

LEEDERVILLE GARDENS NEWSLETTER

MAY 2019

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OFFICE HOURS

Monday to Thursday

8.00am to 4.00pm

The office will be closed on Monday 3rd of June for the WA Day holiday and on Thursday 6th June for staff training.

Should you have an urgent issue when the office is closed please contact head office on 9355 3400



BIRTHDAY MENTIONS

A little bird has told me it's your birthday. How tweet of him to remind me. Happy birthday tweety pies.

- Xenia Dennett
- Ken and Viv Ferguson
- Judith Rothwell
- Jeanne Mungar
- Willem Van Dordrecht
- Claire Menkens



UPDATES FROM YOUR VILLAGE COMMITTEE

Dear Residents

It is with deep regret that I advise the recent passing of Joy Fong, former Resident of Villa 25 and my wonderful neighbour. Her funeral will have taken place as you read this, but she will be remembered as one of the older Residents of the Village and will be missed by her many friends. Our condolences have been offered to her family and, in particular, daughters Jaslyn and Lindy. Peter Boam is also struggling with ill health and our thoughts are with him.

Our Quarterly Meeting came and went with the By-Laws being passed and some heated debates in regard to parking down near the Atrium. This was/is and will be handled by Management, so Tina is our first point of call in this regard.

It was with regret LGRA accepted the resignation of Kay Jones with immediate effect from our Committee. Kay has been an integral part of creating the Board and Management system that is now so successfully in place. She has been on the Committee for 6 years and stayed on this year to assist the new Committee members for which I sincerely thank her. We will miss her knowledge and vibrancy but wish her all the best and appreciate she is still happy to help with queries. She and Kevin are off shortly on a well-deserved trip. Enjoy!

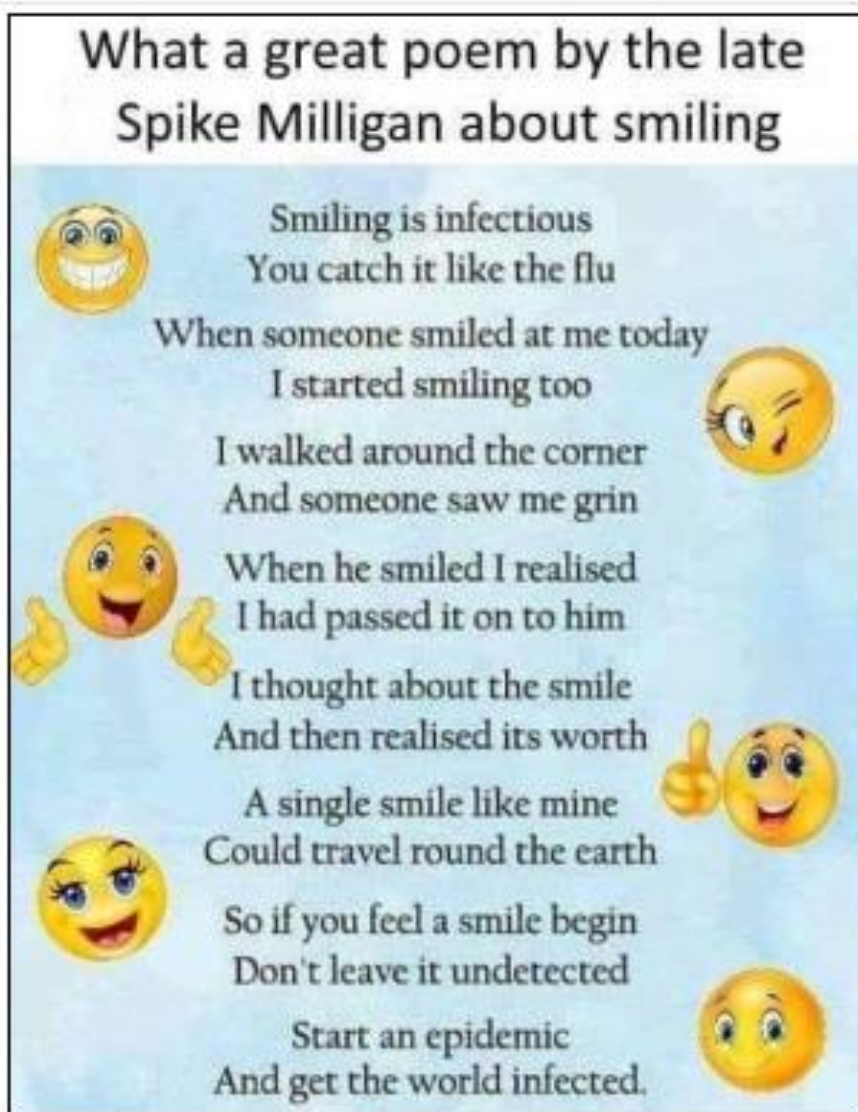
It might be winter but there are still lots of happenings in the Village - meditation sessions, sundowners, exercise class, book club, library service and more - all of which you can read about inside. Don't forget there is a large Clubhouse at your disposal so why not look at setting up something like a Board Games session, craft session or see if any of your friends would like to use it for their groups (a small fee may apply). Bookings and enquiries can be made through Tina.

