

National Seniors

AUSTRALIA

Words of Wisdom

"Each of us has that right, that possibility, to invent ourselves daily. If a person does not invent herself, she will be invented. So, to be bodacious enough to invent ourselves is wise. " — Maya Angelou

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style." — Maya Angelou

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.

PERTH BRANCH



The month of September is dedicated to Our Lady of Sorrows, whose memorial is celebrated on September 15. Devotion to the sorrows of the Virgin Mary dates from the twelfth century, when it made its appearance in monastic circles under the influence of St. Anselm and St. Bernard. In the Ukraine this feast day has become a poignant reminder to pray for peace in faith and trust, and courage with prudence.

Perth Branch Next Meeting
The Loftus Recreation Centre, Leederville
Friday 6 October 2023
10 am - 11.45 am

You're welcome! Bring a friend!
Call 0429-482-921 - for catering purposes



President Terry Flanagan's Report

I WISH TO ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LANDS WHERE WE MEET AND PAY OUR RESPECTS TO THEIR ELDERS PAST PRESENT AND EMERGING AND WITH ALL AUSTRALIANS JOIN THEM IN THE ONGOING CARE OF AUSTRALIA.

My first task is to thank the members of the Management committee for the excellent work done to make this year the success it has been. The Vice Presidents, Adolph D'Sousa, and Rod McClaren.

The Treasurer Chappie Lobo and the retiring Secretary Brian Vertannes. Also The Editor of our monthly Newsletter Doug Conlan. I also join these by acknowledging the work of Terry Quinn representing me on the Branch Network Forum and John Orzanski for his work as our Honorary Auditor.

I also thank Terri McClaren and other members who provided the morning teas at our monthly meetings.

The very enjoyable monthly social events and informative Guest Speakers certainly gave members much pleasure in belonging to our Branch. It is also a part in our increased membership and hopefully growth in the future.

A very satisfying aspect of this year is that we have doubled our total worth and made our financial future more secure.

All this is due not only to the work of the Treasurer and Committee, but the support of members. I will leave Adolph to detail the Social events that he has so capably organised through the year for this report.

Lastly I want to thank all members who have again volunteered to serve on next year's Committee, so many organisations fold because they lack members willing to serve.

On a personal note I want to thank Adolph and Carmen D'Sousa for supporting me and our Branch during the recent weeks of illness that came out of the blue for me, which hopefully are now in the past. **Thanks to All and may next Year be as successful as this one!**

TERENCE FLANAGAN PRESIDENT

Written from Prison

Despite everything, life is full of beauty and meaning.

Sometimes the most important thing in a whole day is the rest we take between two deep breaths, or the turning inwards in prayer for five short minutes. Each of us must turn inward and destroy in himself all that he thinks he ought to destroy in others.

— Etty Hillesum, An Interrupted Life: The Diaries, 1941-1943; and Letters from Westerbork

“What matters is not to allow my whole life to be dominated by what is going on inside me. That has to be kept subordinate one way or another. What I mean is: one must not let oneself be completely disabled by just one thing, however bad; don’t let it impede the great stream of life that flows through you. I have the feeling of something secret deep inside me that no one knows about.”

— Etty Hillesum, An Interrupted Life: The Diaries, 1941-1943; and Letters from Westerbork

At Great Cost

The Anglican Bishop of Iran suffered the death of his son during the troubles in Revolutionary Iran after the Shah left that country. He was later to write: “Soon after the murder of our only son I telephoned to Iran, a prayer I had written for his funeral.”

We remember not only Bahram, but also his murderers’

Not because they killed him in the prime of his youth, and made our hearts bleed and our tears flow,

Not because with this savage act they have brought further disgrace on the name of our country among the civilised nations of the world:

But because through their crime we now follow thy footsteps more closely in the way of sacrifice.

The terrible fire of this calamity burns up all selfishness and possessiveness in us;

Its flame reveals the depth and depravity and meanness and suspicion, the dimension of hatred and measure of sinfulness in human nature;

It makes obvious as never before our need to trust in God’s love as shown on the Cross of Jesus and his resurrection;

Love which makes us free from hate towards our persecutors;

Love which brings patience, forbearance, courage, loyalty, humility, generosity, greatness of heart;

Love which more than ever deepens our trust in God’s final victory and his eternal designs for the church and the world;

Love which teaches us how to prepare ourselves to face our own day of death.

God

Bahram’s blood has multiplied the fruit of the Spirit in the soil of our souls;

So when his murderers stand before thee on the day of judgement

Remember the fruit of the Spirit by which they have enriched our lives,

And forgive.

