

# National Seniors AUSTRALIA

PORT MACQUARIE-HASTINGS BRANCH INC

## ConnexioNS Newsletter November 2023

### Editorial.

Firstly, a sincere apology to all of you who tried to print a hard copy of last month's newsletter. It was due to a glitch in Publisher which carried over to the PDF file. Not funny when it tried to print 1140 pages. I know our newsletter is long, but that's ridiculous. The problem glitch has hopefully rectified itself.

On a happier note, what a great month we have just had with great guest speakers together with lots of fantastic activities organized by Lee. It was also great to see some younger prospective members attending. Reports on all events are included in this newsletter. It was lovely to see around 70 members attending the October meeting. It was getting squasy in the large room. A nice surprise is in store for this month's meeting, and no, we are not meeting in the main auditorium of the Glasshouse.

We now have all four members of our newsletter committee back together after various interstate and overseas trips, champing at the bit to continue giving you all the interesting monthly news. November will continue in the same vein with another fun filled calendar of speakers and events planned.

Your hard-working General Committee are well into planning activities for 2024, so please continue to support and enjoy everything that has been planned.

**Editor Bill Wendt.**

### 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	Erica De Carlo
Newsletter	Bill Wendt
1 Thing about Me	Linda Philp



**??? BE CONNECTED???**

### NATIONAL RECYCLING WEEK

For those members who missed out on the trip to Cairncross Facility Waste tour there is good news. There is another tour organized on 16th November through PMHC. This can be accessed by logging on to:

[connected.pmhc.nsw.gov.au/event/national-recycling-week](https://connected.pmhc.nsw.gov.au/event/national-recycling-week)

# NOVEMBER IS HERE

The Month of November brings with it a multitude of special days to celebrate, whilst some are perhaps insignificant, such examples include **"All Saint's Day"** also known as **"All Hallow's Day"** and thus preceded by the very popular Halloween, and then also followed by "All Souls Day". A more significant and symbolic special day in November is of course **"Remembrance Day"**, originally called Armistice Day and first devised to specifically honour the heroes and fallen of World War 1, but these days it is aimed at honouring all soldiers who fought and died for our country in years gone by.

In more recent times we have introduced **"Movember"**, the growing out of one's male facial hair and or more particularly ones Moustache for a period of 30 days, driven to raise funds and awareness for Men's Prostate Health.

Being the month of November, the first Tuesday of the Month, we may otherwise reflect on the successes of all those Punters when as suggested pretty much the whole Nation stops still as it has previously for more than a century and a half to listen or watch and celebrate the running of the **"Melbourne Cup"**. To offer a brief history lesson the very first race of course was held back in 1861, and out of the 17 starters one horse bolted early, sadly three fell to the ground of which two consequently had to be put down and as the record book confirms the triumphant horse Archer was declared the Winner. An outstanding achievement given that for decades it was believed the horse and its trainer walked 700 Miles from Nowra to get to Melbourne, a claim that is still unproven and thus these days disputed even though a Movie was made in 1985 starring a young Nicole Kidman with the storyline based around that triumphant walk. Of course, Archer returned the following year, being 1862 to claim the cup once again, becoming naturally the first horse to win the Cup twice.



**I once put a bet on a horse to come in at 10 to 1 - and it did! Unfortunately, all the others came in at 12.30.**

## GUEST SPEAKER ASHLEY SARGESON, TOUCHWOOD FLORIST

We had the privilege of being totally entertained by Ashley Sargeson of Touchwood Florist at our meeting on Tuesday, 10<sup>th</sup> October.

Her determination and courage in starting her own business at the age of 18 and growing it to the extent that she now has 6 employees, is remarkable. As well as being a wife, a busy mum to a teenager and school age son, she also teaches, together with her mother, physical culture classes a few nights a week. Her humour shone through in all that she discussed and many of us could relate when she stated she now is able to have "me time" as her "baby" is now of school age.



We were totally impressed with how she cut, blended colours, stripped foliage all whilst talking and describing the how's and whys of what she was producing. The arrangement she created was truly stunning, but my favourite was the triple vase where, with a few "sticks" of foliage and colourful tiny flowers, she presented us with a gorgeous table decoration.

