

## MRS WILLEMSE: WALTZING BACK TO THE WEST

Mrs Joyce Willemse has recently returned from 27 years in Queensland, to move into one of the units in the Norfolk block.

Although she has a daughter still in Melbourne, her four sons all live in Perth, which helped her make her decision to move back to WA.

Mrs Willemse ran her own Department Academy for teenagers in Queensland, which was a modern school with the motto, "It's better to be a model girl, not a girl model". Her previous experience as a cosmetician and a ballroom dance competitor helped her greatly when setting up this academy.

However, she eventually decided she needed a change, and became a Social Hostess on Russian CTC Liners, where she looked after the ladies onboard with entertainment such as quizzes and flower arranging. This was also where she met her late husband, who was a passenger aboard the vessel.

Mrs Willemse said she thinks everybody she has met so far at St Louis has been marvellous, and she is looking forward to getting into her unit properly and adapting to Western Australia again.



Mrs Joyce Willemse



OCTOBER/NOVEMBER 2006



ST LOUIS ESTATE  
CLAREMONT

# ST LOUIS ESTATE COMMUNITY VOICE

## HEALTH HELP AT ST LOUIS

St Louis has a doctor, podiatrist and physiotherapist visit the estate once a week, to consult with any resident who has a problem they would like discussed.

The podiatrist, Jackie Costigan, comes to visit us on a Wednesday, with appointments ranging from 9am until noon.

Dr Jon Henderson, our general practitioner, also drops in on a Wednesday afternoon, from about 1.30pm. If Wednesday is not a suitable day for you, Dr Henderson also runs a practice where you can also make appointments.

The physiotherapist, Barbara Leonard, runs the gentle exercise class on a Thursday and the hydrotherapy class in the warmer weather. If anyone wishes to make an appointment they will have to do so through her.

If you wish to make an appointment with the podiatrist or the doctor, please call reception on 9385 1420.



Barbara Leonard

Jackie Costigan

Dr Jon Henderson

## DEAN STREET COMPLETE

All three blocks of units along Dean Street are finally completed. Almost all of the residents of these units have moved into their new homes and are becoming familiar faces around the estate.

We are now looking forward to the construction of the new respite care centre that our new owners, CHC are planning to build.



Sales Manager Peter Hunt has put a lot of time and effort into the new units

## SMART SENIORS LEARN ABOUT LIFESTYLE

Murdoch University Associated Professor Peter Dingle and PhD Candidate Jason Fox have just completed a nine-week Senior Smart Programme, which was held at St Louis Estate.

The programme invited residents from St Louis Estate and its surrounding suburbs to learn interactively how to improve their health, life attitudes and memory. They were provided with the motivation and information to ensure themselves a positive improvement to their wellbeing.

We thank everyone who attended this course, and especially to Jason who taught our residents some very important lessons about caring for yourself. He has offered to come back and speak to everyone here about some similar topics, so we look forward to seeing him again in the near future.



Residents of St Louis learn with people outside our community

## LIBRARY AND COMPUTERS ENCOURAGE LEARNING

We have both a computer room and a library located at the Hinemoa Homestead, which you can access by walking through the dining room. We have three computers, all with internet connection, available for you to write emails or letters, or even to just surf the web.

The library is chock full of books that have been donated to us over the years, as well as past St Louis newsletters. You are welcome to take these books home to read whenever you like. Please ensure you write your name in the residents borrowing book so we can keep track of where they are.



Library



Computer Room



The new, fast 'TransWA' train

## REDISCOVERING THE NORTHAM RAIL

Everyone had a wonderful day exploring the Northam Railway on the 11<sup>th</sup> of September, and we luckily avoided the rain.

We began the day by tracking towards Toodyay along the old railway line, which is at the back of the John Forrest National Park, before stopping for a short morning tea at Wooraloo.

After detouring through Parkerville and Swanville, we eventually arrived in Northam, where Keith provided

us with his usual, superb barbeque lunch just near the starting platform for the Avon Descent. Residents were able to view displays at the Visitors Centre, explaining the history of the area.

Once lunch was finished, Keith took us on a tour of Northam, finishing at the Northam Railway Station. From there we caught the new fast train back to East Perth, where Keith picked us up and took us home for a well earned rest.



