



## CREATIVE WRITING WORKSHOP

A fun new workshop to be hosted by Rachel Letts



A message from Rachel:

Living in St Louis have you ever wondered about the backstory of our residents?  
So many would have so much to tell.

If you would like to share some of your story, perhaps you would like to join a writing workshop? The workshops are informal, fun and creative. A time spent to reflect and record what was eventful, funny, important or even life changing. A time to recall your childhood or working life.

No previous writing experience is necessary, just a pen and a notebook. I'll share what I have learned during 10 years of teaching Creative Writing. Over a long time, I have written much, mostly for my children and have found it a cathartic process. I published a memoir and would love to pass on what I have learned in doing so.

Workshops will be fortnightly at **Kiora from 1.30pm on Thursdays**. The first workshop is **10th October**. We will discuss workshop topics, how long sessions should be and how many weeks you want to attend. Please bring a small object you value to our first workshop.

If you are interested contact Reception or me, Rachel Letts on **0418 629 954**.



## PINK RIBBON BRUNCH

**Date:** Friday 11th October **Time:** 9:45am for a 10am start **RSVP:** Friday 4th October

**Location:** Kingsmill Lounge **Cost:** \$50 with all profits donated directly to NBCF.

After the overwhelming support and success of our previous Pink Ribbon Breakfasts, this October, St Louis Estate will again raise funds for the National Breast Cancer Foundation (NBCF), the event will support NBCF's goal to work towards zero deaths from breast cancer by 2030.

Breast cancer is the most commonly diagnosed cancer in Australia. A staggering 1 in 7 women will be diagnosed with breast cancer in their lifetime. This equates to 55 Australians facing a diagnosis each and every day. This year, more than 3,000 women and men will lose their lives to breast cancer.

And without research, a further 27,000 more lives will be lost to breast cancer by 2030. In the 27 years since NBCF's inception, the five-year survival rate for breast cancer has increased from 76% to 91%. Ultimately, NBCF is working towards a goal of zero deaths from breast cancer by 2030.

Your support will save lives. Get your tickets today!

Join us for a gourmet brunch & fun to be had, to help support this special cause, bring your friends and family along.

# RESIDENT NEWSLETTER

OCTOBER 2024

## OCTOBER 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 at 1:30pm in the Kingsmill Lounge.



### The Gentleman | Crime/Action

Thursday 3rd October

**Cast:** Theo James, Kaya Scodelario, Daniel Ings, Joely Richardson, Vinnie Jones

**Running time:** 1hr 53min



### Muriel's Wedding Comedy/Romance

Tuesday 8th October

**Cast:** Toni Collette, Bill Hunter

**Running time:** 1hr 46min



### Find Me Falling | Comedy/Romance

Thursday 10th October

**Cast:** Harry Connick Jr., Agni Scott, Ali Fumiko Whitney, Tony Demetriou

**Running time:** 1hr 34min



### Handsome | Comedy/Mystery

Thursday 17th October

**Cast:** Jeff Garlin, Natasha Lyonne, Amy Sedaris, Leah Remini

**Running time:** 1hr 21min



### The Nest | Thriller/Drama

Tuesday 22nd October

**Cast:** Jude Law, Carrie Coon, Charlie Shotwell, Oona Roche, Adeel Akhtar

**Running time:** 1hr 47min

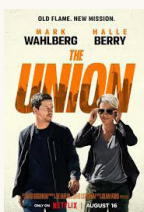


### Unforgiven | Western/Action

Thursday 24th October

**Cast:** Clint Eastwood, Gene Hackman, Morgan Freeman, Richard Harris, Jaimz Woolvett, Saul Rubinek, Frances Fisher

**Running time:** 2hr 11min



### The Union | Action/Thriller

Thursday 31st October

**Cast:** Mark Wahlberg, Halle Berry, J.K. Simmons, Mike Colter, Alice Lee, Jessica De Gouw, Adewale Akinnuoye-Agbaje, Jackie Earle Haley