Ashley was questioned as to how she survived when Covid closed many small businesses... As we

know, families and friends were unable to visit during the lockdowns, so flowers and gifts were a great way to stay in contact and give support through thought and deed.



She was apologetic in that she felt "survivor's guilt" because she grew her business substantially whilst others failed. It is good to know that she is still able to employ the 6 staff she relied upon during covid. Ashley unexpectedly gave the flower arrangements to our club and they were auctioned with the skill of Bill Wendt. Robin Harken was not to be thwarted and survived the bids of many other members with a generous call of \$90.00. Again, not to be thwarted, Robin kindly donated her \$10 change. And my favourite 3 vases? They were again hotly challenged and won by Nicola and Trevor for \$70.

A very knowledgeable and enthusiastic young woman who is to be admired. Thank you, Ashley.

**By Erica De Carlo**

**Photos by Allen Philp**



This month Robyn shared her family's story of their strong connection with tennis in the Hornsby area during the early 1900s.

Robyn's grandmother was a keen tennis player and champion of Burwood Ladies College in 1903. Her father and his siblings grew up as keen tennis players on the family backyard tennis court. As adults her father and his brothers each built a tennis court beside their respective homes.

Robyn's mother and father met at university, and both had grown up in families with a keen interest in tennis. While her father was away at war serving in the Navy her mother purchased an old house on a block of land just up the road. She had sent a

letter to him suggesting they should buy it but couldn't wait for a response and purchased the land anyway. A tennis court was built in the backyard in the 1950s which became a hub for many budding tennis players including John Newcombe who also brought his friend Tony Roche along.

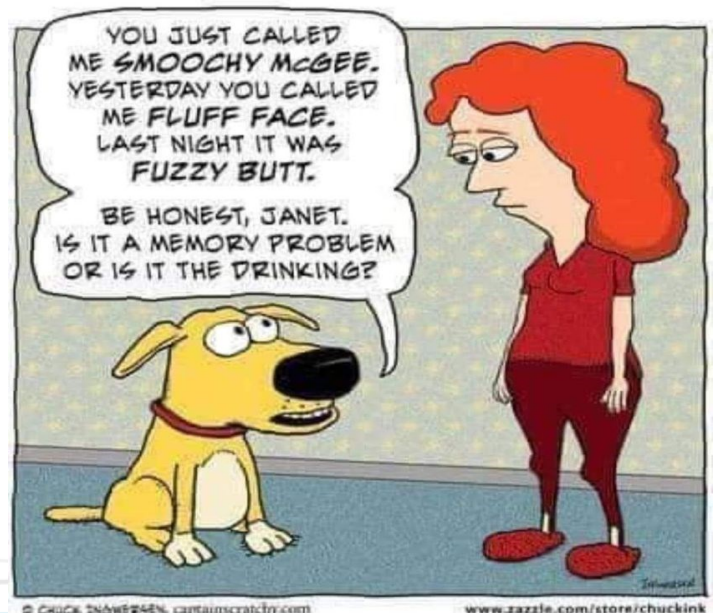
Robyn won a scholarship to Illinois and packed her tennis racquet. She was quite a ground breaker being a girl playing tennis in 1966-67.

In 2010 Robyn and Ian's daughter and her husband purchased a block of land to build their first home which turned out to be the very block that had been purchased by Robyn's grandparents in 1924. The original home is over the back fence and the original tennis roller is still sitting there today, it would be close to 100 years old.

Robyn's love of tennis has been with her all her life, and she still takes to the court regularly.

Thank you for sharing your fascinating story Robyn I'm sure there are many more to be told.

**By Linda Philp**



# BIRTHDAY'S AND BOOK REVIEW

## NOVEMBER BIRTHDAYS

**Jillian Fuller  
Jakob Held  
Teresa Iwinska  
David Johnson  
Allen Philp  
Alan Stephenson**



## BRANCH BOOK LIBRARY


Anne Jackson has generously offered to manage a book library for our Branch.

