

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Branch Newsletter - July 2025

Meeting Venue : Our Branch meets at 9.30am for 10.00am on the second Thursday of each month 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>

Our meetings may be subject to the COVID-19 regulations of the day as imposed by the WA State Government and the City of Nedlands. However, there are presently no restrictions.

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 2024/2025

President: Joseph Lieberfreund 0429 809.080
president@nsaperthws.org.au

Vice Pres: David Thomas 0418 448 933
vicepresident@nsaperthwa.org.au

Secretary: Derek Cockle 0417 939 420
secretary@nsaperthws.org.au

Treasurer: Larry McIntosh 0416 161 816
treasurer@nsaperthws.org.au

Membership: Marion Laws 08 9387 8383
membership@nsaperthws.org.au

Newsletter: Derek Cockle

Committee: Sue Haydon 0487 288 787
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Committee: Rod McLaren 0412 678 050
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FROM THE EDITOR'S DESK

Our Annual General Meeting on **Thurs 12 Sept** is fast approaching, when all present Branch Officer and Committee positions become vacant. Nomination Forms are now available from me and must be completed and returned to me **by no later than Wed 28 August**.

A reminder, please advise our Membership Secretary Marion Laws of any changes to your postal or email addresses and phone numbers.

Contributions for future editions of this Newsletter would be much appreciated – your recent travel experience, funny stories, jokes, whatever ! Articles to me please for the next July edition **closing date Fri 25 July**.

Derek J Cockle Branch Secretary & Editor,

PRESIDENT'S CORNER



You will recall from last month's Newsletter that I mentioned that the cost of our monthly Branch meetings is rising. Our recently completed review reveals we have been running at a loss for quite a few months.

Besides door entry fees, some money from our recycling efforts and valuable contributions by Elsie from her sales of kitchen napkins and towels at the front desk, we only receive a grant of \$200 per annum from NSA head office.

To cover costs of holding these meetings and to cover Branch administration overheads, we have to increase door fees. These have remained at \$5 for members and \$10 for guests for many years and are just no longer tenable.

At our Branch meeting on Thurs 10 July, you will be asked to vote on this. The special motion is to increase member fees to \$8 and guests to \$15. This will allow us to continue to enjoy our meetings at this splendid venue and the beautiful refreshments at morning tea.

Our Committee meetings are held every second month, the next being on Thurs 24 July commencing at 1.30 pm in the Admin offices of Royal Agricultural Society in Claremont Showgrounds. Members are most welcome to attend to learn the workings of the Branch, comment on events and provide ideas for future meetings, tours, etc.

KINGS HONOURS

Hearty congratulations to two of our Branch members who have recently been honoured by being awarded Medal of the Order of Australia.

David Thomas – *"For service to the community through a range of organisations"* including amongst, many memberships of Australian Defence Force, President or Board member of RSL, Special Air Services Association, Royal Agricultural Society and Pilbara Community Services Legal Service.



David has also been a member of our Branch Committee & Vice-President since 2014.

Chappie Lobo – *"For service to the community of Perth"*



This distinguished award recognises his exceptional service and invaluable contributions to many voluntary organisations in Perth, particularly Goan Overseas & Indian Societies. Canning & Victoria Park Lions Clubs & Curtin University.

Custodio (Chappie) Lobo, was a founding member, Past President and Treasurer of the former NSA Perth Branch and is currently a member of the Perth Western Suburbs Branch.

RECENT EVENTS

Branch Meeting – Thurs 12 June

The meeting celebrated the founding of our Branch back in 2005, then known as Floreat Branch. We were honoured by the attendance of NSA National CEO Chris Grice who will brought us up to date on NSA advocacy and representations to Federal and State Governments on matters of importance to us seniors. A copy of his PowerPoint presentation will shortly be available for those unable to attend. NSA National Board Chairman Ross Glossop and Rosemary Durham (nee Charsley) who set up our original Branch, also joined us as our guests to make this a special occasion.



