

Peel Region Branch

National Seniors

AUSTRALIA

Out and About

ISSUE 5

October 2022

*Advancing the Interest of
the Over 50's*



Picnic lunch

Members enjoying the sunshine and a picnic lunch at Serpentine Dam.

Web Pages

Head Office (Brisbane Qld)
National Seniors Travel

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

Committee

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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

The Community Talks Day went very well and enjoyed by all. Special Guest Speakers were Ernie from Citizens Advice Bureau, Richard talking on his life in submarines, Annie with her Seeing Eye Dog Lola and lastly Nicholas from the Mandurah Museum. All speakers kept their audience interested and many questions asked. The mid-day meal was excellent, thanks to the efficient RSL kitchen staff who served the food promptly.

The outing at the Lesmurdie Dam was relaxing with a picnic lunch in beautiful surroundings plus unexpected visitors (feathered kind) the Kookaburras, posing on the fence whilst we took photos, was a good end to a perfect day.

Lakeside by Teman Lifestyle Village

The promotional day at , saw lovely weather; our volunteers did a great job of manning the stall and enjoying the friendly atmosphere while chatting to people about what we do.

On 12th October is the Zone 114 Conference at Port Kennedy RSL. Rockingham and Districts Branch have put together an excellent programme and this will be worth attending. Further to AGM, I welcome two extra members to the Committee, Janet and Lauraine also Marie who has stepped

up to the Executive Committee in the Secretary roll. – thank you all.
We look forward to an interesting programme next year with extra heads bringing new ideas.

Tina Frost
President

Social Corner

Outings

Because of our AGM in August there was no social outing as such but we did enjoy a wonderful 'Talks Day' on the 22nd August.

The speakers were excellent especially Richard Drain with his excellent knowledge about Submarines. Of course Annie and her guide dog is always a favourite. I believe many of us have been checking on our paper work after the very interesting talk with reference to Advocate.

September saw us heading to Serpentine Dam and the Falls where we had a quick game of Hide and Seek working out which one we should be at. We ended up at the Dam for lunch where we shared our lunch with kookaburras and a wonderful bird life. Several people departed but it has been noted that a few ladies found their way to the Falls and had such a great time they only just made it home by 7pm to watch Home and Away.

Don't worry about our visit to Bowra and O'Dea in November as we are going to hear some interesting talks relevant to seniors like travel and insurance from NSA and of course morning tea and lunch.

Rockingham Branch is hosting the Conference at PT. Kennedy RSL on the 12th October.

Our Christmas lunch is only eight weeks away on the 12th December at the Ravenswood
Audrey

Social Secretary

Since our last meeting and newsletter, members of our branch enjoyed a self-drive outing to the Serpentine Dam for a picnic lunch. The upper car park was closed so we all met at the lower dam car park. While we were enjoying lunch we had the company of magpies, kookaburras and twenty-eight parrots. It was fun to watch the kookaburras try and soften chicken bones by hitting them against the fence railings.

Normally there is no weekend social for August as it is every year, but our branch held its (hopefully) annual "Community Talk" on the 22nd of August. This was a great success and we had very good guest speakers. Outstanding was Richard and his talk about his time on submarines including life after serving with both the Royal and Australian Navies. Besides the outing in September the branch manned a stall at the Lakeside

by Teman Lifestyle Village open day festivities.

Ross
Editor

Weekend Social

The weekend social for October is to be aboard the Mandurah Pirate ship. This event normally takes place on a weekend at the end of the month but as the vessel is not running on the weekends it has been moved to Friday 21st October 2022.

This is a pleasant cruise around the estuary. The crew are a lively set of Pirates as you can get making the trip a fun time.

After the cruise we will walk to the Wood and Stone Café, on Mandurah Terrace, near the Hummingbird café, for lunch.

Guest Speaker

The guest speaker for October is Ido Kasher who will talk about how the alphabet was formed. This should be very interesting information.