— Quoted in The Tablet

FOR YOUR CALENDAR

Tuesday 12 September – WA Shipwrecks Museum, Fremantle and Cicerellos for Lunch	Friday 6 October – Meeting Speaker: June MacDonald, Chair, Policy Action Group
Wednesday 18 October - Spring Day at Kings Park	Friday 3 November – Bentley Pines Restaurant Lunch
Friday 10 November 2 – Meeting Speaker: Peter Snow OAM, Director, Jaycees Foundation Ltd	Friday 1 December End of Year Meeting and Wind-up Lunch

FORTHCOMING GUEST SPEAKERS

1. Guest Speaker: Friday 6 October 2023

Mrs June MacDonald, Chair of the Policy Action Group (PAG), National Seniors. June said she will speak on the National Body and the local Group. President Terry suggested that she include successes achieved and also how the Branches could assist in the work of the Policy Advisory Group. To assist this discussion members may want to refer to the submissions lodged by the National Seniors to the WA State Budget submission in August 2022 for the 2023/24 Budget year available at <https://nationalseniors.com.au/uploads/National-Seniors-WA-Budget-Submission-2023-2024-.pdf>

The highlights of the State Budget delivered on 11 May appeared on page 5 of the May Newsletter.

Friday 10 November 2023

Peter Snow OAM, Director, Jaycees Foundation Ltd. As Executive Chairman of The Jaycees Community Foundation Inc, he took on the responsibility for the restoration and operation of Australia's last whaling station in Albany making it into an award-winning iconic tourist attraction since 1980. The project has generated more than \$40 million into the local economy and in December 2022 it was gifted to the local community in Albany. The title of Peter's presentation is "**From Derelict to Iconic**". Hear the remarkable story of the gift and view the restoration of a derelict industrial site and its conversion into one of the region's major tourism draw-cards.

FORTHCOMING EVENTS

1. **Day Out: Cicerellos at Fremantle and a visit to the WA Shipwrecks Museum: Tuesday 12 September 2023**
2. Organised by: National Seniors, Perth Branch
3. Contact Person: Terry Flanagan mob 0429482921 terenceballajura@gmail.com
4. Brief Details: The WA Shipwrecks Museum is recognised as the foremost maritime archaeology museum in the southern hemisphere. The Museum is housed in 1850s-era Commissariat building and has since been restored to its historic glory. Steeped in history, the galleries house hundreds of relics from ships wrecked along WA's treacherous coastline, including the original timbers from Batavia (wrecked in 1629), the de Vlamingh Dish, and also countless artefacts from the Dutch shipwrecks Zuytdorp, Zeewijk and Vergulde Draeck. Entrance is free. Suggested Donation is \$5.00
5. How to get There: You may use your own vehicle - in which case parking fees will be incurred. Preferred method is to use public transport to get to the Fremantle Bus and Train Station. No cost if on Seniors Card. Then take the Blue Cat which leaves the station every 15 minutes. Plan to arrive at Cicerellos Fremantle at 11.45am so that you can buy your own lunch. A senior's lunch is available with two options: Option 1: Fish Basket with chips, and tea/coffee for \$17.30 or Option 2: Fish Basket with chips and coleslaw and tea/coffee for \$22.00.
6. After lunch (around 1.15-1.30pm) walk to 47 Cliff St which is about 147metrs to the WA Shipwrecks Museum. We will be met by a Voluteer Services Guide at just before 2.00pm
7. Return by taking the Blue Cat (21mins)back to the Fremantle Bus and Train station and taking your own public transport back. Plan to return and take public transport at around 3.30pm
8. Numbers limited: 20 persons for the Guided tour. Otherwise numbers not limited on self-tour.

FORTHCOMING EVENTS

1. Spring Day at Kings Park - Wednesday, 18 October

Organised by: National Seniors, Perth Branch

Contact Person: Terry Flanagan mob 0429482921

terenceballajura@gmail.com (or Adolph de Sousa mob 0413129707

adolphdesousa@hotmail.com after 22 September)

Details: Go by own transport or use Transperth. Blue Cat can be taken from Wellington Bus Station with a brief stop at Elizabeth Quay. Use Transperth App to get the times and routes from your home.

Be at the Visitor Information Centre at Kings Park by 10.00am.

KP Guides will show us the various parts for one hour returning us to the Information Centre.

At 11.00 leave that area and go to *Poolgarla* entrance off Kings Park Road (opposite Outram Street). Might need to pool transport. Be at the take-a-way section of the *Koorak* Restaurant by 11.30am. You can order from the takeaway location – costs between \$22 – \$27 for a meal. Alternatively bring your own lunch. Seating is available.

After lunch one can walk to Kings Park Road and take the Purple Cat back to the two Bus Stations in Perth City for the onward journey home.

