

LEEDERVILLE GARDENS NEWSLETTER



FEBRUARY 2019

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NEW OFFICE HOURS

Monday to Thursday

8.00am to 4.00pm

(change effective from week
beginning Monday 4th March.)

Should you have an urgent issue on a Friday please contact head office on 9355 3400 who will happily assist you.

BIRTHDAY MENTIONS

“May the joy that you have spread in the past come back to you on this day. Wishing you all a very happy birthday!



UPDATES FROM YOUR VILLAGE COMMITTEE

Dear Residents

It was very sad to hear of the passing of Erica Egan from Villa 45 and our thoughts are with Gerald. Luckily, he has wonderful family support but it won't be easy for him.

We had a low attendance at our LGRA Quarterly meeting with nothing new that needs reporting on that you won't read in the minutes. I do hope the low attendance means you are happy because these meetings are the place to raise your concerns. My formal report will come out with the minutes so please don't hesitate to contact me if you have any queries.

LGRA recommended and the Board endorsed the election of Ken Ferguson as a Resident Director until the next AGM. He joins Kevin Jones. The Board have a lot on their plate this year and plan on taking more of a strategic approach and leaving the operational side to Village Solutions.

On that note, I would like to say how well Tina has settled in. Probably too well as it is planned for her to take Fridays off as of March on a trial basis. This was always in the pipeline and suits her and our budget.



It was suggested to us by the Board Advisor that, maybe, each Pod should get a Representative to join your current Committee at any meetings regarding Village development. Initially, we thought this could work but with more discussion have decided that your current Committee put their hands up and were elected to represent you so that is the way it will be.

The new Residents' Contact Directory will be in your mailbox shortly - maybe with this newsletter. Please advise if any error or let us know if your details change. A big thank you to Di Allen for putting this together.

Please refer to the Calendar at the back of this Newsletter for all the Village happenings at a glance and also the recycling guide from which I have discovered a couple of items I shouldn't be recycling.

Hope you're all looking up some Irish recipes for the St. Patrick's Day Pot Luck Dinner. Remember, if events like these aren't supported, they may well not appear on next year's calendar. We really don't do many events so do your best to come and join us.

Alison Robinson, Chair, LGRA, Villa 24, 0417 995 254/alirob215@gmail.com

SOCIAL COMMITTEE

2019 began with our Free Sausage Sizzle attracting 40 people, so the clubhouse looked full and buzzing with Kevin, Ken and Mel serving up delicious Mezz butchers sausages. Everyone agreed they were worth spending a little more to get the best.

Thank you Jean and Xenia for supervising the evening and looks like we have discovered a new compare in Xenia who looked very comfortable behind the microphone. To celebrate their 60th wedding anniversary Jill and Len provided us with a 60th cake a lovely speech and we reminisced over their wedding photos.

We look forward to the wearing of the green on St Patrick's Day Pot luck evening 15th March and start hunting for those Irish recipes to bring along. Remember, you can buy something if cooking is not an option.

We have Casey Roth our Meditation lady coming for another 45 minutes of meditation in the clubhouse and this time it will be 7pm, so do come for it was most enjoyable last time and just sitting on a chair very easy. This will be Monday 25th March.

Verna will present another of her most popular video evenings on Friday 29th March in the clubhouse at 5pm and we will give the title in the flyer 2 weeks beforehand. It was most interesting and lots of questions followed. Bring your drink and nibbles to share.

We have now finished the roster for functions as well as the Calendar for the second half of the year and it looks quite interesting with a free bus visit to the Willetton shop of Cameo Fashions, two talks on their favourite topics from Sandra and Xenia during the year.

Our major event this year will be an Antiques Roadshow Style Event in October, run by a professional Antiques man we have managed to present. We invite you to bring up to three items each that you may wish to be assessed to the clubhouse so hoping this will be a great Sunday afternoon occasion with afternoon tea and open to family and friends.

