

Peel Region Branch

National Seniors AUSTRALIA

Out and About

ISSUE 3

June 2023

*Advancing the Interest of
the Over 50's*



Boundary Island Brewery

Members of the National Seniors Australia, Peel Region Branch enjoyed their lunch at the "weekend social". It was a good turnout and a variety of meal choices was made.

Web Pages & email address

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

Committee

President

Tina - Email - tinaf16@bigpond.com
Phone

Vice President

Michael 9537 7868

Secretary

Marie

Zone 114 Chair

Lynne Cooper Ph. 08 9593 1034

Zone 114 Secretary

Nan Senior – Ph.08 9593 2141

For full details – see contacts 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

peel.region.nsa@outlook.com



Scan to go to the [Peel Region Branch web page](#).
Hosted on [National Seniors Australia Web Site](#)

President's Prattle

Here we are into the middle of the year already and every day is a challenge. On that note, I apologize to the members who were looking forward to the Car Rally in May. It was disappointing but unfortunately our organisers were down and out - one recovering from Covid the previous week, the other in hospital having a knee operation and the other down with the flu. Never fear the event has been put down for another time as all the hard work has been done.

A quick change of plans saw us go for lunch at a cute, homely cafe in Erskine called 'Seven Trees Café'. Besides having light meals, the café had homemade gifts and knick knacks for sale as well as their own special brand of roasted coffee beans. It is difficult to find anything open on a Monday so this was welcomed at such short notice. Our April guest Speaker, member Dot Shakespeare, gave an excellent presentation on Deaf Awareness and explained what it was like growing up in a family with deafness and how she later went to university and moved into the profession of teaching sign language to the deaf.

We followed this up with approaching the City of Mandurah to start up a small group where Lip Reading is being offered and I am pleased to say it was taken on board and the Mandurah Seniors and Community Centre is holding sessions on Thursday mornings. Numbers are limited and you get one on one help. If you wear hearing aids this is an added advantage to assist with your hearing ability.

The AGM is coming up in August. Why not add spice to your life by joining our committee and be involved in helping to keep our branch running smoothly and bring in fresh ideas. Nomination forms to be in by end of July.

Tina Frost (President)

Social Corner

Outings

July Outing

Monday , 3rd July

This is a self-drive/car pool event to Fairbridge. We are to meet inside the church at 9.30.

10:00 am - There will be a Presentation on the History of Fairbridge.

10.45 - Discover Fairbridge

12.00- Lunch in the Restaurant

The price for the dinner will be announced at the June General Meeting.

Audrey

September Outing

Monday 11th September

At this stage it proposed that we do a self-drive outing to Dwellingup, more details to be announced later.

Weekend Social

June Social

Sunday 25th June

Lunch at Friar Tuck, Wannanup.

Guest Speaker

Monday 12 June

Michelle Jobse., Clerk of the Court, will be our guest speaker.

Monday 14 August

Sandra Finnerty, Senior Therapy Consultant from Niagara Therapy.

Editors Ramble

Hi everyone, who is looking forward to winter now? After a glorious summer and autumn, I think winter is going to come as blow to the system.

My apologies for the lack of photos as I was unable to attend the May outing due to a prior appointment which I had to keep as they were making them six months in advance. This meant that I couldn't be there to take photos, so I wish thank Tina for the ones she sent me of that event and those of Lyn Cooper's 80th Birthday function.

Well, I'm looking out of my window to a very sunny day, so I will finish this off now.

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

Community Talks

Peel region Branch will hold its annual "Community Talks Day" on Monday 28th of August 2023

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

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

Happy Snaps

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

LEMON GINGER CHICKEN

4 Chicken Breasts

Marinade

2 tbsps. clear HONEY, warmed.

½ cup LEMON JUICE

MARINADE

Two tbsps. OIL

1" light SOY SAUCE

1" grated fresh GINGER

1 tsp finely ground LEMON RIND

1 clove GARLIC crushed.

½ tsp SESAME OIL

Marinade chicken by covering dish & leave for 4 hours in fridge, turning chicken occasionally.

Drain and keep marinade.

Place chicken in baking dish and bake for 40 minutes.

Baste occasionally with marinade.

SMOOTHIE – To help kill the cold.

