

RESIDENT NEWSLETTER

MARCH 2025



ST LOUIS ESTATE
LIVE WELL



‘THE HIVE’ @ LITTLE EDEN FARM – BUS TRIP

The Hive at Little Eden Farm | **Date:** Wednesday 12th March 2025
Time: 9:00am – 3:00pm | **Cost:** \$80.00 | **RSVP:** by Wednesday 5th March

Start your day with morning tea at the picturesque Granville Park in Gin Gin, where you can unwind and enjoy serene views over Gin Gin Brook. From there, head to The Hive at Little Eden Farm, a hidden gem in Perth's scenic countryside, where a delicious lunch awaits with options to suit all tastes.

Next, immerse yourself in the fascinating world of bees with an engaging talk about their essential role in our ecosystem. Enjoy complimentary honey tastings featuring the farm's own golden harvest, offering a true taste of nature's sweetness.

Before you leave, browse the onsite shop for premium honey and handcrafted products, bringing a piece of Little Eden Farm home with you. This memorable experience is made even more special by the farm's dedication to quality, sustainability, and exceptional customer service in a stunning rural setting.

EASTER RAFFLE DONATIONS & TICKETS

Easter will soon be upon us. We have commenced collecting donations at Reception for our annual Easter Raffle. We hope to put together some great prizes, but we can't do that without all the wonderful donations from our residents and families! Kristina will be happy to gather any of the Easter eggs, chocolates, or wine you'd like to donate to make our raffle a great success. If you'd like us to collect them from your unit, please phone reception to arrange.

The raffle will be drawn on Thursday 17th April 2025 in the Kingsmill Lounge. All proceeds from the raffle are donated to the St Louis Social Club to be used to support social activities in the Village and interaction among residents. All your support is appreciated.

The hunt will be on... for the winners of our Easter Raffle.



REMINDER - LABOUR DAY PUBLIC HOLIDAY

Please note Reception, Kitchen/Café & Kiora Café will be closed on Monday 3rd March for the Labour Day Public Holiday. There will be no Casual Dinner or Yoga Class held on this day. Home Delivery Meals are available for pre-order via reception.

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MARCH MOVIES



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



Gone with the Wind | Drama

Thursday 6th March

Cast: Clark Gable, Vivien Leigh, Thomas Mitchell

Running time: 3hr 58min

A sheltered and manipulative Southern belle and a roguish profiteer face off in a turbulent romance as the society around them crumbles with the end of slavery and is rebuilt during the Civil War and Reconstruction periods.



Mrs Miniver | Drama/Romance

Thursday 13th March

Cast: Arthur Wimperis, George Froeche, Teresa Wright

Running time: 2hr 14m

A British family struggles to survive the first months of World War II.



Casablanca | Drama/Romance

Thursday 20th March

Cast: Humphrey Bogart, Ingrid Bergman, Paul Henreid

Running time: 1hr 42min

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.



Sound of Music | Classic Musical

Thursday 27th March

Cast: Julie Andrews, Christopher Plummer, Eleanor Parker

Running time: 2hr 52min

A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer.

GUEST SPEAKERS



Join us in **every Friday in the Kingsmill Lounge at 10:30am** for this month's guest speakers.

Laurie Varendorff | 7th March

Numerous Ways Not To Die: Adventures of a True Blue Aussie

Laurie has worked 52 jobs, visited 49 countries, and cheated death more than once! In 2023, he began compiling memoirs for friends and family, sharing people, places, pictures, and his knack for getting into scrapes—especially in his younger years.

Born in Brisbane in 1940, Laurie proudly calls himself a “true-blue Aussie.” His travels began in 1952 with the Young Australia League, journeying from Hervey Bay to Sydney.

He later lived in Barcelona, then London, before crossing the Atlantic to New York and San Francisco, with a quick stop in Mexico. In July 1966, he married LaVone in California, and they spent three years in Vancouver before settling in Perth in 1970 with their first child.

