touching that I get reports of the generosity of members to those in trouble offering support. Well done.

As we have no meeting till February, I just remind you all to check on your activities sheet to keep up to date with the plans for the next few months. The wheels will not stop over Christmas as you can see from James's activity sheet. We have lots planned, and all we need is for you to participate.

In conclusion, I wish all members a safe and happy Christmas period with your families.

President Bill.



ONE THING ABOUT ME. Denise Healey



Our “one thing about me” speaker “Denise Healey” today gave us a fascinating insight of the time she spent with the AFS “American Field Services” which was founded in April 1915 by young Americans who initially volunteered as ambulance drivers. There were exchanges between students from universities in France and the USA. By the centennial year “2015” more than 450,000 students had participated.

How did Denise’s story start: In 1988 she took her daughter & son on a visit to Cyprus & the Greek Islands. Her daughter ‘Nerada’ got the travel bug and was keen to visit other countries.

In 1992 the local paper published an article of students who had recently returned from their overseas hosts. The seeds were now sown.

In 1993 Denise volunteered to become a hosting co-ordinator which consisted of interviewing prospective host families. A challenging task not without its problems. If issues could not be resolved the student would be found a new family which is why Denise hosted Kirsten from Minnesota for 8 months whilst her daughter was on exchange in Panama.

Denise liaised between prospective host families for 3 years and then became regional host co-ordinator for west, central and east Gippsland. In addition, Denise hosted students from Iceland, Columbia, Bolivia, Sweden, Paraguay & Japan.

In 1998 Denise was asked to chaperone students to Bolivia & Columbia & Paraguay. An assignment she grabbed with open arms as it would give her the chance to catch up with students she had hosted from those countries.

The AFS slogan “Nothing is better or worse, just different.”

This precis only scratches the surface of what this remarkable senior has achieved. If you would like the full transcript then please ask and I will forward it to you.

By James McAdam

NOVEMBER GUEST SPEAKER. S.C TIM PRESTON

Our guest speaker for the November meeting was Senior Constable Tim Preston. He was very engaging with a sense of humour and an interesting way of explaining how the police force operates. They have specific boundaries under which they are compelled to work, and these are decided on by the Government and Judicial systems. There are often criticisms of the police by those who believe they make up the rules.

After a short introduction in which Tim said he was prepared to take questions...our NS group went into full swing! We asked about the legalities surrounding scooters, security cameras, drugs in Port Macquarie, driving unwittingly with unregistered vehicles and appealing fines, and the lack of "Neighbourhood Watch" in NSW. The importance of locking up your home was emphasized.

There was quite a lot to be said about the work that the police do in apprehending offenders, only to find them released by the courts with minimal consequences and subsequently re-offending. Tim indicated that a lack of parental guidance at home and the use of social media had a huge impact on

behavior. Our new PCYC hopefully has great potential to assist with youth issues in our area.

Despite a very recently approved pay rise, the force has been unable to retain its members and in particular experienced officers to train the new ones. They are very understaffed.

Tim generously stayed behind after his talk to answer individual concerns with members. It was an excellent and thought-provoking address.



By Steve Watkinson

TRIVIA CORNER

1. The heart of a shrimp is located where?
2. In which country would you find "The Silver Monkeys"?
3. Who was once the butler to Margaret Thatcher?

Your answers will be checked at the February General Meeting

YOUR 24/25 COMMITTEE

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DECEMBER BIRTHDAYS

Nola Davies Susan Gardiner
Helen Lutz Joan Mitchell
Ken Myles Marie Northcote
Ross Symons Denise Onslow
Helen Parker Ian Richardson



National Seniors Members Discount App

Many of our members would remember the wonderful '*Entertainment Book*' that you could purchase normally through a community group such as Lions or Rotary.

In this book there were myriads of discounted products and services including great deals on dining experiences. For the one-off price of \$90 you could access many discounted services but not always in your area. A further downside was that you could only use the discount once on many offers.

Fast forward to 2024 and welcome in the '**National Seniors Discount app**'. The app is the modern electronic way of obtaining discounts and services and is available to all NSA members. However, there are some major differences between the Entertainment Book and the app. These include.

