

Peel Region Branch

National Seniors AUSTRALIA

Out and About

ISSUE 5
October
2026

Advancing the Interest of the Over 50's



Members from the Peel Region Branch of the National Seniors Australia enjoying an outing and a meal at the Little Wren Café. This was the Branch September outing.

Web Pages

Head Office (Brisbane Qld)

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

National Seniors Travel

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

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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

It seems a long time since we have come together for a meeting.

Thanks to John Moody for standing in for me at the meeting in August whilst I had a commitment for attending Census Pop up Hubs leading up to Census night. Also, thanks to Sue Behn for taking on the Treasurer's role.

The opportunity to be able to be part of the information Hubs and visiting different town venues was interesting. We visited Booragoon Shopping Centre, Kwinana, Rockingham, Baldivis and Mandurah. The final two days of work with the Census role was visiting Albany for two days. The Pop Up Hub was held at the Albany Library. The Library is a most welcoming venue and due to being in the main street of the town is a busy and popular place to access.

As we visited mostly Libraries for the Pop up Hubs it seems Libraries are becoming meet up places for communities, groups to hear guest speakers on different topics and different occasions.

The trip by car was wonderful. The paddocks were all in brilliant yellow colour due to the Canola in flower. The sight went on for miles, and of course we stopped at some of the wonderful, tasty Bakery's. A great idea to go out on a road trip to Albany just to stop to visit the Bakery's and see the sights along the way and the sights in Albany.

Our visit to The Little Wren Cafe in Lake Clifton by some of our members was a wonderful day.

Brex and Linda the hostesses welcomed us and we were treated to welcoming drinks whilst waiting to be seated inside. This gave

us time to appreciate the garden and the surroundings.

Once seated inside the beautifully decorated room where we were to enjoy the Devonshire Tea, we were surprised at the presentation of the food and table service.

The Little Wren has a gift shop where gifts can be purchased for memories and to give away.

Whilst enjoying the occasion Linda explained to us The Little Wren has a Christmas Theme High Tea where the room in which we sat will be fully decorated from the Entrance door and the inside room.

The feedback from the members was if we could consider maybe having another visit to The Little Wren for the Christmas Theme. The experience was very special as I am sure the Christmas Theme High Tea will be.

The price for the High Tea is \$75.00 per person. Maybe a gift to oneself for Christmas.

Jackie
President

Social Corner

August Sunday Lunch Social - We had ten people join us at the Cut Tavern. Lovely venue with a great view of the Dawesville Cut below. Not too noisy as we were given a table at the far end. Generous serves with John M. overwhelmed with his order (more than he could chew). Most of us were happy with the food. Service was good company excellent.

Entertainment – Mandurah Performing Arts – Tuesday 13th October Morning Melodies 11.00am. Relive MOTOWN greater hits with

Aretha Frankling to Diane Ross with an 8-piece band. Visit MANPAC website.

Food to plate gardening – GROW IT LOCAL City of Mandurah is a 'Grow it Local' partner. Sign up to the free seed service at 'Grow it Local' before October 21 so you can grow more food at home. Free heirloom seeds delivered to your door. Expert support, live workshops to help you.

Editors Ramble

I am confused, is it Winter, or summer, I don't think it is Spring because the weather is the best in spring. Where has the time gone, it won't be long and we will be putting up the Christmas lights and decorations again, I am sure it was only the other day when I was taking them all down. Maybe I should leave them up all year round. Those members planning holidays, have a great time and don't worry about us who are staying home.

Ross
Edito

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.

No items from members at this stage.

F.Y.I.

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

CONNECT NEWSLETTER Oct – NSA advocacy in action with removal of surcharges on card transactions with the Reserve Bank of Australia (RBA) confirming that surcharges on most debit and credit card payments have been banned from 1 October 2026.

SCAMS – Noel Whittaker - Scams are getting worse. The figures are frightening. Australians reported 91,767 scams in the first six months of this year, with a massive \$156.6 million stolen. Most of that money will never be recovered. The scammers are getting more sophisticated by the minute especially with AI technology making fiction seem like the real thing.

