

Peel Region Branch

National Seniors
AUSTRALIA

Out and About

ISSUE 6
December
2023

Advancing the Interest of the Over 50's

50c

Christmas Edition



Lunch at the Margret River Chocolate Factory after a great morning at Bullsbrook and the wagon ride.

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

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Phone

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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 the last newsletter for the year.

We have been very busy during the last couple of months with promotional events taking priority. These being Lakeside by Teman Retirement Village Open Day in October and recently as part of the Seniors Week Expo, manned a table at the Mandurah Seniors and Community Centre together with other interesting groups, all promoting their organisation. Our thanks go to Delys, Activities and Connection Officer, for a successful event.

The Committee is putting together an exciting programme for next year and your input with any suggestions of places to go or any other thoughts will be welcomed. You no doubt heard our very popular Advocacy Guru, Ian Henschke, has left the organisation and plans are in place for a replacement. Ian will be sadly missed as he has done wonders for the organisation in advocating our cause both on TV, radio, newspapers and other media outlets. We wish him well for the

future. Chief Operating Officer, Chris Grice has taken on the role until a replacement is found.

It's worth reading the weekly 'Connect' online as there is always lots of interesting information available and links you can press for further details on whatever holds your interest, being it activities, health, finance, travel, insurance or other.

Christmas is looming and many of you are looking forward to time with family and friends. Keep safe on the roads, take care, and enjoy the festive season and look forward to seeing you all again in the new year. Make every day special and keep in mind to WASH YOUR HANDS please.

Tina Frost (President)

Social Corner

Outings

Swan Valley Wagon tour on 13.11.23

Finally, the day arrived to jump on the horse drawn wagon. We drove through the village Bullsbrook. We were lucky with the weather. No rain during the whole tour. Afterwards they served us morning tea. Then we went on the bus to the chocolate factory, where we

enjoyed lunch and we surprised ourselves with lots of yummy chocolates. At 3 pm, in heavy rain, we drove back to Mandurah, tired and happy.

Thank you everyone to make our outing successful.

Love Vreni

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The Branch Christmas Lunch is at the Ravenswood Tavern on Monday the 11<sup>th</sup> of December. If you haven't put your name down let Tina or one of the committee members know that you would like to attend.

### Weekend Social

The next weekend social will be towards the end of February 2024. (My that has come quick).

### Guest Speaker

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

## Editors Ramble

Hi everyone,

It is hard to believe that another year has come and now draws to a close. Hopefully you all have plans afoot to have a "Merry Christmas" and to celebrate the "New Year" in style.

I have decided to go to Bridgetown for a five-day Christmas break.

Ross "the 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 holds an annual "Community Talks Day" August each year. The 2024 talk is yet to be decided.

## 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.

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What's news in our city!
Mandurah Seniors and Community Centre has taken out a State Award at the 2023 WA Seniors Awards in recognition for its work to make the city age friendly.

Congratulations to the Coordinator, Lisa Gardiner, staff, and volunteers of the centre for their dedication and welcoming attitude and making seniors feel at home in a place where they can relax, learn, and socialize. (ref. Mandurah Times Nov 22nd "Win one for the ages.")
The city also previously won Australia's Top Tourism Town in the "Top Tourist Town Awards".
Popular local attraction, Thomas Dumbo's Giants, here to stay for 3 more years, is claimed by the Visitor's Centre, to have brought an influx of visitors to Mandurah and still drawing crowds.

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A BIG WIN for TUSS users
Finally, after a decade or more since our branch submission, change is underway for users of the taxi vouchers via (TUSS) Transport User Subsidy Scheme. Instead of a taxi voucher booklet which had to be filled out by both parties, you will be issued with an electronic card which the taxi driver swipes at start of your journey. No hassles, no argument, quick and easy for all concerned and envisaged to be fully operational next year.

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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

Classic Run Balls – makes 30



Ingredients

250 gm Milk Arrowroot

Biscuits

2 cup desiccated coconut

395 gm Sweetened condensed milk

1/ cup dark Rum.

Description

Give your basic rum balls a Christmas twist with this no-cook gingerbread rum ball recipe. Perfect for sharing with friends and family.

Method

Step 1 of 3

Process biscuits in a food processor until finely chopped. Transfer to a bowl and stir in coconut. Add milk, rum and cinnamon, then stir until well combined.

