

# LEEDERVILLE GARDENS NEWSLETTER

SEPTEMBER 2019

LEEDERVILLE GARDENS

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Leederville WA 6007

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## OFFICE HOURS

Monday to Thursday

8.00am to 4.00pm

*Should you have an urgent issue when the office is closed please contact head office who will happily assist you 9355 3400*

## WELCOME



The wildflowers of Western Australia are one of the most spectacular flowers displays in the world and are at their best from July to October. We have our very own September bloomers at Leederville Gardens, and they are all 'blooming marvelous' so let's all wish a very **happy birthday** to:

- Len Kenney
- Julie Ross
- Helen Long

## UPDATES FROM YOUR VILLAGE COMMITTEE

Dear Residents

Less than half of our Residents attended our recent AGM which was disappointing especially as we had an excellent talk afterwards on signs of dementia and ways to look after your brain. Learning new skills and participation in social activities will keep your brain active so make sure you join in the many activities that are offered to you within the Village. If you have an idea for an activity, please let us know as well as if you go to an external group that could be of interest to other Residents.



The reports from the AGM can be found on the Noticeboard. Again, I thank your outgoing Committee for all their work over the many years they were “on board” (Jill and Viv) and thank Penny Carroll, Jude Evans, Di Allen, Marion Joy and Liz Walker for committing to the upcoming year. I feel the Village is in a good place at the moment though there are some decisions needing to be made by the Board which is not unusual. However, I am very confident in the consultation process. Kay Jones is our new WARVRA rep for which we thank her.

Spring will have sprung as you read this, and I know we will shortly be welcoming a new Resident. The Village is looking great but there will be a bit of work done on road markings and car bay numbers soon, so I ask for your patience. The markings will, hopefully, make it impossible to speed and hog the middle of the road! As usual, we ask you to tell your carers/family/visitors etc. the “rules” of the Village in this regard.

We have some great events coming up so check this Newsletter and mark your diary. Remember also that we have weekly Monday Meditation, weekly Thursday exercise class, monthly Book Club, monthly Sundowner (maybe we can make this a BYO BBQ also?) along with the monthly pop up meal organised by VSA.

So, put away your stay at home winter thoughts, embrace the Spring and challenge yourself to do something different!



Alison Robinson

Chair, LGRA

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## GARDENING NEWS FROM LISA



Lisa advised the roses are all done now, and she is very hopeful the Brentnan St gardens will be finished by the end of September.

At the moment Lisa is hunting down some grass trees as features in this new native garden area.

## COMING SOON - VILLAGE | RESIDENT SEPTEMBER EVENTS

SUNDAY 1 <sup>ST</sup> SEPTEMBER	10.30 - 12.30	Public Myth Busting Session
WEDNESDAY 4 <sup>TH</sup> SEPTEMBER	5.00 - 6.00	Happy Hour
THURSDAY 5 <sup>TH</sup> SEPTEMBER	FROM 10.30	Moving Morning - <b>'The Sapphires'</b>
THURSDAY 5 <sup>TH</sup> SEPTEMBER	ALL DAY	Window Cleaner - list in library
FRIDAY 6 <sup>TH</sup> SEPTMBER	10.00 - 12.00	Ashley Merrett, Community Ambassador, nbn™ local will give a talk on the NBN. This is a great opportunity to ask questions.
MONDAY 9 <sup>TH</sup> SEPTEMBER	9.45 - 12.30	<b>Free</b> bus trip to Kimbo's Fashions
WEDNESDAY 11 <sup>TH</sup> SEPTEMBER	FROM 12.00	Ploughman's Lunch
THURSDAY 12 <sup>TH</sup> SEPTEMBER	FROM 4.00	Bookclub
THURSDAY 19 <sup>TH</sup> SEPTEMBER	FROM 10.30	Movie Morning
WEDNESDAY 25 <sup>TH</sup> SEPTEMBER	FROM 12.30	Pop Up Restaurant
SATURDAY 28 <sup>TH</sup> SEPTEMBER	FROM 11.00	AFL GRAND FINAL BYO drinks and nibbles
<b>EVERY MONDAY</b>		Meditation
<b>EVERY THURSDAY</b>		Rewind

## HEALTH & BEAUTY

GP - DR PETER WINTERTON	<ul style="list-style-type: none"> <li>Thursday 5<sup>th</sup> September</li> </ul>	Please contact village office to book an appointment
PODIATRIST - ROSLYN GRIEGG	<ul style="list-style-type: none"> <li>Wednesdays 4<sup>th</sup> and 18<sup>th</sup> September</li> </ul>	Ring 0422 913 685 for an appointment
HAIRDRESSERS - LINLEY & PETA	<ul style="list-style-type: none"> <li>Every Friday for the month of September</li> </ul>	0418 940 566 or 9284 0530 after 5.00pm for an appointment
HAIRDRESSER - AMANDA 	<ul style="list-style-type: none"> <li>Every Monday for the month of September</li> </ul>	Contact Amanda direct on 0430 161 097 to book a free consultation on your 1 <sup>st</sup> service with 25% discount
REWIND CLASSES WITH CARMEL	<ul style="list-style-type: none"> <li>Every Thursday for the month of September</li> </ul>	\$10.00 per session or see Carmel for a loyalty card

