

Peel Region Branch

National Seniors AUSTRALIA

Out and About

ISSUE 5
October
2023
50c

Advancing the Interest of the Over 50's



Seven members managed to board the Hotham Valley Steam Train for a return journey to Isandra siding. Refreshments were available on the train. An enjoyable trip.

Web Pages

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

Mandy 0418 885 864

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

President's Prattle

Welcome to October 2023 newsletter. We have had a busy couple of months since the last issue.

The AGM on the 14th August went very well with all positions filled. We are blessed with those who decided to stay on for another year and thank all outgoing committee members. A special welcome to Mandy Kuppens who graciously put her hand up for the Secretary role. Mandy's enthusiasm and bright persona is infectious, and her presence on the committee will be a great advantage in keeping the branch business running smoothly. Welcome to Wendy and Michael Farbey also new committee members, so we look forward to vibrant things happening for the coming year's programme.

The annual Community Talks Day on the 28th August was a success with excellent guest speakers from Neighbourhood Watch, local Police constabulary and our favourite guest speaker Allison, on Wildlife etc. After a tasty lunch we were entertained by our talented member Annie, who sang a couple of old-time songs bringing back memories of yesteryear. This was followed by Anne Chapple on 'Friends of Anzac Cottage' with a very

interesting talk on the cottage's history from information she had gathered and collated from her family dossier. All in all, it was an enjoyable day.

Christmas is nearly upon us with lots happening in Mandurah such as the Christmas Pageant on Friday 1st of December then December to 7th January is the Christmas Lights Trail.

Both events worth attending to lift your Christmas spirits and keep your sanity during this busy time of the year.

Please take care on the roads be alert.

Your life is precious, and you are special.

Tina Frost (President)

Social Corner

Outings

HARVEY BUS OUTING with Rockingham branch had 13 of our members enjoying an excellent outing even though it was bitterly cold but that didn't dampen our spirits. First stop was the historical Internment Camp Memorial Shrine at Harvey which commemorates Italian Internees from World War 2. Lunch was at the Brugan Brewery at WOKALUP then on to HA VE Cheese Factory. A good day was had by all and thanks to Rockingham Branch for organising the event plus supplying the homemade cakes for a delicious morning tea.

Swan Valley Tour

Monday, November 13, 2023.

We need to fill the bus with no less than 20 people, otherwise this outing will not go ahead. Thank you to those who have their names on the list, we now have our 20 and it will be going ahead.

Friends welcome.

The bus will pick us up in Mandurah at a designated pick-up point (to be notified), and any Rockingham people will be picked up on the way at a place organized. (we will let you know the pickup point). Then we travel to the Farm in Bullsbrook (45 min). There we will have morning tea, have a chance to wander around a museum etc.

