

National Seniors

AUSTRALIA

Perth Western Suburbs WA

Newsletter February 2024

Perth Western Suburbs Branch usually meets at 9.30am for 10.00am on the second Thursday of each month at Mount Claremont Community Centre, 109 Montgomery Avenue, Mount Claremont WA 6010.

Bank Account: National Seniors Australia

Perth Western Suburbs Branch

BSB 036 063

Account 257852

Our website is:

<https://nationalseniors.com.au/about/branches/perth-western-suburbs>

Our meetings are currently subject to the COVID-19 regulations of the day as imposed by the WA State Government and the City of Nedlands. There are presently no restrictions

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.

2023-2024 Officers:

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We thank Christine Tonkin MP for enabling this newsletter to be printed

FROM THE EDITORS FLOREAT DESK

Happy New Year to one and all, although, things seem to be going from bad to worse around the world, and now its potentially threatened by the Trump! But don't we live in a lucky country. Your editor is somewhat refreshed by stints down in Dunsborough, but, most of the loose ends still remain from 2023. Fortunately, 2023 did end on a happy note though, thanks to Joseph's splendid Christmas concert.

You will note that there is a veritable panoply of events worthy of consideration coming up, not least of which Stacey Price of Northern Suburbs Legal Centre, speaking on, seniors rights at the February 8th Branch meeting. Also presented herein is Part 1 of a travelogue on Bulgaria by Mary Carroll.

Please note that Editor/President Terry and Membership Secretary Marion will be absent for the April and May branch meetings, so we are looking for a newsletter editor, otherwise no newsletter.

LOOKING AHEAD

Branch Meeting Thursday, February 8th, 9.30 for 10am. This will be held at the Mt Claremont Community Centre as usual. Preliminaries will be attended to by our redoubtable Secretary Derek Cockle and our new member Anthony Tunnicliffe will give a brief recount on a little known confrontation Australia and the UK had with Indonesia in the 1960's. At the time of writing, the main guest speaker will most likely be Stacey Price, from Northern Suburbs Community legal centre. Here is Geoff Jones take on what she will be covering -----

Many people wish to help younger people in their family who may be struggling with various aspects of their lives. In these days of high deposits, high rents, and higher interest rates, many older people are helping younger family members to get a start in buying their own home or providing other financial support. This often works well for all involved, yet the 'bank of mum and dad' often does not have the same protections as regular banks and other sources of finances. What can older people do if promises to pay back are not met or the arrangement goes sour in other ways.

This month Stacey Price, solicitor, will discuss financial abuse and more during the NSA Western Suburbs Branch meeting on Thursday 8th February.

Ms Price works with the Northern Suburbs Community Legal Centre, which serves people in the cities of Subiaco, Cambridge, and Stirling as well as further north. The Legal Centre is well known for its Older People's Rights service including its peer education program and recently publishing a first ever 'Best Practice Guidelines for Interviewing Older People at Risk' in 2023.

Ms Price and her team will give an overview of how the Centre can assist older people and then focus in on family agreements such as when parents lend money to adult children, parents re-financing to help their adult children, adult children moving back into the family home and granny flat arrangements.

Branch Meeting Thursday, March 15th, 9.30 for 10.00am. This will be held at the Mt Claremont Community, as usual. The guest speaker(s) will be a team from Kate Chaney's office, delivering on "Curtin Zero", and one can draw one's own conclusion about this, but it might be assumed that it is on aiming for zero emissions in the electorate of Curtin – but what about pollution from the neighbours?

NSA Music concert, Thursday May 30th

This is a heads-up for the first concert of the year, with details of program and venue yet to be finalized.

SOCIAL EVENTS etc

December 22nd, 2023 Christmas Concert

The climax of Joseph Lieberfreund's concert program for 2023 was the grand production performed at the Taryn Fiebig Auditorium, Churchlands Senior High School, by the a2 Orchestra, with principal conductor Josh Spirek, and the Winthrop Singers, with principal conductor Ann Clarke.

While we might have hoped for 200 attendance, there was, in fact, 368 total attendance, of whom, one could say, all were totally satisfied and rapturously applauded the young performers. Many were heard saying that they would gladly have paid more for the experience.

A couple of favorite pieces, to the mind of your editor, were *Entry of the Queen of Sheba* by the orchestra, and *Be Still My Soul* by the choir. Joseph is to be highly commended for his efforts in producing this, and the other concerts of the year. It involved a lot of "blood, sweat and tears".



The a2 Orchestra



Ann Clarke & Winthrop Singers + a2 Orch

Stirling Theatre Performances

Stirling Players are presenting their next show, three one act plays “A Night of Comedy” at Stirling Community Theatre, Morris Place, Innaloo each evening at 7.30 pm on Thurs 8, Fri 9 & Sat 10, then Thurs 15, Fri 16, Sat 17 Feb, with a matinee on Sun 11 Feb at 2 pm. Concessional cost is \$20 per person. The next show is on 22 March until 13 April – “Explorers Club” by Neil Benjamin. For those who get thirsty in the interval or after the show, there is a bar with snacks at very reasonable prices!

Full details can be found on their website – www.stirlingplayers.com.au Text or email Derek Cockle to reserve a ticket.

Marion’s TeeBox Afternoon Tea Restarts Thursday February 15th 2.00pm. Yes, it’s on again at Lake Claremont – get your coffee fix and the latest goss in good company – if l’s not too hot.

Saturday February 24th, 7.00pm, WASO Night on Bayview concert

The annual, free, season opener of popular classics by WASO will be presented at Claremont Park, off Bayview Terrace, Claremont again. Bring your own chair and picnic, although there are food trucks. Get there early for parking.

