

Peel Region Branch

National Seniors

AUSTRALIA

Out and About

ISSUE 1

2020

*Advancing the Interest of
the Over 50's*



Not a Senior Yet?

Photo taken on Komodo Island during the Christmas; New Year Cruise organised by the Peel Branch
Taken and Edited by Ross

Web Pages

Head Office (Brisbane Qld) <http://www.nationalseniors.com.au/>

Peel Region Branch <http://www.mandurahmurraynsa.com/>

National Seniors Travel <http://www.nationalseniorstravel.com.au/>

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**For full details – see contacts
on page 16**

Venue & Times

[National Seniors Australia](#)
[Peel Region branch](#)

Meets on the second Monday in the even months (February, April, June, August, October and December).

Venue: CWA Hall
Where: 19 Cooper Street,
Mandurah,
Time: 1:30 pm

Social outings are held on the second Monday in the odd months i.e. January etc.

Four Social meals events are held on the 4th Weekend of the even months.

President's Prattle

February

Christmas 2019 on the Swan Princess was one of the best trips I have ever experienced. Mentally I called it the Geriatric Cruise of a lifetime, being slightly incapacitated myself, I thought that the trip would be a drag. Far from it. I found my comfortable location in one of the lounges on Deck Seven, where I was able to be found every day and saw daily a parade of incapacitated and fit people thoroughly enjoying a trip of a lifetime. The Service and care afforded by the crew was a gem to behold. The daily joy seen and heard became contagious. Our own members made the best of their time enjoying life, I would say, every day. Getting together in this environment was pleasurable for all and I do recommend this to all Branches. Ross and his camera were everywhere, and he has made a worthy photographic record of our journey. Observing one lady who took herself on the trip and was unable to walk without her walker and her step was only two feet in length, never stopped her walking, made it obvious that in caring 'Self Help' is paramount. This trip as revitalized my faith in people and their ability to overcome adversities. Looking forward to next year's trip.
 Anthony (Tony) Ball

Social Corner

Outings

On Monday December the 18th many NSA MEMBERS including 6 Members from our Rockingham Branch enjoyed the End of the year Christmas Lunch which was at Redcliffe/On/Murray In Pinjarra. They Looked after us so well with a most tasty *CHRISSEY FAYRE* which was Promised to me.

I decorated our Large Table with Xmas decor (Sadly they do not do at this Venue). Our Lucky Member Ann Cordingley won our XMAS Raffle which was Full of Goodies Donated thanking all those who Contributed.

Two of the Ladies from Rockingham won the 2nd and third prizes

SOCIALS PLANNED for 2020

Our First Social Outing will be on Saturday the 22nd of FEBRUARY for Lunch the Peel Alehouse, HALLS HEAD at 12 noon and after those who wish to do any Shopping at Hall Head.

Our FIRST Outing will be on Monday the 9th of March (Changing the Venue) this will be the DOPHIN SHUTTLE which you HOP On and OFF all day at the 3 STOPS Meet at 10am at Mandurah Foreshore cos \$20 per head Hope to get a Discount for our Group Booking

2nd Social will be a BREKKY at SUNBREAKERS on Sunday the 19th of APRIL at 9am (Pay on the Day)

2nd OUTING will on Sunday the 17th of MAY to the Crooked Carrot for Lunch meet there at 11.30am after to Visit the Thrombolites and there is a Winery nearby for those who wish to partake.

3RD OUTING to the Crown Casino catch the Bus at Dudley Park Bowling Club on

Sunday the 12th of July at 9 am this cost is \$10 which is your Lunch at the Carvery, a Keno Ticket and the transport Home Bus leaves at 3pm Mandurah does Sun, Wed, and Friday .Rockingham BUS goes every day from the train Station at 9.10 am

Third Social will be a Lunch on Sunday the 21st of June at the VIETNAMESE Chinese Restaurant at SILVER SANDS I think its BYO meet at 11.45am (Pay on the Day. Please Support these Social Venues for 2020 a lot of work goes into the Planning as I have done for the 1st 3 of the year.

When attending our Meetings please fill in the Forms that I supply for the Numbers to Book For.

