

# National Seniors AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

## ConnexioNS Newsletter September 2023

### Executive Committee

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

### SUB COMMITTEES

Activities	Lee Brown
Memb/Welfare	Erica De Carlo
Guest Speakers	
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp

### Dear Members,

September has arrived, and its time to pack away the "trackie pants", jumpers and warm tops and head back to the shorts and t-shirts. We are fortunate to live in factually, the best climate area in Australia. No-one notices this more than immigrants from "south of the border" and beyond. We love to wake up in the morning and have temperatures higher than the maximums in what were home states before moving here. We are all very lucky.

Now some interesting info regarding the history of September. The ancient Romans originally used a calendar which began the year with the month of March. The seventh month of the year was called September, from Septum, a Latin word meaning "seven". The name was spelt Septembre when it was borrowed from the early French into Middle English, but eventually the English spelling was changed to that of the original Latin interpretation September which we now use as the

9<sup>th</sup> month of the Gregorian Calendar.

The month of August saw some more well attended outings organized by our fantastic Activities Organizer Lee.

All events were well attended and reports on each appear in this edition.

On your new activities sheet we ask that if you have any queries or need to book, please contact the person who is running the event and not Lee. This will save "double handling". It never ceases to amaze me as to the quality of our guest speakers. Off the record, we have some interesting speakers attending the meetings over the coming months, so please don't miss a meeting.

### Bill Wendt Editor.

**People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.**

## National Seniors Australia Board (NSA); Meetings in Canberra

During the second week of August seven members of the NSA Board including John Urquhart, and three senior NSA staff travelled to Canberra to meet with Federal Government Politicians. The purpose of the visit was to promote National Seniors as the non-partisan independent voice for older Australians and to discuss some of our policy priorities.

The meetings went on for four days and were held in each individual Politician's office. Each day in Parliament House we walked between 10,000 and 15,000 steps to get to meetings. We regularly got lost! There are 4,500 offices/rooms in Parliament House.

These policy priorities discussed included. the '*let older Australians work*' campaign, the proposed concession plus card which targets pensioners in specific areas and our principles for funding aged care which includes funding transparency, incremental increases in new charges, capacity to pay and meaningful public consultation on reforms.

In addition, Board members attended three separate dinners with Coalition, Labor, and independent politicians. Further, we attended two hours of Parliament Question Time where we were formally recognized by the Speaker of the House.

Overall, the reception we received was very good. John was able to meet the Prime Minister, the Leader of the Opposition and a further twenty

Politicians including our local MP Pat Conaghan. His most memorable meetings were with Bob Katter (who hosted our visit), Rebecca Sharkie, Simon Birmingham, Warren Entsch, Melissa McIntosh and Brian Mitchell.

The Board was not seeking funding nor were we promoting any political agendas. We sought feedback from Politicians on issues affecting the over 50's in their electorates and reminded them of our considerable presence across the country through almost 200,000 NSA supporters, subscribers, and members.

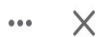
Our Branch network was also discussed with numerous requests for more Branches in some electorates. It was also suggested by some Politicians that a '*friends of National Seniors*' Group be set up in Canberra.

Continued next page.



**Gourmet Taste Sensations**

21 h · 🌐



### SEPTEMBER MARKETS

- 2 - Killabakh Day in the Country
- 3 - CSU Port Macquarie
- 9 - PMQ Foreshore
- 10 - Urunga Riverwalk
- 16 - Laurieton Riverwalk
- 23 - Woolgoolga Curryfest
- 30 - Gloucester Spring Market

[www.gourmettastesensations.com.au](http://www.gourmettastesensations.com.au)

## National Seniors Australia Board (NSA); Meetings in Canberra Continued



**Above.** John Urquhart meeting with The Prime Minister and other members of parliament.

**Right.** Which one is the real Bob Katter ?

**By John Urquhart**



### BE CONNECTED

Hopefully you have joined our Port Macquarie Network which will support our grant application for "Get Online Week", 16<sup>th</sup> – 22<sup>nd</sup> October.

Explore the Be Connected website by connecting to the [beconnect-ed.esafety.gov.au](http://beconnect-ed.esafety.gov.au). Scroll down the page and click on "Free Presentations", "find out more "Government websites", "Register Now".