The recent Cancer Morning Tea was an overwhelming success. A lot of tired and sore bodies crawled into bed that night. We should be so proud of events like these that the Village puts together. So much work, so much talent, such great outcomes and such great ambience that emanates from one of the smaller Villages in town. A huge thank you to all those involved.

Lastly, as said at the Quarterly, we will be seeking some new Committee members in August so please give me a call if you want to know more and feel you would like to impart some fresh viewpoints. Many of the larger issues are now dealt with and we expect a quieter year in case you have been scared off by talk of too many meetings!

PS: I do hope you've all had your flu shots and stave off this vicious virus. I thought this rather topical

What a great poem by the late Spike Milligan about smiling



Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.



Alison Robinson, Chair, LGRA,
Villa 24
P: 0417 995 254
E: alirob215@gmail.com

SOCIAL COMMITTEE

THANK YOU - THANK YOU - THANK YOU

To all the amazing residents who contributed in so many ways to create a most successful Cancer Morning Tea. Your generosity was astounding from cooking up a storm, working tirelessly to create works of art, washing up copious cups and saucers, planting pots, and coming to the rescue as volunteers to work behind the counters selling and serving up the hoards.

When working for others there is a wonderful sense of generosity that our village has in abundance and a great buzz within the clubhouse was felt by all. So good to be involved with that energy as we all worked together for the good of others.

We were able to raise well over \$2000 and still rising.

A Sundowner Quiz was held in May, with lots of brains being challenged by the questions. Lots of fun, laughter and yummy nibbles along the way and a lovely basket of goodies won and then donated towards Cancer.

Many thanks Di and Kay for such a successful evening.

In June we have the W.A. Breakfast and a visit to the Herdsman Hotel for an inexpensive “pub meal”. We need drivers as well as passengers and everyone pay for their own meal at the Hotel.

Remember the new items on our calendar with Meditation every Monday 5.30 - 6pm and Happy Hours the first Weds of each month 5 - 6pm. BYO drinks/nibbles.

Best wishes Marion Joy, Social Secretary, Villa 50




COMING SOON - VILLAGE | RESIDENT JUNE EVENTS

JUNE EVENTS

MONDAY 3 RD JUNE	WA Day Breakfast
WEDNESDAY 5 TH JUNE	Happy Hour
THURSDAY 6 TH JUNE	Window cleaning - list in the library
WEDNESDAY 12 TH JUNE	Dinner at the herdsman
THURSDAY 13 TH JUNE	Movie morning
MONDAY 17 TH JUNE	Aranmore Students - Free Carwash at Leederville Gardens
MONDAY 24 TH JUNE	information session on the FOGO Bin System - City of Vincent
WEDNESDAY 26 TH JUNE	Pop Up Restaurant
THURSDAY 27 TH JUNE	Movie morning
MEDITATION EVERY MONDAY	5.30 TO 6.30



