

Peel Region Branch

National Seniors
AUSTRALIA

Out and About

ISSUE 1

2023

*Advancing the Interest of
the Over 50's*



11th December 2022

Members enjoying their Christmas Lunch at Ravenswood Hotel

[Web Pages](#)

Head Office (Brisbane Qld)
National Seniors Travel
Peel Branch email

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[http://www.nationalseniorstravel.com.au/
peel.region.nsa@outlook.com](http://www.nationalseniorstravel.com.au/peel.region.nsa@outlook.com)

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Zone 114 Secretary

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**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

President's Prattle

Welcome back and trust you are all refreshed and ready for the New Year's activities.

The Committee has put together an excellent programme: -- lunch/breakfasts at new eating places as well as old favourites; social outings always interesting and varied incl a CAR RALLY this year; and class guest speakers at our general meetings plus a chance to air your views.

The WA Seniors Strategy 2023 is still in progress and no feedback to date.

If you are not in the system with My Aged Care for in-home care, you would be wise to act sooner than later as there will be many changes and if you're already registered it will be much easier to have everything in place when you need it.

For members online, please take time to read the CONNECT. Issue 795 on 19th January 2023 is an especially interesting read. National Seniors Australia CEO and Director of Research, John McCallum announced his retirement and former manager, Chris Grice, has taken on the new leadership role. Chris gave an excellent presentation on the organisation, at the Zone 114 Conference last year.

Also in this issue is the article on 'The Great Unretirement' on older workers entering the labour force, with figures showing nearly half of the new labour market additions are 55 plus. A lot of media attention has been focused on letting older person's work, with our Chief Advocate, Ian Henske continuously pushing this issue in the media. Letting pensioners work is gaining strong momentum as a result. Refer

to the 'Let Pensioners Work' campaign. You can help by signing the petition at the National Seniors Australia website.

Why not try something new and fun this year? LIP READING! A small group will be forming to get this up and running. Venue and date to be advised. This new skill could help you boost your hearing using a tried-and-true method. Minimum places available. Contact me for more details.

Our first meeting for the year is Monday 13th February at the RSL, 1.30pm and look forward to seeing you all.

Tina Frost (President)

Social Corner

Outings

13th May 2023

Picnic at Quarry Park, Meadow Springs. Meet at the park 11:30 am. BYO food and drinks.

Don't forget to be SUN SMART.

8TH May 2023 - CAR RALLY

The start time is 10 am on Monday, 8. May 2023. We organized a very unusual car rally. The proposed rally will be 23 km long and take appr. 2 hours. There will be 8 stops with myriads of questions. Extra points we will give for creative answers. In the end, we stop for a picnic or BBQ. Bring your own chair and or table. Invite some of your creative friends. We need appr. 20 people. Rockingham NSA will be more than welcome. Weather permitting, we plan outdoor games after the picnic.

The prizes may amaze and amuse you!!!

Cheers Vreni 🤗 🥳 🍷

Weekend Social

26th February 2023

Lunch at "Wild Squeeze" South Yunderup. Details to be confirmed.

Guest Speaker

13th February 2023

This month's guest speaker will be Vic Whelan from the Men's Shed.

Editors Ramble

Summer has finally arrived, come on autumn. Isn't it glorious weather for the beach and BBQ.

The social committee have indevoured to plan for many social events both outings and weekend socials, Many are still in the planning stage, but should be good if it all goes ahead.

If any member has a good idea for an outing, breakfast or lunch please contact a committee member or raise your hand after the social report has been given or even during general business.

Although I usually find sufficient to fill the newsletter I will always accept inputs from the members. Remember this newsletter is produced to inform you of what is happening in the branch, the National Seniors Australia, and locally.

Editor

Ross Barratt

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

What's On.

National Advance Care Planning have a new webinar for individuals and families, being offered monthly.

First up is - Learning how to plan for your **future health care** on **16th February**. You will need to register, and times are AEDT.

National Advance Care Planning Week is on 20th to 26th March

Check Advance Care Planning's website for more details.

Mandurah Catch Up with David Templeman (updates from State Govt, 2023 budget & key initiatives- discuss your concerns)

Coffee at Alfie's Café 53 Sholl St, **Friday 17th Feb, 8.30 to 10.00am**

the COM's Community Safety Strategy.

Below are dates in your area where you can have your say re the COM's Community Safety Strategy.

NORTH WARD

Lakelands Shopping Centre, 49 Mandurah Road

Saturday 11 February 2023, 9 am to 12noon

Town Ward

Halls Head Central, 14 Guava Way

Saturday 18 February 2023, 9 am – 12noon

EAST WARD

Mandurah Forum, 330 Pinjarra RD

Saturday 11 February 2023, 1 pm to 4 pm

COASTAL WARD

Miami Plaza (Falcon)

Saturday 18 February 2023, 1 pm – 4 pm

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.

