

Peel Region Branch

National Seniors AUSTRALIA

Advancing the Interest of the Over 50's

Out and About

ISSUE 5
December
2025



Members socializing and enjoying a picnic lunch at the Dawesville boat ramp reserve.

Web Pages

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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

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BSB

633 000

A/C Number 141 169 052

President's Prattle

Hello Everyone.

Goodness, I cannot believe it is nearly December again.

Since our last Out and About Newsletter Tina and I attended a BNF meeting in the city and clubs that were in attendance discussed what was happening within their Clubs.

Once again Tina and I along with friends attended Mandurah Performing Arts to see The Godlemans music group. The concert was most enjoyable . The morning tea was most enjoyable.

These concerts are a couple of hours to sit and relax with friends and enjoy the music.

We have had some celebrations with Michael turning ninety and also being awarded the NBN for achieving this milestone. (Editor's NOTE; NBN translates to "Now Bloody Ninety".) John Moody also turned ninety five in November. Amazing achievement for both members.

A most pleasant day was spent at the Dawesville Estuary foreshore on the 10 November by some of our members. A beautiful venue and day to be able to share the view and enjoy our food. We are so lucky to have this space on our doorstep.

Tina has arranged for Synergy to be at our next December meeting.

The Synergy Representatives will discuss ways in which we can save money. They will also discuss how the account is charged.

Thanks to Kieran for his suggestion to have Synergy come as a Guest Speaker to help with inquiries on the topic.

As from the 1 November there have been changes and charges to My Aged Care. There has been a lot of interest in the changes. I do hope some members took the opportunity to attend the Wayfairers Cafe Connect morning session on 3rd November, as Donna My Age Care Specialist from Services Aust was in attendance to present the changes and answer questions.

The Financial Information Specialist Donna was also in attendance to assist with questions.

If any members are wanting find out more about My Aged Care, appointments can be made at the Centrelink Office in Mandurah to speak with My Aged Care Specialist or a Financial Advisor.

Our last meeting of the year seems to be wrapping up to be something to look forward to as Audrey will be giving us an opportunity in her wonderful stories that have happened during the year.

This is a wonderful game from Audrey and a good giggle for all. Thank you Audrey your talent and time spent making this event happen is greatly appreciated .

Lastly, we have our Christmas Luncheon to attend on 15th December at The Ravenswood

Hotel at 12:00 noon.

A scrumptious lunch of fine food , good wine and wonderful friends to share this occasion.

I would like to take this opportunity to wish you and your family a Happy and Safe Christmas with your family and friends.

I am taking the opportunity to fly to Victoria to spend the Festive season with my daughter Suzanne, Michael , Harrison , Georgie and Lucy Lu their cat. We hope to visit the Werribee Zoo, a trip to Drysdale, and of course visit David Jones in Melbourne for the Christmas displays. As they say, "There's no store like David Jones."

All the best for the future.

Regards

Jacqueline

President.

Social Corner

Outings

December 2025

At our last outing for the year, on November the 10th, members from the branch had a picnic lunch at the Dawesville boat ramp reservation. The weather was perfect and the company of fellow members made it a great day,

The 2026 outings schedule will be announced at the February meeting as there is no outings in January.

Editor

November picnic at Dawesville was well attended and the weather perfect. We all chatted and enjoyed our lunch at the shady picnic area by the estuary. It was a good time to socialise and take it easy without too much strenuous activity.

Tina

9 March 2026

Starting an exciting new year, our next outing is Monday March 9th where we'll travel by public transport to the Perth Mint. Lunch is at a venue to be advised. Tours run hourly so we have plenty of time to spend at the mint, maybe buying some gold bullion, coins, or jewellery if you so desire, or just browsing after the tour as there is so much to see.

11 May 2026

May 9th outing is a trip to Peel Estate Winery at Karnup, the oldest vineyard in the Peel Region. More details at February meeting. Carpool.

Weekend Social

2025

There is no weekend social in December as we will be having our Christmas lunch which will be the end of the year windup.

2026

Sunday, February 22nd lunch at Café Coast Restaurant, 2/45 Rees Place Port Bouvard Marina, Wannanup 6210

Guest Speaker

The December guest speaker will be someone from Synergy, and the topic is Energy Ahead Workshop

Editors Ramble

Wow, the end of the year already, where did it go? I have been busy putting up my Christmas lights over the past two or three weeks, and I am told that they look great, I mustn't let it go to my head, it is big enough already. That reminds me to take it easy on the food over the festive season especially chocolates and nibbles.

On December the 15th we will be celebrating Christmas and winding up of branch meetings for 2025 at the Ravenswood Tavern. This is a great venue, and I am sure that everyone will agree when I say the food is always good.

