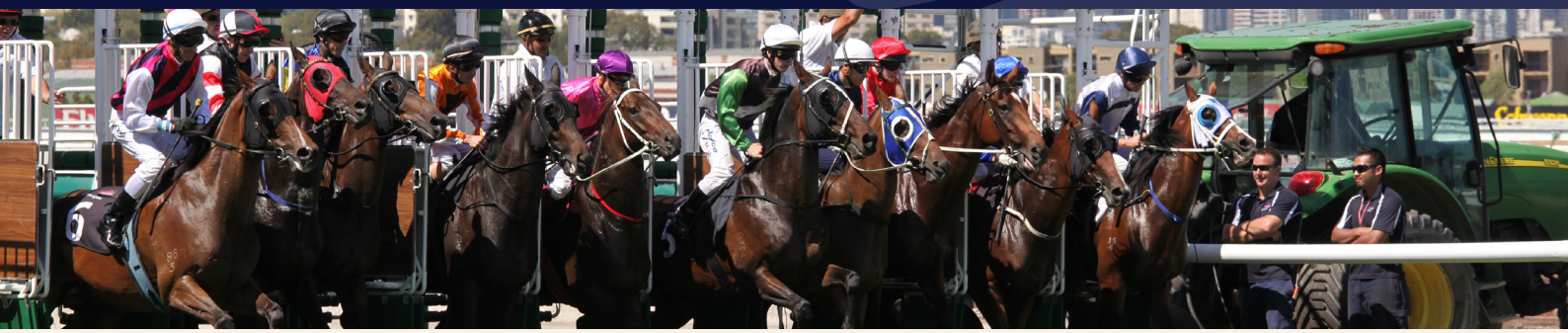
RESIDENT NEWSLETTER

NOVEMBER 2026

ST LOUIS ESTATE
LIVE WELL



MELBOURNE CUP LUNCHEON

Date: Tuesday 3rd November **Arrival Time:** 11:45am **Race Time:** 12:00pm
Cost: $55 per person **RSVP:** Monday 2nd November 2026

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. Please bring cash.

REMEMBRANCE DAY

This Remembrance Day, the Social Club has decided not to hold a formal service. Residents are invited to observe one minute's silence at 11:00 am on Wednesday, 11 November, wherever they may be at the time — whether at home, in the café, common areas or elsewhere around the Estate — joining the wider community in remembering and honouring those who served and sacrificed.

Lest We Forget.

CHRISTMAS COCKTAIL PARTY

Date: Monday 7th December 2026
Time: From 5:00pm – 7:00pm
Residents are invited to save the date to attend the Annual Residents Cocktail party. Further details to come.



RESIDENTS CHRISTMAS BANQUET

Date: Wednesday, 16th December
Time: 12:00pm **Where**: Dining Room **Cost:** $60

ANNUAL GENERAL MEETING

Further information will be provided to residents prior to the Meeting. Everyone is welcome and attendance is encouraged.

Kiora Annual General Meeting
Date: Wednesday 18th November **Time:** 1:00pm
Where: Wellness Centre

SLE Annual General Meeting
Date: Thursday 19th November **Time:** 10:00am
Where: Kingsmill Lounge

CALLING NOMINATIONS FOR THE 2027 RESIDENTS COMMITTEE

St Louis Estate Residents Committee is seeking nominations from all residents who would like to be members of the committee during 2027. The committee is a group of residents, who represent the interests of their peers and to carry out various functions. The residents committee also provides an important channel for communication between the residents and management. We encourage all residents to consider nominating for 2027. Nominations are now open.

The committee play a very important role in the Village, it would be wonderful to see some new residents, along with our existing members involved next year. If you would like to discuss the committee further, please contact the current Chair, Jill House.

