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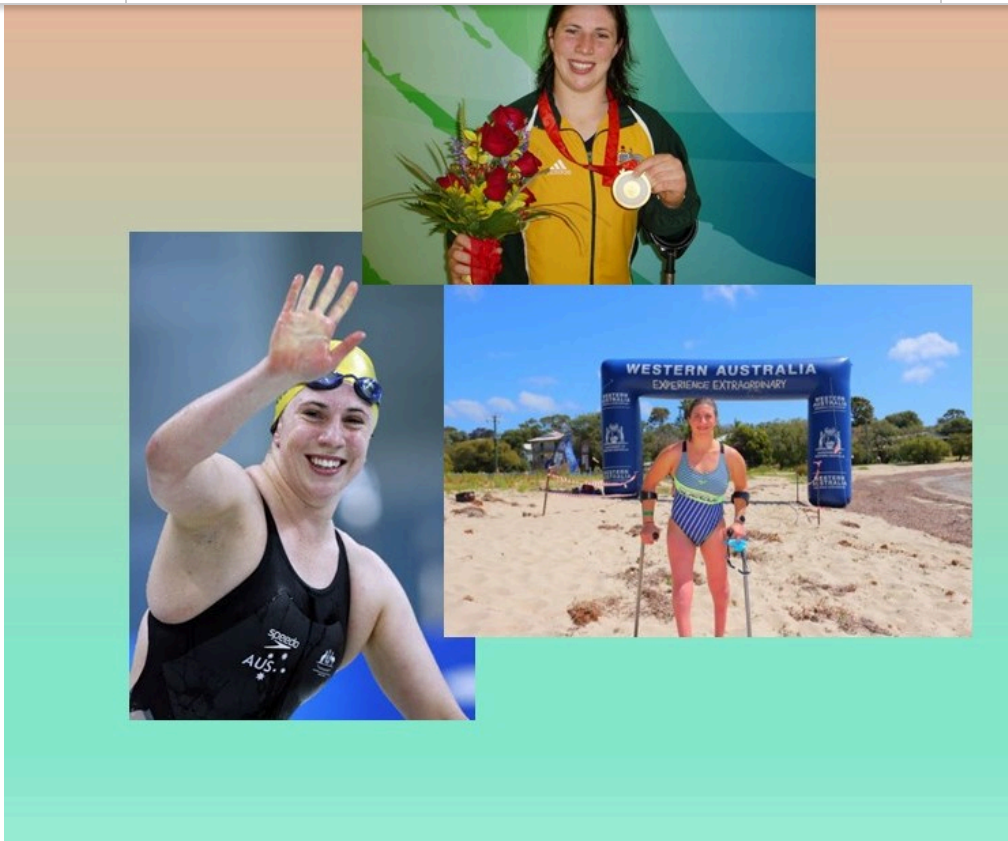


NEWSLETTER AUGUST 2024

**WE ARE CELEBRATING THE OLYMPIC
AND PARALYMPIC GAMES !**



**OUR SPEAKER
PARALYMPIAN KATRINA PORTER O.A.M.**



As the world is captivated by the Games from Paris, we are thrilled to bring to you a Perth born and bred gold medallist as our August lunch speaker. Katrina Porter - who is known as Kat - has an impressive biography of sporting achievements. This is despite being born with Arthrogryposis Multiplex Congenita, a condition that causes fused joints and very little muscle in her lower limbs and left arm. She's been a gold medallist, a world record holder, and is a former Captain of the Australian Paralympic Team. She was awarded the O.A.M. at just 19 years old.

Since retiring from the pool, Kat competes in Open Water Swimming events, is a surf life saver at North Cottesloe Surf Life Saving Club and is a Manager in the PwC Assurance business.

Hers is a fascinating story you won't want to miss.

Ordinary General Meeting & Lunch

Thursday, 8th August

Royal Perth Golf Club

Doors open 11.15

Meeting called to order 11.45

PLEASE COME DRESSED IN YOUR NATIONAL COLOURS



PWP

AUGUST MENU

MAIN COURSE

Parisian Baguettes with butter

Chicken Chasseur

or

Tomato, Saffron and Fennel Poached
Snapper

Side Dishes:

Ratatouille

Paris Mash

DESSERT

Crème Brulee

Dark Chocolate Silk Tarts with Roasted
Strawberries

PRESIDENT'S MESSAGE

Hello everyone

What a great celebration we had for the Club's 45th Birthday. I hope those of you that attended enjoyed it. We had some great stories from our Past Presidents, and the photos show how much fun was had by all. Talking of the photos see the end of this section.

I am sorry I won't be with you for the August lunch, as we will be in the U.K. attending our godson's wedding in Yorkshire on August 3rd, then home to the Isle of Man to see family. Fingers crossed that summer actually arrives, because it hasn't yet! I leave you in the more than capable hands of Jacqui Ure who will preside over the meeting on my behalf. Thanks Jacqui.