- There is no cost to members
- You can redeem the same offers every day and watch the savings add up.
- You can redeem the offers online through the app or in person

It is Australia wide so can be used while travelling around Australia. Every member has been sent details on how to download the app. Once downloaded you need to fill in the details to personalise your membership.

However, if you need assistance, please contact the Head Office membership team on 1300 76 50 50

The app is yet another advantage of NSA membership.

By John Urquhart

ANNE'S BOOK REVIEW

“When you are mine” - Author Michael Robotham

Philomena McCarthy is a promising young police officer despite being the daughter of a notorious gangster. Called to a domestic assault she rescues a bloodied young woman, the mistress of a decorated detective. When the incident is hushed up, she realizes she has unwittingly made a dangerous enemy with powerful friends. The two women strike up a friendship, but sinister things start happening. When a journalist with links to her father and the detective is found murdered Phil doesn't know where to turn to or who to blame. Who can she trust. An exhilarating page-turner.

By Anne Jackson

Ballina 'Happy Hippy' Trip Away

Our next trip away will be to Ballina in May 2025. The dates are Wednesday May 21st to Saturday May 24th with confirmation of dates to occur early in the New Year.

Day One will have us visit the National Holden Museum in Coffs Harbour and the adjoining Cartoon Gallery. Morning Tea will be at the Brock Cafe. Lunch on day one will be at a local Ballina Cafe; Cafe Boker. After booking into our Resort, it will be time for rest and/or walking or shopping. Dinner on day one will be at the beautiful Ballina RSL Club.

Day Two After breakfast at the Resort we will travel to Murwillumbah to the Margaret Olley Gallery where we will have a guided tour and some shopping before lunch at the Gallery Cafe. After lunch we will travel to Burringbar, to Heaths Old Wares and Collectables and the Natural Wine Shop for a winetasting. Dinner will be a BBQ at the Resort.

Day Three Following breakfast at the Resort (and for some short walk along the Ballina Breakwall) we will travel to Zentvelds Coffee Plantation for a tour and morning tea. From here we travel to Alstonville to Summerland Farm (an Avocado and Macadamia farm) for lunch. Back to Ballina after lunch for your choice of: rest, shopping, walking, Thursday Plantation shop, Maritime Museum, Northern Rivers Community Gallery or Seven Mile Brewery (tasting). Dinner tonight will be at the Resort and is themed 'Happy Hippy'. Optional Hippy dress up. Entertainment by Port Macquarie National Seniors 'All Stars'. For those attending you will be part of the Port Macquarie National Seniors 'All Stars'

Day Four After breakfast at the Resort we book out and head home with a rest stop at either Woolgoolga, Coffs Harbour or Nambucca Heads.

The cost for this trip will be dependent on current negotiations with the accommodation venue and excursions costs. However, I envisage the cost will be around \$650 per person plus petrol/car share costs. Some meals are not included in this cost.

Please carpool where possible and negotiate a share cost arrangement with the other party.

I would like names by the end of the year. Please register on the sheet at the back of our meeting venue.

Confirmation of your registration will include your name on the booking sheet plus the accommodation deposit. I will provide the accommodation details and deposit the amount to registered participants once negotiations are complete.

At this stage numbers are restricted to thirty because of some venue requirements.

We are looking forward to a fun packed and interesting trip.

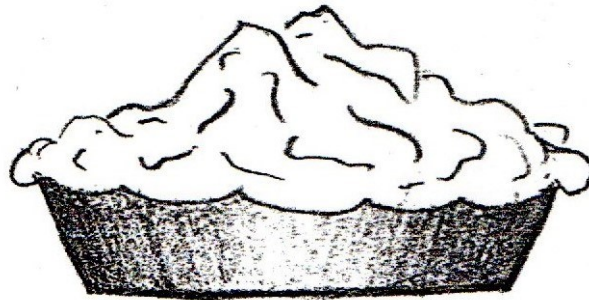
By John Urquhart

Virginia's Favorite Banana

Cream Pie

Ingredients.

4 tbsp corn flour
6 tbsp caster sugar.
1/8 tsp salt
2 cups of milk
2 egg yolks
1 tbsp butter
1tsp vanilla essence
1 20/25 cm baked pie shell



Directions.

