

Peel Region Branch

National Seniors
AUSTRALIA

Out and About

ISSUE 2

2023

*Advancing the Interest of
the Over 50's*



Members of the Peel Region Branch enjoying a Christmas Lunch at the Ravenswood hotel.

Web Pages

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

Error! Hyperlink reference not valid.

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

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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

President's Prattle

Our most recent outing at Quarry Adventure Park in Meadow Springs for picnic lunch was very relaxing and we were lucky to have the park to ourselves. The weather was perfect, venue excellent with plenty of shade and good company.

Although we were only a small group, we made the most of the time for idle chatter. If you are looking for a place to take your grandkids this is an ideal spot.

We have excellent guest speakers coming up with Dot to educate us on Deaf Awareness first then in June, a representative from the Clerk of Courts. Mandurah Senior Citizens and Community Centre is starting up a 'Lip Reading Group' at beginning of May. If you are interested in learning a new skill for fun and to enhance your hearing ability, then why not give it a go.

Mandurah's Crab Fest was back in full swing after being cancelled for three years due to COVID. I believe it was a great success. I did brave the crowds on the Saturday, and it was pretty hectic but very well organised and lots to do. Great to see so many families enjoying themselves.

Do you have time to spare and interested in joining a school volunteering program? EdConnect, needs seniors to mentor for an hour a week at one of their primary or high schools. These are located at Waroona, Pinjarra and Mandurah. If interested let me know and I'll pass on their details.

What are some of the other branches doing? Perth Branch has a 4 day coach tour going to the Midwest Geraldton and Kalbarri in October plus there is a 2 ½ day

tour earlier in May at a Meditative Retreat at New Norcia. All branches are active with full programmes.

Don't forget our upcoming Car Rally in May. It will be a great day and something of a challenge and a great way to spend the day. You are welcome to bring a friend to join in the fun.

Tina Frost (President)

Social Corner

Car Rally

We have enough people for the car rally. So, it's definitely on at 8.5.23, meet at 10am, in car park cnr Scholl St and Hackett St. BYO picnic or BBQ lunch.

Rockingham people will join us.

So, we have a very interesting mix.

Think about who would like to be a driver, navigator or is creative.

The most creative answer will win. not the fastest (SMILE)

Each car receives 2 envelopes:

One is explaining the way etc.

The 2nd envelope only to be opened when you are lost.

I look forward to having fun on the 8. May.

Cheers Vreni

Weekend Social

Our next weekend Social is on the 22nd of April 2023 and will be a breakfast at the "Turquoise Café". Meet there before 9:00 am. More details will be given out at the April meeting.

Guest Speaker

The guest speaker for the April meeting will be **Dot Shakespeare who will talk about "deaf Awareness and sign Language"**.

Editors Ramble

Today I am preparing the newsletter for the April meeting, looking out of the window and – thinking – Has winter arrived, then I look at the forecast and think – maybe a few more days yet.

Welcome to Autumn. In Summer we can't wait for winter and in winter we can't wait for Summer, we are such a funny lot.

The social members on the committee have tried very hard to make 2023 a year of adventure and social outings.

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 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

Here's an easy winter recipe. Thinking ahead.
Tina.

BEEF & PINEAPPLE CASSEROLE

- 1kg Stewing Steak
- 1 can Pineapple pieces
- 1 pkt French Onion Soup

Dice meat and place in casserole dish
 Sprinkle with soup
 Add pineapple pieces.
 Cook in moderate oven for 2 hours.
 Serve with rice.

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POTASSIUM PUNCH

- 1 Peach seeded & sliced.
- 2 Oranges peeled & quartered.
- ½ Pawpaw, seeded & sliced
- 1 Banana peeled & sliced.

Juice the peach and an orange
 Then pawpaw and remaining orange.
 Blend or process juice with banana until smooth.

Just Joking

Irony of Age

When you're a baby, you're taken care of by your parents.

