

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.

Perth Branch: Next Meeting

Friday 3 May 2024 10am

You're Welcome! Bring a friend!

Call 0435 583 229 - for catering purposes

Words of Wisdom

As the vibrant city of Perth transitions into the cooler months of autumn, April and May offer a myriad of opportunities to embrace the changing seasons and explore the beauty of Western Australia. With the arrival of April, Perth welcomes the annual spectacle of autumn foliage, painting the city in hues of red, orange, and gold. It's the perfect time to take leisurely strolls through Kings Park or along the picturesque Swan River, immersing oneself in nature's stunning display of colour while enjoying the mild weather.

May brings with it a sense of anticipation as Perth prepares for the upcoming winter months. It's a time of transition, marked by crisp mornings and cozy evenings, ideal for indulging in the city's thriving culinary scene. From bustling cafes and restaurants in the heart of the city to hidden gems tucked away in suburban neighbourhoods, there's no shortage of delicious fare to savour. Additionally, May offers opportunities to celebrate Mother's Day and honour the special women in our lives, whether through brunch outings, thoughtful gifts, or simply spending quality time together. As we bid farewell to autumn and welcome the approaching winter, let's embrace the charm and warmth that April and May bring to our beloved Perth.

Image: Autumn in Perth

UPCOMING EVENTS

Friday 3 May Meeting

Meeting - Guest Speaker: Jasmyn Hutin, External Affairs and Communications Manager, Orana House.

Thursday 30 May

Mozart in May concert

Friday 7 June

Meeting - Guest Speaker: Paul Udinga, Senior Park Ranger – Northern Parks, Perth Hills District, Parks and Wildlife Service, Department of Diversity, Conservation and Attractions

Friday 21 June

Day outing - John Forrest National Park, Hovea followed by lunch at the Boab Tavern, Maida Vale

Our thanks to Emma, Marketing Assistant, Brisbane NSA office for the layout and design of this Newsletter.

President's Report

Dear Members

I am truly touched by all the good wishes, the cards and flowers I received following my recent stroke. I know I am in your thoughts and prayers as I spend some time in rehabilitation.

Adolph de Sousa told me that he was going to write the President's Report on my behalf. I gave him the nod of approval.

Throughout my life I devoted time doing God's work in helping others and visiting them when they were ill or needed support. It is God's will that now I too should be the recipient such wonderful care from people like you and my dear family. Maureen my eldest sister has been at my side on many occasions.

It will be some time before I will take part again with the National Seniors. But I know that with the support of the Committee you will be in good hands.

Terry Quinn will give you a report on the matters covered by the BNF and on the Guest Speaker program. Adolph de Sousa will continue to arrange a series of events and outings each month even though he will be away on many occasions. He will be supported by many members. The finances are in good hands with Chappie Lobo, our Treasurer, and Rod McLaren, our secretary, will ensure that we will conduct our business and events within the strict requirements of the law.

Our contributing Editor, Doug Conlon has been back at work on our Newsletter.

Once again, my thanks for all the efforts of the Management Committee, the BNF and the staff of the NSA in Brisbane for the good wishes given at this difficult time.

Terry Flanagan
President

Members at La Spota Lane Garden and at Last Local for lunch



2023-2024 Officers

President Terry Flanagan
Vice President Adolph de Sousa
Secretary Rod McLaren
Treasurer Chappie Lobo
Catering Terri McLaren
Feature Article Doug Conlan

Branch Contact Details

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Guest Speakers

- 1. Guest Speaker: Friday 3 May 2024**
Topic: Orana House- a Family Domestic Violence service provider
Jasmyn Hutin, External Affairs and Communications Manager, Orana House. Her topic will cover the important work Orana House is doing to create a community free from domestic violence.

Orana House is a local grassroots Family Domestic Violence (FDV) service provider that has grown out of the refuge started in Bayswater in 1989 with a Centre in Noranda and a new office in The Rise, Maylands. Five families can receive emergency housing in the Refuge. Many FDV support and educational services are provided.

- 2. Guest Speaker: Friday 7 June 2024**
Topic: A Day in the life of the Perth hills National Parks.
Paul Udinga, Senior Park Ranger – Northern Parks, Perth Hills District, Parks and Wildlife Service, Department of Diversity, Conservation and Attractions. Paul Udinga's family loved exploring the outdoors when he was a kid and were frequent visitors to John Forrest National Park. Little did he know he'd eventually become a custodian of the park, in the form of a ranger!

Paul has been the Senior Ranger at John Forrest National Park for over 10 years and directly associated with the park for even longer. His talk will focus on the ins-and-outs of ranger life.

Forthcoming Events

Mozart in May: Thursday 30 May 2024

Organised By: National Seniors, Perth Western Suburbs Branch and Hosted by NSA Music
Contact Person: Joseph Lieberfreund Tel 0429809080 email joseph@airbell.com.au

Date and time: Thursday 30 May 2024.
10.00am – 12.15pm with a 30-minute intermission where tea and coffee, with scones and jam/ sandwiches will be served.

Description: Following the very successful series of Music Concerts organised by NSA Music, the Perth Western Suburbs Branch will be organising a concert on the last Thursday of May this year. Players will be students from the University of Western Australia School of Music. The concert will include Mozart 5th Violin Concerto and other Mozart pieces. This event will be a celebration of Mozart by WA's Finest Young Musicians, Joseph Lieberfreund who is the Treasurer of the Perth Western Suburbs Branch will again be the principal organiser of the event.