Editors Ramble

As I write this, I'm looking out of my window at what appears to be a beautiful day, the sun is shining, I don't hear any birds but there must be some singing somewhere. Why am I sitting here typing away when I could be outside enjoying myself?

I was led to believe that when you retired you could do things that made you happy, like holidays, going to restaurants and lazing in the sun.

Oh well, back to the joys of editing a newsletter. I would like to welcome the new members to the committee and hope that we can organise many enjoyable outings and social events for the members for 2023, did I just write 2023, where has 2022 gone?

Only two months until Christmas and a great Christmas lunch at the Ravenswood Hotel. This is a great venue right beside the river, and a pleasant setting for those lazy summer days.

Ross
Editor

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.

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.



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
- 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

Recipe Corner

FLATBREAD (easy)

Only 3 ingredients. I use it as a pizza base or if thick enough slice it, & fill with cheese, tomato, etc or whatever. I only use half the ingredients, but I guess you could freeze it.

500 grams SELF RAISING FLOUR, 1tbspn BAKING POWDER, 500g PLAIN YOGHURT.

Combine all ingredients and stir until it forms a dough.

Set dough aside until you are ready to use it.

Cut dough into six portions, roll out to a 2cm thick disc, slash it a couple of times, so it cooks evenly, Then throw it into a preheated dry non-stick frypan. (I use a bit of oil)

Cook for a couple of minutes or until bottom is golden

Flip over and repeat cooking process.

TUNA AND MUSHROOM PASTA

500 gm Pasta

200 g Mushrooms, sliced

Olives to your desire

1 x 400 g tuna, drained

Olive Oil

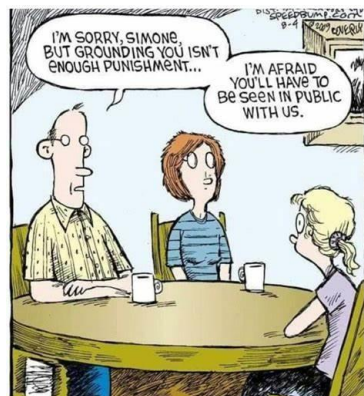
Cook Pasta, remove from heat and drain. Sauté sliced mushrooms and remove from heat.

Coat large pan with olive oil

Add pasta, mushrooms, olives, and drained tuna

Toss through and serve.

Just Joking



To the much-belittled older generation

Checking out at the supermarket, the young cashier suggested to the much older woman, that she should bring her own grocery bags because Plastic bags weren't good for the environment. The woman apologised and explained, "We didn't have this 'green thing' back in my earlier days." The young cashier responded, "That's our problem today - your Generation did not care enough to save our environment for future generations." She was right -- our generation didn't have the 'green thing' in its day.

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilised and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the "green thing" back in our day.

Grocery shops bagged our groceries in brown paper bags, that we re-used for numerous things, most memorable besides household bags for rubbish, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property (the books provided for our use by the school), was not defaced by our scribblings. Then we were able to personalise our books on the brown paper bags. But too bad we didn't do the "green thing" back then.

We walked up stairs, because we didn't have a lift in every

supermarket, shop and office building. We walked to the local shop and didn't climb into a 300 horsepower machine every time we had to go half a mile. But she was right. We didn't have the "green thing" in our day.

Back then, we washed the baby's Terry Towel nappies because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 3 kilowatts – wind and solar power really did dry our clothes back in our early days. Kids had hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the "green thing" back in our day.

Back then, we had one radio or TV in the house - not a TV in every room and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Scotland In the kitchen. We blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the "green thing" back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the "green thing" back then.

Back then, people took the bus and kids rode their bikes to school or walked instead of turning their Mums into a 24-hour taxi service in the family's \$80,000 'People Carrier' which cost the same as a whole house did before the "green thing."

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest Pub!

