

National Seniors

AUSTRALIA

PORT MACQUARIE HASTINGS BRANCH INC



ConnectionS/Newsletter

September 2024

2024 NS.PMH OLYMPIC GAMES CHALLENGE

On Friday 2nd August a 30 strong band of athletes gathered at Sancrox Reserve for our Olympic Games Challenge and BBQ lunch. It was a cool morning that warmed up quickly to a beautiful day.

The group was broken up into 4 teams of 7, and they competed in the following 9 events. Darts, Hookey, Golf Putting, Soccer, Bolle, Quoits, Frisbee Throw, 10 Pin Bowling, and Soft Ball Throw.



All players were scored on each event and after a well-earned lunch and beverages, the scores were totalled for each team by our impartial scrutineers and the medals and the perpetual trophy presented.

The results were, Bronze to Christine's team, Silver to Marie's team, and the Gold Medal winners

OLYMPICS CONTINUED

were Allan's team who won 6 of the nine events.



A fabulous day with lots of fun.



By Sue, Ron, & Bill

NATIONAL SENIORS WEBSITE

All members have online access to our web site via any **National Seniors Newsletter** i.e. **Connect Newsletter** or the **National Seniors Australia web site**.

To have permanent access login at **Login** in top right hand corner of the newsletter or web site. If you do not already have a login setup; add your **membership number or email**, then add a **password**. Once logged in a menu bar will show across the top, select **Port Macquarie – Hastings** and this will take you to our web site.

At the moment in our web site you can view: **Contact Details; About our Branch; Next Meeting; Photos** from past functions including the **Gold Medallists** from our recent **Olympic Challenge** and the latest and past **Newsletters**. These will be updated on a regular basis.

You can easily renew your membership in the **My Account** tab under **Renew Your Membership**, this is available **30 days before expiry**. Your **Preferences** and **Details** can be updated from this menu also.

_By Ron Mitchell-Web Master

TRIVIA CORNER

- Q1** In the 1880's in America, what item was worth more than gold?
- Q2** Human beings are the only animals that can?
- Q3** According to NASA, a newborn baby is made up of % water?

Your answers will be checked at the September General Meeting.

Willing & Able.

As this was our charity of 23/24, President Bill asked IPP Teresa to present the cheque to Linda. Teresa advised us that \$2,250.00 had been raised 23/24 year and has been donated to Willing and Able.

Linda then gave her fantastic informative talk on their functions.



Willing & Able started 50 years ago. Over the past years attitudes towards the disabled have changed and now training and employment is offered to them. They are encouraged by having Bi monthly BBQ's and awards etc.

The Op Shop in Jindalee Road also offers a Coffee Bar and Commercial Laundry.

Other sources of revenue raising are recycling of bottles, Car washing, erecting signs etc. Linda encouraged people to donate their old x-rays. W & A accepts electrical products as they have a qualified electrician, who can test and tag electrical goods.

Individual Support in the Centre is offered to late teens to mid-60s

For more information, please refer to their Website.

A thank you to Linda was performed by Joan Mitchell

By Robyn Morgan

THOUGHT FOR THE MONTH

“The first step in getting somewhere is to decide that you're not going to stay where you are”.

WHAT OUR MEMBERS HAVE BEEN UP TO.

AFTERNOON TEA FUNDRAISER

On Monday 12th August, some of our members met at our home for a relaxing wine or two with nibbles. It was a lovely afternoon, and between those present, raised \$102.90 for The Hope Foundation.

It is a wonderful thing that a group of oldies like us can get together and have a great time. See the smiles in the photos. Says a lot for the NS and what we believe in.

Have fun and enjoy ourselves, that's what it's all about.

By Ron Mitchell



ONE THING ABOUT ME - BILL WENDT

At this month's meeting, President Bill gave us an insight into his early education and working life. Bill started his working life with a 2-year stint in banking. He decided that this was not for him and entered the world of sales. He has been involved in selling everything from electrical goods, ladies' lingerie and swimwear, men's wear, then into haberdashery.

From the mid 90's he and Sue started B & S Mobile Sharpening Services which they eventually franchised nationally. Although officially retired many years ago, the business is still alive and servicing many businesses and homeowners in the Port Macquarie area. He has been involved in Rotary and Tennis club holding many positions on both committees. He and Sue enjoy golf, dancing as well as working in their garden, and importantly continue to travel both within Australia and overseas.

Bill was thanked by Linda Phlp.

PAYING FOR AND ATTENDING ACTIVITIES

The amount of work carried out behind the scenes to create and organise our activities is a lot of work.

It is up to the person who enters their name on the activities sheet to pay cash or pay into our Bank Account as soon as possible after placing your name on the activity sheet.

This is so we can inform the restaurant, hotel, park, BBQ boats, guess who's coming to lunch; whatever activity, how many will be attending. If only 6 show up to a restaurant that has scheduled its workforce to handle 20 (this has happened) it puts a real bad light on the National Seniors.

If you do need information on any activity the name to contact is on the activity sheet.

Unfortunately, refunds can only be given in exceptional circumstances. These are our bank details

Regional Bank Port Macquarie
Acct Name. National Seniors Port Macquarie Hastings
BSB 932.000
ACCT 500 089 780
These bank details are on your activity sheet.

Your Committee



On Wednesday 14th August, at 7.am we, (Bill & Sue), represented our

branch at the Regional Bank's Presentation Breakfast at Westport Club. Being newer members, we didn't really know what to expect.

After a great breakfast of croissants, fruit, quiches, coffee and juice we were able to join in with many other groups that shared a part of the \$290,900 to a mass of recipient organizations. We learned how the system worked, and we will do a section in a later newsletter regarding this.