We will also now have a new stall at the Cancer morning Tea in May and invite you to bring out the knitting needles, crochet, jewellery etc. to donate to the new craft stall. Contact Marilyn Lukey for any questions on this. Of course we will have other popular stalls of cake, preserves, pot plants and bric a brac, which will also appreciate your donations. This too will be open to friends and family.

Best wishes Marion Joy, Social Secretary, Villa 50

COMING SOON

CANCER MORNING TEA - 23RD MAY AT 10 AM

We are getting behind this worthwhile fundraising cause with our annual morning tea and stalls. This year we will be adding a new stall and are calling for donations from residents. So if you are interested in donating new craft items such as knitting, crochet, painting, jewellery or other ideas to our craft stall please start crafting now! These items will be new, not second hand which normally go on the bric a brac stall.



We already have beautiful kitchen potholders and tea cosies made by Maureen Sampson, scarves made by Marilyn and Marion still planning. I hear Tina has her trusty knitting needles out as well. We will have our favourite stalls such as Cakes/biscuits, jams, bric a brac, plants, so start planning for this worthy fundraising event. We hear that Ray is pot planting too.



Contact Marilyn Lukey on 0528 939 228 for enquiries about craft you have made yourself and would like to donate

VILLAGE | RESIDENT MARCH EVENTS

REWIND CLASSES

Classes are underway again on **Thursdays at 1.00 pm in the Clubhouse**. The cost of each session is \$10 but Carmel offers a loyalty card which can reduce this. It would be lovely to see some new faces (ladies & gents). The classes are low impact and exercises can be done from a seated position.

BOOK CLUB

OUR DEDICATED ORGANISER SANDRA, LOOKS FORWARD TO WELCOMING EVERYONE, ESPECIALLY NEW MEMBERS

DATE: Thursday 14th March 2019

TIME: 4.00 pm

BOOK: “The Slap”

AUTHOR: Christos Tsiolkas

LIBRARY ITEMS EXCHANGE

The delivery date for March 2019 is:- **Tuesday March 5th**

MARCH DATES TO NOTE

FRIDAY 8TH MARCH - The window cleaner will be in the Village, please add your name to the list in the library if you would like your windows cleaned.

MONDAY 11TH MARCH - City of Vincent General Junk Verge Collection commences. Please contact Tina if you need some help to move items to the verge (we have some strong young volunteers from Aranmore College who are keen to help).

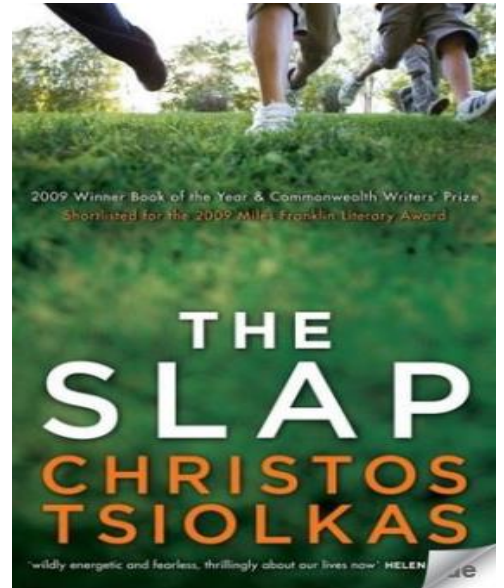
FRIDAY 15TH MARCH **SOCIAL CLUB EVENT** - St Patrick’s Day (Irish pot luck dinner) 6.00 pm in the clubhouse

FRIDAY 22ND MARCH - Son Life church understand the importance and benefits of building intergenerational relationships within the community and have generously invited residents from Leederville Gardens to attend their weekly Play Group meeting between 9.30 and 11.00 on 22nd March as a “special INTER-GENERATIONAL morning” at Sonlife Church 388 Oxford St, Leederville.

In this busy and sometime chaotic world we live - many young mums don’t have the benefit of close family and would love to share the joy of their little ones with an older person. Please let Tina know if you are interested as she will be assisting with catering and can also help co-ordinate a car pool arrangement amongst residents if necessary.