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smartarse young person. We don't like being old in the first place, so it doesn't take much to piss us off... especially from a tattooed, multiple pierced smartarse who can't work out the change without the cash register telling them how much it is! Here endeth the lesson

Auctioneering

After 20 minutes of intense bidding at the auction, the winning bid of \$200 was accepted for the beautiful South American parrot.

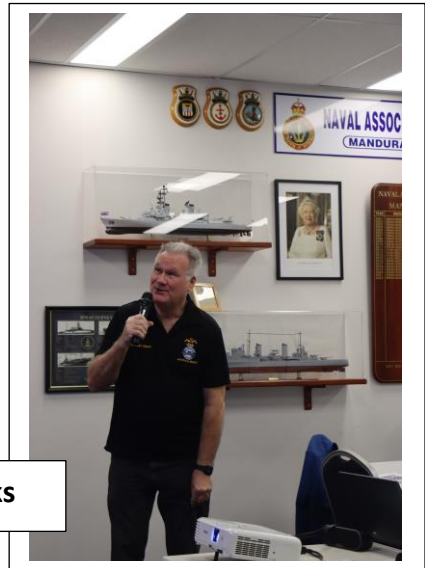
When the winning bidder went to pick up her prize bird, she asked, "Do you know if this parrot talks?"

"Does he talk?" exclaimed the auctioneer. "Who do you think was bidding against you?"

----- <~~~~> -----

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"

Happy Snaps



Guest speakers at our Community Talks

Morning tea

Members and guests enjoyed an all-day coffee or tea.

Morning tea had a selection of cakes and biscuits.

Lunch was fish & Chips or a Quiche



Happy Snaps

Manning the stall at the Lakeside by Teman Lifestyle Village open dav



Quiz Time

General Quiz

- Which iconic Australian landmark is the world's largest war memorial?
- What percentage of Australia is classified as a desert?
- Where was the first Australian Lifesaving Club founded?
- If you visited a different Australian beach every day, how long would it take to visit them all?
- Who was Australia's first female Prime Minister?
- Which famed Australian singer was born Helen Porter Mitchell?
- In Australian slang, what is a bushman's clock?
- In which year was 'Advance Australia Fair' declared the National Anthem?
- What is the world's oldest wind instrument?
- Australia as a country is the 6th largest wine producer in the world – but which Australian State produces the most?

Sudoku 2022-E05 (Easy)

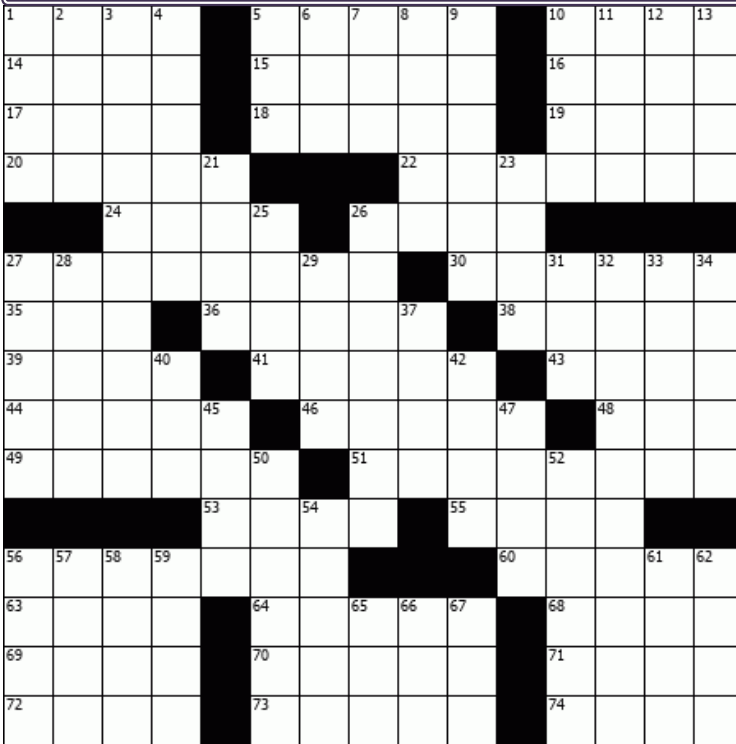
3	6	2		9				
1			7	6				
	8			1	2			
			5	8	2		7	
2				7				
	3					1	6	9
8	1						5	
			5					3

