



HAPPY Mother's Day

ALL NEW QIGONG CLASS

Qigong (pronounced Chi-gong) is a slow and gentle practice involving movement and breath. A Qigong practice is designed to promote, enhance and balance our Chi (which is our life force or vital energy) and by doing so we enhance our overall wellness. We use our breath to guide the movements and by connecting our mind, body and spirit we are looking after our physical, mental and emotional wellbeing.

Practicing Qigong may result in benefits such as: Improving your mood, promoting blood circulation and regulating blood pressure, improving sleep, improving movement, balance and flexibility, reducing stress & anxiety, aid digestion and enhancing lung capacity

This class is an introduction to Qigong with easy to follow exercises. It is suitable for everyone, we can practice standing or seated.

What to wear and what to bring:

Wear loose shirt and pants. We practice in bare feet if possible, otherwise please wear soft soled shoes. Bring a drink (water ideally), light jumper if the weather is cooler, grip socks if too cool for bare feet

Date: Every Thursday commencing May 2nd 2024

Where: Kiora Wellness Suite | **Time:** 9:30am

Price: Introduction special- 50% off! Only \$10pp



MOTHER'S DAY ROAST LUNCH



Sunday 12th May 2024

Time: 12:30pm | Formal Dining Room

Let's Celebrate all Mums this Mother's Day!

Invite along your families or the lovely ladies in your life to celebrate Mother's Day with a beautiful roast beef lunch in the dining room. A special gift for all the ladies will be given on the day. RSVP essential to reception by Friday 3rd May 2024.

ST LOUIS' AUSTRALIA'S BIGGEST MORNING TEA

Date: Friday 24th May 2024 | **Time:** 10:30am

Cost: \$30pp | **Where:** Kingsmill Lounge

You are invited to the St Louis Estate 'Australia's Biggest Morning Tea'. Let's come together and enjoy a cuppa and delightful morning tea, so we can support those impacted by cancer. Join us for a fun morning, there will be door prizes, a raffle and a few little games to add some fun.

You will be treated to a delicious assortment of tasty treats along with a variety of tea and coffees. All proceeds are donated directly to the Cancer Council. Invite your friends and family to support a wonderful cause.

RSVP: 17th May 2024 (Tickets are essential).

RESIDENT NEWSLETTER

MAY 2024

MAY MOVIES



If you have a special request for a movie your fellow residents may enjoy, please advise us via reception. Every second Tuesday and Every Thursday 1:30pm in Kingsmill Lounge.



The Dry | Mystery / Thriller
Thursday 2nd May
Cast: Eric Bana, Joe Klocek
Running time: 1hr 57min



Shirley | Based on a true story
Thursday 23rd May
Cast: Regina King, Lance Reddick
Running time: 1hr 57min



Alex & Eve | Romance / Comedy
Thursday 9th May
Cast: Richard Brancatisano, Andrea Demetriades
Running time: 87min



After | Romance / Drama
Tuesday 28th May
Cast: Selma Blair, Hero Fiennes
Running time: 1hr 45min



Rabbit-Proof Fence | Adventure / Thriller
Tuesday 14th May
Cast: Evelyn Sampi, Tianna Sansbury
Running time: 1hr 34min



Irish Wish | Comedy / Romance
Thursday 30th May
Cast: Lindsay Lohan, Ed Speleers
Running time: 1hr 33min



The Beautiful Game | Sport / Drama
Thursday 16th May
Cast: Micheal Ward, Vinny Beckett
Running time: 2hr 04min



2024 / 2025 BUDGET MEETING

A formal notice of the budget meeting along with copies of budget documents will be provided to residents two weeks prior to the meeting.

Date: Monday 27th May 2024
Where: Kingsmill Lounge
Time: 10:30am



FLU VACCINE CLINIC

Date: Monday 13th May - Bookings Essential
Please phone Reception on (08) 93851420 to book your flu vaccination appointment. Ensure you've booked your appointment by Thursday 9th of May

Time: From 9:30am with appointment through reception.

You will be required to provide your Medicare details and prefill a consent form for your appointment. The vaccine will be bulk billed.



