

National Seniors

AUSTRALIA

Perth Western Suburbs WA

BRANCH NEWSLETTER - ARIL 2026

Meeting Venue: Our Branch meets at 9.30am for 10.00am on the second Thursday of each month, (except December & January), at Mount Claremont Community Centre, 109 Montgomery Avenue, Mount Claremont WA 6010.

Bank Accounts: Westpac Bank in name of National Seniors Australia Perth Western Suburbs Branch;

General BSB: 036 063 Account: 257852

Music BSB: 036051 Account: 649381

Tours BSB: 036051 Account: 649402

When making payment, please identify by your name & type of payment – e.g., “June Meeting”, “Concert”, etc.

Website:

<https://nationalseniors.com.au/about/branches/perth-western-suburbs>

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.

BRANCH OFFICERS & COMMITTEE FOR 2025/2026

President:	Joseph Lieberfreund	0429 809 080 joseph@airbell.com.au
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Committee:	Diana Ryan	0438 622 013 diryan41@gmail.com

FROM THE EDITOR'S DESK

Members should note that it is essential to register your intention to attend Branch and other meetings as our caterers need to know numbers so that they can be sure to provide sufficient refreshments. Also it is an legal insurance requirement that we have names of attendees in the event of an emergency evacuation. **Please reply to email invites with a simple “YES” with your name.**

Derek J Cockle

Editor,

Email: djcockle@bigpond.com

PRESIDENT'S CORNER



Our March meeting was well attended to hear Niels Dahls talking about the Vikings and their influence on European history. A limited number of pdf printed copies of his presentation will be available at our next Branch meeting.

Our introductory speakers will be Simon Gow at our next Branch meeting in April and a speaker from Western Suburbs Cares in May.

At our forthcoming April Branch meeting we will welcome Prof Alan Harvey and in May we will host the research team at Murdoch who will present their research finding into the Shot Hole Borer which has had a surprisingly destructive effect on our tree population.

On Thurs 7 May we will have the first concert of the year with Ryan Lee (violin) and Gladys Chua (piano) combining their talents in a sparkling morning's entertainment. See details in later notice.

On Fri 15 May we have a lunch at the Bentley Pines Restaurant, as well as the usual morning tea at the Claremont Golf Course on the third Thursday of each month.

Microsoft have withdrawn their free license policy to not – for – profits which resulted in our licence expiring in February. We have now recruited the services of KLB Systems Pty Ltd which is an accredited Microsoft Cloud Solutions Provider (known as a "CSP") to re-instate our licence which is no longer free. This

allows us access once more to PowerPoint which is so essential to our guest speakers.

Over the last year or so several of our member catering ladies have retired, after excellent long and much appreciated service. To try and reduce costs of catering if anybody can provide baked goods for any of our future Branch meetings that would be very much appreciated. We are happy to re-imburse all costs. **If you can assist, please contact me.**

I look forward to seeing everyone at our monthly meetings where there is a welcome smile and a warm atmosphere at our lively meetings.

Joseph Lieberfreund

Branch President.

TREASURES' REPORT

In the absence of Treasurer David Thomas, President Joseph reported that our net cash balance was \$9,450 in the General Account, with only the payment of Community Hall hire of \$243 outstanding. Balance of our separate Music Account is \$848.

Our finances are in good order and our volunteers are to be heartily commended for their efforts to make all this possible.

FORTHCOMING EVENTS

Thurs 16 April - Afternoon Tea - Venue - T Box Café at Mt Claremont Golf Course from 2 pm. This regular monthly informal gathering gives us time to chat and get to know new people, so everyone is welcome, especially newcomers to our group. Come alone or bring a friend !.

Thurs 9 April – Branch Meeting

Our initial speaker will be Simon Gow of accountants Grant Thornton who will bring us up to date on the latest changes to superannuation rules, Centrelink pension and revised Deeming Rates.

Following on from our tea break, our guest speaker we will be **Professor Alan R Harvey** (picture below) who is an Emeritus Professor and Honorary Senior Research Fellow in Human Sciences, the Peron Institute, Lions Eye Institute and the Conservatorium of Musin. He will be addressing us on **Music, Movement and Healthy Aging** and will describe what is known about brain circuits and neurochemistry involved in the processing of music, including emotional responses such as motivation and reward. The life-long and beneficial impact that music and exercise, such as dance, have on our brain function, plasticity and memory will be discussed.



