

Grapevine

From the Editor



I don't often advertise T V programmes but I make an exception in the case of the ABC series 'Old Peoples Home – for 4 years olds'. Tuesdays at 8.30pm



Based on a BBC programme of the same name, this first for Australia unique social experiment brings together elderly people in a retirement community with a group of 4-year-olds with the aim of improving the life of many residents in old age accommodation. Not only that, it aims to measure the impact the interaction has on the pre-schoolers.

The programme highlights all the fun side of the experiment with little evidence of 'conflict' by placing rambunctious 4 years old amongst mainly sedentary 78 – 95-year-old women and men, although there must have been some tantrums on both sides.

In general, the outcomes to date have been positive. Hopefully such a scheme can be replicated throughout the retirement industry.

From Your Residents Committee

The Quarterly Residents meeting was held 30 August. The Residents Committee draws your attention to the minutes that have been emailed to all residents or letterbox dropped to those that don't have emails. If you didn't get a copy of the minutes please check your junk email or alternatively email 2019ocrrc@gmail.com and a copy will be sent to you.

The Committee is meeting with Management Wednesday, 11 September. An update will be circulated to all residents, as soon as possible after the meeting.

The Residents Committee has been busy undertaking numerous initiatives that will benefit the residents. These initiatives include:

New Residents Welcome Pack

In addition to the information supplied by Management, we will prepare a pack containing information on the resident committee and meetings, pool protocols, clubhouse protocols, incident form, waiver form, contact details for various activities, etc.

This work is being undertaken by Peter Franklin (#121).

Emergency Plan

The Residents Committee is also putting together an Emergency Plan for Ocean Club Resort residents, to be implemented should any emergency occur outside office hours. We will shortly be seeking residents to volunteer as Wardens (5), Deputy Wardens (5) and Muster Point Controllers (2).

Should an "emergency" be declared, all residents would be required to go to their designated muster point, be checked off by the controller and then proceed to their safe area. The wardens and deputy wardens would assist other residents to get to the muster point, until all residents were accounted. In the mean- time, please familiarise yourself with your muster point.

This work is being undertaken by Peter Franklin (#121).

Past Minutes

For residents who may be interested in reading minutes from previous residents' quarterly meetings, the minutes will be placed in a folder, in date/year order and will be available to be read in the OCR library. This body of work is ongoing and will hopefully be completed by mid-October.

This work is being undertaken by Di Lewis. If you would like to see the minutes earlier, then please contact Di (#132).

Notice of Motion

Work is continuing photocopying all past Notice of Motions. Once completed, the copies will also be put in a folder, and placed in the OCR library for residents to read. This will enable newer residents to research past history prior to submitting a Notice of Motion and then read the minutes to see the outcome of previously submitted motions. This body of work is ongoing and will hopefully be completed by mid-October.

This work is being undertaken by Di Lewis (#132)

Notice of Motion vs Proposal

With the view to speeding up the Quarterly Residents meetings, the Residents Committee would like to draw your attention to the difference between a Notice of Motion and a Proposal.

Notice of Motion

The preferred method for submitting motions for consideration and resolution by the Committee is by 'Notice of Motion'.

Details are to be written on the recognised Notice of Motion form (available in the Constitution) and submitted to the Committee at least 72 hours before the scheduled Residents Meeting commencement. The Motion will then be included on the Meeting Agenda and posted on the notice board 48 hours prior to the meeting.

The secondary method for submitting Motions for consideration and resolution by the Residents Group is by 'Motion from the Floor'.

Details are to be written on the recognised 'Motion from the Floor Form' (available in the Constitution)

and submitted to the Committee Secretary at the meeting, for example to raise concern, about the gate closure, rent increase etc.

Proposal

Residents who wish to submit a proposal for consideration by the committee should do so using the approved form (available in the Constitution) and lodging this with the Chairman or Secretary.

The Residents Committee will consider such proposals and other issues and prioritise these for submission to Management.

Proposals are not discussed at residents' meetings, for example, to notify the 'Billi' in the clubhouse is not functioning, etc. The Committee will then engage with Management to seek repair of the item.

Glenda Thomas
RC Chairman



Meet 'n' Greet is back!

On the 3rd Friday of each month in the Clubhouse starting at 4:00pm.

What to bring?

