

Peel Region Branch

# National Seniors AUSTRALIA

*Out and About*

**ISSUE 1**

**February**

**2024**

50c

*Advancing the Interest of the Over 50's*



## December General Meeting 2023

Members opening their parcels when Audrey's game ended. It was a fun way to end the year.

### Web Pages

Head Office (Brisbane Qld)

National Seniors Travel

Peel Branch email

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

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

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

## Committee

### President

Tina - Email - [tinaf16@bigpond.com](mailto:tinaf16@bigpond.com)

Phone

### Vice President

Michael 9537 7868

### Secretary

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

### 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.

### Email

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

## President's Prattle

Welcome to 2024. I hope everyone enjoyed the festive season, spending quality time with family and friends. As there is lots to do in Mandurah with many free events and places to go to, I'm sure visitors would be envious of our relaxing waterside lifestyle. The branch Committee has come up with some great ideas for this year's programme and although we do our best to accommodate the majority, there are times when we need to diverge from the original plan, due to unforeseen circumstances. My suggestion is to check dates etc for any upcoming event, by contacting a committee member who will advise you of any changes.

Your input and ideas are welcomed. Lists will be circulated with suggestions for events and outings of interest for you to choose your preferences or you may like to add others.

Due to rising costs in producing newsletters, we will be charging 50cents to members should they want a printed copy, but you need to pre-order and pay and collect your copy at the meeting.

SCAM ALERT - Scam emails appearing to come from Chairman, Ross Glossop, NSA, have been circulating amongst members. One email asks if the person is available per phone and other is

about awarding gift cards then eventually asks you to make bank transfers etc. Check identity and if sender's email address ends in something other than @nationalseniors.com.au. it's a scam. If you are still unsure check with member line 1300 75 50 50 or phone 07 3233 9133 directly.

Looking forward to an exciting and eventful year with your attendance and support to help keep our branch strong. Tina Frost (President)

## Social Corner

### Outings

Hi everyone. All the festival season has gone already, and the new outings are here.

I hope we will have a wonderful 2024 with lots of fun on our trips and outings. Our first outing is on the 11. March. we will picnic on the foreshore in Dawesville at 11 am, opposite the Leprechaun Cafe & Takeaway. Bring your own chairs and table, lunch, or you can buy them in the shop.

Toilets are available and plenty of trees. I will bring some games. If you have any games or ideas, please feel free to bring it along. On the 13 of May, we could go by train to Bull Creek and visit the Aviation Heritage Museum.

I look forward to a wonderful, adventurous, fun 2024 with our lovable NSA group.

Cheers Vreni

### Weekend Social

Our first weekend social will lunch, meet at or before 12:00 pm, at Sandy Cove Tavern in South Yunderup.

### Guest Speaker

Mr Simon Allan, from Australia Red Cross will be the guest speaker for the February meeting.

The April guest speaker will be from MALA Peel

## Editors Ramble

Welcome to the new year of 2024. I hope you all enjoyed the Christmas and New year break and managed to restrict your food income, or at least manage to keep your weight in check. The committee members will be attempting to provide everyone with some outing, social meals and guest speakers and make 2024 a happy and enjoyable year.

I enjoyed a break over Christmas in Bridgetown travelling with Vill Holidays. I then had a reasonable new year eve.

Ross

## 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

**Upcoming Community Events in Mandurah**

Friday 16-17<sup>th</sup> March at Eastern Foreshore Central MANDURAH CRAB FEST.

**Community Talks**

Peel region Branch annual “Community Talks Day” will be held on a date in August 2024, which will be announced when the preparations have finalised.

**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 web page is [www.nationalseniors.com.au](http://www.nationalseniors.com.au). Please visit as 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.

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

**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, 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 “MyGov” account go to <https://my.gov.au/EnrolService/>

**Recipe Corner**

**PUFFED FISH**

- 750 grams FISH CUTLETS
- 1 EGG WHITE
- 1 tablespoon grated CHEESE

**Method:-**

Grill cutlets for a few minutes each side  
 On medium heat until cooked  
 Gently combine egg white and cheese  
 Spread on top of cutlets and replace under griller until golden & puffed.

