

National Seniors AUSTRALIA

Words of Wisdom

“Grant me the grace to look with respect upon all I will meet this day and upon every event I encounter. Mindful that I am a pilgrim, may I treat every one with reverence and love, as a manifestation of you to whom I journey. May the work of my hands be part of the redemption of the world and its eternal springtime liberation.”
— Edward Hays, 'Prayers for a Planetary Pilgrim'

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.

PERTH BRANCH



As we grow older, we experience an increasing number of major life changes, including career transitions and retirement, children leaving home, the loss of loved ones, physical and health challenges—and even a loss of independence. How we handle and grow from these changes is often the key to healthy ageing.

Perth Branch Next Meeting

Friday 2 February 2024

You're welcome! Bring a friend!
Call 0429-482-921 - for catering purposes



President Terry Flanagan's Report

Dear Members and friends

It's my very pleasant duty to sign off on what has been a very successful year for our Branch.

Our End of the year function at the Herdsman Hotel was very enjoyable with a real party atmosphere. The room and table were decorated by the Hotel Staff in a Christmas theme, giving a great atmosphere for occasion. My special thanks to Phillip Goes who provided accompaniment on his Guitar for the carol singing help by Adolph our Vice President, who projected the words on a screen. No chance of memory loss! Melody brought along festive head gear which meant nobody let their hair down!

However an important feature of our celebrations was to present Certificates of appreciation to three long term Members of our Branch, namely Chappie Lobo, Elsie Tester and Marie Slyth.

The Framed Certificates were presented by Ross Glossop, Chairman of the Board for National Office. I also welcomed Alan Hughes, the Treasurer of Joondalup Branch, who in my party mood I elevated him and Ross to Presidents. Alan took photos of the presentation.

It was left to say a big thank you to all members of the Management Committee for the generous work they have done to make it such a successful year. Chappie Lobo, as Treasurer, Rod Maclaren as Secretary, Terri Maclaren as Caterer, and Adolph as Vice President and Organiser of all our Social Functions. Terry Quinn for his work in Guest Speakers. And not last or least all our Members, for their loyal support and attendance and making our meetings such a friendly place to share

TERENCE FLANAGAN PRESIDENT



A FEW OF THE
HAPPY GUESTS
AT THE
RECENT PINES
RESTAURANT
LUNCHEON

The End of Old Age: Living A Longer & More Purposeful Life

When do you think you made the better decisions — when you were 21 years old or now? We know it's now of course!

Logically speaking ageing changes us in ways that age 21 can't touch:

Time brings us an accumulation of knowledge, experience, & skills.

Lessons are learned from trial & error that enhance our judgement & force us to persevere in the face of adversity.

Failure leads to humility, gratitude, empathy, & healthy interdependence.

Ambition & a desire for legacy motivates us to build, compose & create new things.

Death & its approach reshuffles our priorities, bringing increased insight & a transcendent perspective on life.

Ageing helps us perpetually develop five core strengths:

knowledge,
judgment,
empathy,
creativity &
insight.

Our ability to make practical & beneficial decisions depends on & grows with these elements. Put together they compose the greatest gift of ageing: **wisdom.**

The crown & its jewels represent our reserve, & consist of all the mental abilities we accumulate over time. The way in which we wear & use the crown represents our **wisdom**

Each point of the crown is a sub-type of reserve & wisdom based on the five cited strengths & can be labelled as:

savant,
sage,
curator,
creator &
seer.

These forms of wisdom belong to every ageing person, regardless of life circumstances. Each ageing person is supported by changes in brain activity that enable us to grow & develop new abilities, even in face of age-related declines in other areas of brain function. They are expressed through unique roles or identities in late life that strengthen with ageing & bring greater resilience, purpose, & creativity.

Savant:

The savant embodies the most common form of wisdom from a lifetime of stored / accumulated knowledge, skills, & expertise with a willingness to share & teach it.

Sage:

The sage has all that applies to the savant, but with the addition of insight, values, & virtues, that are applied to problem solving. The sage is a 'doer' - an active judge, mentor, guide or coach.

Curator:

The curator's wisdom, grounded in empathy & altruism, is distinct from that of the savant & sage since its essence lies in the empathy, concern & care for others on both a person to person & community level. The curator has generative care & superintendence of people & a meaningful project.

Creator:

The wisdom of the creator brings tangible products: an artistic piece, a literary work, a new relationship, or an innovative program, perspective or pathway. It taps into an inner wellspring of age-inspired motivation, interest, grit & vision to make changes for the present & craft one's legacy for the future. Creators' wisdom is about hope, ever searching for new ways of thinking, showing & doing. Creativity underlies new ways of problem solving.

Seer:

The wisdom of the seer is embodied in a transcendent attitude toward one's own life & the lives of others. The seer is less constrained by artificial boundaries of what is expected of age. Bonds grow with a force greater than one's own intellect. Thus doing good for others & making meaningful personal choices for good are part of accepting one's Path; others sense the calm & are drawn to the seer's presence.

