

Peel Region Branch

National Seniors AUSTRALIA

Advancing the Interest of the Over 50's

Out and About

ISSUE 3

June

2026



Members enjoying tasting the wine on offer at “Peel Estate Winery, Karnup.

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

President

Jacque

Email Jacqueline.beaton@gmail.com

Vice President

John

Email peel.region.nsa@outlook.com

Secretary

Tina 9582 0679

Email tinafl6@bigpond.com

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 4th Sunday of even months.

Email

peel.region.nsa@outlook.com

BSB 633 000

A/C Number 141 169

052

President's Prattle

Latest news we have received from National Seniors Head Office is the date for Peel and Rockingham Region Open Day and Information session is to be held on 30th June 2026 9:00am for 9:15am start to 12:00pm.

The venue is to be held at:

Secret Harbour Surf Life Saving Club
11 Palermo Cove
Secret Harbour.

Registration for the event can be done on the National Seniors Website.

This event is an opportunity to invite friends or interested public to hear how National Seniors advocate on behalf of Seniors and other incentives.

Social Corner

Outings

The visit to Peel Winery Estate was an interesting mystery ride after collecting John and Tina as Meadow Springs is a real maze to come out of before setting off to the Winery. Thank goodness we had Tina to direct us.

We were treated to a wine tasting by Julie from Peel Winery Estate and the history of the Estate. Some nice purchases were made to share with family and friends.

The great thing about going on a picnic is the interesting lunch that is shared between those members who attended and yummy treats that come after.

Another interaction we experienced was the friendly magpies welcoming us to the picnic area.

Peel Winery is a special winery with green lawns, trees to sit under and as a friendly estate it was special to have the grounds to ourselves for the day. A perfect ending to the day.

Weekend Social

The next “Weekend Social” will be a breakfast at **Café Cherie, French Family Restaurant**, 41 Wilson Road, Pinjarra, arrive by 9:30 am.

August

The weekend social for this month is “The Cut Tavern”

NOTE: the one on the “CUT” not the Golf Course

Guest Speaker

The guest speaker for June is Lyn Tolliday, a writer and editor.

Editors Ramble

Welcome to the third newsletter for 2026, brr, isn't getting cold now. You may notice that I am wearing trousers (as opposed to Shorts), I managed to hold out until the beginning of June, had to relent as it got colder.

How many of you are planning (or have planned) a trip north for winter? I have been persuaded to go to Pemberton in June, how silly can you get?

Editor

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

OUT AND ABOUT

Mandurah Performing Arts –

Wed 10th June – Water Mirror Dance

Taiko percussion, dance and acrobatics

7.30pm - 1 hour duration. \$45 concession \$40

Tues 16th June 11.00am Morning Concert

LITTLE BELLE \$30. bookings at MANPAC

Unforgettable sounds of 50's and 60's.

Morning tea incl. in foyer 10.00am

Sun 26th July – National Tree Day

Community planting 9.00am to 12noon

Coodanup Foreshore Reserve

Seedlings giveaway, sausage sizzle etc.

No items from members at this stage.

F.Y.I.

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

REPAIR CAFÉ at Lakelands is on 2nd and last Saturday of every month from 10am to 1pm at the Lakelands Shopping Centre near where the Bookshop Café is.

The Repair Café in Falcon is at the Falcon Community Menshed, 60 Linville Street, Falcon and is on the 1st and third Saturday of the month from 10.00 am to 1pm.

This is a free community initiative where skilled volunteers gift their time and expertise to give your item another life. Don't throw away what can be repaired.

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. Items such as recipes, photos and trivia are all welcome.

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.) before/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

What tastes better than it smells?

Answer: A tongue

A man was driving a black truck. His lights were not on. The moon was not out. A lady was crossing the street. How did the man see her?

Answer: It was a bright, sunny day.



Q: What gets wetter the more it dries?

A: towel.

Q: What has keys but can't open locks?

A: A piano

Q: Why did the senior sit on the clock?

A: They wanted to feel on time for once.

Chickens and Eggs

The elderly grandma always talked to the hens whenever she fed them.

