

Peel Region Branch

# National Seniors

AUSTRALIA

*Advancing the Interest of the Over 50's*

*Out and About*

**ISSUE 5**

**October**

**2024**



## **Photo taken at the Peel Region Branch Christmas Lunch.**

*On Monday December the 18<sup>th</sup> many NSA MEMBERS including 6 Members from our Rockingham Branch enjoyed the End of the year Christmas Lunch which was at Redcliffe/On/Murray in Pinjarra.*

*They Looked after us so well with a most tasty **CHRISSY FAYRE** which was Promised to me. (taken from social events, issue 1 2020 newsletter)*

### Web Pages

Head Office (Brisbane Qld)

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

National Seniors Travel

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

Peel Branch email

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



## Committee

### President

Kieran

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### Vice President

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### Secretary

Tina

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### Zone 114 Chair

Lyn Cooper Ph. 08 9593 1034

### Zone 114 Secretary

Nan Senior – Ph.08 9593 2141

**For full details – see contacts on page 12**

## 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)

BSB

633 000

A/C Number

141 169 052

## President's Prattle

Welcome to October newsletter.

The happenings over the last couple of months have been busy with getting a full committee together after our AGM. I am pleased to say this has been successfully accomplished.

The new committee consists of President, Vice President, Secretary, Treasurer, Assistant Secretary/Minute Taker and Web Master which are Kieran, John, Tina, Wendy, Jackie and Ross.

Thank you to the above members for putting their hands up and we can look forward to an exciting year ahead full of new ideas and fun programmes. The rest of this year's events are already in place so the new committee will have a fresh start in the new year.

Any suggestions you may have for next year will be welcomed by the committee as member involvement brings diversity and makes for a successful branch.

Tina Frost (Outgoing President)

## Social Corner

### Outings

**MYSTERY CAR TOUR - Mon Nov 11<sup>th</sup>, 2024**

TIME: **10.00AM**



WHERE: Car Park area Cnr Mandurah Tce,  
Hackett St/Scholl St, Mandurah  
WAIT: to be registered and receive  
instruction envelope. (4 people per vehicle)  
WHAT TO BRING: Picnic lunch, Thermos of  
hot water, picnic table, chairs, sunscreen,  
mozzie spray, hat & a smile.  
We will supply tea and coffee. Be ready for  
some fun.

## Weekend Social

No Socials in October

## Guest Speaker

A speaker from the Mandurah Library.

## Editors Ramble

Hi everyone, welcome to the 5<sup>th</sup> edition  
of the newsletter for 2024, my  
goodness where has the year gone.  
I don't have any photos of recent  
events to include in this edition, so I  
have included three randomly selected  
photos from past "Christmas" lunches.  
Please enjoy the articles and other  
items.

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

[Coming Events in Mandurah/Peel](#)

## Shows – Mand Performing Arts Centre (ManPAC)

- Wed 16<sup>th</sup> Oct 7.30 pm CELTICA -New  
Era of Irish Dance
- Sat 19<sup>th</sup> Oct 7.30pm, Sun 20<sup>th</sup> Oct  
3.00pm Ultimate Country & Rock 'n'  
Roll in Concert
- Sun 27<sup>th</sup> Oct 3pm – Poems, Prayers &  
Promises of John Denver
- Tue 29<sup>th</sup> October 11.00am Morning  
Concerts AQUILA Future Classics  
(Classical Music) past 50yrs
- Fri 1<sup>st</sup> Nov 7.30pm BABBA – 30 Yr  
Anniversary iconic hits of 70's  
supergroup ABBA.
- Sat 2<sup>nd</sup> Nov 2pm – Wake up Little Suzie  
The Everley Bros Story (Williams Bros)  
7.30 pm Celebrate British Supergroups  
from 60's, 70's 80's
- Fri 8<sup>th</sup> Nov 7.30pm ELVIS – The  
legendary Performer  
(Mark Anthony's performance of Elvis)

### Also

- Sun Oct 20<sup>th</sup> -Lakeside by Teman  
Lifestyle Village OPEN DAY  
194 Old Mandurah Rd, Ravenswood.

## 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

W/  
a:

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/>

## Happy Snaps

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/>

### Launch of 'Challenge Your Bias'.

### Awareness raising campaign about ageism

Please keep an eye out for the 'Challenge Your Bias' campaign over the coming months. You can find out more information on the website



<https://www.communities.wa.gov.au/challengeyourbias>.

**Christmas 2010  
Redcliff on the  
Murray**



**Christmas 2015  
Café Coast**



**Christmas 2016  
Friar Tucks Wannanup**





# Arcadia Mandurah Retirement Village

## Open Day and Craft Fair

Saturday 23 November 2024

Where the residents have stall with their craft, jams, & cakes for sale

Ice cream van | morning tea etc.



Quiz Time

General Quiz

1. Which large sea mammal is known for its song-like vocalizations?
2. What is the legal term for a voluntary written statement made under oath?
3. Who designed the Sydney Opera House?
4. What is the name of the home of the Greek Gods?
5. What genre of music did Taylor Swift start in?
6. Who, which queen was Julius Caesar involved with?
7. What is the smallest country in the world?
8. What is your body’s largest organ?
9. What name does deer meat go by?
10. In what year was the first-ever Wimbledon Championship held?