**Running time:** 1hr 47min

## MELBOURNE CUP LUNCHEON



**Date:** Tuesday 5th Nov **RSVP:** Friday 25th Oct

**Arrival Time:** 11:45am **Race Time:** 12pm

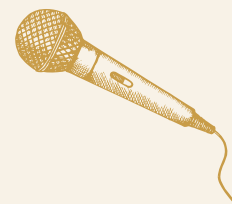
**Cost:** \$50 per person

Ticket holders will enjoy champagne on arrival to the Kingsmill lounge where you will be seated at your table and watch 'The Race that Stops the Nation' on the big screen. Post-race, guests will be served a gourmet three-course lunch. So, gather your friends and family and come along for a wonderful afternoon.

Please Note: Due to the Homestead renovations, viewing of the race will only be available to ticket holders and will be televised to guests seated at their luncheon tables.

**Sweepstakes tickets will be available for purchase from 9am @ Reception.**

## GUEST SPEAKERS



### Paul Bloomfield Love Conquers All

Friday 4th October | 10:30am (KL)

This expression by Virgil the famous Roman poet is as relevant now as it was when written in the first century. In a world of wars and rumours of wars of stress and strain surely the answer is love. Love needs to dominate and we need time to reflect on this great gift. Love is expressed in music and song in art and poetry. Let us encourage each other in this vast subject and allow it to conquer us.

### Alex Jenkins Artificial Intelligence (AI)

Friday 25th October | 10:30am (KL)

Alex Jenkins, a seasoned technology expert and current Director of the WA Data Science Innovation Hub (WADSIH) at Curtin University, boasts over 15 years of experience in advancing data science and artificial intelligence (AI) solutions. As part of his current role at Curtin University, Alex regularly speaks to the media about how AI works, the safety and ethical implications of AI, and how the workforce will change with AI technology. Alex is particularly focused on how AI will impact education and the health care areas and spoke in 2023 at TEDxPerth on the topic "An (AI) Tutor for Every Child" A fervent proponent of fostering strong partnerships among the education sector, government and industry, Alex is dedicated to nurturing the next generation of STEM professionals and propelling Australia's tech workforce forward.



## MONTHLY EVENTS



### SOCIAL COMMITTEE MEETING

**Date:** Thursday 3rd October **Time:** 10am **Where:** PDR

### HAPPY HOUR

**Date:** Friday 4th October **Time:** 5pm **Where:** KL



### LADIES NIGHT

**Date:** Thursday 10th October **Time:** 5pm **Where:** KL

### MEN'S CLUB

**Date:** Thursday 10th October **Time:** 5pm **Where:** PDR

### BRIDGE CLUB

**Date:** Tuesday 1st, 15th and 29th October  
**Time:** 1pm **Where:** PDR

### GARDEN COMMITTEE MEETING

**Date:** Wednesday 16th October  
**Time:** 10:30am **Where:** PDR

### CELEBRATE ST LOUIS MORNING TEA

**Date:** Friday 18th October **Time:** 10:30am **Where:** KL



### RESIDENTS COMMITTEE MEETING

**Date:** Wednesday 23rd October  
**Time:** 10am **Where:** PDR

### SOCIAL CLUB EVENT BBQ

**Date:** Saturday 26th October  
**Time:** 6pm **Where:** KL/BBQ



## ST LOUIS CHRISTMAS FETE STALL HOLDERS WANTED

**Date:** Friday, 6th December 2024

**Time:** 9:30am - 1pm

**Location:** Kiora Heritage House,  
Wellness Suite & Surrounds



Grab your neighbours and invite your friends and relatives to our annual St Louis Christmas fete. We are currently seeking stall holders to join us on the day.

We are looking for a variety of stalls, including, food and baked goods, jams and preserves, arts and crafts, candles, crystals, knitted & crochet items, homewares, jewellery, art, books health-care products, local businesses, and Christmas themed gifts. If you know someone who fits the description of any of the above stalls, please get them to contact reception.

