

National Seniors

AUSTRALIA

Perth Western Suburbs WA

BRANCH NEWSLETTER – JUNE 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
Vice Pres:	David Thomas	0418 448 933 david@r2rservices.com.au
Secretary;	Rod McLaren	0412 678 050 mclarenr66@g,mail.com
Treasurer:	David Thomas	0418 448 933 david@r2rservices.com.au
Membership:	Marion Laws	08 9387 8383 marion_laws@hotmail.com
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Committee:	Peter Ryan	0414 464 826 pdryan43@gmail.com
Committee:	Diana Ryan	0438 622 013 diryan41@gmail.com

FROM THE EDITOR'S DESK

In my previous editorial I appealed for members to give a brief talk on their careers and experiences at a forthcoming Branch meeting, but so far no one has come forward. I'm sure someone must have something interesting to say ? Please contact me of Marion Laws to discuss.

Later in this issue we are inviting ideas on how to better advertise our activities to attract more members or to get those who seldom attend to come to enjoy our company. Please let us know.

Derek J Cockle

Editor,

PRESIDENT'S CORNER



May saw a variety of activities which are fully described by our editorial team in this journal; a full month for which we have to acknowledge our hard-working volunteers and contributors.

The latest budget introduced new tax changes which will impact most of us whether in negative gearing, trusts or investments, superannuation, capital investments and family arrangements will all be impacted; this will flow on to the structure of our wills and bequests and the distributions arising from them. We will try and get tax and estates specialists to deliver in a special meeting about these matters which could go some way to explaining best strategies for the future, and perhaps most importantly, what to ask our advisors and accountants in the light of these budget changes.

Like all senior citizen organisations, we live in a time of change and challenge as economies struggle to accommodate population pressures and wealth distribution. Inflation is increasing costs wherever you look. We as an organisation must accommodate the changing times. We have to become focused as to the challenges and changes ahead. Changes in the way in which we operate, raise funds, pay for ever increasingly expensive technology and attract good speakers must be acknowledged and accommodated. Our committee is aware of these challenges and is formulating plans to mould the way we operate, the way we think and the way we fund our future activities without increasing door fees.

With fondest regards,

Joseph Lieberfreund Branch President.

TREASURERS REPORT

Our General Account to end of May has a healthy balance of \$8,899 with no outstanding invoices, Music Account \$1,269 including all income & expenditure for previous 7 May concert & Tours & Social Account \$0 after the successful Bently Pines Restaurant visit.

RECENT EVENTS

Thurs 14 May – Branch Meeting

Our initial speaker was **Judith Hatton** from Melville Cares, Western Suburbs, who spoke on “Support at Home” with the takeaway that you shouldn’t wait to register for this Government funded service – get in early !!



Judith Hatton

As we age we all eventually need some assistance to enable us to continue living independently. The “Support at Home” program delivers federal government-funded aged care services to help older people remain independent in their own home.

Depending on the outcome of your assessment, services available include help with cleaning, shopping, and laundry. Personal care is also available, including help with showering, dressing and grooming. Transport to appointments or community activities is also included as well as assistive technology such as mobility aids, safety alarms, or modified utensils and home modifications like ramps, handrails, or accessible bathrooms. Nursing services and allied health such as physiotherapy, podiatry and occupational therapy are also covered.

According to an April report published by the federal government, people are waiting an average of 12 months for “Support at Home” funding. The takeaway message from this report is don’t delay, get your application in as soon as possible for getting assessed for support at home. In the interim you can also get privately funded services.

Following on from our usual sumptuous refreshments, we were addressed by guest speakers **Pauline Charman**, Education Specialist from the Harry Butler Institute and **Shanidul Khan**, PhD Researcher from Murdoch University on the their research and possible remedies for the eradication of the **Polyphagus Shot-Hole borer** (PSHB) – the tiny beetle which was been threatening Perth’s trees for the past several years.



Pauline Charman & Shanidul Khan

The borers were first detected in East Fremantle in 2021 and have since spread throughout the metro and regional areas of W.A. with devastating effect on many trees, often necessitating their removal. Murdoch University researchers are producing colonies of borers in their laboratories and investigating ways in which the borers can be treated and hopefully eliminated in the near future.

The public are being invited to look for signs of borers in their gardens, such as tiny holes in bark, sawdust “noodles”, sticky sap or dying branches follow up. Member were provided with special “MyPest Guide Rulers” to help identify signs and to report findings to Murdoch for follow up.



Mon 26 May – Presentations by NSA Head Office Executives at Mount Claremont Community Centre.