Professor Alan R Harvey, our speaker on 9 April

Thurs 7 May – Classical Concert – Mount Claremont Community Centre – 10.00 AM – cost - \$15 members and guests.

Ryan Lee (violin) and Gladys Chua (Piano) will play works by Brahms, Mozart, Bach and others.

Programme	
Bach	Partita No. 3 - Prelude, Loure, Gavotte en Rondeau
Mozart	Violin Sonata No. 21 in E Minor
Amy Beach	Romance
<i>INTERVAL 30 minutes - refreshments provided</i>	
Kreisler	Liebeslied
Tchaikovsky	Violin Concerto - Movement 2
Brahms	Violin Sonata No. 2
Saint-Saens	Introduction and Rondo Capriccioso Op 28

Booking is essential on either :

- Eventbrite,
- Payment to our NSA Westpac Bank **Music Bank Account** BSB: 036-051, Account No: 649-381. Please identify your payment with your name(s) and “May Concert”.
- At the next branch meeting by credit card or cash.
- Or at the door on the day.

Thurs 14 May – Branch Meeting – Murdoch University Research.

This will be a special event hosted by a Murdoch University research team on their breakthrough research to eliminate the Polyphagous Shot Hole Borer. They have successfully established the first stable laboratory colony of PSHB in the state.

The project, led by PhD student Md Shahidul Islam Khan and supervised by Associate Professors Wei Xu and Rob Emery, “will provide a powerful research platform to study PSHB and discover innovative methods to manage this pest.”

To establish the healthy colony, the team used beetles sourced from local sites and developed an artificial diet comprising of pine sawdust and other essential ingredients to replicate natural conditions. Under laboratory conditions, the beetles completed their full life cycle — from egg to adult — in just eight weeks.

“The colony shows strong natural behaviours, including tunnelling, gallery formation, and growth of its symbiotic fungus, which the beetle farms and relies on for food.”

The Murdoch research Team believes that this project represents an important step forward in protecting Western Australia’s urban trees, native forests and horticultural industries from the ongoing damage caused by polyphagous shot hole borer.

Fri 15 May – Bentley Pines Restaurant.

Members will recall the previous most enjoyable lunches at the student restaurant last year. Bookings are now open for this event with a maximum of 40 people at a cost of \$40 per person, excluding drinks. As this is a popular

event, please register your interest without delay with **Joseph Lieberfreund** and make payment into our NSA **Tours** Bank Account at Westpac Bank BSB: 030-051 Account No: 649402, again identifying with your name and "Bentley Lunch"

RECENT EVENT REVIEWS

Thurs 12 March – Branch Meeting

Our initial speaker, at very short notice, was our former Branch Secretary **Derek Cockle** who provided us with an insight into his life in UK before emigrating to Perth in early 1970, his professional and sailing experiences.



Geoff Beyer



Anthony Tunnicliffe



Anton Riegger

Obviously, the effort of giving his talk must have upset his subsequent timing, as he rang the bell far too early to summon members and guests back to the Community Hall to hear our guest speaker. However, all was not lost, as this provided an opportunity for Derek to invite members to give a short talk. This was taken up by **Geoff Beyer** who spoke of his life experiences, followed by **Anthony Tunnicliffe** about his Viking great-grandfather. Anton Riegger regaled us with a few good jokes which helped to fill in time whilst our President

and Secretary wrestled with the recalcitrant laptop and hall projector, which they could not get to operate - unfortunately an often-recurring problem! **An appeal to anyone with technical abilities to help us sort this out?**

Our guest speaker was **Niels Dahl** who addressed us on the history and achievements of his Viking ancestors, unfortunately without his PowerPoint presentation due to the abovementioned problems. Our apologies to Niels.

SCIENCE CORNER - WHAT IS ELECTRICITY?

Electrons and their Orbits

In the previous Science Corner article, we discovered that the electron does not rotate around the nucleus in a nice round or elliptical orbit but is somewhere within a sphere dictated by its level of energy. The nearer to the nucleus, the lower its level of energy. The electron can be anywhere within that sphere. The probability of it being anywhere in that sphere at any one time can be set out using Niels Bohr's theorems contained in Quantum Physics.

Thus, we learnt that the space between the electron and the nucleus is not a vacuum but is in fact "filled" by the electron as it moves within its level of energy.

Conductors and The Lattice Structure of their Atoms.

Electricity it's a complex affair. There is a whole parade of terms devoted specially to this phenomenon on top of which there is the fundamental connection to magnetism, which is as much a part of electricity as oxygen to the air we breathe.

