

# ConnexioNS Port Macquarie

A publication from the Port Macquarie—Hastings  
Branch of National Seniors Australia

## Newsletter August 2023

### Executive Committee

President	Teresa Iwinska
Vice President.	Dee Watkinson
Secretary	Lesley Cooney
Treasurer.	James McAdam

Dear Members,

As your new Newsletter Editor, firstly I would like to thank President Teresa for having confidence in my ability to take up this position within the group. It will be a learning procedure for an edition or two, so I ask for your patience. With the help of the past Newsletter committee Erica, Dee and James, who have all proved to be very proficient in collecting information and news over past years and with our outgoing editor Lynda, I am sure that after reading your feedback from the newsletter questionnaire, we will produce a newsletter to meet those needs. Saying that, we do need your support (as members) to supply input to achieve this goal.

As a new member of 18 months Sue and I are fully committed to our group due to the friendships made at meetings, lunches and the many fabulous events planned by Lee Brown and the fantastic range of interesting guest speakers by Ian. My hope is that this will carry on into the future as new members join our group. Your friendship towards them will go a long way towards introducing them to our vibrant and interesting life within National Seniors Port Macquarie.

This month, as you will see, has been a volley of well attended, fun filled events like the "500 Club", The Fire Museum tour together with our Annual Charity Auction. The reports on these events are in the following pages.

We, as a committee, look forward to your voluntary reports on things you are up to like travel and other activities.

Enough pontificating, it's now down to working with you all to make this another fabulous year for YOUR group.

Cheers,

Bill Wendt.

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It's not who  
you are that  
holds you  
back, it's who  
you think  
you're not.

Comments and contributions are very welcome.

Please contact: Editor Bill Wendt on 0407 565 049 or [bssharp@bigpond.net.au](mailto:bssharp@bigpond.net.au)

## BE CONNECTED

Be Connected is an Australian Government initiative aimed at building confidence and developing the digital skills of older Australians. The website [beconnected.esafety.gov.au](http://beconnected.esafety.gov.au) has many resources including presentations, podcasts, games and online courses on topics such as useful apps and staying safe online. Online presentations for August/September include August 15 – Selling safely online and August 17 – Transport apps. On September 5 is Android phone basics and September 7 is Smart Home Technology.

Our club is again applying for a grant to run a workshop for members during Get Online Week, 16-22 October 2023.

To support our application we ask, if you are not already a member from last year, that you register as a member of Port Macquarie National Seniors network. Go to [beconnected.esafety.gov.au](http://beconnected.esafety.gov.au) and click on JOIN at the top of the start page.

More information next month.

Lee Brown



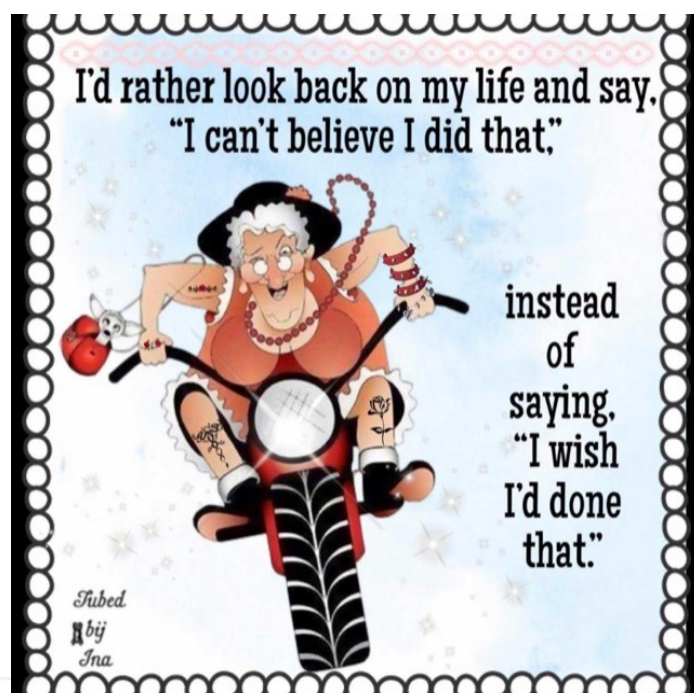
### Note to Members regarding the Activity Sheets.

