



PINK RIBBON BRUNCH

Date: Friday 9th October 2026 **Time:** 9:45am for a 10:00am start **Where:** Kingsmill Lounge
Cost: \$55.00 with all profits donated directly to NBCF **RSVP:** 2nd October 2026

After the overwhelming support and success over the past 6 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%.

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 3rd November **Arrival Time:** 11:45am **Race Time:** 12:00pm
Cost: \$55 per person **RSVP:** Friday 23rd October

Ticket holders will enjoy champagne on arrival to the Kingsmill Lounge, where you will be able to 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.

RESIDENT NEWSLETTER

OCTOBER 2026

GUEST SPEAKERS

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

Alan Harvey | 2nd October

Alan Harvey

Alan is a Senior Honorary Research Fellow in the School of Human Sciences and Conservatorium of Music UWA, and a Senior Honorary Research Fellow in the Perron Institute for Neurological and Translational Science and the Lions Eye Institute. He is currently a Director and Board Member of the Neurological Council of WA, having previously served on that Board from 2006-2016. Since retirement, he has made many of public presentations to teachers, schools, community groups and has talked about the importance of music and exercise in brain and body health. He builds his arguments clearly with a call to action, highlighting the need for public policy to reflect that music is essential for our psychological health and the social well-being of humanity. He will speak on the subject of 'The effect of music on the brain. For all of us who love music (and are keen to keep our brains active) this promises to be a very interesting talk.

Sarah Murphy | 23rd October

East Perth Cemeteries – Over 10,000 stories

Sarah Murphy is Manager Interpretation and Collections with the National Trust of Western Australia. Her academic qualifications are in Anthropology and Museum Studies. Sarah's role in Interpretation is to research and communicate the stories of the 64 heritage places in the National Trust's WA portfolio. This is done through exhibitions and the furnishing and presentation of rooms through to performances including music and theatre. The work with Collections includes managing the 20,000+ artifacts in the National Trust's care which includes artworks, furniture and archaeological collections.

Dr Michael Dawber | 30th October

GPS on Bayview Skin Cancer Information Session

Did you know that the Western Suburbs have some of the highest rates of skin cancer in Western Australia? Join us for an informative and potentially life-saving presentation specifically for the residents of St Louis Estate, hosted by Dr Mikey Dawber from Skin Cancer Clinic Claremont.

In this session, Dr Dawber will cover:

- The different types of skin cancer and what makes our local area a high-risk zone.
- Practical tips for protecting yourself from the sun.
- The SCAN method—a simple, effective way to spot suspicious spots early.
- How to check hard-to-see areas like your back and scalp with the help of a partner.
- The latest in diagnosis and treatment options.

Whether you are concerned about a specific spot or just want to learn more about protecting your skin, this talk will provide the essential knowledge you need. Bring your questions for the Q&A at the end!

MONTHLY 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.**



Song Sung Blue 1st of October

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.



Elvis 8th of October

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker..



Bohemian Rhapsody 15th of October

With his impeccable vocal abilities, Freddie Mercury and his rock band, Queen, achieve superstardom. However, amidst his skyrocketing success, he grapples with his ego, sexuality and a fatal illness.



Hachi 22nd of October

Professor Wilson discovers a lost Akita puppy on his way home. Despite objections from his wife, Hachi endears himself to the family and grows to be Parker's loyal companion. As their bond grows deeper, a beautiful relationship unfolds.



The Wolf of Wall Street 29th of October

Based on the true story of Jordan Belfort, from his rise to a wealthy stock-broker living the high life to his fall involving crime, corruption and the federal government.



