

Out and About

Peel Region Branch

ISSUE 4

National Seniors
AUSTRALIA

50c

**August
2024**

Advancing the Interest of the Over 50's



Members of the Peel Region Branch of the National Seniors Australia ready to enjoy a meal at the Happy Chinese Restaurant in Mandurah.

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

Committee

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Tina - Email - tinaf16@bigpond.com

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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).

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 4th Sunday of even months.

Email

peel.region.nsa@outlook.com

BSB

633 000

A/C Number

141 169 052

President's Prattle

Welcome to August 2024 newsletter.

With the AGM comes new office bearers to take on the important role of keeping the branch active and forever keeping us in the loop on what is happening around us. The meetings bring us together and is where we socialise and hear good guest speakers, find out what our pollies are up to, be informed, debate and enjoy each other's company. That is what we are about, and it works well for being a successful branch.

To add to that, pushing boundaries for awareness on what seniors need to live a better life, and help achieve change has been our aim, and in some areas, we have had success whilst in others we are still persevering.

Our numbers have flourished, and members attendance have been excellent.

Thank you for your support and I take this opportunity to wish the new committee well. This is my last 'President's Prattle' as Ross has adeptly named it. I will not be nominating and feel it is time for a change and give someone else the opportunity to step up in the role as President. Other roles in the committee also need to be filled.

I have enjoyed the last five years at the helm and thank the committee for their dedication and support. Their enthusiasm and encouragement have made the job a pleasure. It has been a good experience, and I assure whoever takes over will benefit from the new skills learned and the camaraderie that comes with being on a committee.

My parting words - Knowledge is power, be alert, question all and try to stay healthy and safe.

Tina Frost (President)

Social Corner

Outings

The July outing was a self-drive/carpool to Fairbridge Village. See the article under “happy Snaps”.

Unlike last year’s visit, where it rained most of the day, this time the rain had stopped by the time we had finished our morning coffee. This meant that we could wander from place to place at a leisurely pace.

Weekend Social

The last weekend social was lunch at the Happy Chinese on Pinjarra Road, opposite the Mandurah Forum.

Guest Speaker

The August guest speaker will be two members from our branch talking about their time in the National Service.

Editors Ramble

Hello everyone, welcome to the fourth edition of the Peel Region Branch newsletter for 2024.

I’m not sure about you, but I’m getting to a point where I am wishing the weather starts to warm up again. Don’t get me wrong I can put up with cold and wet, but only for a short period of time.

I am also someone who says they can’t wait for the summer to end. I guess that I am like most people and who are not happy with the weather.

August brings us to the “Annual General meeting”, oh not again I hear you say. Thank you for reading this paper and I hope you enjoy it as much as I enjoy publishing it.

Ross

Editor

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

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.

The committee wishes to remember Alice Mol a long time member of Mandurah/Murray and the Peel region Branch who sadly passed away recently.

F.Y.I.

This section is a permanent feature that contains useful Web addresses and other information.

CASH CAMPAIGN

National Seniors Australia has initiated a crucial campaign to ensure seniors are not disproportionately affected by the removal of cash.

Our 'Keep Cash' Campaign aims to ensure cash remains accessible and circulated and accessible for all Australians.

Cash continues to play a vital role offering security and stability especially in times of outages and technological failures.

You can help by using cash at every opportunity.

In support of this campaign:-

The owner of Local Business in Silver Sands and Halls Head welcomed our 'KEEP CASH' Campaign and has displayed our National Seniors sign 'WE ACCEPT CASH' in the following news agencies.

These are:-

✚ News Xpress SILVER SANDS, Shop 13, Sands Shopping Centre, 175-179 Mandurah Tce, Mandurah WA.

✚ News Xpress HALLS HEAD – Shop 15, Halls Head Central, 14 Guava Way, Halls Head, WA.

You can also use any card except ANZ to draw cash out at any of these two stores.

The following two cafes have now joined the "Keep Cash" program and displays the sign "KEEP CASH".

✚ The Tree of Life café' - specializing in high teas and functions and homemade café foods, 31 Sholl Street, Mandurah

✚ The Butcher, Baker, Great Coffee Maker' Rouse Road, Greenfields

near Mandurah RSL

Please support this business and mention you are an NSA member.

