

Peel Region Branch

National Seniors

AUSTRALIA

Out and About

ISSUE 4

August 2022

*Advancing the Interest of
the Over 50's*



12 Members enjoying breakfast at the Moka café on the 25th of June 2022.

Web Pages

Head Office (Brisbane Qld)
National Seniors Travel

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

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

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Zone 114 Secretary

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**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).

VENUE: RSL Hall, 20/22 Rouse Road,
Greenfields,

Start Time: 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

Once more we have come to the end of the financial year and the AGM is upon us. As we go into another term, we look forward to what it brings. There is an exciting list of events in the pipeline at present e.g. August 22nd our annual Community Talk Day with excellent guest speakers lined up. It's a day where you can listen, relax, eat, drink, and enjoy good company.

I now thank the committee for all their hard work during the year and the members who support our outings and general meetings by turning up no matter what the weather. Without your attendance we would not exist.

A special thank you to Ross who diligently and enthusiastically produces a fantastic newsletter with quizzes and contents to get your brain working. At times there are changes to the social programme due to unforeseen circumstances, but we keep you informed of these at our general meetings. Another exciting event to look forward to is the upcoming Zone 114 Conference hosted by Rockingham and Districts Branch. This will be held at Port Kennedy RSL on Wed. 12th October 2022, with more details to be advised shortly.

We not only meet, eat, and have a good time, but we also discuss matters which are important to you and do our best to find a solution. TUSS (Taxi User Subsidy Scheme) issue is progressing slowly with the state government considering implementing the launch of a digital card in the near future and our 'Bins for Blokes' campaign through

the city council, has received a good response.

This is what is positive about our branch we get things done to the best of our ability and for the well-being of the whole community.

Thought for the day – BE KIND TO EACH OTHER.

Tina Frost

Social Corner

Outings

The 25th of June 2022 saw our members gathering at Moka Café for breakfast. The choices were plentiful and the meal, on arrival was, of a good size and tasted great.

In July, it was off to the "Tree of Life" for lunch. As this was a large group and the café was small, we were given a choice of three mains, Chicken Hot Pot, Fish and Chips or Lasagne. I had the hot pot, and it was delicious.

Everyone said that the meal was very good and many, not only had coffee after, also had deserts (See Photos).

August will see us having our AGM and on the 22nd of August we are hosting a community talk day with some very good speakers. This is an all-day event with a meal around 12 noon.

In September the outing is a trip to Serpentine Falls. We are planning to carpool to save costs.

Weekend Social

There is no weekend function in August. The next function will be on Sunday 16th October 2022 and hopefully will lunch

on the "Pirate Ship" sailing around the Estuary.

Editors Ramble

Is anyone starting to look toward Spring and Summer? We have had some very wet days and a lot of cold ones, with many more to come if the weather people at channel 7 is correct.

I am holding back on planning any long holidays, what with the disruptions to flights and COVID still a big thing throughout the world.

I will see what next year brings and hopefully be able to start planning for a holiday away again.

Ross Editor.

Upcoming Events

The main upcoming events are the Peel Region Branch Community Talk on Monday the 22nd of August and then the Zone 114 Annual Conference being held at the Port Kennedy RSL Hall on the 12th of October.

Promotional Tables

Our branch is having a stall at the Mandurah RSL Markets on **Saturday 13th August from 9:00 am Until 1:00 pm.**

We are setting up a table at 'The Lakeside by Teman' Lifestyle Village Open Day on 194 Old Mandurah Road, Ravenswood. Date:- **Sunday Sept 18th from 10.00am to 2.00pm.**

It's a free event, and a good fun day out; incl vintage cars, icecream truck, afternoon teas, petting zoo, lawn bowls etc.

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.

MyGov

"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
- Centrelink express plus

To create a new, "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



"You can come down now, Everett. The children have grown up and left."

Recipe Corner

SWEET CURRY AND RICE

700-900 gm chuck, blade or mince steak
 440 g tin tomato Rosella Soup
 1/2 cup water
 1 onion chopped
 1 lge tbspn butter
 1 440gm tin of pineapple pieces (drained)
 1 or 2 small bananas (chopped)
 1 green apple (skin on and chopped)
 1 dspn curry powder
 Salt and pepper to taste.

Sauté onion for a few minutes.

Add curry powder, fry for 2 minutes over medium heat.