RESIDENT NEWSLETTER

NOVEMBER 2026

GUEST SPEAKERS

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

Allen Graham | 6th November
Fremantle Historical Society
Allen is a lifelong resident of Fremantle, having been born and raised in Beaconsfield. Allen has recently published his book Inns and Outs of Fremantle – A Social History of Fremantle and its Hotels 1829 – 1929, part one, 1829 – 1856. He was a Councillor with the City of Fremantle during the heady days of the America's Cup, serving on the Council between 1985 and 1990.

Allen has been researching and writing about Fremantle's history for over forty years with a particular focus on Fremantle's hotels. He has won the City of Fremantle's unpublished history award on three occasions and has had a number of essays on Fremantle's history published in Fremantle Studies, the journal of the Fremantle History Society. Allen has been a long standing member of the Fremantle History Society and has served as a committee person, Vice President and President of the Society.

Since retiring Allen has used his knowledge of Fremantle's history to conduct walking tours of Fremantle.

Bill Reynolds | 13th November
History of Cricket in WA
Bill Reynolds is a registered professional historian and belongs to local, national and international history societies and to the Cricket charity, The Lords Taverners.

Bill is a retired farmer and agricultural consultant. In Cricket, he has been a player, coach, umpire and has written two books on WA cricket and has been a ground tour guide for the WACA.

On 13 November, he will speak about the History of Cricket in Western Australia.

Speaker for the 27th TBC –
Will be updated on WhatsApp.

TOP TIPS FOR A COOL, COMFORTABLE & SECURE SUMMER

With warmer days on the way, a few simple habits can help you enjoy the summer breeze and keep your home comfortable and secure.

- Welcome the breeze. Open windows during cooler mornings and evenings while you're home. If you have lockable security screens, keep them secured while enjoying the fresh air.
- Keep the sunshine out. Close blinds and curtains before the sun reaches your windows, especially in west-facing rooms.
- Help your cooling work efficiently. **Keep external doors and windows closed when the air conditioning is running**, and use fans to circulate air.
- Check before heading out or turning in. **Close and lock any doors and windows** you've opened during the day. Ordinary flyscreens let the breeze in but don't provide security.
- **Remember cars and storerooms**. Keep them locked after use, with valuables out of sight and keys and garage remotes stored inside your home.
- Stay refreshed. Keep water handy and drink regularly throughout the day.
- Look out for one another. A friendly check-in with a neighbour is always welcome.

Here's to a lovely summer at St Louis!

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.



Titan – The Ocean Gate Disaster
5th of November
Examines CEO Stockton Rush's quest to become the next billionaire innovator and the doomed underwater endeavor that called into question the price of ambition in the depths of the ocean.



Blackfish
12th of November
A documentary following the controversial captivity of killer whales, and its dangers for both humans and whales.



Shipwrecked:
Nightmare at Sea
19th of November
Exclusive footage and survivor testimonies chronicle the 2012 sinking of a luxury cruise ship and its aftermath.



Under Cover (2022)
26th of November
Explores the hidden reality of older women experiencing homelessness.

MONTHLY EVENTS

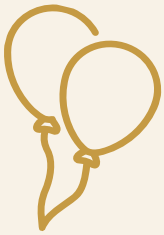
COMMITTEE MEETINGS			
Social Committee	Thursday 5th November	10:00am	Kiora
Garden Committee	Wednesday 18th November	10:30am	KL
Resident Committee	Wednesday 25th November	10:00am	PDR

VILLAGE CLUBS			
Bridge	Tuesdays | 3rd & 17th	1:00pm	KL
Mah-Jong	Tuesdays | 10th & 24th	1:00pm	KL
Scrabble	Thursdays | 5th, 12th, 19th & 26th	1:00pm	PDR

SOCIAL EVENTS			
Freeze Frame Opera	Friday 13th November	6:30pm	Homestead Lawn
Celebrate St Louis Morning Tea	Friday 20th November	10:30am	KL
Social Club Event - BBQ	Saturday 28th November	6:00pm	KL

NOVEMBER BIRTHDAYS

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



CHRISTMAS RAFFLE





HELP US MAKE THIS YEAR'S CHRISTMAS RAFFLE OUR BIGGEST YET!
Our **2026 Christmas Raffle** is back — and this year we want to go **bigger and better** to help fund the Social Club's exciting program of activities, outings and events for **2027**. The Christmas Raffle is one of the Social Club's biggest fundraisers, and we're now calling for donations of both **premium prizes and hamper goodies**.