NSA Web Page

The National Seniors web page is 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 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

QUICK QUICHE

4 eggs
 ½ diced onion
 1 tbsp. chopped parsley
 2 bacon rashers
 ½ cup S.R Flour
 1 ½ cups milk
 Salt and Pepper

*Mix all in a bowl & bake for
 40 minutes in moderate oven*

WHOLEMEAL SCONES

1 cup SR Flour Wholemeal Flour
 1 cup SR Flour White Flour
 1 ½ tbsps. polyunsaturated margarine
 180ml-200ml half strength skim milk

*Mix flours in mixing bowl. Fold in margarine
 lightly*

*with fingertips until it resembles fine
 breadcrumbs.*

Mix in sufficient milk to make a soft dough.

*Put dough onto lightly floured board and roll
 out*

*To 1.5cm thickness. Cut into rounds
 and place on an oiled baking tray.*

Cook in hot oven 12-15 minutes.

(taken from Heart Foundation recipes)

Just Joking

Why did Grandma put wheels on her
 rocking chair?

So that she could rock and roll.

Stories from a Member

John and I attended the Rockingham NSA outing to “Amaze Miniature Park” on 3rd July 2024.

The morning started out quite cold then warmed up. The park was magnificent with its miniature buildings, model trains, hedged maze, yard games and mini golf.



John and 3 members of the Rockingham group played mini golf. It was brilliant watching them while sitting in the sun. Later we had morning coffee and a cake at the “Tiny Teapot Café”. I had a coffee and miniature mystery cup cake.



Then we all went to “Sharkey’s Fish & Chips” for lunch.

I would highly recommend that members with grandchildren should take them to the park.

Mandy

On 11th July 2024 John and I flew to Darwin, then drove 308 km down to Katherine for a friend’s wedding and stayed for 13 days so I could revisit my old haunts. I lived in Katherine for 18 months while running the hospital’s medical laboratory. The room where the laboratory was is now a library. The main street in Katherine now has a medium strip with trees and flowers down it, which is why I couldn’t recognise it. Low level was mostly the same. Our only complaint was that it was so very cold at night and early mornings. People were saying that it was unusual for it to be so cold at this time of year.

We also went:

- To Cutta Cutta Caves but weren’t able to see any bats because they had all moved deeper into the caves due to the cold spell



- To the Katherine show
- On a boat cruise visiting the first 3 Georges



Jokes aloud

Ah, the modern days...

I just saw [a grandpa](#) help a youngster who was staring into his phone, to cross the street.



"Ahhh... There's nothing like the great outdoors."

On a helicopter ride overlooking 8 of the Georges and 3 waterfalls



- To Mataranka Thermal Pool and Hot Springs, the water was like beautifully warm bath water

As we will be back in Darwin in January 2025 we decided not to go to Adelaide River and see the jumping croc.

Mandy

Joking again

Why aren't koalas [actual bears](#)?

They don't meet the koalafications.



"If anyone knows why these two should not be wed, tweet #BIGMISTAKE to @ThisWedding now, or forever hold your peace."

Happy Snaps

July Outing Fairbridge

On July 8th NSA members gathered in the cafe area of Fairbridge Village where they enjoyed scones jam and cream with either coffee or tea and chatted with other members and friends.



The day was bright and welcoming as everyone walked up to the church. Inside the group began to take their seats in the spacious well-kept church ready for a talk by Audrey who at one time taught at the village.

Happy Snaps

Audrey gave us an interesting talk about the creation of Fairbridge Village and its life. Built as a boy's home where during and after the war, children from England, who were mostly orphaned, were housed, schooled and taught various trades. It seems that although the concept of the lifestyle of the boys



was to equip them for adult life many boys perceived it negatively. Later things changed and it became a boarding school housing both boys and girls. Some of the students resenting the fact that their parents lived in Perth while sending their children to Fairbridge. Others thrived on being there and many still attend reunion weekends at the Village.

Happy Snaps

The group then visited the museum where uniforms, utensils and tools are displayed alongside information on the history of Fairbridge Village.



We enjoyed a tasty lunch in the museum building in front of a roaring fire, enjoying chatting about the day and the pros and cons of the boys' lives in the Village.