MONDAY 25TH MARCH 2019 - Meditation with Casey Roth, 7.00 pm in the Clubhouse

FRIDAY 29TH MARCH 2019 - Pop-Up Video - details to follow from Verna



EVENTS OUTSIDE THE VILLAGE - COMING SOON

A great show soon to hit Perth at the Heath Ledger Theatre next month is a fabulous excuse to organize a few friends and head to the theatre.

SENIOR MOMENTS 10-17 APRIL 2019



Heath Ledger Theatre, 174-176 William St, Perth

By popular demand, Senior Moments is back for another national tour from February 2019, with Gold Logie winner and veteran actor John Wood (Blue Heelers, Rafferty's Rules) and Max Gillies (The Gillies Report, Once Were Leaders) joining Play School icon Benita Collings, Kim Lewis (Sons and Daughters, The Restless Years) and Russell Newman (A Country Practice, Underbelly) in this senior theatrical sensation, with Midday Show Maestro Geoff Harvey on piano.



LOST AND FOUND

I found this little medal/key ring in the Village. Whilst it has no monetary value, it may be of sentimental value to someone (and it's **GREEN**). Please call me if it is yours. It celebrates the 30th Anniversary of Huntingdale Primary School.

DEMETIA FRIENDS

Firstly let's start with some quick facts sourced from Dementia Australia website

<https://www.dementia.org.au/statistics>

- ***Dementia is the second leading cause of death of Australians contributing to 5.4% of all deaths in males and 10.6% of all deaths in females each year***
- ***Currently an estimated 250 people are joining the population with dementia each day. The number of new cases of dementia will increase to 318 people per day by 2025 and more than 650 people by 2056***
- ***Three in 10 people over the age of 85 and almost one in 10 people over 65 have dementia***

As a Village Management initiative, VSA recently approached ***Dementia Services Australia*** to look at ways our Villages could ensure our communities are Dementia aware. It was very informative & they went through many useful tools with management of which our manager's will be undertaking specific training in this area in coming months.

One of the key learnings from the discussions was that anyone can become a "Dementia friend".

A Dementia Friend is someone who wants to make a positive difference to the lives of people living with dementia through increased awareness and support. It means you have increased your

understanding of dementia and how small things you can do can help support people with dementia to remain included, accepted and connected with their community.

Small acts can make a big difference!

It only takes about half an hour & is free, here is the link

<https://www.dementiafriendly.org.au/user/register>

Being mindful that Dementia is non-discriminatory and given our village demographic, we felt it necessary and really important to encourage our residents the opportunity to become dementia friendly ambassadors within their direct community. Village Management will be undertaking the online course also. Should you need any assistance in the online process please do not hesitate to contact the onsite office who will happily assist you in becoming Dementia Friendly.

MANAGEMENT AND BOARD UPDATES

Management join the LGRA in their condolences to Gerald and family on the sad passing of Erica, who will be sadly missed at Leederville Gardens.

It wasn't easy to find a theme for the March Newsletter so I have gone with GREEN - initially because St Patrick's day falls on the 17th but then I thought it would be a great month to think about some strategies to protect our precious planet and appreciate our environment. You will see that on the back of the calendar I have printed some information from the City of Vincent which will help you to identify what can be put into the yellow-lid recycle bins (thanks to Judy for providing this to me). I would also like to trial a 'Sell or Giveaway Section' in the April Newsletter. The Social Committee suggested this great idea to ensure that no items that could be re-purposed or reused are left in storerooms or thrown out. If you have an item you would like to give away or sell please provide me with a description of the item, possibly a small photo, the price (if you are looking for a sale) and your best contact. I will then publish this next month in the Newsletter and we will see how we go! No more than two items per resident please.

I also need to advise that it has been agreed by the LGRA and the Board that I can reduce my hours to four days a week. Office hours will remain 8.00 am to 4.00 pm but I will not be working on Fridays - effective from the week beginning Monday 4th March 2019. Please telephone Head Office on 9355 3400 if you have an issue which can't wait until Monday. In addition to my garden looking greener with the extra time I can put into it, my reduction in hours will also help to keep the Village budget looking healthy.