When parents grow old, they're taken care of by their baby.

More Jokes

"Nothing is impossible."

I disagree. I'm doing nothing right now... it's totally possible.

What do expired cake mix and seniors have in common? They both have a hard time rising!



Lauraine enjoying a Healthy(?) Dessert at the Christmas lunch.

Happy Snaps



The February weekend social was a lunch at the “Cut Tavern” on the Dawesville cut.



The March outing was a picnic lunch at the “Quarry Park” Meadow Springs.



Quiz Time

General Quiz

1. Some historians believe the April Fools' customs began in which country?
2. Some historians believe that the tradition of April Fools' Day dates back to.
3. Who made this annual tradition popular by playing jokes and pranks on each other?
4. When an Aussie tells you he's going to "Bend an elbow", what is he about to do?
5. Which classic Aussie film features the phrase, "Tell him he's dreaming."?
6. Which of these renowned Australian landmarks serves as the world's largest war memorial?
7. How much of Australia is categorised as a desert?
8. Which latitude line passes across Australia?
9. What exactly is a bushman's clock?
10. What does ocker mean in Australian slang?

Sudoku 2023-E0x (Easy)

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

Sudoku 2023-0x (Hard)

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

A Couple More Jokes

They say kids have selective hearing, but seniors do too - we just turn our hearing aids off.

I decided I wasn't going to let getting older slow me down. But my body had other plans.

You know you're getting older when everything you see at a vintage flea market is something you already own.

Ah, the modern days...

I just saw a grandpa help a youngster who was staring into his phone, to cross the street.

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

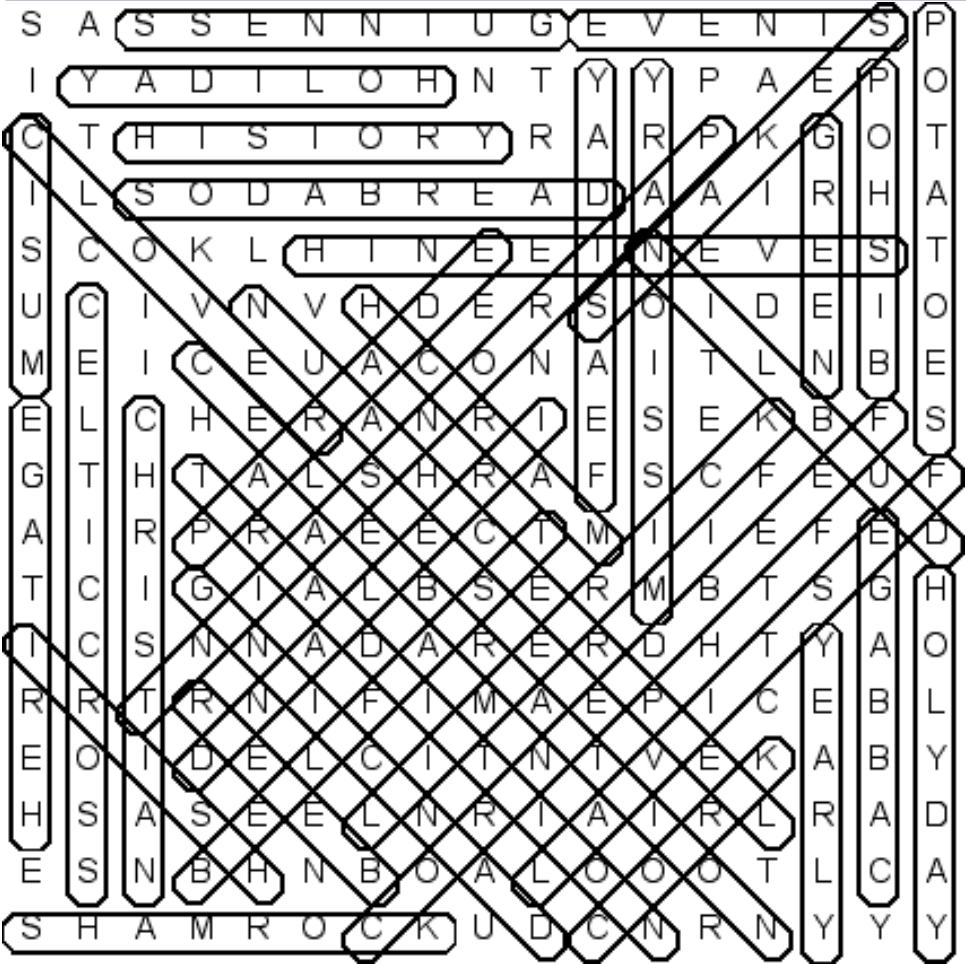
- Lowlife
- 2. Individual
- 3. Acid related to gout
- 4. Arithmetic
- 5. Beg
- 6. On the guest list
- 7. Drank alcohol
- 8. Temporary
- 9. Exploit
- 10. Number cruncher
- 11. Illicit sexual relationship
- 12. Goes ballistic
- 13. Not those
- 21. Unbeatable foe
- 24. Committee
- 25. Big brass
- 26. Burden
- 27. Scarce
- 28. One of three copies
- 30. Slaughter
- 32. Nickel or steel
- 34. A hollow in a mountain
- 35. Told an untruth
- 36. Stops
- 40. Last car of a train
- 41. Disrobe
- 43. Yard of a house
- 45. Condition
- 46. What we are called
- 47. Assumed name
- 49. S S S
- 51. Gunk
- 52. Not push
- 53. Curved molding
- 54. What we're called
- 55. Dribble