HEALTH & BEAUTY

GP - DR PETER WINTERTON	<ul style="list-style-type: none"> Thursday 13th June 2019 	Please contact village office to book an appointment
PODIATRIST - ROSLYN GRIEGG	<ul style="list-style-type: none"> Wednesday 12th June 2019 Wednesday 26th June 2019 	Ring 0422 913 685 for an appointment
HAIRDRESSERS - LINLEY & PETA	<ul style="list-style-type: none"> Every Friday for the month of June 	0418 940 566 or 9284 0530 after 5 pm for an appointment
REWIND CLASSES WITH CARMEL	<ul style="list-style-type: none"> Every Thursday at 1.00 pm in the Clubhouse 	\$10 per session or see Carmel for a loyalty card.

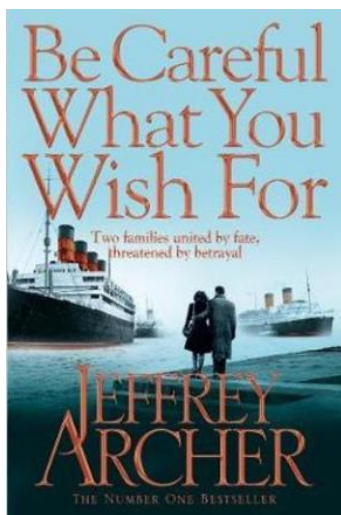
WORLD ELDER ABUSE DAY - 15TH JUNE 2019

Elder abuse support - Elder abuse is defined by the World Health Organisation (WHO) as a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. Advocare can work with you, and with your consent, a family member, or another representative who is working in your best interests, to resolve the situation. Visit the below link for further details.

<https://www.advocare.org.au/seniors-and-families/elder-abuse-support/>

BOOK CLUB

Our dedicated organiser Sandra, looks forward to welcoming everyone, especially new members



DATE: THURSDAY 13TH JUNE 2019
TIME: 4.00 PM
BOOK: Be Careful What You Wish For
AUTHOR: Jeffrey Archer



LIBRARY ITEMS EXCHANGE

The delivery date for June is Tuesday 18th June 2019

EVENTS OUTSIDE THE VILLAGE - COMING SOON

PERTH UPMARKET - SUNDAY 23RD JUNE 2019 @ 10AM - 4PM

**VENUE: THE UNIVERSITY OF WESTERN AUSTRALIA'S
WINTHROP HALL**

Perth Upmarket is Perth's premier quarterly market for original and handcrafted wares. The market brings together over 180 of Perth's most talented artists, designers, craftsmen and gourmets all under one roof at The University of Western Australia's Winthrop Hall. Incorporating a gourmet section and a dedicated Junior Upmarket. Parking and entry are free and the venue is easily accessible.



MANAGEMENT AND BOARD UPDATES

Leederville Gardens has been a hive of activity over the last few weeks and this is likely to continue into the foreseeable future. Although the renovation project at Unit 29 is now coming to an end, as are a number of projects in the homes of residents, we are ready to implement some new projects which have been in the pipeline for a while. These includes the village **"GOING GREEN"** with the fitting of new **water saving shower heads** for all those residents that signed up to this initiative a few months ago, installation of **solar panels** onto the clubhouse and atrium roofs to ensure cost efficient measures are put in place to combat continuing rising costs for common area electricity and both common and resident water consumption, the rectification/ repair of a damaged mains water/ sewer line near Villas 28-31, a village fire audit is being undertaken by contractors in coming weeks and GHD representatives will soon be on site to assist the Board compile an Asset Maintenance Register

and Review for which there has never been one of its kind created since the villages inception. There is a goodness gracious amount that is happening on behalf of the village both current and future residents and management will ensure as always to liaise with all effected areas of the village as the various projects role out. It is an exciting time to be living at Leederville!!!