We have been giving some thought around how to keep use of the loading bay outside the Atrium for its intended purpose. Consequently, the parking bays for villas which are currently vacant will be made available to visitors with a maximum stay of 2 hours. Once refurbishment works commence on Unit 29, parking here will be reserved for trades. I will also be taking a tougher line with people who do not show consideration for residents through their inappropriate use of the

loading zone. It is really important this bay be available for emergency vehicles, tradesmen, people with heavy items to unload, or those picking up or dropping off residents who need assistance. Visitors need to move their vehicles to a designated parking bay after they have dropped off their passenger.

I'm hoping this month will see an upturn in sales and I would like to thank residents for the support shown to the sales team. If you spot someone on the park, or are approached by someone it is very important you direct them to the office, or if it is out of business hours to Matthew whose mobile number is 0433 750 210. Please do not put yourself at risk by showing someone who is not known to you into your unit. Additionally, it is important for the sales team to know who is showing interest in the village and to explore with them how they can be assisted to make the move.

A GENTLE REMINDER

This month's gentle reminders are from our wonderful gardening team who have requested I remind residents of the importance of bringing their gardening requests to the office. When the gardeners are working on site they are very busy and unlikely to remember verbal requests - especially if they can't get to them for a week or two. The team also request all dog owners clean up after their pets - it is very unpleasant for the gardeners to come across dog mess when working in the gardens beds.

VILLAGE SALES UPDATE

Villa 20 - For sale, beautifully presented and on the market for \$420,000.

Villa 28 - For sale, basic refurbishment and on the market for \$400,000.

Villa 30 - For sale, basic refurbishment - price reduced to \$375,000.

Villa 48 - For sale, fully refurbished on the market for \$430,000

Apartment 66 - For sale, refurbished on the market for \$275,000 to \$295,000.

Apartment 67 - For Sale, full modern refurbishment with fantastic views to the park, on the market for \$515,000.

HOME OPEN IS HELD WEEKLY TUESDAY AND WEDNESDAY 10.00AM TO 12 NOON AND SATURDAYS 1.30PM TO 2.30PM OR ALTERNATIVELY BY APPOINTMENT.

LEEDERVILLE GARDENS - BOARD PROFILE

With two new Board Members in our midst who have recently joined your community volunteers that make up the Leederville Gardens Inc. Board we felt it timely to introduce the "newbies" to you all in the normal format and are delighted to introduce Pina Christie in this edition.

Pina Christie



Why did you apply to be a Board member?

To be involved in my community, and to share my skills, knowledge and experience.

How would you summarise retirement living?

As the next phase in an extraordinary life. A less encumbered, social and interesting lifestyle.

What would you like to see happen at LG over the next 2 years?

Retain all the great things that have been achieved so far, and evolve LG into the retirement village of choice.

Can we interest you in a villa for sale?

Well, I live practically next door - and the more I see, the more I think that this is a great option when the time comes, so yes.

Do you also currently work elsewhere and what is your role in that company?

I am a Change Management consultant, and my current assignment is facilitating a technology transformation project for the Shire of Serpentine Jarrahdale. I also facilitate strategic planning for other organisations.

If you won the lottery what would you do with the money?

Depends on how much I guess, but after taking care of home and family, I would like to be an anonymous enabler of other people's dreams. Have \$XXX arrive in someone's letterbox anonymously - how great would that be!

What is your favourite travel destination and why?

Too many to say! I am at home in Paris, Milan and New York. I love the sub-tropical rainforests of South East Queensland, the ancient landscapes of Kakadu and Arnhem Land.... I have been fortunate to have had many opportunities to see the world and my life has been enriched by each of these experiences and I hope to have many more.