Pour tomato soup over it, add salt and pepper

Simmer until meat is cooked approx ¾ hour

May need to add a little water from time to time

Stir in chopped banana, apple, and pineapple.

Cook a further 10 minutes and serve with rice.

(from Grass Roots magazine)

Recipe Corner

TRUFFLES

250 g Marie or coffee biscuits

1 tin condensed milk
1 tbsp. cocoa
1 cup coconut
1tbspn lemon juice or 1 teaspoon of
rum essence

Crush biscuits finely.
Mix all ingredients together then roll
into balls
Then into coconut.
Nice but not too good if you are a
diabetic.
(from CWA cookbook)

Just Joking

Fire safety

I was at the Senior Center today and
failed a Health and Safety course
that was put on for us old folks

One of the questions was: "In the
event of a fire, what steps
would you take?"

"F*****n big ones" was apparently
the wrong answer.

**** ~~~~ ****

Ambush Watch

Down at the Senior Center the other
day Joe was telling a tale about his
experience in the jungle during his
war. It seems that he was wearing a
cheap watch one night while on an
ambush and it made so much noise
that his buddy insisted that he douse
the watch with bug spray . . . to get
rid of the ticks.

**** ~~~~ ****

Medication

A distraught senior citizen phoned
her doctor's office. "Is it true," she
wanted to know, "that the
medication you prescribed To me
has to be taken for the rest of my
life?"

"Yes, I'm afraid so," the doctor told
her

There was a moment of silence
before the senior lady replied, "I'm
wondering, then, just how serious is
my condition because this
prescription is marked 'NO
REFILLS'."

**** ~~~~ ****

Guys, please don't drink and drive this holiday season!

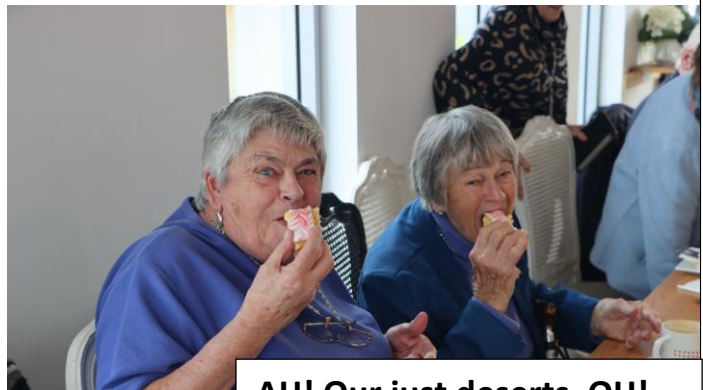
If you want to drive safely, we can
help.

Please call us. We have senior
experienced people of all ages
Our volunteers will come and drink
for you so you can drive safely



Happy Snaps

Lunch at the “Tree of Life” café mandurah



AH! Our just deserts. OH!
What a mouth full



Peel Region Branch National Seniors Australia Community Talk

The Peel Regional branch of National Seniors Australia extends an invitation to its annual Community Talk.

Date Monday 22 August 2022

Time Registration 9:30 am

Talks Commence 10:00 am

Finish Approximately 3:00 pm

Cost \$35.00 per person

Venue RSL Hall
20/22 Rouse Road
Greenfields



Includes

- 3 key speakers
 - Richard – Life in a Submarine
 - A Guest Speaker from Citizen Advice Bureau
 - A Guest Speaker from Mandurah Community Museum
- Bonus, Annie will tell her story of a life with a seeing eye dog
- Morning tea, and Lunch

Contact and Registration

Phone 9582 0679

Email mandnsa@hotmail.com

RSVP and pay before 15th August 2022

SOMETHING TO THINK ABOUT!

- A cashless society means **no cash. Zero.**
- If doesn't mean mostly cashless and you can still use a 'wee bit of cash here and there'.
- Cashless means fully digital, fully traceable, fully controlled.
- I think those who support a cashless society aren't fully aware of what they're asking for.

A CASHLESS SOCIETY MEANS:

- No more tuck-away cash for those preparing to leave domestic violence.
- No more purchases off marketplace unless you want to risk bank transfer fraud.
- No more garage sales.
- No more cash donations to hungry homeless you pass.
- No more cash slipped into the hands of a child from their grandparent.
- No more money in birthday cards.
- No more piggy banks or tooth fairy for your child.
- No more selling bits and pieces from your home that you no longer want/need for a bit of cash in return.
- Less choices of where you purchase based on affordability.