MONTHLY EVENTS



MEN'S CHAT CLUB

Date: Thursday 9th May **Time:** 5pm **Where:** PDR

LADIES' NIGHT

Date: Thursday 9th May **Time:** 5pm **Where:** KL

HAPPY HOUR

Date: Friday 3rd May **Time:** 5pm **Where:** KL

BRIDGE CLUB

Date: Tuesday 7th and 21st May **Time:** 1pm **Where:** PDR

SOCIAL COMMITTEE MEETING

Date: Wednesday 1st May **Time:** 10am **Where:** PDR

RESIDENTS COMMITTEE MEETING

Date: Wednesday 22nd May **Time:** 10am **Where:** PDR

CELEBRATE ST LOUIS MORNING TEA



Date: Friday 17th May **Time:** 10:30am **Where:** KL

Come along and join in this morning tea to acknowledge and celebrate all our residents who have a birthday or special event in the month of May.

SOCIAL CLUB PIZZA NIGHT



Date: Saturday 25th May **Where:** Kingsmill Lounge
Time: 5:30pm | **Cost:** \$15 pp - tickets essential

Due to catering requirements by the social club, there will be no ticket sales after 2:00pm on Thursday 25th May and no tickets available at the door. Please get your tickets early.

SWIMMING POOL

Please note we have installed new signage in the pool area, reminding residents of the requirement for all children under the age of 16 to be always supervised by an adult. The adult must be present within the swimming pool area, and not the adjacent BBQ area or Gym.

ALL NEW LADIES' NIGHT & MEN'S CHAT CLUB

Enjoy wine & cheese? Love to have a chat & make new friends? All New Men's Club & Ladies' Night.

Get to know your neighbours at our new & reinvented social evenings. Come together with members of your community on the second Thursday of every month, a forum for ladies and gentlemen to meet and discuss topics of interest in a friendly and relaxed manner.

Date: Second Thursday of Each Month - 9th of May

Where: Ladies' Night held in the Kingsmill Lounge & Men's Club held in the Private Dining Room.

Time: 5:00pm

BYO Drinks, Delicious Cheese Platter provided, but feel free to BYO extra nibbles to share.

GUEST SPEAKERS

Barry Court

How Blessed We Are
Friday 3rd May



Barry is a keen yachtsman and three times State Yachting Champion, Barry has completed in many ocean races including the notoriously difficult Sydney to Hobart race and other international events.

The Court name is well known in Perth, Barry's brother Richard being the previous Premier, and his father, Sir Charles a former Premier of Perth, WA.

Rob O'Connor

Friday 10th May

Robert O'Connor is one off our own residents here and is going to talk about "Meg Roper."

Cyril Auris

Let's Not Be Serious
Friday 31st May

Cyril was a journalist on The West Australian for 36 years, 25 of them as police reporter. He has covered assignments in Libya's Sahara Desert, Afghanistan, New Guinea, Central Borneo, Nepal and Japan to name but a few.

He searched for and found a lost tribe of Penans in Borneo; walked the Kokoda Trail; traced the "poppy trail" through the sound barrier in a Mirage jet fighter, got into Kabul only days before tribal warfare broke out and was on assignment in Hiroshima during that city's 50th anniversary of the atomic bomb attack.

Since leaving The West Australian 30 years ago, he has written 21 books, and has just published his autobiography, "Chameleon - Reporter at Large"

RESIDENT NEWSLETTER

MAY 2024

WELCOME TO OUR NEW RESIDENTS!

St Louis Estate would like to extend a very warm welcome to our new residents!



WISHING OUR RESIDENTS
& STAFF THAT CELEBRATE
BIRTHDAYS IN MAY
A FABULOUS BIRTHDAY!



St Louis Home Care Update



NEW DEPARTMENT OF VETERANS AFFAIRS (DVA) – COMMUNITY NURSING AND PERSONAL CARE.

In addition to our Home Care Package service offering, St Louis Estate Home Care is delighted to share with you our recent approval from the Department of Veteran Affairs, to offer community nursing and personal care services to eligible veterans across the Western Suburbs of Perth.

If you have a Gold or White Veterans card, please enquire about our veteran services by phoning **(08) 9385 3406** or emailing homecare@stlouisestate.com.au. We look forward to hearing from you.

NEW SHOPPING BUS SERVICE

St Louis Home Care will be trialling a new shopping bus service to Floreat Forum and other local shopping locations on the first Wednesday of the month. Our next service takes place on Wednesday, 1st May 2024, leaving the Homestead at 1.00 pm and returning at 3.00 pm from Floreat Forum. Bookings are required to reserve a seat.

To book the Floreat shopper bus service, please phone St Louis Home Care at **(08) 9385 3406**. Service Fee: \$25.