## SOCIAL CLUB EVENTS

August was fun with a fabulous array of soups presented by the residents at our Soup Night which was enjoyed by all as we came back for seconds and thirds and even fourth's. On the 23rd Xenia presented us with a most delightful and fascinating slideshow and talk on the flora and fauna of the Stirling Ranges. We are always amazed at her dedication and knowledge in this field. Thank you so much Xenia.

September should be an interesting month for residents with A FREE BUS TRIP TO KIMBA'S FASHION IN WILLETTON so do put your name down early as we must have 15 people to avail ourselves of this generous offer which includes free morning tea.

We also have a new event on the 11th September which will be a Ploughman's Lunch at 12.00 in the clubhouse and only cost \$10.00. We will need names for catering purposes for this event.

Saturday 28th September we will set up TV in the clubhouse for the AFL grand final, so bring along your drinks and nibbles to share with other enthusiasts.



### OUT AND ABOUT IN THE VILLAGE

The vegetable garden is overflowing with delicious salad leaves and herbs and you are welcome to come and cut what you need. There are scissors in a plastic container on the grey box on the wall near the blue hose and inside the box is a money box for donations that will help with the cost of replenishing the vegetable.

We have a new addition to Helen's native garden by the clubhouse in the form of a beautiful bird bath created by Jack Chandler.



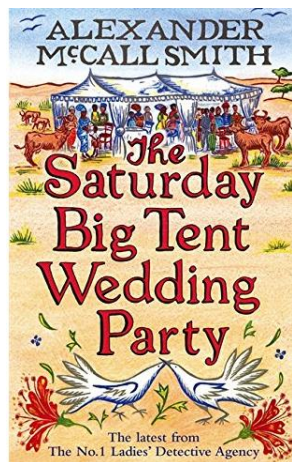
Gerald enjoying the sunshine on his porch.

Best wishes Marion Joy,  
Social Secretary,

Villa 50

## BOOK CLUB

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



**Date:** Thursday 12<sup>th</sup> September  
**Time:** 4.00 pm  
**Book:** The Saturday BIG TENT Wedding Party  
**Author:** Alexander McCall Smith

## LIBRARY ITEMS EXCHANGE

The delivery date for this month is Tuesday 10<sup>th</sup> September

## MANAGEMENT AND BOARD UPDATES

Hi all

I can't believe September is here already and it won't be too much longer before we are thinking about Christmas. I love this time of year when everybody starts to come out and sit in the sun and warm their bones and the sound of chinking glasses can be heard at the end of the day. Another good thing about the better weather is it means I can schedule some of the works which require a little sunshine, these include some concrete repairs, road markings and roof and gutter work. Whilst it is difficult to pin down firm dates with contractors, I am assured the concrete repairs will commence on 4<sup>th</sup> September and carry over to the following week. With some refurbishment works going on at the same time, it is inevitable the roadway will be busy and there will be some noise and a little disruption. We also have a new resident, Ross Green who will be moving into Unit 44 in the second week of September - please make Ross Welcome. Can I thank you all in advance for your patience as I know you will find ways to work around any little challenges that present themselves during this busy time.

I think that when Lisa and team finish the Brentham St gardens we should have a little celebration, perhaps a little chicken and champagne breakfast in the garden - what do you think folks?

It was lovely to have some company last week at the movie morning, I can see it all comes down to the movie being shown. Excellent suggestions coming from Verna - does anybody else have a special request. I'm going to show a personal favourite of mine soon, this is **The Sapphires** an inspirational

tale set in the 60s when four young talented singers from remote Australia set off to entertain the troops in Vietnam.

On Sunday we will be having another 'Public Myth Busting' session. I think Fiona must have had a crystal ball when she planned this series of information sessions given the very poor and inaccurate media coverage the industry has recently received. I have to report that both Gill and Fiona were true 'stars' at the Age Care Conference where their joint response to the article in the West written by Ben Harvey was exceptionally well received by the audience. The press needs to understand us 'older folks' really don't like to be betrayed as vulnerable and incapable of making sound decisions.

**Tina Merry**

**Village Manager**

## EVENTS OUTSIDE THE VILLAGE - COMING SOON

The City of Swan's 'Ageing Disgracefully' seminar returns to Swan Active Beechboro on Wednesday, 25th September 2019. Book early to avoid disappointment!