MONTHLY EVENTS

COMMITTEE MEETINGS

Social Committee	Thursday 1st October	10:00am	Kiora
Garden Committee	Wednesday 21st October	10:30am	PDR
Resident Committee	Wednesday 28th October	10:00am	PDR

VILLAGE CLUBS

Bridge	Tuesdays 6th & 20th	1:00pm	KL
Mah-Jong	Tuesdays 13th & 27th	1:00pm	KL
Scrabble	Thursdays 1st, 8th, 15th, 22nd & 29th	1:00pm	PDR

SOCIAL EVENTS

Spanish Night	Saturday 10th October	5:00pm	KL
Celebrate St Louis Morning Tea	Friday 16th October	10:30am	KL
Social Club Quiz Night	Saturday 31st October	6:00pm	KL



OCTOBER BIRTHDAYS

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



LIONS CLUB GIVING HOPE PROJECT - WE NEED YOUR HELP!

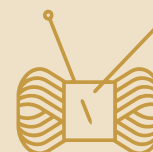
The Lions Club of Canning City's Giving Hope Project supports local hospitals, refuges, homeless services, Wheelchairs for Kids and other community organisations.

Residents are welcome to donate:

- 4 & 8 ply wool for knitted jackets, beanies, blankets and trauma teddies
- New toiletries – toothbrushes, toothpaste, combs, deodorant, shower gel, soap, shampoo and conditioner
- Clean, wearable clothing for all ages
- New children's clothing for ages 4–16
- Bed linen – please label sheet, blanket and doona sizes

- Formal wear, shoes, sandals and costume jewellery for the Meekatharra Year 12 Formal

Donations can be dropped into Reception. Donated goods are passed directly on to supported organisations and are not sold. Newspapers are recycled, with proceeds used to purchase additional items for those in need. Please do not remove anything from this storage area. In addition: Perth Children's Hospital are also seeking donations for children - small colouring books and coloured pencils etc. can be donated to reception for this cause.



RESIDENT REMINDERS



Communal Bin Areas

We request all Residents please be mindful of other residents sharing the communal bin area. We ask that residents ensure items are placed in the correct bin. Where possible, could you please wash and crush down bottles, cans and cardboard boxes prior to putting them into the recycling bins. Please also note that shredded paper must be put in the general waste bin not the recycling bin.

Feeling unwell?

Reminder to residents to stay home if feeling unwell. Meals can be delivered.

ST LOUIS CARE AT HOME UPDATE

OCTOBER 2026

ALL ABOUT SUPPORT AT HOME CARE

You can find **St Louis Care at Home** at Unit 57, 10 Albert Street, St Louis Estate, or at our Cottesloe Office, Level 1, 525 Stirling Hwy, Cottesloe.

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 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. End of Life Care
7. Private Care including overnight or 24/7 care
8. Housekeeping and Transport
9. Remedial Massage

To find out more about registering with My Aged Care for an assessment for home care services, please contact, Karena Sherriff on **(08) 9385 3406** or email homecare@stlouisestate.com.au

ARE YOU SEEKING A LOCAL QUALITY SUPPORT AT HOME PROVIDER?

Join Karena Sherriff, CEO, St Louis Care at Home, on **Wednesday, 28th of October 2026, at 11.00 am at St Louis Estate Homestead** (10 Albert St, Claremont) for a **free Home Care information session**. Morning tea and a tour of St Louis Estate are available following the information session.

Karena will be presenting on:

St Louis Home Care - Private Care

5 steps to Support at Home & Support at Home service options.

To book your place today, phone Freya on 9385 3406 or email homecare@stlouiscareathome.com.au

COTTESLOE HOME CARE OFFICE NOW OPEN

Free consultations are available on home care options with one of our helpful health professionals.

Open: Monday to Friday, 8am - 3pm.

Walk-ins welcome.

Level 1, 525 Stirling Hwy, Cottesloe

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.

The Shopper bus **new service fee is \$20.00** per person from September 2026. No bookings are required.

VETERAN SPECIALIST SERVICES

Do you know a Veteran who might benefit from Nursing or Personal Care? St Louis Care at Home is an approved Department of Veteran Affairs provider offering 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@stlouiscareathome.com.au

THE NEWBIE BLUES HIT ALL THE RIGHT NOTES!