REMEDIAL MASSAGE THERAPY SERVICE

Have you tried the new remedial massage therapy service yet? We encourage all residents to book a treatment session with Mildred, who is providing services 2 days per week at the Kiora Wellness Centre. The wonderful feedback from residents regarding her services has been overwhelming.

SERVICE MENU

St Louis Residents will be able to access a Private Health Insurance rebate for services, with HICAPS claiming available on the spot or bill the cost of services directly to their Home Care Package.

**Appointments: Wednesday & Thursday
10:00 am - 3:00pm**

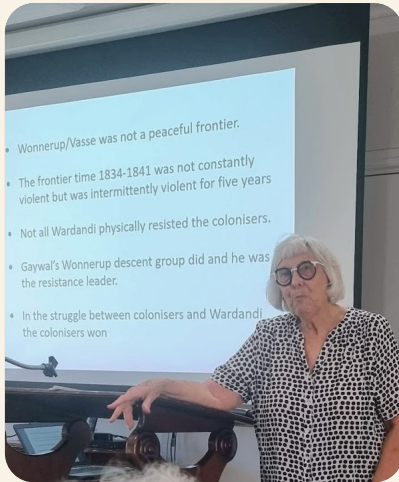
All appointments must be booked via the St Louis Home Care Office on **(08) 9385 3406**.

RESIDENTS' ROVING REPORTER

MAY 2024

EDITOR: MR JAMES NATT

WONNERUP: A STORY OF SETTLEMENT AND COLONISATION



Historian Lenore Layman gave a powerful and absorbing account of the colonisation of Wonnerup by a group of small settlers, including her great grandfather George Layman, between 1829 and 1839.

A wetland, and the most fertile area in the colony, the land around Wonnerup was originally occupied by the hereditary indigenous group owners the Warandi people. Some family groups, one led by elder Gaywal, resisted the arrival of the white settlers who wished to occupy the 'empty' land.

The clash resulted in intermittent violence and several deaths. Although there was a small military post, soldiers were not involved. This was colonisation by gradual settlement on the 'small man's frontier'. George Layman was one of those killed but it wasn't until leader Gaywal was also killed that Wonnerup could be peacefully settled.

ABBY MAKES SOME NEW FRIENDS

George and Gladys Powell have lived at St Louis for 17 years.

Here is a picture of their gorgeous grand daughter Abby who just loves sitting with her new friends in the garden near the Homestead .



RESIDENTS ENJOYING ESTATE FACILITIES

Here is the wonderful use of a very suitable room in Kiora for a meeting. In this case its Maureen Grimwood's Book Club who met for their monthly discussions.

A nice room with coffee service available " made the meeting a very happy one" said Maureen . Also in attendance was fellow Kiora resident Inge Stokes (Left) Both Maureen and Inge have units in Kiora which they love.



WES OLSEN GUEST TALK

Author Wes Olson is an independent researcher and author based in Perth . His work has concentrated on Australian military history during both World Wars.

Wes has been focused particularly on the 11th Battalion AIF and has written two books covering the formation and history of the Battalion. He has written six books while working for 47 years in the WA Railways. It was a fascinating talk, particularly his descriptions of the Gallipoli landing and consequent battle which cost so many Australian lives.



ADA IS 90! CONGRATS!

Ada Melchiorre celebrated her 90th birthday with family and friends with a party in the Kingsmill lounge.

Here she is with a couple of her young Grandchildren.

THE EASTER PARADE

A spectacular display of millinery delights were displayed at the annual Easter Morning Tea in the Kingsmill Lounge.



Hat 1: Joy Sinclair won the best hat with this floral beauty



Hat 2: Barbara Wheatley looks a little suspicious of the photographer!



Hat 3: Sarah Williamson created this vegetarian classic, amazing!



Hat 4: Joan Fisher- A startled Bunny!



Hat 5: Patricia Gunzburg... In a very attractive sun blocker



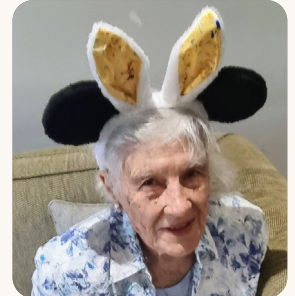
Hat 6: Pam Robinson and Debbie Frink. A black and white fashionable duo Paree!