'Ageing Disgracefully' is a FREE fun and informative seminar, full of enlightening information for anyone who wants to age well and positively.

The fun-filled seminar runs from 8.30 am to 1.30 pm and offers a unique mix of stalls and great presenters including the fabulous Frank Spencer from *Some Mothers Wish They Hadn't*, who will be providing his great wit and humour in the most engaging of ways!

Ageing Disgracefully is the perfect way to get information on how to age well with lots of stalls. Plus, there will be music and a lovely morning tea provided.

If you want to find out how to age well and have the vibrancy to enjoy your later years, don't miss this event. It promises to be an engaging day full of information and advice wrapped up in fun and laughter.

Lunch is available at the Spud Van for \$9 or buy from the kiosk. This event is FREE to attend but bookings are essential; please [click here](#) to register your interest. If you have an enquiry, please contact the City of Swan on 9207 8555. Plenty of free parking is available onsite.

**For more information on this upcoming event, please visit [www.swan.wa.gov.au](http://www.swan.wa.gov.au)**



## VILLAGE SALES UPDATE

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

Villa 29 - **UNDER RESERVATION \*\*\***

Villa 30 - For sale, basic refurbishment - price reduced to \$355,000.

Villa 44 - **UNDER RESERVATION \*\*\* - Unconditional. Settlement 12<sup>th</sup> September 2019**

Villa 48 - **UNDER RESERVATION \*\*\* Settlement expected early October 2019**

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

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



## TO MAKE YOU SMILE!

The Perks of Being Over 55

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run - anywhere.
4. People call at 9.00pm and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy won't wear out.
8. You can eat dinner at 4.00pm.
9. You have a party and neighbours don't even realise it.
10. Your investment in health insurance is finally beginning to pay off.
11. Your secrets are safe with your friends because they can't remember them either.
12. Your joints are more accurate meteorologist than the national weather service.

## RECIPE

### SOUR CREAM LEMON SYRUP CAKES

Serves 8

The lemon syrup poured over these puddings gives them a delicious moistness and the fragrant citrus flavor is irresistible. You can bake the puddings in advance but don't make the sugar syrup until you wish to eat it. The pudding reheats well in the microwave for 2-3 minutes. I like to serve it with a dollop of sweetened cream or yoghurt and some poached fruit such as apples or pears.



#### Ingredients

##### **Cake**

- 125 g butter
- 150 g caster sugar
- 200 g plain flour
- 1 tsp baking powder
- 3 eggs
- 125 g sour cream or natural yoghurt
- 1 lemon, large, finely zested, plus 1 tbsp juice

##### **Lemon syrup**

- 100 ml lemon juice
- ½ cup caster sugar
- 100 ml water

#### Directions

1. Heat the oven to 160C. Grease and flour 8 ramekins or one 20 cm cake tin (lined with baking paper).
2. Using your hands, rub together the butter, sugar, flour and baking powder until pale crumbs form. Make a well in the middle and mix in one egg at a time until incorporated.
3. Stir through the sour cream or yoghurt. Then the lemon and lemon zest.
4. Pour into the ramekins or cake tin and bake for 30-40 minutes until a skewer comes out clean.
5. For the lemon syrup, put the lemon juice, sugar and water in a small pot and simmer until thickened (coats the back of a spoon). As soon as the cakes come out of the oven, spoon over the syrup. Serve with freshly whipped cream.

## SHARE AND CARE



Alison has shared this great little modification with residents. If your toilet seat is a little low - try one of these raised seats to avoid those uncomfortable 'crash landings'. Thanks too to Jude for sharing the photos of her DIY skills.

## QUIZ QUESTIONS

Western Australia has some of the most unusual wildflowers in the world, many of them found nowhere else. Here is a quiz about them which I hope may enthuse you to find out more.

1. There are around 1500 different types of wildflowers found in the Stirling Ranges. In what part of Western Australia are these ranges found?
2. During the spring (peak season for wildflowers) numerous towns hold displays, exhibitions or festivals. Which of the following flowers are you unlikely to see at one of these events?

- Great Southern
- Gascoyne
- Pilbara
- Kimberley



- Grevillea
- Banksia
- Protea
- Bottlebrush

3. 2. What is the name of Western Australia's state floral emblem?



- Wattle
- Kangaroo Paw
- Sturt Desert Pea
- Boronia

4. In the Stirling Ranges, there are a number of varieties of "bell" flowers, including Cranbrook bell, pink mountain bell, and Gillam's bell. What is their botanical genus?



- Grevillea
- Darwinia
- Callistemon
- Eucalyptus

5. The purple climbing plant known as native wisteria and found in many areas in Western Australia has the botanical name of "Hardenbergia comptoniana".