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## NSA Web Page

The National Seniors web page is [www.nationalseniors.com.au](http://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](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/>

## Just Joking



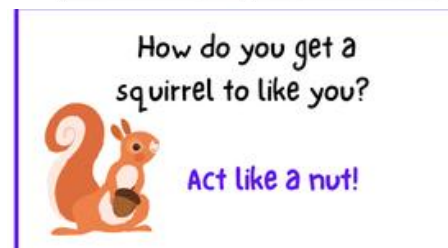
What is a sad strawberry called?

A: A blueberry.

I asked my mirror for advice, it said  
“reflect on this”

Age is just a **number**, mine is unlisted

My back goes out more than I do



## Happy Snaps



**Members of Peel Region Branch enjoying a lunch as a weekend social at the Cut Tavern.**



**Members of Peel Region Branch enjoying a Devonshire Tea for an outing at "The Little Wren Café".**



## Quiz Time

### General Quiz

1. During which year of the 1980s was it first possible to spend a \$1 coin?
2. Which Australian university became the first in Australia to admit women as student on equal terms back in 1881?
3. In area which is Australia's 3rd largest state?
4. Australia has some spectacular waterfalls, which state is home to the highest permanent single drop waterfall?
5. Who was the first Australian woman to win a Wimbledon singles title?
6. What do Pat Rafter, Kay Cottee, Cathy Freeman and Steve Waugh have in common?
7. Plucka Duck was a character on which classic Australia TV Show?
8. Kath and Kim live in which suburb?
9. How many ships were in the First Fleet?
10. On November 6th, 1999 Australians official said no to what?

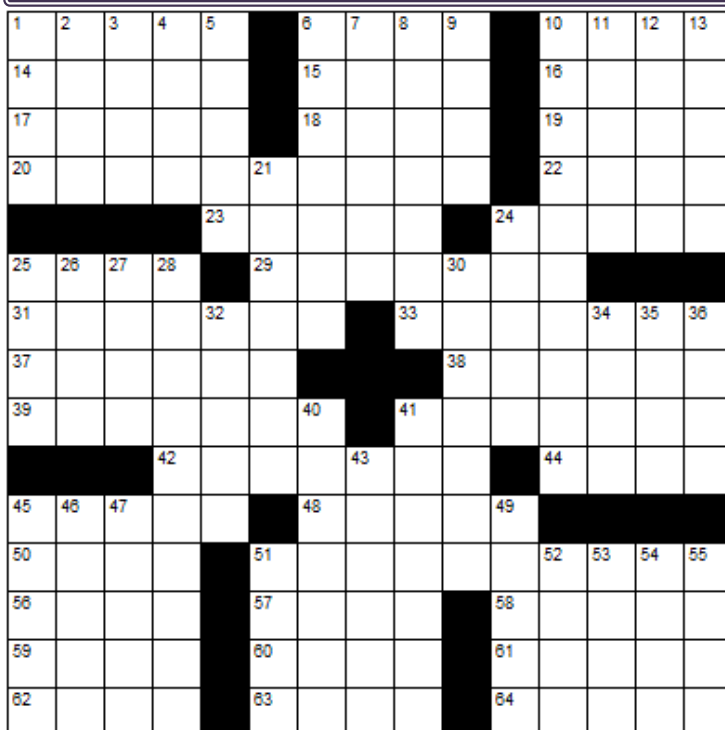
### Sudoku 2026-E05 (Easy)

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

### Sudoku 2026-05 (Hard)

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

## Crossword



## Down

1. Accompanying
2. Concept
3. Towards the back
4. Where the sun rises
5. Slumber
6. Pacify
7. Customer
8. Early communications satellite
9. Sodium chloride
10. Exchange letters
11. Give or take
12. Not tight
13. Metric unit of length
21. Mixed
24. Evil spirit
25. Dry
26. Individual
27. Silence
28. Daughter of a stepparent
30. Hot sauce
32. A picture-in-picture
34. Dogfish
35. Lady's escort
36. Border
40. Accounting examiner
41. Sidelined
43. Tapioca source
45. Valleys
46. Cast out
47. Sesame
49. Legislate
51. Ignorant
52. Close
53. Celtic language
54. Give as an example
55. T T T