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/>

NSA Information

Updating and managing your preferences

You can update your communication preferences at any time on the website

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

Recipe Corner

GRATED PUMPKIN and POTATO CAKES

2 large potatoes, peeled.
 Equal quantity of pumpkin peeled and diced.
 1 sliced onion.
 1 large egg
 ¾ cup SR Flour
 Milk
 Salt and pepper to taste.
 Chopped chives and or parsley optional.

Grate the potatoes, pumpkin, & onion into a large bowl.
 Beat in egg. Stir in flour and enough milk to make a thick batter.
 Add salt and pepper. Chopped chives or parsley can be added for flavour.
 Fry in tablespoonfuls in a fry pan or bbq with a little of oil until golden brown & cooked on the inside.

DEVIL'S MARBLES

1 small watermelon
 1 small honeydew melon, ripe and juicy
 ½ cup icing sugar

Scoop out the flesh of the watermelon & honeydew melon with a baller.

Thread 3 or 4 balls alternately onto a bamboo skewer and roll in icing sugar. Place on a tray lined with foil and freeze for 1 to 2 hours.
 Eat frozen as a delicious real fruit ice block.

Just Joking

Always wondered about this and at last, the answer!!

Two great white sharks swimming in the ocean spied survivors of a sunken ship.

"Follow me son" the father shark said to the son shark, and they swam to the mass of people

And they did.

"Well done, son! Now we swim around them a few times with all of our fins showing."

And they did

"Now we eat everybody."

And they did

When they were both gorged, the son asked, "Dad, why didn't we just eat them all at first? Why did we swim around and around them?"

His wise father replied, "Because they taste better if you scare the shit out of them first!"

Happy Snaps

Yummy, this desert is so delicious.



Game Time

Audrey organised a game of swap the parcel to left or right on hearing the word. Fun time for our final meeting for 2022.

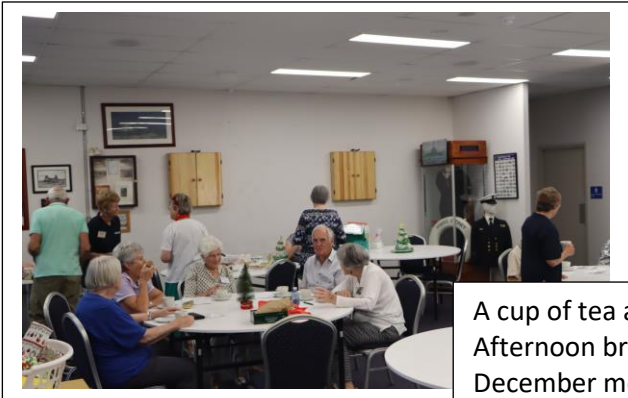
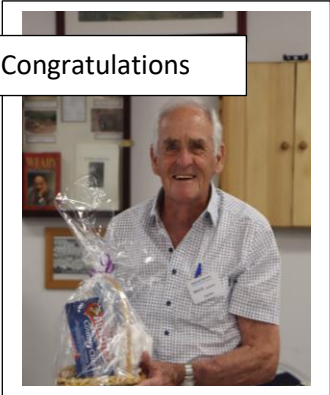


Happy Snaps



Can you guess what is in yours? I have nearly unwrapped mine

A Lucky Raffle winner. Congratulations



A cup of tea anyone?
Afternoon break at the December meeting

Quiz Time

General Quiz

1. What is a bushman's clock?
2. Before being named Melbourne, what was the city known as?
3. Which Aussie promised to "Go all the way with LBJ"?
4. Who is the longest serving presenter of *Playschool*?
5. What was the design of the Sydney Opera House inspired by?
6. What natural Australian landmark has its own mailbox?
7. Of the 25 deadliest snakes in the world, how many are found in Australia?
8. Which alcoholic beverage holder was invented in Australia?
9. What was Vegemite invented from?
10. Australia is the world record holder for which Christmas decorative item?

Sudoku 2023-0x (Hard)

