

Did you know

- There has been a significant increase in the benefits of volunteering in WA to \$63.9 billion in 2023, from \$39 billion in 2015. 1.5 million individuals dedicate their time to volunteering in Western Australia, generating a substantial value of \$63.9 billion for the State.
- Being a volunteer has a lot of benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger and anxiety. It can bring meaning and purpose to your life, while increasing your self-esteem and wellbeing.



Acting President's Report

Terry Flanagan, our President, has moved to Sister Mary Glowery Aged Care Home in Belmont. The place is run by Catholic Homes, and he welcomes visitors. Chappie Lobo, our Treasurer, had also been hospitalised but was now in respite at CraigCare Ascot Waters.

A primary focus of our business meeting on 2nd August was to consider a paper prepared by Jeanette O'Keefe on the subject of Bank Branch closures and withdrawal of essential services.



The issue had been raised over the last two meetings and so the meeting unanimously resolved to adopt the proposals to make representations to the respective Federal politicians. I have referred the paper to the Chair of the Senate "*Rural and Regional; Affairs and Transport Reference Committee*", the Treasurer and the Shadow Treasurer for their consideration and response. The document has also been referred to the Business Network Forum (BNF) who will consider the proposals at its meeting on 19 August.

We were very fortunate in having two speakers speak to us on how to make our homes totally carbon free by gradually switching off the use of electricity from coal/gas fire stations and phasing out the use of piped or bottle gas. Kevin Mack and Alan Benn are members of *Environmental House Bayswater*. Kevin is a retired schoolteacher and Alan is a retired electrical engineer. Both gentlemen are involved in the pursuit of greater sustainability in our homes and in our transport. They call their suburb 'Sustainable Bayswater'. They are part of a national non-profit organization called *Rewiring Australia* which advocates for an all-efficient home with all electric appliances and vehicles. This timely subject was the subject of an ABC report on their 2 August Stateline program by Daniel Mercer and Rhiannon Shine. Check out their report on: <https://www.abc.net.au/news/2024-08-02/demand-for-sunlight-storage-surges-amid-transition-to-solar/104170720>

The AGM is coming up in September and all positions on the Committee become vacant. If you have any ideas on how we can do things better now is your chance to become involved and help make it happen.

All nominations to be filled out and handed to Secretary, Rod McLaren no later than two weeks before the AGM on 7 September 2024. Nomination forms can be emailed out to you.

We desperately need new members to volunteer to the positions available. This is your Branch and it is only through your efforts you can make this branch successful. Our editorial this month is on the virtues of Volunteering and we hope that members will find it possible to devote their time to their association.

My congratulations to

1. **Chappie Lobo** the recipient of the Melville Jones Progress Award from the Lions Club. This award is only given if one has previously been awarded the Prestigious Melville Jones Fellowship Award (MJFA). Chappie received that award about 12 years ago. The MJFA is named after the Founder of Lions International Club

2. **Terri McLaren** who has been bestowed the James D Richardson Award by the Lions Club for service to club, community and district. In 1958, James D Richardson was appointed as the first Australian to serve on the International Lions Board of Directors.

Now that the Olympics is over, our congratulations to all those who participated and made Australia proud. Amongst them are five West Australians who are recipients of medals. The Western Australian government will probably find a way when they can be given a glorious homecoming in Perth.

Adolph de Sousa
Acting President

UPCOMING EVENTS

1. **Cycling Without Age: Morning Event with lunch: Friday 20 September 2024**

- **Organised By:** National Seniors Australia, Perth Branch
- Advise after booking: Meledy Correia Tel 0418454627 or email correiam@bigpond.com
- **Date:** Friday 20 September 2024
- **Time:** from 9.30am to 10.30 am (your individual time will be given to you upon booking)
- **Where:** At the Kent Street Weir, Cannington
- **Brief Description:** Cycling Without Age connects people unable to ride themselves, with their community and outdoors by giving them rides on trishaw *eBikes*, piloted by volunteer cyclists. The interaction of passengers, pilots and the community promotes inclusivity, reduces social isolation and makes passengers feel valued. For further information see <https://cyclingwithoutage.org.au/cwa-perth/>



UPCOMING EVENTS

National Seniors has partnered with this non-profit group to enable our members and guests to take rides on that day.

Please bring your own flask of Coffee/tea and sandwiches which you can share at the picnic tables at the site. There are two trishaws with the capacity of two in each. They will give you a half hour ride through the park by the river along the cycle way and dual footpath and explain to you the flora and fauna to be seen in this vicinity. At the end you are expected to give an anonymous donation in a box that will be placed by the organisers. You are expected to give within your means but generally a minimum contribution of \$10.00 is expected. National Seniors as an organisation is expected to give the organisation a sum of money. All these funds go to support the project and the maintenance of the equipment and training of the volunteers.

We will finish at around 11.30 depending on numbers that participate. After that we will go to a restaurant for lunch which you will pay on the menu of your choice.

Restaurant Name: **Selera Malaysia**, 1355 Albany Highway, Cannington.

2. NSA Music: Spring Concert Thursday 26 September 2024

- **Organised By:** National Seniors, Perth Western Suburbs
- **Contact Person:** Joseph Lieberfreund Tel: 0429809080 or email joseph@airbell.com.au
- **Venue:** Paul Latham Auditorium, Churchlands Senior High School
- **Date:** Thursday 30 November 2023
- **Time:** Start 9.30am for 10.00 AM.
- **Duration:** Music approx. 1.25 hour plus a 30 min intermission.
- **Morning Tea** - provided during the interval.