- True
- False

6. Driving through Western Australia in the spring, you are likely to see patches of a bright blue flower growing on the sides of the road. This is likely to be which of the following?



- Blue wattle
- Blue Kangaroo paw
- Bluebell
- Blue leschenaultia

7. Wreath leschenaultia prefers which of the following habitats?



- Rain forest
- Sandy or gravel areas
- Mountain ranges
- Desert county

8. This flower is known botanically as "Diurus corymbosa" but its common name was chosen because of its shape. It is a \_\_\_\_\_ orchid.



- Horse
- Ass
- Camel
- Donkey

9. This next is not really a flower but does flower occasionally usually after a fire. The early settlers gave it another name, but we know it botanically as various species of Xanthorrhoea. What is its present common name?



- Smoke tree
- Spike tree
- Fire tree
- Grass tree

10. There are numerous varieties of another orchid found in Western Australia. Named for the creature they resemble, they are the?



- Spider orchid
- Snake orchid
- Cockroach orchid
- Rat orchid

## SOMETHING TO THINK ABOUT

1 found this article by Rick Hanson Ph.D fascinating and a valuable reminder to always try to...

### [See The Good In Others](#)

How often do you take a few seconds to get a sense of what's inside other people? Many interactions these days have a kind of bumper-car quality to them.

At work, at home, on the telephone, via email: we sort of bounce off each other while we exchange information, smile or frown, and move on. How often do we actually take the extra few seconds to get a sense of what's inside other people - especially their good qualities?

In fact, because of what scientists call the brain's "negativity bias" we're most likely to notice the *bad* qualities in others rather than the good ones: the things that worry or annoy us, or make us critical.

Unfortunately, if you feel surrounded by lots of bad or at best neutral qualities in others, and only a sprinkling of dimly-sensed good ones, then you naturally feel less supported, less safe, and less inclined to be generous or pursue your dreams. Plus, in a circular way, when another person gets the feeling that you don't really see much that's good in him or her, that person is less likely to take the time to see much that's good in you.

Seeing the good in others is thus a simple but very powerful way to feel happier and more confident and become more loving and more productive in the world.

## How?

Slow down - Step out of the bumper car and spend a few moments being curious about the good qualities in the other person. You are not looking through rose-colored glasses: instead, you are opening your eyes, taking off the smog-colored glasses of the negativity bias, and seeing what the facts really are.

See positive intentions - Recently I was at the dentist's, and her assistant told me a long story about her electric company. My mouth was full of cotton wads, and I didn't feel interested. But then I started noticing her underlying aims: to put me at ease, fill the time until she could pull the cotton out, and connect with each other as people. Maybe she could have pursued those aims in better ways. But the aims themselves were positive - which is true of all fundamental wants even if the methods used to fulfill them have problems. For example, a toddler throwing mashed potatoes wants fun, a teenager dripping attitude wants higher status, and a mate who avoids housework wants leisure. Try to see the good intentions in the people around you. In particular, sense the longing to be happy in the heart of every person.

See abilities - Going through school, I was very young and therefore routinely picked last for teams in PE: not good for a guy's self-esteem. Then, my first year at UCLA, I gave intramural touch football a try. We had a great quarterback who was too small for college football. After one practice, he told me in passing, "You're good and I'm going to throw to you." I was floored. But this was the beginning of me realizing that I was actually quite a good athlete. His recognition also made me play better which helped our team. Thirty-five years later I can still remember his comment. He had no idea of its impact, yet it was a major boost to my sense of worth. In the same way, unseen ripples spread far and wide when we see abilities in others - especially if we acknowledge them openly.

See positive character traits - Unless you're surrounded by deadbeats and sociopaths, everyone you know must have many virtues, such as determination, generosity, kindness, patience, energy, grit, honesty, fairness, or compassion. Take a moment to observe virtues in others. You could make a list of virtues in key people in your life - even in people who are challenging for you!

Last and not least: recognize that the good you see in others is also in you. You couldn't see that good if you did not have an inkling of what it was. You, too, have positive intentions, real abilities, and virtues of mind and heart. Those qualities are a fact, as much a fact as the chair you're sitting on. Take a moment to let that fact sink in. You don't need a halo to be a truly good person. You are a truly good person.

## SOMETHING TO DO



Do you remember how much fun colouring books were when you were a child? Have you thought of getting out your pencils again? If you would like a beautiful mandala design to colour in - just come and collect one from me in the office. Perhaps sit a little while with a friend in the library - colour and coffee.

## QUIZ ANSWERS

1. Great Southern 2. Protea 3. Kangaroo Paw 4. Darwinia 5. True 6. Blue  
leschenaultia 7. Sandy or gravel 8. Donkey 9. Grass Tree 10. Spider orchid