

Peel Region Branch

# National Seniors AUSTRALIA

*Out and About*

**ISSUE 4**

**August 2023**

*Advancing the Interest of  
the Over 50's*



Members outside the museum at Fairbridge, it had started out a fine but overcast day. While in the museum it had started to rain.

## Web Pages

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

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

## Committee

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### Zone 114 Chair

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### 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 4<sup>th</sup> Sunday of even months.

### Email

[peel.region.nsa@outlook.com](mailto:peel.region.nsa@outlook.com)

## President's Prattle

Welcome to August newsletter.

The months of August and September are a busy time for our branch with various interesting events coming up.

First our AGM- If you want to add spice to your life, there is room on our committee for bright enthusiastic persons to bring their skills to the group.

Next, the popular Community Talks Day on Monday 28<sup>th</sup> August is drawing nearer where we have a handful of quality guest speakers including from Neighbourhood Watch and local Police, plus lunch and light entertainment. Please register your interest by emailing branch address (details in newsletter).

September outings are the Dwellingup trip and ride in the forest by train and prior to that a group of us are joining the Rockingham Branch on their Harvey Bus Tour on Wednesday 6th September. More details TBA at meeting.

Last outing in July at Fairbridge - Although the weather was not the best, we had an enjoyable day and the hot, roast lunch was welcomed. We were looked after well by Gayam

and nothing was too much trouble. Before lunch Audrey gave a knowledgeable talk describing the early days when she was teaching there, the history and the characters of time gone by plus a lot more. Thank you to Audrey for giving us an insight into her experience at Fairbridge.

The Lip-Reading Group at the Senior Citizens Centre has gathered momentum and is now at full strength. The Co-ordinators are pleased with the group's progress and eagerness to learn the skills they need to help with their hearing ability. (*Face me and read my lips.*) Keep warm, stay safe and enjoy every creative day.

Tina Frost (President)

## Social Corner

### Outings

The September outing, on the 17<sup>th</sup> of September 2023, will be the train journey from Dwellingup. We will car pool to travel to Dwellingup. More details to be given at the August General meeting. The cost for basic train is \$28 and for the deluxe train \$40 (if available).

On September the 6<sup>th</sup> 2023, Rockingham Branch has organised a

bus trip to the Harvey region leaving Rockingham at 9:00am, Calling into Gilberts Fresh, Greenfields for Mandurah Members and Pinjarra for other passengers.

### Weekend Social

There is no Social in August.

### Guest Speaker

The guest speaker for August is, KIERAN - 'ARE WE BEING TOLD THE TRUTH?'

## Editors Ramble

Will try and keep this report brief, mainly as I don't know what to say.

It is now two thirds the way through Winter, and still very cold, come on Spring. I'm saying that I can't wait until it warms up, but when it does I guess I will then be saying that I can't wait for Autumn. 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 28<sup>th</sup> of August 2023 cost \$35 incl 2 course meal, tea, and coffee & 4 guest speakers.

Neighbourhood Watch, Police, Alison on Wildlife and Anne from Anzac Cottage Register 9.30 for 10.00am start.

## 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.

Info from Connect digital newsletter in July

Under the new dispensing policy for common medicines, PBS will become cheaper on 1 September under stage one of its new 60-day dispensing policy.

The list includes medicines for a wide range of conditions, including:

- Cardiovascular disease, Crohn's disease, Gout, Heart failure, High cholesterol, Hypertension, Osteoporosis and Ulcerative colitis.

The change means a patient living with a chronic, stable condition will be able to buy two months' worth of these medicines for the price of a single prescription, rather than the current 30-day supply.

The decision to write a script with two months' worth of medicine will be made by a patient's GP or other prescriber, based on their professional clinical judgement.

The option to prescribe a one-month supply remains.

## 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](mailto: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

### SOUFFLE

30 grams butter  
1 cup milk  
3-4 eggs  
¼ tsp. salt  
4 slices of bread  
1 ½ cups grated cheese.

