

Welcome

You'll find a friendly atmosphere for seniors at our monthly meetings. We invite informative Speakers on topics of interest to Seniors. We also provide morning tea and time for friendly socialising. Our Perth Branch has a program of inexpensive outings during the year. Monthly cost \$5.00 also gives you a free ticket in the monthly raffle.

Loftus Community Centre, 99 Loftus Street, Leederville

Perth Branch: Next Meeting

Friday 07 February 2025 10 AM

You're Welcome! Bring a friend!

Call 0435 583 229 – for catering purposes

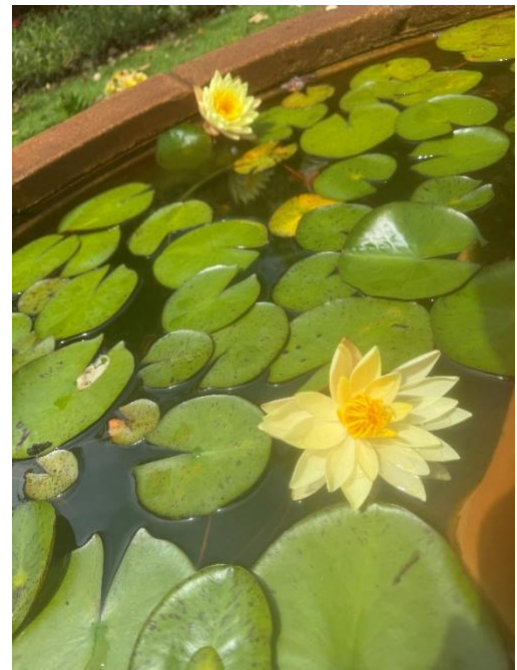
Printing by courtesy of Zaneta Mascarenhas MP, Federal Member for Swan

Words of Wisdom

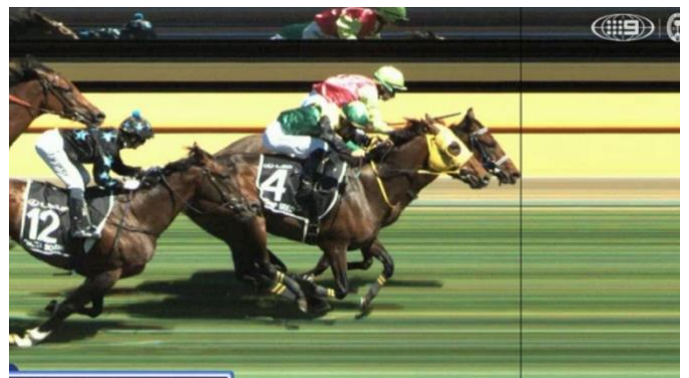
Welcome to *Kambarang* the second part of spring where the rain is lessening and the little ones become juveniles. It is the time when the days get longer, and winter has definitely left us behind. Therefore, darkness gives way to light, as we celebrate the festival of lights.

For Hindus the world over it is Diwali. Diwali, signifies the victory of light over darkness, good over evil and knowledge over ignorance. It marks the eradication of dark shadows, negativity and doubts from our lives. This year Diwali was celebrated from Thursday 31 October to Friday 1 November. In Perth it was celebrated at the Burswood Park with Indian Music, Bollywood dance, henna painting and traditional cuisine. It was a genuine opportunity for multicultural Australia to share its culture for the goodness of humankind.

Whilst we talk of celebration, the first Tuesday of November is when we splashed our money on the Melbourne Cup and have an excuse not to return to work after watching the TV on who wins the Melbourne Cup. The Nation truly stops for seven minutes. Hope you were a winner with Knight's Choice



1 - The lotus is a symbol of purity, beauty, and prosperity, and it is often associated with the goddess Lakshmi, who is worshipped on Diwali.



2 - Knights Choice wins by a nose (Source ABC)

President's Report

Rod McLaren chaired the November meeting in absence. I am advised that 13 members attended the meeting. A party of four guests attended the meeting. Chappie Lobo presented the Treasurer's Report.

It is with regret that Philip Goes has had to step down from duties as Treasurer for personal reasons. Rod will temporarily act as Treasurer, in addition to Secretary, whilst we find a suitable volunteer replacement. Philip will continue to attend regular monthly meetings and has agreed to lead the Christmas carol session during our Christmas Lunch.



I am personally of the view that your Branch is in a fragile position. If we cannot find suitable volunteers to serve on the Committee our only option will be to dissolve the Branch.

Everyone thought the recent planning Forum was a very good exercise. Many good ideas came out; however, when one critical question was asked that is "Would you be prepared to serve on the Committee" no one volunteered – that is other than the ones who already volunteer.