Our branch was presented with a certificate confirming a donation of \$71.68 to our branch funds. This program costs the branch nothing, but with input, we can gain extra funds. One organization received over \$2,500.00 I am not saying we can achieve that, but better is possible.

President Bill.

OUR INAUGURAL PICKLEBALL DAY EVENT



Sixteen enthusiastic National Seniors members, gathered at the newly established PCYC Sports Centre in Owen St, Port Macquarie, on Saturday 16th August, for our introduction to techniques and rules of the fastest growing sport in the world "Pickleball".

I believe we were all impressed when entering the PCYC, an amazing building with all its facilities catering for the very young, students attending the neighbouring Hastings East Port secondary College, and the public.



We were greeted by our coaches Simon and Geoff who took us through both techniques of handling the bat, or should I say paddle, and the very light Pickleball. This orange- coloured ball, about the

same size as a tennis ball, but made of very light plastic, and full of holes can travel when one has "a hole in their bat". The Seniors were running in all directions trying to retrieve the elusive Pickleball, whilst learning how to use the paddle. Our coaches were very patient and encouraging showing us all the basic techniques and rules of the "kitchen block", and "keeping out of the kitchen" before serving the Pickleball.



Slowly we learnt not to hit the Pickleball as we would when playing tennis, which meant one was in the chase again. Then came the scoring, "me, you, who". I believe we all had a great two hours of exercise both mentally and physically.

Afterwards, the group gathered at Port City Bowls Club for a well-earned lunch and the much-awaited glass of liquid. There was much discussion over our mornings experience and much enthusiasm to return to the PCYC for another fun time learning to master this fun game called Pickleball. I think it is so named because scoring can be quite a "pickle".

By Helen Lutz

GUESS WHO'S COMING TO LUNCH



Wednesday 21st August saw 4 host couples and 18 guests share in "Guess Who's Coming to Lunch". We kept the married couples together before allocating our large number of single ladies to each group. Several of our hosts preferred to have more than 4 guests, and that worked well until several members pulled out at the last minute. James and Bill met at James's unit and placed names in a hat before drawing the names out and compiling the groups. We felt that this was a fairer way of delegating each group.

All 4 groups were served an array of beautifully prepared, tasty, and well presented meals by our hosts. Most were 3 courses accompanied by a range of wines.

The starting time of 12 noon for 12.30 gave plenty of time to spread out the courses and valuable chat time which allowed us to learn more about each other. It was late in the afternoon before our guests with "well-satisfied tummies", made their way home, and for many, a well-earned nap.

Thank you and well done to all who participated.

By Sue Scott



On Wed 21st Aug members Anne, Marlene, Carol and Rosemary were warmly welcomed into the host home of Jan and Frank Liddell. Lots of chatter and laughter over champagne and cheese platters in a lovely Queensland room was followed up in the formal dining area with a delightful 3 course lunch (along with wine) prepared by both Jan and Frank.

Conversation at the table covered many topics (all of course very educational) however current local and world issues and concerns require further discussion! Topics associated with ageing somehow kept creeping into the conversations.

Frank impressed all with his culinary capability and serving skills...Jan disclosing that Frank also set the table which looked beautiful.

As a new member to NS, this was a great opportunity to get to know other members in an informal and relaxed environment. The effort by both Jan and Frank was greatly appreciated and enjoyed by all.

By Rosemary Mann.

GUESS WHO'S COMING TO LUNCH

Guests

Robin Harkin, Denise Healey,
Robyn & Bob Morgan and
Hosts

Judith Clegg

& Keith Reichenbach

We had a very enjoyable afternoon with our hosts, excellent food, good conversation and we certainly got to know a little more about each other.



One of the highlights of lunch was Keith's deconstructed pavlova.

By Bob Morgan

YOUR 24/25 COMMITTEE.

Bill Wendt.

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BOOK REVIEW

Glory Girl by Peter Yeldham

Former wartime ace, Jamie Harrington, and his Australian co-pilot Sarah Carson set out in 1927 to fly from Britain to Australia in a light aircraft. With so much ocean and desert to cross they are told it cannot be done. So begins the adventure of a lifetime, until halfway across the world the plane disappears. Sarah's boyfriend, Fleet Street correspondent Daniel Anderson, has to uncover the truth. Where are they and what is going on? This is a story about the risks they take and the sacrifices they make for their chance of glory.

By Anne Jackson

SEPTEMBER BIRTHDAYS

Trevor Read - (0)

Rhys Barren
Morva Belot
Sue Callaghan
Wynne Eldridge
Phillip Gardiner

Michael Hall
Robyn Richardson
Peter Wells
Bill Wendt



Ready to build
your digital
skills?



Be Connected
Every Australian online.

Be Connected is an Australian Government initiative to support senior Australians in becoming confident with using technology.

Our Branch applied for a \$1000 grant recently, and we can now announce that our grant was successful.

Log into <http://beconnected.esafety.gov.au> for information, articles, presentations and modules to support your digital learning. By clicking on 'Join', you can join up and become part of the National Seniors Port Macquarie network.

On Monday, 14th October, there will be a workshop at Port Macquarie Library, commencing at 9.45am. Bring your device; phone, tablet or laptop, on the day to explore, with assistance, some of the modules in the Be Connected program. When you arrive, you can sign up for a ten-minute private session with our tech guru, Michael, to solve any tech problems you may have.

Morning tea provided, lucky door prizes and no cost for the morning.

For more information, contact **Lee** on **0418474295**.

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