I take Pics also Ross at these events for those who wish to have a copy we can email them to you, trying to limit the amount in the Newsletter.

Many thanks And a HAPPY NEW YEAR TO EVERYONE.

Sandy Austin

Guest Speaker

The February Guest Speaker will be Peter Worsley. He spent time in New Guinea as a troop leader with hundreds of men under him. He returned after many years away and saw many changes. He will speak about his experience during this time.

Th April speaker will be peter Punch, a Veterinarian who will speak on his experiences in this field looking after sick and injured animals.

Editors Ramble

Well what a chore preparing this newsletter, just back from a very relaxing cruise along with members of Peel Branch and I am having trouble getting back into the routine again.

For those I did not see on the cruise I hope you had a marvellous Christmas and wish you all a prosperous New Year.

I heard on the radio a financial advisor giving out advice regarding the abbreviating of the year on any documents because the date can be changed by the addition two more digits, e.g. 11/1/20 can be come 11/1/2021 by the addition of the 21.

Hands up all those are starting to say, "wish winter will hurry up and come as it is too hot"?

Editor.

Upcoming Events

Speedy Recovery

The peel Region Branch wishes the following a speedy recovery.

Verena Tillmann recovering from a fractured femur (Dec)

Ann Cordingley - foot operation (January).

Beer Tops Quiz

1. The AFL Players Association "Most Valuable Player Award" is titled what?
2. The little penguin is more commonly known what in Australia?

Answers are to be found in this newsletter

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 Australia has announced that its new web page design has been completed and is now online at www.nationalseniors.com.au. Please visit the site to see the changes.

"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" Jan Powell-Jones.

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.

My Gov

“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
- Centerlink 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

Just Joking

Why I Like Retirement !

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after he falls asleep on the couch.

Question: When is a retiree's bedtime?

Answer: Two hours after he falls asleep on the couch.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Your Recipe Page

Sweet & Sour Pork

Ingredients

450 gm (1 lbs) flap or steak, cubed
 1 dsp (10 gm) butter
 1 tin of pineapple pieces
 1 carrot diced
 1 tbs (15 gm) tomato sauce
 1 dsp (10 ml) vinegar
 3 medium onions
 3 – 4 ginger cubes?
 ½ glass sherry
 1 tbs Worcestershire sauce
 1 cup of water
 1 heaped tbs corn flour
 Salt and pepper
 Sprinkle of Brown sugar

Method

1. Melt butter and gently cook onion and pork along with salt and pepper, do not brown.
2. Add pineapple and half the juice, diced carrot and finely chopped ginger, pour in the sherry
3. Mix corn flour and sauces in a separate bowl with a little water, gently add to meat stirring gently. Add more water to obtain an even consistency
4. Sprinkle with brown sugar, continue to cook gently. Taste and adjust sweetness with added *vinegar (if too sweet) or pineapple juice to taste.*
Cook until meat cooked.

NOTES

1. Cook in electric Fry pan.
2. Other vegetables can be added such as bamboo shoots and celery. Add just before serving so these are still crisp.
3. The pork can be cooked separately in batter and put to one side whilst cooking the sauce
4. Tomato Paste can be substituted for tomato sauce.
5. Ginger cubes? Does this mean fresh ginger?

Chocolate Cake

Ingredients

90 gm butter
 1 tsp vanilla
 1 cup caster sugar
 2 eggs
 1 cup S.R. flour
 1/3 cup cocoa
 ½ cup of water

Method

1. Beat all ingredients together for 3 to 4 minutes
2. Place in 20 cm round cake tin lined with baking paper
3. Cook for about 40 minutes
4. Ice with chocolate icing

