

National Seniors

AUSTRALIA

Words of Wisdom

Take time, slow down, be still, be awake to the Divine Mystery that looks so common and so ordinary yet is wondrously present. Riding sidesaddle with envy is a dangerous practice: I would be happy if I had what he or she possesses. By contrast, giving thanks constantly and in all circumstances liberates us from envy.
— Edward Hays

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



Hovea Ashram, for many years a quiet semi rural property next to John Forest National Park in Glen Forest, has provided rest & recreation, as well as educational / spiritual workshops, & retreats for people regardless of their affiliations. Editor - Doug Conlan has been fortunate to have spent some time here recently. (Doug's art work of the property above).

Perth Branch Next Meeting
The Herdsman Hotel
Friday 1 December 2023
"End of Year"
Herdsman Hotel

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



President Terry Flanagan's Report

The failure to get a "yes" vote at the recent Referendum, despite an Australia wide campaign was a great disappointment to Indigenous Communities and other Australians who supported the idea of giving the first Australians a permanent voice to our Parliament on any proposed legislation that directly effected them.

Previously there had been two National Bodies made up of Aboriginals, both of which were disbanded by Federal Parliament without their consent. Hence the need, so Indigenous people thought, of making it a part of the Constitution where race powers already exist in the Federal Constitution.

That the majority of Australians decided that Indigenous people should not be heard when legislation affecting them is being drafted is difficult to understand. However as a former a colony of the British Empire who's *raison d'être*, was that the colonisers knew best what the Natives needed, it may be that it is still part of the majority thinking of non Indigenous Australians, who rejected the invitation of our First Nations People, made after so many years of consultation and discussion that was the Uluru Statement from the Heart.

I with others that voted "yes" hope in the decades to come the majority will vote "yes."

TERENCE FLANAGAN PRESIDENT





Professor David Bohm on the Indestructibility of the Spirit

The following was read at Quantum Physicist David Bohm's funeral service. He had written it for a memorial service of a friend:

In considering the relationship between the finite and the infinite, we are led to observe that *the whole field of the finite is inherently limited, in that it has no independent existence.* It has the appearance of an independent existence, but that appearance is merely the result of abstraction of our thought. We can see this dependent nature of the finite from the fact that *every finite thing is transient.*

Our ordinary view holds that the field of the finite is all that there is. But if the finite has no independent existence, it cannot be all that there is. We are in this way led to *propose that the true ground of all being is the infinite, the unlimited, and that the infinite includes and contains the finite.* In this view, the finite, with its transient nature, can only be understood as held suspended, as it were, beyond time and space, within the infinite.

The field of the finite is all that we can see, hear, touch, remember and describe. This field is basically that which is manifest or tangible. *The essential quality of the infinite, by contrast, is its subtlety, its intangibility.* This quality is conveyed in the word *spirit*, whose root [Ind. Eur. *speis*] meaning is "breath." This suggests an invisible but pervasive energy, to which the manifest world of the finite responds. This energy, or spirit, infuses all living beings, and without it any organism must fall apart into its constituent elements. That which is truly alive in the living being is this energy of spirit, and this is never born and never dies.

In Their Own Words

"What is needed today is a new surge that is similar to the energy generated during the Renaissance but even deeper and more extensive; the essential need is for a "loosening" of rigidly held intellectual content in the tacit infrastructure of consciousness, along with a 'melting' of the 'hardness of the heart' on the side of feeling. The 'melting'" on the emotional side could perhaps be called the beginning of genuine love, while the "loosening" of thought is the beginning of awakening of creative intelligence. The two necessarily go together."

— David Bohm

"Atheism & agnosticism signify the rejection of certain images & concepts of God or of truth, which are historically conditioned & therefore inadequate. Atheism is a challenge to religion to purify its images & concepts & come nearer to the truth of divine mystery."

— Bede Griffiths

"Transiency hurls itself everywhere into a deep state of being. Therefore all forms of this our world... should be included... in the purely earthly, profoundly earthly, joyfully earthly consciousness that we should introduce what we have seen and touched *here*, into the widest circumference. Not into a 'beyond' whose shadow darkens the earth, but into the whole, into the universe. Nature, the things of our daily contact and use, all these are preliminaries and transiencies: however, they are... our possessions, our friendships, participants of our pain and pleasure, in the same way as they were the trusted friends of our ancestors. Therefore these things should be understood and transformed by us in the innermost sense... in so deep, so painful, so passionate a manner, that its essential nature is 'invisibly' resurrected in us."