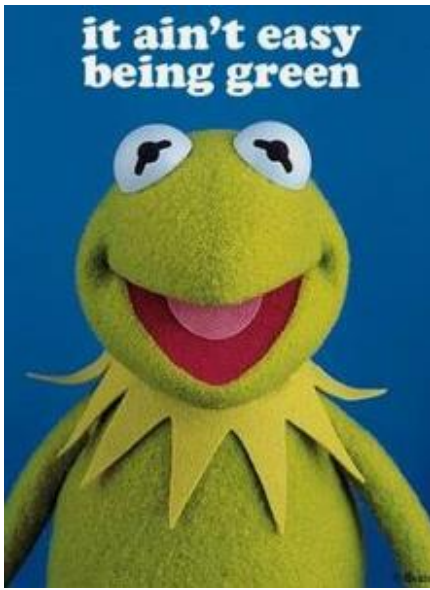
What are you passionate about?

Growing and enabling people. Art and fashion, yoga, jazz, my family and friends.

As a Board member what would be your primary personal achievement for Leederville Gardens by the end of your term?

A well run Board that visibly serves its members with foresight, conscience and probity.

A GREEN JOKE OR TWO!



Q: Why are environmentalists bad at playing cards?

A: *They like to avoid the flush.*

Q: What's the name of the new Tom Cruise eco-thriller?

A: *Mission Compostable!*

Q: How do oil companies deal with tanker spills?

A: *Slick lawyers.*

A motorist is making his way down a flooded road after a night of torrential rain. Suddenly he sees a man's head sticking out of a large puddle. He stops his car and asks the man if he needs a lift. 'No thanks,' says the man. 'I'm on my bike.'

QUIZ QUESTIONS

Name the famous Irish author whose best-selling books include "Tara Road", "Light a Penny Candle", "Circle of Friends" and "Nights of Rain and Stars."

Which traditional musical instrument was adopted as a logo by Guinness?

What did St Patrick supposedly chase out of Ireland?

Name the singer from punk rock band The Boomtown Rats who later campaigned for famine relief with Live Aid.

Name the influential Irish novelist and poet whose works include "The Dubliners", "A Portrait of the Artist as a Young Man," and "Ulysses."

What's the name of the fantastic smell after it rains?



RECIPE - CHOPPED GREEN SALAD

INGREDIENTS

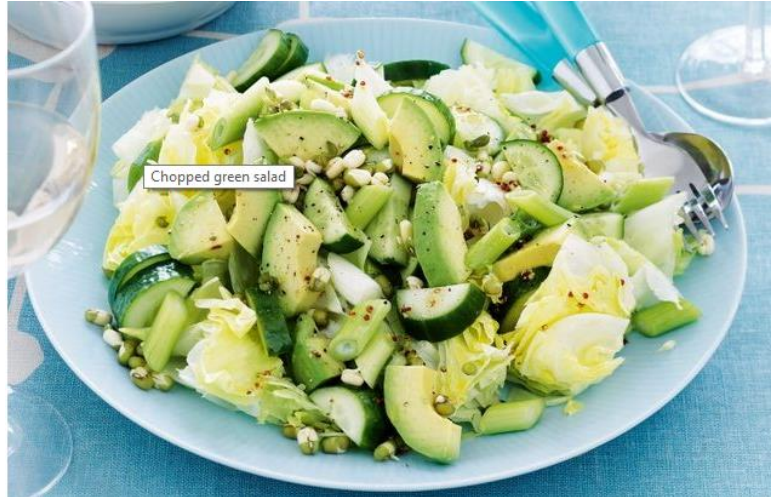
- 1 large iceberg lettuce, chopped
- 3 green onions, thinly sliced
- 2 Lebanese cucumbers, halved lengthways, chopped
- 2 avocados, chopped
- 1/2 cup mung bean sprouts

VINAIGRETTE

- 1/4 cup extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon wholegrain mustard
- 1 teaspoon caster sugar

METHOD

- Step 1 - Make vinaigrette Place oil, vinegar, mustard and sugar in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine.
- Step 2 - Place lettuce, onion, cucumber, avocado and sprouts in a bowl.
- Step 3 - Add vinaigrette. Toss to combine. Serve.



QUIZ ANSWERS

1. Maeve Binchy 2. The Harp 3. All the snakes 4. Bob Geldof 5. James Joyce 6. Petrichor (it is a real word - just look it up)