Afterward, we have a wagon tour with horses and lunch somewhere (at your own expense), maybe at the chocolate factory. Later afternoon tea somewhere. **Total cost without lunch \$ 85 p.p.** Back to Bullsbrook then drop off at Rockingham and then on to Mandurah. Hopefully, we will have enough people, that we can go ahead and book that wonderful trip. Vreni.

~~~~~ \*\*\*\*\* ~~~~~

### **PAYMENT FOR COACH TRIPS or other**

You can pay by bank transfer to:

BENDIGO BANK, BSB No 633-000,

Account No. 141169052

*Account name:* NATIONAL SENIORS

AUSTRALIA PEEL REGION BRANCH INC

Add your name and event.

This will make things easier for our Treasurer or if this is not possible By cheque or correct money in an envelope with your name, event, and hand in at meeting.

THANK YOU.

Tina Frost

## *Weekend Social*

The next weekend social is on Saturday the 21<sup>st</sup> of October 2023 at Moka Café, Dolphin Quays, 9:00-9:30 am, for a delicious breakfast.

## dates for your diary

**Saturday 14th October** – The Voice Referendum

**Saturday 21<sup>st</sup> Oct** - Mandurah Local Govt Ordinary Postal Elections

**Sept 22nd to 22<sup>nd</sup> October** - Mandurah Arts Festival

**SENIORS WEEK** – Sunday 12<sup>th</sup> to Sunday 19<sup>th</sup> November

**Wednesday 15<sup>th</sup> November** – ‘Have a Go Day’ free festival at Burswood Park, Perth

**Friday 17<sup>th</sup> November 2023** - Mandurah Senior Citizens Centre Seniors Expo

## *Guest Speaker*

Lisa Gardiner, the City of Mandurah Seniors Co-ordinator will be speaking at the December General Meeting

## Editors Ramble

Spring has sprung and I am getting older.

Welcome everyone to the October newsletter. Now that it is spring it won't be long before we start to look forward to all those Christmas lunches. Many of you will be looking forward to seeing the look on the faces of their grand and great grand children when they open their presents on Christmas day.

## 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

The Peel region Branch has not made any plans for an annual “Community Talks Day” during 2024 as yet, and any news will be given at the General meetings and in the newsletter when known.

## 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.

**SUNFLOWER INSIGNIA** (badge or lanyard) – The bright yellow sunflower

badge is worn to create awareness that the wearer has a hidden disability e.g hearing loss, vision loss, language barrier, cognitive issues etc and needs more patience when interacting with them.

It is acknowledged in many countries at public places such as airports, banks, councils, and the like.

## 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](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/>

## Recipe Corner

### RECIPE

**FRUIT GELATO** (serves 8-10)

¼ Cup Sugar dissolved in 1 cup hot water

Juice of 1 large orange

Juice of 1 lemon

2 ripe bananas mashed.

2 eggs separated.

### METHOD

Cool Sugar and hot water mixture

Add orange & lemon juice.

Mash bananas well and fold in egg yolks.

Add to juice and water mixture.

Pour into shallow tin and freeze.

Beat frozen mixture. Add stiffly beaten egg whites.

Beat till thoroughly mixed. Refreeze.

Variation: - You can add chopped walnuts

& chopped dried fruit after beating and before refreezing or pulp of 4 passionfruit

## Just Joking

**Helvetica and Times New Roman walk into a bar.**

"Get out of here!" shouts the bartender. "We don't serve your type."

~~~~~ \*\*\*\*\* ~~~~~

Did you hear about the claustrophobic astronaut?

He just needed a little space.

~~~~~ \*\*\*\*\* ~~~~~

**Why don't scientists trust atoms?**

Because they make up everything.

~~~~~ \*\*\*\*\* ~~~~~

Patient: "Doctor, you have to help me, I think I can see in the future."