President Joseph Lieberfreund, NSDA CEO Chris Grice & National Board Chair Ross Glossop



NSA CEO Chris Grice



Our 20th Anniversary Cake made by member Terri McLaren



Rosemary Durham, Ross Glossop, Chris Grice, & original members Pauline O'Connor, Angela Swain & Robin de Jong

FORTHCOMING EVENTS

Branch Meeting – Thurs 10 July – Speaker will be journalist Cyril Ayris on his extensive overseas travels and assignments. His talk is entitled “Let’s not be Serious”, so it should be very light-hearted and amusing !

Branch Meeting – Thurs 14 Aug – You may recall that Prof. Nick Beecham gave us an amusing and informative talk at a very well attended meeting back in February regarding infectious diseases - “What to Catch and Where to Catch it”. His follow-up talk this time will be entitled “Emerging Infections and Pandemics – Disease X” - don’t miss it !!

Branch Meeting Thurs 11 Sept – Annual General Meeting – Election of new Branch Officers & Committee. Speaker to be advised.

SOCIAL & SPECIAL EVENTS

T Box Café - Thurs 17 July - Marion will be hosting our monthly afternoon tea at the T-Box café commencing at 2 pm. Everybody is welcome to a pleasant afternoon alongside the Claremont Golf Course.

Christmas in July – Thurs 3 July – Following the success of last year’s event, this will again be at Odin Tavern, Erindale Road, Balcatta commencing at midday. Cost is \$37. Coffee, tea or liquor extra. Pre-booking **essential** to Membership Secretary Marion Laws at email above and payment at lunch.

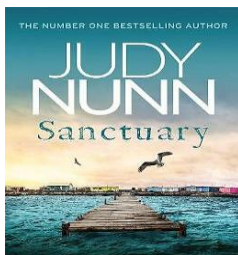
NSA Music Presents: “Sunshine in Winter” on Thurs 7 Aug commencing at 10 AM, at the Mount Claremont Community Centre.

The concert opens with Mozart’s Divertimento in B-flat Major, K 137, followed by the Boccherini Guitar Quintet in D Major Op G448. After the legendary NSA Music Morning Tea we will hear Dvorak’s Piano Quintet No 2 Op 81 for Piano and Strings. These great pieces will be performed by the Ryan Lee Quartet with Alexis Chin on guitar & Jude Holland on piano.

Pre-booking is essential either on Eventbrite or to President Joseph. Tickets \$15 each will be available at the Branch Meeting on 10 July. Refer separate detailed notice.

BOOK REVIEW

“**Sanctuary**” Author Judy Nunn, Penguin Random House, Australia, -2017 - 424 pages. Reviewed by Marlene Wilson.



Judy Nunn is a well-known Australian actress and scriptwriter for radio and television. In the 1990s she decided to become a writer and her historically based fiction novels have been successfully published in many countries.

“Sanctuary” is set on the fictitious island off Gevaar near the fictitious town of Shoalwater, in Western Australia. Those who know the area will delight in her descriptive prose “*sky and sea had merged into one all-consuming blur* “. Nine refugees have landed on the deserted island when their rickety dinghy runs aground. They are the only survivors of the forty people who set out on the vast Indian Ocean from Indonesia. Luckily a doctor, Rassen, and his wife, a nurse, take a leadership role and using the fishermen’s huts, they find food remains,

and by planting and nurturing the small gardens and fishing, they manage to survive.

Lou, a fisherman, is their first contact with an Australian and he provides them with the necessities to survive. However, he makes it clear that the government does not welcome illegal migrants. As their individual stories are revealed, we learn the reasons for their plight. What unfolds is a gripping novel of despair, love compassion and hope.

Judy Nunn at her very best – a great novel !

FORMER PERTH BRNCH MEMBERS

We have noted that almost half the total former Perth Branch members live on the south side of Swan River, some distance from our usual Branch meeting venue in Mount Claremont.