A small share plate of nibbles and your own drinks, plus a few gold coins for the Raffle, which will be drawn on the night, and the 100 Club.

The Lucky House number will also be drawn so be there or miss out!



OCR Resident's Monthly BBQ

Sunday October 6th

In the Clubhouse - 12 Noon for 12.30



Come along, meet other residents and bring a plate of something to share. A list will be on the counter in the clubhouse from today.

Please place your house number and name on the list, and advise what food you would like to bring ie: salad or dessert so that we can each see what others are bringing – this way we don't have too much of the one thing.

BYO meat.



For those of you who would like to stay on a while after luncheon and have a bit of fun, we will finish the afternoon with a BEATLES MUSIC BINGO. (No skills needed)

We look forward to seeing you there.

Social Committee

Conversations at OCR in The Clubhouse Theatre Hosted by Kevin Lewis #132.



Future Conversations Presentations.

The Conversations Series has and continues to provide presentations that are entertaining, enlightening and informative and are all presented by your fellow residents.

If you think that you might have a story to tell please give Kevin Lewis #132 a call or email kevanddilewis@gmail.com and we can discuss your story. Each presentation goes for approximately 40-45 minutes with questions and discussions either during the presentation or at the conclusion time?

Venue: Clubhouse Theatre

While all the presentations to date have been delivered by your fellow residents our next presenter is a local community member well known to a number of residents.

The following is a synopsis of the presentation:

Title: *Hope Beyond Cure – a Presentation by Dave McDonald*

"Two devastating words left me feeling hopeless and lost. Tumour and incurable."

So begins David McDonald's desperate search for hope through the unflinching gaze of his terminal cancer diagnosis. His dreams shattered, his family distraught, his body wracked by chemotherapy and his faith severely tested, this Christian pastor went back to the Bible to find out for certain: Is God there? Does he care? When there is no cure, does God still offer hope?

Dave relates a remarkable story of courage, resilience, belief and the power of faith. This is a story for those with no faith— who have cancer or who care for someone who does— because it brings intensely practical insights to this modern scourge.

Dave McDonald is Senior Pastor at our local SALT Community Church, Bonny's & Cathie. He is the National Director for the Fellowship of Independent Evangelical Churches and chaplain to Brumbies Rugby in Canberra.

Reviews

"No matter what you believe in, when struck down in your prime by a terminal illness, the reality of our human mortality can hit like a tsunami. Hope Beyond Cure is a remarkable story of courage, resilience, belief and the power of faith." Rob Clarke (CEO, Rebels Super Rugby Club, Melbourne)

"This is a moving read, raw and open. It shows the real hope Christians have. But this is also a book for those with no faith— who have cancer or who care for someone who does—because it brings intensely practical insights to this modern scourge. I highly recommend reading it at least a couple of times." Dr David Bell (Medical Oncologist, Royal North Shore Hospital, Sydney)

Date: Thursday, 26th Sep 2019
Time: 9.00am to 11.00am
Venue: OCR Clubhouse Theatre

Seating is very limited so please register early on the Registration form in the Clubhouse.

Saturday 12th October at 6:45pm

The Band in concert with support act **Charlee's Angels Ukulele group.**



Venue – The Clubhouse. Unfortunately, bookings are full.

The August issue of the Grapevine featured **The Band.**

Now, Charlee's Angels



The Ukulele (pronounced Ook-oo-lay lay) originated in the 19th century as a Hawaiian adaptation of the Portuguese Machete, a small guitar-like instrument, which was introduced to Hawaii by the Portuguese immigrants mainly from Madeira and the Azores.



Today the ukulele is having its moment in popularity with all ages with what is considered the most popular musical instrument to play – because it only has four strings. (Not that that makes it toooo easy).

Ukulele Clubs are everywhere in Australia and New Zealand, in fact globally. In the Port Macquarie region, there are nine such clubs, including our very own here at Ocean Club Resort.

So how did it start at OCR? Some five years ago one of our residents, Helen, joined the Laurieton Ukulele Club, hosted by a local musician. Helen enjoyed learning a new skill and singing so much that she invited others namely Anne, Anna, Audrey, Susan, Pauline, WaiYing and Gwen (good friend of Helens) to experience the joy of playing the Uke and singing. We were just an enthusiastic group at that stage. Andrew joined with his guitar, giving wonderful backing for the Ukes. Practice was necessary to improve skills so the group practiced on a Thursday afternoon at the OCR Activities Centre.

