

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Branch Newsletter - November 2024

Meeting Venue : Our Branch meets at 9.30am for 10.00am on the second Thursday of each month at Mount Claremont Community Centre, 109 Montgomery Avenue, Mount Claremont WA 6010.

Bank Account : Our account is with Westpac Bank in name of National Seniors Australia Perth Western Suburbs Branch ;

BSB: 036 063 Account: 257852

When making payment, please identify by your name & type of payment – e.g. “concert”, etc.

Website :

<https://nationalseniors.com.au/about/branches/perth-western-suburbs>

Our meetings may be subject to the COVID-19 regulations of the day as imposed by the WA State Government and the City of Nedlands. However, there are presently no restrictions.

Acknowledgement of Country

The Members of Perth Western Suburbs Branch of National Seniors Australia wish to acknowledge the Traditional Owners and Custodians of the Whadjuk Noongar Nation, on whose Lands we conduct our meetings, and pay our respects to the Noongar Elders past and present.

BRANCH OFFICERS FOR 2024/2025

President: Joseph Lieberfreund 0429 809.080
president@nsaperthws.org.au

Vice Pres: David Thomas 0418 448 933
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Secretary; Derek Cockle 0417 939 420
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Treasurer: Larry McIntosh 0416 161 816
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Membership: Marion Laws 08 9387 8383
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Newsletter: To be advised.

We thank Christine Tonkin MP for enabling this newsletter to be printed.

FROM THE EDITOR'S DESK

Well, I've landed the job as Editor for another issue – but a new Editor will be needed for the December issue onwards – volunteers PLEASE, otherwise we won't have any more Newsletters. Training will be provided, but no pay !

Unfortunately, Past President Geoff Jones has had to retire from Committee due to family commitments after many years excellent service to our Branch. We would like to thank him most sincerely for all his work on behalf of the members & wish him all the best in his “retirement”.

Membership Secretary Marion Laws has kindly taken on the task of seeking speakers for future Branch meetings & she would welcome suggestions for topics & speakers for 2025.

We are planning a small Sub-Committee to organise future social outings, lunches, dinner, tours, etc., so please forward your suggestions to me to put before this Committee.

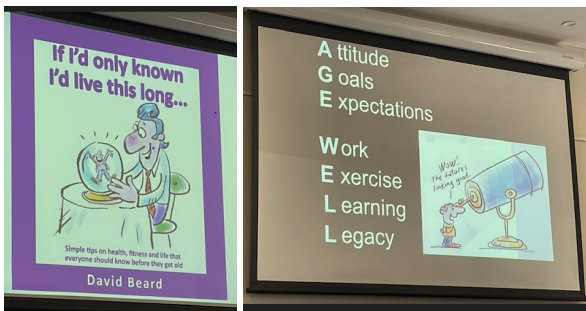
Derek Cockle

Secretary & temporary Editor !

BRANCH MEETING – THURS 10 OCT

STS Leeuwin II Disaster – Secretary & volunteer crew Derek Cockle provided a brief review of the dismasting & major damage to W.A.'s iconic tall ship in Fremantle Harbour caused by the huge container ship “Maersk Shekou”. Fortunately, the steel hull was not damaged & the debris has now been removed so that rebuilding & repair can commence once insurance responsibilities have been resolved.

“Age Well” - David Beard, a Fullbright Scholar with a Master's Degree in exercise physiology, gave us a very interesting & often amusing talk on exercises & other steps we should take to live a long life & not to die young.



A couple of David's slides !

Members & guests were encouraged after hearing his recommendations, “to walk out of the meeting with a blueprint to age well”.

LOOKING AHEAD

Branch Meeting - Thurs 14 Nov. 9.30 for 10 am start. Our initial speaker will be our Vice-President David Thomas who will bring us up-to-date on the outcome of the recent Perth Royal Show & plans for the future of Claremont Showgrounds.



Vice-President David

Following our refreshment break we will be addressed by Prof. Martin Van Kranendonk, a

world-renowned astrobiologist, geologist & early Earth expert who will address us on “Western Australia's role in the search for life on Mars”.



