

NEXT BRANCH MEETING: Tuesday 14th May 2024 10am, at the Kalamunda Church of Christ Multifunction Centre, 22 Mileti Road, Lesmurdie.

MANAGEMENT COMMITTEE

Richard Arnold: President 0407 945 465	Clare Arnold: Social Planner 0407 945 465
Tony Crowder: Vice President 9257 2520	Maureen Moffett: Speaker Planner 0427 084 422
Chris Milne: Secretary 0475 582 118	Noreen Townsend: Newsletter Editor 0418 952 076
Patricia Skinner: Treasurer 0428 611 835	

Arlene Quinn: Branch Policy Advisor Group (PAG) Representative: 0402 272 868

GUEST SPEAKERS: Rachel & Mike Green, 'Bird Garden', Members of Darling Range Naturalists Club, will join us, subject 'The Birds in your Kalamunda Garden and how to identify and attract more of them', will include a power point presentation.

Activities planned for May, June and October

Drive yourself to lunch Wednesday 22nd May 12.00pm

I have booked us into the Abbey Restaurant in West Swan Rd in the Swan Valley. We have a 2 course seniors' menu that has 5 choices for the main and 2 choices for dessert.

Cost includes 2 course seniors menu. **Cost** 25.00 pp **Min** 20 **DRIVE YOURSELF**

Beverley plus more Thursday 27th June

Depart Kalamunda TOTH at 9.00am and travel via York to Beverley. We will have a picnic morning tea on the way. See the Aviation Museum the Dead Stop Museum, the Gliders airport and more. Enjoy a 2 course lunch at the Freemasons Hotel before travelling back to Kalamunda by 4.00pm

Cost includes Coach travel, morning tea, 2 course lunch, plus fees. **Cost** \$70 pp **Min** 40

Some dates for your diary.

Thursday 25th July Winter Feast (Old Christmas in July) Special lunch 2 course 3 choice main meal plus desserts at the Kalamunda Club.

Thursday 17th September Special dinner at the Pines Restaurant (Bentley Tafe) **Depart TOTH 5.30pm Return 9.30pm** Limited to 40 members Names in August.

Tuesday 10th December Traditional Christmas Lunch Kalamunda Club. 12 00pm start. Santa has been invited.

3 Day Vines, River and Sea Tuesday 22nd to Thursday 24th October

We had a great response to this trip and now have 42 booked so far. If you wish to join this trip you will need to pay a deposit of \$100.00pp at the May meeting. Last year's trip was the Vines Resort with hills and valleys this year it is the Vines with a river cruise, a train ride and the lunches by the sea plus so much more.

Cost include Coach, accommodation, all meals, morning teas, Mini Golf, and all entry fees **Cost per person** Min 30 \$718.00 Min 35 \$707.00 Min 40 \$681.00 Single sup \$176.00

President's notes May 2024

On April the 12th I attended the funeral of Wendy Day at the Church of Christ in Lesmurdie. A large gathering listened as family members related the incredible life that Wendy had lived, including riding her motorbike to church whilst still living in the UK, she also played Polo.

Following the families move to Australia lived and worked in the bush where she raised goats to help feed her family. She continued her love of goats and established a goat farm in Rolystone and established herself as a breeder of renown, she was recognized throughout Australia. And this is only part of her story. Very much a life well lived. May she rest in peace.

It appeared that all enjoyed the trip to HMAS Stirling on the 16th. I think that we were all surprised by the overall size of the place. Apparently, there is an average of 3500 people on the island on any given day most coming from the mainland creating something of a traffic jam in the mornings and evenings as they come and go.

It is always a worrying time when a guest speaker has to be replaced at the last minute, but nobody needed to worry at the last meeting. James Park (one of our own members) gave a most interesting and at times very funny presentation of his life growing up on a farm in Mullewa.

Talking of funny stories, I am running out of personal stories for the newsletter so come on start thinking we all have at least one interesting tale to tell so please give it a go. You can ask for it to be anonymous if you prefer.

Clare and I are about to do what some of you have already done and that is downsize. It's a little sooner than we had originally thought it may be, but circumstances and the availability of an attractive villa at the Waldrige Country Estate in Berkshire Rd Forrestfield was just too good to pass up. It certainly is a big move in the overall scheme of things, but I feel it is important to take the jump while you can make the decision and not to leave it till you have the decision made for you. The worst bit seems to be sorting yourself out as to what to take after being at the same address for 27 years. We certainly have no intention of staying at the new address for that long!

On the 11th of April Clare and I manned a desk at the City of Kalamunda Connecting the Community Expo in Forrestfield. We were amazed at the number of organizations that exist in the City and the enthusiasm of their members that contributed to a very pleasant morning. We spoke to quite a few people and handed out quite a lot of material, but I think the most important thing was that we got the name of NSA out there as none of the people we spoke to had heard of us before.

That's all for this month. See you on the 14th.
Richard.

