

## 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 7 June 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

Welcome to the Autumn edition of our Newsletter! As Djeran brings relief from the scorching heat, we can feel the shift in the air and witness seeds dancing across the landscape. With the delayed rains, flying ants gracefully glide in the gentle southerly winds, marking the onset of this season. Cool nights greet us with a dewy embrace each morning.

Autumn paints the land with vibrant hues, as red wildflowers, including the Red Flowering Gum and the delicate Summer Flame, bloom with elegance. Sheoaks bear cones, while Banksias flaunt their flowers, providing essential nectar for the diverse wildlife that depends on them.

For the Noongar people, Autumn was a time for gathering Zamia seeds and Yanget bulbs, along with freshwater fish, frogs, and turtles. As the days cool and dampen, preparations for heavier rains begin, with Mia Mias being readied for shelter in the upcoming winter months.

Join us in bidding farewell to Autumn with the enchanting performance of Mozart in May at the Mount Claremont Community Hall, organized by the Perth Western Suburbs branch in collaboration with NSA Music.



## UPCOMING EVENTS

### May

#### **Mozart in May Concert**

Thursday 30 May - For registration see instructions in the Events section of the website.

### June

#### **Perth Branch: Next Meeting**

Friday 7 June 2024 10 AM:  
Loftus Community Centre, 99  
Loftus Street, Leederville

#### **June Day Outing**

Friday 21: John Forrest National  
Park, Hovea followed by lunch at  
the Boab Tavern, Maida Vale

### July

#### **Friday 5 July Meeting**

Guest Speaker: Gary Dixon, Drone  
Expert.

#### **Tuesday 23 July Lunch Xmas in July**

Herdsman Lake and Tavern

# Acting President's Report

Dear Members

I visited Terry Flanagan on Anzac Day and I found an improvement in him. He is now able to move his hands easily and has a good grip on each. He can understand very clearly when spoken to but still has difficulty talking clearly and this is frustrating for him. During our meeting he expressed his appreciation for the number of members who have visited him at the Rehabilitation hospital.



His family have advised me that they are looking for suitable aged care facility for him within the next two to three weeks and if nothing suitable is found they will move him to a respite facility until something appropriate turns up.

The Management Committee (MC) met on 12 April and considered a number of things which needed to be taken care off and which was previously being handled by Terry. I will be away for the June and July meetings. In my absence Chappie Lobo, the Treasurer has agreed to chair the meetings. Rod McLaren, our secretary, will be away for the June meeting and I have asked Pervin Payne to take the Notes of the meeting. Rosanna Fernandes has agreed to collect any payments for the bus trip and entrance fee to the John Forrest national park outing.

Since the MC met Chappie Lobo has been hospitalised for a procedure and is therefore an apology at the May meeting. I have met with Chappie and he believes he will be well enough to chair the meetings in June and July as originally planned. At today's meeting Rosanna Fernandes has kindly agreed to collect the entrance fees and Rod Maclaren will present the Treasurer's Report. Melinda Crasto will assist Chappie Lobo with the collection of entrance fees at the June and July meetings.

As previously agreed to the rotation of persons preparing the morning tea/coffee, Rosanna Fernandes and Leo Gonsalves have agreed to cater for the June Meeting. We will operate with me in the acting position of President until our AGM in September when I hope we will have a new Management Committee. Our hope is that we can have members volunteering to take up positions not only for the president but also for an Assistant Secretary and Assistant Treasurer, who can back up our Executive team during their absences.

Terry Quinn will give you a report on the matters covered by the BNF and on the Guest Speaker program. I will continue to arrange a series of events and outings each month even though I will be away on many occasions. The Brisbane Office has helped me with the layout and design of the Newsletter. I am pleased to report that Office of Zaneta Mascarenhas MP for the Federal seat of Swan has agreed to print hard copies of our monthly newsletter primarily for those who do not find it convenient to read the material online.

Adolph de Sousa  
Acting President

## REPORT ON THE MAY 2024 MEETING GUEST SPEAKER



A very interesting conversation was provided by Jasmyn Hutin, Communications and Marketing Manager of Orana House. Orana House is a local grassroots organisation for survivors of FDV (Free Domestic Violence). Orana's Housing Families Project has to date secured rentals for 12 Warrior women. She provided statistics on this very topical issue which has come to a head at the National level. However as Jasmyn pointed out the issue is not new, only it has got worse and the scope of needs is great.

