

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Newsletter October 2023

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

FROM THE EDITORS FLOREAT DESK

The September Branch Meeting attracted an audience of 85, including 16 visitors who enjoyed our first guest speaker – Antonella Segre, CEO of ADHD of WA, present about this autism spectrum related condition that affects 6-7% of children and adolescents.

The principal guest speaker was Brenton Laws, Business development Manager of Western Power telling us about the vast increase in renewable energy that is going to be required before 2050 to meet the zero emissions mandate of government – on the order of 50GW. This will see the elimination of coal firing and great reduction of gas.

Our new member – Murray Cox, informs us on three centres of learning, entertainment, and physical activities to keep one occupied in retirement.

Meanwhile, your President/Editor managed to keep reasonable order at his first presided over branch meeting, besides his degree of apprehension.



Enthusiastic Antonella



Brenton Laws

LOOKING AHEAD

.October Branch Meeting, Thursday 12th 9,30 for 10am. This will be held at the Mt Claremont Community Centre, as usual. The principal guest speaker, the political fates willing, will be Kate Chaney MP, Member for Curtin in the Federal House of Representative. She, and a number of independents, loosely described as the “Teals”, ousted former members of the previous, increasingly unpopular, Morrison Coalition government. She will talk about her vision of the need for change and what she has achieved in her year in the Parliament. She will welcome questions from the audience.

The pre-morning tea segment will feature our Secretary Derek, and another player, enacting what might have preceded Nelson’s preparation for the Battle of Trafalgar were it subject to modern day health and safety conditions.

November Branch Meeting, Thursday 9th 9.30 for 10.00am. To be held at the usual venue. The principal guest speaker will be Julian Donaldson, head of National Trust of Australia, WA Branch, and he will tell us about their properties around the metro area and further afield. Your editor has long been a member of the organization which has reciprocal rights to visit in overseas countries including NZ and the UK..

November Concert, Thursday November 30th, 9.30 for 10am. Joseph will present the final concert of the year at The Mt Claremont Community Centre and featuring the splendid Quintet Con Brio who performed to acclaim in March. Details to be advised.

Christmas Lunch, Thursday December 7th, 12 for 12.30pm. this is a week earlier than usual in order to catch the inimitable Randall of Randalls Roasts. There will be welcoming mocktail, singing, raffle, etc etc. The cost will be \$50 for members and \$55 for guests. Payable by credit card or cash (notes only). Pay at the October or November branch meetings or online to the bank account on the front page of this newsletter.

SOCIAL EVENTS etc

Afternoon Tea at the TeeBox Café Thursday, October 19th, 2.00pm

This is adjacent to the Lake Claremont Golf Course on Lapsley Rd, Claremont, and Marion is pleased to advise that 9 showed up on September 21st for the good coffee and conversation.

ADHD TALK

Antonella Segre, the CEO of ADHD WA, explained that her organisation was established some 30 years ago to assist those affected by attention deficit hyperactivity disorders in W.A. ADHD is a neurobiological condition which affects between 6 & 7% of children & adolescents, with about 800,000 people affected in Australia, 75% of whom are children. Research, education, physio & other therapy

training is not financed by federal government disability funding, which must be raised locally from the community. Affected persons are often offended as they may be considered less intelligent, which is not the case.

The disorder cannot be fully cured, but can be relieved to some extent. Some 875 persons are currently awaiting treatment in W.A. & it can take up to 18 months to obtain assistance, due to increasing demand & lack of funds.

A grant has recently been received to assist in the setting up of a local treatment centre & \$45,000 is currently being sought to increase this facility, including an adjacent new children's playground. Further information can be obtained on their website – www.adhdwa.org

In conclusion, Terry thanked Antonella for her presentation & stated that anyone wishing to donate to the Association could do so at the conclusion of the meeting (Total donated \$246.00)

Derek Cockle

WESTERN POWER

Guest speaker Brenton Laws, Western Power Principal Development Lead, spoke on how the State plans to change our energy needs which will be met through renewables, such as solar and wind power, rather than coal or oil/gas fossil fuels.