Christine Harris | 14th March

People of Western Australian Ghost Towns

In a state that is larger than many countries around the world, you could expect to find some extraordinary stories. Christine Harris is a researcher who will be telling us fascinating stories coming from the past — stories of hardship, courage, extreme wealth and extreme poverty. Sometimes the earth is all that is left to mark the passing of the communities that has made up the history of our state. At present, the list of identified ghost towns sits at around 700. Of these, the mining towns are the best known; Day Dawn, Kanowna, Mount Morgan and Nannine.

Rachel Letts | 28th March

Soils for Life

Shortly after he retired from being Governor General, Michael Jeffery established his NGO Soils for Life. He set up this organisation because he was very concerned about the visible degradation of the Australian landscape: the diminishing water and healthy soil availability for agricultural use. Despite good practices of many land managers and farmers, the reality of a degraded landscape with severe salinity, erosion, diminishing river flows, high evaporation, declining soil health and rising input costs, the need for change was very evident. I was fortunate to be involved with the Soils for Life for more than five years. Michael bravely took me on as his speech writer and researcher. My time there was a steep learning curve but I loved it, especially working with committed scientists, farmers, ecologists and land managers in a cause that I still believe to be so important.



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MONTHLY EVENTS



HAPPY HOUR

Date: Friday 7th March **Time:** 5pm **Where:** KL



BRIDGE CLUB

Date: Tuesday 4th and 18th March
Time: 1pm **Where:** KL

SOCIAL COMMITTEE MEETING

Date: Thursday 13th March **Time:** 10am **Where:** Kiora

RESIDENTS COMMITTEE MEETING

Date: Wednesday 26th March
Time: 10am **Where:** KL

GARDEN COMMITTEE MEETING

Date: Wednesday 19th March
Time: 10:30am **Where:** KL

SOCIAL CLUB EVENT (BBQ)

Date: Saturday 29th March
Time: 6:00pm **Where:** BBQ

CELEBRATE ST LOUIS MORNING TEA

Date: Friday 21st March **Time:** 10:30am **Where:** KL



MAH JONG

Date: Tuesday 11th and 25th March
Time: 1:00pm **Where:** KL

MALL WALKING GROUP

Claremont Quarter is exploring the opportunity to host a walking group for locals to stay fit and meet new friends in a safe environment.

These walks will be conducted inside the Centre **between 9am and 10am** where participants can walk at their own pace.

Our Guest Services team will greet the group at a designated location, providing centre information and a map of the walking route, and later meet up with everyone at one of our cafes to provide complimentary coffee vouchers post walk.

If any of the residents are interested in joining this group, please email guestservices@claremontquarter.com.au



WELCOME TO OUR NEW RESIDENTS!



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

HAPPY BIRTHDAY!

A big happy birthday to our March born St Louis residents and staff.



ST LOUIS CARE AT HOME UPDATE

MARCH 2025

AGED CARE REFORMS

Our focus of 2025, is to ensure St Louis Care At Home is well-prepared for the significant aged care reforms taking place from July 2025. These include the following changes:

Support At Home Program

The introduction of the Support at Home Program (July 2025). What this means for you, is if you receive a Home Care Package this will transition to the new Support at Home Program in July 2025.

New Aged Care Act and Standards

The introduction of a new Aged Care Act and Strengthened Aged Care Standards from the 1st of July 2025.

An Aged Care Reform Information Session hosted by the Department of Health and Ageing (DoHA) and St Louis Care At Home will take place on **Wednesday, 7th of May 2025, at 10.30 am in the Kingsmill Lounge.**

Please RSVP: homecare@stlouisestate.com.au or (08) 9385 3406

PUBLIC HOLIDAY

The St Louis Care At Home offices will be closed on **Monday, 3rd of March 2025**, public holiday. Except for housekeeping (domestic cleaning) services, our home care services will continue to be provided on Public Holidays, at applicable public holiday rates.

If you wish to reschedule or cancel your service that falls on this Public Holiday, please contact the St Louis Home Care team at (08) 9385 3406, at your earliest convenience.