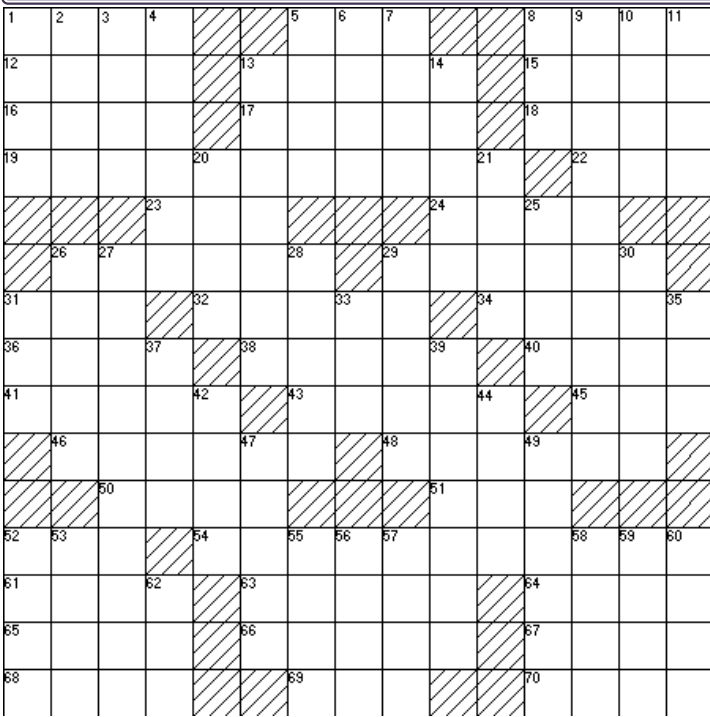
5	6				1
	2			4	7
4		8	2	3	
8		5	1		7
			3	1	5
3	7	9			
	2	4			6
	5	2			4

Sudoku 2023-E01 (Easy)

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



Crossword



Down

1. Current
2. Capital of Peru
3. Colored part of eye
4. Dermal artwork
5. Soft drink
6. "Wise" birds
7. Seven days
8. "___-wan Kenobi"
9. Slippery bony fishes
10. Prince of Midian
11. Trees, of the Ulmaceae family
13. Rectangular grooves
14. Evoking cheerlessness and gloom
20. Cupid
21. Small birds
25. Arrangement or agreement
26. Commoners (slang)
27. Plant eaters
28. Delicious (slang)
29. Ohio city
30. Screams
31. Cry of surprise or triumph
33. American spy agency
35. Eyelid inflammation
37. Citizen of Denmark
39. Superman's planet
42. Antitoxins
44. Muslim leader
47. Stinging insects
49. Factory-built construction
52. Specification or speculation
53. Car
55. Bags
56. Elevator inventor
57. Disturbance
58. ___ contendre
59. Threesome
60. Immediately (medical)
61. Eastern Standard Time

ACROSS

1. Move rapidly
5. Stitch
8. Musical instrument
12. Italian currency
13. Oared
15. Knot
16. To not include
17. German for "eagle"
18. A distinct article
19. Office garbage pail
22. Tablespoons (abbrev.)
23. Sphere
24. Assistant
26. "Darn!"

29. Carries blood from the heart
31. Beer
32. Unable to move
34. Locked containers
36. Group of cattle
38. Conceited smile
40. Light springing rhythm
41. Uncle of Muhammad
43. Native of Australia
45. Clever
46. Fibrous; Like a tendon
48. Semi-divine spirits
50. ___ Lynn, WW2 singer

51. Even
52. Portuguese for "saint"
54. Varieties
61. Unadulterated
63. Terrace or courtyard
64. Stronghold
65. French for "summers"
66. Heir
67. Inter-___, legal term
68. Price
69. Supersonic transport
70. Footwear

Word Search Fears and Phobias

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

<p>ANTS AUGUST BARBECUE BASEBALL BEACH BEES BICYCLE BLUE SKY BOATING BREEZE CAMPING</p>	<p>FISHING FLIES FLOWERS GARDENING GOLF GREEN GRASS HAT HIKING HOLIDAYS HOT ICE CREAM</p>	<p>JULY JUNE MOSQUITOES NO SCHOOL PICNIC ROLLER BLADES SANDALS SKATEBOARD SOCCER SOLSTICE SPRINKLERS</p>	<p>SUNBURN SUNGLASSES SUNSCREEN SUNSHINE SUNTAN SWEAT SWIMMING U V RAYS WASPS WATER FIGHTS WATERMELON</p>
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Quiz Answer

General

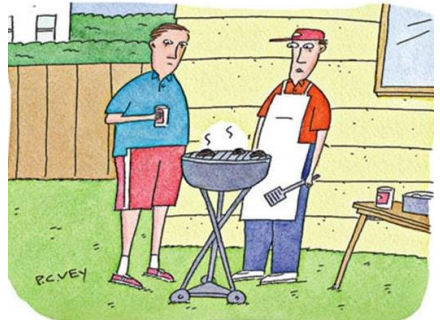
1. A kookaburra laughing.
2. Batmania—named after John Batman who built a settlement on the Yarra River.
3. Prime Minister Harold Holt.
4. Benita.
5. An orange.
6. The Great Barrier Reef. You can send it a postcard.
7. 21.
8. Goon—the wine cask.
9. Leftover yeast used to make beer.
10. The world’s largest Christmas cracker.