One day, her grandson asked, "Grandma, why do you talk to the chickens?"

"I'm just trying to egg them on."



Happy Snaps



Members enjoying a picnic lunch in the grounds of "Peel Estate Winery, Karnup.



Some of the magpies, who welcomed us when we sat down for our picnic lunch.

Quiz Time

General Quiz

1. What is the rarest blood type among humans?
2. Who is the Greek god of war and son of Zeus and Hera?
3. What is the term for a group of flamingos?
4. What is the only planet that rotates on its side?
5. What is the fear of clowns called?
6. In what year did the Berlin Wall fall?
7. Which mountain range is the longest in the world?
8. What year was the very first model of the iPhone released?
9. What part of the atom has no electric charge?
10. Which natural disaster is measured with a Richter scale?

Sudoku 2026-E0x (Easy)

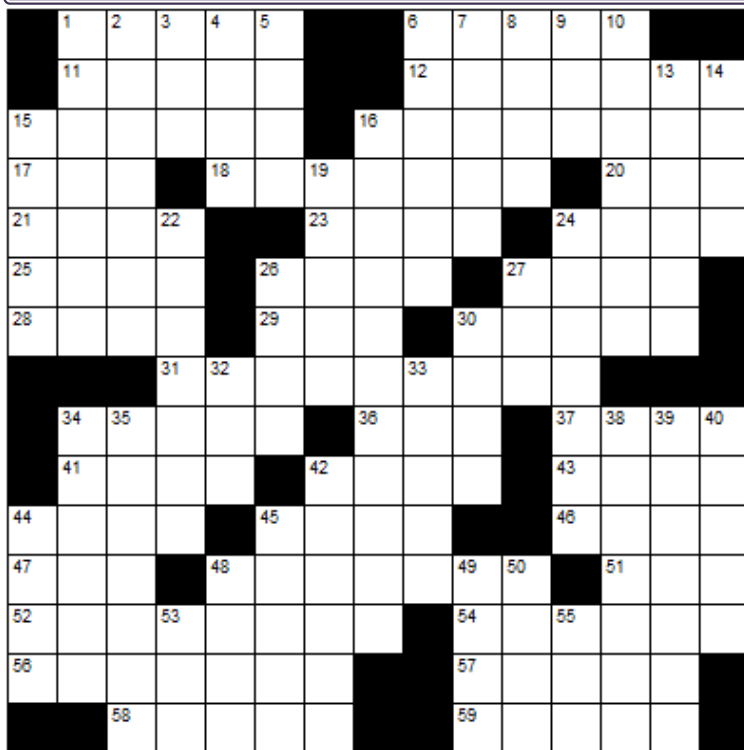
							6
9						3	8
	8		3	4			
	9			6			
		2			9	8	1
8			5			2	
2	7						
	5	3	7			1	
						2	4

Sudoku 2026-0x (Hard)

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



Crossword



ACROSS

1. Pathfinder
6. Flower
11. Close-knit group
12. Cause of hay fever
15. Common allergen
16. Rent from a renter
17. Antiquity
18. Someone who has lost a limb
20. South southeast
21. Musical staff symbol

23. By mouth

24. Anagram of "Sale"
25. Caffeine source
26. Young female
27. Ends a prayer
28. Bridge
29. Half of a pair
30. Eliminate
31. Annotates
34. Suns
36. Greyish brown
37. Exhausts
41. Parsley or sage
42. Of higher order
43. River in Spain

44. Coastal raptor

45. Dreadful
46. Untidy one
47. Offer
48. Stingy
51. Air hero
52. Grief-stricken
54. Christian holy day
56. Mule driver
57. Mucilages
58. Apprehensive
59. Dispatches

Down

1. Edible shellfish
2. Luminous intensity unit
3. Unusual
4. Component used as fertilizer
5. Duration
6. Savage
7. Record company
8. Look at flirtatiously
9. Anagram of "Woe"
10. Childhood disease
13. Ancient ascetic
14. D D D
15. Floors
16. Yielded
19. Sharp end
22. Flourish
24. Gathers
26. Sticky substances
27. Form of "to be"
30. Europe's highest volcano
32. Sphere
33. Not inner
34. Scared scream
35. Ivy feature
38. Removed by eroding
39. Procedure
40. Serious
42. Woe
44. Declines
45. Scuba user
48. Head of hair
49. Limbs
50. Harvard rival
53. East northeast
55. Our star

