

National Seniors

AUSTRALIA

Perth Western Suburbs WA

BRANCH NEWSLETTER – SEPTEMBER 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
Newsletter:	Derek Cockle	0417 939 420 djcockle@bigpond.com
Committee:	Sue Haydon	0487 288 787 sueesther10@outlook.com
Committee:	Peter Ryan	0414 464 826 pdryan43@gmail.com
Committee:	Diana Ryan	0438 622 013 diryan41@gmail.com

FROM THE EDITOR'S DESK

We are nearing the end of the present Branch Committee tenure, with new Officers and Committee members to be elected at the forthcoming AGM on Thurs 10 September. Please consider nominating and attending that meeting, as without your input, we could be struggling in the near future.

Your new Committee will not only welcome ideas for topics and speakers for Branch meetings, special events, tours, visits, lunches, dinners etc., but offers to speak, organise or help run events will be much appreciated.

Members – it's over to you !!

Derek J Cockle - Editor

PRESIDENT'S CORNER



There is clearly a correlation between the number of good folk attending meetings and their interest in the speaker. The question of whether there could be a benefit, knowledge and growth to be had from attending a meeting, seem secondary to the immediate interest to us of the subject matter being addressed.

But is this not the approach of stultifying conservativeness which is seen to be the hallmark of our age group ? Perhaps it's best to hold the position that one never knows whether one's assessment of a topic's interest is confined to our own, perhaps narrow and limited knowledge or experience, despite the obvious fact that we know everything, because, after all we are replete with years and, so the assumption goes, knowledge.

So, I urge you to recognise the disingenuousness of this assumption; life is rich when we are open to exploration. Youth is dazzling because there is so much to see and discover. Why should mature age be any different ? It is not. Our knowledge is a mere smidge and keeping our curiosity open and alive can make older age as dazzling as our youth, and indeed even more so. Like reading the same book years later – experience brings forth as patina that does not exist in youth – and that can be as rewarding and as dazzling as that openness of an earlier age.

That is what our Branch offers you. Our speakers offer you: the chance to experience something new, interesting and rewarding at every meeting. That is why I for one believe in this job – the belief that to offer that excitement, that opportunity to grow, renew, re-evaluate, absorb and flourish, can make us all just as alive as when we were new upon this earth.

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So come and join this adventure that National Seniors Perth Western Suburbs Branch offers you. Come to our meetings and join in the community.

For less than a cup of coffee and a sandwich, the chance words of a knowledgeable speaker or the observations of a colleague could profoundly enhance our life.

Joseph Lieberfreund Branch President.

TREASURER'S REPORT

As of 31 August (unaudited) balances were: -

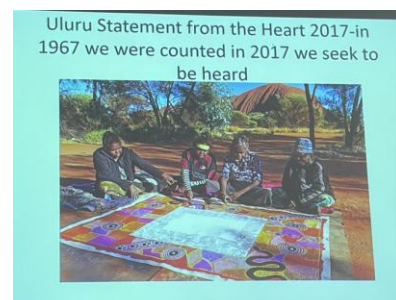
General Account – “Free” cash available for general expenses, (other than concerts, tours or social events), is approx. \$8,000 with no outstanding invoices.

Music Account - \$1,500. Joseph has applied for donations and grants for future concerts and will report at our next Branch meeting.

Tours & Social Account – \$120. Next activity is the Bentley Pines Lunch on 29 October: 25 seats are still available at a cost \$40 per head.

RECENT EVENTS

Thurs 13 August – Branch Meeting – One of our previous guest speakers **David Hounscome** returned to talk on art “**From Cave to Canvas**” and the origins and changes in Aboriginal Art due to outside influences, materials and technique. A couple of his many sample paintings and illustrates are attached.



His talk illustrated how cultural practice became a commercial product and much more. From rock art of the Kimberley and Kakadu to the breakthrough international recognition of the Papunya “school”, his talk encompassed a wide range of aboriginal art from many language groups. From Albert Namitjira’s imprisonment, the work of the stolen generation at Carrolup (Katanning) to the art on the Yirrakala Petition and the 2017 Statement from the Heart.

Copies of some of David’s slides are available by request from Newsletter Editor Derek Cockle.

Thurs 20 August – String Quartet Concert featuring **Ellie Malonzo**, violin virtuoso, one of Australia’s most remarkable young musical talents, who performed for us on a previous occasion. She was accompanied by Emma Luckley on cello, Monica Rallabhandi on violin and Samuel Thoo on piano.

The program included **Handel-Halvorsen** - Passacaglia (1894), **Arensky** - Piano Trio No. 1 in D Minor, Op. 32 (1894), **Ysaye** - Sonata for Two Violins, op. posth. (1915).



Thurs 10 September– Branch and Annual General Meeting. Guest speaker will be **Prof. John Mamo** speaking on “Diseases of the Brain”. Details to follow.

COMMITTEE NOMINATIONS – In accordance with our Branch Constitution & Rules, all positions will become vacant at this meeting and several of the longstanding Officers and Committee members have indicated that they will not re-nominate for the forthcoming Branch year. It is therefore imperative that we receive multiple nominations for President, Vice-President, Secretary, Treasurer, Membership Secretary, BNF Representative, Speaker Co-Ordinator, Tour/Social organiser, Newsletter Editor and three or four more Committee members for the ensuing year.