Doctor: "When did it start?" Patient: "Next Friday."

~~~~~ \*\*\*\*\* ~~~~~



# Happy Snaps



Members enjoying the Hotham Valley steam train ride on Sunday 17<sup>th</sup> of September 2023.



# Happy Snaps



Above: Enjoying lunch at the Pinjarra hotel after the train ride.  
Below: Tina, Anne and Ross having lunch with Micheal More for his birthday.





# Community Day Happy Snaps



Members waiting for the talks to begin



The Mandurah Police answering questions from our members.



Alison Dixon talking on wildlife re-habitation and native flowers.

**Jokes Galore** →

Of all your children, the only one who won't grow up and move away is your husband.



*"When your grandparents said they were going to drop in on us, I didn't think they meant literally."*

# Quiz Time

## General Quiz

- Who is often credited with creating the world's first car?
- What does BMW stand for (in English)?
- What is the name of the song that Queen Elsa sings as she builds her ice castle in the movie Frozen?
- How many films did Sean Connery play James Bond in?
- What is a female donkey called?
- What name is used to refer to a group of frogs?
- In chess, the queen has the combined movement of which two pieces?
- What did the "Itsy Bitsy Spider" climb up?
- How can a man go eight days without sleep?
- Which country celebrates the Storming of the Bastille?

## Sudoku 2023-0x (Hard)

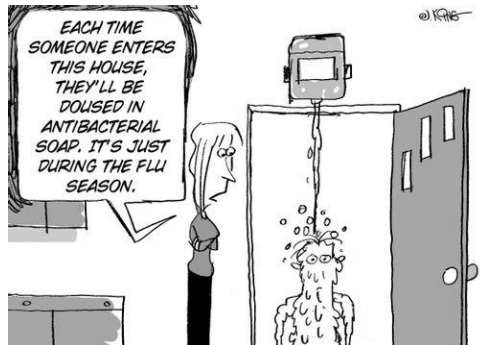
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 |   | 5 |   | 7 |   |   |   |   |
| 3 | 2 |   |   | 4 | 6 |   |   |   |
|   |   |   |   |   |   |   | 9 |   |
| 6 | 7 |   |   |   |   |   |   |   |
|   |   | 1 |   |   | 3 |   |   |   |
|   | 5 |   |   |   |   |   | 1 | 6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

## Sudoku 2023-E0x (Easy)

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



"Yoo-hoo! My husband gets the senior-citizen discount!  
Yoo-hoo, Officer, yoo-hoo!"



EACH TIME SOMEONE ENTERS THIS HOUSE, THEY'LL BE DOUSED IN ANTIBACTERIAL SOAP. IT'S JUST DURING THE FLU SEASON.

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 |    |    |    |    |    |    |    |    |    |  |    | 57 |    |    |
| 58 |    |    |    |    |    |    |    |    |    |  |    |    | 80 |    |
| 61 |    |    |    |    |    |    |    |    |    |  |    |    |    | 63 |

DOWN

1. Flower
2. Eagle's home
3. Administered
4. Estimated (abbrev.)
5. Twine
6. Come up
7. Hubs
8. Streetwalkers
9. Ever last one
10. Filter
11. Armor-plated warship
12. Nonclerical
13. Look at flirtatiously
18. Female egg organ
22. Farm equipment
24. Weight
26. Excited
28. Fetch
29. Car
30. Appear to be
31. Any soft or soggy mass
32. Freshwater mussel
33. A temporary fortification
34. Rockets, missiles and planes
37. Prostitute
38. A young horse
40. Colours
41. Light wood
43. Focusing glass (plural)
44. Planks
46. Snap
47. Ardent
48. Perch
49. Dings
50. For fear that
51. Anagram of "Sage"
53. Play parts

ACROSS

1. Commanded
5. Chip dip
10. Storage site
14. Dregs
15. Fairy tale character
16. Outcropping
17. Eloquent
19. Aggravate
20. Petroleum
21. Stay with as a guest
22. British penny
23. Marsh gas
25. Fables

27. Unit of energy
28. Showy flowers
31. Bouffant
34. Archer's bolt
35. Expected
36. Module
37. Existence
- 38.
- Celebration
39. Falsehood
40. Fixes socks
41. Cherished

42. Tadpole
44. Sheep sound
45. Accomplishments
46. A strong post
50. Grassy areas
52. Monetary units of Serbia
54. Enemy
55. Freudian topics
56. Wound
58. Arid
59. Outward
60. Once, long ago
61. Sounds of disapproval
62. Writing tables

63. Trawling equipment

Down Cont.

56. Light Emitting Diode
57. 5 plus 5

**Word Search** Back to School

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

ASSIGNMENTS  
 BACKPACK  
 BATHROOM  
 BELL  
 BINDER  
 CAFETERIA  
 CHALKBOARD  
 CLASSROOM  
 CLOCK  
 COURSES  
 DESK

DOORS  
 ENROLL  
 ERASER  
 EXAMS  
 FIRST DAY  
 GYMNASIU  
 M  
 HALLWAY  
 HOMEWORK  
 INTERCOM

JANITOR  
 LANGUAGE ARTS  
 LEARNING  
 LIBRARY  
 LOCKER  
 LUNCHROOM  
 MATH  
 NEW FRIENDS  
 NOTEBOOK  
 NURSE  
 OLD FRIENDS

