

Peel Region Branch

# National Seniors

AUSTRALIA

*Out and About*

**ISSUE 5**

*Advancing the  
Interest of the Over*

*50's*

## Zone 114 Conference 2019



Zone 114 Chair and Secretary, zone 108 chair, Presidents; Geraldton, Katanning, Peel and Thornlie, Co-ordinator Geraldton and Chris, business manager Head Office at the zone 114 annual conference.

### Web Pages

## Peel Region Branch

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

Head Office (Brisbane Qld)

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

National Seniors Travel

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

## Committee

### President

Tony Ph. 9537 8904  
[aba85895@bigpond.net.au](mailto:aba85895@bigpond.net.au)

### Vice President

Bruce 95354797

### Secretary

Tina - Email - [tinaf16@bigpond.com.au](mailto:tinaf16@bigpond.com.au)

### Zone 114 Chair

Lynne Cooper Ph. 08 9593 1034

### Zone 114 Secretary

Nan Senior – Ph.08 9593 2141

**For full details – see contacts  
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 4<sup>th</sup> Sunday of even months.

## President's Prattle

October, we are in the run up to the festive season and all religions celebrate at some time or other, for it is the time to think of family and friend's past and present. It has taken the sincere heart felt words of a lovely Scandinavian child to stir the hearts of those in power to look to the future, we should all be In that frame of mind, for all still have a future and we should all spread our wings to encompass friend and foe alike to rally for a better outcome for all. Talking is easy, doing takes five minutes more. We all know that changes are inevitable and as Seniors we should be there to guide others. Have your say without hesitation I wish you all and your Families a successful Christmas and a Happy beginning to the new year. It will be lonely without Val Becker on this committee after all the fantastic work she has put in this Branch, so I will propose that she is always welcome to join us at the committee meetings and have her say.

Tony

## Social Corner

### *Outings*

*SOCIAL SCENE 2019*

*On the 9th of September 8 of us Members went to the CROOKED CARROTT, Nr Bunbury enjoying a most enjoyable Lunch, such a lovely place to visit now renovated, about 2 years ago and well worth a Visit.*

*Val had a lovely friend from Adelaide visiting Mandurah and she was such nice Company. After our Lunch 5 of us went sightseeing which was most enjoyable. which really made our day complete.*

*On the 26th of August a crowd of 33 + (there being other friends included) attended Barbara & Lindsay Sturges' Home a Fundraiser for Cancer Lunch which was enjoyable as it always is and touched by her Daughter's speech sharing with us her journey with Cancer.*

*I believe the Annual Conference in Geraldton was successful and enjoyable for those who attended.*

*See you all at our next meeting.  
Sandy Austin.*

### *Weekend Social*

*Booked our Next Lunch. This is recommended by Tony Ball (and grateful) which will be at the REDCLIFFE ON-THE -MURRAY this will be on Sunday the 27th of October at 12 Noon. so please support this event. At this event I would like as many as possible to let me know if you will be attending our CHRISTMAS LUNCH as this will be also at Redcliffe-On-The Murray this is Booked also for Monday the 16th of December 2019 the last event on our Social Scene. Cost being*

*\$32 per head for a Full Course XMAS treat & Sweet along with free Coffee & Tea included. we will need 25 at this price stated.*

*Monies to those who can give me at our meeting on the 14th of October at Cooper St. and also on the Sunday the 27th of October.*

### Editors Ramble

The AGM has come and gone once again, and we now have a new member on the committee, welcome Bruce, and have lost one who has been on it for as long as I have known her. Enjoy your break from committees Val, you will be missed. Be sure to read the upcoming events. Its shorts weather already. How time flies. It will be Christmas before we know it. Talking of Christmas, I will be on the Sun princess enjoying the tropical weather of Indonesia for both Christmas day and the new year eve. Hope they put on a good show.

Ross  
Editor

### Upcoming Events

#### garage sale

**Place:** No 21 St. Annes Terrace, Meadow Springs

Saturday 19th October 8.00am to 4pm

This is to help fund our Seniors Week event which will be held on Monday, November 11th at CWA hall, Cooper Street, Mandurah starting 9.30am to 4pm

#### Seniors Week event

Monday 11th November

CWA Hall – 19 Cooper street Mandurah  
9:30 am through to 4:00 pm

**Ingenia Gardens Seascape**

A Seniors Rental Village

The Peel region Branch will be visiting this village on Wednesday 20<sup>th</sup> November. A talk will be given by the president, Tony,

**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](http://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**

**Seniors Expo Event on 11th November**

This event will include five groups:- CWA, NSA, Red Hatters, Mandurah Community Gardens - Grow-Learn-Enjoy and last but not least "Humans Helping Dogs". There will be tables set aside for activities and talks. Dot will do two talks on "Living in a Deaf World" (morning & afternoon).