The government websites presentation is on Tuesday 19<sup>th</sup> September 10.11 am. Learn how to use government websites, including setting up a MYGov account.

Other presentations you may view include;  
Technology and Health  
21<sup>st</sup> September

Wifi and data plans	Tuesday 3 <sup>rd</sup> October
Protect yourself against scams	Thursday 5 <sup>th</sup> October
Online shopping and Banking	Tuesday 17 <sup>th</sup> October
Transport apps	Thursday 19 <sup>th</sup> October

Try one webinar and let us know what you have learnt.

**By Lee Brown**

## GETTING TO KNOW OUR MEMBERS



**Karen & Max Carrick**

**Max:** I was born & raised in Fairfield, Sydney. My family later moved to West Como, Sutherland Shire.

My first job on leaving school was delivering telegrams on my bicycle for the post office.

In 1962 I joined the Bank of New South Wales in Sydney where I remained for my whole career. During my probation at Surry Hills branch, I was handed a .38 calibre revolver and told to stand on the footpath as the Bank's security vehicle was delivering cash. **Go on, make my day.** I was quite petrified. In 1964 the bank sent me to Papua New Guinea for 2 years. It was still very much in the colonial era; expats wore mostly white and in those days, It was a very peaceful place. Working at Bulolo and Wau, the bank was a collection point for gold from a major mining company and hundreds of local miners.

1966: Back to Sydney where I was **forced** to travel on cruise ships handling foreign currency for each port to be visited. Just to make matters worse, when in port the banking section was closed so I had to wander around the many ports that the ships visited. **Well, someone had to do the job.** It was some years after this that I met my lovely wife to be Karen in Sydney.

**Karen:** I was born, raised, and schooled in Haberfield. I worked with a

firm of chartered accountants and later I became a credit controller for a surgical supply company. It was during this period that I met Max. We met (through friends) in a wine bar and were engaged two weeks later. We married a year after and set up home in Dundas, Sydney. Our first son was born in 1977. In 1979 Max took up a position with the Wales, again in PNG where our second son was born in Lae.

While life as an expat wife in PNG was full of card mornings, mahjong games and not to mention the odd G & T, there were also some hair-raising experiences. In 1980 Lae was hit with a 7.6 magnitude earthquake in the early hours of the morning. We awoke to exploding windows and our water tanks being tossed around like toys. Another time my car was surrounded by rascals and they tried to tip my car over with me and 2 children inside.

We lived in PNG for 2 years before returning to Sydney and buying a house in North Epping.

In 1985 I gave birth to our 3<sup>rd</sup> son and then re-joined the workforce in 1988. For the next 7 years I worked as an office administrator for a nursing home in Eastwood. Then 3 years managing a blinds cleaning service followed by 10 years managing a perfume importation company.

I then accepted a position as operations manager for a Defence and Aerospace company. This involved moving to Canberra so we set up home in Jerrabomberra. Whilst there we helped set up the LIONS Community Book shop.

Max had by now retired from the bank & took a part time position with my employer and I was his boss. Max reckons it was the worst job he ever had.

**Karen & Max:** In December 2022 we retired to Port Macquarie. Our three children live in Brisbane, Newcastle & Sydney and collectively we have 7 grandchildren with another on the way.

Next year we will celebrate our 50<sup>th</sup> wedding anniversary. Max has been researching his family history for the last 25 years and has found six convicts. Karen says this explains a lot.

**Interviewed by James Mc Adam.**

### THANK YOU DELYSE MILLER

John and I were successful bidders for Delyse Miller's generous offer to make a Black Forest Gateau. We were having our committee members to lunch with their partners, so we thought this would be a great dessert. It was a wonderful dessert, and our family who visited us on the weekend also enjoyed Delyse's creative cooking. Many thanks Delyse for your generosity that will benefit our 2023 charity, Willing and Able.

Love, **Teresa.**



### THE HASTINGS HOME HOSPICE

During the Covid years of 2020 until 2022, we were very proud to support The Hastings Home Hospice. This service is available throughout the Hastings Valley, Port Macquarie, Wauchope and Camden Haven areas and provides support to any patient who chooses to stay in their home.

