

## 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 4 October 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

This month is devoted to prevention of suicide. There will be many campaigns aimed at suicide reduction. One of them is the RUOK campaign. Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it. Learn more about the signs and when it's time to ask R U OK? <http://www.ruok.org.au/r-u-ok-day>.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not OK, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask. There are a number of resources that the RUOK site has. Know the signs, ask the questions, listen to what they say, notice a change of behaviour or practice and most of all act now. You could save lives.

But Djilba is the season when we should all be happy. Spring brings new life to the birds the flowers and the animals. Turn the thoughts of anxiety to one of hope, new life and excitement. In Western Australian we are particularly blessed by the unique flora and fauna we have. Take your friends to Kings Park, further afield visit the Chittering valley and the Swan Valley. You will see the various gardens and vineyards and the boutique cafes and places to relax.



*Firewood Banksia*

## UPCOMING EVENTS

### September

#### Friday 20 September Event

Cycling Without Age

#### Thursday 26 September Event

NSA Music Spring Concert

### October

#### Friday 4 October Meeting

Workshop Forum: Facilitated by Derek Cockle, Past Secretary Western Suburbs

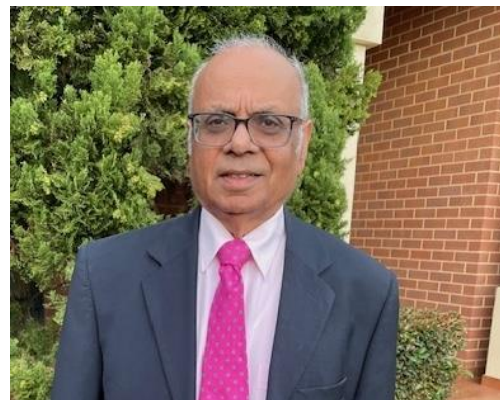
### November

#### Friday 1 November Meeting

Guest Speaker : Jasmine and colleagues

## President's Report

My sincere appreciation in all those who have supported us during the last month in coming forward to serve on the Committee. There are still places where we need a lot of help. First, we need a Vice President. The role involves acting for the President while that person is away. My wife and I will be away a few times for short periods and therefore we are anxiously hoping a member will volunteer in this role. Second, we need someone to take over the editorial role for this newsletter and someone to help us each month with the layout and design. The Brisbane Office has been great help since April, but they expect us to handle these things as is the case with most Branches. Third, we need someone to be the welfare person for our members. This involves just checking on the health of our members and applying the RUOK principle espoused in this month's words of wisdom.



The other branches have also been a great help to us. The Perth Western suburbs branch will assist is with a Planning Workshop next month which we hope will revitalise our Branch. We will use the experiences of the Port Macquarie Branch. The Port Macquarie branch was dissolved in 2004 and reopened in the following year. Through the leadership of one of its past Presidents it conducted a planning exercise and has worked through the strategies that came out of the exercise. As a result, today the branch has over 140 members and they meet every second Tuesday of the month at the Golf Club. Their past President is now a member on the Board of the National Seniors Australia and in September will be visiting Western Australia with his partner and they hope to meet with the Presidents and Treasurers of each Branch on Monday 23 September where they will share their experiences.

Since taking Office, my executive has been busy with the paperwork associated with the changing of the Office Bearers. We have to meet the legal requirement under the various legislative provisions of the State and Commonwealth. As an incorporated Association the State Department of Consumer Affairs is required to have our Audited Financial report and the information on the new Office Bearers. The ATO has oversight of the ABN and Tax File Number. Finally, a copy of our AGM Minutes along with our AGM reports has to be sent to our Brisbane headquarters and our signatories to our bank account have had to be changed.

Adolph de Sousa  
President

## Guest Speakers

### 1. Planning Forum: Facilitator: Derek Cockle: Friday 4 October 2024

There will be no Guest Speaker on Friday 4 October. Instead, we will have a Planning Forum. The purpose of forum is 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

### 2. Guest Speaker: Jasmine and colleagues: Friday 1 November 2024

A Presentation of the Story of the men and women who founded the Aboriginal Evangelical Fellowship (AEF) of Australia from an Aboriginal Perspective.

Australian indigenous people have very long lasting and rich oral traditions concerning their cultural, religious, social and economic life. The traditions include stories, education and rituals passed down from generation to generation and kept alive by important social gatherings and festivals. Dr Maxine Knapp is a Noongar woman from Western Australia who has provided a written account of the origin and growth of one such story, the indigenous Christian Church called the Aboriginal Evangelical

Fellowship (AEF).