WHAT A CASHLESS SOCIETY DOES GUARANTEE:

- Banks have full control of every single cent you own.
- Every transaction you make is recorded.
- All your movements and actions are traceable.

Quiz Time

General Quiz

1. During which year of the 1980s was it first possible to spend a \$1 coin?
2. Found along the northern coastlines of Australia, in Queensland, WA and NT, name the most venomous marine animal alive?
3. Many Aussie Road trippers have a visit to Poeppel Corner on their wish list. Where exactly in Australia is Poeppel Corner?
4. Kath and Kim live in which suburb?
5. Who cut the ribbon when the Sydney Harbour Bridge opened on the 19 March 1932?
6. Which famous botanist sailed with Captain Cook?
7. In which Australian state did Cooper's beer have its origins?
8. Who played Emma Jackson in Home and Away before launching a pop career?
9. What is the heaviest flightless bird in Australia?
10. True or false: crocodiles existed at the same time as dinosaurs in Australia?

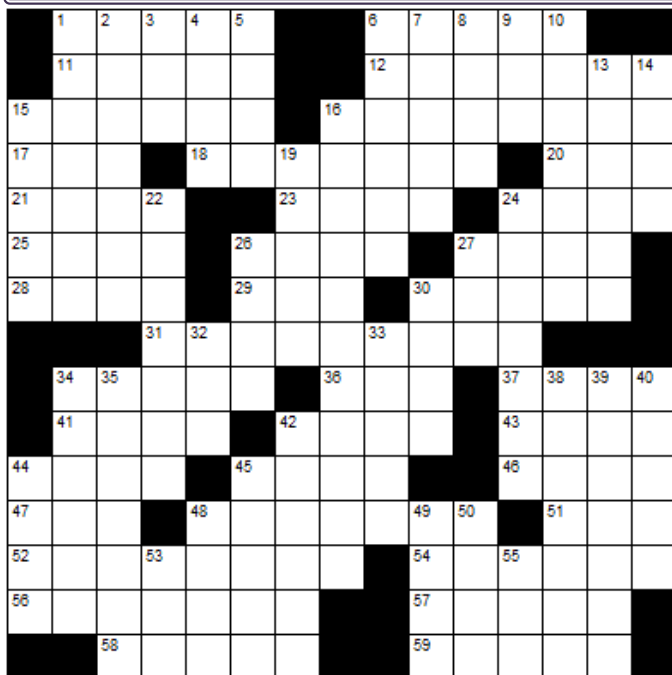
Sudoku 2021-E04 (Easy)

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

Sudoku 2021-0x (Hard)

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

Crossword



ACROSS

1. Devil
6. Goes ballistic
11. Illegal activity
12. Stunning
15. Topic
16. Send
17. Sash
18. Not anyplace
20. Chapter in history
21. Ascend
23. Grasped
24. Jacket
25. Marine mammal
26. Slim and muscular
27. Made a melodic sound
28. Slave
29. Consumed

30. Half of six
31. Gifts
34. Extra
36. Clobber
37. Wild goat
41. Glazier's unit
42. Courts
43. Cast a ballot
44. Pub serving
45. Pout
46. Distinctive flair
47. Additionally
48. Fundamental
51. Bigheadedness
52. Spotted felines
54. Pay attention
56. Unusual
57. Illicit sexual relationship

Down

1. Contagious skin infection
2. Skilled practitioner
3. Small songbird
4. Ends a prayer
5. Adopted son of Claudius
6. Scarcely
7. Honor
8. Heredity unit
9. S
10. Somebody
13. Illusion
14. French for "State"
15. A common code
16. Near that time or date
19. Not black
22. Polished
24. Longhand
26. Gesture of farewell
27. Timid
30. Faucets
32. Anger
33. Beau
34. Small piano
35. Mythological box opener
38. Type of fungus
39. Knickknack holder
40. Colorless odorless inert gas
42. Awe
44. Friends
45. Get together
48. Tilt
49. "Oh dear!"
50. Citrus fruit
53. Buddy
55. Male child

58. Change
59. Perception

Word Search Fears and Phobias

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

BLACK ICE
 BLIZZARD
 BOOTS
 CARNIVAL
 CHRISTMAS
 COLD
 EGG NOG
 FIREPLACE
 FIREWOOD
 FOG
 FREEZE
 FROST
 GLOVES
 HAIL
 HEADBAND

