PRES

National Seniors AUSTRALIA
Perth Western Suburbs WA

BRANCH NEWSLETTER – OCTOBER 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 2026/2027

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@gmail.com	
Treasurer:	**David Thomas**	0418 448 933
	david@r2rservices.com.au	
Membership:	Position vacant – volunteer required	
Newsletter:	**Derek Cockle**	**0**417 939 420
	djcockle@bigpond.com	

Committee: At least **four** volunteers required !
Please offer your help to Branch Secretary Rod McLaren

FROM THE EDITOR'S DESK

At the recent AGM it was very disappointing to only receive formal nominations for President, Vice-President and Secretary, who have agreed to continue. However, unless several members come forward to join the Committee and offer help, we may have difficulty in running future Branch activities.

As you will note from David Thomas' plea later in this Newsletter, we need your help to reduce catering costs, preparation and clearing up after.

At the next Branch meeting I hope that we will be inundated with member offers of assistance !!

Derek J Cockle
Editor



At the recent AGM, as no other nominations were received, David Thomas as Vice-President and Treasurer, Rod McLaren as Secretary and myself as President were re-elected for the following twelve months.
Following the AGM, former Committee member Derek Colckle has agreed to assist us. We look forward to continuing the management of Branch affairs, but would nevertheless welcome member assistance in the roles detailed later in this Newsletter.

We all thank departing committee members Marion Laws, Di and Peter Ryan and Sue Haydon.

Your attendances at our branch meetings gives us all a fillip and the attendance of just over 100 including 35 guests at Professor Mamo's talk perhaps is a pointer to the future where casual attendees come because of the interest in the speaker.

Summer will soon be upon us, and now that we know all about El Nino we need to investigate the Indian Ocean Dipole to make us all experts! In summary a long hot and dry summer.

Look forward to our next meeting and watch this space for the Christmas Lunch and Christmas Concert!

Joseph Lieberfreund
Branch President.

TREASURERS REPORT

As of 14 September bank balances were:

- **General Account** – "Free" cash available for general expenses, (other than concerts, tours or social events), is approx. $8,500 after payment of recent outstanding invoices.
- **Music Account** - $1,432. Joseph has applied for donations and grants for future concerts and will report at our next Branch meeting.
- **Tours & Social Account** – $880. This represents 22 bookings for the Bentley Pines Lunch on 29 October. A few seats are still available at a cost of $40 per head.

RECENT EVENTS

Thurs 10 September Branch Meeting

Our **g**uest speaker was Professor John Mamo, whose talk was entitled **"Hope on the Horizon: New Advances in Alzheimer's and Parkinson's Disease".** John is Head of Neorovascular and Metabolic Diseases Programme at the Perron Institute for Neurological and Translational Sciences and Professor of Health Sciences at Curtin University.



Professor John Mamo

A major part of his research focuses on understanding why diseases such as Alzheimer's disease and Parkinson's disease develop and how we might prevent or slow their progression. Other areas of significant interest to us are in pain prevention, presently focussing principally on migraine and endometriosis, but with an eye on the future for arthritis. He leads several clinical trials translating discoveries from the laboratory into potential new treatments for patients.

He explained how he and his colleagues are challenging traditional thinking, why these diseases may share common biological pathways and how this has led to world-first clinical trials being conducted here in Australia.

His talk provided an informative and optimistic overview of where the field is heading, illustrated with many slides on brain tissue damage. it hoped in the near future proposed new treatments will at least slow, if not prevent the growth of these diseases and what this may mean for patients and their families.

Copies of his presentation slides are available upon request to Derek Cockle.

Thurs 10 September

ANNUAL GENERAL MEETING

This followed morning tea and was proceeded by presentation of gifts and thanks to our "Catering Ladies" – Sharon Thomas, Sandra Spiro, Joye Woodhouse, Julie Wright, Judy Elsegood, Peggy Lilley and Del McDonald.

Annual Report : President Joseph delivered a brief report and directed members to his detailed printed Report, copies of which were available at front desk prior to the meeting. Email copies may be obtained by application to Branch Secretary Rod McLaren.

Treasurer's Report : David Thomas presented the following comments on the financial accounts for the year to 30 June 2026, which were summarised in the Annual Report distributed at this meeting.

"Our meeting door entry fees rose by 71% from $4,320 last year to $7,406 this year partly as a result of fees increased from August of 2025. Total attendance numbers increased from 792 last year to 895 this year, an increase of 13% - the highest on record since 2021 !

Income from sponsorships totalled $3,000 from accountants Grant Thornton and Western Suburbs Cares and the very much appreciated contribution by Elsie Tester, whose sale of tea towels contributed $250 in fundraising. Our overall revenue for this year from our meeting activities rose from $4,863 last year to **$11,935** this year.

However, our costs have considerably increased. Hall hire rose due to an increase in hourly rates by the City of Nedlands, which also levies a large impost for our equipment storage costs. Catering costs also went up, as did a range of administrative costs.

