

*Out and About*

Peel Region Branch

**National Seniors**  
AUSTRALIA



**ISSUE 3**

**June**

**2024**

*Advancing the Interest of the Over 50's*



Ten members from the Peel Region Branch went to Café 63 for breakfast on Saturday 27<sup>th</sup> of April. Lyn and Nan from Rockingham got lost in the Mandurah Forum and arrived later.

### 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

### President

Tina - Email - [tinaf16@bigpond.com](mailto:tinaf16@bigpond.com)

Phone

### Vice President

Michael 9537 7868

### Secretary

Mandy 0418 885 864

### Zone 114 Chair

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

### Email

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

**BSB 633 000**

**A/C Number 141 169 052**

## President's Prattle

Welcome to our midyear newsletter. The last two months have been busy with the release of the WA State Budget followed by the Federal Budget. You can find out what is in it for seniors by reading your NSA weekly CONNECT issue which now comes out Friday instead of Thursday. This keeps you UpToDate on what's happening in the political arena plus includes other items of interest such as health, life matters, financial tips, insurance, discounts, holiday travel and more. Also, the digital form of 'Our Generation' Autumn issue is online for your information. The Support for keeping Cash alive has gathered momentum and already we have a couple of local businesses happy to display our 'WE ACCEPT CA\$H' sign on their premises.

City of Mandurah Anzac Day Commemorations held on the 25<sup>th</sup> of April at the War Memorial was attended by a very large crowd this year. Both the Dawn Service and the 10.00am March, and the laying of wreaths for the fallen, was a very sombre event and a time to reflect. Congratulations to Alice, one of our active members, who was awarded a Certificate of Appreciation for 10 years of volunteer service in the Murray Shire. These included volunteering at Bedingfield Aged Care Lodge Ladies

Auxiliary, CWA Dwellingup and of course with National Seniors helping at our promotion stands and a short stint as Secretary Assistant. The VIP Volunteer Event was held at the Edenvale Heritage Precinct, Pinjarra. The AGM is coming up in August and nominations for Office Bearer positions will be up for grabs. All positions on the Committee will become vacant and if you have any ideas on how we can do things better now is your chance to become involved and help make it happen.

All nominations to be filled out and handed to Secretary, Mandy, no later than two weeks before the AGM at end of July. Nomination forms will be available at the June meeting or can be emailed out to you.

Exciting times ahead and please take care, be aware, be informed and stay safe.

Tina Frost (President)

## Social Corner

### Outings

We will be using our own cars to go to Fairbridge on the 8. July. First, we will have morning tea, and then Audrey will talk a little bit about the village, Museum, and church. Afterward, we will have lunch (\$25). I look forward to this outing with excellent food, drinks, and company.

Cheers Vreni 🤗 🍷 🌻

*Guest Speaker*

The guest speaker for June 10th will be Margo Hodgkins from MALA

## Editors Ramble

We have had our first taste of rain, and the weather has started to become cold. Maybe will have a winter after all. I am still in shorts, but fast considering putting on more clothes, hoping to last out until June (winter) before doing so.

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

## Member's Chit Chat

John and I joined the Kalamunda NSA on 16<sup>th</sup> April 2024 to HMAS Stirling Naval Base. We met at Wells Park, the sight of the S.S. Kwinana Shipwreck, for morning tea, and then jumped aboard the bus heading to Garden Island. Before entering the base we all had to be vetted. The trip around the base was eye opening. The Island is 10 km long and 1.5 km wide and the base actually occupies approximately 28% of the area of the Island while the rest is a nature reserve. We managed to get a glimpse of a frigate and submarine; photos were not permitted. Lunch was in the base canteen. The museum gave us an insight into the naval history of HMAS *Stirling*, Naval events related to the West Coast of Australia and the history of the island.



Mandy

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, photos and trivia are all welcome.