We would love to hear from residents, families, local businesses and community contacts who may be willing to donate or sponsor a major prize such as accommodation, event tickets, dining vouchers, experiences, gift packages, or local goods and services. One of this year's feature prizes will be a **Ten Tenors Christmas Show package with transport, valued at more than $450,** alongside our always-popular Christmas hampers.

We are also collecting festive hamper items including wine, chocolates, biscuits, nuts, jams, relishes, candles, giftware and Christmas treats. **Every donation helps us create an amazing raffle and raise valuable funds for the Social Club.**

Please drop donations to Kristina at Reception. Thank you for helping us make this year's raffle a great one!

WELCOME TO OUR NEW RESIDENTS!



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

RESIDENT REMINDERS



Direct debit is now available
Residents can now register for **Direct Debit** for St Louis Estate accounts, making it easier to manage regular payments. If you would like to set this up, simply collect and complete a **Direct Debit Registration Form from Reception.**

For any questions about direct debit, your monthly statement or account, our friendly bookkeepers are happy to assist.

St Louis Estate / Kiora Accounts
Karena Brunsdon | Available Monday to Thursday
accounts@stlouisestate.com.au

Home Care Accounts
Misa Tagomori | Available Monday & Wednesday
accounts@chcgroup.com.au
You can also visit Reception or call **(08) 9385 1420** for assistance.

ST LOUIS CARE AT HOME UPDATE

NOVEMBER 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**

5 STEPS TO ACCESSING SUPPORT AT HOME CARE:

Join Karena Sherriff, CEO, St Louis Care at Home, on **Wednesday, 25th November 2026**, at **11.00 am** at St Louis Estate, Kingsmill Lounge **for a free Support at Home Care information session.** Karena will be presenting 5 steps to accessing the government-subsidised Support at Home program. To book your place today, phone Freya on **9385 3406** or email **homecare@stlouiscareathome.com.au**

DO YOU HAVE AN ADVANCED HEALTH DIRECTIVE (AHD)?

If not, St Louis Care at Home is hosting an Advanced Health Directive workshop on Wednesday, 11th November 2026, 9.30 am – 12.00 pm, at the Kingsmill Lounge, St Louis Estate. The Workshop will assist you in completing an Advanced Health Directive. We have a limit of 10 places available to attend this workshop. Please RSVP before 4th of November 2026 to homecare@stlouisestate.com.au or phone (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.

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

VETERAN SPECIALST 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 NOTICE BOARD HAS ARRIVED

Good news for those of us whose memory occasionally goes on a little holiday. The village now has a notice board!

It will be the place to remind everyone what's happening, what's coming up and most importantly what we may have forgotten and were supposed to remember. Social club events, happy hours, concerts, special occasions and other activities will all get a mention. So there can be no more excuses of "I didn't know "or "I must have missed that in the newsletter," just keep an eye on the board, it might even remember things better than we do.



Annie Flower has a commission to update the information

PINK RIBBON BRUNCH

The annual Pink Ribbon Brunch helping to raise funds for the National Breast Cancer Foundation was well supported with large numbers enjoying a very tasty brunch.



Sandy Viol, Sandy's guest, Rob Viol, Trish Quinlan



Rosemary Pearman, Anthony Robinson and Diana Quantrill

St Louis Estate Social Club invites you to...