From November you can

- A) Borrow a book from Anne's collection or
- B) Take a book or two from the donated book collection and
- C) Bring 2 books to donate to our library, however, if they are not taken by the borrower by the end of the meeting, please take those books home as we have no means of storing them.

Anne has a love for reading and does a great job presenting our monthly book review and now will be managing a book library for everyone in the Branch.

Thank you, Anne.

THE ONLY TIME A FISHERMAN  
TELLS THE TRUTH IS  
WHEN HE CALLS ANOTHER  
"A LIAR"  
-Slim Dusty 

“  
It actually  
doesn't take  
much to be  
considered a  
difficult  
woman.

That's why  
there are so  
many of us.

Jane Goodall



## BOOK REVIEW

**J H Fletcher.**

**"White Sands of Summer"**

When barmaid Shannon Harcourt meets Hal Maitland, heir to the vast Maitland fortune their love flourishes, motivating them to survive the coming war. Forty years on Shannon now a successful businesswoman and her younger sister, an accomplished chef, have left their days of poverty behind.

Shannon now sets her mind on purchasing the island off the coast of Queensland where her love first began. What interest could the reclusive businessman Dermot Black have in the island and why is he so interested in the Harcourt sisters.

This is a story of competing ambitions and a reminder to never underestimate a determined woman.

**By Anne Jackson**

# MEMBERS MONTHLY ACTIVITIES

## THE 500 CLUB

I had no idea of how "The 500 Club" works, today was the day to find out. I was pleasantly surprised when I visited the "Bowlers Lounge" at the Port City Bowls Club. Although the numbers were down today due to a few "sickies", eight enthusiastic 500 players were involved in very competitive 500 games. They all knew how to play well and there was plenty of banter. It was good to be there as I hadn't played 500 for over 10 years, and it soon came back to me.

Our "Mavericks" meet once a month on the Monday after the monthly meeting from 1pm till 4pm with drinks break in the middle. I recommend this to all members as it was evident that all present are all only too happy to help you pick up the simple rules, even if you have never played before.

Why not come on in and give it a go.

**Bill Wendt.**



off the mark.com

by Mark Parisi



## SOMETHING TO LOOK FORWARD TO

I was walking down the road a few days ago towards a man and greeted him as we passed. He said "hullo" and followed it with..." Oh..you looked quite young ...from a distance"! Just what every 82-year-old needs to hear.

**By a valued 82-year-young lady member. (Guess Who?)**

# MEMBERS MONTHLY ACTIVITIES

## FIRST AID WORKSHOP

Our presenter for our workshop this morning was Mr Jamie Martin. The 35 members who attended were treated to a most detailed and lighthearted, at times, look at what to do in case of an emergency, not only in the home, but in the community.



Jamie started his medical career as a Lifeguard before going on to be a Beach Inspector for 23 years before expanding his expertise by becoming a Paramedic until he retired.

We learned an awful lot from Jamie, in fact too much to list every detail, but I will concentrate on the important points.

We learned that if an accident occurs or someone suffers a medical episode, the first important reaction should be to stay safe yourself and not panic and think forward. The DRABC method was explained. "D" Danger. Stay safe. "R" Response. Dial 000, then get the patient on their side. (left hand side for a female). "A" Airway. Ensure their airway is clear. "B" Breathing. Listen with your ear close to the mouth of the patient and always

stay with the patient until help arrives. (CPR).



At 100 beats per minute, pressure pump the lungs from the lower part of the sternum. Pressure should be one third of the distance between the chest and the back. We learned how the flap between the windpipe and the esophagus worked and the importance of keeping the windpipe open.



We were also taught the way a defibrillator worked and the importance of getting a patient on the machine within 7 minutes of the event happening. Jamie also went into detail as to how to handle a stroke victim.

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## FIRST AID WORKSHOP CONTINUED

The last part of his talk covered how to handle spider bites and snake bites. The latter is handled this way if you suffer a bite. Snake venom does not enter the blood stream, rather the lymphatic system. The person should lie flat and not move about. Compression bandage should be applied to the entire limb. If on the arm, start at the bite and work down to the fingers before moving back up the arm to the shoulder.