2.5cm slice fresh ginger

¼ unpeeled lemon

1 cup hot water

Juice the ginger and lemon.

Add hot water to the juice.

Mix well and down the hatch.

14th June – 99 Lakes Road, Greenfields

21st June - Lakelands Shopping Centre

28th June- Halls Head Central

All at 9.30am till 11.00am

Thomas Dambo's Giants of Mandurah

Have you discovered all the Giants yet? You've got plenty of time yet till November. Start at the Visitors Centre for a map and guide.

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

NSA Connect Info

May 2023 Fed Budget – Renters will receive additional support through a 15% boost to max rate of rent assistance (a change advocated by National Seniors)

Health Care receives a boost with incentives for GP's to bulk bill and lower medication costs.

Aged care continues to be a focus with funding for a 15% increase in wages for aged care staff and an additional 9,500 home care places.

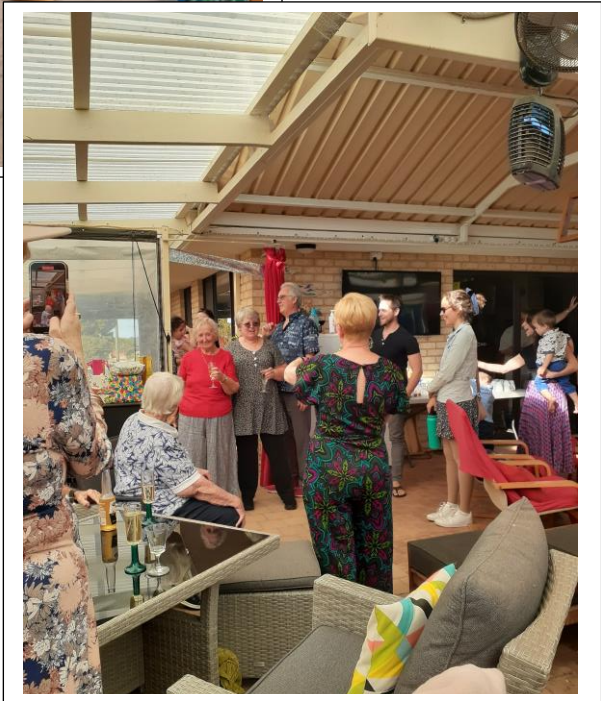
Anti-Scam Centre will speed up fraud response – Govt Departments, Law enforcement agencies, Telcos and Banks will work together to stop scammers and alert victims.



Monday 8th of May

Members enjoying lunch at the “Seven Trees Café”. This venue was a last-minute change when the car rally, planned, for the May outing was cancelled.

Photos taken at the 80th Birthday party for
Lyn Cooper, Zone 114 President





THE MANDURAH WAYFAIRER PROJECT

Lakelands Café Connect

Join us for a monthly coffee morning and get involved with the Mandurah WayFairer Project!

The WayFairer Project is about connecting adults 50 years and over to their community.

Let us help you discover your skills and knowledge, connecting to clubs and groups, social connection and keeping active in the community.

Reach out to Marie Scott and find out how becoming a WayFairer can add value to your life.



Tuesday 13 June
10am - 12.00pm

Lakelands Shopping
Centre - Opposite
Muffin Break

This month we join with the tech wizards from Youngster.co offering free technology and smartphone support for our seniors and community.

Learn how to arrange all of your photos to share with family and friends!

The Youngsters can also show you how to message, email and post photos to an online album, ready for printing.

To RSVP, contact Marie Scott
marieS@inclusionsolutions.org.au
0423 760 581



THE TWELVE COMMANDMENTS FOR OLD BASTARDS

#1 - Talk to yourself. There are times you need expert advice.

#2 - "In Style" are the clothes that still fit.

#3 - You don't need anger management. You need people to stop pissing you off.

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - "On time" is when you get there.

#7 - Even duct tape can't fix stupid, but it sure does muffle the sound.

#8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.

#9 - Lately, you've noticed people your age are so much older than you.

#10 - Growing old should have taken longer.

#11 - Aging has slowed you down but hasn't shut you up.

#12 - You still haven't learned to act your age and hope you never will.

