

The 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.

Our postal address is PO Box 2568, Mount Claremont WA 6010

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

### FROM THE EDITOR'S ROVING DESK

Greetings from cool, sunny, sometimes blustery, Dunsborough at Chez Middleton (and Marion), having just got rid of a bunch of grandkids – no rest for the wicked.

We had a full house to the Tuesday September 15<sup>th</sup> branch meeting featuring 2019 Senior Australian of the year – Prof John Newnham, who waxed lyrical on his boyhood days of scrambling over the sandhills within a virtual stones-throw of our Mt Claremont meeting hall, and his local schooling before “scraping in” to UWA Medical School and, eventually, pursuing a distinguished career in obstetrics. Latterly, this culminated in world renowned obstetrics research at King Edward Maternity Hospital in conjunction with UWA.

Hopefully, our members contributions at the Thursday October 8th branch meeting will also provide admirable entertainment. Note that rotten tomatoes will not be allowed in to the proceedings. Note that this is still in maximum 80 capacity because of COVID. This newsletter provides another

### 2019/2020 Officers

President	Geoffrey Jones	0400 214458
Vice Pres.	David Thomas	0418 448 933
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Editor	Terry Middleton	0417 171844
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We thank Celia Hammond MP for enabling this Newsletter to be printed.

portrait – of long-standing stalwart Ken McDonald, another of Scottish ancestry, who has led a rich and varied life. I am always looking for other contributions – how about the ladies for a change?

Also included is the latest information on the COVID-19 vaccine front – namely the Oxford University candidate, as published by the Federal Department of Health. It is sounding very encouraging at this stage and either that, or local trials of potential vaccines by the likes of University of Queensland/CSIRO will hopefully put a halt to this rampaging scourge.



Prof Newnham



Prof Newnham one on one

## LOOKING AHEAD

**Thursday October 8<sup>th</sup>, 10.00am** October Branch Meeting, incorporating the AGM. This will provide a members forum in lieu of a guest speaker so if anyone would like to give a 15min presentation, maybe a photo travelogue of the exotic, bucket list places that we are missing out on getting to in the next couple of years, that would be great. A talk on the early days of the branch would be good also, especially illustrated with photos. Please contact President Geoff or the editor.

**Friday October 16<sup>th</sup>, 10.00am** "Zoom" virtual meeting with Ian Henschke of NSA re the Federal Budget and a review of retirement income. Details to be advised.

**Thursday November 12<sup>th</sup>, 10.00am** November Branch Meeting. The guest speaker will be Greg Rowbotham of the International centre for Radio Astronomy Research so expect a graphic presentation of deep space stuff. This meeting will be the main opportunity to book for Christmas lunch so make sure that you bring your credit card or cash.

**Thursday November 19<sup>th</sup>, 9.30am for 10am** John Dingle arranged "Single Issue Meeting" on Residential Aged Care. See article below on the program.

**Thursday December 10<sup>th</sup> Christmas Lunch**  
**Details to be advised.**

## AUSTRALIAN GOVT DEPT OF HEALTH COVID NEWS

### *University of Oxford COVID-19 vaccine*

The University of Oxford vaccine is one of the most progressed vaccines in development

globally for Coronavirus (COVID-19). If it is proven to be safe and effective and is approved for use, it will be available in Australia from January 2021, as part of the Australian

Government's COVID-19 Vaccine and Treatment Strategy.

In Australia, the vaccine would be manufactured by Australian-headquartered multinational biopharmaceutical company CSL in partnership with the developer, international pharmaceutical company AstraZeneca. The Oxford vaccine is one of nine vaccines supported by the Coalition for Epidemic Preparedness Innovations (CEPI), a global partnership to accelerate vaccine development.

### ***Testing Process***

All vaccines must pass different stages of research trials to prove they are safe and effective. The CSIRO partnered with the CEPI to test the vaccine in pre-clinical (animal) trials in Australia.

The Oxford vaccine has completed combined Phase 1 and 2 clinical trials, where it was tested in a small number of volunteers to show that it is safe. Trial results have been peer reviewed and published. Larger combined Phase 2 and 3 clinical trials are now underway in the United Kingdom, United States, Brazil and South Africa.

### ***Doses For Australia***

Before the Oxford COVID-19 vaccine is approved for use in Australia it must pass the Therapeutic Goods Administration's

rigorous assessment and approval processes. This includes assessment of its safety, quality and effectiveness. The TGA is actively monitoring COVID-19 vaccine development that is occurring both in Australia and around the world.

If the Oxford vaccine is successful:

- 3.8 million doses will be delivered to Australia in January and February 2021
- 30 million doses will be manufactured in Australia between January and September 2021, in monthly batches. CSL will manufacture these doses on behalf of AstraZeneca
- It is likely that the first doses will be given to vulnerable people, and front-line health care workers consistent with WHO recommendations.

*Courtesy Aust Govt Dept of Health October 1<sup>st</sup>, 2020*

#### **MEMBER PORTRAIT – KEN McDONALD**

How often when sitting in a moment of reverie have you wondered where the years have gone. This occurred to me several times lately, so I sat with what is left of my memory and wrote down that which has been my life over the last 85 years.