Interestingly a few days later I found myself talking with a man

who said he grew up in Fairbridge Village. He said his Father had died in the war and in 1952 his mother decided to remarry and sent him to Fairbridge. He spoke about the journey to Australia how unhappy, confused and abandoned he felt. On reaching Fairbridge the culture shock, weather and way of life completely overwhelmed him resulting in a miserable and confusing childhood. He went on to say that in two weeks' time he was traveling to England under a Government reunifying scheme to meet his two half-sisters for the first time

Annette

Quiz Time

General Quiz

1.

What name does deer meat go by?
2.

Parkers, trenches, bombers and peas are types of what winter outerwear?
3.

Where did backgammon originate?
4.

What’s the scientific name of a wolf?
5.

What is the name of the thin and long country that spans more than half of the western coast of South America?
6.

Which kind of alcohol is Russia notoriously known for?
7.

What animal is on Levi’s logo?
8.

How many cards are there in a deck of Uno?
9.

How many eyes does a bee have?
10.

What is the smallest country in the world?

Sudoku 2024-E04 (Easy)

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

Sudoku 2024-04 (Hard)

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

A few more jokes

I told my grandkids I was reading a book on anti-gravity. They asked if it was any good. I said, “It’s impossible to put down!”

~~~~~

I’ve finally reached the age where my back goes out more than I do.