NSA National Chief Executive Officer **Chris Grice** and Community Engagement Manager **Karen Furnival** travelled from NSA Brisbane Head office to address prospective new and existing members and guests on NSA’s purpose and vision for the nationwide promotion of senior’s interests, to ensure that our voices are heard and represented to federal and state government. They were supported by Perth based National Board Chair **Ross Glossop**.



NSA CEO Chris Grice



Karen Furnivall & Ross Glossop

They outlined the surveys and research being carried out, particularly related to aged care, ageism, retirement income, dementia and cost of living and their success in many instances of

influencing government legislation for the benefit of seniors.

NSA and its members have been active in making government and retailers realise the importance of encouraging the continued use of cash, (including KEEP CASH campaigns), before banks start closing or discouraging its use.

NSA have had successful outcomes influencing government policies, including freezing deeming rates, superannuation, free vaccines for elderly, Centrelink pensions, Pension Loan Scheme and Age Care legislation, including increased availability and funding of Home Care packages.

Karen Furnival spoke on the many free resources available to members, such as financial advice, NSA Money Hub, scam prevention, NSA "Eat-Play-Save" app. with countless money saving offers, also travel services and insurances.

Dr Jan Herbert, from NSA Advisory Council also gave a presentation on her work in conjunction with and assisting NSA head office.

Thanks are due to several Branch and Committee members, particularly Marion Laws, for organising the meeting at short notice and to Sharon Thomas for organising the much-appreciated refreshments !

FORTHCOMING EVENTS

Thurs 11 June - Branch Meeting – Our initial speaker will be a representative from Commonwealth Bank who will give a presentation on scammers and how to avoid.

Our main guest speaker will be **Cara Walker**, on "**Rethinking Funerals.**" Cara is a Director of one of Perth's newest independent funeral companies, offering unique, transparent, and cost-effective services for families.

Their mission is to break down barriers around end-of-life and funeral care by opening honest, engaging conversations in the community.

With experience as a Funeral Director, Death Doula, Grief Counsellor, and Celebrant, Cara offers a broad range of expertise to support and guide the community through life's most tender moments. Whether you have questions about end-of-life care, funeral planning, or the grieving process, she will share her insight and practical advice with compassion and understanding.

Her talk explores modern funeral options that are personalised, reflecting the life and individuality of each person, sustainable, including eco-conscious and natural approaches and affordable with clear, transparent pricing and planning choices.

The session is not morbid or heavy – it's an uplifting and practical discussion that encourages people to think about living fully, planning wisely, and embracing the many choices now available.

Thurs 18 June – Piano Recital by Jude Holland who is one of the most talented and celebrated young pianists in the State, winning many local and interstate awards. She will be playing music by Bach, Hummel, Chopin, Liszt and Muczynski at our usual Mount Claremont Community Hall. Entry is by gold coin donation. Registration to President Joseph and payment to NSA Music Account.

Refer to detailed email of Wed 20 May previously circulated for more information.

Thurs 9 July – Branch Meeting – Main guest speaker will be **Judith Amey** on her experiences in West Africa.

Thurs 13 August – Branch Meeting – One of our previous guest speakers **David Hounsome** will be returning to talk on art "From Cave to Canvas".

Thurs 20 Aug – String Quartet Concert with **Ellie Malonzo**. Programme and other details to be advised.

Thurs 10 Sept – Branch and Annual General Meeting.

Yes, I know some way ahead, but please consider nominating as President, Vice-President, Secretary, Treasurer and Committee members for the ensuing year.

TOURS & SOCIALS

15 May – Bentley Pines Restaurant Lunch –

This ever-popular event was attended by about 35 members and guests who thoroughly enjoyed the lunch prepared by the student chefs and the very efficient and attentive wait staff.

Tues 16 June – Visit to Mundaring Weir Pump Station followed by lunch at Mundaring Weir Hotel.

PLEASE JOIN US ON A GUIDED TOUR OF
Mundaring Weir Pumping Station No 1
followed by LUNCH @ Mundaring Weir Hotel

Tuesday 16 June
10am start for a morning cuppa & presentation by The National Trust, followed by a guided tour of the Pumping Station.
Includes: morning cuppa, guided tour, plus lunch at the hotel. \$33 per person.
Please make your selection from the menu below and return to us by the deadline to help us plan for the event.

OPTIONAL BUS TRAVEL FROM FLOREAT
The Floreat Centre bus will be operating on the day. If you would like to take the bus, please return to us when making your booking.