18 months ago, Charlee, an experienced musician, and Tracey moved to OCR. Both came along one Thursday afternoon, to a practice session. Charlee could see we all needed some guidance. Thank you, Charlee! Then a year or so ago Hilton came along too! (Great voice!) Six months ago, Chris and David got some inspiration and joined the group. More recently Robert, an experienced guitarist, joined the group. Another surprise! And big welcome to Ray who has taken up Bass ukulele and is being coached by Tracey. It is all very infectious!



The name “Charlee's Angels” was an idea of Susan's and adopted with the permission of our

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wonderful music tutor Charlee. "Charlee's Angels" practice every Thursday afternoon at the Clubhouse – and they have loads of fun!

There are various types of ukuleles such as Soprano, Concert [which is widely used], Tenor, Baritone and Bass for backing - played by Tracey and Ray - and the Banjolele played by Chris. The Bass uke is generally amplified although all ukes can be.

Ukes range in price from reasonably inexpensive to expensive. They are light weight so can be taken anywhere on your travels and one is bound to find a Club in a town/city. Or just strum by yourself having fun.

The Ukulele instrument does not project a loud sound, unless used with an amplifier; therefore the "uke" is an aid to that other wonderful instrument, the voice. Just a note – Everyone can sing! despite what we have heard from yesteryear, everyone's voice is unique, just like fingerprints. So, keep singing in the shower or whilst you do the housework! Or anywhere really!



Let's Dance.

Every Tuesday at 6.30pm



The 6-week couples Rhythm dance class has ended with 13 couples participating.

Although the formal instruction has ended, the dancing doesn't have to stop there. Every Tuesday night at 6:30 pm the fun continues in the Activity Shed. All couples are welcome to come and join in and maybe even learn a few more dances.

It's not just rock and roll on Tuesday nights. We have a variety of dances, not too difficult and there is always someone there willing to help and show you the steps.



Maybe Not

Traveller's Tales

Don't miss out on the next OCR traveller's trip in October 28th- 30th inclusive.....at Sawtell.

Swimming, Beach Walks, Canoeing, Surfing, Fishing, Croquet, Tennis, Bowls, Coffee at one of the many cafes in the main street. Plus, other organised entertainment.



The organisers are: Pauline and Ray Cooper #133 and Cher and Steve Cameron #187

If you haven't got a Caravan, Motor Home, Campervan and would like to join in the fun there are always cabins in the park, or motels nearby.



If you would like to join those residents who have already booked their accommodation, the main dates for the Group are 28th - 30th October (check in 28th, check out 31st) although you can book in earlier to later.

To book, please contact the Big 4 Caravan Park direct on 1800 200 555 stating you are part of the OCR Travellers Group.

Please let me know when you have confirmed your booking, either caravan site, cabin or motel.

Ray #133

Level Two Water Restrictions are now in force



As has been previously advise by OCR Management the following Level 2 Water Restrictions effect all residents.

- water sprinklers are banned
- one hand-held hose can be used for a maximum of 30 MINUTES before 9am or after 4pm on odd or even days matching house number

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- hoses must be fitted with water cut-off triggers or control nozzles
- micro-sprays, with nozzles less than 3mm, and drip irrigation systems can be used for a maximum of 15 minutes before 9am or after 4pm on odd or even days matching house number
- washing driveways, paved areas, walls and roofs with hoses is banned, however buckets can be used during the above days and times
- no domestic water use outside the home on the 31st day of the month
- one hand-held hose can be used to top up swimming pools, during the above days and times only
- watering-cans and buckets can be used at any time
- car and boat washing (on lawn area) with a bucket and one hand-held hose (for rinsing only) before 9am or after 4pm on odd or even days matching house number
- boat motor flushing for 5 minutes on lawn area only on day of use



Come join us for some light to medium exercise, meet your fellow residents, good company, good coffee.

OCR Thursday Walking Group



We are a 'dedicated' group who enjoy a coffee after a walk, or a walk then coffee. We meet every Thursday morning [weather permitting] at 8.15am at the tennis courts, then drive to one of the many beautiful locations around Port Macquarie, and sometimes beyond, for a walk, then coffee.