## SAYING GOODBYE TO LANDROW

A supper was held in August for all of the staff and residents of St Louis to say farewell to Landrow Ltd, who have been our owners for the past eighteen years.

This was a lovely evening, where everyone mingled over a light supper and a few drinks. Mr Geoff Morris, from Landrow Ltd said a few words of farewell to everyone at St Louis Estate on behalf of the company.

Ine Zuvela, our estate manager, thanked the company on behalf of everyone for all their hard work as well as the beautiful parting gift, which was a St Louis Estate letter opener.



These colourful balloons lined the Kingsmill Lounge



The beautiful floral centrepiece

## FORENSIC SCIENCE: POLLEN CATCHING THE CROOKS

Dr Lynne Milne, who has been featured on Australian Story, took time out of her busy crime-fighting schedule to come and talk to us at morning tea.

Dr Milne is a Forensic Palynologist, which means she uses the date and types of pollen to trace where articles of clothing or other crime scene evidence has been. For example, she was able to identify the path of a killer from a small amount of dirt in a suspect's shoe.

This talk was truly fascinating, and we were extremely lucky to have access to one of the very few Forensic Palynologists in the world.



Lynne Milne tells her story



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## ST LOUIS SOCIAL CALENDAR

### WHAT'S ON IN OCTOBER?

2	Book Club 10.15am (KL)
2/9/16/23/30	Claremont Shopping (Bus leaves at 2pm)
3/17	Scrabble Club 2pm (KL)
3/10/17/24/31	Cottesloe Shopping (Bus leaves at 9.30am)
5/12/19/26	Gentle Exercises 11.15am (KL)
6	Morning Tea: "Fancy That!" Singing the classics 10.00am (KL)
6/11/18	Happy Hour 5-6pm
6/13/20/27	Claremont Shopping (Bus leaves at 1.30pm)
7/14/21/28	Indoor Bowls 10.30am (KL)
11	Wild-flower Day Trip (bookings essential at reception)
12	Screening: A 50th Birthday Celebration of Dame Kiri Te Kanawa 2pm (KL)
13	Morning Tea: "Top Shop Summer Collection" 10.30am (KL)
18	Morning Tea: Birthday 10.30am (KL)
19	Movie: "Mrs Henderson Presents" with Judi Dench and Bob Hoskins 1.30pm (KL)
20	Men's Chat Club 4-5pm (KL)
20	Morning Tea: "Welcome New Residents" 10.30am (KL)
25	Tasting Club 5-6pm (KL)
27	Morning Tea: "CCGS Orchestra and Soloist" lead by Kevin Gillam 10.30am (KL)
31	Non Denominational Church Service 11am (KL)

### WHAT'S ON IN NOVEMBER?

2/9/16/23/30	Gentle Exercises 11.15am (KL)
3	Morning Tea: "The History of Fremantle Harbour" 10.30am (KL)
3/10/17/24	Claremont Shopping (Bus leaves at 1.30pm)
3/15/22	Happy Hour 5-6pm
4/11/18/25	Indoor Bowls 10.30am (KL)
6	Book Club 10.15am (KL)
6/13/20/27	Claremont Shopping (Bus leaves at 2pm)
7/14/21/28	Cottesloe Shopping (Bus leaves at 9.30am)
7/21	Scrabble Club 2pm (KL)
8	Day Trip to Dwellingup (bookings essential at reception)
10	Morning Tea: "Christmas Island" 10.30am (KL)
17	Morning Tea: "Sheik to Sheik" Belly dancers 10.30am (KL)
17	Men's Chat Club 4-5pm (KL)
20	Day Trip to Penguin Island (bookings essential at reception)
22	Morning Tea: Birthday 10.30am (KL)
23	Movie: "How to Steal a Million" with Audrey Hepburn, Peter O'Toole and Charles Boyer 1.30pm (KL)
24	Morning Tea: "Welcome New Residents" 10.30am (KL)
28	Non Denominational Church Service 11am (KL)
29	Morning Tea: "Royal Flying Doctors" 10.30am (KL)
29	Tasting Club 5-6pm (KL)

## MESSAGE FROM THE MANAGER

Welcome to this edition of the St Louis Estate Community Voice. Ine has been away on holiday from the end of August, so is unable to discuss the day to day happenings around the estate. She left care of the estate to Sylvia in her absence, who has done a great job in maintaining the high standard of living at St Louis.