### A JOLLY JAPES AVIATION OUTING

The Members of NSA assembled under a clear blue sky at the rail station for a day out to the Aviation Museum. What's this? A NSA member who said they hadn't been on the train before tried to walk through the barrier with the others, oblivious to the fact that they needed their Seniors Travel Pass or a ticket, they had neither. There was a mad rush to obtain the ticket and get across to the train on platform 2. As some of our party could walk only extremely slowly there were a few heart stopping moments, breaths held, and fingers crossed until everyone arrived at the carriage with just seconds to spare. Relieved laughter erupted as everyone settled down. Arriving at Bull Creek station we began to alight, however before we could all get off the doors began to close. Everyone, including people waiting to get on tried to stop the doors which were determined to close. Eventually with two people standing with their back holding the doors and four people pressing the door opening buttons eventually our party staggered off and the

other travellers on. Relieved giggles began ending in everyone laughing. Gathering at the bus station we were informed the bus would leave from stand 1. Some walked towards it until it was pointed out that the busses leaving there were going in the wrong direction. Looking closely at the paperwork it revealed that the instructions were, in fact, for the return journey. Some members asked the station attendants which bus we needed; they didn't know. One helpful station attendant told us we didn't need a bus it was only a short walk, after it was pointed out to him that some could not walk to the Museum he went to consult the computer. Meantime our group scattered far and wide looking for the correct bus stop. Some crossed the road and went west others east, still more ambled about talking to people and stopping busses to ask the drivers.

Armed with the correct information we thought it would be plain sailing from here on. However, we failed to consider the fact that the wandering members could not just be called back as most had hearing difficulties. Members of the public now joined in gathering our party together, telling us which number bus would transport us the 2 stops we needed to travel.

A couple got on the bus and when we asked for the ramp to be put down, the driver closed the doors to engage the ramp as a groan was heard as some thought the bus was leaving without us. Those not used to public transport stood marvelling at this innovation until virtually pushed onto the bus.

The helpful driver called our stop and with the help of the ramp we alighted only to be faced with crossing a busy road. We stood at the kerb in a long line “over we go” we were told and all of us stepped into the road. One or two dashed across, some sauntered and two were helped to very slowly cross. Traffic came to a standstill and the motorists patiently waited for our ragged number to cross.

After such an eventful journey amid much laughter we went for coffee.

Later we were guided around the Museum by an extremely knowledgeable volunteer who not only gave us technical information about the planes but also regaled us with interesting stories relating to the various planes.

The homeward journey was uneventful, and we all agreed it had been a tiring, but fun filled day.

## F.Y.I.

This section is a permanent feature that contains useful Web addresses and other information.

### CASH CAMPAIGN

National Seniors Australia has initiated a crucial campaign to ensure seniors are not disproportionately affected by the removal of cash.

Our ‘Keep Cash’ Campaign aims to ensure cash remains accessible and circulated and accessible for all Australians.

Cash continues to play a vital role offering security and stability especially in times of outages and technological failures.

You can help by using cash at every opportunity.

In support of this campaign:-

The owner of Local Business in Silver Sands and Halls Head welcomed our ‘KEEP CASH’ Campaign and has displayed our National Seniors sign ‘WE ACCEPT CASH’ in the following news agencies.

These are:-

NewsXpress SILVER SANDS,  
Shop 13, Sands Shopping Centre, 175-179 Mandurah Tce, Mandurah WA.

News Xpress HALLS HEAD –  
Shop 15, Halls Head Central, 14 Guava Way, Halls Head, WA.

You can also use any card except ANZ to draw cash out at any of these two stores.

Please support this business and mention you are an NSA member.

## 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

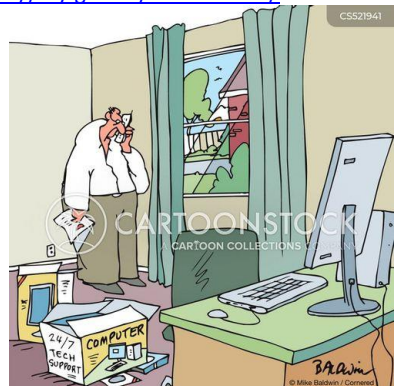
newsletter and at the meetings as they become available.

**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/>



"I closed the window, but still nothing. Should I try closing the drapes?"

**Recipe Corner**

**SEAFOOD CURRY**

- 500 grams of fish fillet (I used Barramundi)
- 2 finely chopped stalks of celery
- 1 medium diced capsicum
- 1 medium diced onion
- 1 large tin of tomatoes
- 2 tbsps butter (heaped)
- 2 tbsps flour

2 tspns curry powder  
 2 tspns sugar,  
 1tspn salt  
 ¼ cup of water

In large pan, heat butter, stir in onion, cook till soft.