**Stallholder applications are now open, and forms are available from reception. Call (08) 9385 1420 or email [admin@stlouisestate.com.au](mailto:admin@stlouisestate.com.au)**

Please spread the word to your friends, families & local community networks, encourage everyone to attend to support our annual fete. Lots of attendees means our stall holders and social club can have successful day.



## WELCOME TO OUR NEW RESIDENTS!

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



## SEPTEMBER BIRTHDAYS

Wishing all our residents and staff that celebrate their birthdays in October a wonderful day!



# RESIDENT NEWSLETTER

OCTOBER 2024

## DO YOU ENJOY SINGING?

The Friends in Harmony choir meets **every Thursday** afternoon between **1pm and 3pm in Floreat**. It's a dementia-friendly choir and they sing popular songs of the last 50 years or so, led by and experienced choir leader.

If you don't know the words you are sure to know the tunes. Sing for an hour and then afternoon tea.

All free!

If you are interested contact Reception or Alison Bevan on **0407 987 516**.



## SOCIAL CLUB WHITE ELEPHANT STALL

St Louis Social Club is once again seeking donations towards the "White Elephant" Stall to be held at this year's fete. All money raised from the stall is contributed to the social club to help subsidise resident outings and social club events during the year.

Items welcomed include household bric-a-brac and anything worthy of a price tag. The social club have requested no donations of books or clothes this year.

Please contact **Peter Hunt** to arrange delivery / collection of the items, Peter has generously offered to store the items on behalf of the social club.

## CHRISTMAS RAFFLE DONATIONS WANTED



With Christmas just around the corner, our Admin team is collecting donations for the very popular Christmas Raffle. In order to offer the numerous wonderful prizes, we rely on the generosity of the community to donate towards the prizes. Please donate items including, chips, chocolates, wine, Christmas themed knick-knacks, nuts, candles, giftware, jams, relish, biscuits or the like to Kristina at reception.

The success of the Christmas Raffle relies heavily on the generous donations from residents, please help make this year's raffle a great one!

# St Louis Home Care Update



## FREE HOME CARE PACKAGE INFORMATION SESSION

Join Karena Sherriff, St Louis Home Care Manager on **Wednesday, 16th October, at 11am at St Louis Estate, Kingsmill Lounge**, for a free information session. Karena will be presenting the 5 steps to accessing a government-subsidized home care package and what to consider when choosing your home care package provider.

Please register to attend this event by phoning **(08) 9385 3406** or email **homecare@stlouisestate.com.au**

## THINKING ABOUT HOME CARE SERVICES?

Hello, my name is Karena Sherriff, St Louis Home Care Manager. I joined the Home Care team in early 2022, with over twenty years of experience in community aged care. I would be delighted to assist you or your loved one in navigating the home and community care service industry. I am available Tuesday to Thursday weekly to explore a broad range of personally tailored home care service options with you. To enquire about booking a visit, please email **homecare@stlouisestate.com.au** or phone **(08) 9385 3406**

## SHOPPING BUS SERVICE

St Louis Home Care offers a Thursday shopping bus service to and from Claremont Quarter. **Leaving 1pm from the Homestead and returning at 2.30pm from Claremont Quarter**. You can enjoy shopping or a coffee at Claremont Quarter without the worry of parking. No bookings required. Cost: **\$15 per person**.



# RESIDENTS' ROVING REPORTER

OCTOBER 2024

EDITOR: MR JAMES NATT

## A BLAST FROM THE PAST

### The history of St Louis Estate 1986-2006

The following archival documents clarify the ownership of St Louis from the beginning in 1986.

Clough Engineering began building the estate in 1986 and in a quick turnover Alan Bond became the owner in 1987. But it does not appear to have been in his hands for long as the next owner Landrow Developments are listed as owners in 1988 and held it, in a partnership with the Prindiville family, for the next 18 years. The current owners CHC and the Peplow family took over in 2006.

The Bond takeover date is unclear but it is worth noting that 1987 was the year of his defence of the America's Cup and when he paid \$1 BILLION for Channel 9. He would certainly have been looking for some hard cash at the time!