I know Katrina Porter will be a great speaker. What an extraordinary life she has led, overcoming her physical disability to compete at the highest level of Sport. We will be celebrating all things Olympic, and we thought it would be fun if you could **dress in your national colours**. I might get someone to buy me some raffle tickets, as we

Congratulations to Doreen Quick who was the 45th member to renew and she wins free membership for this coming year.

PS All of the photos from the 45th lunch are now on the website.

Below are links to Sharlini's photos and video reels. Please note these links will take you to Google Drive

https://drive.google.com/drive/folders/1qs1iDwV0eNUUt1Uit2j8CTinwICUZbQS?usp=drive_link

Videos [EDITED LUNCHEON - Google Drive](#)

SPECIAL ACTIVITIES

To book any special activity please contact Antje 0409 128 672 or pwp.perthactivities@gmail.com

**WHEN TRANSFERRING MONEY TO THE ACCOUNT FOR ANY ACTIVITY
PLEASE USE YOUR SURNAME AND THE ONE WORD CODE ASSIGNED
BY ANTJE**

SOLD OUT!

**Christmas In July, August 27TH
James Morrison, Ellington Jazz Club, September 21st**

If any tickets become available due to unforeseen circumstances, Antje will send out an email to everyone. Thanks for your support.

SONGS OF COMEDY & TRAGEDY
WITH HIGHLIGHTS FROM • GILBERT & SULLIVAN • WEST SIDE STORY
KISS ME KATE • ROMEO & JULIET • SPAMALOT • MACK & MABEL
A LITTLE NIGHT MUSIC • SHE LOVES ME • THE SECRET GARDEN

SATURDAY AUGUST 3RD | 2:00 PM
GOVERNMENT HOUSE BALLROOM

Snadens Planos
PERTH MUSIC

(BANK TRANSFER WORD COMEDY)

Perth Symphonic Chorus bring us the best of theatrical music, with highlights from Opera, Operetta and Musical Theatre.

Songs of Comedy & Tragedy features some of the most loved music from the golden years of Broadway, Grand Opera and sparkling Viennese Operetta!

Featuring a fantastic cast of soloists, Robert Hofmann leads a talented ensemble with Sophie Hamer, James Pinneri, Noah Humich, Anna Tsigiotis

Don't miss this concert conducted by James Pratt, with accompanist Caroline Badnall at the Government House Ballroom.

Pre-concert talk presented by Tony Howes OAM from 1:30pm.

When: Saturday, 3rd August

Time: 2:00 pm

Where: Government House Ballroom, St Georges Terrace, Perth WA 6000

Cost: \$39 or \$32 concession

Tickets have been bought for those who have already signed up. If you would like to join, we will try to get tickets seated as close to the group booking as possible.



TO THE MOON

Expressions of interest for
A Guided tour at Boola Bardip Museum

When: Sunday, 11th August or Thursday, 15th August

Time: 3.00pm

Where: Boola Bardip WA Museum

Cost: \$25 (\$20 concession)

We only have 4 members signed up. If we don't get any more takers, we will withdraw the event. So if you are interested, please let Antje know. Thanks.



Who knew golfing could be so dangerous? 4 TICKETS STILL AVAILABLE

MURDER TO A TEE – Murder Mystery
(Bank Transfer Code Word: M at T)

When: Saturday, 24th August

Time: 6.30pm (Duration: 3 hours)

Where: Downstairs At The Maj, 825 Hay Street, Perth

Cost: \$131.00 incl. 3-course dinner



St John

First Aid Essentials 14 places available

Wednesday August 29 9.15-1.30 \$85

**Obtain essential first aid
knowledge and skills with this
short, hands-on course. There are
no formal assessments as part of
this course**

(BANK CODE WORD FIRST AID)

Contact: [Antje Robson](mailto:antje.robson@pwp.perthactivities@gmail.com) pwp.perthactivities@gmail.com or **0409 128 672**

This course will cover the following:

**Cardiac Conditions; • Cardiac Arrest; • Cardiopulmonary Resuscitation:
Adult and Infant; • Recovery Position; • Choking: Adult and Infant; •
Anaphylaxis; • Asthma; • Diabetes; • Seizures; • Stroke; • Bleeding
Control; • Head and Spinal Injuries; and • Burns**

When: Wednesday, 28th August

Time: 09:15-01.30pm

Where: 209 Great Eastern Highway, Belmont

Cost: \$85.00



Code Word: Old Mill

Frank Cook, having been taken ill with a rare complaint, has been booked into a private nursing home by his wife June for a week's respite. Whilst there, he encounters the Reverend Paul Latimer who is recovering from a heart transplant and whose odd behaviour is beginning to alarm his wife.