Overall result for our meeting activities was a **surplus of $1,250** for the year, a vast improvement over last year when the result was a $2,483 deficit.

We will however have to become more effective in our expenditures to reduce our overall spending in order to maintain this positive result without increasing door fees again, particularly in the face of price inflation which puts pressure on all costs. For example, the City of Nedlands have this month increased the hourly rate for this hall hire from $40.50 to $42.40 per hour. Just to compare, prior to August 2025, the hourly rate was $38.50.

Our music costs this year exceeded revenue, mainly due to generous grant receipts recorded in June 2025 which related to this year's concerts. Overall, over the 5 years that the music concerts have taken place, they recorded a net surplus of $987. Thanks to a major donation from Endeavour Homes, our

Christmas lunch saw revenue equating to costs and thus breaking even. Our tours and membership activities also broke even, which is what was expected.

Our funds remain healthy with a balance of **$8,888.50** at 30 June 2026, but a quick calculation reveals that without the transfer into our bank account in 2025 and 2026 of $7,681 through the amalgamation with the Perth Branch and sponsorship support, we would be in a deficit position by $1,793. *It is for this reason that there is a resolution at this AGM asking members to consider seeking sponsorship funding for our activities ".*

The following motions were put to members at the meeting :-

Motion1: That Music Concerts are not conducted on the 3rd Thursday of the month as this conflicts with T Box Café afternoon social meeting. Proposed by Joseph Lieberfreund and seconded by Rod McLaren. **CARRIED**

Motion 2 : That Committee may be permitted to seek funding from commercial enterprises to finance future branch activities. Proposed by David Thomas and seconded by Rod McLaren.

After considerable discussion and some dissention, it was agreed that Committee should use their discretion and where possible or appropriate invite competing organisations to offer alternative sponsorship proposals or donations.

Office & Committee Elections

The following nominations were received:

President :	Joseph Lieberfreund
Vice President :	David Thomas
Secretary :	Rod McLaren
Treasurer :	David Thomas

There being no other nominations, the above were declared duly re-elected for the following 12 months.

No nomination were received for Committee members, which may result in ongoing organisation problems.

Vacant positions are:

- Branch Network Forum Representative,
- Membership Secretary,
- Speaker Co-Ordinator,
- Tour/Social organiser
- and at least three other Committee members.

Offers to assist should be directed to the President or Branch Secretary Rod McLarten.

FORTHCOMING EVENTS

Thursday 8 October – Branch Meeting
Prof. Nick Beeching

Our guest speaker will be **Prof. Nick Beeching** who members may recall give us an amusing address last August. This time his talk will be entitled **"Vaccines for Seniors – For or Against ?"** We are assured that this will not be too serious and will be illustrated with some dodgy cartoons to soften the blows !



Nick Beeching

Thursday 15 October - Afternoon tea at T Box Café at Mt Claremont Golf Course

All members and guests are welcome to this informal event for a catch-up and chat from 2 pm. An ideal opportunity to discuss possible new Branch events, topics and speakers, outings, tours, etc.

Thurs 29 October – Bentley Pines Lunch



A few places are still available at this superb three course luncheon prepared and served by experienced students at Curtain University Catering College. Please apply to President Joseph Lieberfreund – joseph@airbell.com.au.

Branch Meeting – Thurs 12 November - Steve Houghton

Our guest speaker will be Professor Stephen ("Steve") Houghton who will talk about "Loneliness" and how to overcome this.

Steve Houghton is a registered psychologist and Director of the Centre for Child & Adolescent Related Disorders at the University of Western Australia.

He is also a Visiting Professor at the University of Strathclyde, School of Psychological and Health Sciences, Glasgow, Scotland.



Professor Stephen Houghton

Note – As usual, due to Christmas/New Year holiday period, there won't be any Branch meetings in December or January next year.

December 21 - Christmas Concert

A major Christmas music concert is planned for December. The orchestra want to perform Beethoven's 9th Symphony, a monumental work with a monumental budget. Endeavour Homes have expressed an interest in making this a "named concert" and could potentially be the principal funder.

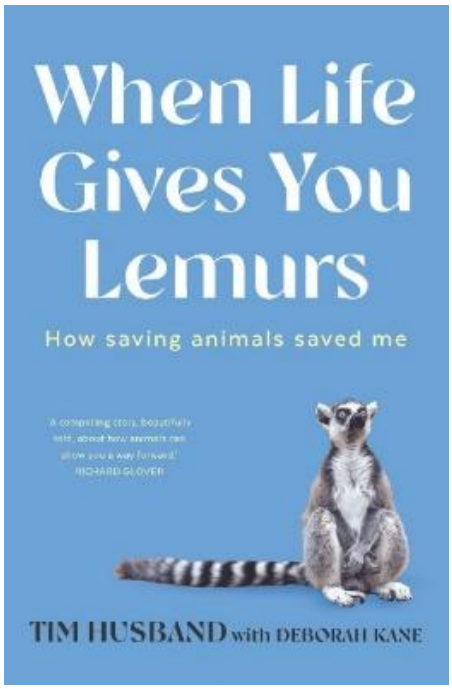
VIDEOS OF BRANCH MEETING SPEAKERS & CONCERTS

Thanks to Jeane-Pierre Hericher, our resident member photographer, videos of some of our Branch meeting speakers and most the concerts will shortly be available on YouTube. The appropriate references will be advised to all members by separate email in due course.

