



## PINK RIBBON BRUNCH

**Date:** Friday 10th October **Time:** 9:45am for a 10am start **Location:** Kingsmill Lounge

**Cost:** \$50.00 with all profits donated directly to NBCF. **RSVP:** Monday 6th October 2025

After the overwhelming support and success over the past five years of 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.

## MELBOURNE CUP LUNCHEON

**Date:** Tuesday 4th November

**RSVP:** Friday 24th October

**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.

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



## ST LOUIS CHRISTMAS FETE STALL HOLDERS WANTED



**Date:** Friday, 5th December 2025

**Time:** 9:30am - 1:00pm

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.

# RESIDENT NEWSLETTER

OCTOBER 2025

## OCTOBER 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.



**Saving Mr Banks | Drama/Comedy**  
Thursday 2nd October  
**Cast:** Emma Thompson, Tom Hanks, Annie Rose Buckley  
**Running time:** 2hrs 5min



**Sixteen Candles | Comedy/Romance**  
Thursday 9th October  
**Cast:** Molly Ringwald, Anthony Michael Hall, Justin Henry  
**Running time:** 1hr 33min



**She's all That | Comedy/Romance**  
Thursday 16th October  
**Cast:** Freddie Prinze Jr., Rachael Leigh Cook, Matthew Lillard  
**Running time:** 1hr 35min



**Jersey Boys | Drama/Music**  
Thursday 23rd October  
**Cast:** John Lloyd Young, Erich Bergen, Michael Lomenda  
**Running time:** 2hrs 14min



**I'll See You in My Dreams | Comedy/Drama**  
Thursday 30th October  
**Cast:** Blythe Danner, Martin Starr, Sam Elliott  
**Running time:** 1hr 32min

## GUEST SPEAKERS

**Michael Mav | October 3<sup>rd</sup> | 10:30am Kingsmill Lounge**  
**Persian Carpets**

The Silk Road Lives On — Right Here in Claremont  
Step into the world of Majestic Persian Carpets, where each handmade rug is a masterpiece of fine art, history, and heritage. These aren't just floor coverings — they're woven stories, crafted over centuries with symbolic motifs, rich natural dyes, and age-old techniques passed down through generations.

Celebrated by collectors and designers worldwide, our carpets are cultural treasures that blend elegance with enduring value. And now, the spirit of the ancient Silk Road has found its permanent home in Claremont at the iconic Majestic Persian Carpet Gallery on Bay View Terrace — serving Perth for over 40 years.

Join us for two special mornings at St Louis Estate, Claremont, where we'll share the fascinating stories behind these timeless pieces. Don't miss our showcase events on Friday 26 September and Friday 3 October, from 10:30 to 11:30am — a rare opportunity to experience history underfoot.

**Simon Allen | October 24<sup>th</sup> | 10:30am Kingsmill Lounge**  
**Red Cross**

Join us on the 24<sup>th</sup> for an informative session from the Australian Red Cross, where their WA based Business Development Officer, Simon Allan, will join us to provide an overview of the Aged Care and Community services that Australian Red Cross provide in the community.

He will also discuss the various opportunities to volunteer with Red Cross to help make a difference in the community. There will be morning tea served, so please don't miss the informative and fun morning.

**Margaret Watroba | October 31<sup>st</sup>**  
**10:30am Kingsmill Lounge**  
**Climbing Mount Everest**

Please come and listen to Margaret Watroba speak of her epic journey climbing Mt. Everest.

## RESIDENT NOTICES

### NEWSPAPERS

Please refrain from removing the Newspapers from the Cafes. The papers are there for everyone to enjoy reading. Many thanks for your cooperation.