Although of course you are all very welcome, and we hope that you are able to attend out monthly meetings, if it would be more convenient for you to join and attend meetings at a Branch closer to your home, say Melville Branch who meet at Lifestreams Church, 55 Agincourt Drive, Willetton, then please let our Branch Secretary Derek Cockle or Membership Secretary Marion Laws know and we can arrange introduction to an alternative Branch

SCIENCE - NUCLEAR POWER by Joseph Lieberfreund

Last month we discussed one of the outcomes of Einstein’s theory of relativity which was the relationship between energy and mass which led to the discovery of nuclear energy. Today, nuclear power plants account for 11% of global electricity generation. Nuclear energy, through fission, can release 1 million times more energy per atom than fossil fuels. But what actually is nuclear power and how is it made?

Nuclear Power and Uranium.

Isotopes

Before we know what goes on, we need to understand what is an isotope.

All atoms have nuclei, (the centre), which consist of two types of particles – protons and

neutrons. Protons have a positive charge and neutrons have no charge. The number of the element in the periodic table is the number of protons in the nucleus. In the periodic table, the higher the number of protons an element has, the higher is its number.

An Isotope is an atom where the number of neutrons does not equal the number of protons. The first 80 elements of the periodic table have stable isotopes. They are not radioactive.

As the nucleus become larger, the isotopes tend to become less stable. Uranium has the element number 92 and so this element has 92 protons in the nucleus. The most common isotope of Uranium is U238. This element has 92 protons and 146 neutrons to make an atomic weight of 238. U-238 occurs 99.3% of the time Uranium found in nature.

However there also occurs, much more rarely, U-235. This is an unstable form of uranium. Scientists call this isotope of uranium “fissile” – it releases neutrons when the U-235 atom splits.

Making 5% Enriched Uranium

Now that we know what isotopes are and what U-235 is, we must bear in mind that it is only the isotope U-235 that generates heat, not the U-238.

In practice, only 5% of the uranium in a power station is U-235. You don’t need more than that. You just need a uranium composite which is 5% U-235, and the rest is made up of U-238.

Unfortunately, U-235 is not concentrated enough in nature to produce uranium-sourced power simply from mined uranium, found in nature. To get enough of it, you need to extract the U-235 isotope from the mined uranium which is mainly U-238. To do this, mined uranium is converted to a gas called uranium hexafluoride. The gas is then spun in centrifuges. The heavier U-238 is flung to the extremities of the centrifuge while the lighter U-235 stays at the centre. Through repeated spinning, enough U-235 is isolated so as to be able to make a composite product with 5% U-235 and 95% U 238. This composite is called

“enriched” uranium and comes in the form of solid pellets. These pellets are inserted into Zirconium alloy tubes, which we know as “rods”. This is what you see when in pictures of the insides of nuclear power stations.

Generating the Heat

To get the process going, the “enriched” uranium rods are immersed in water. A chain reaction is started by firing neutrons into the “enriched” composite. Once a U-235 isotope atom is struck, it splits and releases heat energy in accordance with Einstein’s equation ($E = MC^2$), and also more neutrons. These in turn strike other U-235 atoms – a chain reaction. The releasing of neutrons is called “nuclear fission” and is the very basis of the operation of nuclear-powered power stations. The chain reaction is controlled by inserting control rods in the water which have absorbing materials in them made of cadmium, silver, boron, etc. which absorb excess neutrons; also, by the fact that the uranium pellets themselves are only 5% enriched and not more.

Important to note that U-238 does not split. Only the U – 235 splits.

The heat generated by the atoms splitting heats up the water in which the Uranium is immersed, generating steam. The steam is directed to operate turbines which produce electricity, just the like all other power stations.

Printing of our Newsletter

In conclusion we would acknowledge and thank the office of Churchlands MLA Basil Zempilas for printing our monthly Newsletter and also congratulate him on his recent election as leader of the Western Australian Liberal Party.