



Meets at 9.30am for 10.00am on the second Thursday of each month at Mt Claremont Community Centre, 109 Montgomery Avenue, Mt Claremont

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#### 2018/2019 Officers

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Membership	Marion Laws	9387 8383
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### FROM THE EDITOR'S TURRET

Well, the new constitution was voted in at the June Branch Meeting, from our branch perspective, with a substantial majority, and the sky has not fallen in. Importantly we have a new name – Perth Western Suburbs Branch, which means that none of the Local Government Authorities in our catchment area can ignore us.

Our June Branch meeting was attended by 100 persons and the guest speakers from Tangaroa Blue gave impassioned speeches about the alarming pollution of our maritime environment



*Prof Ghadouni at Branchmeet*

while Professor Ghadouani of UWA gave an entertaining talk about things of environmental concern in general. Our President Geoff stood up for our branch at the Swanbourne Beach clean-up on Sunday June 16th. I'm not sure of how many

others showed up. Once again our redoubtable reporter, June Steen-Olsen, chimes in with her impressions on the subject. More kudos to June for helping raise \$200 from our members for assisting less fortunate pupils of Wembley Primary School in various necessities.

The Repair Lab outfit, performing as an adjunct to the June Branchmeet, seemed to be kept busy working on members and outsiders items.

The Special Health Meeting on June 26th saw a very disappointing turnout of members, in fact outnumbered by the health practitioners and

### LOOKING AHEAD

**Thursday July 11th 10.00am** July Monthly Branch Meeting with guest speaker Professor David Shirley, newly appointed Executive Dean of the Western Australian Academy of Performing Arts (WAAPA). He will bring along a trio of musicians to entertain us during the morning. There will be the opportunity for members to nominate for Committee positions. There are several officers positions vacant at present, namely Secretary, Social Secretary and Guest Speaker Recruiter

**Thursday July 25th 11.00 for 11.30am** Christmas in July lunch at Carvers Restaurant, Crown Casino. Assemble at Mt Claremont Centre for the Crown bus trip to the Casino. The cost is \$10! And you get a fun pack as well! Of course they hope that you will put a few bucks through the machines or on the tables (or not). So, we need 25 (or more) to rock up or else the price goes up a bit. Names will be taken at the July Branchmeet and pay on the bus – in cash. Return by 3.30pm. Contact Terry on 0417 171 844 or email [mylemms@bigpond.com](mailto:mylemms@bigpond.com)

**Thursday August 8th 10.00am** August Monthly Branch Meeting, incorporating the AGM. Our guest speaker will be the inimitable Geoffrey Thomas, aviation guru extraordinaire, who graces us with his presence each August (seemingly). He will be updating us on the Boeing 737X fiasco and anything else of an aviation nature that we can throw at him.

**Saturday August 31, Geraldton** The Zone 114 Annual Conference will be held at Geraldton. See below about excursion travel possibilities.



*"Grandpa, if you give me \$1, I'll tell you who sleeps with Grandma when you're not home..."*

*"Here, I'll give you \$2, who is it?"*

*"Me..."*



*Audrey tested at Health Meet*

presenters, after a lot of work was put into it by John Dingle. Anyway, the student nurses availed themselves of useful instruction by the guest speakers David Beard and David Thorne. Your Editor submitted to a quite comprehensive health check-up by student nurse Casey, from Reach at North Metropolitan TAFE, and was found to fall in quite good-normal range for the parameters tested.



*David Beard at Health Meet*

Valuable contributions have been provided by Marion Laws on our collection of drink bottle tops for Envision Hands – in the fabrication of prosthetic hands for 3rd world injured children; and from John Yeatman on his Iceland Trip last February.

## PLASTIC IN THE INDIAN OCEAN

Our guest speakers at the June Branch Meeting made us even more aware of the problem of rubbish, not only in our own community and the Indian Ocean, but throughout the world, and how helpless we are in not being able to solve the problem. Seventy years ago we did not have the problem of plastic cups and bottles, fast food containers etc. Ice cream was sold in heavy paper containers, the only fast food I remember was fish and chips wrapped in newspaper.

The speakers from Tangaroa Blue are to be congratulated for their care, efforts and dedication in trying to make everyone aware of the pain and

suffering caused to sea creatures and wildlife by rubbish discarded on our beaches and in the ocean. I hope that they got volunteers to help clean up Swanbourne Beach.

Professor Ghadouani from UWA, in his entertaining talk, also gave us much to think about regarding the need to limit undue production of certain plastics and clothing materials, even certain dyes. I feel some of our members were disappointed that question time was limited so maybe we should ask the professor to visit us again.

*June Steen-Olsen.*

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## NATIONAL SENIORS AUSTRALIA SECTION

### On Housing

National Seniors is advocating for better housing options for older Australians. We want the government to encourage downsizing by allowing up to \$250,000 from the sale of the family home to be quarantined from affecting the pension.

Join our Better Housing campaign to improving housing options for you and the older Australian an interview with the Financial Review shortly after the election Treasurer Josh Frydenberg said the review would include superannuation, pensions and taxation.

### On Superannuation

The announcement follows the Productivity Commission's recommendation for an extensive review. The Treasurer was quick to rule out changes to taxing superannuation. Commentators aren't that sure. Mandatory superannuation is set to rise from 9.5 per cent to 12 per cent gradually between 2021 and 2025. The Productivity Commission recommended the review be completed before that kicks in.