Many members raised questions which Brenton answered very thoroughly, to such an extent that he was unable to finish his formal presentation. We hope to obtain a copy of his Powerpoint presentation which will be made available at a later date, meantime the following information is partly gleaned from their website which is a bit confusing for someone with the editor's limited intellectual capacity.

Anyway, Western Power, created following the split up about 20 years ago of the State Energy Commission, is charged with the marshalling of energy resources and distribution through "the Grid", now termed the South West Interconnected System, or SWIS. At present it distributes 4.3 GW (gigawatts, ie billion Watts) of fossil fuel generated supply – mostly coal fired plus natural gas and 2.6 GW of renewable from solar, including household rooftop. and wind turbines. The present breakdown is about 1 third

by coal, 1 third by gas and 1 third by renewables, and it is delivered via 7,600km of the grid.

Western Power is installing a number of community batteries and micro-grids in regional towns and, of special interest to your editor, the first micro pumped-hydro scheme of 1.5MW capacity at Walpole. This will augment the SWIS and enable the supply of up to 2 days' worth of electricity for the 500 residents when the grid is down.



Walpole



How it works – at times of excess solar power, water is pumped from the lower dam to the upper dam, 90m higher which is only 2ha in area, and at times of high demand, water is released to the mini-hydroelectric plant.

The current demand is growing at about 6% pa, but the Government is bound to limit supply to be 100% renewables sourced by 2050. On the way there, by 2042, it is estimated that an additional 4,000km of grid will be required, and an additional supply of 7.2GW. Ultimately, to reach the zero emissions by 2050, a total of perhaps 50GW renewables will be required. Where's the money coming from?

PHILOSOPHY 101

Spreading your wings in retirement - three flightpaths.....

By Murray Cox

Trinity School For Seniors was mentioned at the August meeting. We are spoilt for choice when looking for another senior's group to join. I have recent experience with three organisations and will share some impressions. But firstly, a look at the dynamics.

While we no longer live in small villages, we can create a modern community by reaching out to others with like-minded interests. Sharing new activities with new people is a good way to rediscover the art of conversation. Volunteering in a leadership position will extend your skills further and can be a very rewarding.

There are some interesting dynamics behind this approach. We are social animals and need the nourishment of regular contact with real people. Healthy young people are curious and out-going, and make friends by doing stuff together. They push the boundaries with lots of energy. (The digital invasion has recently muddied the waters on this one).

Unfortunately for us seniors, this process is sometimes reversed. We can find ourselves with a shrinking group of friends, little interest in the wider world, and not knowing where to start. This scenario is a marker telling us we need to make an extra effort to trim the sails and tackle the headwinds.

Trinity School For Seniors. TSFS is an excellent complement to National Seniors. It is well organised and has relatively low fees due to support from the Uniting Church. With over 600 students, 50+ tutors, many of them volunteers, there is a warm and inclusive tone. A sample of the program: 8 languages, 20 art courses, 6 dance and keep fit groups, needlework social group; an excellent discussion group covering the social and emotional topics which touch our lives. Board games, music, choral, walking. Two locations in the city, close to public transport.

Contact: 97 William St, Perth, 6000. Email: admin@ucic.org.au Ph 6103 4222

Website: www.perthunitingchurch.org.au look for School for Seniors, and follow the links.

West Coast Community - meets at the Community Room, Cottesloe Library Precinct. Has an extensive program, including guest speakers, cooking demonstrations, dining out,

mobile phone tuition, walking group, and much more.

Contact: westcoastcommunity.com.au or ph 9286 8676 (answering service)

Town of Cambridge, Senior Services - highly recommended, a walking group along the broad-walk at City Beach, pole walking groups, a Coffee Club, and 'memory cafe' .

Contact: seniorservices@cambridge.wa.gov.au

Ph 9285 3136

Website: cambridge.wa.gov.au Look for /Community /People in our community /Seniors

To conclude - if you are feeling at a loose end in retirement and are looking for a better connection with people, the above three organisations will make you welcome. I enjoyed my time with them, but had to learn the "dynamics" the hard way when I first retired.

Words of wisdom:

"Take control of what you can control". Stoics 300 BC.

"Our life is a brief gift, health our greatest asset". From the Buddhist tradition.

Murray Cox