

National Seniors

AUSTRALIA

Peel Region

Out and About

ISSUE 2

2020

*Advancing the Interest of
the Over 50's*



Peel Region Branch Weekend Social

Members enjoying lunch at the Peel Alehouse Halls Head at our regular February social.

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/>

Committee

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Secretary

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Zone 114 Chair

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Zone 114 Secretary

Nan Senior – Ph.08 9593 2141

**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

Chairman of Peel NSA Branch

ENJOYING Lunch organized by Sandy, has always been a great pleasure of mine, being with the many friends of the Peel branch and laughing at the way people of today handle what they deem as disasters, makes the company of National Seniors friends and members a joy. A joy that I have lived with for a long time and will continue for as long as my body holds out but to be in any position to direct or have responsibility, is no longer a choice. So, it has been necessary for me to throw in the Towel of leadership and hope that someone with understanding and wit, can carry the Banner from here on.

The team at Peel are and have been marvellous to work with. Life is a carnival ride, the ups and downs are the part that makes us who we are, if we can ride the bumps and ignore the bruises all will be perfect for the future. So, God bless everyone and keep your world rolling forward.

Anthony (Tony) Ball

Social Corner

Outings

On the 9th of March (Mon) at 12 Noon over 20 of us attended Lunch at BREW VINO on the Foreshore this was a New Restaurant Built on the Top of HAHN's

This was a Change of plan as the Dolphin Hop on and Off N/A, New venue was such a

Great idea as I had visited previously and Most Impressed so went ahead and Booked.

A wonderful Lunch by all with Good Company. Good Food and Wine and well Looked after I certainly would recommend this Venue

Sadly Socially we are not together at the Moment also our Meetings Cancelled and let's face it who wants to take part in Social Occasions !!!!!!! and a good idea to keep in touch Via the Internet and Phone Calls to each other due to the Crisis with CORONA/Virus around the World.

I'm doing all the right things by staying at Home as we all HAVE TO DO to keep safe in Mandurah.

Take Care

Sandy Austin

Social Events COVID- 19

Due to Corona Virus the National Seniors Australia, has recommended we follow the government directives about group activities. As a consequence, all meetings and social activities have been put on hold.

Guest Speaker

As the April meeting has been cancelled, the guest speaker, Peter Punch has been informed and will be our speaker at a future meeting later in the year.

Secretary Report

Thank you all for supporting our branch in the past and I am sure your continued support will see us through this difficult time of the Coronavirus-19 pandemic.

I thank the Committee for all the hard work they have done to keep the branch going.

Every member has pulled their weight and it is greatly appreciated.

Tony, Bruce, Marie, Rosemary, Ross, Sandy, Verena and Lauraine have all done their bit.

Thanks also to the members who gave us a hand at the Snrs Expo – Lyn, Audrey and Noel who worked hard all day, plus Dot Shakespeare who gave two excellent talks and also helped out

A huge thank you to Tony Ball who kindly came to the rescue when Val Becker had to step down due to ill health.

Thanks to Val who has been the towering strength of the branch whilst President and previously Treasurer. Mary, also was another active committee member for many years and contributed heaps to our branch in the past

Tony has continued to keep the branch running smoothly and his expertise, wit and dedication has been a great inspiration to us all. Unfortunately, Tony has reluctantly stepped down due to health issues and handed the reins to Bruce Hunter, Vice President, as of 4th March 2020.

I will continue to send a monthly report to keep you-up-to date with political alerts from June MacDonald and any other info, to keep you informed.

If you don't wish to be on my mailing list please let me know and I will remove you from the list.

Thank you all. Keep safe, alert and may the Easter break give you quality time with family.

Tina Frost (Secretary)

Editors Ramble

This edition comes when we are unable to meet for the general meeting due to the COVID-19 pandemic.

Although I would prefer to go out and meet with people, and I am restricted to my house by all the restrictions placed on us. I am using this opportunity to spend my time on one of my hobbies (the others have been stopped) playing on the computer, writing code etc.

I have deliberately kept this newsletter small in case we need to post any out to those not on email.

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. Items as those below, recipes, photos and trivia are all welcome.

No items from members at this stage.

F.Y.I.

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/>

Please read "Connect" for weekly updates via website

<https://nationalseniors.com.au/campaign/s-tay-connected>

For information about COVID-19 visit Dept of Health's website:-

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-information-for-older-australians>

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, Centrelink, 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
- Centrelink 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

Sudoku 2020-E02 (Easy)

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

Sudoku 2018-E02 (Hard)

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

Happy Snaps



Weekend Social 16th February at the Peel Alehouse



March monthly outing (late change) at the BrewVino Mandurah

Quiz Time

General Quiz

1. Name the most easterly point of mainland Australia
2. What was the first album to sell more than one million copies in Australia?
3. What flavour is a “Hostess Ding Dong”
4. What is the common name of *Ornithorhynchus anatinus*?
5. What was Donald Bradman’s batting average?
6. What is the group name for “Elks”?
7. Ken Hall in 1942 for his documentary *Kokoda Front Line!*
8. In what year was “*Advance Australia Fair*”, proclaimed our national anthem?
9. What animal featured on the 1 cent coin?
10. Who designed the Sydney Opera House?

Sudoku 2020-E02 (Easy)

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

Sudoku 2018-E0x (Hard)

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

Just Joking

Did I read this sign right?

"TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW."

