

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Newsletter June 2024

Perth Western Suburbs Branch usually 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: National Seniors Australia

Perth Western Suburbs Branch

BSB 036 063

Account 257852

Our website is:

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

Our meetings are currently subject to the COVID-19 regulations of the day as imposed by the WA State Government and the City of Nedlands. 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.

2023-2024 Officers:

President:	Terry Middleton	0417 171 844
	mylemms@bigpond.com	
Vice Pres:	David Thomas	0418 448 933
	david@r2rservices.com.au	
Treasurer	Joseph Lieberfreund	0429 809.080
	joseph@airbell.com.au	
Secretary	Derek Cockle	0417 939 420
	secretary@nsaperthws.org.au	
Membership	Marion Laws	08 9387 8383
	membership@nsaperthws.org.a	
Newsletter	Terry Middleton	0417 171 844
	mylemms@bigpond.com	

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

FROM THE EDITORS FLOREAT DESK

Thanks to Derek Cockle for compiling the April and May Newsletters.

The travelers, Terry and Marion, have returned after 6 weeks abroad in the UK, Morocco, Portugal, Spain and France. The highlight was 18 days on an Intrepid group tour in Morocco very well guided by a local – Hamid, who comes from an Atlas Mountains village of sheep and goat herders. Marion has compiled an item on her impressions of the country and its people – majority Berbers, plus Arabs, and some Sudanese in the south.

Unfortunately, the dreaded virus/es struck on the homeward leg from Singapore so your editor took a course of the anti-viral medications and came out OK. Otherwise we both agree that the Morocco trip was well worthwhile, but get plenty of walking exercise beforehand.

Joseph is to be well commended for another successful concert on May 30th.

RECENT EVENTS

Branch Meeting - Thurs 9 May

Our initial speaker was Yvonne Butters from “Aged Care Reform Now” which is a non-partisan, grassroots volunteer group driven by older people and families who have personal experiences with aged care. They represent seniors to pressure State and Federal politicians and others of influence to carry out the recommendations of the recently enacted Aged Care Act. They advocate for financial transparency, increased staff levels, skill mix and increased remuneration for those in aged care facilities, public access to regulators spot-checks and public reporting of elder abuse.



Yvonne Butters

The second speaker was Chantelle Mader, Founding Director and CEO of Legacy Conservation Forest Ltd which arranges for the treated cremation ashes of your loved ones to be buried with new memorial trees in the forests around Wellington Dam. The Wellington Dam Legacy Forest is managed by this company which is a registered public charity.



Chantelle Mader with David Thomas

Music in May Concert Thurs May 30th

The Mozart In May concert was held at the Mount Claremont Community Centre on Thursday Morning 30 May 2024 to a sell-out audience, including members of Perth, Joondalup branches, plus our own, and many guests.

The concert was performed by 10 students and graduates from the UWA School of Music. They performed some of Mozart's best known string works including the Violin Concerto Number 5 led by soloist Helena O'Sullivan who performed with sparkling precision and great feeling. The Cadenza by Joachim is in itself a feat of virtuosity which she carried beautifully. The String Quartet No. 15 (pictured) was a tender work carried with required delicacy by the quartet led by Ryan Lee while the opening Divertimento in D was a lively introduction to wonderful morning.



LOOKING AHEAD

Branch Meeting Thursday, June 13th, 9.30 for 10.00am. This will be held at the Mt Claremont Community Centre, as usual. The principal guest speaker be Kate McKinnon, Exercise Physiologist with the UWA Exercise and Performance Centre, speaking on the benefits of Water-Borne Exercise for Healthy ageing. No one will get wet on the day.

By way of a much drier pursuit, before morning tea, a preliminary show and tell will be given by your editor on his recent trip to Morocco.

Branch Meeting Thursday July 11th, 9.30 for 10.00am. To be held at the Mt Claremont Community Centre, as usual. Speakers to be advised

SOCIAL EVENTS etc

Marion's T-Box Afternoon Tea, Thursday June 20th, 2.00pm. Yes, it's in full swing again, after 18 turned up on May 16th.