Stalls will include pot plants for sale, bric-a-brac, cake stall plus demonstrations on Activity Tables - craft, art and "how to make artificial flowers".

More information at meeting.

**My Gov**

"My Gov" is the centralised agency for most of the Federal Governments "Human resources". The web page [www.humanservices.gov.au](http://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/>

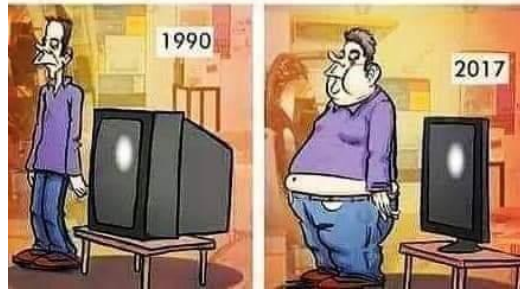
**NSA Information**

**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](mailto:membershipmail@nationalseniors.com.au) or call the team on 1300 676 50 50

**Just Joking**

1990 - 2017



Apparently you have to eat healthy more than once to get in shape. This is cruel and unfair.

I always knew I'd get old. How fast it happened was a bit of a surprise, though.

I am starting to think I will never be old enough to know better.

JokeQuote.com

**RETIREMENT BENEFIT:**

Your secrets are safe with your friends.

They can't remember them either.



## Your Recipe Page

### Crispy Squid with Tarragon Salt

#### Ingredients

- 2 tbls Sea Salt Flakes
- 1 tbls Tarragon
- 2 cups Yoghurt
- 2bls capers rinsed
- 1 Green Onion finely sliced
- 1 Garlic Clove crushed
- 1 tsp finely grated lemon zest
- ½ cup Cornflour
- ½ cup rice flour
- 4 large Squid Tubes (Cleaned, scored sliced) score diagonally 5 cm intervals to create diamond pattern
- Vegetable oil for frying
- Lemon Wedges for serving

#### Method

1. Combine salt and tarragon in pestle grind to break down until well combined
2. In a small bowl combine yoghurt, capers, garlic, onion and lemon zest. Season to taste and set aside
3. In a large zip bag combine flours, season. Add squid and shake well to coat.
4. In a large saucepan or deep fryer, deep fry squid in three batches, 2 – 3 minutes, until crisp and golden, drain on paper towel, sprinkle squid with tarragon salt, serve with caper yoghurt and lemon wedges.

### Apple Slice Delight

#### Base

#### Ingredients

- 1 Butter cake mix (El Cheepo will do)
- 1 cup coconut
- 4 oz. (120 gram) margarine (Melted)

#### Method

1. Mix together
2. Press into a slice tin
3. Bake for 15 minutes on 160°
4. Cool

#### Topping

#### Ingredients

- 300 ml Sour Cream
- Can Pie Apple
- Cinnamon

#### Method

1. Spread apple over cooled base
2. Spread with Sour Cream
3. Sprinkle with cinnamon
4. Return to oven on 160° for 15 minutes

# Happy Snaps

## Monday 9<sup>th</sup> September – Crooked Carrot Outing



Something a bit sour Tony?



Members and friend at lunch  
Crooked Carrot



Now that's what I call a seafood  
plate



Tea in tea out?



Thrombolites- 4 members and  
Val's friend visited the  
Thrombolites after lunch

# Cancer Fund Raiser at Coolup with the Sturges



# Zone 114 Conference September 2019







**Ingénia Gardens Seascape  
Sonia Manager 9581 4459**

Peel Region Branch will be visiting this wonderful Seniors Rental Village on Wednesday 20<sup>th</sup> November to meet and talk to the villagers who enjoy the lifestyle that this village and its location offer in the Mandurah area. Tony stated that he was not aware that rental accommodation was available for seniors at such affordable prices.

# Quiz Time

## General Quiz

1. What was the first James Bond book?
2. Which former prime minister once managed a band call The Ramrods?
3. What is the "group" name for turkeys?
4. Who was the first man to run a sub four minute mile?
5. Who wrote the novel *Cloudstreet*?
6. What is the name for a Jewish priest?
7. Who discovered radium
8. Where are the Vikings supposed to go when they die?
9. What spirit is mixed with ginger beer in a Moscow mule
10. What country invented pasta?

