

National Seniors

AUSTRALIA

Peel Region

Out and About

ISSUE 6

2019

*Advancing the Interest of
the Over 50's
Christmas Edition*



Taken at the October General meeting.

Far left Robyn Clarke, MLA for Murray-Wellington

A very good guest speaker sharing some of her life and parliament antidotes



Web Pages

Head Office (Brisbane Qld) <http://www.nationalseniors.com.au/>

Peel Region Branch <http://www.mandurahmurraynsa.com/>

National Seniors Travel <http://www.nationalseniorstravel.com.au/>

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

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.

President's Prattle

Peel Branch Nov. 2019 Zone114
 There appears to be many changes in the big picture of NSA. Whilst it affects us all it is not deterring us, as branches from maintaining our goals, of increase membership and maintaining the watch on the government's handling of Senior matters, We in Peel are alert to the needs of our fellow local seniors and are taking part in activities locally to this end. Mandurah Mayor is actively programming research into Senior matters among his many other aims. We in Peel branch are invited to have our say and we do. Not all events go as planned by the dedicated organizers, as we found out at our last excursion for lunch, that took two hours to be served. I think all enjoyed the company those, on the 11th November we had our open day which I will invite Tina to expand but here is my own comment. From the outset this event proved to be exactly what we as a group need and it gave us a magnificent incite to how we conduct our future events in the complacent attitude of Seniors in our world today. We made the choice of the day based on the knowledge that in the past, after the armistice ceremonies, the people perambulated the town, Unfortunately the temperature was against us at 40-degree heat everyone made for air conditioning. None the less, the contacts among our fellow senior groups, will aid us in the future. I personally was happy to see that every one of our members took to their tasks with gusto and with obvious pleasure,

Q: What do you call a deer with no eyes?

A: No idea

Q: What do you call a drunk working at an upholstery shop?

A: A recovering Alcoholic

Q: What athlete is warmest in Winter?

A: A long jumper

which was noticed by our contemporise. I thank you all for supporting Tina and myself our strengthening branch.

Anthony (Tony) Ball

Social Corner

Outings

On Sunday the 27th of October our Members Travelled to Pinjarra for a Sunday Lunch at the Venue REDCLIFFE ON THE MURRAY.

A picturesque establishment but turned out to be a very busy day (i guess popular) but disappointed for 25 of us as we were kept waiting 2 HOURS FOR OUR MEAL

Sadly, we had to complain about this but so glad that the Food thankfully was indeed DELICIOUS and enjoyable as we are Booked into this Venue for our Christmas 3 Course meal on the 16th of December this being our last social event for 2019. so, a discussion with the Manager to make sure all will be well as quite a few wanted to Cancel.

This is a Set Menu for XMAS which will be better, of Course and explained to me that for the 27th October it would have been better for them if it had been a set Menu. obviously, they do not cope with large Numbers which is disappointing to know.

Sadly, Carol our Member had a fall on the Cobbled Stones leading into the Restaurant leaving her bruised somewhat. so quite an eventful day.

On the 11th of November REMEMBERENCE Day and also Seniors Week at our CWA Venue a most Eventful and pleasing EVENT put together for Peel Region Branch.

Opened By David Templeman Member for Mandurah and also our Mandurah Mayor

Rhys Williams which was pleasing for us leaving after a Cuppa to attend other events in Mandurah for Remembrance Day I made 2 large Raffle Baskets for this occasion and thrilled that First Prize was won by our own VAL BECKER. (So, Deserved)

A most enjoyable day by all that attended as competing with other venues in Mandurah Christmas Lunch will be on the 16th of December at Midday at the Venue REDCLIFFE-ON-THE_-MURRAY in Pinjarra wrapping up 2019. For 2020 SOCIAL SCENE.

No event in January.