### CHOIR

If you are interested in singing in a Choir, please contact our Resident Barry Moore for details - **0415 733 535**



## MONTHLY EVENTS



### HAPPY HOUR

**Date:** Friday 3rd October

**Time:** 5pm **Where:** KL



### CELEBRATE ST LOUIS MORNING TEA

**Date:** Friday 17th October

**Time:** 10:30am **Where:** KL

### BRIDGE CLUB

**Date:** Tuesday 14th, 28th October

**Time:** 1pm **Where:** KL

### SOCIAL COMMITTEE MEETING

**Date:** Thursday 2nd October

**Time:** 10am **Where:** PDR

### GARDEN COMMITTEE MEETING

**Date:** Wednesday 15th October

**Time:** 10:30am **Where:** PDR

### RESIDENT COMMITTEE MEETING

**Date:** Wednesday 22nd October

**Time:** 10am **Where:** PDR

### SOCIAL CLUB BBQ

**Date:** Saturday 25th October

**Time:** 6.00pm **Where:** BBQ Area **Cost:** \$10pp

### MAH JONG CLUB

**Date:** Tuesday 7th and 21st October

**Time:** 1pm **Where:** KL



## ATTENTION LIBRARY LOVERS

Our wonderful newly refurbished library will be open for borrowing from October. Fiction is shelved alphabetically starting on the LHS of the entry door.

Non Fiction is located on the RHS of the fireplace.

We also have for your use Music CDs, Audio Books and Movies on CDs.

**Please Note:** that the borrowing sheet now has a space for rating 0 - 10 and a comment on the book read (only if you wish to do so).

We kindly ask that if you have any library books outstanding, please return to reception so we can place them in their rightful location in the library prior to opening. Once operational, please return any outstanding books to the desk under the window.

**ENJOY** this lovely space that has been provided for us, Many Thanks, 'The Library Ladies' (Pauline Evans & Rachel Letts).

## CCGS

Each Friday morning at approximately 1:30pm until 3pm, except during term breaks and mid-term breaks, the Christchurch boys come to visit St Louis to interact with the Residents. It would be wonderful if we could have some residents come up to the Kingsmill Lounge to chat with them, perhaps play some card games, chess, connect 4, or other games.

They can also do odd jobs such as assisting with computers or phones, and help from time to time in your garden. It would be wonderful if we had more residents interacting with our Christ Church visitors.



Christ Church  
Grammar School  
PERTH, WESTERN AUSTRALIA

## OCTOBER BIRTHDAYS

We would like to wish a Happy Birthday to all the October born St Louis residents and staff!



## WELCOME TO OUR NEW RESIDENTS!



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

# ST LOUIS CARE AT HOME UPDATE

OCTOBER 2025

## INTRODUCING YOUR ST LOUIS CARE AT HOME MANAGEMENT TEAM

<b>Emma Jenkin</b>	RN Clinical Manager	<a href="mailto:ejenkin@stlouisestate.com.au">ejenkin@stlouisestate.com.au</a>
<b>Gabbie Jones</b>	Care Partner	<a href="mailto:gjones@stlouisestate.com.au">gjones@stlouisestate.com.au</a>
<b>Amanda Troy</b>	Care Partner	<a href="mailto:atroy@stlouisestate.com.au">atroy@stlouisestate.com.au</a>
<b>Anmol Dhillon</b>	Workforce Coordinator	<a href="mailto:homecare@stlouiscareathome.com.au">homecare@stlouiscareathome.com.au</a>
<b>Dom Charles</b>	Workforce Coordinator	<a href="mailto:homecare@stlouiscareathome.com.au">homecare@stlouiscareathome.com.au</a>
<b>Tanya Birnie</b>	Administrative Officer	<a href="mailto:homecare@stlouiscareathome.com.au">homecare@stlouiscareathome.com.au</a>
<b>Freya Lagan</b>	Administrative Officer	<a href="mailto:homecare@stlouiscareathome.com.au">homecare@stlouiscareathome.com.au</a>
<b>Misa Tagomori</b>	Accounts Coordinator	<a href="mailto:accounts@chcgroup.com.au">accounts@chcgroup.com.au</a>
<b>Karena Sherriff</b>	Chief Executive Officer	<a href="mailto:ksherriff@stlouisestate.com.au">ksherriff@stlouisestate.com.au</a>

Our friendly and helpful team is available **Monday to Friday, 8am to 3pm on (08) 9385 3406** to answer any home care enquiries you might have for yourself, a family member, friend, or neighbour at St Louis Estate or from across Perth's Western Suburbs.