Prof. Martin Van Kranendonk

Martin is a leading world expert on the early history of the Earth, including the habitats and metabolisms of the earliest traces of life, mechanisms of crust formation, and Archean tectonics. He has appeared on numerous television and radio documentaries on early Earth and has been involved in educational outreach programs for school children and the general public.

SOCIAL & SPECIAL EVENTS

Tues 12 Nov – Seniors Week Roadshow – This event is organised by Melville Cares, a not-for-profit home care provider & will be held in our usual venue at Mount Claremont Community Centre, commencing at 2.30 pm until approx. 4.30 pm. Refer to separate detailed notice recently circulated.

Sat 16 Nov - Scam & Cyber Workshop – Our good friends at Floreat Salvos, in conjunction with Town of Cambridge & 55+Club, have organised a workshop from 10 am until midday at their premises, corner Brookdale St. & Salvado Road, Floreat, which is sure to be of great interest to our non-savvy computer members. Cost is \$5 per person & includes morning tea. A detailed flyer has recently been circulated. **Applications & payment to Floreat Salvo’ – not NSA !**

Thurs 21 Nov - Claremont Golf Course T Box Café - These social afternoon tea meetings are organised by Marion Laws. Tables have been booked for 2 pm – so see you there ?

Sat 7 Dec - NSA Gala Christmas Concert to be held in Taryn Fieburg Concert Hall,

Churchlands Senior High School, commencing at 7 pm. Our Impresario, Joseph, has now confirmed arrangements with a huge orchestra & choir. This will be an opportunity not to be missed - look out for the forthcoming more detailed flyer.

Tues 10 Dec - Christmas Lunch – Our venue this year will be the University of W.A. Club, Hackett Drive, Nedlands. Full details to be advised shortly.

OTHER UPCOMING EVENTS

Sat 9 Nov - St Hilda's Spring Fair - You are invited to join several of our members who regularly support this fun event which will be held at St Hilda's Anglican Church, View Street, North Perth between 8.30 & midday. There will be many interesting stalls including plants, home baked cakes, Indian food, books, paintings & clothing. A grand morning tea will be available including fresh lemonade.

LOOKING FURTHER AHEAD - PLANS FOR 2025

Sabrina Hahn – “Gardening Guru” – President Joseph is arranging for us a grand gardening event at a venue & date, likely to be early/mid 2025. Watch this space

Branch Meeting – Thurs 13 Feb 2025 – Speaker will be Prof. Nick Beeching whose topic will be “Traveler’s Tales” – what to catch & where to catch it”. Let’s hope it will not be infectious, apart from the humour !

Branch Meeting – Thurs 13 March – Speaker will be Ian Stann who will talk about the Swiss political system.

Branch Meeting – Thurs 10 April - Speaker will be Alan Naber who will share his experiences of walking the camino de Santiago de Compostela.

HELP !! – COMMUNITY HALL SET-UP

Another repeat plea to enlist the help of two or three able-bodied members to help set up chairs, tables, etc., from 8.45 am prior to each Branch meeting. At present this is being done by only a couple of struggling not-so-young guys & they would appreciate some help !

Just to finish

GRANDFATHER OF THE YEAR

A woman in a supermarket is following a grandfather and his badly-behaved grandson. He has his hands full with the child screaming for sweets, biscuits, all sorts of things.

The grandad is saying in a controlled voice: "Easy, William, we won't be long . . . easy boy." Another outburst and she hear the grandad calmly say-"It's okay William. Just a couple more minutes and we'll be out of here. Hang in there boy."

At the checkout the little horror is throwing items out of the trolley. Grandad says again in a controlled voice - "William, William, relax buddy, don't get upset. We'll be home in five minutes, stay cool William."

Very impressed, she goes outside to where the grandfather is loading his groceries and the boy into the car. She says - "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandad."

"Thanks," says the grandpa. "But I am William. The little bastard's name is Kevin !

That's it folks - until next month !

Derek J Cockle

Secretary/Temporary Editor