FREEZE FRAME OPERA

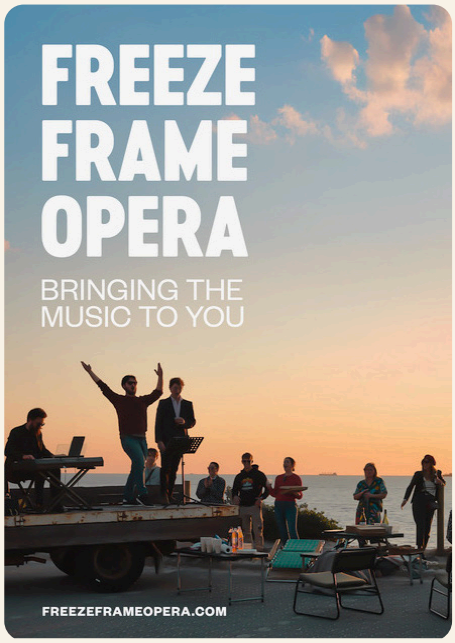
We welcome back Freeze Frame Opera to St Louis for an encore of their very popular concert last year. Seating will be on the Homestead lawn and "the old truck" will form the stage.

Date: Friday 13th November **Time:** 6:30pm
Bookings are essential via the office $25.
Bookings from 1st November.

Starring Vin Trikeriotis and Sara Macliver

Join us for Curry Night at 5:00pm prior to the show.





VALE SIR WILLIAM HESELTINE

"Good Knight's Rest"

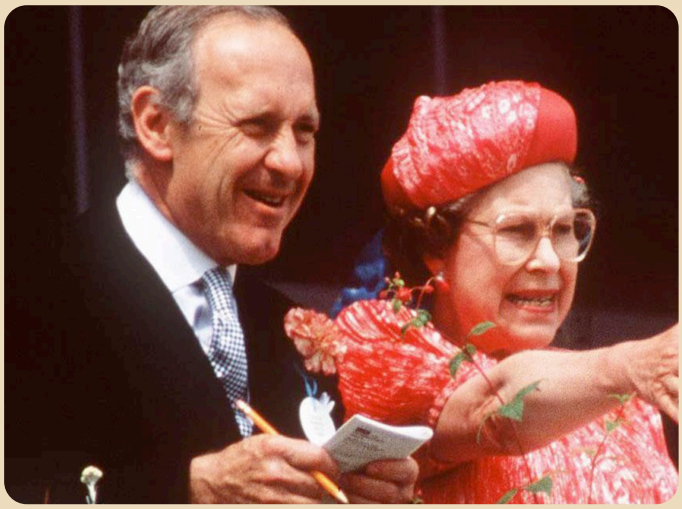
When Sir William Heseltine moved to St Louis Estate in 2006 he was one of three Knights living with us alongside Sir Charles Court and Sir James Crothers.

With his characteristic wit Bill gave his home the wonderfully appropriate name "The Good Knight's Rest."
Born in Perth, Bill was educated at Christchurch Grammar School and the University of WA before embarking on a distinguished career.

His remarkable career reached its pinnacle when in 1986 he was appointed private secretary to Her Majesty Queen Elizabeth II, a position he held until his retirement in 1990. Bill spent 19 happy years at St Louis and was a much loved and highly respected member of our community. His courtesy, intelligence and quiet sense of humour made him a memorable presence among residents.

In 2025 Bill moved from his St Louis home to Mont Clare where he received care in his later years. His beloved wife Diana remained at St Louis keeping close to Bill and continuing to be part of our community. We extend our deepest sympathy to Diana and the Heseltine family. Bill will remain remembered warmly by all who had the privilege of knowing him.





WEDNESDAY IS WATERING

Every Wednesday grab the hose, watering can or whatever watering contraption you favour and give your garden a good drink. Think of it as a midweek health check for your garden. The pots hanging baskets and those poor little plants hiding under trees may particularly appreciate the attention and remember watering the garden is not just a chore it's an excellent excuse to get outside. Enjoy the fresh air, inspect what your neighbours are growing and if necessary engage in a little friendly competition about whose garden is
looking best.