Step 2 of 3

Roll 1 level tablespoonful biscuit mixture into a ball, then place on a baking tray lined with baking paper. Repeat to make a total of 30 balls, then refrigerate until set.

Step 3 of 3

Pulse gingerbread shortbread men until coarse crumbs form. Roll balls in crumbs to coat, then return to tray and refrigerate until set.

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### QUICK & EASY SWISS EGGS

Grated Cheese

Eggs

1 extra egg beaten with 1 cup milk

Pepper and salt.

Grease flat container

Sprinkle a layer of grated cheese.

On top of cheese add number of eggs required (I use 4-6)

Pour milk & beaten egg mixture over cheese & eggs.

Sprinkle more grated cheese on top.

Add Salt and pepper.

Bake in oven 10 minutes or until eggs are set.

Nice with salad.

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

DESSERT: - BLANCMANGE

2 Cups Milk

2 Level Tbspns Cornflour

1 tbspn Sugar

½ teaspoon Lemon essence

2 tbspn Cream

Blend cornflour with a little milk

Bring rest of milk to boil.

Add blended cornflour and stir quickly

Let come to boil for 1 minute

Then add sugar, essence and cream

Pour into wetted mould & serve when cold.

Enjoy.

Just Joking

What do you call a bunch of chess masters bragging about their games in a hotel lobby over the holidays?

Chess nuts boasting in an open foyer.

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

What is a vegan's favorite Christmas carol? "Soy to the World."

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

Why do reindeer like Beyoncé so much?

She sleighs.

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



Q: I'm at every house Santa visits and when he finds me, he knows he's in for a treat. What am I?

A: Milk and cookies.

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



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

Q: What is the best Christmas gift you can give someone?

A: A broken drum because it cannot be beaten.

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



"YOUR JOB IS TO TAKE OFF THESE LITTLE 'MADE IN CHINA' STICKERS..."

Q: What do you call an elf wearing earmuffs?

A: Whatever you want. He can't hear you anyway.



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



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

Q: What do you get when you cross a snowman and a vampire?

A: Frostbite.

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

Q: Why does Santa have a garden?

A: So he can hoe, hoe, hoe.

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

Q: What do snowmen wear on their heads?

A: Ice caps.

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

# Happy Snaps

## Lakeside by Teman Open day



## Members enjoying breakfast at the Moka Café.





# Happy Snaps



**Left: Members on board the horse drawn wagon.  
Below: Morning tea anyone?**



**Below: The horse and wagon with members.**



**Members manning the stall at Mandurah's Senior's Day.**

Quiz Time

General Quiz

1. Where did the word Christmas come from?
2. Which Australian band sang Morningtown ride?
3. How many gifts in total are mentioned in the Twelve Days of Christmas
4. What was the woman’s name who appeared on Playschool for the longest time?
5. What movie uses the phrase “Tell him he’s dreaming”.
6. When was the first Australian Carols by Candlelight?
7. How did Christmas carols get their name?
8. What are Salties and Freshies?
9. Who wrote Waltzing Matilda?
10. In Home Alone, where does Kevin’s family go for Christmas.

Sudoku 2023-E0x (Easy)

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

Sudoku 2023-0x (Hard)

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

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 |    |    |

DOWN

1. Fourth dimension
2. By mouth
3. Disappeared
4. Cartoon illustrators
5. Farewell
6. Hurried
7. Thespian
8. Petrol (Am.)
9. Cheddar or mozzarella
10. Finger jewelry
11. Style of hairdo
12. Gush forth
13. A box for bricks
18. Last
22. In a calm manner
24. Winged monsters
25. Melodies
26. Parental brother
27. Tremble
29. Muzzle
30. Cache
31. Countdown clock
33. Evening (poetic)
34. Synopses
37. Thorny shrub
42. Daughter of a sibling
44. Female sibling
45. Scarcely
46. A common code
47. Hawaiian veranda
48. Musical staff symbol
49. Let out
51. Cease
52. Rip
53. Countercurrent
54. American Dental Association
56. Grassland
61. Hello
62. Agile

ACROSS

1. Roman robe
5. Boast
9. Compress
14. Component of steel
15. Cassava
16. River horse
17. Evidences
19. Terminated
20. Lacquer ingredient
21. Slang for a jail
23. Without displeasure
25. A yellow condiment

28. Anger
29. Supersonic transport
32. Wicked
33. East northeast
34. Against
35. Cicatrix
36. Primp
38. Economic prosperity
39. Anagram of "Silk"
40. Term of endearment
41. Guarantee
43. C
44. Mayday