Jamie then took questions from the members before closing. After being thanked for his brilliant workshop, he advised that if anyone needed advice at anytime, he would be happy if you could contact him on [jamiesfirstaid@bigpond.com](mailto:jamiesfirstaid@bigpond.com) or mobile 0448 885 556.

**By Bill Wendt**



## MARY BERRY'S LEMON DRIZZLE TRAYBAKE

### INGREDIENTS

225g softened butter  
225g caster sugar  
275g SR flour  
2 tsp baking powder  
4 eggs  
4 tbs milk  
Finely grated rind of 2 large lemon

### TOPPING:

175g granulated sugar and juice of 2 large lemons

Line a tray 20x23x4cm with glad bake. This is quite a big tray, could use 2 smaller square tins or halve the recipe for 1. Adjust the cooking time accordingly.

Heat oven to 160 C.

Measure all main ingredients into a large bowl and beat well for about 2 mins until well blended.

Scrape all ingredients into the tray and smooth out.

Bake in the middle of the oven for about 35/40 mins or until the mixture springs back when lightly pressed in the middle and begins to shrink away from the sides of the pan.

Allow to cool in the pan for a few mins then turn out onto a wire rack over another tray to catch topping drips, carefully remove the baking paper.

Sprinkle topping sugar over the cake.

When it is just warm, spoon over the lemon juice.

Makes about 30 squares

Keeps well, can freeze.

**By Dee Watkinson.**



# MEMBERS MONTHLY ACTIVITIES

## BE CONNECTED SESSION

19 eager members attended Port Library on Wednesday 18<sup>th</sup> with their phones, iPad and laptops wishing to learn and participate in "Get Online Week". Lee encouraged all to sign onto the "Be Connected" site and click onto the "new search function" which enabled them to discover **ALL** the learning materials – including courses, articles, and podcasts. Anyone who is wary of what they can learn and achieve should take advantage of this Government site as, I believe, there is a multitude of filters which can narrow your search. Lee showed how to use the filters to find content by subject, device, content type and finally the level that best suits your digital skills. How do you develop your digital skills?? Continue to use this "Be Connected" site and I assure you your grandchildren will be amazed that you are totally up to date.



Lee discussed the benefits of the icloud and its back up capabilities and how to share photos, use Google maps and share your location with family. Also discussed were hints and tips on how to stay safe online and searching

the latest technology. With our brains buzzing, Lee called a halt, and we enjoyed delicious slices from Dee, sandwiches, and a well-deserved cup of tea/coffee.



Discussion time followed and we all shared our favourite Apps. The Apps which come with your iphone, ipad and android include calculator, notes, torch. But favourites – just so many such as Catch-up TV, You Tube, Google Maps, Transport, Stocard, Hazards Near Me, Fuel Check, and my favourite – Spotify.

We had booked Michael Randall from MBR Computing to attend our session and many took advantage of his expertise to dissect and fix their individual problems. He was inundated with specific problems many of which he could fix immediately but, because time was a problem, maybe he should be approached personally at his business for larger requests.

[sales@mbrcomputing.com](mailto:sales@mbrcomputing.com)  
0422 709 528

We had a very instructive learning curve – thank you Lee.