Costs: \$5.00 for the guide. Members and guests can make arrangements for a bank transfer by 25 September.

Bank Transfer details are as follows:

BSB Number: 016 499

Account Number: 488094089

Account Name: National Seniors Perth Branch

Ref: Your Surname and the words KINGS PARK

3. Pines Restaurant Lunch Friday 3 November 2023

Brief Description: It is a three-course menu with choices for each course and there is now no restriction on the number of people at the table who can order their choice. Menu will be sent out once people have registered for the meal. It will also be downloadable from Events Tab of our website.

Cost: Members and Guests \$35.00 (this does NOT include a drink). Number of places limited to 40. Payment in Cash can be made at the Meeting on Friday 6 October 2023. Alternatively, Members and guests can make arrangements for a bank transfer by 13 October 2023. Bank Transfer details are as follows:

BSB Number: 016 499

Account Number: 488094089

Account Name: National Seniors Perth Branch

Ref: Your Surname and the words PINES



Brian Vertannes with one of the Giants at the Mandurah excursion.

Page 7 the photos are of:

1. Our happy group at lunch, Baldivis
2. Brian Vertannes, Secretary, with some of his passengers
3. Bill Spence with his passengers
4. Our group in front of one of the Giants in Mandurah



THE VOICE REFERENDUM

*The following is part 1 of statements by Prof Paula Gerber & Lecturer Katie O'Bryan of Monash University Law School. **Neither the Editor nor our NSA branch is proposing yes or no** – it is up to individual members to form their own choice when it comes time to vote in the referendum. It is presented verbatim.*

The Uluru Statement from the Heart is a generous invitation to all Australians from First Nations peoples to walk together towards a better future. Having a referendum on a First Nations Voice to Parliament is the first step on that walk; a chance to change the Constitution to enable First Nations people to be heard in matters that affect them. It's that simple. Yet there are many myths & misconceptions muddying the waters, whether intentional or not. Here, we seek to debunk 10 of them.

Myth 1 - It will amount to a third chamber of Parliament and therefore impact parliamentary sovereignty, a fundamental element of our constitutional system of government.

What is proposed is a Voice *to* Parliament, not a Voice *in* Parliament. It will have no role in passing legislation; that will continue to be left to our elected representatives in the House of Representatives & the Senate, as currently prescribed by the Constitution.

The proposed Constitutional amendment states that the Voice “may make representations” to Parliament. It will be up to Parliament to decide what it does with those representations. Indeed, the proposed Voice to Parliament is a very conservative change to our Constitution.

Myth 2 - It will be a lawyers' picnic, and lead to lots of High Court challenges.

How Parliament responds (or does not respond) to any representations made by the Voice would be non-justiciable – that is, it could not be subject to any court challenge. This is because the courts have always been reluctant to interfere with the internal workings of Parliament.

Myth 3 - It will not help to close the gap or have a positive impact on the lives of First Nations peoples.

The Voice will provide advice to the Parliament on proposed laws affecting First Nations peoples. Accordingly, Parliament will be better-informed about the impact of the proposed laws on First Nations peoples, and can amend where appropriate. A better-informed Parliament is likely to lead to better laws that will have a positive impact on First Nations lives.

Myth 4 - It will give First Nations peoples special rights.

The Constitutional Expert Group comprising nine experts (including former High Court judge Kenneth Hayne) and chaired by the Commonwealth Attorney-General has advised that a First Nations Voice will not give First Nations peoples special rights. All Australians have the right to make representations to Parliament, which is guaranteed by the constitutional Implied Freedom of Political Communication. The First Nations Voice is simply a permanent one.

Myth 5 - Australians should be allowed to see all the proposed legislation establishing the Voice before voting in the referendum.

Too much detail will lead to confusion, and many people will likely not want to read a lengthy document. There's already a detailed report that sets out what a legislated Voice could look like: Indigenous Voice Co-design Process

Demanding to see draft legislation ahead of the referendum suggests a lack of trust in Parliament, given that the proposed constitutional amendment gives Parliament the power “to make laws with respect to the composition, powers, functions and procedures” of the Voice.

It’s sufficient to have a detailed set of principles on which the Voice will be based. The Uluru Statement from the Heart website also contains a set of design principles.

Myth 6 - There’s no need to enshrine the Voice in the Constitution.

By enshrining the Voice in the Constitution, it will not be able to be abolished at the whim of Parliament/the government, in contrast to ATSIC (and just about every other Indigenous advisory body set up by the government). It will also not be afraid to give frank & fearless advice. Its composition, powers and procedures will, however, be able to be amended by Parliament to ensure its effectiveness.