**YOGHURT CRUNCH**

- 2 Cups non-fat YOGHURT
- 2 BANANAS sliced.
- 2 tbs unprocessed BRAN

2 tbs WALNUTS (chopped)

**Method:** Mix Yoghurt and bananas together, Sprinkle with bran and Walnuts.

**Just Joking**

**WHO CARES IF WE'RE GETTING OLDER?**



**WE STILL ROCK!**

Visit EMF at facebook.com/EightiesMusicForever



**Q.** What 5-letter word typed in all capital letters can be read the same upside down?

**A.** SWIMS

~~~~~ \*\*\*\*\* ~~~~~

**Q.** David's father has three sons: Snap, Crackle, and \_\_\_\_\_?

**A.** David

~~~~~ \*\*\*\*\* ~~~~~

**Q.** A cowboy rode into town on Friday. He stayed for three nights and rode out on Friday. How is this possible?

**A.** His horse's name is Friday.

~~~~~ \*\*\*\*\* ~~~~~

**Q.** What is full of holes but still holds water?

**A.** A sponge

Older people shouldn't eat healthy food. They need all the preservatives they can get.

~~~~~ \*\*\*\*\* ~~~~~

What is grandpa's bedtime?  
One hour after falling asleep on his rocking chair.

What is grandpa's bedtime?

One hour after falling asleep on his rocking chair.

**Photo taken by Tina on her Antarctic flight.**



**This photo was taken of Sandy at the Senior Citizens Centre during her 80th Birthday celebrations.**



You know you're getting old when the rocking chair feels like a roller coaster.

~~~~~ \*\*\*\*\* ~~~~~

# Happy Snaps



**Michael More receiving his 25 year certificate.**

**Ann Cordingley receiving her 25 year certificate.**



**Marie & Bruce Hunter receiving Their 25 year certificate.**

## Happy Snaps

After the December meeting, Audrey arranged everyone into a circle to play the game “Left of Right”. This was a fun game where the members were each given a parcel. The idea of the game was the parcel was to be passed when Audrey, while reading a story, said the word “left” and right when they heard her say “right”.

The game had to be stopped several times when someone found that they had two parcels. The member missing theirs had to be found, sometimes across the circle.

When the game ended, the members were allowed to open the parcel they held, if the preferred one of their neighbours could offer to exchange the item.





# Happy Snaps



**Member enjoying their  
Christmas Lunch at the  
Ravenswood Tavern**

**11<sup>th</sup> of December 2023**



**Christmas 2005**  
**At Cape Bouvard Winery**



**Christmas 2006**  
**At Ravenswood Tavern**



**Christmas 2007**  
**At Ravenswood Tavern**



**Christmas 2008**  
**At Peel Ale House Halls Head**



# Quiz Time

## General Quiz

1. What is the term for a group of flamingos?
2. What is the official animal of Scotland?
3. What year was the very first model of the iPhone released?
4. What does "HTTP" stand for?
5. What was the name of the rock band formed by Jimmy Page?
6. Which country did AC/DC originate in?
7. How many cards are there in a deck of Uno?
8. What classic video game requires you to eat all the dots throughout a maze?
9. How long is the gestation period of an African elephant?
10. What's the fastest land animal in the world?

## Sudoku 2024-E01 (Easy)

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

## Sudoku 2024-H01(Hard)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   |   |   | 6 |
|   | 2 |   |   |   |   |   | 7 | 5 |
|   | 7 | 5 |   | 1 |   | 9 | 4 |   |
|   |   | 1 |   | 7 |   |   |   |   |
|   |   |   | 9 | 5 |   | 1 |   |   |
|   | 9 |   | 6 |   |   |   |   |   |
|   |   |   | 8 | 9 | 4 | 5 |   |   |
|   | 5 |   |   |   |   |   |   | 9 |
| 8 |   |   |   | 6 |   |   |   | 7 |

Where does Sir Lancelot go on the 31st of December night?

A knight club.

~~~~~ \*\*\*\*\* ~~~~~

How does NASA organize the New Year event?

They planet.

~~~~~ \*\*\*\*\* ~~~~~

What does a house wear to a New Year's Eve party?

Address.

~~~~~ \*\*\*\*\* ~~~~~

Knock, knock.

(Who's there?)

Mary and Abby!

(Mary and Abby who?)

Mary Christmas and a Abby new year.