SATURDAY Lunch on the 22nd of February (subject to date change) we will go to PEEL ALE HOUSE Halls Head at 11,45am

1st Outing to CROOKED CARROT in Bunbury for LUNCH on SUNDAY March 15th (Subject to date change) at 11.45am. BREAKFAST ... Saturday 25th of April at 9.45am Venue at SUNBREAKERS Restaurant Mandurah Terrace.

2nd OUTING in May approx. date 16th of May (Subject to change) T.B.A JUNE 21st (Subject to change) Sunday Lunch at a Chinese Restaurant, T.B.A. Trying to plan-ahead with Venues. so please support. In 2020 Ideas are

Secret Harbour Hotel

The Leprechaun Dawesville

Cafés in Waroona and/or Harvey

Sandy Austin

Guest Speaker 2020

Two guest speakers have been slotted in for 2020 at this stage:

February 10th Peter Punch Veterinary

June 8th Peta Worsley Travel stories

April TBA later **Note:** Date to be changed due to Easter Monday.

Editors Ramble

Merry Christmas and a Happy New Year to you all.

Where has the year gone, it only seems last week that I was preparing the first issue for 2019, now I am writing in the final issue for the year.

I hope you have enjoyed and found something to your liking in my editorial and newsletter

Ross, Editor

Upcoming Events

Nil

Beer Tops Quiz

1. When did Lasseter claim to have found the reef of gold named after him?
2. Where would you find the 'Big Banana'?

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

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

What is the best Christmas present ever? A broken drum - you can't beat it!



What do elves learn in school? The Elf-abet!
 Why can't the Christmas tree stand up? It doesn't have legs.
 Know why Santa always smiles? He knows where all the naughty girls live!
 What kind of motorbike does Santa ride? A Holly Davidson!
 What's the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has Noel.

Happy Snaps



Triplets?
 The President at a Christmas Dinner

Happy Snaps

The Weekend Social Lunch held at the Redcliffe on the Murray



Peel Region Branch held a Seniors week event attended by David Templeman MLA and Rhys Williams Mandurah Mayor



Stalls were set up by the Red Hatters, Ingenia Gardens Rental retirement villas, CWA and mandurah gardening club.



Second prize in the raffle



Quiz Time

General Quiz

- Who catches the Grinch red handed stealing Christmas presents?
- "So this is Christmas" are the first words to which John Lennon song? (complete title please)
- What are the names of the Three Wise Men or The Three Kings? (in western folklore)
- Who created Rudolph the Red Nose Reindeer?
- Who is the Patron Saint of Children?
- What is the name of the fictional town in How the Grinch Stole Christmas?
- Who sang an Australian Christmas song about six white boomers?
- What Australian Christmas tradition began in Melbourne in 1938?
- Who was the star of the movie titled *White Christmas*?
- The red and white costume of Father Christmas was allegedly first introduced by which drinks manufacturer?

Sudoku 2019-E06 (Easy)

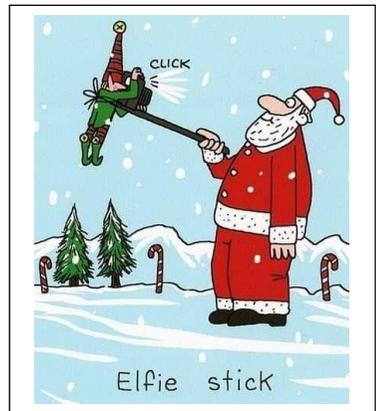
3	1			5	8	
			1		9	
7		4	3	5	2	
		9			7	
		2			3	4
4						
5				3		
1		4	8		6	
	6	7	9		8	

Sudoku 2019-E06 (Hard)