## GUEST SPEAKERS

### 1. Guest Speaker: Friday 7 June 2024

**Topic:** A Day in the life of the Perth hills National Parks. Paul Udinga, Senior Park Ranger – Northern Parks, Perth Hills District. Paul Udinga's family loved exploring the outdoors when he was a kid and were frequent visitors to John Forrest National Park. Little did he know he'd eventually become a custodian of the park, in the form of a ranger! Paul has been the Senior Ranger at John Forrest National Park for over 10 years and directly associated with the park for even longer. His talk will focus on the ins-and-outs of ranger life.

### 2 Guest Speaker: Friday 5th July 2024.

#### **Topic: Drones**

Gary Dixon is a lecturer with North Metropolitan TAFE and will present on Drones. Gary was a photographer in the RAAF and served for 20 years. He spent 2 years with the Federal Police and 10 years lecturing with TAFE. He currently serves on a part time basis in the Airforce reserve. He has developed an interest in drones and how they have been used for a variety of purposes, including in modern warfare. Issues arising out of the issue of drones will be discussed.

## UPCOMING EVENTS

### 1 Mozart in May: Thursday 30 May 2024

- **Organised By:** National Seniors, Perth Western Suburbs Branch and Hosted by NSA Music
- **Contact Person:** Joseph Lieberfreund Tel 0429809080 email joseph@airbell.com.au
- **Date and time:** Thursday 30 May 2024. 10.00am – 12.15pm with a 30-minute intermission where tea and coffee, with scones and jam/ sandwiches will be served.
- **Description:** Following the very successful series of Music Concerts organised by NSA Music, the Perth Western Suburbs Branch will be organising a concert on the last Thursday of May this year. Players will be students from the University of Western Australia School of Music. The concert will include Mozart 5th Violin Concerto and other Mozart pieces. This event will be a celebration of Mozart by WA's Finest Young Musicians. Joseph Lieberfreund, Treasurer of the Perth Western Suburbs Branch is the principal organiser of the event.
- **Venue:** Mount Claremont Community Centre, 105 Montgomery Road, Mount Claremont
- **Cost:** Suggested Donation \$15.00 pay at the door. Fee includes program and refreshments.

Book through Eventbrite by clicking <https://bit.ly/3UvX3sj>.

# UPCOMING EVENTS CONTINUED

## 2 John Forrest National Park and Boab Tavern: Friday 21 June 2024

- **Organised by:** National Seniors, Perth Branch
- **Contact Person:** Before 12 June Rosanna Fernandes Tel 61404946165 email bocu1161@yahoo.com.au After 12 June Adolph de Sousa Tel 0413129707 email adolphdesousa@hotmail.com
- **Description:** This is a day trip will be held on Friday 21st June 2024 departing by bus from the George Burnett Leisure Centre (GBLC), Manning Road, Karawara at 9.15am and return at approximately 3.15pm. Travel to the John Forrest National Park at Hovea and meet Paul Udinga our Guest speaker for June who will explain the history of the Park, its layout and the various attractions within it. Then travel to the Boab Tavern for lunch.
- **Cost:** Members \$ 10.00, Guests \$15.00 to cover the expenses for hire of bus and entrance to the park. Members will pre-order their meals and pay directly to the hotel. The seniors' meals cost between \$22.00- \$25.00 and includes the dessert of the day. Entrees and coffee and tea are extra as the drinks. At this stage places limited to 18 because of bus limitations.
- **Procedure:** Members can pay cash payments at the meeting on Friday 7th June. However, the preferred method of payments for Members and Guests is by Bank transfer by Monday 10 June 2024

Bank Transfer details are as follows:

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Association Perth WA Inc

Ref: Your Surname and the word John Forrest

Please note: Bank details have changed.