. . . And one more:

"One for the road" means peeing before you leave the house 😄

Quiz Time

General Quiz

1. What is the most popular gift to give on Mother’s Day?
2. Why is it that the word for mom starts with a “ma” sound in almost every language?
3. People buy lots of flowers on Mother’s Day. What are the other two holidays that have the most flower sales?
4. True or False: The celebration of moms actually dates back to ancient times.
5. What do they call Mother’s Day in England?
6. Where was the colony’s (W. A.) first unofficial horse-race held?
7. When was Western Australia’s first Parliament officially opened?
8. What was the original name for Hay Street?
9. Perth once had a number of well-known family department stores. What store now stands on the site of the former Aherns store?
10. Why is 1 June important in this State’s history?

Sudoku 2023-E0x (Easy)

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

Sudoku 2023-0x (Hard)

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

Time to Laugh?

Did you hear about the mathematician who’s afraid of negative numbers?

He’ll stop at nothing to avoid them.

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

A woman in labour suddenly shouted, “Shouldn’t! Wouldn’t! Couldn’t! Didn’t! Can’t!”

“Don’t worry,” said the doc. “Those are just contractions.”

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

What sits at the bottom of the sea and twitches?

A nervous wreck.

~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23				24	25					
26	27	28	29				30	31						
32						33						34	35	36
37					38						39			
40				41						42				
			43						44					
	45	46						47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

- DOWN**
- Distinctive flair
 - Pew area
 - Think or believe (archaic)
 - Auspices
 - Remedy
 - Old Jewish scholars
 - Dispute
 - Assess
 - Makes furious
 - Twist
 - Distant
 - Turning point
 - Marinate
 - Estimated (abbrev.)
 - Local Area Network
 - Cain's brother
 - Old stories
 - Sail holder
 - Relating to the spine and joints
 - Antelope of India
 - Acid related to gout
 - Part of a book
 - African sheep
 - Disappeared
 - Stops
 - Conventional
 - Astern
 - Bewilders
 - Apply gently
 - Fixes socks
 - Overact
 - Peak
 - Junk E-mail
 - Exceedingly
 - Anagram of "Seek"
 - Hurry
 - Information
 - Always
 - Geek

- ACROSS**
- Go inside
 - A bushy hairdo
 - Hats
 - Immense
 - Boyfriend
 - Mishmash
 - Evade
 - Backside
 - Exploded star
 - Newscaster
 - Swiped
 - S
 - In the air
 - Not quite
 - Natural

- sweetener
- Swine
- Ancestry
- Formerly (archaic)
- Haven
- Weightlifters pump this
- Sluggish
- Confine
- Frequently
- Declares untrue
- Profundity
- A rotating disk
- Identical
- Load with

- excessive weight
- Goad
- Apollo astronaut Slayton
- Debonair
- Against
- Minerals
- Aromatic compound
- Millisecond
- Long and open portico
- Pottery fragment

Word Search Fears and Phobias

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

ACCEPTING
 ADVICE
 AMAZING
 BEAUTIFUL
 BELOVED
 BLESSED
 CARING
 COMFORTING
 CONSIDERATE
 DEAR
 DEVOTED
 ENCOURAGING
 FAMILY

FLOWERS
 GENEROUS
 GIVING
 HELPFUL
 HUGS
 INSPIRING
 JOY
 KIND
 LAUGHTER
 LISTENER
 LOVING
 MENTOR
 MOTHER

NICE
 NURTURING
 PRECIOUS
 PROTECTIVE
 PROUD
 RESPECTFUL
 SELFLESS
 SHARING
 SMILES
 STRONG
 SUPPORTIVE
 TEACHING
 TENDER

THOUGHTFUL
 TOLERANT
 TRUSTING
 WARM
 WATCHFUL
 WISE
 WONDERFUL

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

Quiz Answer

General

- Greeting Cards
- It's the first sound a baby makes.
- Valentine's Day and Christmas/Hanukkah
- True. Ancient Greek and Roman myths allude to the fact that Greeks and Romans celebrated Mother's Day by honouring the goddesses of Mother Earth, fertility, and mother of the Gods.
- Mothering Sunday
- On the shore at Garden Island soon after settlement. The winning rider was Captain Mark Currie.
- 20 January 1891
- Howick Street
- David Jones
- It commemorates the Foundation of the Swan River Colony.