## Sudoku 2018-E05 (Easy)

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

## Sudoku 2018-H05 (Hard)

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



**Crossword**



- 7. Hiring
- 8. Plod along
- 9. Famous genius
- 10. Certain dark-colored igneous rocks
- 11. Soup server
- 12. Iniquities
- 13. Catches
- 21. Chap
- 25. A large vase
- 26. Snare
- 27. Impetuous
- 28. Hodgepodge
- 29. Estate
- 30. Eyeglasses
- 31. Anagram of "Sire"
- 33. Slip
- 34. Hens make them

- 35. A musical pause
- 36. Bristle
- 38. Hoarding
- 41. Dawn goddess
- 42. Opposed
- 44. A very long period
- 45. Cunning
- 46. Cite
- 47. Pants
- 48. Fired a weapon
- 50. Component of urine
- 51. Lunch or dinner
- 52. Ballet attire
- 53. Weightlifters pump this
- 54. Feudal worker
- 55. Clairvoyant

**Across**

- 1. Razor sharpener
- 6. Church alcove
- 10. Secluded valley
- 14. Crown
- 15. Sandwich shop
- 16. Rant
- 17. French farewell
- 18. Diving bird
- 19. Modify
- 20. Possessions
- 22. L L L L
- 23. A baby bear
- 24. Melodies
- 26. Prize
- 30. Clairvoyants
- 32. Come from behind
- 33. 100-meter runners
- 37. Largest continent
- 44. Excrements

- 38. Coil of yarn
- 39. Curved molding
- 40. Speech processes
- 42. Anxiety
- 43. Batrachians
- 45. Lawn cover
- 47. A state of SW India
- 48. Cooking fat
- 49. Liberal arts
- 56. High fidelity
- 57. Angers
- 58. Medical professional
- 59. Margarine
- 60. Half-moon tide
- 61. Rock
- 62. Small slender gull
- 63. Not guys
- 64. Channel selector

**Down**

- 1. Knife
- 2. It ebbs and flows

- 3. Train track
- 4. Chocolate cookie
- 5. Potbellied
- 6. Improvise

**Getting Better**

A retired lady needed some extra cash, so she got a guitar and took some lessons. Then she learned some of her generation's favourite oldies. Then she got herself hired by a nursing home to sing for patients by their bedsides. After serenading one bedridden older lady, she got up to leave and said, "I hope you get better soon." The patient replied, "I hope you get better too."

**Funny Quote of The Day**

There are two kinds of people in this world: those who believe there are two kinds of people in this world and those who are smart enough to know better.  
- Tom Robbins

## Word Search 60's Songs

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

Find and circle all of the 1960's song titles that are hidden in the grid.

The remaining letters spell the title of an additional 1960's song.

BABY LOVE	ELENORE	MEMPHIS	TEEN ANGEL
BLUE MOON	FINGERTIPS	MY GIRL	THE BOXER
BLUE VELVET	FIRE	MY GUY	THE TWIST
BUS STOP	GALVESTON	PEOPLE	THESE EYES
CARA MIA	GOOD LOVIN'	PUPPY LOVE	VALLERI
CHAIN GANG	GROOVIN'	RESPECT	VOLARE
CHERISH	HAIR	RUNAWAY	WHITE RABBIT
CRAZY	HEATWAVE	SHERRY	WILD THING
CRYING	HEY JUDE	SOUL MAN	WINDY
DIZZY	HOLIDAY	SPOOKY	WIPEOUT
DOWNTOWN	ITCHYCOO PARK	STAY	WORDS
EL PASO	LAST KISS	SURF CITY	YESTERDAY

# Quiz Time Answers

## General Quiz Answer

1. Casino Royal
2. Paul Keating
3. Rafter
4. Roger Bannister
5. Tim Winton
6. Rabbi
7. The Curies
8. Valhalla
9. Vodka
10. China

## Sudoku 2018-E05 (Easy)

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

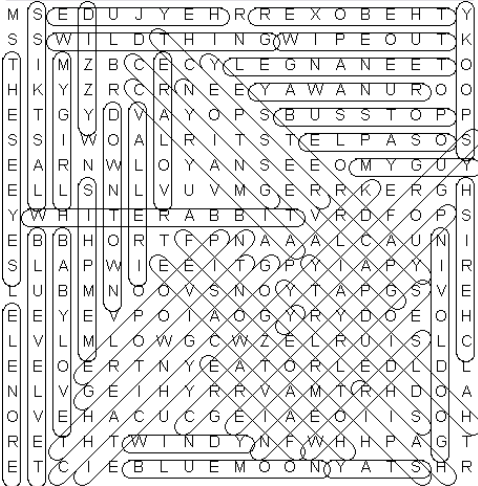
## Sudoku 2018-H05 (Hard)

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

## Crossword Answer

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

**Word Search Fears and Phobias**



The hidden song is: MRS. BROWN  
YOU'VE GOT A LOVELY DAUGHTER

**Joking of Course**

Q: Is Google male or female?  
A: Female, because it doesn't let you finish a sentence before making a suggestion.