Venue: Mount Claremont Community Centre, 105 Montgomery Road, Mount Claremont

Cost: Entry \$15.00 pay at the door. Fee includes program and refreshments.

Procedures: Book through Eventbrite. Places are limited to 100 due to capacity of the Centre.

John Forrest National Park and Boab Tavern: Friday 21 June 2024

Organised by: National Seniors, Perth Branch

Contact Person: Before 12 June Rosanna Fernandes Tel 61404946165 email bocu1161@yahoo.com.au After 12 June Adolph de Sousa Tel 0413129707 email adolphdesousa@hotmail.com

Description: This is a day trip will be held on Friday 21 June 2024 departing by bus from the George Burnett Leisure Centre (GBLC),

Manning Road, Karawara at 9.15am and return at approximately 3.15pm. Travel to the John Forrest National Park at Hovea and meet Paul Udinga our Guest speaker for June who will explain the history of the Park, its layout and the various attractions within it. Then travel to the Boab Tavern for lunch.

Cost: Members \$10.00, Guests \$15.00 to cover the expenses for hire of bus and entrance to the park. Members will pre-order their meals and pay directly to the hotel. The seniors' meals cost between \$22.00- \$25.00 and includes the dessert of the day. Entrees and coffee and tea are extra as the drinks.

Procedure: Members can pay cash payments at the meeting on Friday 7th June. However, the preferred method of payments for Members and Guests is by Bank transfer by Monday 10 June 2024

Bank Transfer details are as follows:

BSB Number: 016 270

Account Number: 438218426

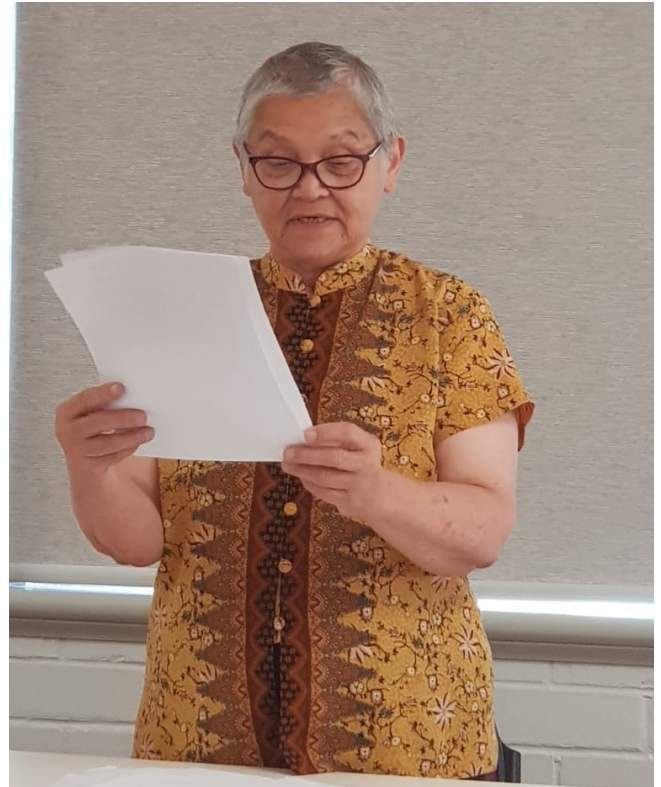
Account Name: President, National Seniors Association Perth WA Inc

Ref: Your Surname and the word John Forrest

Please note Bank details have changed.



Terry Quinn with guest speaker, Christine Choo, Judy Bartlett, Peter Choo and Adolf de Sousa, Vice President



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

OUR WEBSITE AND OUR EMAIL ADDRESS

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.

Our Email address: PerthSeniors@gmail.com

For the payment Events and Outings use our local branch account

BSB Number: 016 270

Account Number: 438218426

Account Name: President, National Seniors Association Perth WA Inc

Ref: Your Surname and the word John Forrest

Please note Bank details have changed.

Please include Surname and keyword in the transfer.

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

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>.

1. Login and pay online using a debit or a credit card.
2. 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.
3. 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.

THE BRANCH NETWORK FORUM HOSTED AN NSA WORKSHOP ON MONDAY 11 MARCH 2024 – REPORT FROM THE WORKSHOP

Terry Flanagan, Terry Quinn, and Adolph de Sousa attended the Workshop representing our Branch. In addition, Rod Maclaren attended as a PAG representative. The workshop was delivered by Chris Grice the CEO of NSA and Karen Furnivall, Community Engagement Officer. They outlined all the major projects they were pursuing on behalf of all seniors throughout Australia. They are well informed of the issues by an **advocacy and research** team. Current issues are **pension poverty; rising cost of living, healthcare; aged care, fairness in retirement income** and **Cashless society trends**.

The NSA has negotiated with a number of companies for **member discounts**. Other important services tailored for Seniors include **Financial Advice** and consultancy, **Travel, Insurance** and **Financial products** such as attractive Government guaranteed Term Deposits. These operations not only save you money but also fund the research of NSA thereby ensuring the independence of findings. The research branch prepares submissions for each of the States and the Commonwealth in time for the shaping of Government budgets.

The NSA delivers to your mailboxes a **Connect** Online Newsletter, a quarterly online **Our Generation Magazine** which is accompanied by a hard copies of **Branching Out** mini magazine.