

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Newsletter May 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 Branch Officers:

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

FROM TEMPORARY EDITOR DEREK'S DESK

Well, I got through the preparation and distribution of last month's Newsletter, which I hope you all found interesting ?



Vice-President David (photo above), did a great job Chairing our last Branch meeting on Thurs 11 April and will have to do so again at our next one on Thurs 9 May. Our travelling President Terry should be back from overseas holiday at the end of May to take up the reins again.

After all that hard work I had to have a break, so my wife and I drove down to the south-west to stay for a few days R & R at RAC's Karri Valley Resort, which we thoroughly enjoyed and can recommend.

RECENT EVENTS

Branch Meeting Thurs 11 April. Our initial guest speaker **Greg Hebble**, CEO of Wheelchairs for Kids, explained the design, manufacture and distribution of their wonderful, volunteer-built wheelchairs specifically designed for disabled children.



You will be please to know that just over \$180 was donated by members and their guests and handed to Greg at the conclusion of our meeting.

Following our tea/coffee break, we were addressed by **Jordan Brown**, (photo below), an Audiologist from Ear Science Institute Australia which incorporates Lions Hearing Clinic, who explained how our hearing is related to different aspect of our health and identified the risk factors and impact of untreated hearing loss.



Copies of both Greg and Jordan's PowerPoint screen presentations are available by application to our Secretary Derek Cockle.

LOOKING AHEAD

Branch Meeting Thurs 9 May

Initial speaker will be Yvonne Buters, (photo below), from Aged Care Reform Network,



followed after our tea break by Chantelle Mader, (also photo below), CEO of Legacy Conservation Forest who will explain how her charity offers burial space in which funeral ashes grow trees near Wellington Dam.



More detailed information on both speakers and their topics are contained in the recently circulate notice of meeting to members and on their websites.

NSA Music Concert, Thursday May 30th 10.00am

Impresario, Joseph, has confirmed arrangements for the next NSA Music concert to be held at The Mount Claremont Community Centre. It will be an all-Mozart program, including the Violin Concerto No 5, featuring Ryan Lee as soloist. Thanks to

Joseph's very generous sponsors and to a Lotteries Commission Grant, there will be no charge, even for the splendid morning tea, however, donations to offset some of the costs will be much appreciated. Look out for the forthcoming more detailed flyer !



Mozart
IN
May

30 May 2024
10 AM - 12.15 PM

Divertimento In D;
5th Violin Concerto;
String Quartet No. 15.

WA's Finest Young Musicians.

Mount Claremont Community Centre
105 MONTGOMMERY ROAD, MOUNT CLAREMONT

Hosted By NSA Music. \$5. Book On Eventbrite

Next Branch Meeting – Thurs 13 June

Our main speaker will be Kate MacKinnon, UWA exercise physiologist on the use of water for rehabilitation and fitness for older people or maintaining cardiac health.

SOCIAL EVENTS

Claremont Golf Course Tee Box Café - Thurs 16 May

These social coffee meetings are usually organised by Marion Laws, but whilst she is away, David Thomas has kindly agreed to

host. A table has been booked for 2 pm – so see you there !

John Forrest National Park and Boab Tavern, Maida Vale Lunch Tour – Fri 21 June

Please note change of date (previously Wed 21 June) & change of lunch venue. Perth Branch are organising this tour and are inviting all our members to join them. Paul Udinga will be on the tour to explain the history of the park, it's layout and various attractions within it. Cost of Senior's lunch at the tavern is about \$20, with entree, dessert and coffee extra. More details to follow shortly. Preliminary expressions of interest are invited now !

NSA National "Branch Out" Magazine

I hope you enjoyed the first of the new abridged edition based on the digital "Our Generation" magazine ? The next quarterly printed edition should be available at the next Branch meeting. *Please only take one only if you are unable to access the online digital edition as there will only be a limited number available.*

NSA SHIRTS

Did you know that NSA have some very smart black polo shirts available at cost of \$24.95.? I will be demonstrating one at next Branch meeting ! If there is sufficient interest, we can arrange a bulk order & delivery.



Various other NSA endorsed items are available including caps, visors, etc – search on NSA website for member merchandise !

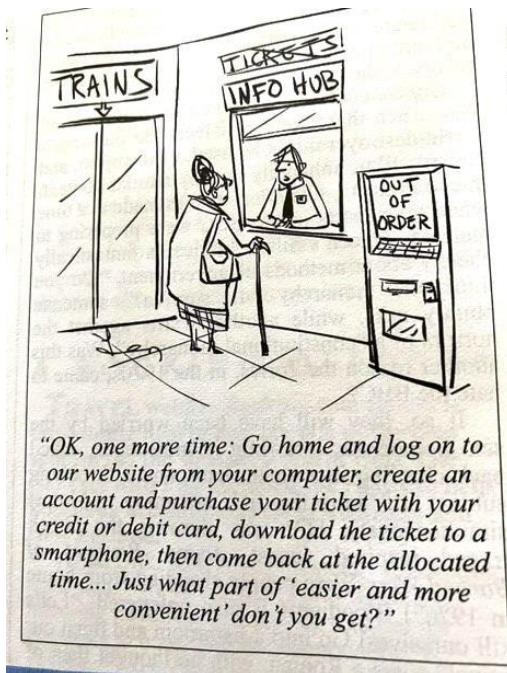
CHRISTEL BOUTON

Those of us who were at the Branch meeting on 11 April will recall that member Christel collapsed during, (but not due to !) our tea break, fell backwards and hit her head on a chair. Thanks to prompt action and help from our guest speaker Jordan Brown, an ambulance was called and she was taken to hospital. Many thanks to all who assisted her. Latest news is that after two days treatment in Sir Charles Gairdner Hospital she is back home, very shaken and slowly recovering. She sends her thanks and good wishes to all.

MEMBER NAME BADGES

Just a reminder to please always wear to Branch meetings and to write the name of your emergency contact and their phone number on the back of your badge.

Does this sound familiar ?



Or another joke

Two old ladies Dolly and Ruby were talking about their grandchildren. Dolly said, "Each year I send each of my grandchildren a card with a generous cheque inside. I never hear from them... never receive a thank you message."

Ruby replied, "I too send my grandchildren a very generous cheque. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come ?" remarked Dolly.

"I don't sign the cheque!" replied Ruby.

On a more serious note

An appeal for help from a few able-bodied members to set up chairs, tables and signage in the Community Hall from 8.45 am, prior to meetings.

As you are aware, thanks to member Jeane-Pierre Hericher, we often video meetings & concerts, but need the assistance of an experienced member to edit and install on YouTube for all to view. Please contact Secretary Derek if you can help.

That's it folks - until next month !



Derek J Cackle

Secretary & Temporary Editor