

Out and About

ISSUE 4

*Advancing the Interest
of Seniors*

Peel Region Branch

National Seniors
AUSTRALIA



Breakfast at the Hummingbird Café, Mandurah Terrace

Web Pages

Head Office (Brisbane Qld)

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

Peel Region Branch

<https://nationalseniors.com.au/about/branches/peel-region>

National Seniors Travel

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

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on page 16**

Venue & Times

The **Peel Region** 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.

Email: mandnsa@hotmail.com

WEB:

<https://nationalseniors.com.au/about/branches/peel-region>

President's Prattle

August 2019

The general public are, it would appear, under the opinion that National Seniors is all about us, the present population of over 50. There is nothing further from the truth. Yes, we seek and hope, for an affordable, healthy retirement but that which we seek in our endeavours is the same as we seek, for the young of today and the future. That they can grow old and enjoy a retirement that They have worked hard for all their lives as we did.

It would appear that the lessons learnt over the past millennia have been quickly forgotten, as if they had never happened, but we do not forget. It is our duty not just to ask for help but give help to the young of today, to show them that we care and are able to give guidance.

The world has been overtaken by Electronic but eventually the world will realise that personal experience can never be replaced by robotics. Our grandchildren must be pulled closer to our hearts that they learn for the future and not wander around in a world of Darkness, being brainwashed by the unscrupulous. The future is theirs not ours.

For many years people of Australia aged 50 years and older have been meeting to discuss and divine the living standards of an ageing population. Those members of the population who are advanced in years, created and strengthened their presentation by forming alliances with one another, such as the National Seniors of

Australia, who by speaking with one voice, presents a more meaningful and unselfish desire to the politicians who control our destiny. The branches of National Seniors Australia are the conduit for information and have proven in the past to be an asset in establishing our needs and aspirations. Collectively our achievements have been numerous and benefited the greater senior population immensely. I hope that we continue to keep this high standard of involvement perpetuating for many years to come.

Every Question Needs an answer Then ask "IT"

Tony

Social Corner

Social Report 2019.

On the 2nd of June I organised A Brekky at the Hummingbird Cafe in Mandurah (I did not attend due to My Hip operation) but I believe those that attended enjoyed the Morning.

On the 8th of July I organised 16 members at a Venue for LUNCH which was the WELL at Wellard.

Most enjoyable especially for me some TLC needed after my OP. all enjoyed GOOD FOOD and Company especially. good also to catch the Train to Wellard Station.

The next Social Outing will be on the 9th of September, to go to the CROOKED CARROT. a Fabulous and interesting Venue which has recently been renovated on the way to Bunbury to have Lunch there and after that we go into Bunbury to the Farmers Market which I have heard is

worth going to for those of course who wish to.

For the 27th of October, LUNCH at the REDCLIFFE- On-The-MURRAY 41 Sanctuary Park Drive Pinjarra & go into Pinjarra after for those who wish to.

Also looking for ideas for the CHRISTMAS Luncheon on the 16th of December, PLEASE & give to the next Meeting which is on the 12th of August.

As spoken before so essential to attend these Social Venues.

Sandy Austin,

Guest Speaker

Speakers are Robyn Clarke, MLA for Murray-Wellington for 14th October and Iris Thomas, Community Housing for Seniors on 9th Dec 19.

Editors Ramble

Winter is almost over and I can't wait for spring and hopefully warm up a little bit, then curse, as summer comes, and it is too warm. No pleasing me it seems.

Since the last newsletter we have had a new logo, and a new web page. Tony and I put forward that we should have a logo with our branch name attached and after a lot of back and forth plus a little misunderstanding we finally have our new logo (see front page header).

National Seniors Australia head office is now hosting the web page for any branch that wants one and last month we ended our old page and switched over to the new one. The old web address (URL) will still work for 12 months then disappear, so if

you have bookmarked don't forget to change it.

As a treat to our members I will be publishing menus, one each month, (or maybe 2 if there is room), Tony and Tina have kicked off this edition with recipes that I hope you enjoy.

If you have recipes you would like to share (or any other items of interest) please either send them to me in an email or give them to me at a meeting, I am always looking for new material.

Don't forget, this is your magazine and what you get out of is dependent on what you put in it.

Editor

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

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

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

Just Joking

A female magician made her boyfriend vanish. How?
By asking for a commitment.

Sad news: I wasted four years responding to personal ads without ever getting a call back.
Good news: I finally know what “obituary” means.

- *Guy Endore-Kaiser*

When some people retire, it's going to be mighty hard to be able to tell the difference.