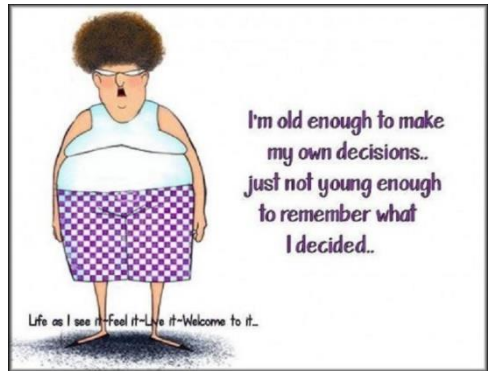
© Randy Glasbergen / glasbergen.com



"When you're retired, you'll have plenty of time to do more reading...mostly prescription labels."



"He'll take a dozen long-stemmed roses."



I DON'T DO DRUGS...



I GET THE SAME EFFECT  
BY STANDING UP FAST!

## Important Dates

### Meetings 2019

Date	Guest Speaker	Topic
11 <sup>th</sup> February		
8 <sup>th</sup> April		
10 <sup>th</sup> June		
12 <sup>th</sup> August	No speaker	AGM
14 <sup>th</sup> October	Robyn Clarke, MLA	for Murray-Wellington
9 <sup>th</sup> December	Iris Thomas	Community Housing for Seniors

### Outings/Events 2019

Date	Venue	Meet Time
14 <sup>th</sup> January	Verena's, 9b Dorneywood Crescent, Erskine	10:00
11 <sup>th</sup> March	Social in Pinjarra, lunch Premier Hotel	9:30-10:00
13 <sup>th</sup> May	Barbara & Lindsey Sturges Garden Coolup Cost \$25.00	12 noon
8 <sup>th</sup> 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 <sup>th</sup> September	CROOKED CARROT & Bunbury	?
11 <sup>th</sup> November	Seniors Week - Venue CWA Hall	All Day

### Weekend Socials 2019

Date	Venue	Time
24 <sup>th</sup> February	Breakfast at the Atrium	9:45 am
28 <sup>nd</sup> April	The Cut Dawesville - Lunch	12:00 Noon
23 <sup>rd</sup> June	Hummingbird Cafe	9:00
27 <sup>th</sup> October	REDCLIFFE- On-The-MURRAY	12:00
16 <sup>th</sup> December	See Outings: Cost - approximate	12:00 Noon

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

\*\*\*\*\*

# Contact Numbers

<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b><u>President</u></b>		
<b>Tony</b>	<a href="mailto:aba85895@bigpond.net.au">aba85895@bigpond.net.au</a>	<b>9537 8904</b>
<b><u>Vice President</u></b>		
<b>Bruce</b>		<b>9535 4797</b>
<b><u>Secretary</u></b>		
<b>Tina</b>	<a href="mailto:tinaf16@bigpond.com.au">tinaf16@bigpond.com.au</a>	
<b><u>Treasurer</u></b>		
<b>Rosemary</b>	<a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>	<b>04 8152 3041</b>
<b><u>Social Events Outings</u></b>		
<b>Lauraine Mahnkoph</b>	<a href="mailto:joss147@jazi.net">joss147@jazi.net</a>	<b>04 2864 3846</b>
<b>Sandy</b>	<a href="mailto:sandyperth@outlook.com">sandyperth@outlook.com</a>	<b>04 1189 4621</b>
<b><u>Social Events Weekend Socials</u></b>		
<b>Sandy</b>	<a href="mailto:sandyperth@outlook.com">sandyperth@outlook.com</a>	<b>04 1189 4621</b>
<b><u>Guest Speaker Organiser</u></b>		
<b>Bruce</b>		<b>9535 4797</b>
<b><u>Editor &amp; Web Master</u></b>		
<b>Ross</b>	<a href="mailto:rbarratt@outlook.com">rbarratt@outlook.com</a>	
<b><u>Zone 114/State Representatives Chair</u></b>		
<b>Lynne Cooper Rockingham</b>	<a href="mailto:lyncooper1605@gmail.com">lyncooper1605@gmail.com</a>	<b>08 9593 1034</b>
<b><u>Zone 114/State Representatives Secretary</u></b>		
<b>Nan Senior Rockingham</b>	<a href="mailto:nansenior@bigpond.com.au">nansenior@bigpond.com.au</a>	<b>08 9593 2141</b>
<b><u>National Seniors Australia</u></b>		
<b>Head Office Brisbane</b>	<a href="http://www.nationalseniors.com.au/">http://www.nationalseniors.com.au/</a>	<b>1300 76 50 50</b>

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