

## Welcome

You'll find a friendly atmosphere for seniors at our monthly meetings. We invite informative Speakers on topics of interest to Seniors. We also provide morning tea and time for friendly socialising. Our Perth Branch has a program of inexpensive outings during the year. Monthly cost \$5.00 also gives you a free ticket in the monthly raffle.

## Loftus Community Centre, 99 Loftus Street, Leederville

Perth Branch: Next Meeting

Friday 1 November 2024 10 AM

You're Welcome! Bring a friend!

Call 0435 583 229 – for catering purposes

**Printing by courtesy of Zaneta Mascarenhas MP, Federal Member for Swan**

## Words of Wisdom

Spring is an exciting time to look forward to year after year. The weather starts to get warmer; the sun shines a little brighter and life just seems full of new beginnings. And while it might be a bit hard to elaborate on the feeling you get when one feels a nice breeze and the air smells like **blooming flowers**, famous people, like Charles Dickens, Ernest Hemingway and Leo Tolstoy, and more have managed to capture it with words in a way we can't. Charles Dickens said, "*It was one of those days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.*" And Ernest Hemingway concluded "*When Spring came, even the false spring, there were no problems except where to be happiest.*"

Perhaps Leo Tolstoy's words have more meaning for me "*Spring is the time to commence new projects*". For me my work will be cut out after our Planning Forum. I now have to reflect, write the report and more importantly act on the ideas that you our members have suggested. In this task I hope to get you together on this journey.

We hope you are outdoors, riding bikes, planting gardens and enjoying the sunny and slightly chilly spring weather. As Walter Hagen best said, "*You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way*". The second part of *Djilba* is the time to enjoy seeing the new birth of ducklings, kangaroos and galahs enjoying the food God has given them.



Clivias



## President's Report

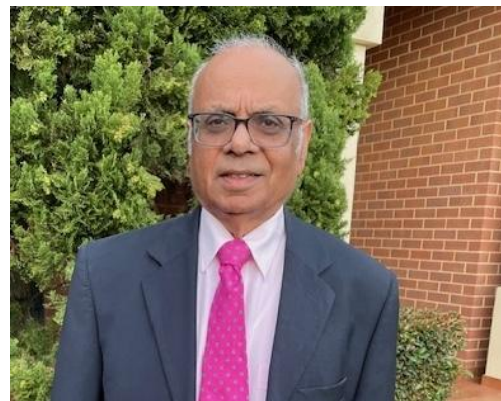
Twenty-two members came to our Planning Forum this month. Derek Cockle, the Secretary of the Western Suburbs Branch helped facilitate the Workshop which comprised of four working groups. The major work of putting all the ideas together and preparing a report is the next task. From the Questionnaire sent to participants 16 returned the completed questionnaire and 9 mentioned the highlights about the national and branch organisation and services and a wide range of issues.

My Management Committee met on 11 October and amongst the things we decided were to

1. Finalise our end of year Xmas lunch and Awards occasion
2. Explore the possibility of introducing Music sessions and bingos after formal meetings and also combining with other branches in arranging block bookings for the theatre and movies.

Unfortunately I will be an apology for the November meeting. Philip Goes the Treasurer will chair the meeting in my absence.

**Adolph de Sousa**  
**President**



## FOR YOUR CALENDAR

### October

**Thursday 24th, Lunch Pines Restaurant Bentley**

**Thursday 31st, Music Concert**

### November

**Friday 1st, Meeting**

Guest Speaker : Jasmine and colleagues

**Friday 22nd, The Perth Mint and CitiPlace Community Centre**

### December

**Friday 6th, Christmas Lunch and Awards Presentation**

**Saturday 7th, Christmas Gala Concert**

## Guest Speakers

### 1. Guest Speaker: Jasmine and colleagues: Friday 1 November 2024

A Presentation of the Story of the men and women who founded the Aboriginal Evangelical Fellowship (AEF) of Australia from an Aboriginal Perspective.

Australian indigenous people have very long lasting and rich oral traditions concerning their cultural, religious, social and economic life. The traditions include stories, education and rituals passed down from generation to generation and kept alive by important social gatherings and festivals. Dr Maxine Knapp is a Noongar woman from Western Australia who has provided a written account of the origin and growth of one such story, the indigenous Christian Church called the Aboriginal Evangelical Fellowship (AEF).

Maxine's daughter, Jasmine, along with colleagues will speak about her mother's written account, including the social and political background and the importance of all Australians knowing and understanding the nation's Aboriginal Heritage. Maxine is happy for a Q&A discussion after her talk.