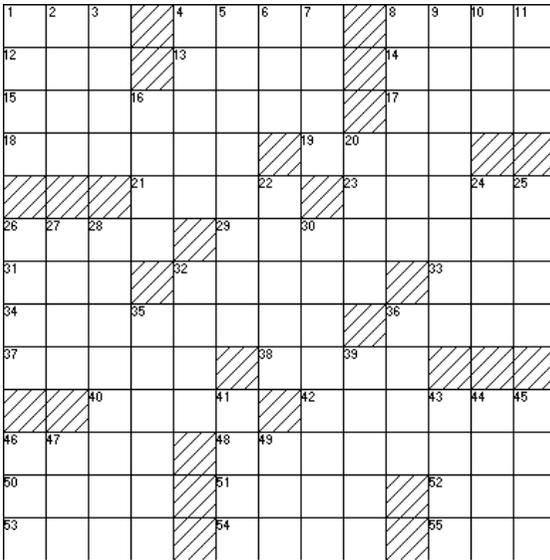
In a Laundromat:

AUTOMATIC WASHING MACHINES:
PLEASE REMOVE ALL YOUR
CLOTHES WHEN THE LIGHT GOES
OUT.

In a London department store:

BARGAIN BASEMENT UPSTAIRS...

Crossword



DOWN

1. Letters of the alphabet
2. Rich person
3. Person
4. More dried-up
5. Shows
6. Article of furniture
7. Visionary
8. A visible personification of an abstract quality
9. An imaginary line or standard by which things are measured or compared
10. Eutherian
11. ___ Lilly, drug company
16. Food grain
20. This (Spanish)
22. About
24. Swedish rock group
25. A way to view
26. In a way, left

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

27. ___ Shankar, Indian musician
28. Exhaled
30. Tumours
32. Sacred writing
35. A way to diverge
36. A space reserved for sitting
39. Business
41. Cincture
43. Sir in Asia
44. Bulky grayish-brown eagle
45. Sandy piece of seashore
46. Beginning military rank
47. Wrath
49. The 17th letter of the Greek alphabet

- | | |
|--------------------------|----------------------|
| 36. Crinkle | 50. A way to squeeze |
| 37. In a way, fed | 51. Clupeid |
| 38. Stake | 52. Queen of Scots |
| 40. Turkish leader title | 53. Surrender |
| 42. Spoke | 54. Hosiery |
| 46. Staff of life | 55. Born of |
| 48. Coil | |

Word Search St. Pat's Day

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

BEER
 BELFAST
 BISHOP
 CABBAGE
 CELEBRATION
 CELTIC CROSS
 CHRISTIAN
 CLOVER
 CORK

CORNED BEEF
 DANCING
 DUBLIN
 EVENTS
 FEAST DAY
 FESTIVAL
 GREEN
 GUINNESS
 HERITAGE

HISTORY
 HOLIDAY HOLY DAY
 IRELAND
 IRISH
 LEPRECHAUN
 LIMERICK
 MARCH
 MISSIONARY
 MUSIC

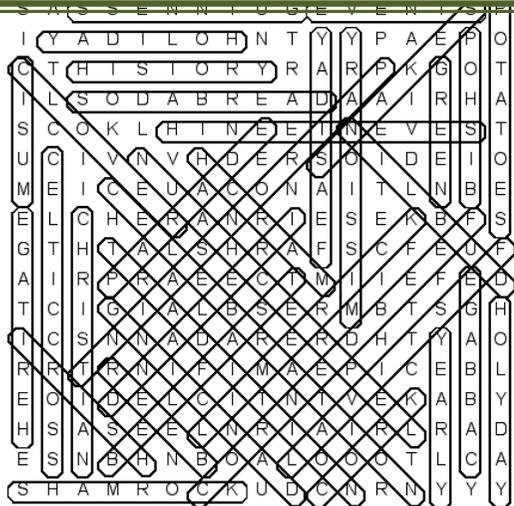
PARADE
 PATRON SAINT
 POTATOES
 SEVENTEENTH
 SHAMROCK
 SNAKES
 SODA BREAD
 TRADITION
 YEARLY

Quiz Time

Word Search St. Pat's Day

General Quiz Answer

1. Cape Byron
2. Whispering Jack' by John Farnham
3. Chocolate
4. Platypus.
5. 99.94
6. A Gang
7. Ken Hall in 1942 for his documentary *Kokoda Front Line!*
8. 1984
9. Feathertail glider
10. Joern Utzon



The hidden message is: SAINT PATRICK LIVED IN THE FIFTH CENTURY

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	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	D	
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	E	D
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	

Just Joking too



Panic Room

Important Dates

Meetings 2020

Date	Guest Speaker	Topic
10 th February	Peter Worsley	Talk on his time in New Guinea
6 th April	Cancelled	
8 th June	TBA	TBA
10 th August	No speaker	AGM
12 th October	TBA	TBA
7 th December	TBA	TBA

Outings/Events 2020

Date	Venue	Meet Time
13 th January	No Outing this year	10:00
9 th March	Brew Vino Restaurant	10:00 am
17 th May	Sunday – Crooked Carrot (Cancelled?)	11:30 am
May	Conference???	
12 th July	Sunday Casino Trip – Dudley Park Bowling Club	9:00 am
14 th September	TBA	TBA
9 th November	TBA	TBA
14 th December	Christmas Lunch Venue TBA	12:00 (Noon)

Weekend Socials 2020

Date	Venue	Time
22 nd February	Peel Alehouse Halls Head	12:00 Noon
19 th April	Breakfast at Sunbreakers (Cancelled)	9:00 am
21 st June	Vietnamese Chinese Restaurant at Silver Sands ????	11:45
25 th October		
14 th December	See Outings: Cost - approximate	12:00 Noon

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

Annual Conference

Date	Location	Time
TBA	TBA	9:30 – 3:30

Contact Numbers

Name**Email****Phone**

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Vacant

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Social Events Weekend Socials

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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.