NEW PHYSIOTHERAPIST

Join us in welcoming Jayden Lapsley-Fowle to the St Louis Estate community to deliver our Tuesday, Wednesday, and Thursday exercise classes. Jayden commences on Tuesday, 25th February 2025, and will be available for individual physiotherapy services.

To book a physiotherapy session with Jayden, please phone (08) 9385 3406 or email homecare@stlouisestate.com.au



COTTESLOE OFFICE NOW OPEN

St Louis Care At Home is delighted to share we have opened a second office to expand our service offerings across the Western Suburbs.

Address: 525 Stirling Highway, Cottesloe WA

Phone: (08) 9385 3406

Free parking is available. Walk-ins welcome.

New Office Opening Hours: St Louis Care At Home office hours will be 8.00am – 3.00pm, Monday to Friday, at both locations, St Louis Estate and Cottesloe. You can reach either Office on (08) 9385 3406, and walk-ins are welcome.

RESIDENTS' ROVING REPORTER

MARCH 2025

AUSTRALIA DAY CELEBRATIONS

Australia day on Sunday 26th January we celebrated with two events.

The first was a BBQ lunch. Snags, chops and pavlova prepared by our chef was enjoyed by a big number of residents. The second event later in the day was a "Sundowner" put on by the social club where over 30 happy residents came to an evening of quizzes, prizes, and poetry reading. A good time had by all!



THE FOUR YANKS AND THE QUEST FOR AUSSIEHOOD

Four middle aged Americans Debbie and Alan Frink and Jeanne and Charlie Townsend decided that life in the States wasn't cutting it anymore. Whether it was the political drama, the overpriced healthcare, or the lack of vegemite?

Actually it was family that drew them to our shores.

Each couple didn't know each other until fate brought them together at St Louis.

Charlie nearly started a diplomatic incident when he asked a barista why Australians "couldn't just say "latte" instead of flat white!"

Jeanne screamed when she spotted her first huntsman spider, only for her Aussie neighbour to calmly scoop it up in his hands, muttering "She'll be right mate"

Debbie was hospitalised after trying to hand feed a wild kangaroo!

Alan insulted an entire pub when he called AFL "Weird".



THE ESTATE CELEBRATES 40 YEARS SINCE ITS BIRTH!

In the year 2025 we celebrate the remarkable milestone of 40 years since the birth of our beloved Retirement Village St Louis Estate. Four decades ago the former St Louis school transformed into this vibrant community that has since grown into a sanctuary for 200 happy residents across 180 homes.

From its humble beginnings, St Louis estate has blossomed into a village filled with laughter, friendship and shared memories. It is more than just a collection of residences, it is a thriving supportive family where neighbours become friends and every corner holds the stories of lives well lived.

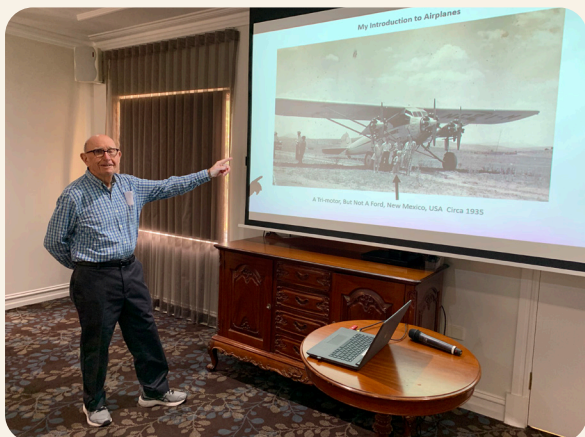
As we honour the visionaries who brought this dream to life, we also celebrate the spirit of community that continues to make St Louis the place we're proud to call home. Here's to the past 40 years and to many more filled with joy, connection and cherished moments.



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CHARLIE TOWNSEND - COLD WAR MARINE



Charlie's story is one of patriotism and adventure, beginning with his decision to join the U.S. Marine Corps, where he became a Second Lieutenant. He vividly explained the precision required for an aircraft to land on a carrier, using an on-deck mirror as a guide. If a plane missed the deck cables, it had to maintain full speed to regain elevation—failure to do so could result in a crash or a plunge into the sea.