- *Virginia Graham*



Happy Snaps



Enjoying Breakfast at the Hummingbird Café on Mandurah Terrace



Happy Snaps



**Lunch at the Well
Tavern and Bistro in
Wellard**



Happy Snaps



Your Recipe Page

CHOCOLATE CRUNCHY SLICE

Preparation time – 15 minutes, Cooking time – 15 mins.

Ingredients

5 Weet-Bix crushed
1 and a half cups plain flour
2 tsp baking powder
2 tbs cocoa
 $\frac{3}{4}$ cup desiccated coconut
1 cup sugar (I used $\frac{3}{4}$ cup)
1 tbs Golden Syrup
200 grams margarine
1 tsp. vanilla essence

Method

Combine Weet-Bix, baking powder, cocoa & coconut in a mixing bowl.

Place sugar, golden syrup and margarine into a saucepan & simmer until sugar is dissolved.

Add vanilla essence and blend together

Pour liquid blend over dry ingredients & mix

Press into a 20cm x 30cm lined baking dish

Bake in moderate oven 180c for 15 minutes & cool.

For Icing – Mix together 2 cups icing sugar sifted, 2 tbs cocoa, 1 tbs margarine & boiling water and spread on slice.

Thanks Tina

TOMATO SOUP

Ingredients

1 to 1.5 Kg Ripe Tomatoes
1 Brown Onion, chopped
1 to 2 slices of bread
1 to 2 cloves of garlic, crushed
 $\frac{1}{2}$ tbs dried Oregano
 $\frac{1}{2}$ tbs dried basil
2 tbs (about) wine or brown vinegar
Finley chopped parsley
Salt & Sugar

Method

Place tomatoes in a bowl and cover with boiling water, when cool peel off skin (discard skin).

Chop tomatoes into quarters and place in saucepan with the bread broken into small pieces, sprinkle with salt and sugar, herbs, chopped parsley and onion.

Bring to the boil, then reduce the heat, cover and cook until tender and very soft, add vinegar, put through a sieve.

Serve with a sprinkle of Parmesan cheese and crusty bread.

Note!

If using fresh herbs double the amount.

Thanks Tony

Quiz Time

General Quiz

1. Who commanded the first fleet?
2. Carl and the Passions changed band name to what
3. Which Monster created by Shelly?
4. Who was known as the father of Australian theatre?
5. Where in your body is your patella?
6. According to Greek mythology, beast Argus had 100 eyes. When it was slain by Hermes, to what creature were his eyes given to?
7. Which word goes before vest, beans and quartet?
8. What is another word for lexicon?
9. In which Queensland town was Waltzing Matilda first performed?
10. What two ingredients are mixed to make a Yorkshire pudding?

Sudoku 2019-E04(Easy)

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

Sudoku 2018-E0x(Hard)

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

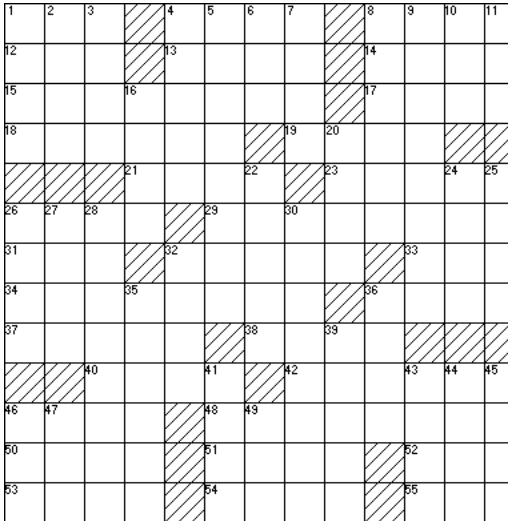
Marketing Genius

A shopkeeper was dismayed when a store opened next door with a huge sign that said, BEST DEALS!"

To make things worse, another store opened on the other side with a huge sign reading "LOWEST PRICES!"

He nearly panicked until he had the idea to put up his own sign, bigger than the other two, that read, "MAIN ENTRANCE."