Sudoku 2023-H0x (Hard)

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

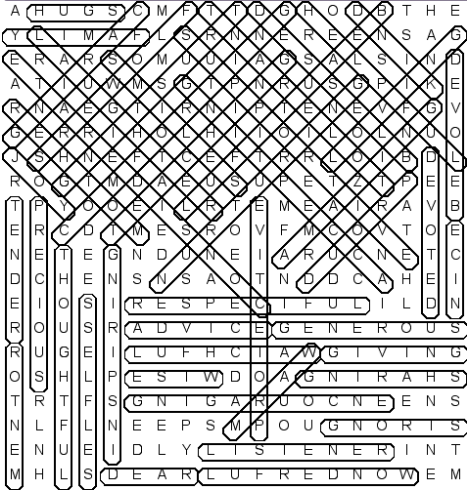
Sudoku 2023-E0x (Easy)

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

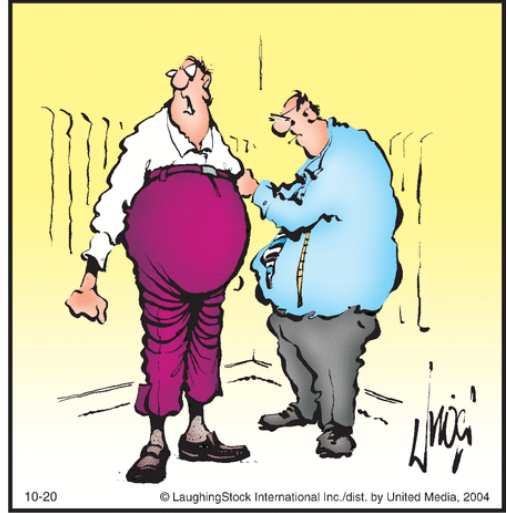
Crossword Answer

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

Word Search Answers



The hidden message is: "a mother's arms are made of tenderness and children sleep soundly in them."



"I've worn a 34-inch waist ever since I was a teenager."

More fun & Laughter



Important Dates 2023

Meetings

Date	Guest Speaker	Topic
13 th February	Mens Shed	
17 th April	Dot Shakespeare	Sign Language
12 th June	Michelle	Clerk at Courthouse
14 th August	Sandra from Niagara Therapy	AGM
9 th October	Librarian	Information available at libraries
4 th December		

Outings/Events

Date	Venue	Meet Time
13 th March	Quarry Park Meadow Springs, Picnic. BYO Chairs & food	11:30 am
8 th May	Seven Trees - Lunch	11:30
3 rd July	Fairbridge self-drive	9:30 am
28 th August	Annual Community Talks	TBC
11 th September	Trip to Dwellingup – car pool	
13 th November	Swan valley coach trip - TBA	
11 th December	Christmas Lunch. Ravenswood Hotel	12:00

Weekend Socials

Date	Venue	Time
26 th February	Wild Squeeze Café, South Yunderup - Lunch	12:00 noon
22 nd April	Turquoise Café, Ormsby Tce, Mandurah – Breakfast NOTE Saturday	9:00 am
25 th June	Friar Tuck, Wannanup – Lunch	12:00 Noon
23 rd August	No Function	
21 st October	Moka, Boardwalk, Mandurah – Breakfast NOTE Saturday	
11 th December	Christmas Lunch - See Outings/Events above	

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

<u>Name</u>	<u>Email</u>	<u>Phone</u>
<u>President</u>		
Tina	tinaf16@bigpond.com	9582 0679
<u>Vice President</u>		
Michael	mikemore@iinet.net.au	9537 7868
<u>Secretary</u>		
<u>Treasurer</u>		
Rosemary	rosemarypanting@gmail.com	04 8152 3041
<u>Social Events Outings</u>		
Committee	See Contact list	Committee
<u>Social Events Weekend Socials</u>		
Committee	See Contact list	Committee
<u>Guest Speaker Organiser</u>		
Committee	See Contact list	Committee
<u>Editor & Web Master</u>		
Ross	rbarratt@outlook.com	
<u>Zone 114/State Representatives Chair</u>		
Lynne Cooper Rockingham	lyncooper1605@gmail.com	08 9593 1034
<u>Zone 114/State Representatives Secretary</u>		
Nan Senior Roickingham	nansenior@bigpond.com.au	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.