To the members that I won't be seeing at the Christmas lunch, I wish you all a very merry Christmas (enjoy the spirit of Christmas, but don't partake too much of the spirits.)

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

Out and about Mandurah

Christmas light trails. December till 4th January 2026

Spectacular Christmas canal lights with more than 35 installations.

Saturday Dec 13th - 6.00pm till 9pm
'Carols in the Park' at Western Foreshore.

31st December Fireworks - 9.00pm with another at midnight.

FREE MOVIE NIGHTS –

Under the stars at Eastern Foreshore Central. Take picnic rug, low chair and food or buy at cafe.

Dec 16th - The Grinch

Dec 23rd – The Polar Express

Dec 31st – Sonic the Hedgehog

All movies Start at 7.15pm sharp till 9pm

Great kids movies: if you are grandparenting this is a good place to take your littlies.

Hint: Can be chilly at night so warm clothing is recommended.

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.

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. 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/>

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/>

Just Joking

Tour Guide on the Bus

Back on the bus after a walking tour, the local guide is asking the passengers on the bus; "Is someone missing, wife, husband, or so...."

Nobody says anything, so they are off and continue the journey

After 10 minutes one lady is waving to the guide for attention, and the guide asks her "What is the matter?"

The lady responds, "My husband is not here"

The guide more than a bit angry, "But I did ask if you were missing anyone"

And the lady replies "Yes, but honestly, I am not MISSING him, he is just not here."

Thanks Jackie

Happy Snaps

Weekend Social, lunch at the Peel Alehouse.



Picnic lunch at the Dawesville, boat ramp reserve



Happy Snaps

John Moody's 95th Birthday lunch





Quiz Time

General Quiz

1. What century was the first written use of "Xmas"?
2. Which country started the tradition of putting up a Christmas tree?
3. Why do we put an angel on top of Christmas tree?
4. Where did the Candy cane tradition start?
5. What country has the tradition of filling children's clogs with candy and treats on December 5?
6. When was the first Australian Carols by Candlelight?
7. What Christmas food lasts the longest after Christmas?
8. Why do we eat turkey at Christmas time?
9. Why put a coin in the Christmas pudding? (no longer as the metal used can be dangerous.)
10. True or false? The term 'Xmas' is a modern shorthand version of Christmas.

Sudoku 2025-E0x (Easy)

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

Sudoku 2025-0x (Hard)

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

Just Joking Again

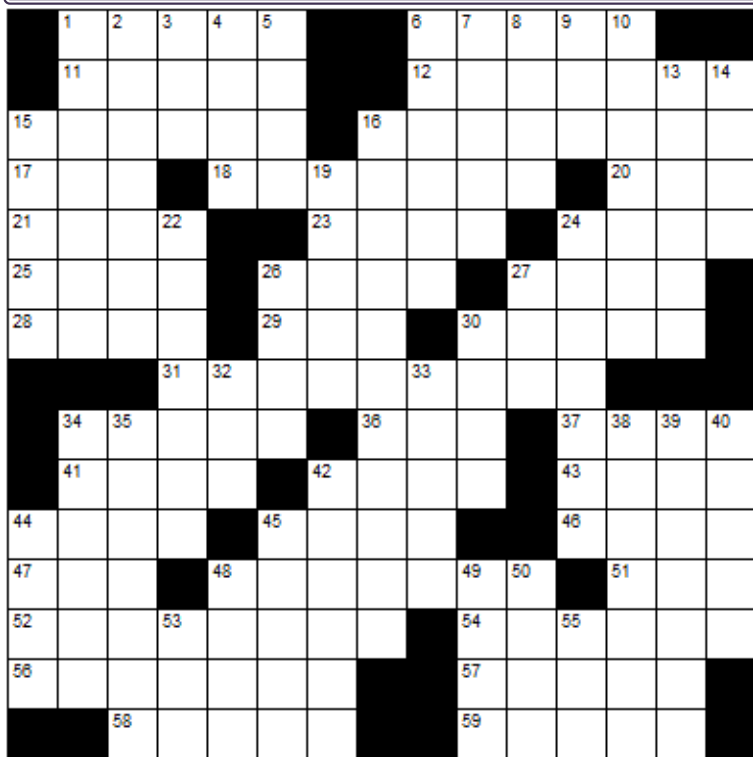
A man absolutely hated his wife's cat and decided to get rid of him one day by driving him 20 blocks from his home and leaving him at the park. As he was getting home, he saw the cat walking up the driveway.

The next day he decided to drive the cat 40 blocks away. He put the beast out and headed home. Driving back up his driveway, there was the cat! He kept taking the cat further and further and the cat would always beat him home.

At last he decided to drive a few miles away, turn right, then left, past the bridge, then right again and another right until he reached what he thought was a safe distance from his home and left the cat there.