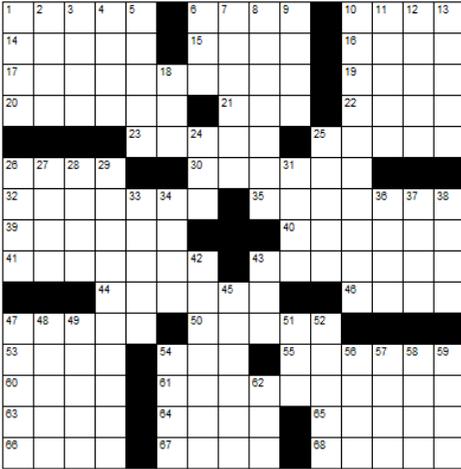
		6		7		
5	7		1	6		
3				5		
					7	
	8	5		2	1	
				4		6
6		9			5	3
			4			8
4						

Beer Tops Quiz Answer

- 1) - 1911
- 2) - Coffs Harbour



Crossword



ACROSS

1. Concatenation
6. Twin sister of Ares
10. Hairdo
14. France's longest river
15. Hindu princess
16. Baby's bed
17. Unmerited
19. An abandoned calf
20. Excrements
21. Fury
22. Trailer trucks
23. Scrimp
25. Donnybrook
26. Away from the wind
30. Hidden
32. Gibbet
35. Accounts inspector
39. Ancient ascetic
40. Creation
41. Peculiar
43. The combining power of atoms
44. Chief ingredient in ketchup
46. Inflict
47. A tart fruit

50. Anagram of "Exams"
53. Smell
54. Diminish
55. Sheepskin
60. Bristle
61. Criminal
63. Send forth
64. Midmonth date
65. Closes
66. Not in danger
67. Be worthy of
68. Raise

DOWN

1. Hint
2. ___ Kong
3. Adjutant
4. Angers
5. Homes for birds
6. Mistake
7. Gorge
8. Resistance to change
9. On the left or right

Down Continued

10. Recognized
11. Physically weak
12. Chain of hills
13. Overweight
18. "Dig in!"
24. Old World vine
25. Award
26. Mimics
27. Speech disorder
28. If not
29. Voters
31. Roman moon goddess
33. Scallion
34. 500 sheets
36. Melody
37. Killer whale
38. Bobbin
42. A fast Brazilian dance
43. ___ populi
45. Pill
47. Fails to win
48. Swelling under the skin
49. Recurring theme
51. F
52. Gash
54. Arab chieftain
56. Reflected sound
57. Decorative case
58. Camp beds
59. At one time (archaic)
62. East southeast

Word Search Fears and Phobias

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

ANGRY
 APPRENTICE
 AVARICE
 BAH
 BED
 BELINDA
 BELLE
 BOB CRATCHIT
 CAUSTIC
 CHAINS
 CHARLES DICKENS
 CHRISTMAS PAST
 CHRISTMAS PRESENT
 CHRISTMAS YET TO

COME
 CLERK
 COUNTING HOUSE
 CRUTCH
 CURTAINS
 DRESSING GOWN
 EBENEZER SCROOGE
 FOG
 GREEDY
 HUMBUG
 JACOB MARLEY
 KNOCKER
 LONDON
 MARLEY'S GHOST

MARTHA
 MERRY CHRISTMAS
 MRS CRATCHIT
 MRS FEZZIWIG
 NEPHEW
 NIGHTCAP
 OFFICE
 OLD FEZZIWIG
 PETER
 REDEMPTION
 SNOW
 SPIRITS
 TINY TIM
 TURKEY
 WINTER

Quiz Time Answers

General Quiz Answer

1. Cindy Lou Who
2. Happy Xmas (War is over)
3. Caspar, Melchior and Balthasar
4. Robert L. May
5. Saint Nicholas
6. Whoville
7. Rolf Harris
8. Carols by Candlelight
9. Bing Crosby
10. Coca-Cola

Sudoku 2018-E0x (Easy)

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

Sudoku 2018-E0x (Hard)

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

Crossword Answer

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

Word Search Fears and Phobias

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

The hidden message is: AND SO, AS TINY
TIM OBSERVED, GOD BLESS US,

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	Hummingbird Cafe	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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2020 Date and along with guest speakers and outings/events to be placed in the February issue as they come available.

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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.