Could you please ensure that you contact the person responsible on the sheet for any details on bookings for listed functions.

### The 2023 Annual General Meeting.

It should not go un-noted the work put into our group by our President Teresa. and assisted by her husband John.

Teresa not only captains our ship, but puts in many hours promoting National Seniors all over the country. The floral presentation made by Lee Brown was well deserved and we are very lucky at Port Macquarie to have such a great leader. Well done Teresa.



# MEETINGS AND MEMBERS

## NEXT MEETING

<b>VENUE:</b>	Upstairs at Port City Bowling Club
<b>DATE:</b>	Tuesday 8 <sup>th</sup> August 2023
<b>TIME:</b>	10 a.m. for 10.30 a.m. start
<b>ENTRY:</b>	\$2 for lucky door prize

I was born in Wangaratta, the eldest of three siblings. Shortly after I turned six my parents, who both grew up on farms, bought their first dairy farm, so off we went to Lockington. They bought, improved & sold a couple of farms moving across to the Goulburn Valley area. I went to Shepparton High school and after year 11 started what I intended to be a school holiday job as a laboratory assistant at the Dept. of Agriculture Research Centre in Tatura. However, salinity research was very interesting, so as I loved the job I stayed. I went on to do part time studies, not easy from a country town in those days, but after 11 years gained a diploma in applied science at Swinburne University in Melbourne.



Leanne Pike

In my late 20's I decided it was time to see a lot more of the world but instead of taking the usual European trip I spent 12 fascinating months in Africa. I started in Morocco, next was Algeria, then hitchhiked across the Sahara and travelled through Mali, (Yes, Timbuktu does exist), Ivory Coast, Guinea, Liberia, Sierra Leone, Cameroon, Zaire, Zambia then further south through Botswana, Namibia, South Africa, Lesotho. I then went up the East via Zimbabwe and Malawi finishing in Kenya. Traveling in trucks on top of cargo, taking a train only to end up back at the start 3 days later, patting a cheetah, watching a plane load of bananas thrown out so the passengers could fit, sleeping under buses and illegally arriving in the Ivory Coast without a passport stamp. These are just a few memories.

In Melbourne in 1990 I joined a Bushwalking group and met my husband to be 'Leigh' on one of their walks. We are both still members of CAEX and over the years have walked and travelled extensively with them in Vic and southern Australia. On retirement in 2014 we moved from Victoria to Port Macquarie, where we both became involved with the Douglas Vale Winery and I was also a volunteer at the Koala Hospital for a number of years.

Leigh & I love travelling and have been fortunate to visit a number of countries (see Leigh's Info for more details). I also left him home a few times, going to Bhutan with a girlfriend and Sri Lanka for my niece's wedding. I put most of our trips together, spending quite a while researching on the net, booking flights, hotels, trains & planes. We love to include unusual train trips and to see things in detail rather than a quick look so organised tours do not often suit us, although these days we often include an organised component.

I also enjoy doing photobooks of our trips and have an interest in birdwatching. I would not call myself a twitcher, but I do hope to see each Australian bird one day.

Interviewed by James McAdam.

# 2023 ANNUAL CHARITY AUCTION

What an amazing Day. From 11 am, members dropped in loads of treasured items cleaned out of cupboards and workshops. They were all catalogued by the team. At 1.30, the room at The Lion's Den was set up with tables for the members who turned up in great numbers to bid for a bargain, and there were many of those. Books, glassware, electrical items, and artwork. Clothing and quality bags were all displayed by our mannequin, Marlene. The Auction team headed by auctioneer Ian, and assisted by David, Steve and Marlene did a fantastic job in auctioning off most of the goods available. Anything left was donated to our charity "Willing and Able".