Myth 7 - It will divide the nation

The Voice to Parliament will unite the nation, because it will be a big step towards reconciliation. A successful referendum on the Voice to Parliament will mean the Australian people have emphatically said that we want Parliament to listen to First Nations people, thereby signalling that we have accepted the invitation in the Uluru Statement from the Heart to walk together for a better future.

Myth 8 - Indigenous Australians are divided over the Voice, therefore it shouldn’t be supported.

Although there are some high-profile Indigenous Australians who do not at this point in time support the Voice (such as Jacinta Nampijinpa Price, Warren Mundine and Lidia Thorpe), a significant proportion of First Nations people do support the Voice. An IPSOS poll conducted in late January 2023 found that 80% of First Nations people support the Voice.

Myth 9 - It offends the notion of equality that underpins the Constitution and our democracy.

Our Constitution does not protect equality, and actively allows for racially discriminatory laws by virtue of s 51 (xxvi) (the race power). Further, the race power has only ever been used to make laws for Aboriginal and Torres Strait Islander peoples, laws that are not required to be beneficial laws.

The structure of our Parliament is also not equal – the Constitution requires the Senate to have the same number of senators from each state (12). This means that Tasmania, with a population of approximately 571,500, has the same number of senators as Victoria, which has a population of 6,613,700.

Amending the Constitution to provide First Nations peoples with a Voice to Parliament does not offend notions of equality; rather, it is acknowledging the finding of the High Court in *Mabo v Queensland (No. 2)* that “Their dispossession underwrote the development of the nation”.

Myth 10 - *The history of referendums in Australia means that it is likely to fail.*

The most successful referendum in Australia's history of referendums was in relation to Aboriginal people (1967). More than 90% of Australians voted 'yes' to amending two sections of the Constitution to ensure that Aboriginal and Torres Strait Islander peoples would be counted as part of the population, and that the Commonwealth would be able to make laws for them. This bodes well for a referendum on the Voice. Also, social media has changed the landscape; times are different; polling shows relatively consistent support; and approximately 90% of the first 2554 submissions to the Co-design Process were in favour of the Voice being constitutionally enshrined.

And although bipartisan/multi-party support would be preferable (and has been crucial to the success of previous referendums), it's arguably no longer a determinative factor due to the changing political and social media landscape. The result of the marriage equality postal survey, where Australians voted "Yes" despite a lack of bipartisan support, is indicative of this.

Nothing to be scared of

We encourage all Australians to read reliable research to make sure we're well-informed about what the Voice is, and what it is not. Don't get sucked in by myths like the 10 we've debunked above.

The Voice is nothing to be scared of. On the contrary, it's something we should be proud of. Amending our constitution to give First Nations peoples a Voice to Parliament would demonstrate we're a mature nation, one that's ready to recognise past injustices, and committed to building a better future in which the rights and dignity of all Australians are protected equally.

NB: Neither the Editor nor our NSA branch is proposing yes or no – *The opinions expressed herein belong entirely to Prof Paula Gerber & Lecturer Katie O'Bryan. Individual members must make their own choice of how they will vote in the referendum.*

THE VOICE REFERENDUM

On 1 September we had the pleasure of hearing Hon Fred Chaney's presentation to our meeting as a Guest Speaker. Here is a link to a Saturday Newspaper July 15- 21 July No 45B where he presents his approach to the referendum.

https://apple.news/A_4ABfMz1Rf28E80SaOmtXQ

BRANCH MATTERS

2024-25 OFFICERS

President:	Terry Flanagan	0429 482 921
Vice President:	Adolph de Sousa	0413 129 707
Secretary:	Rod McLaren	0412 678 050
Treasurer:	Chappie Lobo	0435 583 229
Catering	Terri McLaren	terrimclaren4@gmail.com
Editor	Doug Conlan	0408 080 560

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

OUR WEBSITE AND OUR EMAIL ADDRESS

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.

Our Email address: PerthSeniors@gmail.com

For the payment Events etc. use our local branch account
Account Name: National Seniors, Perth Branch

BSB Number: 016 499

Account Number: 488094089

*Ref: Your **Surname** and keyword of the Outing*

Please include Surname and keyword in the transfer.

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

National Seniors Australia

NSA is an advocacy group for the over 55s 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.

Helpful Information

Elder Abuse Helpline WA: 1300 724 679

Seniors Card (WA): 6551 8800

Centrelink (Retirement): 132 300

Employment Services: 132 850

Seniors Info Services: 6551 8800

Older People's Rights Services: 9440 1663

Aged Care Complaints Commissioner: 1800 550 552

National Carer Gateway: 1800 422 737

Dept of Veterans Affairs: 133 254

Dementia Australia - 1800 100 500.

WA Scam Internet Site: www.scamnet.wa.gov.au