What a night of wonderful entertainment. The Newbie Blues, a talented a cappella group of University of WA students, had an audience of 95 residents thoroughly entertained in Kingsmill Lounge. Their varied programme of classic hits spanning many different musical genres, showcased their impressive voices, energy and youthful enthusiasm. The audience certainly appreciated every minute of it, making for a great night of music and fun. We'll be delighted to welcome the Newbie Blues back for an encore next year.



A full house at Kingsmill.



The Boys relax after their great performance.

RESIDENTS' ROVING REPORTER

OCTOBER 2026

HARDSHIP IS NOT A DIRTY WORD

Doctor Alec O'Connell headmaster of Scotch College shared an unforgettable conversation with our residents and old Scotch Collegians. A beautiful reminder that hardship is not a mark of weakness, but often the place where strength is quietly born. The years may separate us, but the lessons that shape a life connect us. A truly special morning where wisdom was shared, memories came alive, and every story found a place to belong. Thank you Doctor O'Connell for leaving us with words that will stay with us.

Review by Teelia Peploe



Pictured from left: John Rigg (1951-58), John Pearman (1951-54), Gary Cotterell (1951-56), Alec O'Connell, Jim Natt (1947-1952).

"YES HEADMASTER"

It was a strange experience for a group of elderly Scotch college old boys some 60 or 70 years removed from the hallowed halls to meet with the current Headmaster Alec O'Connell.

In our day the Head was addressed with a respectful "Yes Sir" and usually accompanied by a straight back and a nervous glance to make sure your tie was on properly. Now here we were being encouraged to call the Headmaster by his Christian name. It felt almost like calling the Queen, Liz! After all, some old habits die hard, and I suspect a few of us were still waiting for the command to "stand up straight boys," before we dared to take our seats.

CHIEF MOUSEKETEER CAROLYN

From 1960 'til 1974 Carolyn Tannock (nee Noble), graced our television screens in WA, except for interruptions for her wedding, honeymoon, childbirth and valued time dedicated to her own brood. Much of Carolyn's career at TVW was devoted to entertaining children, starting in April 1960, at the youthful age of 17 and a half. A time when Rolf Harris was hosting children's channel 7, and Walt Disney's Mouseketeers were all the rage. So popular was this important children's programme, that TVW decided we should have a local version too. The hunt was on for a vivacious and articulate young lady who became synonymous with celebrity to the young viewers of Perth.

Carolyn's first segment on TVW followed Rolf Harris and was 15 minutes in duration. This consisted of about 15 children who came in and sat at the Mickey Mouse Clubhouse, and were interviewed on air by Carolyn, as their parents watched from home. Carolyn was Chief Mouseketeer to 25,000 mice.



Chief Mouseketeer Carolyn "in first days of Mickey Mouse Club"



Today Carolyn is settling into her new Valley Way unit and "Loving it!"

MONTHLY SUNDOWNER

A small group of residents gathered for our monthly Sundowner Happy Hour. While numbers have dwindled somewhat, there is still a loyal group who enjoy the opportunity to relax, have a drink, and a chat, and mix socially with fellow residents. It's a simple informal way to catch up and enjoy a little community.



Lyn accepting a bouquet from a senior Hale student.

