

Out and About

**Mandurah Murray
Branch Newsletter**

*Advancing the Interest of the
Over 50's*

**National
Seniors**
AUSTRALIA



A, I have the important thing (a nice cold beer), now what shall I have to go with it?
Lunch at the
Premier Hotel Pinjarra

Web Pages

Head Office (Brisbane Qld)
Mandurah/Murray Branch
National Seniors Travel

<http://www.nationalseniors.com.au/>
<http://www.mandurahmurraynsa.com/>
<http://www.nationalseniorstravel.com.au/>

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Zone 114 Secretary

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**For full details – see contacts
on page 12**

Venue & Times

Mandurah Murray branch of the National Seniors Australia meets on the second Monday in the even months (February, April, June, August, October and December).

The venue is the **CWA Hall 19 Cooper Street Mandurah** at 1:30 pm.

Social outings are held on the odd months i.e. January etc. and the 4th Sunday of even months.

President's Prattle

To all Members

National Seniors Australia, with the introduction of a new and younger crew on the Bridge are going through a metamorphic period as good companies should, it seems, and I believe it to be so, we are all on a wonderous Journey for next few years and beyond. If we all participate and get behind the new team.

Branches are essential part of the future, with our 'age' knowledge and local contacts for a steady flow of input into the Bastian of accumulated understanding of Seniors needs of the day. This gives those formulating policy and direction in NSA an insurmountable advantage at representation. so never be shy to stand and deliver. I and my colleges are there to listen and act on your words.

. We in Mandurah /Murray branch are in the same position, not necessarily of our own making but improvements are good for the soul it said. The branch is moving to we hope, a permanent location in Mandurah. I urge all members to attend, at least the May 13th meeting, So, come and make your 'mark'. Moving into central Mandurah should make it more comfortable to all members and would be members.

Tina, I do commend for outstanding resilience, for she has worked tirelessly to bring about our change of venue and other changes that you will be informed of at the next meeting, I look forward to your company.

Anthony (tony) Ball
President Mandurah/Murray
National Seniors Australia

Social Corner

Outings & Weekend Social

Social reports for February and March 2019
At the Atrium Mandurah on the 25th of February at Midday 15 Members enjoyed a Nice Buffet Lunch proved to be popular place to go finding it busy but the price is Right.

On the 11th of March a Monday outing to Edenvale Pinjarra for Morning tea. Followed by Lunch at the Premier Hotel also in Pinjarra. Shopping also for those who wished to do so 13 NSA Members attended enjoying the day with perfect weather.

Next Event.... On the 28th of April Lunch at the Cut in Davesville at 12 Noon. Numbers required at the Meeting on the 8th of April.

Next Outing will be on Monday the 13th of May to Coolup Gardens where we will have a Roast Lunch.

Sandy

Guest Speaker

We now have a full line up of guest speakers for the year. At the April meeting we have Andrew Hastie MP. Member for Canning. In June we will have Jill Robinson from the Pat Thomas Women's Refuge Centre. In October we hope to have Mellisa Teade for federal seat of Canning. This will depend upon her winning in the May election.

In December we are working on having Iris Thomas from the Community Housing for Seniors.

Lauraine

Editors Ramble

I am writing this on a wonderful autumn day wishing that I hadn't left it to the last minute, when I could be outside enjoying the beautiful sunshine.

The committee has decided to trial sending the newsletter to all members (those who have given the secretary an email address) to combat the rising cost to the branch. Those without a email will be given a printed copy as usual.

Ross

Beer Tops Quiz

1. What are you doing if you are Krumping?

Answers are to be found in this newsletter

Member's Chit Chat

This section is for all members to pass on any information that they feel would be of interest to other members of our branch. Item as those below, recipes, photos and trivia are all welcome.

No items from members at this stage.

F.Y.I.

This section is a permanent feature that contains useful Web addresses and other information.

NSA Web Page

The National Seniors Australia has announced that its new web page design has been completed and is now online at

www.nationalseniors.com.au. Please visit the site to see the changes.

“There is so much valuable information on this site and it’s now a lot easier to navigate to find what you’re looking for” Jan Powell-Jones.

SCAMS

<http://www.scamnet.wa.gov.au> (W.A.)
<http://www.scamwatch.gov.au> (Federal)

Online Safety/Security

<http://www.staysmartonline.gov.au/>

ICE

In your mobile phone contact list have an entry named ICE (In Case of Emergency) or place ICE (ICE1, ICE2 etc.) after an existing contact so that if the phone is found, you are involved in an accident or are taken to hospital for treatment, someone can be contacted.