I am committed to seeing our programs till the end of this year. But with uncertainties on who is prepared to volunteer their services for the following year we may have to hold a halt to all programs next year.

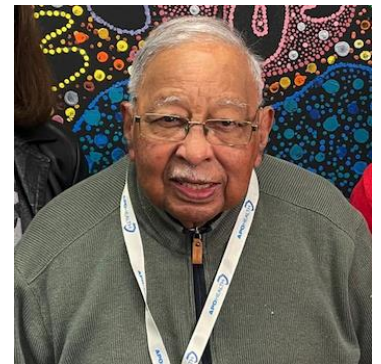
When our Management Committee met on 11th October, we agreed to incentivise renewal of membership and boost the attractiveness of the NSA by committing our Branch to a principle whereby if a member attended all our subsidised events and outings each year, we would save the member the equivalent of one year's membership fees. So, we continue to motivate our members too continue encouraging their friends to join our Branch.

I have nearly completed drafting the report of our Planning Forum with the assistance of Derek Cockle, Facilitator and Secretary of the Perth Western suburbs Branch. Once our Management Committee has approved the Report the recommendations will be brought forward to a General Meeting for endorsement and action. In the meantime, we will introduce the occasional sing a long session and bingo at future General meetings in addition to Guest Speakers.



As part of 50 Years of the NSA, 50 Lives series, honouring people who've contributed to NSA, Chappie Lobo featured for over 50 years of community service to various organisations in India, Africa and in Australia. We extend our good wishes to Chappie who will celebrate his 98th birthday next month.

Many of you will recognise Elsie Tester. She is a member of the Joondalup Branch, but she is a dependable person at the registration desk at the Western Suburbs and Hillary Branches.



When she attends our Branch meetings, she often prepares scones for morning tea and sells her exquisite tea towels the proceeds of which she donates to our Branch. At our 1st November meeting she donated \$50.00 and received a standing ovation from members. Last December she received a distinguished recognition award at our Christmas Lunch on behalf of the branches concerned. When asked why she does it, she replies "All branches need help with funds to survive, and this is my contribution". How true it is of our Branch as our entrance fees have not fully met our costs lately.

Adolph de Sousa
President

FOR YOUR CALENDAR

November

Friday 22nd Nov, Visting the Perth Mint and lunch at the Perth Community Centre

December

Friday 6th Dec, Christmas Lunch and Awards Presentation

Saturday 7th Dec, Christmas Gala Concert

February 2025

Friday 07th Feb, General Monthly Meeting

Book Review

Lady Tan's Circle of Women

Author: Lisa See (2024)

Publisher: Simon and Schuster, UK. 320 pages. (available from Kindle and Amazon)

Reviewed by Marlene Wilson.

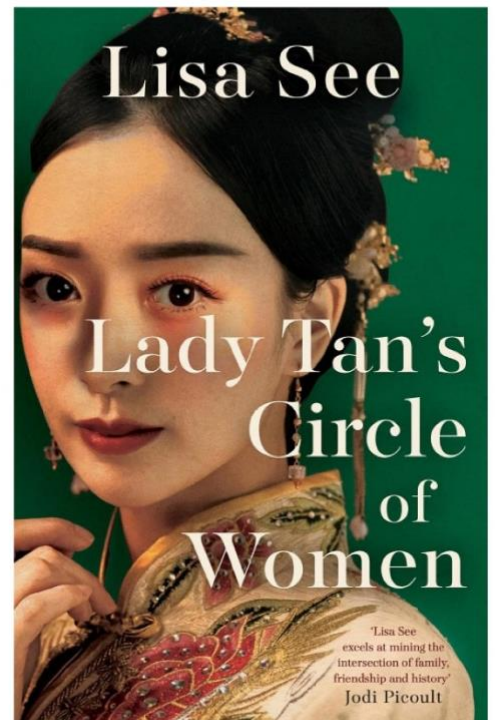
This historical novel by Lisa See is based on the life of Tan Yunxian, a woman physician in the 15C China.

The novel begins when Yunxian is 8 years old and as her mother dies of infected bound feet, she is sent to live with her grandparents who are trained doctors. Unusually the grandmother passes on her knowledge of medicine and Yunxian also becomes friends with a midwife's daughter who practices midwifery. Even though Yunxian is married off young and has children she maintains her interest in medicine. She treats friends and family and gains a reputation as a woman doctor which leads her to assist Empress Yang in the Forbidden City.

This novel is filled with historical accuracy and rich imagery of Chinese family life and of an amazingly strong woman who is determined to follow her own path in spite of many obstacles.

This novel is a testament to the power of female friendship and the enduring human spirit. It's a must-read for fans of historical fiction and anyone seeking a story that celebrates the strength and resilience of women.