Thankfully, the commitment of residents to making the fabulous events planned by the Social Committee hasn't waned during this busy time. The Cancer Morning Tea was such a wonderful event, and showed how much residents value giving to others. The cause being very close to our hearts as we experience a sad loss in the village. Our thoughts and prayers go out to the family of Joy Fong who sadly passed away last week.

Amongst the many activities this month, you will see an Information Session on the FOGO bin system. FOGO stands for Food Organics Garden Organics and refers to the collection of food scraps, as well as natural material from your garden to create high quality compost. A handy way to think about FOGO is 'If it didn't grow, or it wasn't alive - it's not FOGO'. Please come along to this session to learn more as, effective from 1 July 2019, waste services at Leederville Gardens will change. The City of Vincent will be introducing a three bin FOGO system.

I struggled to think of a theme for this month's newsletter and then, when I came to list the birthdays a little bird gave me an idea 😊. As was evidenced by the items made by residents for the morning tea, we have some very talented and wonderful people living at Leederville Gardens. Just like the birds I have featured in this edition, each has their own special qualities, and quirky characteristics - but the wonderful thing is together we make a pretty great flock. Which brings me to my new favourite collective noun - 'a flamboyance of flamingos'. I Wonder what the collective term for residents in a retirement village would be a symphony of seniors perhaps.

I'm finishing off this Newsletter having just enjoyed lunch at the first of our Pop Up restaurant. Every seat in the Clubhouse was taken and it was great to see residents enjoying lunch with their family and friends. Planning is already underway for our next lunch which will be on Wednesday 26th of June 2019 - if you have a favourite dish just let me know and I can make a request to Mark before he plans the next menu!



Tina Merry
Village Manager

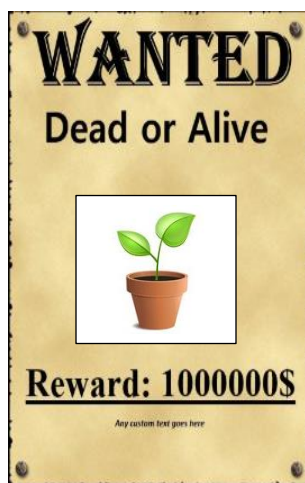
GARDENING NEWS FROM LISA

Lisa has asked that you all be patient re pruning the roses. Given the fantastic display of roses last year the team are obviously doing a great job and Lisa promises she will deliver the same this year, it will just take a little time to complete the pruning when the time is right.



WINDOW CLEANING

Steve will be here again on Thursday 6th June - don't forget to add your name to the list in the library if you want your windows cleaned. Steve has confirmed his prices range from \$30 to \$50 for windows to be cleaned inside and out (this includes both ground and first floor units in the Atrium). The price difference is to accommodate the varying sizes of units. Please pay Steve cash on the day.



MYSTERIOUS INCIDENT OF THE MISSING PLANT

A plant was taken from the Atrium earlier this week.

The circumstances around this are very strange but highlight the need to be vigilant and not to leave doors unlocked or valuable items unattended. If, at any time, you are concerned for your own safety or that of others, please contact the police immediately.



TEMPORARY VISITOR PARKING BAYS

No change this month. Currently, only Bay 48 remains available as visitor parking. Please ensure your visitors restrict their parking to the two-hour limit for this bay.

VILLAGE SALES UPDATE

- **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** - **UNDER RESERVATION**
- **Apartment 67** - For Sale, full modern refurbishment with fantastic views to the park, on the market for \$495,000 - \$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 PRIVATE APPOINTMENT

TO MAKE YOU SMILE!



How does a bird with a broken wing manage to land safely?

With its sparrowchute.

How do crows stick together in a flock?

Velcrow.

What do you call a parrot that flew away?

A polygon.

What do you get when you kiss a diseased bird?

Cherpies.

What do you get if you cross a duck with a firework?

A firequaker!