Travel Talk

NSA Travel

The NSA travel section, is a not for profit travel consultancy. They will endeavour to get the latest deals at the lowest cost possible and then give a member discount on top.

Members are asked to support this section by ringing 1300 88 37 50, or visiting the web page

<http://www.nationalseniorstravel.com.au/>

Zone 114

The annual zone 114 conference will be held by Geraldton on Saturday, the 31st of August 2019

A meal will be arranged on for members on Friday 30th August 2019”

Registration details, accommodation, Conference agenda and any other information will also be given out in the newsletter and at the meetings as they become available.

My Gov

“My Gov” is the centralised agency for most of the Federal Governments “Human resources”. The web page

www.humanservices.gov.au allows access to services such as, Centerlink, Medicare.

The Australian Taxation Office (ATO) plus others. There are “Apps” available for mobile devices, for some services. **Do not** download the APP “MyGov” as this is an Indian Government app. The following apps that are relevant to seniors are:

- Medicare express plus
- Centerlink express plus

To create a “MyGov” account go to <https://my.gov.au/EnrolService/>

NSA Information

Updating and managing your preferences

You can update your communication preferences at any time on the website <http://www.nationalseniors.com.au/>. Log in and visit the “My Account” area to access all your preferences in one spot.

Otherwise, please email us at “membershipmail@nationalseniors.com.au” or call the team on 1300 676 50 50

Photos and jokes etc.



Lunch at the Atrium Mandurah

The Weekend Social that follows the General meeting in February 2019

Just Joking

Priceless Humour: Forgot The Keys

An elderly man had dinner at a very nice restaurant. After he finished his wine, he went to the men's room, then walked out through the bar. It was a beautiful evening, so he decided to leave his car in the parking lot and walk home. When he arrived at his front door, he realized he didn't have his keys. He finally figured they must be in his jacket pocket, which was still hanging in the restroom. He walked back to the restaurant, found his jacket in the men's room, and realized he'd left his hat on the table. He strolled back to the dining room to retrieve his hat, and when he got to his table, his wife asked, "Is anything wrong? You took such a long time in there."

Photos and jokes etc. continued



**Outing 11
March 2019**
Morning tea at Edenvale Café. The scones were Gigantic. I for one could not eat of mine and it was not the biggest.

**Outing 11
March 2019**
Lunch at the Premier Hotel Pinjarra. The “Seniors Specials” was very popular and the serves were larger than expected. Yum! Very nice.



Quiz Time

General Quiz

1. If you had pogonophobia what would you be afraid of?
2. In which year was colour television introduced in Australia?
3. Who would take silk as part of their job?
4. Through which two states does the Birdsville Track run?
5. What is the name given to the Friday before Easter?
6. What would you do with a Maris piper?
7. What is the most easterly point on mainland Australia?
8. In Arthurian Legend, which knight at the round table failed in the quest for the Holy Grail because of his love for Guinevere?
9. When did Lasseter claim to have found the reef of gold named after him?
10. What would a Scotsman do with a spurtle?

Beer Tops Quiz Answer

1) - Dancing

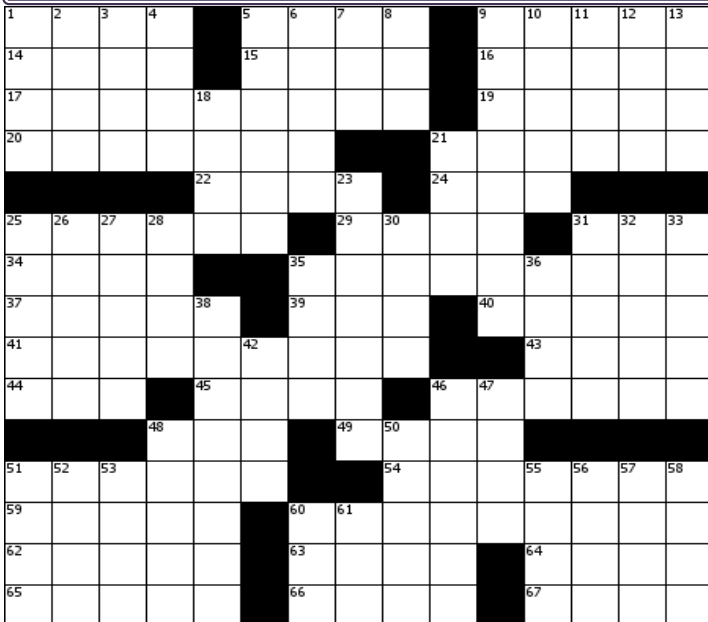
Sudoku 2019-E03 (Easy)