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

BABY LOVE
 BLUE MOON
 BLUE VELVET
 BUS STOP
 CARA MIA
 CHAIN GANG
 CHERISH
 CRAZY
 CRYING
 DIZZY
 DOWNTOWN
 EL PASO

TEEN ANGEL
 THE BOXER
 THE TWIST
 THESE EYES
 VALLERI
 VOLARE
 WHITE RABBIT
 WILD THING
 WINDY
 WIPEOUT
 WORDS
 YESTERDAY

ELENORE
 FINGERTIPS
 FIRE
 GALVESTON
 GOOD LOVIN'
 GROOVIN'
 HAIR
 HEATWAVE
 HEY JUDE
 HOLIDAY
 ITCHYCOO PARK
 LAST KISS

MEMPHIS
 MY GIRL
 MY GUY
 PEOPLE
 PUPPY LOVE
 RESPECT
 RUNAWAY
 SHERRY
 SOUL MAN
 SPOOKY
 STAY
 SURF CITY

Quiz A

General

1. AB- (negative)
2. Ares
3. Flamboyance
4. Uranus
5. Coulrophobia
6. 1989
7. The Andes
8. 2007
9. Neutron
10. Earthquakes

Sudoku 2026-E0x (Easy)

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

Sudoku 2026-H0x (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden song is:

MRS. BROWN YOU'VE GOT A LOVELY
DAUGHTER

Important Dates 2026

Meetings

Date	Guest Speaker	Topic
9 th February	Janet Roos	Cycling without Age
13 th April	Kate Cameron	CLAW Plastic Recycling
8 th June	Lyn Tolliday	Writer and Editor
10 th August	Julia Moody	Speech Trainer
12 th October	Dovida Aged Care Service	TBA
7 th December	TBA	TBA

Outings/Events

Date	Venue	Meet Time
9th March	Perth Mint, by public transport (see page 3)	9.00am
11th May	Peel Estate Winery, BYO Picnic Lunch	TBA
13th July	Train Trip to Joondalup & Yanchep	9.00 am
8th Sept.	Little Wren, Lake Clifton	TBA
14th Oct	TBA	TBA
9th Nov	TBA	TBA
14th December	Christmas Lunch	12 noon

Weekend Socials

Date	Venue	Time
22nd February	Café Coast Restaurant, 45 Rees Place Wannanup	Lunch - Midday
27th April	Nil, Due public Holidays	N/A
27 th June	Café Cherie, French Family Restaurante	9:30, Breakfast
23rd August	Cut Tavern (on the cut, not the golf course)	11.30 am
25th October	TBA	TBA
14th December	Ravenswood Hotel (Christmas Lunch)	11.30 am

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

Contact Numbers

<u>Name</u>	<u>Email</u>	<u>Phone</u>
<u>President</u>		
Jacquie	peel.region.nsa@outlook.com	
<u>Vice President</u>		
John	peel.region.nsa@outlook.com	
<u>Secretary</u>		
Tina	tinaf16@bigpond.com	9582 0679
<u>Treasurer</u>		
Wendy	peel.region.nsa@outlook.com	
<u>Social Events Outings</u>		
	peel.region.nsa@outlook.com	
<u>Social Events Weekend Socials</u>		
	peel.region.nsa@outlook.com	
<u>Guest Speaker Organiser</u>		
	peel.region.nsa@outlook.com	
<u>Editor</u>		
Ross	rbarratt@outlook.com	
<u>Zone 114/State Representatives Chair</u>		
Lyn Cooper Rockingham	lyncooper1605@gmail.com	08 9593 1034
<u>Zone 114/State Representatives Secretary</u>		
Nan Senior Rockingham	nanettevsen@outlook.com	08 9593 2141
<u>National Seniors Australia</u>		
Head Office Brisbane	http://www.nationalseniors.com.au/	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.