Stir corn flour, sugar and salt together.
Scald the milk.
Add hot milk to dry ingredients, a little at a time, stirring constantly.
Beat egg yolks slightly, stir a little hot mixture into beaten yolks, pour back at once.
Cook for 11 minute longer, stirring constantly
Remove from heat, stir in butter and vanilla.
Pour in pie shells with the bananas.
The bananas are cut so that the pieces are round, and they are put on the bottom of the shell before the mixture is put in.
Now use the egg whites to make a meringue for the top.

Give Kids a fighting Chance

Lions Club of Tacking Point has created a GoFundMe appeal to raise funds to assist kids at Hastings Secondary College (both campuses). Funds are needed to provide breakfasts for kids who are starting their school day without a meal. Also, some personal items are provided to kids in need.

Longer term, Lions intends to create a kitchen on the Westport Campus to serve these meals in a proper environment. This is a public high school and funds are genuinely needed. Please go to <https://gofund.me/1cec6e02>

and donate what you can.

Please also send this link to your friends, family and contacts. Your help is greatly appreciated.



By Max Carrick 0405 026 315

PLAYERS THEATRE- "SHOWTIME 80's"



On Friday evening 29th November a group of National Seniors, some dressed in their 80's outfits, gathered in the foyer of the Players Theatre at 7 pm for a glass of refreshment and a catch-up chat, before the commencement of the boombox show "The Awesome 80's".

We were entertained and amazed at the local talent, strength of voice, and music from the live band.

Our host for the evening, vivacious, Jess Davidson, began with her rendition of Tina Turner's "Simply the Best".

On several occasions Jess encouraged the audience to join in, also asking trivia questions from the 80's music scene.

A member of our National Seniors group was awarded a bar voucher for the best 80's outfit. Congratulations Dee Watkinson!

We tapped, clapped and sang

along to many artists from the 80's including Cindy Lauper, Dolly Parton, Boy George, and a host of others. The evening finished with the whole cast of amazing voices singing "The Voice", John Farnham's unforgettable song, and two bagpipers in full-dress joining in.

A most exhilarating enjoyable evening was had by all !!

By Helen Lutz

AND SO ENDS
ANOTHER WEEK
WITHOUT ME
BECOMING
UNEXPECTEDLY
RICH.

OUR MEMBERS



It is with regret that we inform members of Joan Mitchell's loss of her father who had suffered illness for some time.

Over the past month, Joan made several trip down to Sydney to be with her dad. He passed away in Sydney with his family at his side.

I am sure all members will gather around both Ron and Joan and offer any support they need. We offer our deepest condolences to Joan's family.



HEARTFELT THANKS

Thank you to everyone who sent best wishes to me recently following my rushed trip to John Hunter Hospital for major surgery. It was a bit traumatic for us both at the time as everything happened at a fast pace. Still in managed pain relief, but we are seeing improvement every day.

Our friends at NSPMH are amazing. The support offered by you all was very touching. I WILL see you all at Christmas Lunch by hook or wheelchair.

PS. We need to look at Care Flight. They were amazing and caring, both to John Hunter Newcastle and back to the base.

Love you all,

Sue Scott.

MEAT TASTING FUNDRAISER

Our Main Fundraiser for the year is our Meat Tasting Event, and we need your support for just one hour.

The Venue is **The Lions Den**. Hastings River Drive next to the Port Home Centre,

The Date is **Thursday 27th March 2025**.

The Cost **FREE**

There will be 3 sittings, 9.45 for 10.00am start, finishing at 11.00am. Session 2, 10.45am for 11am start finishing at 12 noon and session 3 will be from 11.45 am for a 1.00pm start finishing at 2.00 pm Lunch will be at Settlers Inn after.

It is important to note that you will not fill up on the tasting as they are only bite-sized portions.

I currently have 19 names registered. (we need 60 with a few reserves to account for non-attendance).

Please help us get to the finish line and the \$1200.00.

To Register please contact Bill on 0407 565 049 or email bssharp@bigpond.net.au.



Fundraising?

