

Peel Region Branch

# National Seniors

AUSTRALIA

*Out and About*

**ISSUE 6**

**2022**

*Advancing the Interest of  
the Over 50's*



**Members enjoying a sail around the Estuary on the pirate Ship**

## Web Pages and email

Head Office (Brisbane Qld)

Peel Region Branch

National Seniors Travel

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

[peel.region.nsa@outlook.com](mailto:peel.region.nsa@outlook.com)

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

## Committee

### President

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Phone

### Vice President

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### Secretary

Marie

### 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 **RSL Hall, 20/22 Rouse Road, Greenfields**, 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

2022 has been a busy year ending with our last meeting on 5<sup>th</sup> December having a Christmassy theme to get you prepared for the festive season ahead, connecting with family and friends, and enjoying time together. The following week on 12<sup>th</sup> is our Christmas lunch at Ravenswood Hotel, Ravenswood, and all invited.

Sadly, one of our long-standing members, Harold Armstrong, passed away recently and we pass on our condolences to Joan and family. Joan loves to read books so if you have any you could pass on, I will make sure she gets them.

On a bright note, the last couple of months have seen birthday celebrations happening, so congratulations to those who are proud to say they are now a year older and dare I say, wiser.

Next year's programme has been drawn up and with two new members on the Committee bringing fresh ideas, we look forward to an exciting and eventful year.

COVID is still part of our lives, and we have to deal with it for a while yet; the most important thing to remember is WASH YOUR HANDS above everything else.

Good news is the Peel Region branch was mentioned online in National Seniors 'Spotlight' under branch news also in the summer edition of 'OUR GENERATION' there is an article on our 'Community Talks' Day' with a lovely photo (compliments from our newsletter guru, Ross) of Annie, one of our guest speakers talking about her life with a 'Seeing Eye Dog'. A very interesting and compassionate story. Thanks to the Committee for all the hard work they do in helping to keep things running smoothly so that you, our members enjoy being part of a special, active, and progressive branch and keep supporting us and participating in all we do. Thank You. Wishing you all a Merry Christmas and Happy New Year. Keep safe and take care.

Tina Frost (President)

## Social Corner

On October 21, early morning, we went on board an old Pirate ship in Mandurah. We were 12 exciting people. There were two funny and loud screaming Pirates on the ship. We had a wonderful and funny 45 minutes tour. Afterward, we had lunch nearby at Wood & Stone Restaurant. Excellent food and everybody were happy, only Tina was not, as she had to

pay a "\$60" fine for parking too long. (smile) Sorry, Tina....

Vreni

Our November outing was to go to Bowra and O'Dea for a "seniors Conference" where we heard several interesting speakers talk on financial, pre-paid funerals and other items. This was followed by a tour of their complex and then back to the conference room for lunch.

Ross (Editor)

## Editors Ramble

Ah, Mandurah, you just got to love it here. Who has been to see the Giants of mandurah? I have been to four including "Billy Bob" at Subiaco, where I did my good deed for the day by taking photos for a couple and their two children so that they all could be in it.

The first day of summer and it was overcast and threatening rain and when the sun came out it as hot and steamy.

Christmas is nearly upon us, and all the festive activities have already started. I have been to two Christmas lunches and still have our Christmas lunch to look forward to.

The committee has been busy sorting out all the social events and functions including guest speakers for 2023, please check the inside back page for details.

Talking of 2023, hasn't it come around rather quickly?

I will now take the opportunity to wish everyone a "Merry Christmas and a prosperous New Year.

## Upcoming Events

All the regular events can be found on the inside back page and in the Social corner of this newsletter. Any special or unusual event will be included in this section.

Editor

Community Talks

Peel region Branch will hold its annual "Community Talks day" on Monday 28<sup>th</sup> of August 2023

## 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.

**IMPORTANT NEWS** - Are you on a Home Care Package?

Hot off the press: Dec 1, National Seniors on-line extract from CONNECT - **CHANGES TO STOP HOME CARE OVERCHARGING.**

The Fed Gov has moved to cap home care and home care package management fees and has banned all exit fees as well as brokerage and subcontracting fees. As of 1 January 2023, home care management fees are capped at 20% and package management fees at 15%.