			7	2				
7			1	9				
	5						8	1
		4	8				6	
	1	7	9			4		
					6			
9	3							
			4					3
	4				8	6	2	

Sudoku 2018-E04 (Hard)

			9					
							8	5
	3	8		5		1		2
9						2		
	2					7		
6		3	7					
		1			4			8
		9	3					
4		6			5			

Crossword



Across

- 1. Mugs
- 5. Batman's wear
- 9. Fire remains
- 14. Voyaging
- 15. Fruit beverages
- 16. Horse sound
- 17. Water_(like some watches)
- 19. Freight
- 20. Washing away
- 21. Despise
- 22. Food regimen
- 24. Mule's kin
- 25. Foot part
- 29. Undersized animal
- 31. Lass's friend
- 34. Wine valley
- 35. Rectory
- 37. Not together
- 39. Tractor-trailer
- 40. Batman's sidekick
- 41. Peach variety
- 43. Male offspring
- 44. Compass dir.
- 45. Limping
- 46. Come out
- 48. Race an engine
- 49. Steak order
- 51. Antiseptic substance
- 54. Conductor's title
- 59. Used money
- 60. Bunched
- 62. Rent contract
- 63. Alleviate
- 64. Give temporarily
- 65. Discontinued
- 66. Gazed upon
- 67. Allows

Down

- 1. Concern
- 2. ____-friendly
- 3. Acapulco coin
- 4. Declared
- 5. Feline delight
- 6. Maxim
- 7. Ink holder
- 8. NJ time zone
- 9. Forefather
- 10. Chairs
- 11. Employ
- 12. Omelet ingredients
- 13. Fired a gun
- 18. Faction
- 21. Aykroyd and Rather
- 23. Coach
- 25. Foolish
- 26. Neck areas
- 27. Outer ____
- 28. Sour in taste
- 30. Impulse

Down Cont.

- 31. Work
- 32. Maturing
- 33. Thick
- 35. Stiffly formal
- 36. Facial feature
- 38. Skilled
- 42. Talk incoherently
- 46. Wiped clean
- 47. Come together
- 48. Remove suds
- 50. Entertain
- 51. Man or Wight
- 52. Unwrap
- 53. ____ Sea Scrolls
- 55. Vend
- 56. Forest plant
- 57. Landlord's due
- 58. Chances
- 60. Third letter
- 61. Deposit eggs

Word Search Easter

C O S E L P I C S I D C H U R C H Y
 S R N E S A C R A M E N T E S A A S
 G T U T H F F P B U N N Y D U D E R
 G T N C R O A A P M E M A S S R N A
 E E T I I S L A S U O E D E E Y O F
 L C D N S F R Y C T R T N T J A I E
 P A N O E A I H W B I D U A F D T S
 Y A V E D M A X T E E N S L A S C T
 D E L E T R A S I W E N G O M R E I
 R Y A M I I I T H O O K R C I U R V
 C A S S S R N S S I N O I O L H R A
 A D T T H I A E T E A R O H Y T U L
 L I S C N I C I P S T C E C S A S I
 V L U T O N D D T E C W R Y O E E G
 A O P R A A M O T S U C E O A D R I
 R H P N R E E G G H U N T N S R A V
 Y T E T A M A R Y A D R U T A S P E
 E P R L G G S C E L E B R A T I O N

Find and circle all of the words that are hidden in the grid. The remaining 34 letters spell a secret message.

ASH WEDNESDAY
 BREAD
 BUNNY
 CALVARY
 CELEBRATION
 CHOCOLATE
 CHRIST
 CHURCH
 CROSS
 CRUCIFIXION
 CUSTOM
 DEATH
 DISCIPLES
 EGG HUNT
 EGGS

EUCCHARIST
 FAMILY
 FASTING
 FESTIVAL
 FRIDAY
 HOLIDAY
 HOLY WEEK
 JESUS
 LAST SUPPER
 LENT
 MARY
 MASS
 MEAL
 NEW TESTAMENT

PALMS
 PARADE
 PASSOVER
 PENANCE
 PENITENCE
 PRAYER
 RESURRECTION
 ROAST
 SACRAMENT
 SATURDAY
 SUNDAY
 THURSDAY
 TOMB
 TRADITION
 VIGIL