Our team provide a broad range of quality home care supports from domestic cleaning, gardening, shopping and transport assistance, nursing and personal care tailored to your needs and preferences.

Our Home Care programs include:

1. Home Care Packages Levels 1-4
2. Support at Home Levels 1-8
3. Department of Veteran Affairs - Personal and Nursing Care
4. Restorative Care
5. Assistive Technology and Home Modifications
6. Fee for Service

To find out more about registering My Aged Care for an assessment for home care services, please contact, **Karena Sherriff** on **(08) 9385 3406**.

## SHOPPING BUS SERVICE

St Louis Home Care offers a Thursday shopper bus service to all residents of St Louis Estate. The service leaves the Homestead at 1:00pm, each Thursday, and returns to St Louis Estate at 2:30pm, with Nicola Cross.

The Shopper bus service fee is \$15.00 per person. No bookings are required.



## NEW ST LOUIS CARE AT HOME WEBSITE

Please visit and share your feedback on our new website – [stlouiscareathome.com.au](http://stlouiscareathome.com.au)



# RESIDENTS' ROVING REPORTER

OCTOBER 2025

EDITOR: MR JAMES NATT



## HOW TO TRAIN A HORSE TO WALK SIDWAYS

Elizabeth Owens in her engrossing talk brought a lifetime of knowledge, passion and expertise in the world of horses.

As an expert in equine nutrition she has lectured at university level sharing her deep understanding of how to keep horses healthy, strong and performing at their best.

Beyond the classroom she is herself a nationally accomplished equestrian rider with particular success in the art of dressage.

Her explanation of the skills required by a trainer to get a horse to do the intricate moves involved in the dressage competition. A fascinating talk well attended and enjoyed by residents and Elizabeth's presentation was very well documented and presented on screen with excellent explanation. It was enjoyed by all.



## WHAT SECRETS LIE BELOW

When the old wooden deck of our 1904 Homestead building was lifted it felt like uncovering a hidden time capsule.

What secrets lie beneath? Old coin, a builders footprint, or a relic of village life long past. Each board removed reminds us that our home is more than a residence it's a living piece of history.



The wooden deck on the south side of the Homestead being removed.



The completed deck rebuild on the north side of the homestead. It has been enhanced by paving slabs flush with the deck opening up the entrance to the building beautifully.

## A MUSICAL TRIP DOWN MEMORY LANE

We had the delightful pleasure of hosting two old entertainers at Kingsmill Lounge recently. They transported residents back in time with their renditions of classics like "Swanee River" and "Danny Boy" leaving everyone with smiles and a touch of nostalgia.



John Garland (front) with his accompanist David Taylor

## NEW RESIDENT

Long term resident Margaret Flecker (left) welcomed new resident Delia McKnight to the birthday morning tea last month.

Margaret's son is married to Delia's daughter which makes them "co-mothers-in-law" Each is the others in-law.



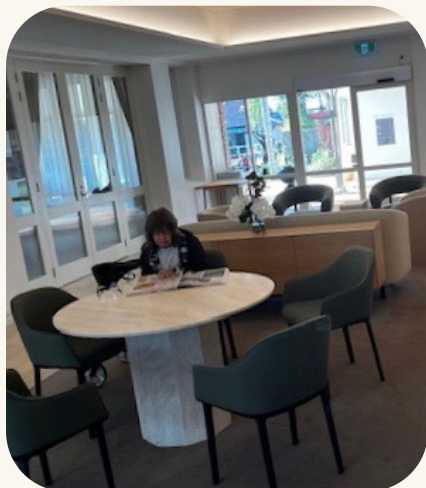
# RESIDENTS' ROVING REPORTER

OCTOBER 2025

## TRANSFORMED

Our village Homestead has recently undergone a stunning transformation. The interior has been modernised, especially the dining area which now boasts a fresh and contemporary feel. At the same time the Homestead exterior has retained its old world charm blending the best of both worlds.