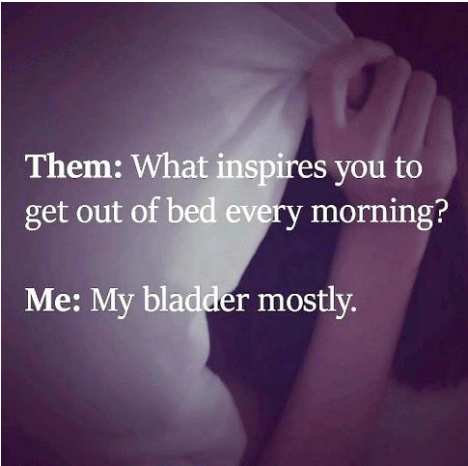
Sudoku 2024-E05 (Easy)

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

Sudoku 2024-05(Hard)

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

Just Joking

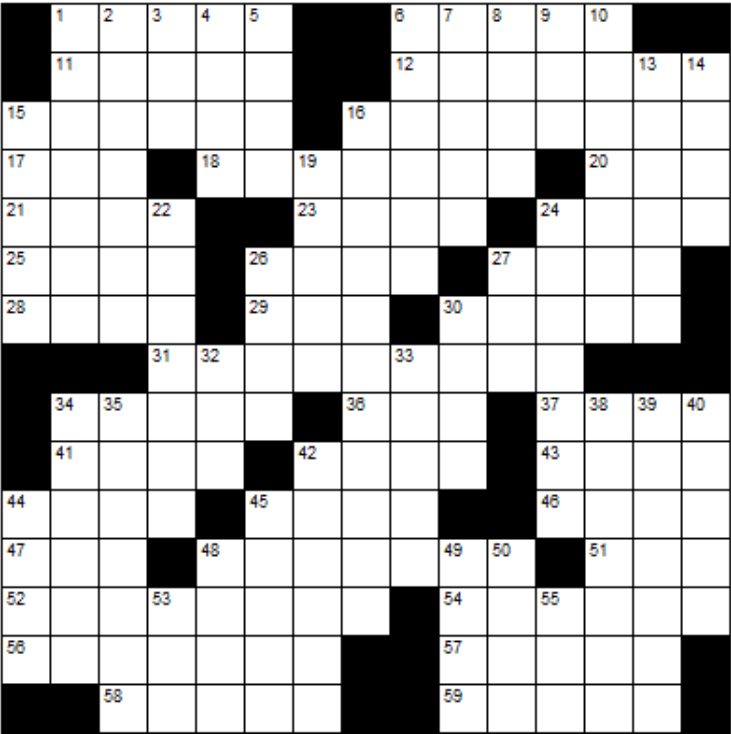


**Them:** What inspires you to get out of bed every morning?

**Me:** My bladder mostly.



Crossword



Down

- . Asked  
2. Remove from a box  
3. American Dental Association  
4. Lock openers  
5. Celtic language  
6. Detestable  
7. Infectious agent  
8. Nights before  
9. Not a column  
10. Slattern  
13. Fold 14. Anagram of "Seek"  
15. Triangular formation  
16. Young fish (plural)  
19. Scoundrel  
22. Reclamation  
24. Coming into existence  
26. Jittery  
27. N N N  
30. Bristle  
32. Jerk  
33. Unique34. You sew with this  
35. Expunction  
38. Church officers  
39. Delete  
40. Stairs  
42. Assimilate  
44. Daddy  
45. Bet  
48. Despise  
49. Declines  
50. Awful  
53. Supreme  
55. Transgression

ACROSS

1. Earth tremor  
6. Blatant  
11. Not over  
12. Marriage end  
15. Rots  
16. Pyrotechnic  
17. Be mistaken  
18. Important  
20. Downwind  
21. Teller of untruths  
23. Duty  
24. "Oh dear!"  
25. French for "Head"

26. They come from hens  
27. Greek god of love  
28. Gulf port  
29. Expected  
30. Marsh bird  
31. Avidness  
34. Paperboy  
36. Fate  
37. Mid-month days  
41. Ages  
42. Opera star  
43. Succeeding  
44. Reverberation  
45. Alcoholic

- beverage  
46. Be slack-jawed  
47. Commercials  
48. Bargained  
51. Container  
52. Feathers  
54. Buffaloes  
56. Oxygenates  
57. Fetch  
58. Strain  
59. Feeling



Word Search

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

ANGER  
APPRECIATIVE  
ARROGANT  
BITTER  
CALM  
CHEERFUL  
CONFIDENT  
CURIOUS

DISGUST  
DUBIOUS  
EDGY  
ENVOIOUS  
EXUBERANT  
FEAR  
FRANTIC  
FRETFUL

GLAD  
GLEEFUL  
GRATEFUL  
GRIEF  
GRUMPY  
HAPPY  
HOPE  
INDIFFERENT

JEALOUS  
JOLLY  
JOYFUL  
MOROSE  
MOURNFUL  
NERVOUS



## Quiz A

## Crossword Answer

## General

1. The Whale
2. Affidavit
3. Jorn Utzon
4. Olympus
5. Country
6. Cleopatra
7. Vatican City
8. The skin
9. Venison
10. 1877

## Sudoku 2024-E0x (Easy)

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

## Sudoku 2024-H0x (Hard)

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

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

## Word Search Answers

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

The hidden word is: EMBARRASSMENT



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	Ship wrecks Off W.A. coast
10 <sup>th</sup> June	TBA	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
2 <sup>nd</sup> December	Mandurah Library	

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		
11 <sup>th</sup> November	Mystery Car Tour	10:00 am
9 <sup>th</sup> December	Christmas Lunch Venue TBA	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. 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	No Function	
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

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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.