

## 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 2 August 2024 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

This newsletter will get out to readers as we say goodbye to Makuru (winter) and welcome Djilba the early part of spring. Days can be still very cold, some that are raining and windy. As the days start to warm up, you will hear and see the first of the new-born animals with their parents providing them with food, shelter and protection from other animals and people. The woodland birds will still be nest bound, hence the swooping behaviours of the Koolbardi (magpie), Djidi djidi (wagtail) and the Chuck-a-luck (wattle birds)

This is the start of the massive flowering explosion in the South West. It begins with yellow flowering plants such as the Acacias. You'll also notice cream and striking blue coloured flowers. As the season progresses and the temperatures continue to rise, you will see the flower stalks of the Balgas (Grass Tress) emerging in preparation for the coming Kambarang season.

Traditionally, the main food source at this time of the year included many of the land based grazing animals including Yongar (kangaroo), Waiitj (Emu) and the Koomal (possum).

We still get rain as we do in winter, but now the days get longer and the earth gets warmer to allow sleeping plants to wake up.



## UPCOMING EVENTS

### August

#### Friday 2 August Meeting

Guest Speaker: Kevin Mack and Alan Benn

**Tuesday 13 August:** Rottnest Day Excursion

### September

#### Friday 7 September: AGM

Guest Speaker: to be determined

**September Event:** To be decided

### October

#### Friday 4 October Meeting

Guest Speaker: to be determined

#### Thursday 24 October Lunch

Pines Restaurant Bentley

Djilba is described as a 'transitional time of the year' when yellow and cream flowers start blooming and the birds and animals start producing offspring - and hence they call it 'the season of conception'.

During traditional times, the Aboriginal people would still have lived more in-land during this season surviving on land based grazing animals - similar to the winter season before of Makuru. These food sources included the Yongar (kangaroo), the Waitj (emu) and the Koomal (possum).

So for us and our members it is time to tend to our gardens go on our active walks and look on the brighter side of life.



## Acting President's Report

I returned to Perth on the night of 19 July and have taken the opportunity to appraise myself with the activities of our members. I have had news from Terry's eldest sister that Terry is in now in transition care at Carinya of Bicton. She hopes that something more permanent will come and they are looking to Margaret Hubery in Riverton. He loves visitors.



My thanks go to Chappie Lobo who again chaired the last meeting on 5th July, to Rod MacLaren our Secretary who returned from his overseas trip, to Pervin Payne for taking over the membership records and liaising with the membership records team in Brisbane, and to Meledy Correia for managing the morning tea.

In my debriefing Chappie advised that following a last-minute withdrawal of our scheduled speaker he was able to get help from the Perth Western suburbs and get Yvonne Buter and Amina Shipp to give a very interesting talk on personal experiences on Aged Care provisions in Perth. The Branch Network Forum in Western Australia really helps. During my absence Rosanna Fernandes has helped monitor for me the responses to our Christmas in July event and Meledy has finalised the arrangements for a day excursion to Rottnest which is subsidised by the State government to the tune of \$50.00 on the Ferry.

My whirlwind trip to North America was a success. I was able to fulfil my objectives – that is to catch up with my diasporan friends and relatives. Here is one of a myriad of photos I took out in the middle of the desert on the Interstate from Las Vegas to California. The seven enormous blocks are painted by a Swiss Outdoor sculpture artist who in many ways is a different response to our Danish artist Thomas Dumbo and his giants.

I am yet again indebted to the NSA HQ in Brisbane in yet again composing this Newsletter for July. They will need to help me again for the AUGust Newsletter before I am able to get a local designer to produce future copies.

I will be there to chair the next meeting on 2 August and one of our principal tasks is to elect a new Management Committee at the September AGM. All positions are up for grabs and I would like to see new members of the MC to replace us in what is a wonderful and dedicated group of members.