GUEST SPEAKERS

1. Judith Bartlett: Friday 6 September 2024

Judith will introduce the Everard Compton Community Champion Medal to be announced by the NSA Head Office in October 2024. The award concerns the excellence in community work by ordinary people and the values of a fair go and respect for everyone. It will be followed by a discussion.

2. Workshop Leader and Facilitator: Derek Cockle: Friday 4 October 2024

The purpose of the Workshop is to provide a forum to enable members and stakeholders to provide comment, criticism & ideas on the National & Branch organization, communication & future operation. Derek, the past Secretary of the Perth Western Suburbs has kindly agreed to lead this workshop assisted by members of the new Management committee. He has already conducted a similar workshop at the Perth Western Suburbs Branch and used as a starting point slides provided to the BNF at a Workshop conducted by the Brisbane Head Office CEO and Community Engagement Officer in March this year. It is hoped that this planning exercise will guide our Branch achieve its objectives in the future.

UPCOMING EVENTS

Program: Joseph Lieberfreund, the music impresario will introduce the finest young musicians in WA concert. The pieces covered are

- Hayden Armida Overture
 - Mozart Clarinet Concerto
 - Hayden Farewell Symphony
- A more detailed program is posted on the Perth Branch website under <https://nationalseniors.com.au/get-involved/branches/perth> scroll down to Events and click the tab for Western Suburb Spring Concert 26 September.

• **Booking Procedure:** The Cost is \$15.00.

There are 3 Options:

a) Pay Directly at the Gate

1. b) Bank Transfer details are as follows:

- BSB Number: 036 063 (Westpac)
- Account Number: 257852
- Account Name: National Seniors Perth Western Suburbs Branch

o Ref: Your Surname and the words SPRING CONCERT

o Please send your bank transaction receipt to Joseph Lieberfreund E joseph@airbell.com.au

c) Through Eventbrite <https://bit.ly/DazzlingSpringConcert>

3. 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 word **PINES**



Off walks the Cellist.....
Farewell Symphony
Premiere, 1784;

REPORTS ON EVENTS

1. Report on Rottnest Day Excursion: Tuesday 13 August 2024

The weather bureau had predicted a day with constant showers, but the gods were good to us who participated at the Rottnest outing. After our arrival members sat down to a shared morning tea and bought a Hop-on Hop-off All Day bus ticket tour of the island. Upon our return we all shared our picnic lunches and then some of us went to explore the main landmarks of the island. While most went on a second tour of the island, some visited the Holy Trinity Church, and another went off to see the museum which explained the history of the island.

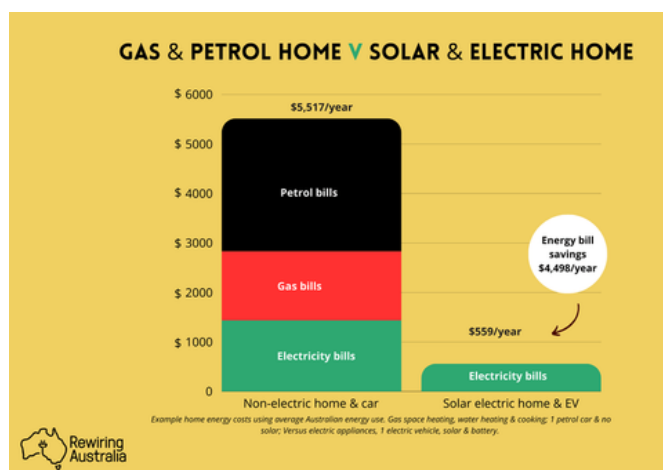


2. REPORT ON THE GUEST SPEAKERS ON FRIDAY 2 AUGUST 2024

Kevin Mack and Alan Benn are members of **Environmental House Bayswater**. Kevin is a retired schoolteacher, and Alan is a retired electrical engineer. Both gentlemen are involved in the pursuit of greater sustainability in our homes and in our transport. They call their suburb 'Sustainable Bayswater'. They are part of a national non-profit organization called Rewiring Australia which advocates for an all-efficient home with all electric appliances and vehicles. Kevin spoke on how they were affiliated to this national organization.



Alan stated that, we, baby boomers enjoyed the comforts of life using energy generated by coal fired plants and later gas plants. Now he believed that most baby boomers felt they should leave a better planet for our next generation. This can be done solely with rooftop solar panels. Full electrification can be done at our own pace. Older gas items, for example, can be replaced by new electric ones. Sustainable electrification is better for our health and our home, it is better for our pocket and, most importantly, best for the planet.



REPORTS ON EVENTS CONTINUED

Although up front costs are more expensive than traditional methods, prices of solar panels, inverters and even storage batteries are rapidly coming down in price. That is why Rewiring Australia was trying to work with government to make low interest loans available to purchasers.

FUND RAISING

We have registered our organisation 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 3 l. 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.

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:

GPO Box 1450,
Brisbane QLD 4001

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



Pertth



Loftus Community Centre, 99 Loftus Street, Leederville WA 6007



First Friday of the month at 10:00am

[Latest newsletter](#) ↓

[Edit](#)

Contact

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.

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

President	Terry Flanagan	(unavailable)
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

Branch Contact Details

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

Our Email address: PerthSeniors@gmail.com