A temperature of 114° f (45° c ) wasn't the best weather for my entry to the Coolgardie District Hospital but I had little choice and I'm sure I tried to make up for it over the following years, although, as I tried to burn myself, learnt to climb trees, walk on double gees, threw stones etc., like most little country boys.

My gentle Dad worked in a gold mine that now forms part of the super pit and this was followed by a move to Northam, as he had now joined the Army.

More growing, exploring, chasing rabbits, climbing trees, leading a wonderful boy's life. It

would have to be the best little town in the wheat belt. I loved my schooling at East Northam State School, followed by Northam High School, plus sport, friends, & the bush.

Then I was lucky enough to attend Perth Modern School, along with a future Prime Minister,

lawyers, doctors, environmentalists and many other high achievers. After graduation I spent one year & 222 days in Duntroon Military College (my father was in the Army) which clearly showed I wasn't cut out for a military life!

So, I came back home and studied to become a cartographer, and, as a consequence, finished up in Papua New Guinea for 16 of the best years of my life. The last of the colonialists and completely spoilt by a beautiful, absolutely honest, hard-working indigenous family. A memorable time amongst 17,000 Europeans and about 100,000 locals.

We planned and built the National Mapping Centre, which I felt was a worthwhile achievement in a rapidly developing country. Somewhere in there, I was entranced by a fabulous girl from Subiaco (Delys) who agreed to become Mrs McDonald. The result was 3 great boys who have since gone into the world to make their own lives. We could have stayed but our family of boys brought us home to complete their education.

Then the thoughts began.... "where has the time gone".

Not quite completely home to Perth, as during a previous trip to Kalbarri we had been convinced to build holiday townhouses there. After 6 happy and successful years, and lots of hard work, the need for our families schooling took us right back to Perth.

I've always been mechanically minded and a business, "Differential and Transmission Specialists," became available in Jolimont. Small and not well run, but with a bit of belt tightening and long hours I got it up and running quite successfully. We had bought a delightful house in City Beach so thought we had finally found a family home in which to settle.

Anyway, I always would have liked to have been a farmer! On a trip to Margaret River, in 1988, we were shown a beautiful 200 acre property that happened to be for sale. So, it was pack /sell and move within six weeks from City Beach to Karridale, south of Margaret River, for another wonderful 6 years. It was a small cattle fattening property, with a brick and tile house, large shed and work shop, a 63 tree orchard of many different varieties with a permanent creek. This was peace. We had great country neighbours and life seemed perfect, then our first grandchild was born in Perth so we had to choose between family or the farm.

Then we saw a guesthouse for sale in Safety Bay - "Arcadia House", on the waterfront, old and badly run, with 15 self-contained rooms. We included a full English breakfast so were very busy but it worked. Six years of purgatory for me but Delys loved it all.



Yet here we are! I really think we like being punished.

One day one of our guests made an offer that sounded extra generous so we moved to Floreat, dismantled half the new/old house, modernized and upgraded it over

the next couple of years and joined National Seniors Australia.

A close friend at that time asked us to go with her to look at a unit in "The Rise" village in City Beach. On the way home she confided it wasn't quite what she wanted so we went back the next day and made an offer. I think she missed out.

It's been a great and wonderful life!

However you find this, I challenge anyone else to open their lives to our members in the same or similar fashion.

I know there are many.

Introducing Ken & Delys McDonald to date.....



**Ken & Delys at the Royal Show in Papua New Guinea**

**Ken serving at Arcadia House**







Ken at his Karridale farm

## RESIDENTIAL AGED CARE SINGLE ISSUE MEETING

Please note your diary now for a special meeting on the single issue of Residential Aged Care. It is on at 9:30am for 10am on Thursday 19 November 2020 at Mt Claremont Community Centre. It follows on from the February 2020 meeting. Specialist speakers include:

- Ms Rebecca McIlroy, who was so well received at the February meeting. She will give an overview of the residential care program, government funding, assessment and access as well as the Quality standards providers must comply with.
- Ms Justine Martyr, Acting CEO of Advocare, will provide practical information on access to residential aged care, fees and costs, common issues and concerns. She will also comment on what information is available from the current Royal Commission.

More details will come on what you will need to do to be part of the crowd. In the meantime, just mark your diary.

The meeting will be in the Banksia Room at the Community Centre, with morning tea in the Tuart Room – much like our usual meetings.

Government rules as a result of COVID-19 will be followed. We will announce it as a Community Event, with publicity in the “Post” and elsewhere. Cost will be \$10.

John Dingle



## PRESIDENT’S COLUMN

As briefly discussed at the last Committee meeting, I have registered the branch for the new WA Containers for Change scheme that started on October 1st. This means we have an account in the name of National Seniors Australia Perth Western Suburbs or similar and an **ID number C10305277**. I will give it a try before Thursday with a few containers and see if the few dollars realised ends up in the Branch account.

This has the potential to be a source of funds for the branch - to pay the Nedlands Storage charges or subsidise Xmas lunch, perhaps. Just ten members collecting ten containers each a week could add \$500 annually to our bottom line.

Why not give it a try? Collection locations and more info can be found at:

<https://www.containersforchange.com.au/wa/>.

One of the main collection points is at Paraquad Industries, 2 Selby St, Daglish.

Geoff Jones