Secretary Rod McLenan has already issued Nomination Forms for completion by Branch **financial** members which must be returned to him **by no later than Mon 7th September** for voting at the AGM.

TOURS & SOCIALS

We urgently need one or more volunteers to organise outings, tours, lunches and dinners – please offer your services to President Joseph.

Thursday 17 September - Afternoon tea at T Box Café at Mt Claremont Golf Course – Usually held on third Thurs of each month, all members and guests are welcome to this informal event for a catch-up and chat. An ideal opportunity to discuss possible new Branch events, topics and speakers, outings, tours, etc.

Thursday 8 October – Branch Meeting

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 ! Details to follow in next Newsletter and notice to members.

December - Christmas Concert

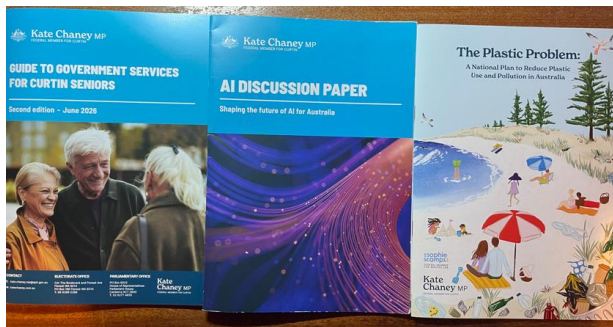
The major Christmas music concert will be held in December, at date and venue to be confirmed. The orchestra want to perform

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.

GUIDES AND DISCUSSION PAPERS



Several interesting and very useful documents revised have recently been published and is available from Kate Chaney MP's office, Corner Boulevard and Floreat Avenue, (near Floreat Forum Shopping Centre) and are recommended reading :-.

Guide to Government Services for Curtin Seniors (2nd Edition – June 2026)

This lists and provides detailed information on a wide variety of Federal and State Government services available to seniors and is a highly recommended reference document.

Ai Discussion Paper

This document is based on a recent survey of Curtin residents and sets out a lot of information regarding exactly what is Artificial Intelligence, the advantages and disadvantages and the effect on our lives and how we can use AI to our advantage. A very relevant topic to

many of us who have very little idea of what it is all about.

The Plastic Problem

This paper discusses a National Plan to reduce plastic use and pollution in Australia and what we can all do to make the Plan work.

NSA PUBLICATIONS

Whilst on subject of publications, are you aware of and read the many document available on-line from NSA National office which include :-

Our Generation – quarterly

Connect Newsletter – weekly

Member Matters – weekly

Health Matters – bi-monthly

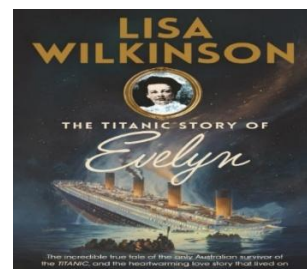
Money Matters – monthly

Money Hub – occasional

Branching Out - monthly

BOOK REVIEW- "The Titanic Story of Evelyn" by Lisa Wilkinson

Published by Hatchett Pty Ltd Australia and in 2026. 568 pages. Reviewed by Marlene Wilson



Lisa Wilkinson AM is one of Australia's most respected and popular journalists. This is the true story of Evelyn Marsden, a brave nurse who was the only Australian survivor of the sinking of the Titanic.

Evelyn was born in Hoyleton in South Australia in 1883, the daughter of a railway worker. Wilkinson paints a picture of Evelyn as a determined young woman, a champion rower who likes a challenge. She rows against the tide on the Murray River as she likes the sensation

and doing things her way. She was ready for adventure. Evelyn worked as a nurse at the Royal Adelaide Hospital. She then accompanied an elderly lady to cruise to England and worked as a nurse/stewardess on ocean liners.

When the opportunity arose, she applied to the White Star Lines and was appointed stewardess on Titanic's maiden voyage from Southampton to New York on April 11th, 1912. Her fiancé Dr William James also applied but was not successful. Evelyn works in the First-Class section of the ship and when they hit an iceberg on April 14th, she helps the passengers in her care to board the lifeboats. The ship only had 16 lifeboats and four collapsable boats as it was thought to be unsinkable!!

Wilkinson's meticulous research on the Titanic's crew and passengers make this a riveting tale. The drama of the sinking and the horror of the many lives lost make this book unforgettable.

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

SCIENCE CORNER - WHAT IS ELECTRICITY? PART 2

In our earlier article, we saw that a conducting metal contains loosely bound electrons which can break free from their nucleus and move. Their movement creates the electric current. But how do we persuade them to move?

That is the work of a generator. A generator generates moving electrons. In a generator, a magnet is turned inside a coil of conducting (usually copper) wire. The moving magnetic field gives energy to the loosely bound electrons and pushes them along the conducting copper wire. Mechanical movement is converted into electrical energy.

The principle is the same whether the electricity comes from a coal, nuclear or hydroelectric power station. Coal and nuclear stations heat water to make steam,

which spins the magnet housing ("turbine") round and round inside the copper coils. The product is identical – rotating magnets provide energy to the outer electrons of each copper nucleus, and they break free and move down the wire – electricity.

The way of making electricity using rotating or moving magnets was discovered in 1831 by Michael Faraday at his basement laboratory at the Royal Institution at Albermarle Street, London.

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 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 Newsletters

and Branch meeting flyers !

SUNDAY 6 SEPTEMBER

**HAPPY FATHER'S (AND
GRANDFATHER'S) DAY !**



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