## Upcoming Events

### Pines Restaurant Lunch: Thursday 24th October 2024



**Organised by:** National Seniors, Perth Branch

**Contact Person:** Adolph de Sousa Tel 0413129707 email [adolphdesousa@hotmail.com](mailto:adolphdesousa@hotmail.com)

**Date:** Thursday 24<sup>th</sup> October 2024

**Time:** Meet at Bentley Pines Restaurant at 11.30am for 12.00 noon.

**Brief Description:** This is a three-course meal. The menu will be sent to participants after they have paid for the event. It is also downloadable from Events Tab of our website.

**Cost:** Members \$30.00 and Guests \$35.00 (this does NOT include a drink). Number of places limited to 40. Cash payments can be made on Friday 4th October before the commencement of the monthly meeting for those who do not make bank transfers. Members and guests can make arrangements for a bank transfer by Monday 7th October 2024

**Bank Transfer details** are as follows:

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Perth Branch

Ref: Your Surname and the word PINES

### Music Concert: Thursday 31st October 2024



**Organised by:** National Seniors, Perth Western Suburbs

**Contact Person:** Mr Joseph Lieberfreund mob 0429 809 80 email [joseph@airbell.com.au](mailto:joseph@airbell.com.au)

**Date:** Thursday 31 October 2024. 9.30am for 10.00am to 12 noon with half hour interval with food and coffee/tea

**Venue:** Mt Claremont Community Hall, 105 Montgomery Road, Mount Claremont

**Brief Description:** The Singing Violin. Shannon Rhodes on the Violin and Gladys Chua on the Piano. Part 1 Bach Partita in E Major, Mozart – Violin Sonata and Brahms- Violin Sonata. Part 2 more Contemporary composers Frantisek Drdla, Sarasate, Gershwin, Fritz Kreisler and W Kroll

**Cost:** \$15.00 pay at the door

Please text Adolph de Sousa on 0413129707 if going so that Organiser can be advise for control numbers

### The Perth Mint and Lunch: Friday 22 November 2024



**Organised By:** National Seniors Australia, Perth Branch

**Contact Person:** Meledy Correia Tel 0418454627 or email [correiam@bigpond.com](mailto:correiam@bigpond.com)

**Date:** Friday 22 November 2024

**Time:** Meet at the Perth Mint, 310 Hay Street, East Perth by 10.15am for 10.30am.

**Brief Description:** The Perth Mint is a popular Tourist attraction within a short distance from the Perth CBD. Get to the Perth Underground railway station from your home and take the free Red Cat

bus service. Alight at The Perth Mint CAT bus stop Number R06. (We do not recommend using your own transport as parking in the city is at a premium.) The tour includes a fascinating live gold pour, the world's largest gold coin and a guide walk through a world class exhibition After the tour take the Red Cat back to the Underground station and meet at the Citiplace Community Centre for lunch above the Perth Railway station. Pay for your own lunch. Main Meals (includes vegies) \$9.00; Soup and bun \$4.00; Dessert \$3.50

**Cost:** Members and Guests \$21 per person. Carers with a Carer's Discount card can gain a free entrance. Pay at the entrance on the day at the Mint. No cash accepted. Preference for card payments.

### End of Year Christmas Lunch and Awards Presentation

**Organised By:** National Seniors Australia, Perth Branch

**Contact Person:** Meledy Correia Tel 0418454627 or email correiama@bigpond.com

**Date:** Friday 6 December 2024

**Time:** 12.00 noon

**Venue:** Centenary Park Pavilion, Centenary Avenue, Wilson

**Brief Description:** This is our end of year Christmas and awards lunch.

Come dressed for the festive occasion.

We will have a sing song session with Christmas carols followed by a buffet lunch. The awards will be presented before desert to some of our members for their distinguished and long service.

Coffee and tea will be available after dessert.

**Cost:** Members \$35.00 Guests \$40.00

Bring your own drinks.

Cash payments can be made on Friday 1st November before the commencement of the monthly meeting for those who do not make bank transfers. Members and guests can make arrangements for a bank transfer by Friday 29 November 2024

**Bank Transfer** details are as follows:

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Perth Branch

**Reference:** Your **Surname** and the word **CHRISTMAS**

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## Reports

### REPORT ON CYCLING WITHOUT AGE EVENT

A total of 10 persons participated in the event many for whom this was a novel experience. The Volunteers were very much appreciated by our members.