QUIZ QUESTIONS - YYUR YYUB ICURYY4ME

1. Which nocturnal birds, loosely related to the owl family, have a very wide, strong beak, and camouflage themselves by resembling a tree branch? Their Latin name is 'Podargus strigoides'

Willy Wagtails

Tawny Frogmouths

Noisy Friarbirds

Chestnut Teals

2. Which Aussie bird is so named because its tail resembles a musical instrument?

Black Drummer

Royal Spoonbill

Trumpeter Swan

Superb Lyrebird

3. Which flightless bird, found only in tropical North Queensland and Papua New Guinea, is Australia's heaviest?

Cassowary

Rhea

Emu

Ostrich

4. Which of these birds is an Australian species of parrot?

Eastern Rosella

Dotterel

Black-faced Cuckoo-Shrike

Thylacine

5. What colour scheme is the adult Cape Barren Goose's plumage?

*Jet black with white under the wings
tips Off-white with a pink breast*

Brilliant white

Pale grey with black feather

6. Probably Australia's most recognizable bird call belongs to the kookaburra, but which of these bird families does it belong to?

Crane *Gull* *Kingfisher* *Parrot*

7. Which is the only species of penguin that is found on the Australian mainland?

Gentoo penguin *Chinstrap penguin* *Emperor penguin* *Fairy penguin*

8. With one of the largest wingspans in the world, what is Australia's largest raptor (bird of prey)?

Wedge-Tailed Eagle *Black-Shouldered kite* *Brown Goshawk* *Boobook Owl*

9. Australia has only two species of native crane, one of which is renowned for its dancing, but do you know what it is? A hint - its name derives from an Aboriginal legend.

Drongo *Brolga* *Rainbow Pitta* *Great Skua*

10. The Spotted Pardalotes share an unusual nesting habit with the Rainbow bee-eaters, and three species of kingfishers. Where do they build their nests?

On anthills *Underground* *Floating on lily pads* *on Coral outcrops*

RECIPE - TOMATO, SPINACH AND MASCARPONE GNOCCHI

This vegetarian recipe is quick and easy and VERY tasty!



INGREDIENTS

- gnocchi 500g pack
- tomato pasta sauce 350g tub (use any kind you like)
- spinach 100g, chopped
- mascarpone 125g
- parmesan (or veggie alternative) 50g, grated

STEP 1

Heat the grill to medium. Cook the gnocchi in a pan of boiling water following pack instructions, then drain. Meanwhile, heat the tomato sauce in a pan and add the spinach, stirring until wilted.

STEP 2

Add the gnocchi to the sauce, season and tip into a heatproof dish. Spoon blobs of mascarpone over. Scatter with the grated cheese and grill until bubbling and golden.

SCAM WATCH

TRAVEL PRIZE SCAM

Travel prize scams are attempts to trick you into parting with your money to claim a 'reward' such as a free or discounted holiday. You receive a notification out of the blue, by phone, text, email or post, claiming that you have won a prize in the form of vouchers, often worth \$2000 or \$3000 for a discounted holiday. You will still need to pay something for the holiday.

The scammer presents you with an amazing offer for a heavily discounted accommodation or holiday package to a popular destination. Other scams offer holidays with tickets to theme parks or cruises at greatly discounted rates. However, in reality the package or the prize doesn't exist.

Travel prize scams may eventuate after you have been searching for a holiday online and sign up to receive further information. Alternatively, you participate in an online survey and are subsequently notified that you have won a holiday or vouchers. When you go to claim your prize, you are told that you first need to buy more travel vouchers.

If you decide to take up this offer, you will be asked to provide your credit card and licence details before they can send you the 'prize'. If you hand over your credit card details, the scammer will quickly use these to take money from your bank account. They may also use your personal details to commit some other form of identity crime.

The promised prize or vouchers will either never arrive, or if they do, will be dishonoured when you try to redeem them. Sometimes the scammers will provide you with tickets and an itinerary but when the time to travel arrives, the tickets are useless and the business cannot be contacted.

WARNING SIGNS

You are contacted by someone claiming that you won a prize related to travel or accommodation in a competition you never entered.