Happy Snaps



Christmas Lunch at Redcliffe on the Murray



Happy Snaps

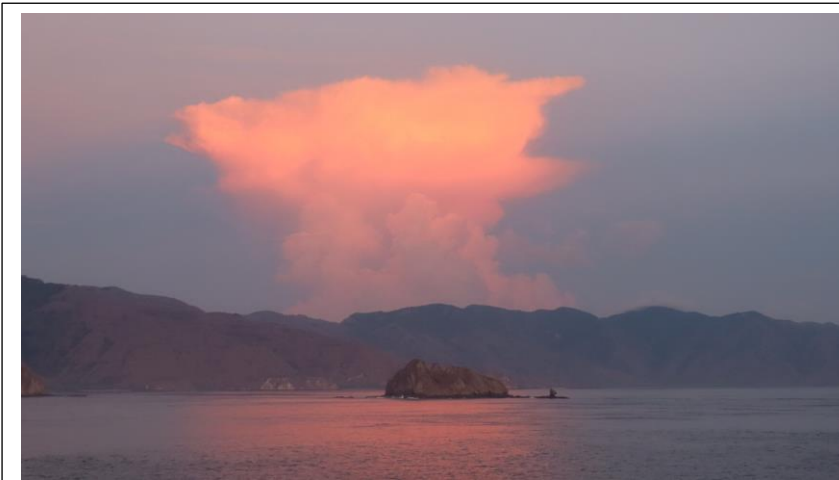
On the 2019/2020 Christmas and New Year Cruise organised by Peel Branch of National Seniors Australia in conjunction with Kings Tours and Travel



Happy Snaps

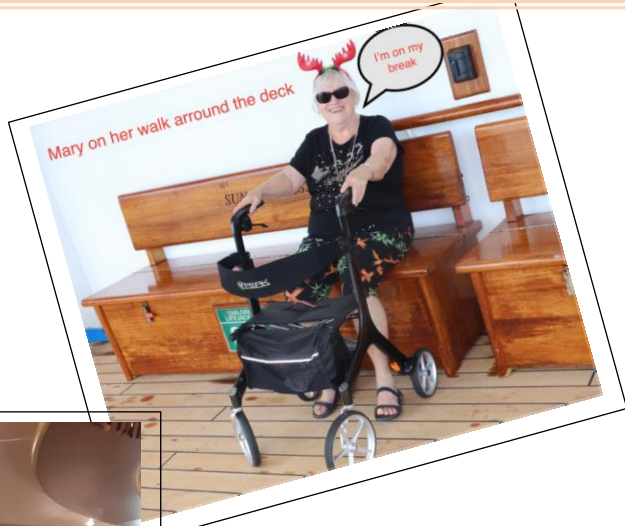


Christmas Lunch



Sunrise off the coast of Komodo Island as see from the balcony with the sun rising behind me.

Happy Snaps



Quiz Time

General Quiz

1. Whose band was The Quarrymen
2. What is Dick Grayson better known as?
3. Sydney Opera House sits on a small tidal island. What is the island's name?
4. In 2015, the first female jockey won the Melbourne Cup. What was her name?
5. What Country invented pasta?
6. What is the Group name for 'Crocodiles'?
7. In 2017 who is vice-captain of the Australian test cricket team?
8. The Prime Minister Malcolm Turnbull attended which university? a) Brasenose College, Oxford b) Trinity College Cambridge c) Merton College Oxford
9. The Australian Senate has how many members? a) 72 b) 74 c) 76
10. The Eastern Highlands are also known as what?

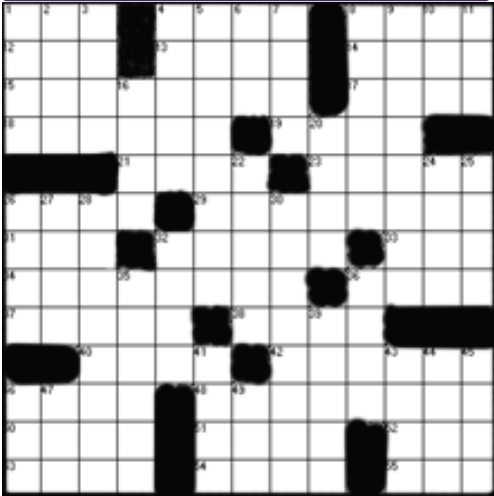
Sudoku 2018-E0x (Hard)

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

Sudoku 2018-E0x (Easy)

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

Crossword



ACROSS

1. Rest here please, abbr.
4. The compass point that is one point south of southeast
8. A French abbot
12. Own (Scottish)
13. A sword similar to a foil but with a heavier blade
14. River in South Africa
15. A way to decree
17. ___ Spumante (Italian wine)
18. A group of similar things ordered one after another
19. Network of nerves
21. Alligator
23. Dish
26. Part with
29. Fulmination
31. Turn tail
32. African cape
33. The compass point that is one point east (clockwise) of due north
34. A way to vanish
36. Crinkle
37. In a way, fed
38. Stake