PADLOCK  
 PAPER  
 PENCILS  
 PENS  
 PRINCIPAL  
 QUIZZES  
 ROLL CALL  
 RULES  
 SCHOOL BUS  
 SCHOOL

OFFICE  
 SCHOOLYARD  
 SCIENCE  
 SECRETARY  
 SEPTEMBER  
 SOCIAL  
 STUDIES  
 STUDENT  
 STUDY  
 TEACHER

Quiz A

Sudoku 2023-H0x (Hard)

General

1. Karl Benz
2. Bavarian Motor Works
3. Let It Go
4. Seven
5. A Jenny
6. An army
7. bishop and rook
8. The waterspout
9. By sleeping during the night
10. France

Sudoku 2023-E0x (Easy)

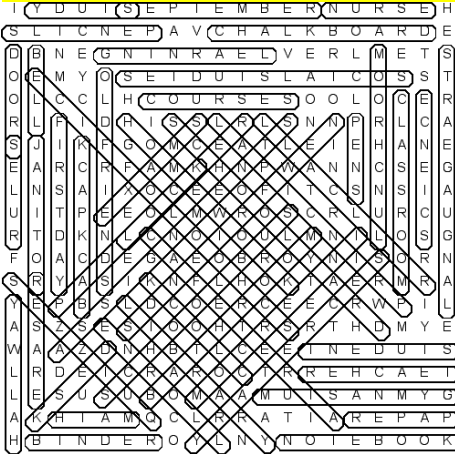
|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 5 | 8 | 2 | 9 | 6 | 1 | 4 | 7 |
| 2 | 7 | 4 | 1 | 8 | 5 | 9 | 6 | 3 |
| 9 | 1 | 6 | 3 | 7 | 4 | 8 | 2 | 5 |
| 4 | 9 | 7 | 6 | 3 | 1 | 5 | 8 | 2 |
| 1 | 8 | 3 | 5 | 2 | 9 | 4 | 7 | 6 |
| 6 | 2 | 5 | 7 | 4 | 8 | 3 | 1 | 9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

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

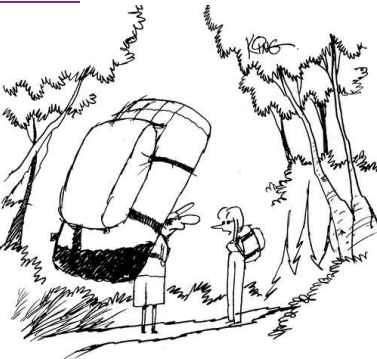
Crossword Answer

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

Word Search Answers



The hidden message is: I HAVE NEVER LET MY SCHOOLING INTERFERE WITH MY EDUCATION



"I think you might've over-packed. We'll only be gone for an hour."



Raping and pillaging, Seniors' Tour, 898AD.



*"It's worldwide phenomena. People turn into worthless zombies when their phone batteries die."*

### SENIOR'S LAMENT

A few days ago I was tooling along through a neighbourhood on my wheelchair when I noticed a young boy sitting on the retaining wall in front of his house, crying as if his heart was breaking.

I pulled alongside the youngster and asked, "Son, what's the matter? Why are you crying so?

"I'm... cry... crying 'cause I can't do what my 20-year-old brother does," he said.

So, I sat there and cried with him.

## Important Dates 2023

### Meetings

| Date                      | Guest Speaker   | Topic                                 |
|---------------------------|-----------------|---------------------------------------|
| 13 <sup>th</sup> February | Mens Shed       |                                       |
| 17 <sup>th</sup> April    | Dot Shakespeare | Sign Language                         |
| 12 <sup>th</sup> June     | Michelle        | Clerk at Courthouse                   |
| 14 <sup>th</sup> August   | Kieran Flocton  | AGM                                   |
| 9 <sup>th</sup> October   | Sheila Twine    | Venice, the sinking city              |
| 4 <sup>th</sup> December  | Lisa Gardiner   | City of Mandurah Seniors Co-ordinator |

### Outings/Events

| Date                       | Venue                                                    | Meet Time |
|----------------------------|----------------------------------------------------------|-----------|
| 13 <sup>th</sup> March     | Quarry Park Meadow Springs, Picnic.<br>BYO Chairs & food | 11:30 am  |
| 8 <sup>th</sup> May        | Car Rally – Details <b>TBA</b>                           |           |
| 3 <sup>rd</sup> July       | Casino – depends on bus running                          |           |
| 28 <sup>th</sup> August    | Annual Community Talks                                   | 9:30 am   |
| 11 <sup>th</sup> September | Trip to Dwellingup – carpool                             | 8:50 am   |
| 13 <sup>th</sup> November  | Swan valley coach trip                                   | TBA       |
| 11 <sup>th</sup> December  | Christmas Lunch @ Ravenswood Tavern                      | 12 noon   |

### Weekend Socials

| Date                      | Venue                                                                           | Time           |
|---------------------------|---------------------------------------------------------------------------------|----------------|
| 26 <sup>th</sup> February | Wild Squeeze Café, South Yunderup -<br><b>Lunch</b>                             | 12:00 noon     |
| 22 <sup>nd</sup> April    | Turquoise Café, Ormsby Tce, Mandurah<br>– <b>Breakfast</b> <b>NOTE Saturday</b> | 9:00 am        |
| 25 <sup>th</sup> June     | Friar Tuck, Wannanup – <b>Lunch</b>                                             | 12:00 Noon     |