Add celery & capsicum, cook for 3 min.

Stir in curry, cook for 1 minute

Add tomatoes, water, sugar and salt.

Bring to boil and simmer on low heat.

Cut fish fillets into bite sized pieces

Place in casserole and pour sauce over fish,

Bake uncovered in moderate oven for ½

hour

Serve with crusty French loaf. Serves 4.

Now winter is at our door this is a good warmer.

Increase or decrease the curry to your taste.

## Just Joking

**Q.** What do Alexander the Great and Winnie the Pooh have in common?

**A.** They have the same middle name.

**Q.** I told my physical therapist I broke my arm in two places.

**A.** He told me to stop going to those places.

**Queen Elizabeth and Dolly Parton die on the same day.**

The Queen and Dolly both go before an Angel to find out if they'll be admitted to Heaven. But unfortunately, there's only one space left that day, so the Angel must decide which one of them gets in. The Angel asks Dolly if there's some particular reason why she should go to Heaven. So, Dolly takes off her top and says, "Look at these; they're the most perfect breasts God ever created, and I'm sure it will please

God to be able to see them every day for eternity."

The Angel thanks Dolly and asks Her Majesty the same question.

The Queen takes a bottle of Perrier out of her purse and drinks it down. Then she pees into a toilet and pulls the lever.

Promptly, the Angel says, "OK, your Majesty, you may go in."

Dolly is outraged and asks, "What was that all about? I show you two of God's own perfect creations and you turn me down.

She pees into a toilet, and she gets in!

Would you explain that to me?"

"Sorry, Dolly," says the Angel, "but even in Heaven,

A Royal Flush Beats a Pair – No Matter How Big They Are.



## Vale Kevin Wall

To advise that sadly Kevin Wall passed away on 25<sup>th</sup> May after a short time at Brightwater Aged Care.

### Lip Reading Class

The Lip Reading class visited Mandurah Performing Arts Centre to investigate the Hearing Loop which relays speech directly from the on stage microphones into the person's hearing aid.

We learned that Hearing Loop and Bluetooth are entirely different systems. Both use wireless technologies, Bluetooth is a short range signal, a Hearing Loop has no range limit but one needs to be 'In the Loop' area to be able to use it. Both the Lip Reading group and MANPAC technicians were learning from each other, and further information is needed by both to enhance the experience for theatre goers.

### **Photo – Members of the Lip Reading class and MANPAC technicians**





## Happy Snaps



Congratulations to Alice, one of our active members, who was awarded a Certificate of Appreciation for 10 years of volunteer service in the Murray Shire



For their May outing, nine members of the Peel Region Branch, used the public transport, to go to the Aviation Museum in Bullcreek.



Morning tea

## Happy Snaps

**Exploring the aircraft.**



**Come, look at what we found**



**We had a wonderful, and knowledgeable guide to show us the aircraft and tell interesting stories about them.**

# Quiz Time

## General Quiz

- Which famous play features a character named Romeo?
- What is the rarest blood type among humans?
- Who painted the Mona Lisa?
- What is the common name for dried plums?
- How long is the gestation period of an African elephant?
- What is the name of the largest ocean on Earth?
- What other name does "corn" go by?
- Where did backgammon originate?
- Which mammal has no vocal cords?
- What do bees collect to make honey?

## Sudoku 2024-0x (Hard)

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

## Just Joking - Again



## Sudoku 2024-E03 (Easy)

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



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								
50	51						52	53							
55							56								
58							59								
61							62								

Down

1. White poplar
2. Prison-related
3. Marsh plant
4. East southeast
5. Powerful
6. Boundary
7. Ticks off
8. Artificial
9. Estimated (abbrev.)
10. Benne
11. Armor-plated warship
12. Pizazz
13. Being
18. Coming up
22. Churn
24. Millisecond
26. Beasts of burden
28. Card game
29. Storage site
30. Song of praise
31. Diversion
32. Dry
33. Killer of viruses
34. Popular painkiller
37. Carry
38. Warning device
40. Female aristocrat
41. Basin for washing anal area
43. Settlement
44. Learn thoroughly
46. Soft leather
47. Anagram of "Sneer"
48. Lustrous fabric
49. Inscribed pillar
50. Audition tape
51. Gulf port
53. Smudge
56. Father
57. Avenue (abbrev.)