Quiz Time Answers

General Quiz Answer

1. Beards
2. 1975
3. Barrister
4. Queensland and South Australia
5. Good Friday
6. Eat it - it's a potato
7. Cape Byron
8. Lancelot
9. 1911
10. Eat porridge (it's a spoon)

Sudoku 2018-E03 (Easy)

4	6	1	7	8	2	5	9	3
7	8	3	1	9	5	2	4	6
2	5	9	6	3	4	7	8	1
5	9	4	8	1	7	3	6	2
6	1	7	9	2	3	4	5	8
3	2	8	5	4	6	9	1	7
9	3	6	2	5	1	8	7	4
8	7	2	4	6	9	1	3	5
1	4	5	3	7	8	6	2	9

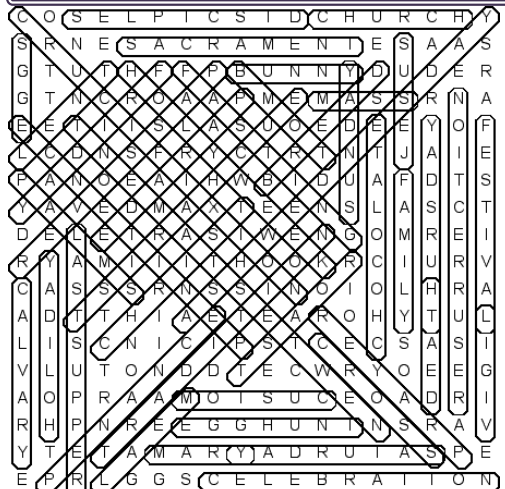
Sudoku 2018-E04 (Hard)

5	6	2	9	1	8	4	7	3
1	9	4	2	3	7	8	5	6
7	3	8	4	5	6	1	9	2
9	1	7	5	4	3	2	6	8
8	2	5	1	6	9	7	3	4
6	4	3	7	8	2	5	1	9
3	5	1	6	2	4	9	8	7
2	8	9	3	7	1	6	4	5
4	7	6	8	9	5	3	2	1

Crossword Answer

C	U	P	S		C	A	P	E		A	S	H	E	S		
A	S	E	A		A	D	E	S		N	E	I	G	H		
R	E	S	I	S	T	A	N	T		C	A	R	G	O		
E	R	O	D	I	N	G				D	E	T	E	S	T	
					D	I	E	T		A	S	S				
I	N	S	T	E	P		R	U	N	T		L	A	D		
N	A	P	A				P	A	R	S	O	N	A	G	E	
A	P	A	R	T			R	I	G		R	O	B	I	N	
N	E	C	T	A	R	I	N	E			S	O	N	S		
E	S	E		L	A	M	E			E	M	E	R	G	E	
					R	E	V			R	A	R	E			
I	O	D	I	N	E					M	A	E	S	T	R	O
S	P	E	N	T			C	L	U	S	T	E	R	E	D	
L	E	A	S	E			E	A	S	E		L	E	N	D	
E	N	D	E	D			E	Y	E	D		L	E	T	S	

Word Search Easter



The hidden message is: ONE EASTER TRADITION IS TO DECORATE EGGS

Important Dates

Meetings 2019

Date	Guest Speaker	Topic
11 th February	Kevin Wall	Family History
8 th April	Andrew Hastie	Political speech
10 th June	Jill Robinson	Pat Thomas womens' refuge centre
12 th August	No speaker	AGM
14 th October	Mellisa Teade Labour Candidate Canning	Only if elected in May?
9 th December	Iris Thomas	Community housing for seniors

Outings/Events 2019

Date	Venue	Meet Time
14 th January	Verena's, 9b Dorneywood Crescent, Erskine	10:00
11 th March	Social in Pinjarra, lunch Premier Hotel	9:30-10:00
13 th May	Barbara & Lindsay Sturges Garden Coolup Cost \$25.00	11:00
8 th July	The Well in Wellard	
9 th September	TBA	
11 th November	TBA	
16 th December	Christmas Lunch Venue TBA	12:00 (Noon)

Weekend Socials 2019

Date	Venue	Time
24 th February	Breakfast at the Atrium	9:45 am
28 nd April	The Cut Dawesville - Lunch	12:00 Noon
22 rd June	Saturday Breakfast	
27 th October	TBA	
16 th December	See Outings: Cost - approximate	12:00 Noon

Starting time and Venues will be announced at general meetings and in the Newsletters

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Please feel free to voice all of your concerns (including zone matters) to any committee member or zone 114 member at the meetings.