We have several members of our National Seniors branch who volunteer because this service depends entirely on donations as there is no government funding supplied. This ensures all monies raised stay in our local area. Their value of expression is "When cure is no longer possible the focus of care changes to comfort, dignity and quality of life. When the focus of care changes, the person, their family and relevant others require additional support."

Though we could not meet and socialise because of covid restrictions, we raised \$3,000 and this cheque was presented to Marita Crighton and Lil Andrews at our August, 2022 meeting.

**Erica De Carlo**

### MISSED THE CHARITY AUCTION

One very comfortable padded hammock with fittings. If anyone would like to give it a good home, **the price is \$40.00 which will go to the Branch funds.** If interested, contact

**Bill on 0407 565 049**



# CHARITIES WE HAVE SUPPORTED

## ORANGE SKY LAUNDRY OUR CHARITY FOR 2022/2023

We had a lovely presentation by Sue Atherton from this charity at our August meeting. Homelessness on the Mid North Coast has increased and this covers those forced to live in a caravan park, boarding house, unfit overcrowded housing and couch surfing, as well as those living on the street. People living in these conditions do not have access to private facilities and a secure stable roof over their head. They can feel ignored or disconnected from the community.

Orange Sky is run by volunteers who are empathetic listeners and non judgmental conversationalists; they are not social workers or experts on homelessness. The service, initiated by Nick and Lucas, two young 20 year olds with a vision and passion for helping others, provides a laundry and shower service in a safe, positive environment. \$24 enables a friend doing it tough to have clean laundry, a warm shower and a chat. The van in Port Macquarie is situated at St. Thomas's Church in town.

Donations go directly to supporting the program which is not supported by any other funding. It was a great pleasure to have a cheque for \$3000 to present to Sue on behalf of our National Seniors Group, who raised funds over the year with a variety of activities.

**Dee Watkinson**



### AN ACTUAL TWEET FROM CHICAGO

***"I thought my vasectomy would keep my wife from getting pregnant, but apparently it just changes the colour of the baby."***



## UPDATE ON CHARITIES WE HAVE SUPPORTED

### 2021/22 ENDEAVOUR CLUBHOUSE

Situated at 176 Hastings River Drive, the Clubhouse exists to help people with mental illness regain the self-esteem, skills, and dignity to attain a meaningful place within our community. It is open Monday to Thursday 9.00am to 3.30pm. Members are provided with a safe, caring environment to build self-confidence, vocational and social skills.

The Clubhouse has been operating since April 2015. It has a purpose-built facility constructed by the community, for the community, which was 10 years in the making. It is the only psychosocial vocational program for adults on the Mid North Coast with a non-institutional service. The program is voluntary, relying on the contribution of Members with their talents, skills, and strengths in order to function and achieve individual goals. There are now over 300 members who attend according to need.

Through a variety of enjoyable activities, many of which involve self care and wellbeing, computing, food preparation, retail, horticultural and construction, members experience vocational skills and enjoy most of all, social inclusion and personal development. There is also a Reach-out program to maintain contact with Members.

As a registered charity, Endeavour Clubhouse receives NDIS funding and generous donations from the community. There is no other Government funding currently.

Through the National Seniors fundraising, a complete entertainment centre, amongst other items, was able to be purchased. Sue and Phil Gardiner, NS members, are very involved with the clubhouse, pictured here alongside the very large TV and associated equipment.

**By Dee Watkinson.**



## WHAT OUR MEMBERS HAVE BEEN DOING:

### MOVIE AND LUNCH DAY OUT

**"The Miracle Club"** is a heartwarming, film that celebrates the power of friendship, love and laughter with a poignant message and stunning performances from Academy Award winners Dame Maggie Smith and Kathy Bates, Academy Award Nominee Laura Linney, and rising talent Agnes O'Casey. The stories of these women remind us that we are only as strong as the friends and family who stand by us.

#### **Jarod Neece, Tribeca Film Festival.**

The winners of a local church talent quest with the prize of tickets to Lourdes bring close friends Lily, Eileen, Dolly and Sheila to take a journey to solve long standing family issues. Throw in Chrissie who had been in USA for many years, who also had issues to resolve and you had a great storyline. The movie was very well acted and most of us planned on recommending it to friends.