Hours later the man called home to his wife. "Jen, is the cat there?", "Yes", the wife answers, "Why do you ask?". Frustrated, the man answered, "Put that son of a bitch on the phone, I'm lost and need Directions."

Crossword



Down

1. Talismans
2. Head scarf
3. N N N
4. Lascivious look
5. Anagram of "Seen"
6. Climbed
7. Stage between egg and pupa
8. Type of sword
9. Before, in poetry
10. Tiny aperture
13. Stopped
14. Countercurrent
15. Assail
16. Consequences
19. Chip dip
22. Cheese dish
24. Tapers
26. Agreement
27. Which person?
30. Ragout
32. Lay turf
33. Evade
34. Bigot
35. Place to pray
38. Conducting
39. Drive crazy
40. Backbone
42. Motorcyclists
44. Slaloms
45. Subsequently
48. Nil
49. Teller of untruths
50. Cartoon bear
53. Falsehood
55. Accomplished

ACROSS

1. White poplar
6. Slumber
11. Flowing tresses
12. Whim
15. Lab burner
16. Swerved wildly
17. Antiquity
18. Clear up
20. Possessed
21. Burn the surface of
23. District
24. Prying
25. European

volcano

26. Trudge
27. Corduroy feature
28. Russian emperor
29. American Sign Language
30. Rip up
31. Moving staircase
34. Android
36. Avenue (abbrev.)
37. Probabilities
41. Dry
42. Arched facial feature
43. Cry
44. "Go away!"

45. Fifty-three in Roman numerals
46. Indian dress
47. Fox baby
48. In an exposed manner
51. Local Area Network
52. Sets apart
54. First-aid item
56. One who walks purposefully
57. Growing old
58. 10 in a decade
59. Chain of hills

Word Search

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
 NEPHEW
 SPIRITS
 TINY TIM
 TURKEY
 WINTER

Quiz Answer

General

1. The letter "X" has long been used as an abbreviation for Christ since the 16th Century, the Greek word for Christ begins with what looks like an "X".
2. Germany is credited with starting the Christmas tree tradition back in the 16th century when devout Christians brought decorated trees into their homes.
3. Because angels appeared high in the sky on the first Christmas, people began placing angels high on the top of their trees as a way to celebrate the birth of Jesus
4. Candy canes were shaped to resemble a shepherd's staff, as a way to remind children of the shepherds who visited baby Jesus.
5. The Netherlands
6. The first Australian Christmas tradition of Carols by Candlelight began in Melbourne in 1937.
7. Fruitcake.
8. In the early years Turkeys were cheaper to raise than other birds.
9. Finding a Christmas coin in your slice of pudding is believed to bring good luck and especially wealth in the coming year.
10. False – Xmas was commonly referred to as Xtemmas in the 1550s and later shortened to Xmas. 'X' is known as Chi in the Greek alphabet and the first letter of 'Christ'.

Sudoku 2025-E0x (Easy)

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

Sudoku 2025-H0x (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden message is: AND SO, AS
TINY TIM OBSERVED, GOD BLESS US,
EVERY ONE!

More Jokes

What do you get if you cross a snowman and a shark? Frostbite.

What's Santa's favourite type of music? Wrap.

What do you call a snowman party? A snowball.

Why did Santa put a clock in his sleigh? He wanted to see time fly.

What did the beaver say to the Christmas tree? Nice gnawing you.

What do you call a kid who doesn't believe in Santa? A rebel without a Claus.

What's Santa's favourite pizza? One that's deep pan, crisp and even.

Why did the elf put his bed into the fireplace? He wanted to sleep like a log.

What's the difference between the Christmas alphabet and the regular alphabet? The Christmas alphabet has Noel.

What's the most popular Christmas wine? "I don't like Brussels sprouts!"

What did one Christmas light say to the other? You light up my life.

Why does Santa have a garden? So he can hoe, hoe, hoe.

What did the grape say to the raisin on Christmas? "Have a very grape holiday."

Why did Santa's helper see the doctor? He had low "elf-esteem."

What do you get when you cross an apple with a Christmas tree? A pineapple.

Important Dates 2025

Meetings

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

Outings/Events

Date	Venue	Meet Time
March 16 th	The Cut Golf Course	1pm
17 th May	'The Pajama Game', Pinjarra Civic Centre \$25 and Premier Hotel for lunch	1.30pm and 11.30am
9 th July (Wed)	Amaze Miniature Park, Barragup \$14	10.30am
8 th Sept.	TBA	TBA
28 th Oct	October MPAC 'The Godlemans' \$30	10:00 am
10 th Nov	a picnic/BBQ at the Dawesville Estuary foreshore (across from the Leprechaun Café).	10.00am
15 th December	Christmas Lunch @ Ravenswood	12 noon

Weekend Socials

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

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

2026 important dates in February 2026 newsletter

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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.