Maxine's daughter, Jasmine, along with colleagues will speak about her mother's written account, including the social and political background and the importance of all Australians knowing and understanding the nation's Aboriginal Heritage. Maxine is happy for a Q&A discussion after her talk.

## Upcoming Events

### Cycling Without Age: Morning Event with lunch: Friday 20 September 2024

**Organised By:** National Seniors Australia, Perth Branch

**To book:** Meledy Correia  
Tel 0418454627 or  
[correiam@bigpond.com](mailto:correiam@bigpond.com)

**Date:** Friday 20 September 2024

**Time:** From 9.30am onwards 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.

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.

For further information see  
<https://cyclingwithoutage.org.au/cwa-perth/>



### NSA Music: Spring Concert Thursday 26 September 2024



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

**Organised By:** National Seniors, Perth Western Suburbs

**Contact Person:** Joseph Lieberfreund Tel: 0429809080 or email [joseph@airbell.com.au](mailto:joseph@airbell.com.au)

**Venue:** Paul Latham Auditorium, Churchlands Senior High School

**Date:** Thursday 26 September 2024

**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.

**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:

- Pay Directly at the Gate
- Bank Transfer  
Details are as follows:  
BSB Number: 036 063 (Westpac)  
Account Number: 257852  
Account Name: National Seniors Perth Western Suburbs Branch  
Ref: Your Surname and the words SPRING CONCERT  
Please send your bank transaction receipt to Joseph Lieberfreund at email [joseph@airbell.com.au](mailto:joseph@airbell.com.au)
- Through Eventbrite  
<https://www.eventbrite.com.au>

**Pines Restaurant Lunch Thursday 24th October 2024**



**Organised by:** National Seniors, Perth Branch

**Contact Person:** Adolph de Sousa Tel 0413129707 email [adolphdesousa@hotmail.com](mailto: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 is also 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

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## Reports

### REPORT ON THE PANEL DISCUSSION ON THE EVERALD COMPTON COMMUNITY SERVICE MEDAL

Judith Bartlett led a conversation on the Everalld Compton Community Service medal. Everalld Compton is a remarkable man who lives in Queensland and came from humble beginnings and always devoted his time for those whose needs were greater than his own. He is the founding father of the National Seniors and the NSA has created a medal in his name to recognise long standing and outstanding contribution to the Australian community while celebrating everyday champions who are "turning grey into gold" with grassroot experiences and selfless contributions that make a significant difference in their communities.

Judith emphasised that there are many heroes in our local community and cited the life of Christine Choo who came here reluctantly with her parents from Penang and finally landing up studying and being a main social worker for the Aboriginal community. Her PhD has been published into a book and shows her ongoing commitment to the indigenous people.

Judith invited Carmen de Sousa to share her experiences in Australia having migrated from East Africa more than 50 years ago. Carmen shared her experience with starting up a literacy program for adult Aboriginals in a Shenton Park church and because of its success it was taken over by the TAFE and offered through Fremantle TAFE in the initial year and finally in brand new premises at Thornlie TAFE. She explained that these were the most rewarding years of her life as a result of which not only did Thornlie TAFE get an award but she herself received the Outstanding teacher of the Year for her work in the program.

Curtis Clarke explained a little bit of his own background and how he had met Everaldo Compton at one of the State Conferences of the NSA in Perth

## Fund Raising

Our organisation is registered 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 3L. 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.

### Tea Towels

Our Sincere thanks to Elsie Tester who gave the proceeds of the sale of Tea Towels at our meeting on 6 September. It was just the sort of thing some members needed in their kitchens.

## 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:  
The postal address is:  
GPO Box 1450,  
Brisbane,  
Queensland 4001  
Please make sure you include your name, club, and the reason for the cheque.



## Perth



Loftus Community Centre, 99 Loftus Street,  
Leederville WA 6007



First Friday of the month at 10:00am

[Latest newsletter](#) ↓

## Branch Information

Email address: [PerthSeniors@gmail.com](mailto:PerthSeniors@gmail.com)

Website: <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

Ref: Surname and keyword in the transfer.

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

#### Office Bearers: 2024-2025

<b>President</b>	Adolph de Sousa	0413 129 707
<b>Vice President</b>	(Vacant)	
<b>Secretary</b>	Rod McLaren	0412 678 050
<b>Treasurer</b>	Philip Goes	0417 133 121
<b>Asst Secretary</b>	Rosanna Fernandes	0404 946 165
<b>Events Coordinator</b>	Meledy Correia	0418 454 627
<b>Catering Manager</b>	Terri McLaren	0438 862 520
<b>Committee Member</b>	Virginia (Ginie) Bristowe	0431 138 188

#### 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