After the movie 20 of us headed across Horton Street to Reyhana Turkish Restaurant for lunch. We all agreed that the quality and volume of food was top quality. Over half of us took home "Doggy Bags", A nice end to another lovely club activity.

#### **Bill Wendt. Editor.**





# WHAT OUR MEMBERS HAVE BEEN DOING

## SOMETHING ABOUT ME

At our August meeting we were treated to a talk by Bill Wendt who shared with us some stories and photos of his and his partner Sue's experiences with ballroom dancing.

They first danced socially in 1994, and commenced competitively in 1998 in Bendigo. Their love of dance took them not only interstate, but overseas in particular to Blackpool England where they finished 7th in the seniors final at the Tower Championships.

Bill showed photos of the many dresses Sue had worn over many years. She also showed the dress she had kept from Blackpool in 2001. She also had a few mishaps along the way, at one time having to alter a dress due to having a broken wrist. Another time she competed and danced with one shoe, having lost it during a routine. No time to watch the video, but hopefully we can do that another time.

Thank you, Bill and Sue, for sharing your story.

**By Linda Philp.**



## A DAY OUT OF TOWN, NABIAC

22 members headed down for our day out at NABIAC for shopping, sightseeing and lunch day out. Most of us ride shared which made for even more fun. We arrived at about 10 and it wasn't long before the girls hit the many craft and clothing shops to look for a bargain.



We had plenty of time to shop and visit the amazing National Motorcycle Museum which was initially located in Canberra in 1990. It was started by Brian and Margaret Kelleher, who at this time had been in the motorcycle retail industry for 18 years. Brian had been collecting motorcycles before starting the motorcycle business and they continued storing motorcycles and memorabilia with the dream one day of opening a museum. Motorcycles formed a very important part of Australia's transport history, as they provided a cheap method of motor transport. In the 1950s and 60s many Australians' first motor vehicle was a motorcycle.

When the Kellehers read in a Bureau of Statistics report in 1988 that substantial numbers of our old motorcycles were leaving the country for

## Nabiac Continued.

the USA, Japan and England, they believed that unless something was done promptly much of Australia's motorcycle heritage would be lost. This was the trigger to start the museum for their collection and to offer a home to some of the motorcycles sitting in peoples' sheds.

After fruitlessly seeking some type of government assistance they decided to go it alone and set up the National Motorcycle Museum of Australia.

The museum operated in Canberra for some 10 years, then the Kellehers sold their ACT business and moved to the mid North coast where they constructed a purpose-built complex that houses some 1050 motorcycles together with an enormous array of motorcycle memorabilia, toys, vintage cars, an extensive private library and a motorcycle orientated gift shop.

Many of the motorcycles are on loan to the museum for display, but the majority are owned by the Kelleher family.



At 12.30 we all met at The Artisan Café for lunch. The meal, wine, fellowship and fun shared by all made this a wonderful day out.



**By Bill Wendt**



## SEPTEMBER BIRTHDAYS

Rhys Barron

Mike Hall (Big O)

Trevor Read

Phillip Gardiner (Big O)

Peter Wells

Sue Callaghan

Robyn Richardson

Morva Belot

Bill Wendt

Wynne Eldridge

Robyn Mulligan



## BOOK REVIEW

### "Bad Guy"

This book is by Peter Robinson, the creator of DCI Banks of TV fame. Whilst DC Banks is O.S on a much-needed holiday, his daughter Tracey becomes embroiled in a romantic escape with her girlfriend Erin's flamboyant playboy. After Erin is arrested for having a loaded gun, and her father dies after a taser attack by police, Tracey and boyfriend, now on the run takes them to her father's home and safety. But DI Annie Cabbot, Banks' partner is shot whilst investigating, so they are on the run again. Now, Tracey is in real danger as "Bad Boy" is really panicking and takes her as hostage, and a perilous chase begins.

Enjoy.

*Anne Jackson*

**You can only be young once.**

Angels, Fairies & Cherubs - Oh My

**But you  
can  
always  
be  
immature.**



**As your new Newsletter Editor, I am proud to introduce  
YOUR 2023 NEWSLETTER TEAM**

**James Mc Adam  
Erica De Carlo**

**Dee Watkinson  
Bill Wendt (Editor)**

**We do hope you contribute items, and enjoy our work.**