He described the tense moments when planes had to make another approach, sometimes in total darkness, and the risks posed by an improperly parked aircraft on deck. His thrilling accounts of performing loop-the-loops was a highlight of his time in the Marine Corps. However, his call to service meant putting his university studies on hold, A sacrifice he accepted in pursuit of duty.

YOUR 2025 RESIDENTS COMMITTEE

The 2025 Residents committee met in January and appointed Colin Jameson as Chairman and Pauline Evans as Secretary.

The committee as pictured

Standing from left: John Henderson, Jill House, Jim Natt, Patricia Quinlan and Michael Prevost.

Seated from left: June Craig, Colin Jameson (Chairman) and Pauline Evans (Secretary)

Committee member Joy Sinclair out of picture.



ANTOINE BLOEMAN - FROM BELGIUM TO AUSTRALIA

An Immigrant's Adventure

Born in a SS occupied Belgian village in 1941, Antoine Bloeman's journey spans continents and careers. He shares his memories from wartime Belgium to his arrival in Perth in 1972, where he attended UWA and earned his law degree.

After starting his career as a sole practitioner in Mandurah and Perth, he went on to serve as a magistrate in the Pilbara and Kimberley from 1995 to 2008. His fascinating story included travels as a merchant seaman, service in the US armed forces, and his distinguished career as a renowned magistrate in Broome.



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SIR WILLIAM HESELTINE "DOYEN" OF ST LOUIS RESIDENTS

Bill Heseltine has been a significant contributor to Village life as a resident for 19 years. He has been attending and supporting St Louis functions and events with wife, Diana, over the past eight years.

This article from the Post appeared in 2011 and it summarises his extraordinary career and life before his retirement in 1990. He shares with George and Gladys Powell the title of longest term residents at St Louis Estate.

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FROM PERTH TO THE PALACE

When he first moved to St Louis Estate in 2006, Sir William Heseltine was one of three knights – along with Sir Charles Court and Sir James Cruthers. He amusingly coined a name for his home – The Good Knight's Rest!

Perth-born, and a former student of Christ Church Grammar School and UWA, Sir William is 'back home' after a stellar career, which culminated in being appointed as the Private Secretary to Her Majesty the Queen from 1986 until his retirement in 1990.

His route to England was via Canberra, where, after four years as Private Secretary to Prime Minister Sir Robert Menzies in the 1950s, he was seconded to Buckingham Palace as Assistant Press Secretary before a spell back in Australia. In 1965, he returned to the Royal Household, this time as Press Secretary, later transferring to the Private Secretary's office.

His family have lived in Royal residences and Sir William stays in touch with the Queen. He hopes to say 'hello', again, when Her Majesty visits WA for the Commonwealth Heads of Government Meeting later this month.

"I felt I got to know her very well; after all, I saw her almost every working day for a good number of years," he commented.

One of Sir William's many career highlights has been receiving the Order of Australia in 1988 from the Queen, at Government House in Perth, during her tour for Australia's Bicentenary.

Another memorable year was 1977 – the Queen's Silver Jubilee – when she visited every county in England and Wales, all the Scottish region and part of Northern Ireland. Sir William said, "She has the remarkable capacity to pace herself. While the rest of us were exhausted, we felt she could have done it all over again."

Sir William and his wife now spend their time between Perth and York, and he has recounted his extraordinary life in a memoir for his family.

Enjoying the St Louis lifestyle, he attends morning teas when possible, and looks forward to his weekly games of bridge over lunch. He is enormously proud of his 17-year old grandson, Angus, who recently became the under-19 English Bridge Pairs Champion.



Above: The Right Hon Sir William Heseltine, GCB, GCVO, AC, QSO* near his unit, enjoying the afternoon sunshine.

(*Knight Grand Cross of the Order of the Bath, Knight Grand Cross of the Royal Victorian Order, Companion of the Order of Australia, Queen's Service Order of New Zealand)