40. Turkish leader title
42. Spoke
46. Staff of life
48. Coil
50. A way to squeeze
51. Clupeid
52. Queen of Scots
53. Surrender
54. Hosiery
55. Born of

DOWN

- 1 Letters of the alphabet
2. Rich person
3. Person
4. More dried-up
5. Shows
6. Article of furniture
7. Visionary
8. A visible personification of an abstract quality
9. An imaginary line or standard by which things are measured or compared
10. Eutherian
11. ___ Lilly, drug company
16. Food grain
20. This (Spanish)
22. About
24. Swedish rock group
25. A way to view
26. In a way, left
27. ___ Shankar, Indian musician
28. Exhaled
30. Tumours
32. Sacred writing
35. A way to diverge
36. A space reserved for sitting
39. Business
41. Cincture
43. Sir in Asia
44. Bulky grayish-brown eagle
45. Sandy piece of seashore
46. Beginning military rank
47. Wrath
49. The 17th letter of the Greek alphabet

Word Search Alice in Wonderland

Find and circle all of the Alice's Adventures in Wonderland words that are hidden in the grid. The remaining letters spell a quote by the Mock Turtle, from the book.

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

ALICE	DUCHESS	KING OF HEARTS	POOL
BABY	EAGLET	KNAVE	PUPPY
BILL	EAT ME	LEWIS CARROLL	QUEEN OF HEARTS
BOTTLE	FAN	CARROLL	RABBIT HOLE
CATERPILLAR	FISH FOOTMAN	LITTLE DOOR	SMALL CAKE
CAUCUS RACE	FLAMINGOS	LIZARD	TARTS
CHESHIRE CAT	FROGFOOTMAN	LORY MAD HATTER	TEA PARTY
COOK	GLASS BOX	MARCH HARE	TEARS
CROQUET	GOLDEN KEY	MOCK TURTLE	THIMBLE
DINAH	GRIN	MUSHROOM	WATCH
DODO	GRYPHON	PEPPER	WHITE RABBIT
DORMOUSE	GUINEA PIGS	PIG	WONDERLAND
DRINK ME	HEDGEHOGS	PIGEON	

Quiz Time Answers

General Quiz Answer

1. John Lenon
2. Robin (Batman and Robin)
3. Bennelong Point
4. Michelle Payne
5. China
6. A Float
7. David Warner
8. a) Brasenose College, Oxford
c) 76
10. The Great Dividing Range

Sudoku 2018-E0x (Easy)

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

Sudoku 2018-E0x (Hard)

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

Crossword Answer

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

Word Search Fears and Phobias

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

Beer Tops Quiz Answer

- 1) - Leigh Mathews Trophy
- 2) - Fairy Penguin

Important Dates

Meetings 2020

Date	Guest Speaker	Topic
10 th February	Peter Worsley	Talk on his time in New Guinea
6 th April	Peter Punch	Talk on Veterinary experience
8 th June	TBA	TBA
10 th August	No speaker	AGM
12 th October	TBA	TBA
7 th December	TBA	TBA

Outings/Events 2020

Date	Venue	Meet Time
13 th January	No Outing this year	10:00
9 th March	Dolphin Shuttle Hop on Hop off – Meet Mandurah foreshore	10:00 am
17 th May	Sunday – Crooked Carrot	11:30 am
May	Conference???	
12 th July	Sunday Casino Trip – Dudley Park Bowling Club	9:00 am
14 th September	TBA	TBA
9 th November	TBA	TBA
14 th December	Christmas Lunch Venue TBA	12:00 (Noon)

Weekend Socials 2020

Date	Venue	Time
22 nd February	Peel Alehouse Halls Head	12:00 Noon
19 th April	Breakfast at Sunbreakers	9:00 am
21 st June	Vietnamese Chinese Restaurant at Silver Sands	11:45
25 th October		
14 th December	See Outings: Cost - approximate	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

Contact Numbers

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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.