To start let's look at a preliminary idea to open our tour of discovery. The structure of a conducting metal. That is something we need to understand.

A metal has its atoms structured in a stable lattice structure. Now we have understood from previous articles that electrons move randomly within their sphere of energy.

The further away an electron is from its nucleus, the higher its energy and so the lower its binding force is to its nucleus.

The outer electrons of conducting metal atoms in this lattice are not strongly tied to their respective nuclei, and so there is created in a conductor a sea of these loosely tied so-called “valence” electrons that are not strongly bound to their nuclei.

When energy is applied to a conducting metal, the kinetic energy absorbed by these outer electrons becomes so great that the attractive energy of their nuclei is broken.

What you then get in a conductor is a cloud of free electrons which are no longer attached to their nuclei. This great cloud of free electrons is independent, doing their own thing.

These free electrons in this “electron cloud” move around bashing and crashing into the lattice of atoms in the metal conductor at a great speed. Like bumper cars out of control.

Scientists call the speed at which they move “Fermi’s Velocity” which is about 1% of the speed of light. So, we now end the conceptual part of our understanding of electricity and divert for a moment to the scientist that discovered all this, Enrico Fermi.

Fermi was a great genius of a scientist born in 1901. He published his papers on electricity in the 1920’s. He was awarded the Nobel Prize for Physics in 1938 when he was just 37 years old when he extended his research to nuclear physics and radioactivity. He used his prize money to emigrate from fascist Italy and settled in the USA. He died in Chicago in 1954 at the age of 53. A great loss.

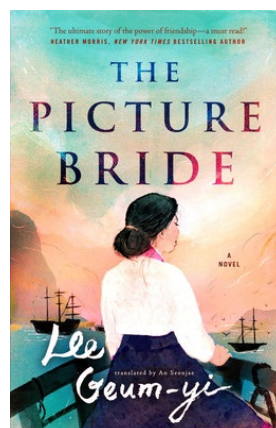
Here’s a picture of Enrico Fermi receiving that Nobel Prize for Physics in 1938.



With our dear friend Mr Fermi who did that vital piece of research, we take our leave of electricity until next time.

BOOK REVIEW - “THE PICTURE BRIDES”
by Guem-yi, Lee, published by Scribe Publications MacMillan Group in 2022. 301 pages. ISBN- 9781250808677

Reviewed by Marlene Wilson



Lee Guem-yi’s *The Picture Brides* is a work of historical fiction translated from Korean by Ahn Sea Jae. Although Lee is a well-established author in Korea, this novel is her first to be translated into English.

The central characters are Willow, Hongju and Songhwa, young women from a poor country area in southwest Korea. The year is 1917 and Korea is under Japanese rule. They are tempted by the village matchmaker to be brides for Korean men working in the sugarcane and pineapple fields in Hawaii. The men are described as landowners with their own homes with pictures of young men. However, most

grooms are much older and are poor workers with little prospects.

Only Willow's husband is young, but he is sullen and barely speaks to her and she discovers his secret past. She is left to struggle for ten years on her own and he goes back to Korea and China to fight for Korean independence. The friendship between the women is a theme of the novel as they help each other through difficulties with language, culture and racism.

The *Picture Brides* offers a compelling portrayal of resilience and solidarity amongst Korean women who left their homeland in search of opportunity. It is a moving and insightful novel that will appeal to readers of historical fiction.

Editor - Our thanks to Marlene for her monthly Book Reviews.

REMINDER & PLEA !

Please remember that Branch meeting fees have now increased since February – **Members \$8.00 & non-member(guests) \$15.00.**

A final plea – We need some younger able-bodied assistance in setting out tables and chairs in the Community Hall from **8.30 am** prior to our meetings. Not hard work, but 6 or 7 tables to be erected and often up to 100 chairs to be put out - a lot of work for our regular couple of "oldies" to manage on their own !

PHOTOGRAPHY AND PRINTING OF OUR NEWSLETTER

In conclusion, we would acknowledge and thank our photographer member Jeane-Pierre Hericher for his tireless work videoing our concerts & taking photos of speakers, etc. at our Branch meetings.

We also thank the office of Churchlands MLA Basil Zempilas for printing our monthly Newsletter and Branch meeting flyers – all much appreciated !

Just in case you are getting bored with all this – a few jokes to cheer you up and fill up some blank spaces !