Our caterers, Dee, Erica, Lee, and their team put on a scrumptious spread of nibbles for the tables. I don't think anyone came away without getting a bargain and something to replace the items that they had donated. James and Erica did a great job noting the sales and Allen also did his usual great job as photographer. I think we were all "over the moon" to see Wynne, Trevor and Nicola attending and looking so well. It was also lovely to see several new members getting involved Including Gina who sat with us and jumped in at the end for the cleanup. It was great to know that all items left over were gladly received by our charity Willing And Able. Even the books were donated to Endeavour House, one of our previous charities.

On behalf of James our treasurer, we can now advise that all money's due are in and a total of \$1751.00 was raised on the day. Well done to all who made this one fantastic day.

Your Editor Bill Wendt



## THE FIRE MUSEUM VISIT

The Mid North Coast Fire Museum was opened in November 2021 by a group of enthusiastic collectors, mostly former fireman, who, together, had built up a remarkable amount of firefighting memorabilia and equipment. Dee and Steve Watkinson came across it a few months ago and suggested a visit as a future activity. On 19th July, a large group of members (28) did just that, and we encourage members, who haven't been, to spend some time there. You'll find it at Stevens Street at Settlement Point. Check their Facebook page for opening times, usually Wednesdays and Saturdays.



Our day started with a hot drink or breakfast at the Blackfish Café at Jordon's Boatshed; it was a great chance to catch up and for those new to the Branch to meet more members. We then moved en masse to the Museum where we were met by our guide Al, a former fireman, like most of the volunteers.

He introduced us to "Dennis", an impressively-restored fire truck originally built in 1935. You can see it in this group photograph. Once inside, Al led us on a brief tour of vintage equipment, a replica fire engine (1939), uniforms, and a large collection of newspaper cuttings and photos; all conserve the history of firefighting in the area.

My favourite story is one from 1988. The wives and girlfriends of serving firemen in town, fed up with the hours their partners were spending at the station, left miniature beds there while the men were out on a call. They were made from shoe boxes, with lovely-crafted pillows and covers; do you think the men got the message? On a serious note, though, visitors do come away with a better understanding of how dedicated our firefighters have always been, in what is an arduous and dangerous vocation. Some members, meanwhile, were having a wonderful time in the citrus orchard on the property. Quite a few took up an invitation to take home oranges, lemons, or kumquats as well as the more unusual citron.



We were at the Museum for about an hour and then went on to lunch at the Settlement Point Café. It rounded of an enjoyable morning in the sun: a combination of friendship, fun, food and an interesting educational experience to boot. A big thank-you to Dee and Steve for finding this local gem of a museum and for organising the visit and the whole morning.

## AUGUST BIRTHDAYS

There are many members celebrating birthdays in August including all horses born in the Southern Hemisphere.

We wish our August birthday members a very happy birthday and hope they enjoy their celebrations.

Wendy Aggett

Myrna Bristowe

Ann Cross

Erica De Carlo

Pat Heaton

Steve Watkinson

Ron Polson

Gillian McNaught

Fred Hynes

Frank Liddell



## BOOK REVIEW

### "Out of Time"

By David Klass

Known as "Green Man" this killer carefully plans targets that threaten the environment. The protest movement that supports him grows ever larger. Young Tom Smith, a computer programmer, believes he has spotted something the FBI has missed when trying to hunt this killer down. When he makes a breakthrough he wonders, what if the man you are trying to stop, is the one who is trying to save the world? Gripping reading

*Anne Jackson.*



## DATES FOR YOUR DIARY

Tuesday August 8th. Our monthly Meeting.

Monday August 14th. 500 Club.

Tuesday August 15th Movie and Lunch.

Wednesday August 30th. A Day Out Of Town.

Thursday October 19th. First Aid Course.

Thurs 9th to Sat 11th November. Hunter Valley Lights.