Here we have pictures of the new refurbished dining room, café, library and computer/meeting room.





## FATHERS DAY LUNCHEON “A FIRST”

The first special occasion in our newly refurbished Dining room was a heart warming Father's Day luncheon.

45 residents and their families gathered to enjoy a delicious meal in the delightful new space creating cherished memories.



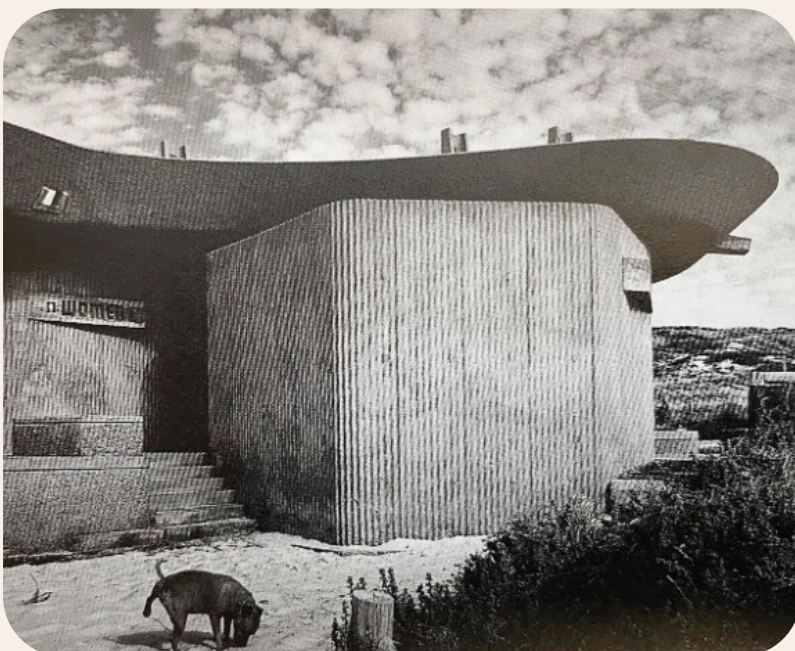
## VALE TONY BRAND

Vale Tony Brand a leading Architect and long term Resident.

Tony Brand has left a legacy of wonderful buildings in WA. His concrete designs include the City Beach (pictured) and South beach Kiosks and the celebrated Memorial Hall building at Hale school. He was WA's leading "Brutalist" architect whose designs in classic concrete his legacy.



South Beach Kiosk



City Beach Kiosk





## SPRINGTIME AT THE VILLAGE – GARDENS IN BLOOM

At St Louis, kindness often grows quietly, and sometimes quite literally. One resident, unable through physical limitation to attend to her own garden, recently experienced a beautiful act of neighbourly care. Without being asked, her next door neighbour rolled up her sleeves, dug into the soil, and planted her garden bed with colourful blooms. What began as a simple gesture of friendship has now become a bright spot of colour for everyone who passes by, lifting spirits and beautifying the estate.

It is a shining example of the "Adopt a Garden Bed Initiative" where residents support one another while making our shared home even more welcoming.

Margie King (right) is the kind gardener who created Ric Abercrombys beautiful garden.  
"Margie is my "gardenian angel" says Ric.



## MEET OUR GARDENERS

We are most fortunate you have two fine young men tending the estates communal gardens. Oliver Lyons (Ollie) and Matthew Fallow (Matt) shoulder the demanding work of creating and maintaining the beautiful communal gardens we all enjoy.

From trimming and planting to lifting and clearing the dedication shows in every bed, border and pathway.

We thank them sincerely for their efforts, their cheerful energy and the care they give to making the gardens such a pleasure for all.



Ollie and Matt complete their new plantings at the Barnfield Rd Estate entrance

Diana Heseltine loves her little adopted garden bed (left).

Diana is one of the dedicated gardeners of the Estate who has adopted a communal garden bed as one of her own.

George and Gladys Powell love sitting in the Spring sunshine enjoying their colourful little garden (right).