In order to receive the holiday, you still need to pay a discounted amount. Payment is often requested through cheques, bank or money transfers.

The supplier making the offer does not provide any contact details beyond an email or Post Office box.

Scammers may claim to be affiliated with well-known and reputable businesses, such as airlines or hotel chains, to try and convince you that they're the real deal.

PROTECT YOURSELF

If you are considering buying a holiday package through a third party, find out if the offer is the real deal. Call the holiday accommodation provider directly to verify the deal using contact details you've sourced independently.

Call the holiday accommodation provider directly to verify the deal using contact details sourced independently.

Research the 'business' that you're dealing with. Search online for reviews. Try searching using the business name or contact details provided to you.

Book through an accredited agent or reputable website to make sure you get legitimate accommodation.

Find accredited travel agents at www.atas.com.au - the website administered by the Australian Federation of Travel Agents' ATAS. ATAS-accredited agents must abide by a code of conduct and have dispute resolution procedures in place.

Be cautious about the requested method of payment: different means of payment offer different protections. Be wary of requests for cheques, bank or wire transfers when booking travel as these are not typically used for secure consumer payments.

If booking online, choose secure payment methods. If you pay with a credit card, you may be able to seek a chargeback if you don't get what you pay for.



QUIZ ANSWERS

1. *Tawny Frogmouths*
2. *Superb Lyrebird*
3. *Cassowary*
4. *Eastern Rossella*
5. *Pale grey with black feather tips*
6. *Kingfisher*
7. *Fairy Penguin*
8. *Wedge-Tailed Eagle*
9. *Brolga*
10. *Underground*

FOGO FAQ's

In December 2018, Vincent Council gave in-principle support for a third food organic and garden organic (FOGO) bin collection. At the 5 March 2019 Council Meeting, a business case was approved for a three bin FOGO collection system, with a proposed date of implementation of October 2020.

The City of Vincent is currently running a waste project to maximise recycling and resource recovery in Multi-Unit-Dwellings (MUDs) through waste education and guidance whilst providing you with additional infrastructure (bins and bags) to make things easier. Your building has been selected to participate in this project.

What does that mean for you?

From July 2019, waste services at your building will change. The City will be introducing a three bin FOGO system.

What does FOGO mean?

FOGO stands for Food Organics Garden Organics and refers to the collection of food scraps, as well as natural material from your garden to create high quality compost. A handy way to think about FOGO is 'If it didn't grow, or it wasn't alive - it's not FOGO'.

What's new with my bin service?

You will now have three separate bins: one for general rubbish (landfill), an organics bin for food and garden waste as well as a recycling bin.

What goes in what bin?

- Lime green lid FOGO bin: All food organics including meat, bones and garden organics. This bin will be composted so it's important to keep plastic and glass out of this bin.
- Yellow lid recycling bin: Recyclable materials such as paper, cardboard, aluminium and steel cans, glass and plastic containers.
- Red lid rubbish bin: General rubbish items that cannot be composted or recycled, such as nappies, plastic bags and hygiene products.

What is a kitchen caddy?



Each household will receive a free kitchen caddy to be utilised in your kitchen to help you separate your waste and place all your food scraps into. Your kitchen caddy will come with compostable liners which are suitable in your lime green lid (FOGO) bin. Alternatively, you can also line your caddy with old newspaper or place the food scraps in loosely.

Reusable Bags to store your recycling

To recycle right, it is important that you place all items loose in your yellow lid recycling bin. Anything that's placed in bags in your recycling bin won't get recycled and goes to landfill. You will receive a yellow reusable bag to store your recycling in your kitchen and once full, carry your recycling to your bin and empty the bag in your yellow lid bin.



The City will be holding a free info session at your building, explaining the system in more detail and handing out your kitchen caddys, liners and reusable bag:

WHEN: Monday, 24 June 2019, 10am-11.30am

WHERE: The Clubhouse

If you should have any further questions, please feel free to get in touch with the City's Waste team: 9273 6000 or email waste.enquiry@vincent.wa.gov.au