Crossword

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |    | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    |    | 15 |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    |    | 18 |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    | 21 |    |    |    |    |    | 22 |    |    |    |
|    |    |    |    | 23 |    |    |    | 24 | 25 |    |    |    |    |    |
| 26 | 27 | 28 | 29 |    | 30 |    |    | 31 |    |    |    |    |    |    |
| 32 |    |    |    |    | 33 |    |    | 34 |    | 35 |    | 36 | 37 | 38 |
| 39 |    |    |    | 40 |    |    |    | 41 | 42 |    |    |    |    |    |
| 43 |    |    |    |    |    | 44 | 45 |    |    |    | 46 |    |    |    |
|    |    |    | 47 |    | 48 |    | 49 |    |    | 50 |    |    |    |    |
| 51 | 52 | 53 |    |    |    |    | 54 |    |    | 55 |    |    |    |    |
| 56 |    |    |    |    | 57 | 58 |    |    |    | 59 | 60 | 61 | 62 |    |
| 63 |    |    |    |    | 64 |    |    |    |    | 65 |    |    |    |    |
| 66 |    |    |    |    | 67 |    |    |    |    | 68 |    |    |    |    |
| 69 |    |    |    |    | 70 |    |    |    |    | 71 |    |    |    |    |

Down

1. Fertilizer component
2. Drudge
3. Broadcast
4. Oriental grain
5. Barren
6. A form of torture
7. It browns bread
8. Parental sister
9. Legal filings
10. Domestic utensils
11. A computer company
12. Pertaining to cod
13. Hillside
21. Josh
25. Lascivious look
26. Declines
27. Threadbare
28. Decorative case
29. Commander of a ship
34. Repeated performance
36. Assess
37. One less than 10
38. Break in two
40. Crease
42. Legislate
45. Lanai
48. Be unlike
51. Scattered
52. Battery terminal
53. Thrust
55. Meat on a stick
58. Adriatic resort
59. Scarce
60. Angers
61. Not any
62. Pesky insect

Across

- |  |   |  |
|--|---|--|
| <ol style="list-style-type: none"> <li>1. Utilizers</li> <li>6. Pierce</li> <li>10. Cronos</li> <li>14. Send, as payment</li> <li>15. See the sights</li> <li>16. Iridescent gem</li> <li>17. Genus of heath</li> <li>18. Hindu princess</li> <li>19. Style of hairdo</li> <li>20. Lingering sensation</li> <li>22. Lingerie item</li> <li>23. Retained</li> <li>24. The wool of a sheep</li> <li>26. Flock</li> </ol> | <ol style="list-style-type: none"> <li>members</li> <li>30. Type of primate</li> <li>31. Stitch</li> <li>32. Two considered together</li> <li>33. Indian dress</li> <li>35. Deservedly receives</li> <li>39. Injured</li> <li>41. Lay of the land</li> <li>43. Marsh bird</li> <li>44. Baking appliance</li> <li>46. Europe's highest volcano</li> <li>47. Angry</li> </ol> | <ol style="list-style-type: none"> <li>49. Chapter in history</li> <li>50. Exude</li> <li>51. Sausage</li> <li>54. Torture device</li> <li>56. Duty</li> <li>57. Obsequiously complimentary</li> <li>63. Custom</li> <li>64. French for "End"</li> <li>65. Nobleman</li> <li>66. Border</li> <li>67. Poi source</li> <li>68. Sporting venue</li> </ol> |
|--|---|--|

69. Elk or caribou
70. Horse colour
71. Assail

## Word Search Happy new Year

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

APPETIZERS  
 BABIES  
 BALLOONS  
 BANNERS  
 BUFFET  
 CELEBRATE  
 CHAMPAGNE  
 CONFETTI  
 DANCE  
 DAY ONE  
 DECORATIONS

END OF DECEMBER  
 EVENTS  
 FAMILY  
 FATHER TIME  
 FEAST  
 FESTIVITIES  
 FIREWORKS  
 FIRST OF JANUARY  
 FRIENDS  
 HATS  
 HOLIDAY

HORNS  
 KISS  
 MIDNIGHT  
 MUSIC  
 NEW YEARS DAY  
 NEW YEARS EVE  
 NOISEMAKERS  
 OCCASION  
 PARADES  
 PARTY

PUNCH  
 RESOLUTIONS  
 SINGING  
 STREAMERS  
 THIRTY FIRST  
 TIARAS  
 WINE  
 YEAR IN REVIEW

Quiz Answer

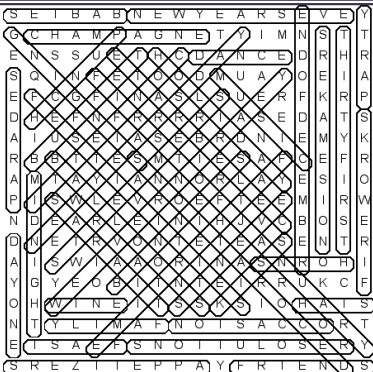
General

1. Flamboyance
2. Unicorn
3. 2007
4. HyperText Transfer Protocol
5. Led Zeppelin
6. Australia
7. 108
8. Pac-Man
9. 22 months
10. The cheetah