45. A bit block transfer circuit (computing)
46. It lays underwater bombs
48. Goalpost part
50. Hindu social division
54. Ready for anything
55. Not selected by ballot
57. Thick
58. Period of discounted prices
59. Frog
60. Not before

**Word Search** Fears and Phobias

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

BAKING  
 BELT  
 BOOK  
 BRACELET  
 CANDLES  
 CANDY  
 CHOCOLATES  
 CLOTHES  
 COFFEE MAKER  
 COFFEE MUG  
 COLOGNE

COOKIES  
 DOLL  
 EARRINGS  
 ELECTRONICS  
 FLOWERS  
 GAME  
 GIFT BASKET  
 GIFT CARD  
 HERBAL TEAS  
 JEWELRY  
 MONEY

MOVIE  
 MUSIC  
 NECKLACE  
 NECKTIE  
 PANTS  
 PENDANT  
 PERFUME  
 PLANT  
 SCARF  
 SHIRT  
 SLIPPERS

SNEAKERS  
 SOCKS  
 STUFFED ANIMAL  
 SWEATER  
 TELEVISION  
 TOOL SET  
 TOY  
 TREE ORNAMENT  
 WATCH  
 WINE.

Quiz Answer

General

1. The name 'Christmas' comes from the Mass of Christ.
2. The Seekers
3. 364 gifts
4. Benita
5. The Castle
6. The first Australian Christmas tradition of Carols by Candlelight began in Melbourne in 1937.
7. The word carol is believed to be derived from the French "carole" or the Latin "carula" meaning a circular dance.
8. Crocodiles
9. Banjo Patterson
10. Paris, France.

Sudoku 2023-H0x (Hard)

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

Crossword Answer

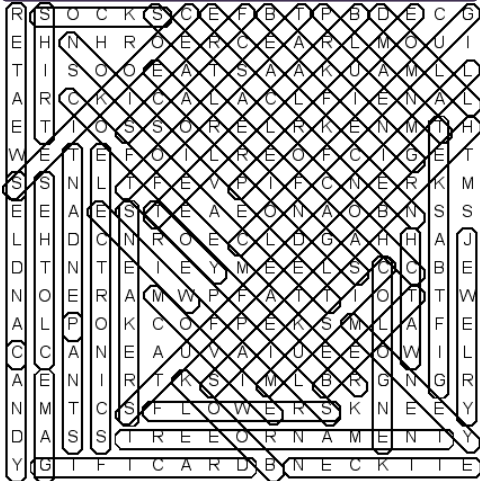
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | O | G | A |   | B | R | A | G |   | C | R | U | S | H |
| I | R | O | N |   | Y | U | C | A |   | H | I | P | P | O |
| M | A | N | I | F | E | S | T | S |   | E | N | D |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

Sudoku 2023-E0x (Easy)

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



Word Search Answers



The hidden message is: **CHRISTMAS CAKE**

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## 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     | TBA                           | TBA                      |
| 10 <sup>th</sup> June     | TBA                           | TBA                      |
| 12 <sup>th</sup> August   | Michael and Noel<br>(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 Lunch Dawesville Estuary | 11:30 am  |
| 13 <sup>th</sup> May      | TBA                             |           |
| 8 <sup>th</sup> July      | TBA                             |           |
| August                    | Annual Community Talks          | DATE TBA  |
| 9 <sup>th</sup> September |                                 |           |
| 11 <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 | Sandy Cove Tavern <b>Sth. Yunderup - Lunch</b> | 12:00 noon     |
| 27 <sup>th</sup> April    | TBA – <b>Breakfast</b> <b>NOTE Saturday</b>    | 9:00 am        |
| 23 <sup>rd</sup> June     | TBA <b>Lunch</b>                               | 12:00 Noon     |
| 24 <sup>th</sup> August   | No Function                                    |                |
| 26 <sup>th</sup> October  | TBA– <b>Breakfast</b><br><b>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 |

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## 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                                                  |                                                                                     | 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                                                                    | <i>Committee</i> |
| <b><u>Social Events Weekend Socials</u></b>            |                                                                                     |                  |
| Committee                                              | See Contact list                                                                    | <i>Committee</i> |
| <b><u>Guest Speaker Organiser</u></b>                  |                                                                                     |                  |
| Committee                                              | See Contact list                                                                    | <i>Committee</i> |
| <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.