60 people + 1 hr + taste-test Aussie beef or lamb =

\$1200

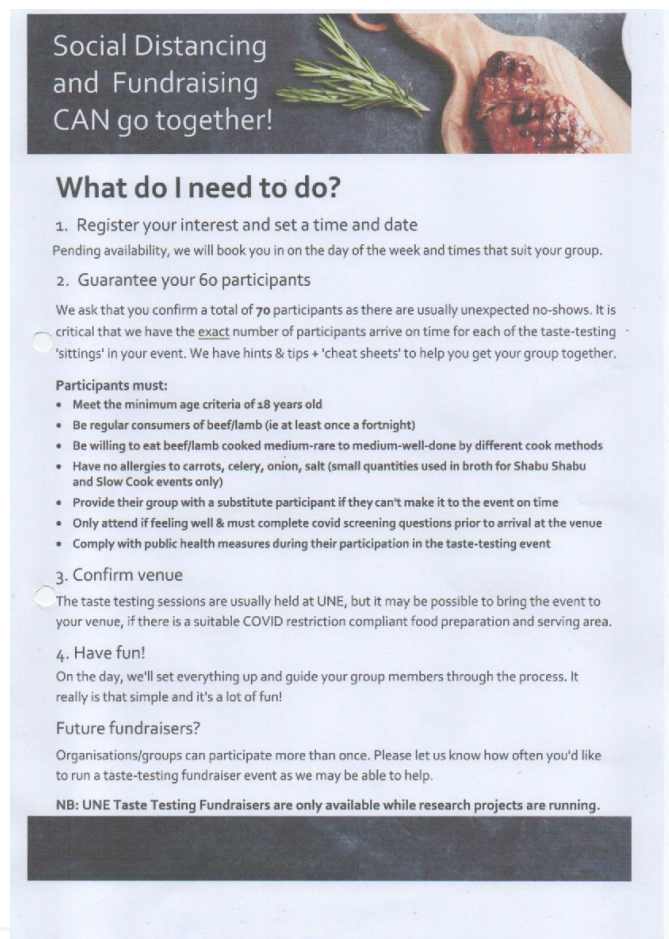
donated to your organisation / group / club

Fundraising made easy Don't worry about set-up, supplies or clean-up WE DO IT FOR YOU All you have to do is turn up and taste!	No hidden costs \$1200 donated straight to your group NO COST TO YOU No sausages sizzle, no raffle prizes, no baking.	It's really that simple These events comply with the latest NSW Public Health Order, so that you can get fundraising again!
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Raise \$1200 in an hour, just by taste-testing Australian beef or lamb

To secure your place, please contact:
Briony Looker
0482 527 263
sensoryresearch@une.edu.au



Social Distancing and Fundraising CAN go together!

What do I need to do?

1. Register your interest and set a time and date
Pending availability, we will book you in on the day of the week and times that suit your group.
2. Guarantee your 60 participants
We ask that you confirm a total of 70 participants as there are usually unexpected no-shows. It is critical that we have the exact number of participants arrive on time for each of the taste-testing 'sittings' in your event. We have hints & tips + 'cheat sheets' to help you get your group together.
Participants must:
 - Meet the minimum age criteria of 18 years old
 - Be regular consumers of beef/lamb (ie at least once a fortnight)
 - Be willing to eat beef/lamb cooked medium-rare to medium-well-done by different cook methods
 - Have no allergies to carrots, celery, onion, salt (small quantities used in broth for Shabu Shabu and Slow Cook events only)
 - Provide their group with a substitute participant if they can't make it to the event on time
 - Only attend if feeling well & must complete covid screening questions prior to arrival at the venue
 - Comply with public health measures during their participation in the taste-testing event
3. Confirm venue
The taste testing sessions are usually held at UNE, but it may be possible to bring the event to your venue, if there is a suitable COVID restriction compliant food preparation and serving area.
4. Have fun!
On the day, we'll set everything up and guide your group members through the process. It really is that simple and it's a lot of fun!

Future fundraisers?
Organisations/groups can participate more than once. Please let us know how often you'd like to run a taste-testing fundraiser event as we may be able to help.

NB: UNE Taste Testing Fundraisers are only available while research projects are running.