## 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](http://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

## Recipe Corner

### No Fuss – CURRIED CHICKEN & YOGHURT SALAD

#### Ingredients

1 serve only.  
 50g cooked Chicken Breast  
 125g Low-fat Yoghurt  
 1 teaspoon Curry Powder  
 Green salad vegetables

#### Method

1. Cut chicken into cubes.
2. Combine with yoghurt & curry powder.
3. Serve on bed of fresh green salad vegetables.

### Quick and easy BANANA CHARLOTTE

#### Ingredients

3 Bananas  
 Juice of 1 lemon  
 ¼ cup honey  
 ¼ cup cornflakes  
 1 level dsrt spoon desiccated coconut.

#### Method

1. Slice bananas & place in ovenproof dish.
2. Cover with lemon juice
3. Then honey and cornflakes
4. Sprinkle with coconut
5. Bake in moderate oven for 30 minutes
6. Serve with ice-cream or custard.

## Happy Snaps

### November 14<sup>th</sup>, 2022 Pirates for the Day





## Happy Snaps



**A well-deserved Lunch**

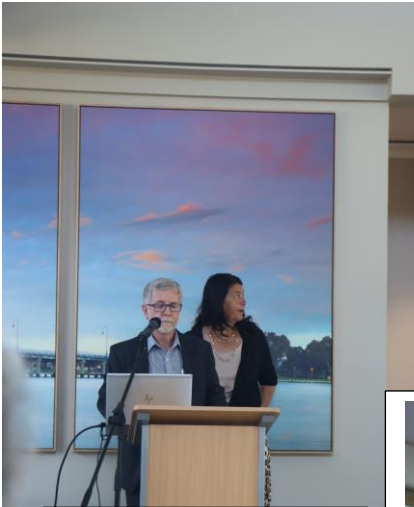


Ah, that must have  
coffee after lunch



## Happy Snaps

### A Seniors Conference at Bowra and O'Dea



**The Conference  
has started**



**Inspecting the  
Chapel**



**A light lunch is  
served**



## Just Joking

**Q** What do they sing at a snowman's birthday party?

**A** *Freeze a jolly good fellow!*

**Q** Why did Santa's helper see the doctor?

**A** *Because he had a low "elf" esteem!*

**What is the best possible holiday present?**

A broken drum—  
you just can't beat it!



RD

Did you hear that Walmart is giving away dead batteries for the holiday?



They're free of charge!

**Q** Why did the scarecrow get a big Christmas bonus?

**A** *Because he was outstanding in his field.*



**Q** What did Santa and his wife do when they wanted to split up but couldn't find a divorce lawyer in the North Pole?

**A** *They got a semicolon instead. They're great for separating independent Clauses.*

**Q** Why are Christmas trees so bad at sewing?

**A** *They always drop their needles!*

**Q** What has many keys but can't open Santa's sleigh?

**A** *A piano.*

**Q** What can travel all around the world like Santa Clause and never leave its corner?

**A** *A stamp.*

**Q** On Christmas eve, what question can children never answer yes to?

**A** *Are you asleep yet?*

# Quiz Time

## General Quiz

- Where did the word Christmas come from?
- What was the first song ever broadcast from space?
- What spirit is traditionally added to Christmas pudding?
- What Christmas beverage is also known as 'milk punch'?
- What Christmas food is good luck to eat on each of the twelve days of Christmas?
- What Christmas tradition began in Melbourne in 1938?
- What animated Christmas movie did Tom Hanks star in?
- One of Santa's reindeer shares the name with a different holiday's symbol. What's the name?
- What Christmas decoration has been considered a weed?
- Where did the nativity take place?