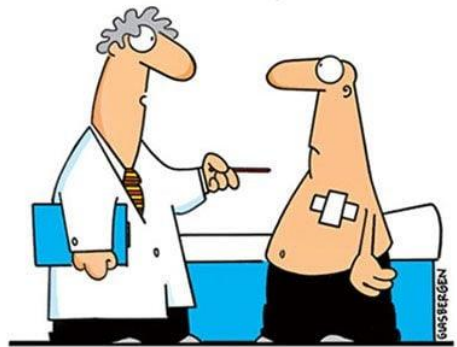
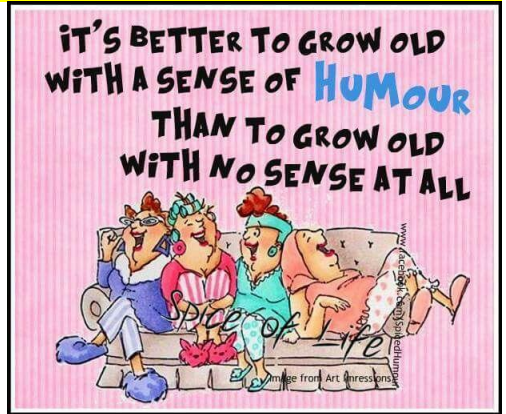
Dice the bread, remove crusts.  
Heat milk and butter together till nearly boiling

Pour it over bread and beat till smooth.  
 Beat in egg yolks, cheese, salt and seasoning.  
 Whip egg whites till stiff. Fold into mixture  
 Pour into greased dish,  
 Bake for 20-30 min at 175 – 200 degrees.

Enjoy.

**Just Joking**

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, Fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But thank God, I still have my driver's license.



"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"

These are not grey hairs! They are wisdom highlights..

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

One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!

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

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.



## Happy Snaps



**Above. Members enjoying morning tea.**

**Below. Members in the church listing to Audrey tell her story about Fairbridge.**



**Lauraine showing us some of the history of Fairbridge.**



## Happy Snaps



**Above. Members having lunch.**

**Below Mike More and Audrey in the Museum.**







**Above More members exploring the Museum.**

**Below. Lunch at “Friar Tuck’s” Some members ordered the Sunday Roast**



# Quiz Time

## General Quiz

1. What is the common name for dried plums?
2. What other name does “corn” go by?
3. Which European nation was said to invent hot dogs?
4. What’s the scientific name of a wolf?
5. Which mammal has no vocal cords?
6. What name is used to refer to a group of frogs?
7. Who is often credited with creating the world’s first car?
8. How many soccer players should each team have on the field at the start of each match?
9. In what year was the first-ever Wimbledon Championship held?
10. What is the smallest country in the world?



“Ooo, I just felt the good cholesterol kick the bad cholesterol.”

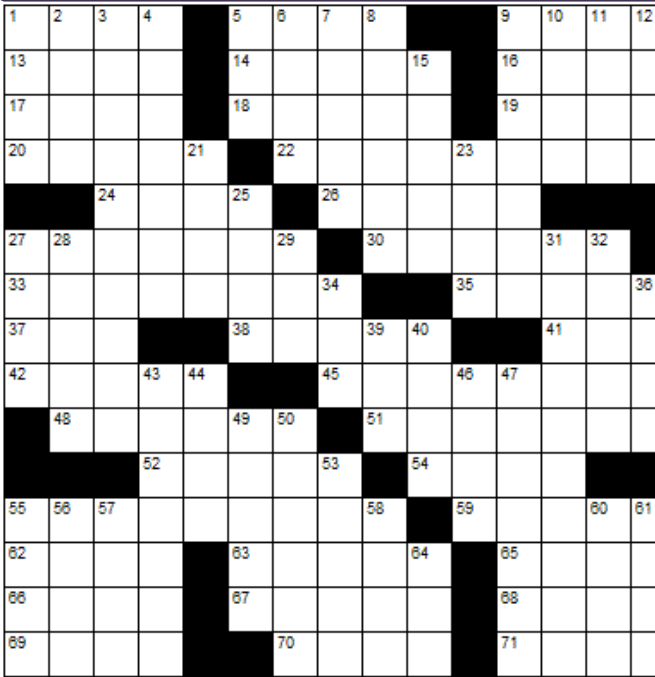
## Sudoku 2023-E04(Easy)

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

## Sudoku 2023-04 (Hard)

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

Crossword



Down

1. Quick short punches
2. Sloth
3. A sporting competition
4. Chess closing
5. Employ
6. Whip
7. Desert watering holes
8. Smells
9. Intersection
10. Inner surface of the hand
11. Rear end
12. Strong cleaners
15. Empower
21. Rewrite
23. As well as
25. Dwarf buffalo
27. Outbuilding
28. Weighty books
29. Cobbler's tool
31. Profound contemplation
32. Delete
34. Bite
36. Blown away
39. Not good
40. Ticks off
43. A Marvel superhero
44. Shopping place
46. Balm ingredient
47. Actual
49. Utopian
50. Fretfulness
53. Female ruff
55. Box
56. Designed for flight
57. Component used as fertilizer
58. Illustrated
60. French for "State"
61. Overhaul
64. Right after nine