Hat 7: Kay Anderson in a classic designed hat matched with her outfit



Hat 8: Fay Page in a fashionable protection from the sun



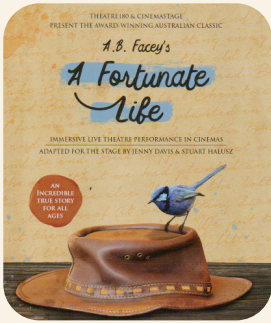
Hat 9: Trudy Broad won't get much protection from this cheeky but chic number

THE BOYS LIKE DRESSING UP TOO!

Some male residents joined in the Easter parade. Lawrence Varendorff AKA Lawrence of Arabia ? Jim Larkins in the blue "Bugs bunny" fedora. "What's up Doc?" Jim Natt was cajoled into putting this little number on.



RESIDENTS SOCIAL CLUB - COMING EVENTS



A Fortunate Life | May 10th



Pizza Night | 25th May



Opera Highlights | 10th July

CHAT CLUBS REVIVAL

The attendance at the March meeting of the Mens chat club was dismal. A promotion for the April meeting resulted in the numbers swelling dramatically to eight happy men “chewing the fat” with “nibbles” provided. A happy time for all!

The inaugural Ladies chat club was a wonderful success. 16 ladies attended and the feedback received was only positive. A certain event in the future months to put on your calender.



THE DRYANDRA FORESTS: INFERTILE WASTELANDS TO NATIONAL PARKS

The story of our forests and how their survival has been affected by changing economic attitudes and community values was vividly told by forester and historian Roger Underwood.

Roger, who has worked for fifty years in forest conservation, research and bushfire management, is passionately interested in the role of forests in our lives. The Dryandra forests, an ‘archipelago’ of remnants throughout the wheatbelt, is a classic example of how official attitudes have changed from deriding them as infertile wastelands to appreciation of their value in conserving native flora and fauna and their popularity for recreation.

WA also led the way in developing the first native eucalypt plantations, triggered by the discovery of valuable tannin in the bark of the Brown Mallet tree. Used to turn rawhide into leather, this discovery resulted in the Black Bark Rush, a valuable new export, and Forestry Regulations and management plans to prevent the industry's collapse. And the first ever plantations of Brown Mullett trees in the 1920s and generations of foresters.

Today we no longer need quantities of leather for harnesses or leather belts or timber for heating and building and agricultural practices have changed dramatically. We enjoy our forests for different reasons—whether as ‘tree changers’ or ‘tree huggers’, for wild flower walks, or just an escape from the city traffic. The old foresters huts are now repaired and painted (thank you Joy) and a holiday enjoying the beauty of forests is a part of our survival kit.

THE STORY OF ST LOUIS

St. Louis School, was a Catholic boys' school in Claremont, Western Australia between 1938 and 1976.

St. Louis was founded by the Jesuits – their only school in Western Australia. It opened on 23 May 1938 in Claremont, in the western suburbs of Perth, on the site of the former Hinemoe Homestead which had been sold to the Catholic Church in 1932.

The homestead building contained the Chapel, the Confessional, class rooms, Headmasters office and Admin while new buildings were erected to house the Senior School, the Jesuit community, and the boarders.

Although only 21 students started in the first year of the school in 1938 numbers soon grew. As the numbers grew the Jesuits purchased houses on Stirling Highway, Dean and Albert St. 14 lots were purchased since 1938 to accommodate the growth in student numbers.

The Jesuits ran the School until 1971 when it was handed over to the Catholic Archdiocese of Perth. Archbishop Lancelot Goody appointed a School Council chaired by Judge John Lavan to manage the School.

St Louis School amalgamated with the Loreto Convent Girls School to form John XXIII College, which opened in 1977.

The site of St Louis School is now occupied by the St. Louis Retirement Estate, which has preserved the old Administration building and the Priests living quarters, the original now part of Kiara fronting Dean St.



Original Hinemoe Homestead.



The Hinemoe Homestead preserved, now part of St Louis Estates Admin and services.



The Junior School once on Dean St near Highway. Now sadly demolished.



This was a private house purchased by Jesuits after 1952 for their accommodation. Beautifully incorporated into design of Kiara 2023.



Here is a picture of the main school building just prior to its demolition (Pity!!).



MICHAEL PREVOST: ST LOUIS EX SCHOLAR

Michael Prevost was a student at St Louis School from 1940 to 1952. Ten of those years as a boarder. He gained his Leaving Certificate in a class of 18 in 1952.

It is interesting to record that 5 of that class joined the Priesthood. Michael is pictured in the computer room which he knew in his school days as the confessional.