Ine has been fortunate enough to have travelled to Italy, via Bangkok, and has been having a lovely time exploring the different cities and cultures. We look forward to her return in October.

*Ine Zuvela*

## NEW NEIGHBOURS ARRIVE AT ST LOUIS

There was a big rush of new residents in the August 'Welcome!' morning tea.

The completion of Norfolk and Magnolia meant we had a large group of new neighbours to meet and greet.

Now with the occupation of Magnolia well underway and many other existing units being filled, we hope to see all these new faces in and around the estate.



New Residents at St Louis

## RED CROSS: SAVING LIVES WORLDWIDE

Janet Powell from the Red Cross came to discuss the services the Red Cross provides, both here and overseas.

After discussing the history of the Red Cross, we were shown a touching slideshow which discussed all of the places where they are involved, as well as services for the elderly, such as daily phone calls to check up on someone living alone.

We thank Janet for this eye opening presentation, and many of us were happy to spontaneously donate a gold coin to their causes.



Resident's watch the slideshow



Janet Powell

## GREEN HILL WAS A NO-GO

Due to lack of interest for the day trip in August, our visit to Green Hill had to be cancelled.

We encourage everyone who wants to go to book early, as without enough numbers, we cannot provide these outings for you.

Peter and Vicki are currently organising the schedule of day trips for 2007. If anyone has any suggestions of interesting places to visit and investigate, please give them a call on 9385 1420.

## INFORMATION ACCESS: CITIZENS ADVICE BUREAU

In August we were visited by Sandra Brown from the Citizens Advice Bureau, who shared a cup of tea with us, as well as describing some of the questions she gets asked through her work.

The Citizen's Advice Bureau is a referral agency, which strives to answer as many questions from the public as possible, but also helps out with legal issues, including the drawing up of wills and mediation for those going through divorce.

Sandra gave us a thoroughly interesting talk, which taught everyone a lot on these matters.



Residents listen attentively to Sandra's advice.



Sandra Brown from the Citizens Advice Bureau

## HUMOROUS VERSE CREATES GIGGLES AT MORNING TEA

We were entertained by Leslie Adams during morning tea in September, who shared some of her comical poems with a large group of listeners.

Her verses have been aired on ABC morning radio, where she used to be in contact with the producer of the show, who would ask her to write a poem for a topic to be discussed in a few hours time.

Although some of the limericks were a little risqué, everyone present had a good giggle because the poems covered topics that happen in our everyday lives.



Residents have a chuckle at Leslie's limericks

## RECEPTION: THE WINDOW TO THE WORLD OF ST LOUIS

The St Louis Estate reception is your first point of call for any queries you have regarding the estate. Our two friendly reception staff, Susan Alberts and Emily Marshall, are happy to answer any of your calls and queries.

These two ladies organise endless amounts of things, such as any bookings, maintenance problems, newsletters and dining room menus.

Don't hesitate to give reception a call on 9385 1420 if you have any questions. They are happy to point you in the right direction



Susan Alberts



Emily Marshall

## GAINING STRENGTH WITH GENTLE EXERCISES

Barbara Leonard, the physiotherapist, holds a gentle exercise class on a Thursday morning for all those looking to improve their stability, strength and mobility.

The classes undergo exercises that are not strenuous on either the muscles or on fitness. It incorporates the use of muscles and stretches not usual to everyday life, with movements that become increasingly difficult as we get older.

Everyone is welcome to attend this class, and it is very helpful to those who want to maintain or regain some mobility.



Mrs R Taylor gives the ball a big kick to the other ladies

## PERTH OBSERVATORY: UNDERSTANDING THE UNIVERSE

Rick Tonello joined us for morning tea in September, after returning from his holiday, to discuss the history and achievements of the Perth Observatory.

The Perth Observatory is extremely important because it is the only significant observatory between South Africa and the Eastern States of Australia. This importance to the globe is further

enhanced by the fact that the centre of our galaxy (The Milky Way) passes almost overhead.

Mr Tonello, who is an Astronomical Officer at the site, gave us a very informative talk that was enjoyed by all. St Louis is also planning a trip to the Observatory in April next year, where residents can see it all for themselves.



Mr Rick Tonello, shares his wealth of knowledge with us