1 - Meledy & Elizabeth



2 - Two Old Patriarchs on a Bike



3 - Deep and Giselee

### REPORT ON THE MOZART IN SPRING CONCERT

A total of eighteen members and their friends went to Mozart Spring Concert. There were a total of between 180-200 people present. Daniel Corvaia, a young 22-year-old musician who is very active in the Perth music scene, conducted the Concert. Alex Wallace played a clarinet for the Mozart Concerto to the amazement of the audience.



4 - Daniel Corvaia, Conductor



5 - Alex Wallace playing the Clarinet

## REPORT ON THE PLANNING FORUM

Twenty people attended. Generally received a positive response. The work of compiling the report has commenced. The process will be that the first drafted will go to the Facilitator and then to the Management Committee before it is more widely circulated with an action plan. Some matters are already being put in place such as introduction of sing song sessions at some meetings and Bingos.

## National Seniors Australia

NSA is an advocacy group for the over 50s representing issues at WA and National levels. If you have an issue that you would like the NSA Policy Group to consider fill out the online form to start the process.

<https://nationalseniors.com.au/research/share-your-story>

### Membership Renewals and New Membership

One year – \$49.50 single or \$80 joint membership.

Two years – \$88 single, or \$143 joint membership

Three Years - \$120 single, or \$180 joint membership.

Five years – \$220 single, or \$325 joint membership.

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this by one of these three options via the website: <https://nationalseniors.com.au>

- Login and pay online using a debit or a credit card.
- Through your phone:  
Phone them on 1300 765050 or 073233 9191 they will be able to find your membership details and debit your account for the membership payment. If New Membership they will collect details on the phone and charge your account.
- By cheque:  
The postal address is:  
GPO Box 1450,  
Brisbane,  
Queensland 4001  
Please make sure you include your name, club, and the reason for the cheque.



## Fund Raising

Our organisation is registered for the **Containers for Change Scheme**.

**Note: Please separate the lid from its container. No wine, spirit bottles or jars.**

They accept aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L. Look for the 10¢ symbol or scan the product barcode on the containers for change website. You can bring them to the meeting for us to collect. Alternatively deposit the cans or containers at your nearest local centre. National Seniors Association, Perth Branch **C11482156** is our registration and automatically deposits your donation into our account.

### MENTAL HEALTH AND SUICIDE PREVENTION CONTACTS

**LIFELINE** 13 11 14

**KIDS HELPLINE** 1800 55 1800


**HEADSPACE** 9027 0100

**HEALTH DIRECT** 1800 022 222

**SEXUAL ASSAULT, DOMESTIC & FAMILY  
VIOLENCE COUNSELLING SERVICE** 1800 737 732

**MENSLINE** 1300 789 978

**BEYOND BLUE** 1300 224 636



# Perth

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Loftus Community Centre, 99 Loftus Street,  
Leederville WA 6007

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First Friday of the month at 10:00am

[Latest newsletter ↓](#)

## Branch Information

Email address: [PerthSeniors@gmail.com](mailto:PerthSeniors@gmail.com)

Website: <https://nationalseniors.com.au/get-involved/branches/perth>

Bookmark it for easy reference. You will find our Newsletters there which you can conveniently download. You will also find an Events tab briefly stating the dates of future outings. Clicking the Event of your interest will enable you to get more information on the event and also any flyer if available.

Finally, our Photo Gallery will have photographs of our latest events or outings.

### **For the payment Events and Outings use our local branch account**

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Association Perth WA Inc

Ref: Surname and keyword in the transfer.

**Do NOT combine payments for multiple functions, only pay for one function at a time.**

Office Bearers: 2024-2025		
<b>President</b>	Adolph de Sousa	0413 129 707
<b>Vice President</b>	(Vacant)	
<b>Secretary</b>	Rod McLaren	0412 678 050
<b>Treasurer</b>	Philip Goes	0417 133 121
<b>Asst Secretary</b>	Rosanna Fernandes	0404 946 165
<b>Events Coordinator</b>	Meledy Correia	0418 454 627
<b>Catering Manager</b>	Terri McLaren	0438 862 520
<b>Committee Member</b>	Virginia (Ginie) Bristowe	0431 138 188

### **OUR INCORPORATION AND BUSINESS NUMBERS**

Our Registration Number under the Association Incorporation Act is A1001978T

Our Australian Business Number (ABN) is 46 458 848 637