~~~~~

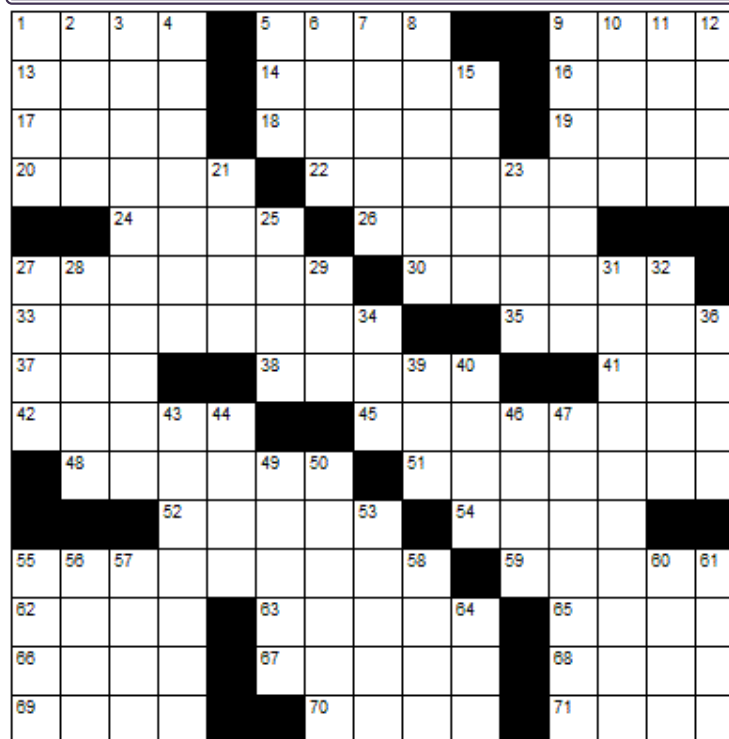
Older people shouldn’t eat healthy food. They need all the preservatives they can get.

~~~~~

What is Grandpa’s bedtime?

One hour after falling asleep on his rocking chair.

## Crossword



## Down

1. Pack to capacity
2. Angelic headgear
3. Valid or accurate
4. Error
5. Stomach muscles, for short
6. Extended family
7. Dominates
8. Ancient ascetic
9. Not artificial
10. Angle between leaf and branch
11. Rind
12. Countercurrent
15. Hell
21. Sod
23. Celebration
25. Large mass of floating ice
27. Balm ingredient
28. Depart
29. Dung beetle
31. Abstainer from alcohol
32. Outward
34. Petrol
36. Empty weight
39. Frozen water
40. What we kiss with
43. In a remarkable way
44. Zig or zag
46. 5280 feet
47. Set apart
49. Ways to walk
50. Here
53. Audacity
55. "Do \_\_\_\_ others"
56. Horse color
57. Cotton plant capsule
58. Sow
60. Seafarers
61. Feudal worker
64. N N N

## ACROSS

1. Pal
5. Unit of land
9. Back of the neck
13. Hindu princess
14. Show embarrassment
16. Cut down
17. Anagram of "Slam"
18. Chip dip
19. Bound
20. Damp
22. Necessarily
24. Ticket part you

## keep

26. Contemptuous look
27. Changed
30. Property
33. Schoolyard game
35. Select by voting
37. Durable wood
38. Goblet
41. Greek letter
42. Occurrence
45. Curved saber
48. Sufficient
51. Broadcast installment

52. Railroad
54. Coin opening
55. City dwellers
59. Fill with joy
62. Neophyte, in modern slang
63. Trio
65. "Oh dear!"
66. Not short
67. Days in a week
68. Anagram of "Rent"
69. Sole
70. Scarlets
71. Celtic language

## Word Search

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

ARTICHOKE HEARTS  
 ASIAGO  
 ASPARAGUS  
 BACON  
 BANANA PEPPERS  
 BASIL  
 BELL PEPPERS  
 BLACK OLIVES  
 BROCCOLI

CRUST  
 EGGPLANT  
 FETA  
 GARLIC  
 GOAT CHEESE  
 GOUDA  
 GREEN OLIVES  
 GROUND BEEF  
 HAM

JALAPENOS  
 MONTEREY JACK  
 MOZZARELLA  
 MUSHROOMS  
 OLIVE OIL  
 ONIONS  
 OYSTERS  
 PARMESAN  
 PEPPERONI

PROVOLONE  
 RICOTTA  
 SALAMI  
 SAUSAGE  
 SHRIMP  
 SPINACH  
 TOMATO SAUCE  
 TOMATOES  
 ZUCCHINI



Quiz Answer

General

1. Venison
2. Coats
3. In Persia
4. Canis lupus
5. Chile
6. Vodka
7. Horse
8. 108
9. Five
10. Vatican City

Sudoku 2024-E04 (Easy)

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

Sudoku 2024-H04 (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden words are: ANCHOVIES  
CHICKEN MEATBALLS PINEAPPLE

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     | Peter Worsley              | Shipwrecks Off W.A. coast                 |
| 10 <sup>th</sup> June     | Madge Hodgkin              | MALA (Mature Adults Learning Association) |
| 12 <sup>th</sup> August   | Michael and Noel (members) | (National Service) AGM                    |
| 14 <sup>th</sup> October  | Donna Brown                | Centrelink                                |
| 9 <sup>th</sup> December  |                            | 12 Noon                                   |

Outings/Events

| Date                      | Venue                               | Meet Time |
|---------------------------|-------------------------------------|-----------|
| 11 <sup>th</sup> March    | Picnic at the Dawesville foreshore. |           |
| 13 <sup>th</sup> May      | RAAF Aviation Heritage Museum       | TBA       |
| 14 <sup>th</sup> May      | Mandurah Performing Arts Centre     | TBA       |
| 8 <sup>th</sup> July      | Fairbridge Village                  | TBA       |
| 9 <sup>th</sup> September |                                     |           |
| 14 <sup>th</sup> November | Car Rally                           |           |
| 9 <sup>th</sup> December  | Ravenswood Hotel cost \$35          | 12 noon   |

Weekend Socials

| Date                      | Venue                                                         | Time           |
|---------------------------|---------------------------------------------------------------|----------------|
| 25 <sup>th</sup> February | TBA Lunch                                                     | 12:00 noon     |
| 27 <sup>th</sup> April    | Café 63 @ the Forum (on Boardwalk.<br>Breakfast NOTE Saturday | 9:00 am        |
| 23 <sup>rd</sup> June     | Happy Chinese Pinjarra Rd. Lunch                              | 12:00 Noon     |
| 23 <sup>rd</sup> August   | No Function                                                   |                |
| 26 <sup>th</sup> October  | TBA– Breakfast<br>NOTE Saturday                               | 9:00 - 9:30 am |
| 9 <sup>th</sup> December  | Christmas Lunch @ Ravenswood                                  | 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>  |
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| Michael                                                | <a href="mailto:msbmore32@gmail.com">msbmore32@gmail.com</a>                        | 9537 7868     |
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| <b><u>Treasurer</u></b>                                |                                                                                     |               |
| Rosemary                                               | <a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>            | 0481 523 041  |
| <b><u>Social Events Outings</u></b>                    |                                                                                     |               |
| Vreni                                                  |                                                                                     | 0432 610 190  |
| <b><u>Social Events Weekend Socials</u></b>            |                                                                                     |               |
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| <b><u>Guest Speaker Organiser</u></b>                  |                                                                                     |               |
| Wendy & Mike                                           |                                                                                     | 08 9586 3511  |
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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.