National Seniors Chief Advocate Ian Henschke has welcomed the announcement of the review: "National Seniors has been calling for a comprehensive review of the retirement income system for many years. We hope that this will result in a simpler system that provides both an adequate safety net and rewards those who have saved for their retirement. The current system doesn't incentivise personal responsibility, and it doesn't meet the costs associated with longer lives and changing need. National Seniors stands ready to work with the Morrison Government and opposition parties to develop and action policies for older Australians," Ian said.

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## AN ICELANDIC TOUR

We conclude John Yeatman's Scandinavian tour, last February, with the highlights of a trip around Iceland.



*Icy Road*

We flew from Oslo to Iceland to begin a 2000km anti-clockwise circumnavigation offering magical days with unbelievable sights and unexpected experiences. Our guide was a University Professor of Literature before

venturing into the travel world, after "retirement". He was a real character and wealth of knowledge. We visited volcanic thermal pools and geyser areas and were again fortunate to enjoy lovely fine but still cold weather. Although the temperatures were higher than in Norway, with the wind chill factor, it felt very much colder.



*The Ice Cave*

On the first day, we thought part of the activities was to be a 3 hour walk to and from a glacier. Instead, we travelled in a special large and powerful vehicle along, around and over the glacier eventually taking us to an ice cave running 600 m

into the mountain. There, intricate ice formations, resulting from the water from melting snow, were made by winds boring through the glacier. To see

the effects of the glacier pushing deposits of rocks and the layers of successive volcanic activity was impressive.

A mountain thermal pool was visited for a hot bath. How deceptive a description. A shower required before entering the pool - imagine braving temperatures well below zero, clad only in bathers, very carefully venturing over very slippery iced surfaces toward the pool which has been cooled by the strong freezing winds. When submerged in the pool, the body up to water level is moderately comfortable, but neck and above is frozen. Then, when no longer bearable, retreat over the still slippery ice toward the sauna for recovery, before heading for another shower. And the Scandinavians regard it as a life essential!

Next day, there was an early morning start to catch the 3 hour whale watching cruise with unrecognisable travellers when rugged up in heavy duty weatherproof and flotation suits, before boarding a lovely old timber trawler. Walking to the boat was as usual, treacherous, despite the use of "crampons" (rubber stretchy pull-ons with spikes to grip and reduce risk of slipping on the ice). An unbelievably icy wind made conditions uncomfortable for a while until the wind dropped a little and we felt the benefit of the suit insulation.



*The Humpback Of Iceland*

We saw many large dolphins and several humpback whales at fairly close quarters. Breaching and diving with a few tail displays, it was better than I have seen previously. Most welcome hot chocolate and biscuits were served after completion of the whale watching.

Iceland has each day shown very different and interesting experiences, including unexpected but magnificent lace like displays beneath river ledges, and frozen waterfalls and Icelandic ponies. The beauty of Norway and Iceland is something I can confidently recommend and will never forget.

## ENVISION HANDS

Our branch is collecting bottle caps/tops for use by Envision in the manufacture of prosthetic hands etc.

The Envision organisation, based in Victoria, is a community supporting group that deals with recycling waste plastics and fabricating useful objects such as park benches, etc, by means of 3D printing. They have an offshoot called Envision Hands which fabricates hand and limb prostheses from recycled plastic bottle tops. These common bottle tops, which are made out of HDPE 2 (high density poly-ethylene), are a nuisance in plastic waste sorting as they fall through and clog the machinery, and thus end up as landfill. However, by using special shredding and extruding equipment, funded by grants from Coca Cola Foundation, Envision can produce plastic filament suitable for "3D printing" into prosthetic hands which are distributed in 3rd world countries by Rotary and Lions Clubs.

While most small plastic items are generally suitable, Envision is mainly using Number 2 & 4 caps for the hands. These numbers appear on a recycling triangle printed on the bottle or cap (eg Harvey Fresh 2l juice bottles have the No 2 cap). Any paper or polystyrene inside the cap, or metal attachments, should be removed. If in doubt put any caps in the bag that will be on my desk at monthly meetings and we will take it from there.

Marion Laws



## ZONE 114 CONFERENCE, GERALDTON August 31st

There is as yet no firm arrangement for a branch excursion to this event but expressions of interest will be sought at the July 11th Branch Meeting. Given the distance it would be desirable to make it a several day stay. Transportation could be either by TransWA bus or car-pooling. The former operates four times weekly, alternating on two routes and the cost is \$69.80 return for concession card holders. The most convenient schedule to fit in the conference date would be:

1. Thursday Aug 29th Dep East Perth Terminal 7.15am and via inland route, with lunch stop at Wubin, arrive Geraldton 3.50pm;
2. Friday Aug 30th wildflower trip or tour of Geraldton sights (TBA);
3. Saturday Aug 31st Zone Conference;
4. Sunday Sep 1st Dep Geraldton 9.30am and via coastal route, with lunch stop at Warradarge, arrive East Perth Terminal 4.15pm.

Hotel/motel rooms are going to be about \$120pp per night, cheaper twin share. The conference cost is \$80 but our branch will subsidise \$30. Please enquire at the social desk at the July 11th Branch Meeting where Geoff Donnelly will be supplying information.

## Integrity and Expertise

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Macmillian B from Claremont

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