The mindset of the seer is introspective, inquisitive & spiritual. Seer wisdom helps one cope with change & find meaning & purpose in life; others turn to seers for guidance, support, & inspiration; they find support, gain confidence & a deep sense of purpose. Seers don't fear death as they have a sense of closeness to a force that embraces their life.

Conclusion:

The savant *learns, shows & teaches*;
 The sage *weighs & decides*;
 The curator *cares & connects*;
 The creator *imagines & makes*;
 The seer *accepts & communes*.

As we see through our potential roles as savant, sage, curator, creator & seer, this wisdom activates & elevates our strengths, our mutual interactions, & our missions in life, & in turn, makes us valued, wanted & necessary parts of relationships, families, & communities. Our answer here tells us not simply why we should age, but why we must age!

— Adapted from Ama Samy, SJ. 'Zen: I Am The Holy One' (2021) p: 149 ff



FOR YOUR CALENDAR

<p>Friday 22 December – Christmas Spectacular – Christmas Carols at the John Leckie Pavilion, Melvista Avenue Nedlands</p>	<p>Friday 2 February Meeting Speaker: to be decided</p>
<p>Wednesday 3 April – La Spata Open Garden and lunch.</p>	<p>March Meeting: 1st March 2024 Speaker: Dr Christine Choo Former Executive Director of the Aboriginal Medical Service.</p>

FORTHCOMING GUEST SPEAKERS

Guest Speaker: Friday 1 March 2024

Dr Christine Choo, a widely published historian of the lives of Aboriginal women in Western Australia. As a qualified Social Worker, she was the first executive officer of the Aboriginal Medical Service in Perth. Her publications include ‘*Aboriginal Child Poverty*’, and ‘*Mission Girls*’ - a study of indigenous women in the Kimberley Catholic Missions from 1900-1950. She has also co-edited ‘*History and Native Title*’ for Studies in WA History’ (UWA).

Dr Choo will reflect on her experiences of ‘walking together’ with indigenous women in WA over the years and ask ‘*Where to now? At this point of our history.*’

FORTHCOMING EVENTS

SPATA LANE, CANNING VALE: WEDNESDAY 3 APRIL

Organised By: National Seniors, Perth Branch

Contact Person: Adolph de Sousa mob 04131290707 or
adolphdesousa@hotmail.com

Preliminary Description: An Open Garden whose owner, Jude Scott, will explain the results of her labour of love in this lush property in the suburb of Canning Vale. Stroll through the garden and there is an art studio where one can buy pieces of art. This event involves bus hire and going to a Seniors Lunch at a restaurant/pub within the vicinity of the Open Garden. Cost: Garden Entry fee of \$5.00 per person, which will include, a cup of tea. Part proceeds supports the Kids Cancer unit at the Children's Hospital.

Departure from a nominated point on a bus at around 9.45 and returning at around 2.00pm. Number of places will be limited by bus capacity. Bus hire cost is \$5.00 per person

Further details will be publicised in the next Newsletter.

PRELIMINARY ANNOUNCEMENT: DAY OUTING IN MARCH 2023 WITH LUNCH AT THE *SALTBUSH TAFE TRAINING RESTAURANT* IN MANDURAH

Organised By : National Seniors, Perth Branch

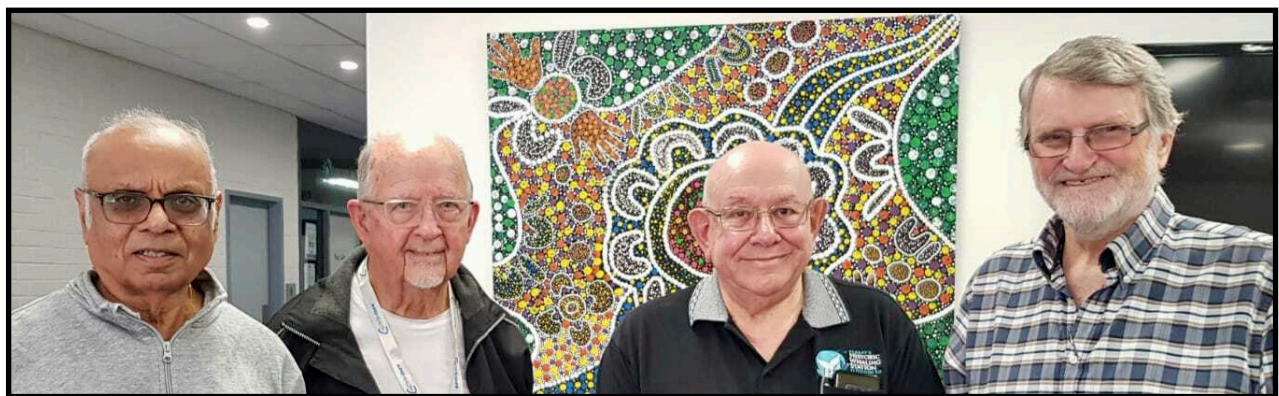
Contact Person: Adolph de Sousa mob 0413129707 or
adolphdesousa@hotmail.com