ACROSS

- 1. Economic down time
- 6. Footnote note
- 10. A heavy open wagon
- 14. Reef material
- 15. Not any
- 16. Asian nurse
- 17. Come together
- 18. Cast a ballot
- 19. Opera house box
- 20. Motorized
- 22. Hints
- 23. Discourage
- 24. Pocketbook
- 25. Legal wrong
- 29. Pertaining to medicine
- 31. Without a weapon
- 33. Restraining device
- 37. Entombs

- 38. Keep
- 39. Germ free
- 41. Bereft
- 42. Layered dish
- 44. Scarlets
- 45. Symbol of slowness
- 48. Insignia
- 50. After-bath powder
- 51. Exchange letters
- 56. Dogfish
- 57. Was a passenger
- 58. Natural sweetener
- 59. Suckling spot
- 60. Applications
- 61. Lacquer ingredient
- 62. Being
- 63. Lairs
- 64. Slumber

Word Search Fears and Phobias



BEER
 BELFAST
 BISHOP
 CABBAGE
 CELEBRATION
 CELTIC CROSS
 CHRISTIAN
 CORK
 CORKED BEEF

DANCING
 DUBLIN
 EVENTS
 FEAST DAY
 FESTIVAL
 GREEN
 GUINNESS
 HERITAGE
 HISTORY

HOLIDAY
 HOLY DAY
 IRELAND
 IRISH
 LEPRECHAUN
 LIMERICK
 MARCH
 MISSIONARY
 MUSIC

PARADE
 PATRON SAINT
 POTATOES
 SEVENTEENTH
 SHAMROCK
 SNAKES
 SODA BREAD
 TRADITION
 YEARLY

Important Dates 2023

Meetings

Date	Guest Speaker	Topic
13 th February	Mens Shed	
17 th April	Dot Shakespeare	Deaf Awareness/Sign Language
12 th June	Michelle	Clerk at Courthouse
14 th August	AGM	Niagara Therapy Talk
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 – meet cnr, Scholl St and Hackett St.	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	12:00 noon

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 Ravenswood	12:00 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

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Please feel free to voice all of your concerns (including zone matters) to any committee member or zone 114 member at the meetings.