## ACROSS

1. Cables
6. Play parts
10. Serene
14. Utopian
15. Request
16. Double-reed woodwind
17. Josh
18. Tablet
19. Origin
20. African antelope
22. Diversion
23. Place into the

soil

24. Discourage
25. Anagram of "Slam"
29. Lands and wealth
31. Mundane
33. Violent disorder
37. Have in mind
38. Grew rapidly
39. Kind of fishing
41. Prohibiting
42. Lures
44. Day, month and year
45. Ledger entry

48. Terpsichore
50. Anagram of "Sage"
51. Unplug
56. Advanced
57. Mormon state
58. Eagle's home
59. Anagram of "Seen"
60. Relocate
61. Hindu social division
62. Arouse
63. Small fastener
64. Anagram of "Stere"

# Word Search

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

ALLERGIES  
 APRIL  
 BASEBALL  
 BEES  
 CROCUSES  
 CYCLAMENS  
 DAFFODILS  
 DANDELIONS  
 EASTER

EQUINOX  
 FLOWERS  
 FROGS  
 GOLF  
 GRASS  
 GREEN  
 GROWTH  
 IRISES  
 LILIES

MARCH  
 MAY  
 NEW LEAVES  
 PLANTING  
 RAIN  
 RENEWAL  
 ROBINS  
 SEASON  
 SNOWMELT

SOFTBALL  
 SPRING BREAK  
 SPRING CLEANING  
 TULIPS  
 WARMER  
 WET

# Quiz Answer

## General

- 1984, May 14 to be exact!
- The University of Adelaide
- South Australia
- Wallaman Falls in Queensland
- Margaret Court
- All have been named Australian of the Year
- Hey Hey it's Saturday
- Fountain Lakes
- There were eleven ships in the First Fleet
- The Australian republic referendum

## Sudoku 2026-E05 (Easy)

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

## Sudoku 2026-H05 (Hard)

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

## Crossword Answer

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

## Word Search Answers

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

The hidden sentence is: APRIL SHOWERS BRING MAY

# Important Dates 2026

## Meetings

| Date                     | Guest Speaker      | Topic                  |
|--------------------------|--------------------|------------------------|
| 9 <sup>th</sup> February | Janet Roos         | Cycling without Age    |
| 13 <sup>th</sup> April   | Kate Cameron       | CLAW Plastic Recycling |
| 8 <sup>th</sup> June     | Lyn Tolliday       | Writer and Editor      |
| 10 <sup>th</sup> August  | Julia Moody        | Voice Teacher          |
| 12 <sup>th</sup> October | Vaneshree (Dovida) | Navigating Aged Care   |
| 7 <sup>th</sup> December | A Representative   | Royal Life Saving Club |

## Outings/Events

| Date          | Venue                                                 | Meet Time |
|---------------|-------------------------------------------------------|-----------|
| 9th March     | Perth Mint, by public transport ( <b>see page 3</b> ) | 9.00am    |
| 11th May      | Peel Estate Winery, BYO Picnic Lunch                  | TBA       |
| 13th July     | Train Trip to Yanchep                                 | TBA       |
| 14th Sept.    | Little Wren Farm Café – 42 Holmes Road, Lake Clifton  |           |
| 9th Nov       | The Casino, Perth TBC                                 | TBA       |
|               |                                                       |           |
|               |                                                       |           |
| 14th December | Christmas Lunch                                       | 11:30 am  |

## 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 <sup>th</sup> June | Café Cherie, French Family Restaurant         | 9:30, Breakfast |
| 23rd August           | The Tavern (on the cut)                       | 11:30 am        |
| 24th October          | Brewvino                                      | 11:30 am        |
| 14th December         | Christmas Lunch Ravenswood Hotel              | 11:30 am        |
|                       |                                               |                 |

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

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## Contact Numbers

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