| 23 <sup>rd</sup> August   | No Function                                                                     |                |
| 21 <sup>st</sup> October  | Moka, at Dolphin Quays – <b>Breakfast</b><br><b>NOTE Saturday</b>               | 9:00 - 9:30 am |
| 11 <sup>th</sup> December | Christmas Lunch @ Ravenswood                                                    | 12 Noon        |

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>  |
|--------------------------------------------------------|-------------------------------------------------------------------------------------|---------------|
| <b><u>President</u></b>                                |                                                                                     |               |
| Tina                                                   | <a href="mailto:tinaf16@bigpond.com">tinaf16@bigpond.com</a>                        | 9582 0679     |
| <b><u>Vice President</u></b>                           |                                                                                     |               |
| Michael                                                | <a href="mailto:mikemore@iinet.net.au">mikemore@iinet.net.au</a>                    | 9537 7868     |
| <b><u>Secretary</u></b>                                |                                                                                     |               |
| Mandy                                                  | <a href="mailto:mandykup9@gmail.com">mandykup9@gmail.com</a>                        | 0418 885 864  |
| <b><u>Treasurer</u></b>                                |                                                                                     |               |
| Rosemary                                               | <a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>            | 04 8152 3041  |
| <b><u>Social Events Outings</u></b>                    |                                                                                     |               |
| Committee                                              | See Contact list                                                                    | Committee     |
| <b><u>Social Events Weekend Socials</u></b>            |                                                                                     |               |
| Committee                                              | See Contact list                                                                    | Committee     |
| <b><u>Guest Speaker Organiser</u></b>                  |                                                                                     |               |
| Committee                                              | See Contact list                                                                    | Committee     |
| <b><u>Editor &amp; Web Master</u></b>                  |                                                                                     |               |
| Ross                                                   | <a href="mailto:rbarratt@outlook.com">rbarratt@outlook.com</a>                      |               |
| <b><u>Zone 114/State Representatives Chair</u></b>     |                                                                                     |               |
| Lynne Cooper<br>Rockingham                             | <a href="mailto:lyncooper1605@gmail.com">lyncooper1605@gmail.com</a>                | 08 9593 1034  |
| <b><u>Zone 114/State Representatives Secretary</u></b> |                                                                                     |               |
| Nan Senior<br>Roickingham                              | <a href="mailto:nansenior@bigpond.com.au">nansenior@bigpond.com.au</a>              | 08 9593 2141  |
| <b><u>National Seniors Australia</u></b>               |                                                                                     |               |
| Head Office<br>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.