## Sudoku 2021-E0x (Easy)

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

## Sudoku 2021-0x (Hard)

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

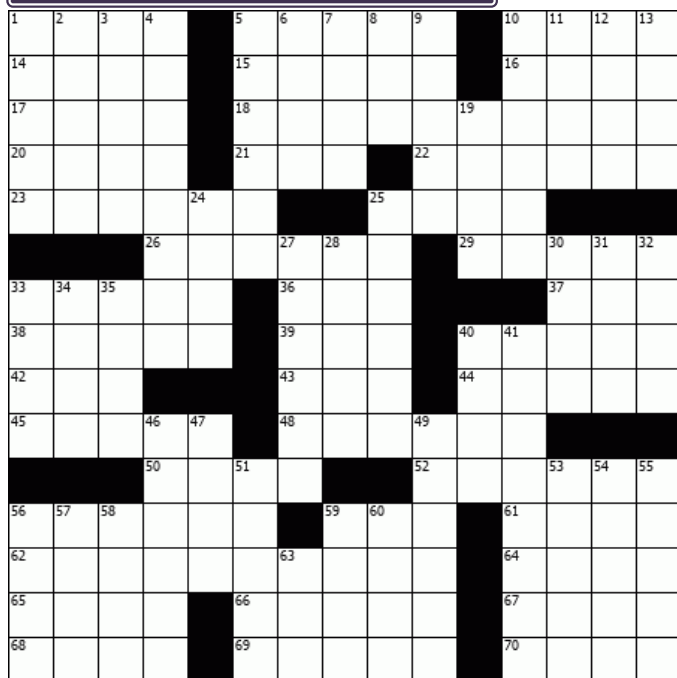
## More Jokes

© Randy Glasbergen  
www.glasbergen.com



"It's hard to be jolly when you have to work on Christmas!"

# Crossword



## Across

1. Clean furniture
5. Fizzy drinks
10. Metallic sound
14. Emerald \_\_\_\_
15. Garbage
16. Diva's offering
17. Better late \_\_\_\_ never
18. Misleading clue (2 words.)
20. Camping need
21. Hazardous curve
22. Rent contracts
23. Church instruments
25. Attired
26. Gambling site
29. Slightest
33. Kingdom
36. Likewise not
37. Recent (prefix)
38. Roast host

39. Unit of weight
40. Fittingly
42. Wine (Fr.)
43. Wind direction (abbr.)
44. Film spools
45. Sirloin, e.g.
48. The Grim \_\_\_\_
50. Harness strap
52. Cowboy's ropes
56. Cherishes
59. Exercise club
61. Annoying one
62. Eye-opener
64. Peruvian Indian
65. Frozen desserts
66. Alert
67. Zoo sound
68. Stop it!
69. Tailed celestial body
70. Makes a mistake

## Down

1. The same
2. Theatre attendant
3. Street talk
4. Feeler
5. Tension
6. Metallic deposits
7. Fathers
8. Hardwood tree
9. Seashore find
10. Formal procession
11. Spring flower
12. On cloud \_\_\_\_
13. Jokes
19. Not imagined
24. Appoint
25. Eye surface
27. Student doctor
28. Hangman's loop
30. Starting bet
31. Vend
32. Christmas gifts
33. Races the engine
34. Give off
35. Complexion woe
40. Neighbourhood
41. Sweat
46. Nab
47. Ship's bottom
49. Mars, e.g.
51. Author \_\_\_\_ Asimov
53. Spanish title
54. Academy Award
55. Leading actors
56. Waterless
57. Art \_\_\_\_ ('20s movement)
58. Pizzeria appliance
59. Thailand, formerly
60. Skin opening
63. Couple

# 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  
 NIGHTCAP  
 OFFICE  
 OLD FEZZIWIG  
 PETER  
 REDEMPTION  
 SNOW  
 SPIRITS  
 TINY TIM  
 TURKEY  
 WINTER

Quiz Answer

General

1. Where did the word Christmas come from?
2. Jingle Bells, in 1965
3. Brandy
4. Eggnog
5. Mince Pies.
6. Carols by Candlelight.
7. The Polar Express.
8. Cupid
9. Mistletoe.
10. Bethlehem