## Special Notice From The Owners

The Joint Venture owners of St Louis announce that Mr Bond's company Dallhold St Louis had been purchased by Landrow Limited - a development company in which the remaining St Louis venturers are shareholders along with Prindiville Investments.

Landrow has an excellent property portfolio including residential subdivisions, shopping centres and farms.



## ST LOUIS ESTATE HISTORY (CONTINUED)

Press announcement May 2006. "The West Australian "

Continuing Health Care will take over management of the existing and new St Louis Estate facilities after the completion of the new development on the Dean St frontage of the Estate in July 2006.

Continuing Health Care founder and proprietor Rhonda Peplow said that acquisition of St Louis Estate was a perfect fit for the company's existing family of facilities. Mrs Peplow said that high quality services and management of Continuing Health Care was compatible with St Louis Estate, regarded as one of the western suburbs' premier retirement estates.

John Tucker, representing Landrow Limited, the current owners of the Estate, said the company was delighted with Continuing Health Care's acquisition of the Estate. "We have

every confidence that Continuing Health Care will not only sustain, but improve, the amenity of the Estate for current and future residents," he said.

### History so far.

We have recorded the history of St Louis up to 1986 in previous newsletters .

It was difficult to trace the exact ownership for the 1986 to 2006 period but it has been solved by the finding of the piece above. So we can conclude that when the schools were sold in 1986 Clough became owners with Bond in a joint partnership. Landrow took over in 1990 with Prindiville Investment as a shareholder. Then we have the current owners taking over in 2006.



## AMAZING WORK OF OUR KNITTERS

Pictured with their combined work, are Brenda Webster and Molly Gill. They have been the main creators of these beautiful knitted dolls, animals and cardigans.

The very productive knitters have used mostly donated wool collected by Joy Sinclair through the generosity of the Lions club and other donors. The cute creations will be given to sick or needy children.

All residents involved in the project are to be congratulated for their generous and loving contributions of time, skills and money.



## BRIDGE CLUB CALLING THE 'TRICKS'

The Bridge club has grown by a few more players recently. Three tables are shown enjoying this great game. All Bridge players swear that it tones up the brain.

## 'MAKING LIFE COMFORTABLE'

Since Richard Offen arrived in Perth from UK nearly 20 years ago to become Head of Heritage Perth, his fascination with local WA history has made him a popular speaker and writer, giving us insights into our past –and how it shapes the present.

in his talk Making Life Comfortable he discussed how the tough conditions and hard scrabble lives of early settlers were transformed by the development of infrastructure (roads and transport) and utilities (water, gas and electricity) into the comfortable lives we take for granted today. Of all developments he rates electricity the most important.

The early British settlers arrived with high expectations of a lush and fertile, well-watered land and were taken by surprise at the hardships: soil, described by writer Anthony Trollope as 'suitable for hour glasses', transport difficulties ('the river or else'), primitive roads and houses; lack of labour (until the convicts); the isolation, the alien bush and mysterious indigenous inhabitants.





## VALERIE LOVES LITHUANIA IN THE WINTER

Valerie Harrison has left her unit for eight months and will be spending the time in Lithuania. She has a house in a pretty part of the country and close to her son who works there.

Valerie enjoys the country's winter and will not miss 'Perth's severe heat'. A number of residents, including many from her Book Club, are pictured enjoying a splendid morning tea at Kiora.

Bon Voyage Valerie!



Residents and friends enjoy a tasty morning tea at the long table in Kiora



Valerie with fellow resident Helen Jamieson

## NEW RESIDENT CHARLES O'MALLEY WAS A SAILOR!

Recently moved in to St Louis from his Mosman Park home is Charles O'Malley. He is an ex St Louis School student and loved sailing in his youth.

A life member of the Freshwater Bay Yacht Club, he sailed the Cadet Dinghy yacht as seen in the background here. Charles is shown with fellow residents Hilaire Natt, John Pearman and Anne Marie Baker.



## KNEES UP AT CHAIR YOGA

Chair Yoga is attracting good numbers on Monday mornings. Anne ... is the "Yoga Mistress" and her yoga involves gentle movement suitable and adjustable for the variety of fitness and mobility levels of residents.