ACROSS

1. Abbey area
5. Portion
10. Extent
14. Stinging insects
15. Novices
16. Greek goddess of discord
17. Act of showing affection
19. Male offspring
20. Delay
21. Raise
22. Itchy canine ailment

23. Primary chemical
25. Chambers
27. Droop
28. Gremlin-like
31. Ranted
34. Unique
35. Do It Yourself
36. Acid related to gout
37. Nominal
38. Steer
39. Mister
40. Adored
41. Subatomic particle
42. Teacher

44. Soviet space station
45. Digital compression device
46. Gloom
50. Each day
52. Bad treatment
54. Rodent
55. Poi source
56. Amateurish
58. Average
59. Battery terminal
60. Facial covering
61. Sole
62. Discourage
63. Slave

**Word Search**

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

BLACK ICE BLIZZARD BOOTS CARNIVAL CHRISTMAS COLD EGG NOG FIREPLACE FIREWOOD FOG FREEZE FROST GLOVES	HAIL HEADBAND HIBERNATION HOCKEY HOLIDAYS ICE FISHING ICICLES KNIT CAP LONG UNDERWEAR MITTENS OLYMPICS PARKA SCARF	SEASON SKATES SKI DOO SKI PANTS SKIING SLED SLEET SLIPPERY SNOW CASTLE SNOW PLOW SNOW SHOVEL SNOW TIRES SNOWBALL	SNOWBOARD SNOWFLAKE SNOWMAN SNOWSHOES SOLSTICE SOUP STEW STORM SWEATSHIRT TOBOGGAN VACATION WIND CHILL WOOL SOCKS
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Quiz Answer

General

- Romeo and Juliet
- AB-negative
- Leonardo da Vinci
- Prunes
- 22 months
- Pacific Ocean
- Maize
- In Persia
- Giraffe
- Nectar

Sudoku 2024-E03 (Easy)

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

Sudoku 2024-H03 (Hard)

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

Crossword Answer

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

Word Search Answers

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

The hidden sentence is: ONE KIND WORD  
CAN WARM THREE WINTER MONTHS

## Important Dates 2024

### Meetings

Date	Guest Speaker	Topic
12 <sup>th</sup> February	Mr Simon Allan	From Australia Red Cross
8 <sup>th</sup> April	Peter Worsley	Ship wrecks Off W.A. coast
10 <sup>th</sup> June	TBA	MALA (Mature Adults Learning Association)
12 <sup>th</sup> August	Michael and Noel (members)	(National Service) AGM
14 <sup>th</sup> October	TBA	TBA
2 <sup>nd</sup> December	TBA	TBA

### Outings/Events

Date	Venue	Meet Time
11 <sup>th</sup> March	Picnic at the Dawesville foreshore.	
13 <sup>th</sup> May	RAAF Aviation Heritage Museum	TBA
14 <sup>th</sup> May	Mandurah Performing Arts Centre	TBA
8 <sup>th</sup> July	Fairbridge Village	TBA
August	Annual Community Talks	DATE TBA
9 <sup>th</sup> September		
14 <sup>th</sup> November	TBA	
9 <sup>th</sup> December	Christmas Lunch Venue TBA	12 noon

### Weekend Socials

Date	Venue	Time
25 <sup>th</sup> February	<b>TBA Lunch</b>	12:00 noon
27 <sup>th</sup> April	Café 63 @ the Forum (on Boardwalk. <b>Breakfast NOTE Saturday</b> )	9:00 am
23 <sup>rd</sup> June	Happy Chinese Pinjarra Rd. <b>Lunch</b>	12:00 Noon
23 <sup>rd</sup> August	No Function	
26 <sup>th</sup> October	TBA- <b>Breakfast NOTE Saturday</b>	9:00 - 9:30 am
9 <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:peel.region.nsa@outlook.com">peel.region.nsa@outlook.com</a>	0418 885 864
<b><u>Treasurer</u></b>		
Rosemary	<a href="mailto:rosemarypanting@gmail.com">rosemarypanting@gmail.com</a>	0481 523 041
<b><u>Social Events Outings</u></b>		
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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.