When: Friday, 13th September

Time: 07:30 pm

Where: Old Mill Theatre, South Perth

Cost: \$20.00

Contact: Antje Robson pwp.perthactivities@gmail.com or Mobile 0409 128 672



ALZHEIMER'S RESEARCH AUSTRALIA

Talk and Tour by Prof Ralph Martins

(Bank Transfer Code: MARTINS)

Contact: Antje Robson pwp.perthactivities@gmail.com or 0409 128 672

When: Wednesday, 20th October

Time: 01:30pm-03:00 pm

Where: 8 Verdun Street, Nedlands

Cost: \$5 commitment fee

Refreshments provided by Alzheimer's Research Australia

The tour will take place on the ground floor and the second floor. There are lifts so no stairs will be involved. Parking is available at \$3.70 per hour. Map with parking information will be provided.



21 Hearts Matinee

Back by popular demand, but only 3 tickets left from our allocation

(Bank Transfer Code: HEARTS)

Everyone who went last time was pretty wowed by this play by former PWP Speaker Jenny Davis. Don't miss this second chance to see it.

Contact: Antje Robson pwp.perthactivities@gmail.com or 0409 128 672

When: Friday, 8th November

Time: 11:00 am. Approx 90 minutes no interval

Where: Como Theatre, 16 Preston St, South Perth

Cost: \$54

REGULAR ACTIVITIES

MOVIE CLUB / BOOK CLUB



Movies

First Friday of the Month

Sue Spalding is now coordinating the movie Club. Movies will be on the first Friday of each month.

Please contact Sue if you want to be on the list.

suespalding@hotmail.com or
0409 880 750.

Date: Monday, 19th August

Where: Pagoda, 112 Melville Pde,
Como

Time: 1:15 for 1:30pm start

Contact: Tricia Crane
cranepearl@gmail.com or
0401 673 916

This month's book is MAYFLIES by Scottish author Andrew O'Hagan
After reading the book, watch the highly recommended two part drama on SBS



Discovery Coffee - come along and enjoy the chat

Date **Friday, 23rd August**

Where: **Boubar 31A Hampden Road, Nedlands**

Time: 10:30am

Contact: **Rhonda Metka**
contactrhonda99@gmail.com

PLEASE NOTE THIS NEW EMAIL FOR RHONDA
0431 272 372

From the South to the West, Rhonda certainly knows the best spots all over Perth. **Boubar** offers a warm and friendly ambiance with Breakfast and Coffee specials.



Curry Club

Don't miss out - something new!

Date: **Friday, 30th August**

Where: **Gogos, 35 Mends Street South Perth**

Time: 12:30pm

Contact: **Corinne Kilbee**
kilbee@westnet.com.au

0411 588 112

Tables can't be booked at this venue, which has been getting rave reviews! But Corinne will be there early to secure a table. Please let her know if you will be going along.

MAHJONG / QUILTING



Where: Pagoda Hotel
112 Melville Pde, Como

Time: 10:00am

Contact: **Corinne Kilbee**
kilbee@westnet.com.au
or 0411 588 112

Where: **Refer to Quilt Roster**
or contact Michele

Time: 10:30am

Contact: **Michele McNeill**
michele-mcneill@bigpond.com
or 0408 184 532

WALKING / GOLF



Date: **Each Tuesday**

Where: Contact Sue Robb

Time: 8:00am

Contact: **Sue Robb**
suediane.robb@gmail.com

Date: **Each Tuesday**

Where: Contact Sue Spalding

Time: 8:00am, seasonal

Contact: **Sue Spalding**
suespalding@hotmail.com
or 0409 880 750



Judith Wilson 03-Aug
Liz Pervan 08-Aug
Doreen Quick 08-Aug
Anne Williams 09-Aug
Sharlini Colin-Thome 10-Aug
Marilyn Hayter 19-Aug
Monica Matisons 20-Aug
Elizabeth Williams 20-Aug
Susan Robb 23-Aug
Kari Young 27-Aug
Dana Gration 28-Aug
Sally Hoedemaker 29-Aug
Pamela Price 30-Aug

PWP BIRTHDAY LUNCH

JUST SOME OF THE WONDERFUL PHOTOS TAKEN BY SHARLINI
All photos can be seen on PWP website (password Lionfish), and can be
downloaded via links in Sheena's message





Contact details for Board members

President	Sheena Kaighin	pwp.perthpresident@gmail.com
VP Activities	Antje Robson	pwp.perthactivities@gmail.com
VP Programs	Tricia Crane	pwp.perthprograms@gmail.com
VP Membership	Robyn Tirabosco	pwp.perthmembership@gmail.com
Treasurer	Pauline Sedgwick	pwp.perthtreasurer@gmail.com
Secretary	Anne Williams	pwp.perthsecretary@gmail.com
Parliamentarian	Jacqui Ure	jacqui.1503@hotmail.com
Member at Large	Lindell Negline	pwp.perthmemberatlarge@gmail.com

Why did the Olympic weightlifter bring their own lunch to the competition? They heard it was a heavyweight event!

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Our mailing address is: PO BOX 1287, SOUTH PERTH, WA, 6951 AUSTRALIA

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