HIBERNATION
 HOCKEY
 HOLIDAYS
 ICE FISHING
 ICICLES
 KNIT CAP
 LONG
 UNDERWEAR
 MITTENS
 OLYMPICS
 PARKA
 SCARF
 SEASON
 SKATES
 SKI DOO

SKI PANTS
 SKIING
 SLED
 SLEET
 SLIPPERY
 SNOW CASTLE
 SNOW PLOW
 SNOW SHOVEL
 SNOW TIRES
 SNOWBALL
 SNOW SHOVEL
 SNOW TIRES
 SNOWBALL
 SNOWBOARD
 SNOWFLAKE

SNOWMAN
 SNOWSHOES
 SOLSTICE
 SOUP
 STEW
 STORM
 SWEATSHIRT
 TOBOGGAN
 VACATION
 WIND CHILL
 WOOL SOCKS

Quiz Answer

General

1. **1984**, May 14 to be exact!
2. **The Box Jellyfish**
3. It is the **spot where the borders of NT SA and QLD meet.**
4. **Fountain Lakes** was home to Kath Day-Knight and her daughter Kim.
5. **Captain Francis de Groot** as a protest to the bridge being opened by the premier and not the Governor General. They fined him 9 pounds for his crime.
6. **Joseph Banks**, who then advocated for British settlement in New South Wales.
7. **South Australia**
8. **Dannii Minogue**, she played the teen punk in 1989-1990.
9. **Cassowary**
10. **True 100%**

Sudoku 2021-E04 (Easy)

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

Sudoku 2021-H04 (Hard)

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

Jokes galore

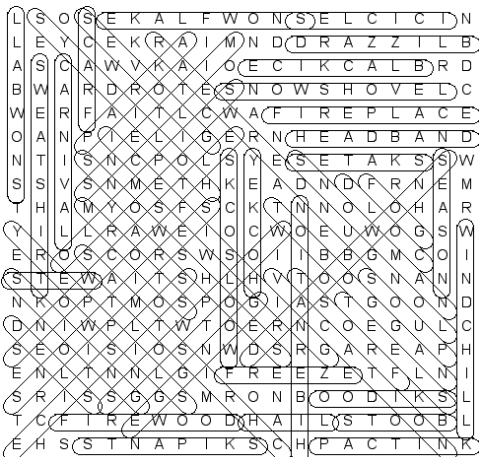


"He'll take a dozen long-stemmed roses."

Crossword



Word Search



The hidden sentence is: ONE KIND
WORD CAN WARM THREE WINTER
MONTHS

More Jokes

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising."

She said, "So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

**** ~~~~ ****

If my body were a car, I would trade it for a newer model.

Every time I cough, sputter, or sneeze, my radiant leaks and my exhaust backfires.

**** ~~~~ ****

Where can single men over the age of 70 find younger women who are interested in them?

Try a bookstore under fiction.

**** ~~~~ ****



Important Dates 2022

Meetings

Date	Guest Speaker	Topic
14 th February	PAG (NSA Policy Group)	What this group does
11 th April	S Austin	The joys of Volunteering
13 th June	AdvoCare	Advocacy Support Information
8 th August	AGM	AGM
10 th October	I Kashir	How the Alphabet was developed
12 th December	Christmas Lunch	

Outings/Events

Date	Venue	Meet Time
14 th March	Lunch then Visit to Bower & O'Dea	11:30
9 th May Cancelled	Fairbridge – Own transport – car-pool	TBA
11 th July	Tree of Life Café Mandurah	12:00 (Noon)
22 nd August	Community Talk RSL Hall Mandurah	TBA
12 th September	Serpentine Falls (Car-Pool)	11:00-11:30
14 th November	Bower O'Dea	TBA
12 th December	Christmas Lunch - Ravenswood	12:00 (Noon)

Weekend Socials

Date	Venue	Time
26 th February	Hummingbird Cafe	9:00 am
24 th April	Café Coast	12:00 noon
25 th June	Café Moka	9:00 am
August	No Social	
16 th October	Pirate Ship Cruise (lunch)	
12 th December	Christmas Lunch - See Outings:	12:00 Noon

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

Annual Conference

Date	Location	Time
12 th October 2022	Port Kennedy RSL	9:30 – 3:30

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Committee	See Contact list	Committee
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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.