**By Erica De Carlo**

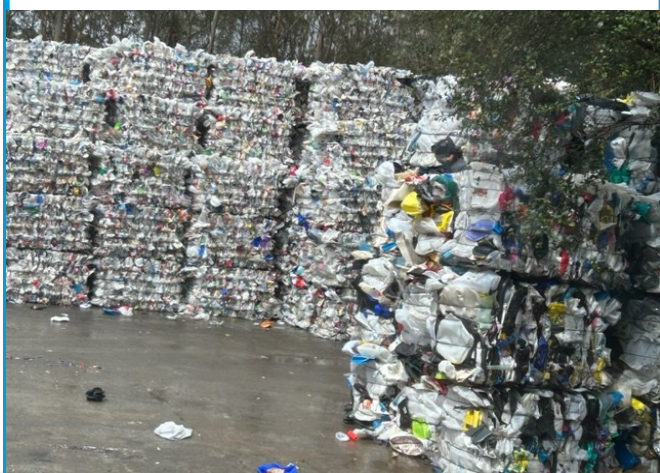
# MEMBERS MONTHLY ACTIVITIES

## CAIRNCROSS FACILITY WASTE TOUR

Most of us will remember growing up with visits from the baker delivering fresh bread and the milkman delivering fresh milk, replacing the glass bottles left outside. Other snippets from memory include a visit to the grocery store to buy flour measured from a larger vat, peanut butter and honey poured into a jar you provided, and biscuits carefully placed in a brown paper bag plus a few broken biscuits in a separate bag as a treat for you on the way home. Today, the amount of weekly waste generated by a household of two results in palpable anxiety and checking the Council's Waste Info A to Z app to identify the correct bin.

Our visit to Cairncross Recycling Facility provided some clarification on what goes into our three bins and lots of information on why we need to make a continued effort with recycling for the benefit of our immediate environment and the future of our planet. If global food waste were a country, that country would be the third largest emitter after the US and China.

Bernadette met 21 aspiring waste warriors at Sovereign Hills and we travelled by mini bus to Cairncross. Shaun joined us as our guide with first stop being the



landfill area. Shaun showed us one landfill that is almost full and explained that it had taken 20 years of Port Macquarie/ Hastings red bin refuse to fill that mound. Adjacent, another site was being prepared. Any new site must firstly be approved by the Environmental Protection Agency and then takes many years of preparation to ensure that no contaminants and rainwater will leach into the underground water table. The



warning came when Shaun explained that this new mound of the same size is expected to be filled in around half the time of the current landfill.

The next site was to view the compost that is produced from the contents of our green bins. Food and garden waste is cooked at temperature over days to get rid of contaminants and to produce the rich compost that is available for sale at Cairncross. The biggest problem in waste management is contamination. We are asked not to put any serviettes or paper towels into our kitchen recycle bins anymore as these contain food scraps that can contaminate, and teabags as they have the plastic tag attached.

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# MEMBERS MONTHLY ACTIVITIES

## CAIRNCROSS VISIT CONTINUED

Similarly, shredded paper, tin foil and blister packs should go in the red bin. Anything to be recycled must be clean.



We then watched a video on the challenge of sorting what goes into our yellow bins to be recycled and what cannot be recycled at present and must go into our red bins. Newspaper, glass bottles, plastic bottles and tins are fine for the yellow bin. Most cardboard is fine but tetra packs e.g. long-life milk have plastic inserts and must go in the red bin. Similarly, coffee cups must go in the red bin. Glass and tin containers should be washed, and caps removed from drink containers. At present, both metal and plastic bottle tops cannot be recycled at the Cairncross facility and should go into the red bin. After a group activity where we had to sort a shopping bag of empty grocery items into their correct bins, some of us were feeling a little guilty over our current attempts at recycling. We left Cairncross with an appreciation of the work our Council is currently doing with our waste and a new determination to use the knowledge gained from our visit.

We continued our discussion over a delicious lunch amidst the beautiful surroundings of Abundance Garden Café.

By **Lee Brown**



### **Why Mothers Should Be Young**

With all the new technology regarding fertility recently, a 65-year-old friend of mine was able to give birth. When she was discharged from the hospital and went home, I went to visit.

'May I see the new baby?' I asked.

'Not yet,' she said. 'I'll make coffee and we can talk for a while first.'

Thirty minutes had passed, and I asked, 'May I see the new baby now?'

'No, not yet,' she said.

After another few minutes had elapsed, I asked again, 'May I see the baby now?'

'No, not yet,' replied my friend.

Growing very impatient, I asked, 'Well, when can I see the baby?'

WHEN HE CRIES!' she told me.

'When he Cries??' I demanded. 'Why do I have to wait until he CRIES?'

'BECAUSE I FORGOT WHERE I PUT HIM, OK?!'