Adolph De Sousa  
Acting President



## UPCOMING EVENTS

### 1. Rottnest Day Excursion: Tuesday 13 August 2024

- **Organised By:** National Seniors Australia, Perth Branch
- Advise after booking: Meledy Correia Tel 0418454627 or email [correiamama@bigpond.com](mailto:correiamama@bigpond.com)
- **Date:** 13th August 2024
- **Time:** 9.30 ferry from Fremantle to Rottnest.
- **Return times:** 2.00pm or 4.00pm
- **Booking Procedure:** Please book individually. Either on website or call 1300467688. Quote Booking Discount Code: Seniors 30. WA Seniors Card accepted. No other.
- When booked please advise Meledy as we will have a group meeting at Rottnest Island and take a few photos with the quokkas. Note. This reduced fare has been made possible by the State Government subsidy of about \$50.00
- Bring your own food (BYO) or purchase at kiosk on the island
- How to Get to Fremantle. Use Transperth App and put your address to get to Fremantle. If going by Train from Perth Station, Take the Perth Freo Line Platform 7 at 8.24am. Arrive Fremantle station at 8.45am. Five minutes' walk over the footbridge to E-shed where we catch the 9.30am ferry.



## UPCOMING EVENTS

### 2. Pines Restaurant Lunch Thursday 24th October 2024

**Organised by:** National Seniors, Perth Branch

**Contact Person:** Adolph de Sousa

Tel 0413129707

email adolphdesousa@hotmail.com

**Brief Description:** This is a three-course meal. The menu will be sent to participants after they have paid for the event. It will also be downloadable from Events Tab of our website.

**Cost:** Members \$30.00 and Guests \$35.00 (this does NOT include a drink). Number of places limited to 40. Cash payments can be made on Friday 4th October before the commencement of the monthly meeting for those who do not make bank transfers. Members and guests can make arrangements for a bank transfer by Monday 7th October 2024.

**Bank Transfer details are as follows:**

BSB Number: **016 270**

Account Number: **438218426**

Account Name: **National Seniors Perth Branch**

Ref: **Your Surname** and the word **PINES**

## GUEST SPEAKERS

### 1. Guest Speakers: Kevin Mack and Alan Benn: Friday 2 August 2024

is a retired schoolteacher and Alan is a retired electrical engineer. Both gentlemen are involved in the pursuit of greater sustainability in our homes and in our transport. They call their suburb 'Sustainable Bayswater'. They are part of a national non-profit organisation called Rewiring Australia which advocates for an all-efficient home with all electric appliances and vehicles.

Kevin and Alan will speak on increasing our awareness of the benefits of home electrification powered by renewable energy. Full electrification can be done at our own pace. Older gas items, for example, can be replaced by new electric ones. Sustainable electrification is better for our health and our home, it is better for our pocket and, most importantly, best for the planet.

## REPORTS ON EVENTS

### 1. REPORT ON THE OUTING TO THE JOHN FORREST NATIONAL PARK ON 21 JUNE

Paul Udinga came out of his planned holiday to show us around the John Forrest National Park. He was accompanied by his assistant and his wife. All of them are passionate about the National Park and they have been key in designing the plaques along the route explaining the history of the construction of the first railway line to Kalgoorlie and the tunnel in the park that goes through it. Given the difficulty of accessibility of some of our members, he permitted our two community buses to go along the tracks through the tunnel. Time was not on our side, although we were graced with a sunny spell in the weather on a winter's day. The twenty-two members and guests then went to the Boab Tavern in High Wycombe for lunch.





# REPORTS ON EVENTS

## 2. REPORT ON THE JULY GUEST SPEAKERS: Yvonne Buter and Amina Shipp

At very short notice two passionate advocates for the Aged Care Reform spoke to the National Seniors on their personal experiences with aged care services and how they decided to become advocates. They belong to a 'non funding' and 'non-partisan' group.

The speakers work with advocacy groups and provide submissions on Aged Care and advocate for the Aged Care Act. They stated that all recommendations of the Royal Commission have a consequence. One issue is to examine closely where the appropriation of the money has been spent. The speakers took particular notice of complaints against abuse in aged care. Members generally felt they gave an excellent presentation.