Of course there are always those who say but it rained last week to them we say "This is Perth keep dreaming!"
So let's make it a village wide habit, a few minutes with the hose on Wednesday could make all the difference to keeping our gardens healthy and happy through the dry summer. (Naturally those plants not under reticulation deserve a drink more often than Wednesdays!).



A SISTERS UNWAVERING LOVE

Last month we were privileged to hear from local author Danielle Sartorelli who shared with us the deeply moving story behind her book “Life in Installments.” The book tells the story of a sister’s enduring love for her brother who has battled drug addiction throughout most of his life.

Now 51, he has spent a major part of those years incarcerated. Through the many difficulties disappointments and heartbreak Danielle has remained steadfast in her love and commitment to her brother. Her story is not one of judgment but of compassion, courage and an extraordinary determination to stand by someone she loves. Despite the enormous challenges addiction has brought to their lives Danielle’s presentation gave us a powerful insight into the devastating impact of addiction on families while also demonstrating the remarkable strength of a sister’s love.





BRIAN SIERAKOWSKI

From the football field to giving back
We were privileged to hear from Brian Sierakowski whose remarkable football career from Victoria to WA where he enjoyed success as both a player and coach.

Brian shared some fascinating stories from his years in the game giving us an insight into the football of earlier generations and the demands placed on players. Of particular interest was his work supporting former footballers who are living with long term consequences of repeated head knocks, including chronic traumatic encephalopathy (CTE) and other brain related injuries. His commitment to helping past players and raising awareness of the risks associated with concussion and head trauma added a particularly meaningful dimension to an entertaining and informative presentation.

FROM CELEBRATION TO WAKE IN 4 MINUTES

A large group of residents gathered in the Kingsmill Lounge to watch the AFL Grand Final, creating a sea of purple as the faithful Dockers supporters settled in full of hope and expectation.

For most of the game it looked as though we were celebrating the birth of a new King of the league. Then came those final four disastrous minutes! Suddenly the purple room resembled a wake with stunned faces, broken hearts and plenty of quiet reflection. It was a classic case of from “coronation to commiseration” in the blink of an eye. Proof that supporting the Dockers can be hazardous to your emotional health.



RESIDENTS' ROVING REPORTER

A TASTE OF SPAIN COMES TO ST LOUIS

Saturday night brought a little taste of Spain to St Louis where the residents enjoyed a very successful Spanish Paella dinner. Pre dinner we were treated to a spirited flamenco performance by the wonderful Valeria whose dancing proved a very popular addition to the evening. A few brave residents even joined in the flamenco action although whether it could technically be described as flamenco is open to considerable debate? With music, dancing, laughter and of course a very tasty national dish of freshly prepared Paella it was a thoroughly enjoyable Spanish night enjoyed by all.



Valeria dressed in traditional Spanish flamenco style gave a finger clicking, stomping performance that thrilled the audience



Residents and a visitor (Diana Heseline's Grand daughter) took a lesson in flamenco or were they doing a Scottish Reel?

ALAN HARVEY

Alan Harvey gave residents a fascinating talk giving our brains plenty to think about and reassured those of us of a certain age that our brains haven't completely retired yet. I think we'll all listen to music a little differently now knowing just how much is happening inside our heads when we hear a favourite tune and if music really is good for the brain then I'm pleased to say we've found the perfect treatment. One that doesn't require a prescription and which we can enjoy every day.



Debbie Frink and Trish Quinlan asking Alan if repeated singing of Barbara Streisand's "The Way we Were" would help restore their brains to work as in their 40s

HAPPY BIRTHDAY

A couple of happy Virgos ex Glascow and Dandaragin



Happy "choci" Birthday to Jim Larkins and Kerrie Roberts



Tamsy Gomm giving thanks to making another birthday!



Tamsy Gomm and her daughter sharing highlights from previous birthdays!