## 3 Christmas in July: at Herdsman Tavern: Tuesday 23rd July 2024

- **Organised By:** National Seniors Australia, Perth Branch
- **Contact:** Before 19 July Rosanna Fernandes Tel 61404946165 email bocu1161@yahoo.com.au After 19 July Adolph de Sousa Tel 0413129707 email adolphdesousa@hotmail.com
- **Time:** 12.00 noon
- **Place:** Herdsman Lake Tavern, 33 Herdsman Parade, Wembley, WA 6014. Tel: 9387 5555
- **Cost:** Pay for your own lunch. Price and menu will be determined in June. There is a special Christmas in July Menu and there is also the normal pub meals available. The Management Committee will determine which is the option we choose when the prices are released by the Tavern in early June.
- **Brief Description:** The Tavern has reserved a special room to be set aside for our function on that day. It is expected to be decorated. We will have a sing a long session with the aid of a guitar.

There will not be a payment to be made to the Branch as all payments will be made directly to the Tavern. However, it will be necessary to register for the function in order that the Tavern can set the number of seats and placements. Members are encouraged to bring their friends as guests to this occasion.



## UPCOMING EVENTS CONTINUED

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

- **Organised by:** National Seniors, Perth Branch
- **Contact Person:** Adolph de Sousa Tel 0413129707 email adolphdesousa@hotmail.com
- **Brief Description:** This is a three-course meal. The menu will be sent to participants after they have paid for the event. It will also be 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 words PINES

### THREE TOP PRIORITY OUTINGS FOR MEMBERS

An April 2024 survey of members has concluded that members would like:

1. Lunch outings without associated bus trips.
2. Day outings involving a bus trip with lunch at a restaurant.
3. Visiting Display Gardens with associated lunch trips.

(Full report sent to members in an email attachment)

### REPORT ON THE BRANCH NETWORK FORUM MEETING HELD ON MONDAY 15 APRIL

The last BNF was chaired by Alan Hughes, President of the Joondalup Branch and attended by 12 persons who were representatives of nine Branches. BNF noted that the co Chairman, Terry Flanagan had suffered a stroke and that the National Seniors Headquarters had sent him a card with a potted orchid and good wishes. Ross Glossop, National President, had visited him at Sir Charles Gairdner Hospital and Ann Mellish, Secretary of the BNF had sent him a get-well card on behalf of members. Branches reported on their activities. There was a general concern at low attendance rates at a number of Branches (less than 50%) and on increased costs related to rental and morning teas. There was a need to attract more 'younger seniors' to all our Branches and strategies needed to be developed.

There was some discussion on the interaction between the Branches and the HQ. These centred on

1. the continued disappointment that the decision had been made to discontinue hard copies of the Quarterly Our Generation Magazine, although this had been replaced with a new hard copy Branching Out mini magazine, 20 copies of which were sent to each Branch and
2. membership issues and our relationship with Head Office (HO) Brisbane. For example, what information does HQ hold on branches and what are the formats? How does the information each branch holds on its members coincide with HQ information? There was much discussion on the type of information branches hold on members and various forms of visitors.

# UPCOMING EVENTS CONTINUED

## 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>

Whilst on a visit to Western Australia in March 2024, Chris Grice the CEO of National Seniors Australia met with the State Minister responsible for Senior Interests and presented him our submission of what we wish to see addressed in the forthcoming Budget in May. This submission can be found at [https://nationalseniors.com.au/uploads/National-Seniors-WA-Budget-Submission-2024-25\\_1.pdf](https://nationalseniors.com.au/uploads/National-Seniors-WA-Budget-Submission-2024-25_1.pdf)

Please read it and make representations to the Government through your State member of Parliament.

### 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:

GPO Box 1450,

Brisbane QLD 4001

Please make sure you include your name, club, and the reason for the cheque.

**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**

**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**

### Committee Members

<b>President</b>	Terry Flanagan	(unavailable)
<b>Vice President</b>	Adolph de Sousa	0413 129 707
<b>Secretary</b>	Rod McLaren	0412 678 050
<b>Treasurer</b>	Chappie Lobo	0435 583 229
<b>Catering</b>	Terri McLaren	0438 862 520

### Branch Contact Details

Website: <https://nationalseniors.com.au/get-involved/branches/perth>  
Our Email address: [PerthSeniors@gmail.com](mailto:PerthSeniors@gmail.com)