The empowerment of women and female friendship are a theme in many of Lisa See's novels.



3 - From Simon and Schuster

Upcoming Events

The Perth Mint and Lunch: Friday 22 November 2024



Organised By: National Seniors Australia, Perth Branch

Contact Person: Meledy Correia Tel 0418454627 or email correiam@bigpond.com

Date: Friday 22 November 2024

Time: Meet at the Perth Mint, 310 Hay Street, East Perth by 10.15am for 10.30am.

Brief Description: The Perth Mint is a popular Tourist attraction within a short distance from the Perth CBD. Get to the Perth Underground railway station from your home and take the free Red Cat bus service. Alight at The Perth Mint CAT bus stop Number R06. (We do not recommend using your own transport as parking in the city is at a premium.) The tour includes a fascinating live gold pour, the world's largest gold coin and a guide walk through a world class exhibition After the tour take the Red Cat back to the Underground station and meet at the Citiplace Community Centre for lunch above the Perth Railway station. Pay for your own lunch. Main Meals (includes vegies) \$9.00; Soup and bun \$4.00; Dessert \$3.50

Cost: Members and Guests \$21 per person. Carers with a Carer's Discount card can gain a free entrance. Pay at the entrance on the day at the Mint. No cash accepted. Preference for card payments.

End of Year Christmas Lunch and Awards Presentation: Friday 6 December 2024

Organised By: National Seniors Australia, Perth Branch

Contact Person: Meledy Correia Tel 0418454627 or email correiam@bigpond.com

Date: Friday 6 December 2024

Time: 12.00 noon

Venue: Centenary Park Pavilion, Centenary Avenue, Wilson

Brief Description: This is our end of year Christmas and awards lunch.

Come dressed for the festive occasion.

We will have a sing song session with Christmas carols followed by a buffet lunch. The awards will be presented before desert to some of our members for their distinguished and long service.

Coffee and tea will be available after dessert.

Cost: Members \$35.00 Guests \$40.00

Bring your own drinks.

Members and guests can make arrangements for a bank transfer by Friday 29 November 2024

Bank Transfer details are as follows:

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Perth Branch

Reference: Your **Surname** and the word **CHRISTMAS**

Christmas Gala Concert: Saturday 7 December 2024

Organised By: National Seniors, Perth Western Suburbs

Contact Person: Mr Joseph Lieberfreund
Mobile 0429 809 080
Email joseph@airbell.com.au

Date: Saturday 7 December 2024 starting at 7.00pm with an interval at which tea, coffee and eats will be available. Duration: a little over two hours

Time: 07:00pm

Venue: Taryn Fiebig Concert Hall, Churchlands SHS

Brief Description: The **orchestra** will be about 25 musicians - a mix of the Fremantle Chamber Orchestra plus a cohort of senior students at UWA school of music.

Choir about 10 – 15 voices - will be the

Giovanni Consort, a developed vocal ensemble.

Conductor: Daniel Corvaia

A detailed program will be posted on our website under this event nearer the time

Cost: \$20.00 pay at the door

Please text Adolph de Sousa on 0413129707 if going so that Organiser can be advised for control numbers and also for insurance purposes

Reports

REPORT ON BENTLEY PINES RESTAURANT

A total of 39 persons participated. A total of 23 members brought another 16 Guests to the event many for whom this was a novel experience. The Bentley Pines staff were excellent in accommodating our quaint requests and the drinks kept flowing as we all tried to indulge ourselves in the banquet. It was the last day for the staff and students to practice before the venue goes under the renovation builders hammer to prepare next year for an even better venue.



4 - Part of the Bentley Pines members and guests

REPORT ON THE OCTOBER CONCERT: SINGING VIOLIN

Twelve Perth members and their guests attended this event which again was well attended at the Mount Claremont Community Hall. Shannon Rhodes played the Violin assisted by Gladys Chua on the piano.

Marlen Wilson, one of our guests said *“It was excellent. I was great seeing the young performer playing the violin to such a high standard. The last time I saw something like that was in Salzburg”*

There was a standing ovation at the end of the performance.

Our congratulations go to Joseph Leiberfreund who organised the event.



5 - Shannon Rhodes (Violinist) and Gladys Chua (Pianist)



6 - Part of the audience at the concert

REPORT ON THE GUEST SPEAKER: Jasmine and colleagues

Founding of the Aboriginal Evangelical Fellowship

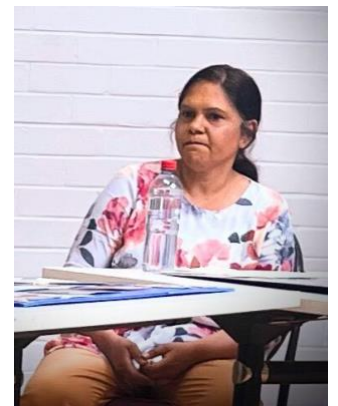
The guest speakers were Jasmine Knapp and Mrs Jacqui Eades, from the Aboriginal Evangelical Fellowship.



