

Peel Region Branch

National Seniors AUSTRALIA

Advancing the Interest of the Over 50's

Out and About

ISSUE 1

April

2025



**Noels 95th Birthday
Photos from Tina**

Web Pages

Head Office (Brisbane Qld)

National Seniors Travel

Peel Branch email

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

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

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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 4th Sunday of even months.

Email

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BSB

633 000

A/C Number

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President's Prattle

I consider we should look at having a webpage. One model might be Dawesville Community page available through Facebook.

Also open a discussion for NSA members to see if there is any way to avoid financial risk in the rapidly changing world stability.

Kieran

Social Corner

Outings

May Sat 10th *'The pajama game'* musical comedy by the Murray Music and Drama Club.

Time: - 1.30pm. cost \$25pp (incl booking fee). Money for show required up front.

Bring your own nibblies. Tea and coffee available. Bar open.

Venue: - Pinjarra Civic Centre, Pinjarra Road, Pinjarra. No refunds if can't attend.

Prior to the show we can dine at the Premier Hotel, 1 Pinjarra -Williams Road,

Pinjarra at 11.45am. Pay for your own lunch.

July Wednesday 9th Amaze Miniature Park, Husband Road, Barragup.
\$14.00 concession entry fee.

Meet at entrance at 10.30am. Bring your own picnic lunch or buy from Tiny Teapot Café.

Lots to do - see display of scale model buildings, several interactive model trains, many miniatures of exact replicas of well-known historic buildings from Abingdon Village, England, plus other models incl replicas of famous buildings in France, Spain and Germany. If you're looking for fun activities, there's the 12-hole mini golf and after that you can test your skill of direction by walking through the 7ft tall hedge maze and finding your way out.

Weekend Social

Guest Speaker

:- April 14th Sheila Twine, June 9th - Chris Grice CEO from National Seniors, August 11th – Citizens Advice Bureau.

Editors Ramble

Welcome to the first newsletter for 2025. Due to unforeseen

circumstances, I was delayed in Doha, Qatar for nine weeks and was unable to produce a newsletter for the February meeting.

With Easter just around the corner I have gone with this as a theme for this month.

Who has welcomed the small changes in the weather as we approach winter, I was lucky to miss all of the summer (and some Autumn) heat this year. Sadly I do not have pictures to put in this edition, hopefully I can find some for the June edition.

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.

Dates for your diary

Anzac Day Friday 25th April - A National Day of Remembrance in Australia, New Zealand and Tonga that broadly

commemorates all Australians and New Zealanders "who served and died in all wars, conflicts, and peacekeeping operations".

Wayfairers - Café Connect

Wednesday 7th May 9.30am to 11.00am at Falcon E Library, cnr Cobblers Road & Flavia Street, Falcon. Speaker from Bridgebuilders on the programmes they provide to those struggling in the community.

Friday 16th May 9.30am to 11.00am Lakelands Library, 49 Banksiadale Gate, Lakelands. Peel Community Legal Services on Enduring Power of Attorney/Guardianship, Advance Health Directives and share information on Elders Rights.

F.Y.I.

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

Federal Elections May 3rd - NSA 6 key policies are 1) Cost of Living, 2) Deeming rate freeze, 3) Let pensioners work, (4), Reduce private health premiums and out of pocket costs, 5) Create an Australian Post Bank for Regional and Rural Australia and, 6) Protect your super by retaining choice and control.

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

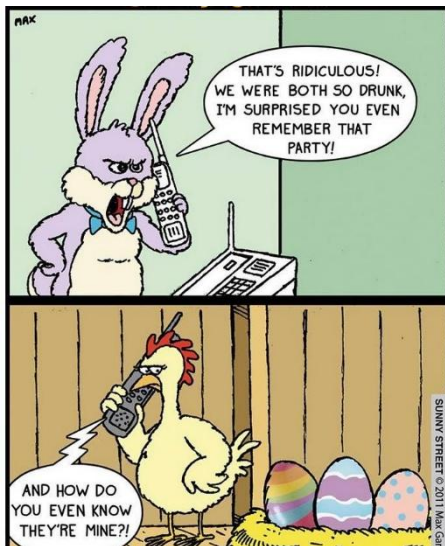
To create a “MyGov” account go to <https://my.gov.au/EnrolService/>

Recipe Corner

Just Joking

- Q.** Why is everyone so tired on Easter?
- A.** Because they just finished a 31-day March.
- Q.** What kind of bean can't grow in a garden?
- A.** A jellybean.
- Q.** What's a proper toast at Easter?
- A.** Ears to a great Easter!

- Q.** What kind of jewellery is the best Easter gift?
- A.** A 14-carrot gold bracelet.
- Q.** What do you get when you cross a bunny with an onion?
- A.** A bunion.



Happy Snaps



Quiz Time

General Quiz

1. What do you do to hardboiled eggs before Easter?
2. Why are chocolate bunnies hollow?
3. What does the Easter Egg symbolize?
4. What is the tradition of egg tapping?
5. What is the tradition of egg tapping?
6. What kind of rabbit is the Easter bunny?
7. In what country did the tradition of the Easter bunny originate?
8. What was the only requirement of a Faberge egg?
9. When were Cadbury creme eggs first introduced?
10. Between which two dates is Easter always celebrated?