Sudoku 2022-H05 (Hard)

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



Crossword



Across

1. Injury mark
5. Nuzzles
10. Take apart
14. Tempo
15. Beginning part
16. Work hard
17. Circle sections
18. Memorize
19. Diarist ____ Frank
20. Sharply inclined
22. Very busy (3 wds.)
24. Finger sound
26. Site
27. Seasoned beef
30. Quake
35. Boxer Muhammad ____
36. Masts
38. Corny
39. Steals from
41. Greek vowel
43. Tooth problem
44. Relative by marriage (hyph.)
46. Baggy
48. Scarlet
49. Planter
51. Housing agents
53. Coffee break
55. Drop heavily
56. Withdraw
60. Fire remains
63. Inspiration
64. Satan
68. Not all
69. Portable shelter

70. Each
71. Single thing
72. Ampersands
73. ____
Witherspoon of
"Sweet Home
Alabama"
74. Household
animals

Down

1. Health clubs
2. Small wagon
3. Easy to reach
4. Take offense at
5. Naught
6. Wallet bill
7. Amtrak depot (abbr.)
8. Baseball blunder
9. 14-line poem
10. Western state
11. Naught
12. Bell sound
13. Bogus butter
21. Norms
23. Small pastry
25. Hemingway's
nickname
26. Where planes land
27. Eiffel Tower locale
28. Unattended
29. Shopping spot
31. Historic time
32. What a singer holds
33. Different one
34. Marsh plants
37. Slipper
40. Depressed
42. Office acronym
45. "Wish You ____
Here"
47. She, in Barcelona
50. Bookworm
52. 50-50 chance (hyph.)
54. Comic ____ Martin
56. Ms. Hayworth
57. Genesis site
58. Look after
59. Darn it!
61. Send forth
62. Hardens
65. Neckline style
66. Tax org.
67. Drain opener

Word Search Fears and Phobias

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

AFRAID
 AGITATED
 ANGUISH
 BLUE
 BORED
 CHEERY
 DARK
 DOWN
 DREAD
 EDGY

ELATION
 FURIOUS
 GENIAL
 GLOOMY
 GROUCHY
 HELPLESS
 HOPEFUL
 HUMILIATED
 HURT
 IRKED

JADED
 JOVIAL
 LONELY
 LOVE
 MELLOW
 MERRY
 MISERY
 OFFENDED
 ORNERY
 PANIC

PEACEFUL
 PLEASED
 REMORSE
 SOMBER
 SUNNY
 SYMPATHY
 UNEASY
 UPBEAT
 WEARY

Quiz Answer

General

1. The Great Ocean Road
2. 35%
3. Bondi Beach (in 1906)
4. 29 years – there are 10,685 registered beaches
5. Julia Gillard
6. Dame Nellie Melba
7. A laughing kookaburra
8. 1984
9. The Digeridoo
10. South Australia

Sudoku 2022-E05 (Easy)

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

Sudoku 2022-H05 (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden word is: ASTONISHMENT

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 ^h June	AdvoCare	Advocacy Support Information
8 th August	AGM	AGM
10 th October	Ido Kasher	How the Alphabet was developed
5 th December	No Guest Speaker	
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
1 st November	Melbourne Cup @ RSL \$26	
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	
21 st October	Pirate Ship Cruise & lunch @ Wood & Stone	9:30 am
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
12th October 2022	Port Kennedy RSL	9:30 – 3:30

Contact Numbers

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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.