Sudoku 203-H0x (Hard)

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

Sudoku 2023-E0x (Easy)

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



"And now I just step back and let the grilling process destroy any nutritional value it might have had."

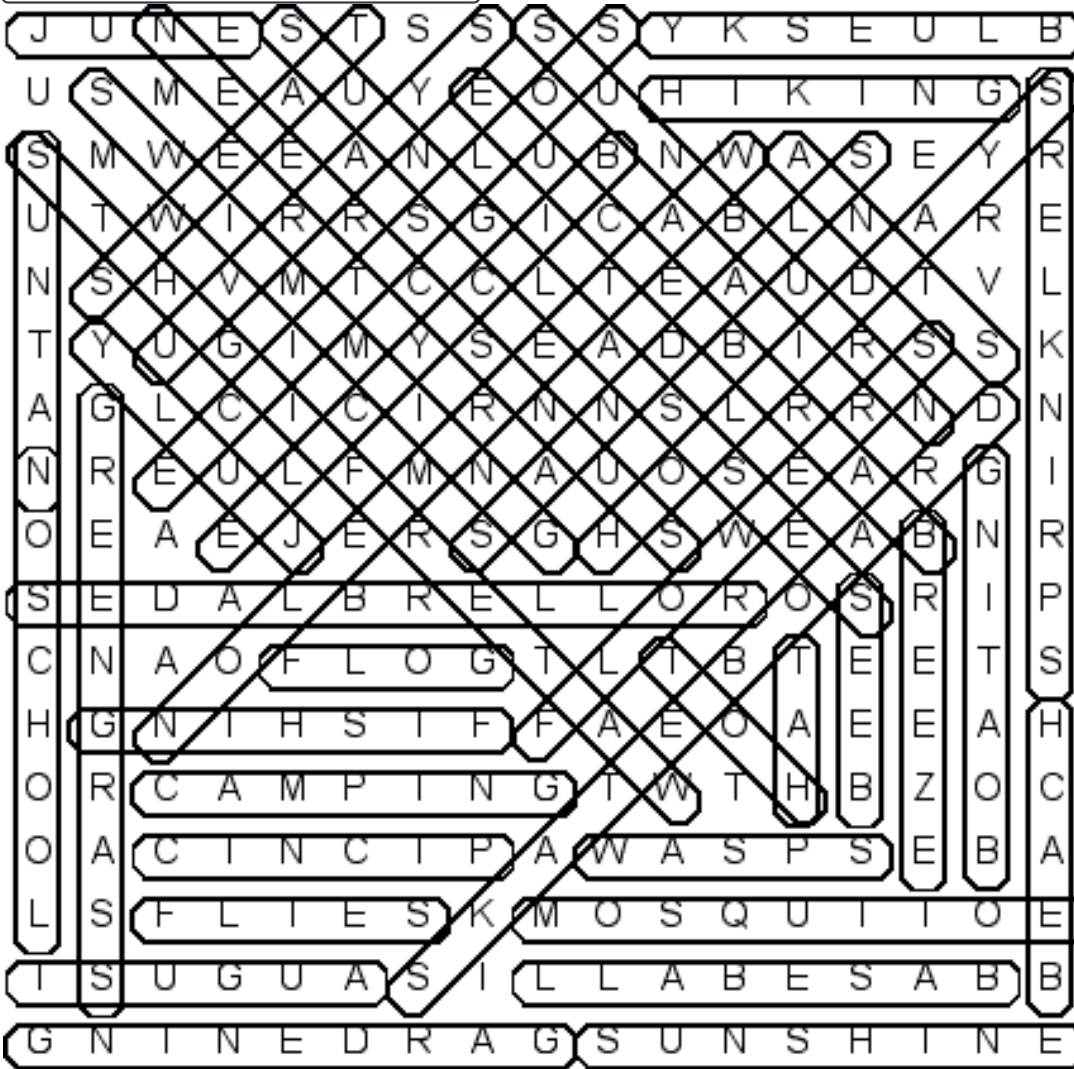


"Eventually you're going to have to get some swim trunks."

Crossword Answer

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

Word Search Answers



The hidden message is: SUMMER VACATION

Important Dates 2023

Meetings

Date	Guest Speaker	Topic
13 th February	Vic Whelan	from Men's Shed
17 th April	Dot Shakespeare	Sign Language
12 th June	Michelle	Clerk at Courthouse
14 th August	Sandra Finerty	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	Car Rally – Details	10:00 am
3 rd July	Casino – depends on bus running	
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	

Weekend Socials

Date	Venue	Time
26 th February	The Cut Tavern – 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 – Ravenswood Hotel	

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

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<u>Treasurer</u>		
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<u>Social Events Weekend Socials</u>		
Committee	See Contact list	Committee
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Committee	See Contact list	Committee
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<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.