Sudoku 2024-E0x (Easy)

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

Sudoku 2024-0x (Hard)

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



Crossword



DOWN

1. Grassy expanse
2. Somebody
3. How old you are
4. Entice
5. Average
6. Water vapors
7. Chisel
8. Otherwise
9. Bite
10. Quintessence
13. Spoke
14. French for "Head"
15. Ascent
16. Playmates
19. Brown ermine
22. Apprehensive
24. Plane engine enclosure
26. Drill
27. US spy agency
30. Plummet
32. Finish
33. Breed of large antelope
34. Rare
35. Anatomical air tube
38. It flies passengers
39. College official
40. Antelope of India
42. Devoid of vegetation
44. Strong fiber
45. Feudal lord
48. Asian nurse
49. Cartoon bear
50. Bridge
53. N N N
55. Poetic contraction

ACROSS

1. Sacred hymn
6. Vista
11. Scalawag
12. Tall Indian palm
15. Photographer's device
16. Sweat
17. Falsehood
18. Force into servitude
20. Make lace
21. Metal used in steel
23. Domestic
24. Memo
25. Not yours
26. Young males
27. Arrived
28. Ale or lager
29. Buffoon
30. Cut into cubes
31. Bones of the spine
34. Rock
36. Fifth sign of the zodiac
37. Circuits
41. Gunk
42. Radar signal
43. Former Italian currency
44. Bleats
45. Neighbor of Vietnam
46. Anagram of "Sore"
47. Circle fragment
48. Breathing passages
51. 56 in Roman numerals
52. Plotters
54. Choice
56. Adolescent
57. Increases
58. Pale
59. A picture-in-picture

Word Search

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

ASH WEDNESDAY
 BREAD
 BUNNY
 CALVARY
 CELEBRATION
 CHOCOLATE
 CHRIST
 CHURCH
 CROSS
 CRUCIFIXION
 CUSTOM

DEATH
 DISCIPLES
 EGG HUNT
 EGGS
 EUCHARIST
 FAMILY
 FASTING
 FESTIVAL
 FRIDAY
 HOLIDAY
 HOLY WEEK

JESUS
 LAST SUPPER
 LENT
 MARY
 MASS
 MEAL
 NEW TESTAMENT
 PALMS
 PARADE
 PASSOVER
 PENANCE

PENITENCE
 PRAYER
 RESURRECTION
 ROAST
 SACRAMENT
 SATURDAY
 SUNDAY
 THURSDAY
 TOMB
 TRADITION
 VIGIL

Quiz Answer

General

1. You dye them.
2. Once a piece of chocolate is over a 1/2 inch thick it's almost impossible to bite into! You'd break your teeth!
3. Fertility and rebirth
4. In Greece, participants tap their hardboiled eggs against the egg next to them until one of them breaks. (The winner gets good luck for a year!)
5. An arctic hare. (Based on its white fur and pagan lore)
6. An arctic hare. (Based on its white fur and pagan lore)
7. Germany
8. That there be a surprise hidden inside.
9. 1963
10. March 22 and April 25

Sudoku 2024-E0x (Easy)

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

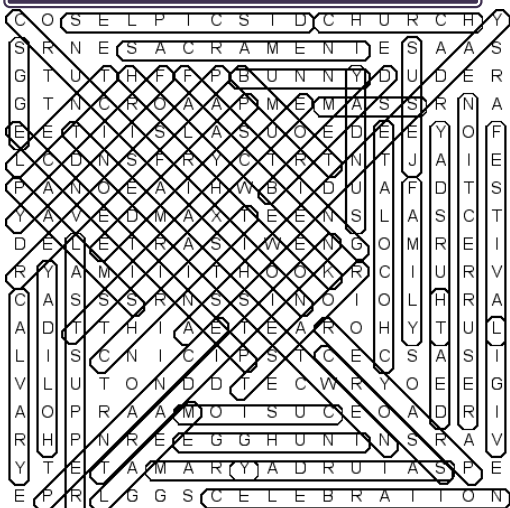
Sudoku 2024-H0x (Hard)

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

Crossword Answer

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

Word Search Answers



How do
you tame
a wild hare?

Wear an
Easter bonnet.



I love Easter!
When else can you bite someone's
head off and have it be chocolate?



Q. What happens if you tell a duck an
Easter joke?

A. They'll quack up.

Q. Where do Easter Bunnies go for new
tails?

A. To the retail store.

Important Dates 2025

Meetings

Date	Guest Speaker	Topic
10 th February	Lisa Munday MLA for Dawesville	Her world before politics
14th April	Sheila Twine	Disasters incl. Darwin cyclone Japanese Tsunami etc
9th June	Chris Grice CEO NSA	Advocacy
11 th August	Citizens Advice Bureau	TBA
13 th October	TBA	TBA
8th December	TBA	TBA

Outings/Events

Date	Venue	Meet Time
March 16th	The Cut Golf Course	1pm
10 th May	'The Pajama Game', Pinjarra Civic Centre and Premier Hotel for lunch	1.30pm and 11.30am
July 9 th (Wed)	Amaze Miniature Park, Barragup	10.30am
Sept. 8th	TBA	TBA
10 th Nov	Mystery Car Tour	10.00am
15 th December	Christmas Lunch	12 noon

Weekend Socials

Date	Venue	Time
22nd February	Breakfast Tides Café, San Remo	8.30am
27th April	Nil – Easter and Anzac Day events	
22nd June	Falcon Beach Café, Falcon	12:00 Noon
23rd August	Breakfast at Turquoise Restaurant Dolphin Quays, Mandurah	8.30am
25th October	TBA	TBA
15 th December	Christmas Lunch @ Ravenswood	12 Noon

Start time, venues and any changes will be announced at general meetings & in newsletters

***

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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.