Sudoku 2021-E0x (Easy)

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

Sudoku 2021-H0x (Hard)

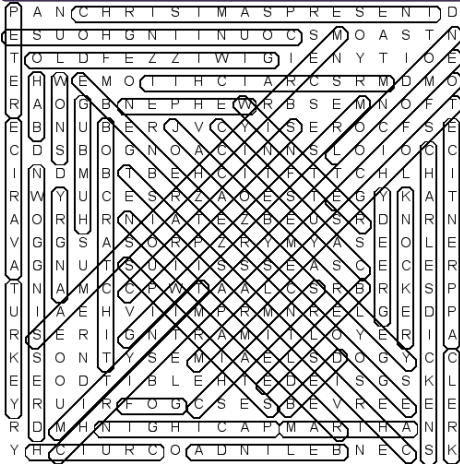
4	8	1	7	5	2	6	3	9
7	5	9	6	3	4	2	8	1
3	2	6	9	1	8	7	4	5
9	4	8	1	6	3	5	7	2
5	1	3	2	4	7	8	9	6
2	6	7	5	8	9	3	1	4
1	3	2	8	9	5	4	6	7
8	9	5	4	7	6	1	2	3
6	7	4	3	2	1	9	5	8

Crossword Answer

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



## Word Search Answers



Hidden Message

AND SO, AS TINY TIM OBSERVED, GOD  
BLESS US, EVERY ONE!

## And Still More Jokes



**Q** Did Rudolph go to school?

**A** No. He was Elf-taught!

**Q** Who hides in the bakery at Christmas?

**A** A mince spy

# Important Dates 2023

## Meetings

Date	Guest Speaker	Topic
13 <sup>th</sup> February	Mens Shed	
17 <sup>th</sup> April	Dot Shakespeare	Sign Language
12 <sup>th</sup> June	Michelle	Clerk at Courthouse
14 <sup>th</sup> August	No Speaker	AGM
9 <sup>th</sup> October	Librarian	Information available at libraries
4 <sup>th</sup> December	Christmas Lunch – venue <b>TBA</b>	

## Outings/Events

Date	Venue	Meet Time
13 <sup>th</sup> March	Quarry Park Meadow Springs, Picnic. BYO Chairs & food	11:30 am
8 <sup>th</sup> May	Car Rally – Details <b>TBA</b>	
3 <sup>rd</sup> July	Casino – depends on bus running	
28 <sup>th</sup> August	Annual Community Talks	TBC
11 <sup>th</sup> September	Trip to Dwellingup – car pool	
13 <sup>th</sup> November	Swan valley coach trip - <b>TBA</b>	
11 <sup>th</sup> December	Christmas Lunch	

## Weekend Socials

Date	Venue	Time
26 <sup>th</sup> February	Wild Squeeze Café, South Yunderup - <b>Lunch</b>	12:00 noon
22 <sup>nd</sup> April	Turquoise Café, Ormsby Tce, Mandurah – <b>Breakfast</b> <b>NOTE Saturday</b>	9:00 am
25 <sup>th</sup> June	Friar Tuck, Wannanup – <b>Lunch</b>	12:00 Noon
23 <sup>rd</sup> August	No Function	
21 <sup>st</sup> October	Moka, Boardwalk, Mandurah – <b>Breakfast</b> <b>NOTE Saturday</b>	
11 <sup>th</sup> December	Christmas Lunch	

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

## Annual Conference

Date	Location	Time
<b>TBA</b>	<b>TBA</b>	<b>9:30 – 3:30</b>

\*\*\*

# Contact Numbers

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Audrey		0404 147 047
<b><u>Treasurer</u></b>		
Rosemary	<a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>	04 8152 3041
<b><u>Social Events Outings</u></b>		
Committee	See Contact list	Committee
<b><u>Social Events Weekend Socials</u></b>		
Committee	See Contact list	Committee
<b><u>Guest Speaker Organiser</u></b>		
Committee	See Contact list	Committee
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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.