

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Newsletter July 2024

Perth Western Suburbs Branch usually 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 Account: National Seniors Australia

Perth Western Suburbs Branch

BSB 036 063

Account 257852

Our website is:

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

Our meetings are currently subject to the COVID-19 regulations of the day as imposed by the WA State Government and the City of Nedlands. 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.

2023-2024 Officers:

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We thank Christine Tonkin MP for enabling this newsletter to be printed

FROM THE EDITORS FLOREAT DESK

The sleepy hollow of Floreat was tragically awakened in June by the murder of two women in an event that is becoming too common in our city and state. We all have a responsibility to assume our civic responsibility by way of making the law authorities aware of any potentially critical situation that endangers threatened family members, or even unrelated individuals.

Still, with all of the evil that is being perpetrated around the world, we can generally count ourselves pretty lucky to be living in this nation.

Please be aware of the members of our little community who are striving to work for the rest of us in providing benefits for the whole group. I would point out the tireless efforts of our secretary, Derek Cockle, in doing his best to provide worthwhile benefits for the whole group

RECENT EVENTS

Branch Meeting - Thurs June 13th

As an introductory, pre-morning tea item, your editor presented a show and tell travelogue on his, and Marion's, April trip to Morocco, which appeared to be well received by the 82 member audience.



Terry Middleton on location, Chefchaouen, Morocco, Courtesy Jean-Pierre Hericher

This was a memorable trip in an exciting, but peaceable country with friendly people

The principal guest speaker was Henry Chambers, an exercise physiologist with the UWA Exercise Performance Centre, who spoke on the benefit of aquatic activities in countering the effects of ageing in seniors. Subjects covered were: bone density relating to osteoporosis; loss of muscle mass caused by insufficient exercise; Principal Adaption to Imposed Demand (SAID); improvement in body awareness and balance in the pool; cardiovascular improvement from repetition workload on the heart etc.

He recommended 150-300 serious exercise minutes per week in 5 days as a minimum. The audience was invited to participate in chair yoga type exercises – which most attempted. Overall, a very good presenter.



**An earnest Henry Chambers at Mt Claremont
Also courtesy of J-P**

LOOKING AHEAD

Branch Meeting Thursday, July 11th, 9.30 for 10.00am. This will be held at the Mt Claremont Community Centre, as usual. The principal guest speaker will be Richard Goodwin, a prize-winning journalist and author, who has just had published a biography of Bill Angove - "Sparks of Genius", which tells the story of an Australian celebrity photographer who made "the big time" in Sydney and London during the 1950's & 1960's. Books will be for sale.

Branch Planning Forum, Thursday July 18th, 10.00am. To be held at the Councillors Rooms, RAS Claremont Showgrounds and presented by Secretary Derek Cackle. See his item at the end of the newsletter and contact him for further details.

Branch Meeting, Thursday August 8th, 9.30 for 10.00am. To be held at the Mt Claremont Community Centre, as usual. Principal guest speaker will be Jon Broomhall, Deputy Director of the Department of Fire & Emergency Services and son of our long-term members, Andrew and Margaret Broomhall, and furthermore, maths student of our Marion Laws at Hollywood Senior High School. See how he progressed.

SOCIAL EVENTS etc

Marion's T-Box Afternoon Tea, Thursday July 18th, 2.00pm. (Yes, the afternoon of the Branch Planning Forum) at the T-Box again, as

usual, it will be in full swing, after 18 turned up on June 20th.

Xmas in July Lunch, Odin Tavern, Erindale Rd Balcatta, 12.00 for 12.30pm. Full Christmas fare for \$36 at the same place as last year, pay on the day. Bookings of 16 to date, so plenty of good cheer.

MARION'S CORNER

Change of address etc.

If you are changing, or have changed your address, email or member details, please email Marion as per her email on the front page or at the branch meeting.

FUNNIES

Did you her the one about -----

A store that sells new husbands has opened in New York City, where a woman may go to choose a husband.

Among the instructions at the entrance is a description of how the store operates.

You may visit this store **ONLY ONCE!**

There are six floors and the value of the products increase as the shopper ascends the flights. The shopper may choose any item from a particular floor, or may choose to go up to the next floor, but you cannot go back down except to exit the building!

So, a woman goes to the Husband Store to find a husband. On the first floor the sign on the door reads:

Floor 1 - These men Have Jobs.

She is intrigued, but continues to the second floor, where the sign reads:

Floor 2 - These men Have Jobs and Love Kids. 'That's nice,' she thinks, but I want more.'

So she continues upward. The third floor sign reads: Floor 3 - These men Have Jobs, Love Kids, and are Extremely Good Looking.

'Wow,' she thinks, but feels compelled to keep going.

She goes to the fourth floor and the sign reads: Floor 4 - These men Have Jobs, Love Kids, are Drop-dead Good Looking and Help With Housework. She exclaims, 'I can hardly stand it!'

Still, she goes to the fifth floor and the sign reads: Floor 5 - These men Have Jobs, Love Kids, are Drop-dead Gorgeous, Help with Housework, and Have a Strong Romantic Streak.

She is so tempted to stay, but she goes to the sixth floor, where the sign reads: Floor 6 - You are visitor 1,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that women are impossible to please. Thank you for shopping at the Husband Store.

PLEASE NOTE:

To avoid gender bias charges, the store's owner opened a New Wives store just across the street.

The first floor has wives that love sex.

The second floor has wives who are rich, who love sex and whose parents own a brewery.

The third, fourth, fifth and sixth floors have never been visited.

Courtesy Peter Withey

BRANCH PLANNING FORUM – THURS JULY 18th

As announced in early June, it was proposed that we revisit the “raison d’etre” of our National organisation and in particular Perth Western Suburbs Branch to ascertain if our services and meetings offer you what you want.

We need input from you, our members, (and your guests/potential new members), about topics, speakers, trips, tours, lunches/dinners and other activities that you would like to attend.

The Planning Forum will be a special meeting of interested members who are prepared to meet to discuss such topics and include the following:

NSA National – Organisation and publications – comments, likes, dislikes and ideas for improvement.

Our Perth Western Suburbs Branch - An overview of the previous twelve months, including your feedback on the outcomes of previous meetings and events – what is working well and what could be improved;

- New ideas for future events;
- Speaker and topic suggestions;
- Your thoughts on Community Services;
- Issues affecting over 50’s in our area.

The Planning Forum will be held in the Councillors’ Lounge on the first floor of the Royal Agricultural Society offices in Claremont Showgrounds commencing at 10 am.

A number of members have already registered their intent to participate, but more would be appreciated in order to obtain a wider view of our past and proposed activities to guide our new Committee to be elected at our Annual General Meeting to be held at our usual venue in Mount Claremont Community Centre on Thursday 8 September.

Please consider joining such a group as every one’s opinion is important, and reply to Secretary Derek Cockle **by no later than Wed 10 July** if you would like to be involved.

Derek Cockle