Crossword



ACROSS

1. Rest here please, abbr.
4. The compass point that is one point south of southeast
8. A French abbot
12. Own (Scottish)
13. A sword similar to a foil but with a heavier blade
14. River in South Africa
15. A way to decree
17. ___ Spumante (Italian wine)
18. A group of similar things ordered one after another
19. Network of nerves
21. Alligator
23. Dish
26. Part with
29. Fulmination
31. Turn tail
32. African cape

33. The compass point that is one point east (clockwise) of due north
34. A way to vanish
36. Crinkle
37. In a way, fed
38. Stake
40. Turkish leader title
42. Spoke
46. Staff of life
48. Coil
50. A way to squeeze
51. Clupeid
52. Queen of Scotts
53. Surrender
54. Hosiery
55. Born of

DOWN

- | | |
|---|---|
| Letters of the alphabet | 24. Swedish rock group |
| 2. Rich person | 25. A way to view |
| 3. Person | 26. In a way, left |
| 4. More dried-up | 27. ___ Shankar, Indian musician |
| 5. Shows | 28. Exhaled |
| 6. Article of furniture | 30. Tumours |
| 7. Visionary | 32. Sacred writing |
| 8. A visible personification of an abstract quality | 35. A way to diverge |
| 9. An imaginary line or standard by which things are measured or compared | 36. A space reserved for sitting |
| 10. Eutherian | 39. Business |
| 11. ___ Lilly, drug company | 41. Cincture |
| 16. Food grain | 43. Sir in Asia |
| 20. This (Spanish) | 44. Bulky grayish-brown eagle |
| 22. About | 45. Sandy piece of seashore |
| | 46. Beginning military rank |
| | 47. Wrath |
| | 49. The 17th letter of the Greek alphabet |

Word Search Horse Breeds

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

AKHALTEKE	FALABELLA	LIPIZZANER	PERCHERON
ANDALUSIAN	FJORD	LUSITANO	QUARTER
APPALOOSA	FRIESIAN	MARWARI	SADDLEBRED
ARABIAN	GYPSY	MINIATURE	SENNER
ARDENNES	HACKNEY	MISAKI	SHIRE
AZTECA	HAFLINGER	MONGOLIAN	STANDARD BRED
BARB	HANOVERIAN	MORAB	SUFFOLK
BLACK FOREST	HOLSTEINER	MORGAN	THOROUGHBRED
CASPIAN	ICELANDIC	MUSTANG	TRAKEHNER
CLYDESDALE	IRISH SPORT	OLDENBURG	WALER
CRIOLLO	JUTLAND	PAINT	WELSH COB
CURLY	KATHIAWARI		

Quiz Time Answers

General Quiz Answer

1. Captain Arthur Phillip RN
2. Beach Boys
3. Frankenstein
4. George Selth Coppin
5. Knee (it's the kneecap)
6. The Peacock (on his tail)
7. String.
8. Dictionary.
9. Winton.
10. Flour & eggs

Sudoku 2018-E04 (Easy)

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

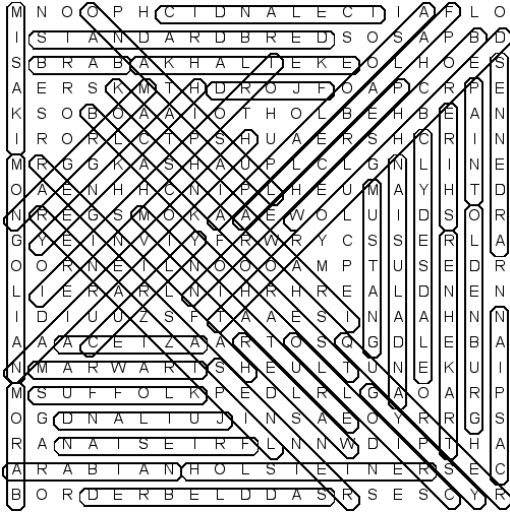
Sudoku 2018-E04 (Hard)

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

Crossword Answer

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

Word Search Horse Breeds



Hidden sentence: NO PHILOSOPHERS SO
THOROUGHLY COMPREHEND US AS
DOGS AND HORSES

**You don't stop laughing because you grow old.
You grow old because you stop laughing.**



Important Dates

Meetings 2019

Date	Guest Speaker	Topic
11 th February		
8 th April		
10 th June		
12 th August	No speaker	AGM
14 th October	Robyn Clarke, MLA	for Murray-Wellington
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 & Lindsey Sturges Garden Coolup Cost \$25.00	12 noon
8 th July	The WELL at Wellard	12 noon
26 August	Daffodil Day, Barbara and Lindsey Sturges - Coolup	?
30-31 August	Annual Conference - Geraldton	9:30 – 3:30
9 th September	CROOKED CARROT & Bunbury	?
11 th November	Seniors Week - Venue CWA Hall	All Day
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
23 rd June	<i>Hummingbird Cafe</i>	9:00
27 th October	REDCLIFFE- On-The-MURRAY	12:00
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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<u>National Seniors Australia</u>		
Head Office Brisbane	http://www.nationalseniors.com.au/	1300 76 50 50

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