Members inspecting some of the displays at the HMAS Stirling museum.



What is it that older people are looking for from advocacy help in accessing or using services ?

Advocacy for older persons refers to the process of supporting and representing the rights, needs and interests of elderly individuals. It involves ensuring that older people have a voice, are treated with dignity, and have access to essential services and resources.

Advocacy may include Legal protection, access to services (health care, social and community resources) Quality of life issues looking at social isolation, elder abuse and any age – related discrimination. NSA PAG works to support policy and legislation to serve WA population of elders. Finally, Advocacy is about empowerment to make informed decisions, participate in decision making process and have rights assertion.

National Seniors Australia is our “go to” place for general advocacy. As members we can access information that assists politicians to develop legislation that supports the rights of the older person and works at systemic and individual needs. At Federal level, the incumbent Minister is Labor MP Anika Wells. Hon Don Punch is Minister for Seniors and Ageing & Disabilities in WA. Our main research project each year is the National Seniors Social Survey, which involves thousands of participating Australians aged 50+. NSA also conducts smaller research projects focused on single topics or specific groups of older Australians.

NSA Campaigns Like *Let Pensioners work* have assisted in getting the Work Bonus limit increased permanently from this January by \$4,000. The Work Bonus increased from \$7,800 to \$11,800 in 2022 so older people can work more without losing 50c in the dollar from their pension. Campaigns for NSA have assisted in getting the Work Bonus limit increased permanently from this January by \$4,000. Changes to the Commonwealth senior’s health; care income test rules, and pressure on the government to enable movement into age- appropriate housing without impacting on the asset test for existing pensions.

<https://nationalseniors.com.au/advocacy/advocacy-wins>

We have several agencies that offer individual advocacy for the elderly and/or disabled in WA.

- **Advocare** is independent, community based Not – for – profit providing advocacy, information and education services. Contact point **08 9479 7566**
- **Advocacy WA** believes in justice and human rights for people with disabilities emphasizing choice, equality of opportunity and inclusion in society **08 9721 6444**
- **Health Consumer’s Council** offers advocacy for anyone with an issue in the WA health system. **08 9221 3422**
- **KIN** (previously(Ethnic Disability Advocacy Centre) assist people with diverse backgrounds focusing on cultural barriers & language barriers to accessing services. **1800 659 921**
- **Welfare Rights and Advocacy Service (WA)** Not – For – Profit legal service offering information , support , advocacy and legal representation with Service Australia (Centrelink) , Family Assistance and other financial aspects of social service. **(08) 9328 1751**
- Additionally, the Australian Government offers free, independent, and confidential support through the **National Aged Care Advocacy Program (NACAP)**, delivered by the **Older Persons Advocacy Network (OPAN)**.

Remember advocacy plays a critical role in promoting the wellbeing and dignity of older adults, to create an inclusive society that values and respect seniors. It’s a right to access advocacy regardless of society, language, your own or family barriers. Helping others too.

Arlene Quinn - Member NSA Policy Advisory Group WA. April 2024

SECRETARY’S NOTES:

Early notice of the **Branches AGM, due on the 13th August 2024**. Members should start thinking about “how can I contribute to the running of the Branch”, like, taking on a Committee position, or an assistant to a current position. There will be changes at this year’s AGM. Chris & Maureen have indicated that they will not nominate again, however would help assisting with behind-the-scenes assistance.

Postage has increased, please consider changing to email, if this is available to you.

Printing by courtesy of Matthew Hughes JP, MLA.

A TERRIFYING EXPERIENCE

When I was an 8 year old, my parents took me to the Nairobi (Kenya) game park to see some wild animals. At the time my Dad owned a Fiat 1100 sedan.

At the entrance to the park Dad paid the entry fee and asked the African rangers the approximate location of one of the lion prides. The roads were only rough dirt tracks throughout the park. How the rangers knew the lions whereabouts beats me, as there were ^{no} drones or helicopters then, all they had were bicycles.

Off we went covering several kilometers of dusty tracks. Eventually we saw a few other cars in a row off the road in the grass near a stream and some shady thorn trees. Wow there was a pride of lions right before us! Two mated males and several females. One of the males yawned showing his huge fangs.

We waited patiently as the afternoon progressed. Suddenly in the distance we saw an African askari (soldier) walking towards us, carrying his army long coat over his arm.

Some Africans lived in the reserve in bomas (small clusters of mud huts with grass thatched roofs surrounded by a high fence to keep wild animals out.)

A lioness moved closer to us crouching in the long grass with its tail twitching. The soldier crossed the stream getting closer and closer. The lioness suddenly sprang! The African threw his open coat at her. At the same time a small car (Austin A30) had moved forward. Somehow the occupants opened the back door and soldier dived in! Wow what a close shave. Silence reigned. Our hearts going thump thump.

A scary incident, never to be forgotten!

By Henk Lippinkhof