7 - Aunty Jackie Eades

Jasmine spoke of her mother's achievement and her religious upbringing.

Mrs Knapp was engaged in the ministry for over 40 years and located initially in the Great Southern, overcoming discrimination and attended bible college from 1966 to 1968. With her husband who was a pastor, was sent to Melbourne to set up an Aboriginal Church and after 2 years, returned to Gnowangerup as principal of an Aboriginal Bible college. Moving to Perth in 1989 to establish an Aboriginal church she attended Curtin University to gain a Bachelor of Applied Science, also a master's degree and a doctorate from UWA. Dr Knapp then composed a book



8 - Jasmine Knapp

helped develop firm relationships especially with Aboriginal women throughout the community.

Jacqui proofread Dr Knapp's book and was grateful for the mentoring she received from her. Her husband is a pastor and has a strong influence on Jacqui's ideas. With this influence, she promoted the Aboriginal Ministry program honouring men and women and is proud to walk alongside white missionaries, and promotes a vision of 'A better life'.

The presenters had taken great care to prepare materials which they demonstrated at the Meeting

National Seniors Australia

NSA is an advocacy group for the over 50s representing issues at WA and National levels. If you have an issue that you would like the NSA Policy Group to consider fill out the online form to start the process. <https://nationalseniors.com.au/research/share-your-story>

Membership Renewals and New Membership

- One year – \$49.50 single or \$80 joint membership.
- Two years – \$88 single, or \$143 joint membership
- Three Years - \$120 single, or \$180 joint membership.
- Five years – \$220 single, or \$325 joint membership.

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this by one of these three options via the website: <https://nationalseniors.com.au>

- Login and pay online using a debit or a credit card.
- Through your phone:
Phone them on 1300 765050 or 073233 9191 they will be able to find your membership details and debit your account for the membership payment. If New Membership they will collect details on the phone and charge your account.
- By cheque:
The postal address is:
GPO Box 1450,
Brisbane,
Queensland 4001
Please make sure you include your name, club, and the reason for the cheque.

Fund Raising

Our organisation is registered for the **Containers for Change Scheme**.

Note: Please separate the lid from its container. No wine, spirit bottles or jars.

They accept aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L. Look for the 10¢ symbol or scan the product barcode on the containers for change website. You can bring them to the meeting for us to collect. Alternatively deposit the cans or containers at your nearest local centre. National Seniors Association, Perth Branch **C11482156** is our registration and automatically deposits your donation into our account.

MENTAL HEALTH AND SUICIDE PREVENTION CONTACTS

LIFELINE 13 11 14

KIDS HELPLINE 1800 55 1800

HEADSPACE 9027 0100

HEALTH DIRECT 1800 022 222

**SEXUAL ASSAULT, DOMESTIC & FAMILY
VIOLENCE COUNSELLING SERVICE** 1800 737 732

MENSLINE 1300 789 978

BEYOND BLUE 1300 224 636



Perth



Loftus Community Centre, 99 Loftus Street,
Leederville WA 6007



First Friday of the month at 10:00am

[Latest newsletter](#) ↓

Branch Information

Email address: PerthSeniors@gmail.com

Website: <https://nationalseniors.com.au/get-involved/branches/perth>

Bookmark it for easy reference. You will find our Newsletters there which you can conveniently download. You will also find an Events tab briefly stating the dates of future outings. Clicking the Event of your interest will enable you to get more information on the event and also any flyer if available.

Finally, our Photo Gallery will have photographs of our latest events or outings.

For the payment Events and Outings use our local branch account

BSB Number: 016 270

Account Number: 438218426

Account Name: National Seniors Association Perth WA Inc

Ref: Surname and keyword in the transfer.

Do NOT combine payments for multiple functions, only pay for one function at a time.

Office Bearers: 2024-2025

President	Adolph de Sousa	0413 129 707
Vice President	(Vacant)	
Secretary	Rod McLaren	0412 678 050
Treasurer	Philip Goes	0417 133 121
Asst Secretary	Rosanna Fernandes	0404 946 165
Events Coordinator	Meledy Correia	0418 454 627
Catering Manager	Terri McLaren	0438 862 520
Committee Member	Virginia (Ginie) Bristowe	0431 138 188

OUR INCORPORATION AND BUSINESS NUMBERS

Our Registration Number under the Association Incorporation Act is A1001978T

Our Australian Business Number (ABN) is 46 458 848 637