## 3. REPORT ON THE CHRISTMAS IN JULY FUNCTION

It was a rainy wintry day to start of, but that did not dampen the spirit of those who attended the Christmas in July function at the Herdsman Tavern. Philip Goes played the guitar to Christmas carols and Chappie who has been holding the ship for the past two months announced the presentation of awards to a group of members and past members for their dedicated contributions. Amongst them Certificates of Acknowledgement were given to **Adolph de Sousa** who joined the NSA in 2016 and has since been the Vice-President and now Acting President. During that time, he was recognised for his administrative role, as programme Manager and as editor of the Newsletter and website maintenance. **Curtis Clark** who has been a member since 2001 a past Secretary and President of the Branch. Meledy Correia was recognised for her role of photographer whose pictures have been produced in the Branch's website and in the Newsletter



## OTHER NEWS

### VENTURE TO ROTTO FOR \$30.00

The Seniors and Ageing Minister, Don Punch announced that Seniors with a WA Seniors Card can get a winter special travel concession to Rottnest Island for \$30 thereby saving seniors at least \$50.00. Bookings opened from Thursday 27 June for travel from 27 June through to Sunday August 18. *“Rottnest is one of our most iconic tourism destinations and we want more Western Australians to be able to access and enjoy our island paradise”* Tourism Minister Rita Saffiotti said.



### NOMINATIONS FOR PERTH BRANCH COMMITTEE

The AGM is coming up in September and nominations for Office Bearer positions will be up for grabs. All positions on the Committee will become vacant and if you have any ideas on how we can do things better now is your chance to become involved and help make it happen.

All nominations to be filled out and handed to Secretary, Rod McLaren no later than two weeks before the AGM on 7 September 2024. Nomination forms will be available at the August meeting or can be emailed out to you.



We desperately need new members to volunteer to the positions available. This is your Branch and it is only through your efforts you can make this branch successful.

### Federal Budget 24-25 - What is in it for You

With the release of the Federal 24/25 Budget, several policies have been announced. The extra investment will boost the areas of Aged Care, Medicare, and will make medicines cheaper. \$227 million was allocated to grow the number of Medicare Urgent Care Clinics to 87. This will allow for more patients to get urgent care from a doctor or nurse, while taking pressure off hospital emergency departments. Another \$882.2 million will be invested in partnership with the States to provide hospital outreach in the community, deliver virtual care to prevent hospitalisations, and upskill the residential aged care workforce.

With funding of over \$4 billion, the Government is helping deliver Cheaper Medicines for more Australians. The maximum co-payment of a PBS prescription medicine for pensioners will be frozen for 5 years. Medicines will stay cheaper, even in the case of inflation.



# OTHER NEWS

## Federal Budget 24-25 - What is in it for You (continued)

In 2024-25, there will be 24,100 extra Home Care Packages available. This will help more Australians stay home and in their communities. On top of that, \$88.4 million will be invested in attracting and retaining aged care workforce, including to provide better staffing solutions.

Following the recommendations of the Independent Capability Review, the Government will invest \$111 million in enhancing the capability of the Aged Care Quality and Safety Commission.

This Government's main priority is to deliver responsible cost-of-living relief, without putting pressure on inflation. These measures will contribute to lower costs in healthcare and Aged Care and allow many more Australians to enjoy staying at home while receiving the attention they need.



### 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:

GPO Box 1450,

Brisbane QLD 4001

Please make sure you include your name, club, and the reason for the cheque.



## Perth



Loftus Community Centre, 99 Loftus Street, Leederville WA 6007



First Friday of the month at 10:00am

Latest newsletter ↓

Edit

## Contact

Our website is at: <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**

**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**

## Committee Members

|                       |                 |               |
|-----------------------|-----------------|---------------|
| <b>President</b>      | Terry Flanagan  | (unavailable) |
| <b>Vice President</b> | Adolph de Sousa | 0413 129 707  |
| <b>Secretary</b>      | Rod McLaren     | 0412 678 050  |
| <b>Treasurer</b>      | Chappie Lobo    | 0435 583 229  |
| <b>Catering</b>       | Terri McLaren   | 0438 862 520  |

## Branch Contact Details

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

Our Email address: [PerthSeniors@gmail.com](mailto:PerthSeniors@gmail.com)