— Rainer Maria Rilke

FOR YOUR CALENDAR

<p>Friday 10 November 2 – Meeting Speaker: Peter Snow OAM, Director, Jaycees Foundation</p>	<p>Wednesday 22 November - Spring Sausage Sizzle lunch at Romancing of the Stone Garden-Maida Vale</p>
<p>Friday 1 December End of Year Meeting & Wind-up Lunch</p>	<p>Friday 22 December: Christmas Spectacular at Taryn Fiebig Concert Hall, located in Churchlands Senior High School, 20 Lucca Street, Churchlands SHS, Churchlands</p>

FORTHCOMING GUEST SPEAKERS

1. Guest Speaker: Friday 10 November 2023

Peter Snow OAM, Director, Jaycees Foundation Ltd. As Executive Chairman: The Jaycees Community Foundation Inc, is responsible for the restoration & operation of Australia's last whaling station in Albany making it into an award-winning iconic tourist attraction since 1980.

The project has generated more than \$40 million into the local economy and in December 2022 it was gifted to the local community in Albany.

Presentation: **“From Derelict to Iconic”**. A remarkable story of the gift & view the restoration of a derelict industrial site and its conversion into one of the region's major tourism draw-cards.

FORTHCOMING EVENTS

SPRING SAUSAGE SIZZLE: ROMANCING THE STONE: **Wednesday 22 November 2023**

Organised By: National Seniors, Kalamunda Branch

Contact Person: Richard Arnold Tel 0407945465 or clare_richard57@hotmail.com partnering with National Seniors, Perth Branch: *Contact: Adolph de Sousa at Tel 0413129707*

Venue: Romancing the Stone Garden Cnr. Lillian and Hawtin Roads Maida Vale

Date: Wednesday 22 November 2023 ... Time: Start 11.00 AM.

Brief Description: The Kalamunda Branch has booked the beautiful Romancing the Stone Garden Cnr. Lillian and Hawtin Roads Maida Vale for this relaxing day. On arrival, time to enjoy a gentle walk-through Tom Hoggs beautiful garden before joining other members from that Branch for a Sausage Sizzle lunch with salads and dessert. **Note:** Please bring your own drinks.

Cost: \$10.00. Payment method. Please arrange a Bank Transfer to the National Seniors **Kalamunda Branch Bank Account as follows:**

Name of Bank: Bendigo Bank Forrestfield

BSB Number: **633 108**

Account Number: **183467513**

Account Name: **NSA Conference Account**

Ref: Your **Surname** and the **word ROMANCING**

*Once you have made the transaction, please send a copy of it to Richard Arnold at clare_richard57@hotmail.com and also advise Adolph de Sousa at Tel 0413129707. This is important not only for account reconciliation but also so that adequate catering arrangements are made. **The Final Date for Transactions is 14 November 2023.** Proceeds will support the Amanda Foundation*

Transport and Parking: Drive there with your own vehicle and parking is available at the Maida Vale Church grounds.



END OF YEAR MEETING AND AWARDS LUNCH

Date: *Friday 1 December 2023*

Time: *11.30 am*

Place: *Herdsman Lake Tavern, 33 Herdsman Parade, Wembley, WA 6014. Tel: 9387 5555*

Cost: *Order and pay for your own lunch, desserts and Drinks on arrival.*

Brief Description: This is our end of year Meeting and awards lunch. Upon arrival order your lunch from the Menu. There is a senior and a regular menu and prices vary between \$24 – 36.00 depending on the order.

This will be followed by a short Business meeting where the minutes of the previous meeting will be confirmed, and the Treasurer's report adopted. Then we will have sing song session of Carols arranged by Philip Goes and Marie Slyth.

After the main meals are served and before desserts, Ross Glossop, President of National Seniors Australia will present certificates from National Seniors to some long serving members.

At the next meeting on 10 November the secretary will ask for a show of hands of those who will attend the end of year lunch meeting. If you are an apology for the meeting please email the Secretary to indicate your attendance at the Awards lunch meeting.



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

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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	terrimclaren4@gmail.com
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

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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

Our Email address: PerthSeniors@gmail.com

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.