Sudoku 2024-E01 (Easy)

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

Word Search Answers



The hidden message is: TIMES SQUARE IN NEW YORK CITY

Sudoku 2024-H01 (Hard)

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

Crossword Answer

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

## Important Dates 2024

### Meetings

| Date                      | Guest Speaker                 | Topic                    |
|---------------------------|-------------------------------|--------------------------|
| 12 <sup>th</sup> February | Mr Simon Allan                | From Australia Red Cross |
| 8 <sup>th</sup> April     | TBA                           | Mala Peel                |
| 10 <sup>th</sup> June     | TBA                           | TBA                      |
| 12 <sup>th</sup> August   | Michael and Noel<br>(members) | (National Service) AGM   |
| 14 <sup>th</sup> October  | TBA                           | TBA                      |
| 2 <sup>nd</sup> December  | TBA                           | TBA                      |

### Outings/Events

| Date                      | Venue                           | Meet Time  |
|---------------------------|---------------------------------|------------|
| 11 <sup>th</sup> March    | Picnic Lunch Dawesville Reserve | 11:00 am   |
| 13 <sup>th</sup> May      | RAAF Aviation Museum Bullcreek  | <b>TBC</b> |
| 8 <sup>th</sup> July      | TBA                             |            |
| August                    | Annual Community Talks          | DATE TBA   |
| 9 <sup>th</sup> September |                                 |            |
| 14 <sup>th</sup> November | TBA                             |            |
| 9 <sup>th</sup> December  | Christmas Lunch Venue TBA       | 12 noon    |

### Weekend Socials

| Date                      | Venue   | Time           |
|---------------------------|---|----------------|
| 25 <sup>th</sup> February | Sandy Cove Tavern <b>Lunch</b>                | 11:30 am       |
| 27 <sup>th</sup> April    | TBA – <b>Breakfast</b> <b>NOTE Saturday</b>   | 9:00 am        |
| 23 <sup>rd</sup> June     | TBA <b>Lunch</b>                              | 12:00 Noon     |
| 23 <sup>rd</sup> August   | No Function                                   |                |
| 26 <sup>st</sup> October  | TBA– <b>Breakfast</b><br><b>NOTE Saturday</b> | 9:00 - 9:30 am |
| 9 <sup>th</sup> December  | Christmas Lunch                               | 12 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

| <u>Name</u>  | <u>Email</u>  | <u>Phone</u>  |
|--|---|---------------|
| <b><u>President</u></b>                                |   |               |
| Tina   | <a href="mailto:tinaf16@bigpond.com">tinaf16@bigpond.com</a>                        | 9582 0679     |
| <b><u>Vice President</u></b>                           |   |               |
| Michael  | <a href="mailto:mikemore@iinet.net.au">mikemore@iinet.net.au</a>                    | 9537 7868     |
| <b><u>Secretary</u></b>                                |   |               |
| Mandy  | <a href="mailto:peel.region.nsa@outlook.com">peel.region.nsa@outlook.com</a>        | 9537 7868     |
| <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>                    |   |               |
| Vreni  |   | 0432 610 190  |
| <b><u>Social Events Weekend Socials</u></b>            |   |               |
| Lauraine   |   | 0428 643 846  |
| <b><u>Guest Speaker Organiser</u></b>                  |   |               |
| Committee  | See Contact list  | Committee     |
| <b><u>Editor &amp; Web Master</u></b>                  |   |               |
| Ross   | <a href="mailto:rbarratt@outlook.com">rbarratt@outlook.com</a>                      |               |
| <b><u>Zone 114/State Representatives Chair</u></b>     |   |               |
| Lynne Cooper<br>Rockingham                             | <a href="mailto:lyncooper1605@gmail.com">lyncooper1605@gmail.com</a>                | 08 9593 1034  |
| <b><u>Zone 114/State Representatives Secretary</u></b> |   |               |
| Nan Senior<br>Roickingham                              | <a href="mailto:nansenior@bigpond.com.au">nansenior@bigpond.com.au</a>              | 08 9593 2141  |
| <b><u>National Seniors Australia</u></b>               |   |               |
| Head Office<br>Brisbane                                | <a href="http://www.nationalseniors.com.au/">http://www.nationalseniors.com.au/</a> | 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.