Mandurah Giant Trip Wednesday 6th March.

Perth NSA Branch have invited our members to accompany them on a bus trip to see Thomas Dambo’s Siba’s Song Giant at Wannanup, followed by a 3 course lunch at the Saltbush TAFE Training Restaurant at Mandurah. Travelling by a community bus from Mt Claremont Community Centre, departing at 8.45am and returning about 3.15pm. The cost will be \$5 for the bus and \$35 for the lunch.

Numbers are limited, but we will need to get at least 6 to get the pickup at Mt Claremont. We will call for applications at the Feb 8th branch meeting and, if successful, payment will need to be by bank transfer to NSA Perth branch: BSB 016 499, Account 488094089, but wait for confirmation until paying. Names will be taken at the February 8th Branch Meeting. Text or email Terry.

Sunday March 24th STS Leeuwin II – Day Sail Derek Cockle continues -----

You may recall that I organised a day sail on the tall ship Leeuwin out of Fremantle last February, which was enjoyed by some 20 members and guests. There will be an opportunity for another sail for those who missed out on Sunday 24 March from 10 am until 1 pm. Cost for seniors will be approx. \$80 per person, which includes lunch and non-alcoholic drinks. Cost for children aged 4 – 17 will be \$40 each. A chance to get our children and/or grandchildren involved including climbing the mast and steering the ship. Please let me know if you are interested at next Branch meeting or by email to Derek.

NSA BUSINESS

Newsletter News. After much cajoling by our Perth metro branches, Brisbane head office has partly relented by way of making up for the cancellation of the *Our Generation* mailed copy. This has involved them producing a condensed version – called *Branching Out* and bulk mailing each branch 20 copies.

For distribution of same, we will give preference to those members who do not have internet and set that number aside. Marion will

telephone members in that situation to arrange distribution.

MEMBER TRAVELS

The following is a portrait of Bulgaria as drawn by our member, Mary Carroll who travelled there in April, 2023.

Bulgaria - An Eastern European Adventure Part 1

Bulgaria with a population of around seven million, is a parliamentary democracy. It was admitted to NATO in 2004 and became a member of the EU in 2007. It was one of very few countries that successfully withstood the demands to deport their ethnic Jewish population in WW 11 and in 1988.

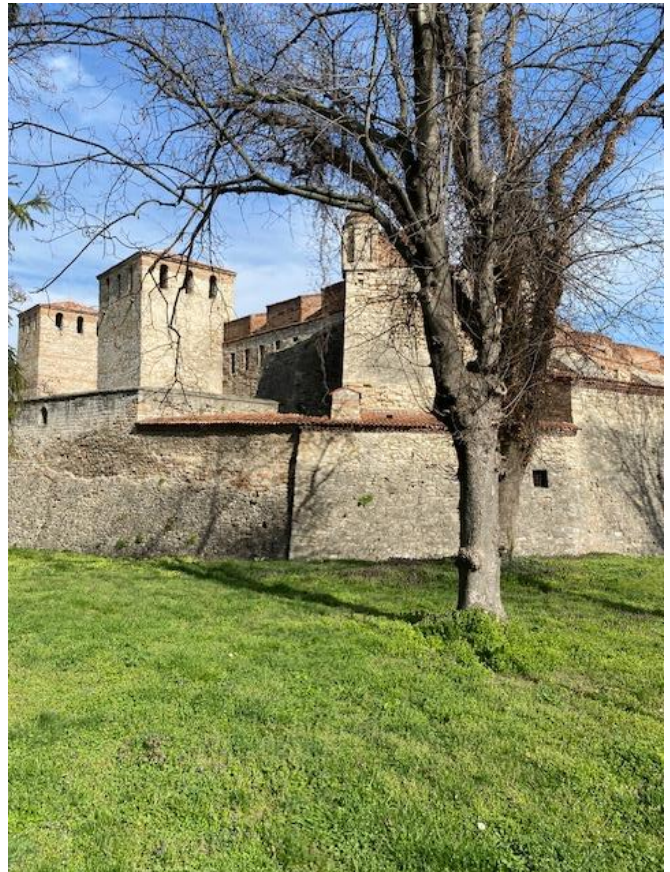
My first impression of Bulgaria was of endless green early Spring fields, no visible farm machinery, few people, and no livestock, except for a small flock of sheep on the move. In the villages, abandoned block-like Soviet factories, now forlorn, dilapidated buildings, empty, once hives of industry but like the many houses, also derelict. Disturbing to see broken windows and peeling paint on some quite stylish houses.

The Soviet Union pulled out in 1989 after occupying the country since 1944. The factory closures meant no other employment for many workers who then left to seek work in other countries, hoping to eventually return to sell their properties in better times. However, Bulgaria remains a poor country with a low cost of living and mostly, a cash economy. Their currency is the Lev.

Framed by Romania, the other side of the vital Danube River, the Black Sea and some impressive resorts to its east, Serbia and Macedonia to its west, and Greece and Turkey, to the south, Bulgaria is a country of wonder and surprise; mountains, lakes, plains, and historic monuments make it a great off- the-beaten track country, to visit.

Considered a Second World country like Hungary; Bulgaria has had an extremely long and torrid history of brutal conflicts, invasions, bitter battles, treaties, occupation, uprisings, and division. In 395AD, the Roman occupying

force split in two and Bulgaria became part of the Eastern Roman Empire. Great Bulgaria was formed in 632AD, making it the oldest country in Europe. Its founding tribe was the Bulgars lead by Khan Kubrat their Turkic tribesman leader from the Asian Steppes.



10th century Baba Vida fortress, Vidin