LADY LYN GARLAND

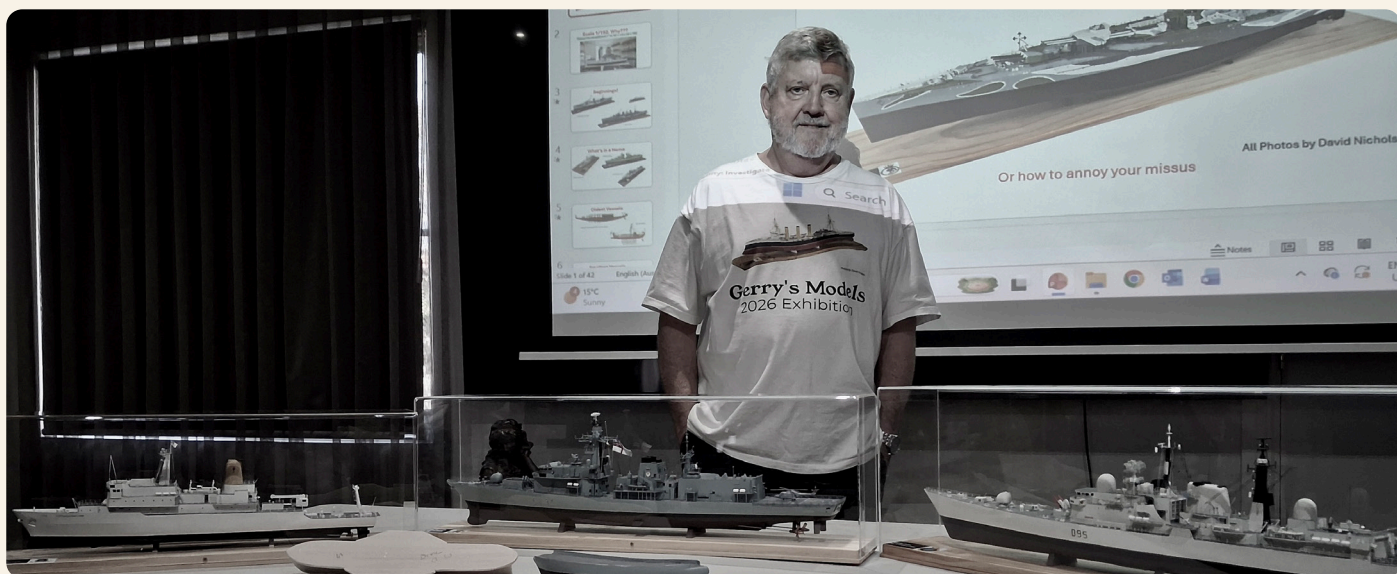
Lady Lyn Garland established the Garland Music Festival in 1977. The Garland Music Festival is an annual event hosted by Hale school as an eisteddfod (a competitive festival for music and performance), to encourage students to showcase their instrumental and vocal talents in a supportive competitive environment. Lyn is an accomplished classical pianist. She was married to Sir Victor Garland, who served as a senior Liberal Party minister and High commissioner to the United Kingdom, before his passing in 2022.



A feature article of Lyn from her exciting days in London.

RESIDENTS' ROVING REPORTER

EDITOR: MR JAMES NATT (UNIT 13)



JERRY WESTENBERG

Jerry Westenberg was born in Perth and started modelling mainly aircraft interspersed with ships since the age of 5. Jerry started building warships to the 1/600 scale from his early teens, purchasing a set of plans for the modified Leander class cruiser HMS Perth, that was drawn to 1/192 scale. This combined with using balsa wood, set him on the path of accurate scale model scratch building, and has seen well over 100 ships built during his career as a ship modeler. The large audience was enthralled hearing of Jerry's skills (particularly the males!), who were envious of his fascinating hobby.

TWO CHRISTCHURCH BOYS

Two Christchurch Grammar boys got together at the Newby Blues concert recently. Ray House taught economics at Christchurch for 38 years, finishing his career as Head of the Senior School 1991 to 2002. Sam Robins was a student at the College much later (2017- 2022), graduated and is now studying music performance at UWA. He is excited about his exchange scholarship he has gained to study at the University of Barcelona next year.



St Louis Estate Social Club invites you to...

TASTE OF SPAIN PAELLA NIGHT

Join us for a sizzling taste of Spain Paella dinner night where golden rice, fragrant saffron and generous helpings of Spanish flair come together in one delicious Fiesta. Expect lively conversation, irresistible aromas, and a paella pan working harder than a flamenco dancer after three espressos. Come hungry, bring your appetite for adventure and prepare for an evening so tasty you may find yourself saying Ole' to the leftovers.

Date: Saturday 10th October

Bookings are essential via the office. Bookings close Monday 5th October. Numbers limited.



TWILIGHT TRIVIA NIGHT

Date: Saturday 31st October