Preliminary Description: This day trip is planned for March 2024 departing from the *George Burnett Leisure Centre (GBLC)*, Manning Road, Karawara at 9.00am and returning at approximately 3.30pm. Travel for 60 minutes to a McDonalds or Hungry Jacks Restaurant for a breakfast at own cost. (Coffee free for Seniors). Then travel to see Thomas Dambo's creation of a new *Giant: Seba's Song*, at Wannanup open sculpture for 30 minutes. Next travel to *Saltbush TAFE Training* restaurant in Mandurah for the 3-course lunch at \$35.00 per person, excluding drinks. After lunch leave Mandurah before 2.30pm arriving back at the *GBLC* by 3.30pm.

Estimated Cost: \$40.00 for lunch and transport. Numbers limited by bus capacity.

Further information will appear in the February 2024 Newsletter

Peter Snow OAM gave a talk to the Branch on 10 November on the background to the restoration of the Cheynes Beach Whaling Station in Albany and who after working on it for over 25years was handing over the management of the facility to the local community. The facility brings in over \$40million in tourism to the Albany economy. Below are photos of him flanked by the two Terrys and Adolph de Sousa.



A group of Perth Branch Seniors were hosted by the Kalamunda Branch at a Spring Sausage Sizzle held at the Romancing the Stone Garden in Maida Vale. Here are two Photos. One with President Terry Flanagan with Richard Arnold, President of the Kalamunda Branch and Tom Hoggs the owner and creator of the Garden. *(Photo continued over ...)*



Continuing - The Kalamunda Branch at a Spring Sausage Sizzle



16 members of the Perth Branch joined over 80 members and guests of the Western Suburbs Branch at a concert arranged by impresario, Joseph Lieberfreund, Past President of the Western Suburbs Branch.

Photos from the event.

1. The presidents of the two branches, Terry Middleton and Terry Flanagan with Joseph Lieberman .
2. A photo of the Quintet Con Brio.



On 1 December the Perth Branch held it Awards Function and last meeting of the year attended by 43 members and guests.

Photos from that event are attached:

1. A photo of the two Presidents
2. A photo of the President on the Board of Directors of the National Seniors Australia with Chappie Lobo one of the recipients of a longstanding member of the NSA
3. Members singing Xmas Carols organised by Philip Goes.
4. Part of the participants at the Xmas lunch



CHRISTMAS SPECTACULAR: FRIDAY 22 DECEMBER 2023

Organised By: National Seniors, Western Suburbs Branch

Presented By: *NSA Music*

Book Through: Adolph de Sousa Tel 0413129707 or

adolphdesousa@hotmail.com Vice President National Seniors Perth Branch,
partnering with Joseph LieberFreund, Past President, Western Suburbs

Venue: Taryn Fiebig Concert Hall, located in Churchlands Senior High School,
20 Lucca Street, Churchlands SHS, Churchlands

Date: **Friday 22 December 2023**

Time: **Start 7.00PM.**

Brief Description: ***Featuring a2 orchestra & the Winthrop Singers.***

Traditional Carols including: Joy to the World/Silent Night/in the Bleak
midwinter/Good King Wenceslas & more.

Handel – The Arrival of the Queen of Sheba & Hallelujah from Messiah

Mendelssohn -Hark! The Herald Angels

Anderson – Sleigh Ride

Mozart – Marriage of Figaro Overture

Tchaikovsky- Nutcracker Suite & more

Cost: \$15.00. Payment method. Members and guests can make arrangements
for a bank transfer by 12 December 2023

Bank Transfer details are as follows:

BSB Number: 016 499

Account Number: 488094089

Account Name: National Seniors Perth Branch

Ref: Your Surname and the words XMAS SPECTACULAR

BRANCH MATTERS 2024-25 OFFICERS

President:	Terry Flanagan	0429 482 921
Vice President:	Adolph de Sousa	0413 129 707
Secretary:	Rod McLaren	0412 678 050
Treasurer:	Chappie Lobo	0435 583 229
Catering	Terri McLaren	0438 862 520
Editor	Doug Conlan	0408 080 560

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

OUR WEBSITE AND OUR EMAIL ADDRESS

Our website is at: <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.

Our Email address: PerthSeniors@gmail.com

Please include Surname and keyword in the transfer.

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

For the payment Events etc. use our local branch account

Account Name: National Seniors, Perth Branch

BSB Number: 016 499

Account Number: 488094089

*Ref: Your **Surname** and keyword of the Outing*

Please include Surname and keyword in the transfer.

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

NATIONAL SENIORS AUSTRALIA

NSA is an advocacy group for the over 55s 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.