Xmas in July Lunch, TBA, but probably Kingsley Tavern, Thurs July 18th, 12.30pm

Where we had it last year, unless somebody has a better idea. We will take names at June 13 Branch Meeting but will advise firm details later.

MARION'S MOROCCO

Medinas, madrassahs, mosques, monuments, mosaics, mules, mandarins, memorable magical moments and, of course, moderate Muslims.

When I travel, I travel with the eyes of a geographer, observing the people's response to the climate and environment, both cultural and physical.

The northern part of Morocco is essentially Mediterranean, and is a rich fertile region growing wheat, olives, vegetables, oranges, grapes, dates and recently water melons which use a lot of irrigation water. The wealth of the country is there in large land holdings of mechanised farming. Long droughts are becoming more frequent with climate change testing the future of agriculture here.



Roman townsite of Volubilis

The major mystical cities of Fez, Marrakech, Casablanca, Meknes and the recently made capital, Rabat, are in this northern region. These contain walled, old-town medinas and their souks were all that I was expecting, and more. The crush of people in markets in small alleys and the variety of goods for sale is overwhelming. The smells vary at every turn of a passage; some good, some bad! The artisans making fine objects and selling them were an entertainment in themselves; I could have watched all day. In the souk, there seems to be no separation of work from leisure; work is life. There is a lot of friendship, mint tea drinking and laughter all day long.



In the Marrakech Souk

The central part of Morocco is mountainous. To the south of these High Atlas Mountains is the Sahara. The population in both of these regions is mostly nomadic, moving from pasture to pasture while maintain a home in a village. The houses are mostly made of adobe bricks. The villages and small trading towns are in oases in valleys. One is confronted with a strip of green stretching around and along rivers and streams, contrasting with barren, exposed rock of the surrounding mountains. The farmers also use the qanat system of bringing mountain water underground to be used for irrigation in the plains.



Nomadic shepherds camp, Middle Atlas

The people are mostly of Berber, (Bedouin) origins and are subsistence farmers, growing wheat and barley, olives, dates, vegetables, and oranges, occasionally selling goats and sheep. Donkeys and mules, sometimes horses, are used for transport. Family and community is the glue that hold these people together. Everyone has a part to play, from children to the very old. They are respectful, kind, compassionate, open, generous, and very gracious. Even a “no thank you, I like it, but I don’t want to buy it” is met with a smile. Tradition is respected in the furnishings and art works in houses and riads (small hotels). The artisans who make hand-made pottery, rugs, textiles, leather goods, metal objects and more, are highly respected members of a community.

On the southern edge of the Atlas Mountains is an east-west road, (the only road) which is called the “route of a thousand kasbahs”. The first ten were amazing and after that it’s “not another one!” Each was a walled fortified residence of a local ruler and his family, usually sited on higher ground for defence purposes. In time of attack, the surrounding farmers could take refuge inside the fort. Sounds quaintly medieval, doesn’t it? Some of these kasbahs are three stories high, made of adobe bricks which in a desert climate will last a very long time. Inside there is a network of houses and stables for animals in a shaded cool

environment to avoid the desert heat. Each kasbah was built near a water course which was more like a wadi filled with water after the occasional flash flood. Wells for underground water are everywhere. Probably you will have observed these kasbahs in films like Lawrence of Arabia, Living Daylights, Cleopatra, Gladiator, Babel, Game of Thrones 3 etc. Hollywood seems to have relocated to Morocco!



Desert Kasbah

And then there was the food. I’m sure that you have heard of Moroccan tagines? Very healthy, slow cooked (over charcoal) vegetable dishes flavoured with spices. The protein could be chicken, goat, fish or beef, but never pork. We had them for breakfast, lunch and dinner in 5 star hotels, riads, and local homes. Every one of them was delicious.

One last obvious comment, there was no ‘drunken disorderliness’ on the street because there is no alcohol, but we all managed 3 weeks without a glass of wine except for the last night.

What did I buy? A bed throw woven from camel hair and blue leather slippers.

Marion Laws