RSVP essential (Must include your lunch choice)
Malcolm 0418 906 478 | www.nolagoff@hotmail.com
or: gary.arncliffe@nationaltrust.org.au

Mundaring Weir Hotel Seniors Lunch Menu

1. Fish Battered or Grilled: served with salad and chips
2. Creamy garlic parmesan pasta: with spinach, mushrooms and sundried tomato
3. BILT Burger: with crispy bacon, lettuce, tomato and garlic mayo
4. Super Salad: with pumpkin, feta, quick pickled beetroot, quinoa chop salad with mixed nuts and balsamic dressing (gl, v, vgl options)
5. Garlic Prawns: in a cream and white wine sauce with basmati rice and salad (gl)
6. Crispy salt and pepper squid: served with chips, salad and tartare sauce
7. Crispy Asian Damppling Pork bowl: Pork & chive pot sticker dumplings with lettuce mix, cherry tomatoes, cucumber, red onion, rice noodles and asian dressing

Don't forget ...
Please pre-select your lunch choice when booking to the event.

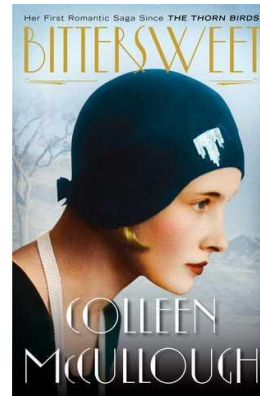
This event is organised by Salvation Army, Floreat Branch on behalf of Club 55, who have invited all Branch members to attend.

All enquiries & registrations must be made to Malcolm or Nola Goff at Floreat Salvo's (**NOT to NSA**) on mob: 0418 906 478 or email: nolagoff@hotmail.com. If you would also like transport to and from the event leaving Floreat at 8.45 am, please advise at time of registration.

Thurs 18 June - Afternoon tea at T Box Café at Mt Claremont Golf Course – Usually held on third Thurs of each month, will be from 2 pm. This 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.

BOOK REVIEW - “BITTERSWEET” by Colleen McCullough, published by in 2013 by Harper Collins Publishers, Australia Pty Ltd. 633 pages ISBN

Reviewed by Marlene Wilson.



Colleen McCullough was one of Australia’s best-known authors. Her novel *Thorn Birds* was one of her most prolific and an international bestseller. *Bittersweet* is another saga of love, ambition, betrayal and redemption set in Australia in the 1920s.

The novel is set in Corunda, a fictional town in NSW, in a relatively short time span from 1924 to early 1930s. The main characters are the Latimer sisters, two sets of identical twins born to the same father, a rector in the Church of England, but different mothers. The girls – Edda

and Grace, Tufts and Kitty - are intelligent and attractive and have benefitted from a private education. Their father, realising they are ambitious allows them to enrol as registered nurses, the first intake in NSW.

McCullough with her medical background, can describe the working conditions of nursing in the 1920s most vividly. When the men the girls fall in love with enter the novel it causes intrigue and heartache, hence the title *Bittersweet*.

The politics of the era are absorbing as The Great Depression affects Australia. Political characters such as Jack Lang and Joe Lyons are woven into the tale with McCullough's wonderful story telling. A thoroughly enjoyable novel, an absorbing slice of bygone Australia.

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

HOW CAN WE ADVERTISE OUR BRANCH MEETINGS?

We are faced with a dilemma every month on how to advertise our meetings at the lowest cost. Commercial advertising is expensive.

Our local free Community Post Newspaper is effective, but only if the article is published.

Delivering flyers to the community is effective but only if the deliverer is free. So, you will find 4-5 flyers on your chair advertising the next meeting which we hope you will take away with you and post into mailboxes on your daily walk. Please feel free to take more if it will be a long walk!

Otherwise, please encourage your friends and neighbours to come along.

REMINDER & PLEA !

Please remember that Branch meeting fees have now increased – **Members \$8.00 & non-member(guests) \$15.00**. These increases are necessary to cover our increased cost of catering and Branch administration.

If you are an occasional visiting non-member and would like to reduce the cost of attending future meetings, please consider joining NSA – application forms are available at the front desk or online at the NSA website - www.nationalseniors.com.au.

The annual subscription is only \$49.50 per person, \$80 for a couple, or discounted for 2 years to \$88 or \$143, 3 years \$120 or \$180, 5 years \$220 or \$325).

Please make payment for all new subscriptions or renewals **direct to NSA Head office** in Brisbane via their website to obviate our Treasurer having to make transfers from our account to Head office. However, if you have any difficulty with this please pay in cash or by card at next Branch meeting.

ONCE AGAIN, A PLEA – Whilst everyone helps to clear up, collect and store chairs and tables after meetings, we still need some able-bodied younger assistance in setting out tables and chairs from 8.45 am prior to our meetings. The one or two people who turn up on time to help are getting a bit worn out !

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 and 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 !