ACROSS

1. Burlap fiber
5. Unidentified flying objects
9. Iridescent gem
13. Any minute
14. A type of writing tablet
16. Deviate
17. Data transfer unit
18. Rose dye
19. Otherwise
20. Upswell
22. Parisian police
24. Nil
26. Cranium
27. Endurance
30. Benne
33. Where you're from
35. Drama set to classical music

37. An uncle
38. Excuse
41. Black bird
42. Jeans material
45. Nirvana
48. Exert much effort
51. Cut out
52. Command
54. Couch
55. Strolled
59. Consumer of food
62. Salon service
63. Forestall
65. Give as an example
66. Environs
67. Embankment
68. Frog
69. Horse color
70. Stitched
71. Be aware of

## Word Search Fears and Phobias

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

BALER  
 BARN  
 BUTTER  
 CAT  
 CHEESE  
 CORN  
 COW  
 CREAM  
 DAIRY  
 DOG

FARMER  
 FENCE  
 FERTILIZER  
 GOATS  
 GRAIN  
 HARROW  
 HARVEST  
 HAY  
 HEN  
 HORSE

HOUSE  
 LIVESTOCK  
 MILK  
 PASTURE  
 PIG  
 PLOW  
 PRODUCE  
 ROOSTER  
 SEEDS  
 SOIL

SOWING SEED  
 STABLES  
 TRACTOR  
 TROUGH  
 TURKEYS  
 WEATHERVANE  
 WEEDS  
 WELL  
 WHEAT

Quiz Answer

General

1. Prunes.
2. Maize.
3. Germany.
4. Canis lupus.
5. : Giraffe.
6. An army
7. Karl Benz.
8. 11.
9. 1877.
10. Vatican City

Sudoku 2023-E04 (Easy)

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

Sudoku 2023-H0x (Hard)

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

Crossword Answer

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

Word Search Answers

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



# ITINERY FOR HARVEY DISTRICT BUS OUTING

## 6<sup>TH</sup> OF SEPTEMBER 2023

Bus leaves from Rockingham Anniversary Park Car Park Pick up passengers from Mandurah at Greenfields Fresh Market Car Park 9.30am Travel to Pinjarra and pick up passenger at Pie Shop at approx. 9.50am Travel to Memorial Shrine, Internment Camp Memorial Then on to Harvey Visitor Centre/May Gibbs Centre & Stirling Cottage Morning tea there and leave at 11.30am Visits to Harvey River Estate and The Big Orange, then onto HA VE Cheese Factory Lunch at THE BRUGAN Brewery at Wokalup at 12.30pm Return via the Forrest Highway, maybe visit Crooked Carrot Museum Then return via Pinjarra drop off, then Mandurah at approx. 3.45 -4pm. Then to Rockingham.



"THE ONLY TIME I LIVE LIFE IN THE FAST LANE IS WHEN I HAVE EIGHT ITEMS OR LESS."



## 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 - 'ARE WE BEING TOLD THE TRUTH?'	AGM
9 <sup>th</sup> October	Shiela Twine	Venice the Sinking City
4 <sup>th</sup> December		

### Outings/Events

Date	Venue	Meet Time
13 <sup>th</sup> March	Quarry Park Meadow Springs, Picnic. BYO Chairs & food	11:30 am
8 <sup>th</sup> May	Seven Trees - Lunch	11:30
3 <sup>rd</sup> July	Fairbridge self-drive	9:30 am
28 <sup>th</sup> August	Annual Community Talks	Register 9:30am 10:00am Start
17 <sup>th</sup> September	Trip to Dwellingup – car pool ( <b>SUNDAY</b> )	
13 <sup>th</sup> November	Swan valley coach trip - <b>TBA</b>	
11 <sup>th</sup> December	Christmas Lunch. Ravenswood Hotel	12:00

### Weekend Socials

Date	Venue	Time
26 <sup>th</sup> February	Wild Squeeze Café, South Yunderup - <b>Lunch</b>	12:00 noon
22 <sup>nd</sup> April	Turquoise Café, Ormsby Tce, Mandurah – <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, Boardwalk, Mandurah – <b>Breakfast</b> <b>NOTE Saturday</b>	
11 <sup>th</sup> December	Christmas Lunch \$30 - See Outings/Events above	

Starting time and Venues will be announced at general meetings and in the Newsletters

### Annual Conference

Date	Location	Time
<b>TBA</b>	<b>TBA</b>	<b>9:30 – 3:30</b>

\*\*\*

## Contact Numbers

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<b><u>Treasurer</u></b>		
Rosemary	<a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>	04 8152 3041
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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
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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.