## ESCAPE FROM THE RISING SUN



Ric Abercromby discusses a point in Edgar's talk.

In his talk last month Edgar Evans shared a remarkable story from 1942.

Constance Metherell and her two sons fled Singapore for Darwin just before the Japanese arrived. In Darwin, they boarded a MMA flight to Perth, but en route to Derby one of the plane's engines failed forcing a crash landing in the bush.

Despite the violent landing no one was injured, although the aircraft sustained significant damage. The passengers were stranded in rugged and isolated terrain without possibility of rescue.

However, under the direction of Managing Director Horrie Miller and the Chief Engineer, they managed to restore the plane, including installing a new engine.

After 34 days the aircraft was successfully repaired and the passengers were rescued.

## ROBIN TUNNICLIFFE – 20 COUNTRIES 6 JOBS...



Remember the song "I've been everywhere man" by Slim Dusty? Well so has Robin Tunnicliffe. And he gave us the lowdown in a talk about his experiences as a pilot and diplomat travelling and generally experiencing life in a various countries around the world.

Robin got his wings with the RAF. He flew supply planes during the Borneo War and on a special mission to clean up the site of the "Brits" atomic bomb tests at Maralinga and Christmas Islands.

From doing Paris on a scooter to driving a Cadillac in California he has certainly had an interesting life.



# RESIDENTS' ROVING REPORTER

OCTOBER 2024

EDITOR: MR JAMES NATT (UNIT 13)



Wednesday November 6<sup>th</sup> Depart Homestead

10am Return 12:45pm

Bookings Open at reception 1<sup>st</sup> October close 10<sup>th</sup> October

Bus/Show/lunch all inclusive \$55 per person

## **DON'T SHOOT ME, I'M ONLY THE PIANO PLAYER** - The show that made David's

reputation in the West End of London and at 3 consecutive Edinburgh Festivals. A brilliant mix of the classics, send-ups of the classics, and topical/social satire. Still going strong after 15+ years, and continuously updated with new material, *Don't Shoot Me...* features, among other things, a piece by Andrew Lloyd Webber and a piece by Bach, played at the same time, one with the right hand, the other with the left; a popular folk tune played in the styles of Mozart, Rachmaninoff, a Sony Walkman and a blues, delicious comedy routines on anything from corporate sponsorship to supermarket culture, and, of course, David's "comedy classic", his translation of the lyrics of *Waltzing Matilda*. *Don't Shoot Me...* saw David being dubbed the new Victor Borge very early on in his career, but pure music lovers will not be short-changed, for, when David starts to play a piece seriously, he actually finishes it!



### **THE PRESS:**

**"He is as funny as any, wittier than most, and, uniquely, a concert pianist of international stature...He stands alone, in a class of his own" BBC Arts Review, London] ~~~~~ "A master of the keyboard with an incredible facility for parodying musical styles" [The Times, Critics' Choice, London] ~~~~~ "He is a master of improvisation, accents, comedy and downright beautiful music." [Adelaide Advertiser] ~~~~~ "A unique combination of classical piano and comedy. The audience was enthralled from start to finish" [CBS TV, USA]**

## **A SPECIAL AND UNIQUE ESTATE OCCASION**

In March 2008 a unique event was celebrated in the Kingsmill Lounge - two residents were wed by another Resident.

Peter and Pam Hunt were the happy couple and George Powell did the honours of marrying them. Peter and Pam and George and Gladys are all long term residents. However the Powells have the title of living on the Estate the longest, from 2005.

A trio of happy residents making this a unique and special event



## **ESTATE DINING ROOM POPULAR FOR FAMILY DINNERS**

The lovely Dining room is the ideal place for residents to invite their families or close friends for a special two course meal. The heritage listed room with its classic features make a night to remember.



Residents John and Rosemary Pearman (front) and Anthony Robinson (right of his sister Rosemary) hosted family members and friends.



Rhonda Weir (centre) from Kiara invited her extended family to join her for a gala reunion.