BOOK REVIEW- "WHEN LIFE GIVES YOU LEMURS" or "How saving animals saved me" by Tim Husband and Deborah Kane.

Allen & Unwin, NSW, Australia 2024. 296 pages

Reviewed by Marlene Wilson



When life gives you Lemurs is an autobiography of Tim Husband's amazing life co-written by his friend Deborah Kane.
Tim was born in Whangarei in New Zealand into a devout Jehovah Witness family. They spent their weekends doorknocking delivering God's Word. Tim never felt he belonged in the community and spent his time in the bush taking care of injured animals. His father is abusive, to Tim in particular, and his mother is timid and not supportive.

When Tim is fourteen an unfortunate first sexual encounter has devastating results for the girl and Tim is ostracized by his family and the church elders.

He is driven from the family home and lives for years in a caravan. The owner of a small local zoo takes him on as a helper for his keep and he stays for ten years. He loves the lemurs and spends time learning their habits and they save him from the depression that results from his traumatic childhood.

Time finds he has a talent for enhancing animal lives and redesigning their habitats. He moves to designing zoos in Cairns and Bali, training staff and earning a reputation as an exotic animal whisperer. With his capable wife Jenny, they are contracted to supervise the construction of the Dubai Safari Park.

This memoir as an amazing tale of courage and resilience from such a traumatic childhood. Tim states *"saving animals saved me"*, which is a wonderful sentiment but his own hard work and tenacity shine through his unforgettable memoir.

Editor - Our thanks to Marlene for her continuing monthly book reviews.

BRANCH MEMBER PROFILE
GEOFFREY SPARROW



Geoff joined our Branch in December 2023 and has recently volunteered to help on the front desk at our Branch meetings. He has been very active in various volunteering roles since he retired after serving for 25 years in the Royal Australian Navy as a Lieutenant Commander.

He started volunteering as a guide on HMAS Ovens, an Oberon Class submarine which is on the hard stand at the Maritime Museum in Fremantle. As guide he had to present to up to 12 people during the conducted tour. He also completed 21 years with Marine Rescue Whitfords as a volunteer senior skipper as well as serving as the Groups Commander on two occasions.

Finally, he was a volunteer driver with the St John Community Transport Service for 2½ years, transporting people with disabilities to and from medical appointments.
Geoff says that volunteering has given him some wonderful experiences, and he recommends it to anyone as something worthwhile doing.

BRANCH MEMBERSHIP & DOOR FEES

If you are an occasional visiting non-member and would like to reduce the cost of $15 to 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.** Member entry fee is then only $8.00 per meeting.

The member annual subscription is only $49.50 per person, $80 for a couple, or discounted for two years to $88 or $143, three years $120 or $180, five years $220 or $325).

Please note – Payment for seats at all our music concerts should be made into our **separate Music Account** at Westpac Bank - BSB: 036051 Account: 649381 and not to our General Account.

PHOTOGRAPHY AND PRINTING OF OUR NEWSLETTER

In conclusion, we would acknowledge and thank our photographer member Jeane-Pierre Herricher 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 Newsletters and Branch meeting flyers !

With Thanks To Our Sponsors and Supporters

Western Suburbs Cares
The heart of community care

Grant Thornton

ENDEAVOUR HOMES
Builders of Quality

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NATIONAL SENIORS

PERTH WESTERN SUBURBS BRANCH

National Seniors AUSTRALIA



Meet people • Hear interesting speakers • Stay connected

Come along to a friendly local meeting where conversation, useful information and good company are all part of the morning. Visitors are always welcome.

A WARM WELCOME

Enjoy morning tea, conversation and the chance to form new friendships in a relaxed setting.

SOMETHING NEW

Our speakers explore health, history, travel, art, law, science, gardening and much more.

A STRONGER VOICE

National Seniors advocates on matters affecting older Australians, including health, aged care, housing, retirement income and cost of living.

JOIN US AT OUR NEXT MONTHLY MEETING

WHEN

Second Thursday each month
Arrive 9.30 am for 10.00 am

WHERE

Mount Claremont Community Centre
109 Montgomery Avenue

THE MORNING

Starts 10 AM
Morning Tea 10.30 - 11.00
Main Speaker 11.00 - 12.00

Free parking • Members $8 • Visitors $15 • Bring a friend

COME ONCE AND SEE FOR YOURSELF

Attend as a visitor, meet the branch and discover whether National Seniors membership is right for you.

FIND OUT MORE

Joseph 0429 809 080
joseph@airbell.com.au

nationalseniors.com.au/about/branches/perth-western-suburbs

National Seniors AUSTRALIA

National Seniors Western Suburbs - for variety, entertainment and friendship

