

LEEDERVILLE GARDENS NEWSLETTER

March 2020

LEEDERVILLE GARDENS

37 Britannia Road

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

UPDATES FROM YOUR VILLAGE COMMITTEE

Another month has come and gone! Amazing how quickly time flies when you're having fun and leading a full life.

By now all residents will be back into the swing of the usual day-to-day events; a lot of looking after grandchildren has slowed down with the start of school; and life in the Village is back to 'normal'.

The committee has met with the Board Advisor and things seem to be moving along with regard to the painting of the whole village and the redevelopment of the Clubhouse. We can't give you any specific information at present but VSA will keep us informed as to dates and timelines.

We have had 2 enjoyable social events, Australia Day and Valentine's Day, with more to come. Monthly Happy Hours continue and there is a Games Afternoon on 28th February. A St Patrick's Day Irish Sausage Sizzle is planned for Friday 13th March. Please continue to support our social events as a lot of hard work is done by many willing helpers behind the scenes.

We send our wishes to all those who are experiencing health challenges and those just not feeling up to par. We hope you will feel happier and healthier very soon.

The Committee

OFFICE CLOSURE

Please note the office will be closed on Monday 2nd of March for the WA Day Public Holiday and on the 11th and 12th of March for staff training. If you need urgent assistance on these days, please telephone Head Office on 9355 3400 - they will be happy to assist.

Let's remember that all stories are true irrespective of whether they are fact or fiction. All stories reveal something of the storyteller and something about how we human beings think, feel and exercise our imaginations!



BIRTHDAY MENTIONS

Happy Birthday you Cool Cats - wishing you a purrfect birthday xx



Denise Reudavey

Adelina Faugno

Judith Evans

Daphne Gregson

Marion Joy

Philippe Mungar



MANAGEMENT AND BOARD UPDATES

Big sales news from management this month is that villas 1 has been reserved - with Thursday 20th February achieving our biggest day EVER in terms of sales, with Villa 1 going under reservation for a record \$500,000. A full refurbishment will occur on this Villa prior to settlement. Interest on the same day was also received on Villa 37 with a prospective purchaser and the team continues to work with this prospect over coming weeks. With several high-end refurbishments in the pipeline this is very encouraging and demonstrative that Leederville Gardens truly is a 'top spot' with much to offer new residents.

Special thanks to Jill Kenny and Jill Matthews who met with our prospective purchaser to answer their questions about village life, Jill Matthews from the perspective of a new arrival and Jill Kenny as a long-term resident.

Village Management is also pleased to advise that at the February Board meeting it was resolved that the entire exterior of Leederville Gardens (excluding clubhouse) will be painted in coming months. Village Management is currently in consultation with colour consultants, the Board and of course the Resident Committee with regard to final selection of colours for Leederville Gardens.

Additionally works on the roof ridge capping will also be commencing in coming months (prior to the winter wet period), which will ensure roofs across the village remain water proofed and structurally sound.

Timelines for all works will be conveyed to residents as always in a timely manner and with emphasis placed on ensuring as little disturbance as possible is incurred by residents during this time. I trust all residents will be delighted with the new look Village once works are completed.

The unfolding global Coronavirus situation is being closely monitored by Village Management on a day to day basis. We will endeavor to keep abreast and implement measures as directed and suggested by localized authorities if and when required to do so. We confirm the World Health Organisation continues to provide information as it comes to hand.

The link to their website is <https://www.who.int/>

Should an outbreak occur locally it can be anticipated that disruptions may or will occur to our everyday operations. Any such disruptions will be relayed to all residents in due course if necessary.

We remind all residents that regular hand washing is strongly encouraged at this time and hand sanitizer is available at the office for general use upon your arrival.

**Tina Merry,
Village Manager**

ANTS

It seems the ants are on the march again. Lisa will treat the common areas on Tuesday 3 March. Whilst there is nothing on the packaging of the product to indicate it is harmful to pets, please take care with your four-legged friends.



LINERS FOR FOGO BINS

You will, I'm sure, be pleased to hear that the City of Vincent have kindly provided us with a supply of liners for our FOGO bins (kitchen caddies). Please come to the office if you would like a new supply.

CEILING FAN

There is a ceiling fan that has been salvaged from a recently refurbished Villa that is available in the office if you would like one. Due to its condition it was thought it was too good to throw away. You will need to arrange installation - first in best dressed!

NEW ARRIVAL

There has been much oooohing and arghing over our newest four-legged resident. Jill's new puppy 'Lulu' is such a sweetie.

I think it is time for a special doggy event at Leederville Gardens!



WINDOW CLEANING

The window cleaner will be at Leederville Gardens on Wednesday 18th March.

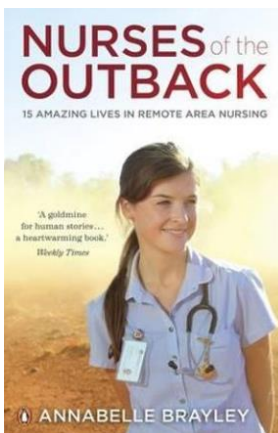
Please put our name on the list in the library if you would like your windows cleaned.



DOORS

Some concern has been expressed recently about the number of homes where the door to the toilet opens inwards and how difficult it could potentially be to assist someone who collapsed in the toilet. Toilet/bathroom doors which open in this way are fitted with 'lift off' hinges. This makes it possible to place a lever of some description (i.e. a large screw driver or kitchen utensil) under the foot of the door and lift the door upward (because of the lift off hinges) and pop the entire door off the hinges which enables the door to be opened from the reverse side. Emergency services staff are well drilled in doing this.

BOOK CLUB



Sandra and the other book club members would love you to join the Leederville Gardens book club which meets on the second Thursday of every month.

Date: Thursday 12th March

Time: 4.00 pm

Book: Nurses of the Outback

Author: Annabelle Brayley

LIBRARY ITEMS EXCHANGE

Delivery date is Tuesday 17th March



COMING SOON - VILLAGE | RESIDENT FEBRUARY EVENTS

DATE	TIME	EVENT DETAIL
Wednesday 4 th March	5.00pm	Happy Hour - Come and enjoy a glass of wine with friends and neighbours
Friday 13 th March	4.00pm	St Patrick's Day Irish Sausage Sizzle
Thursday 12 th March		Window Cleaner at Leederville Gardens
Friday 27 th March	6.00pm	BBQ Theme night. BYO everything
ANYTIME		
<p>Movies - if there is a film or show available on Netflix which you would like to watch in the Clubhouse - just let me know and will set up for you. Something for the grandkids perhaps? (I have popcorn 😊)</p>		

VILLAGE SALES UPDATE

Villa 28 - For sale, basic refurbishment and on the market for \$360,000

Villa 30 - For sale, basic refurbishment and on the market for \$355,000

Villa 37 - For sale, full refurbishment and on the market of \$480,000

Villa 1 - Under Reservation

HOME OPEN HELD WEEKLY TUESDAY AND WEDNESDAY 10.00AM TO 12NOON AND SATURDAYS 10.00AM TO 11.00AM; ALTERNATIVELY PRIVATE APPOINTMENTS ARE WELCOME

HEALTH & BEAUTY

SERVICE	DATE	BOOKING
Dr Peter Winterton GP	Thursday 5 th March	Please contact village office to book an appointment
Dr Laura O'Connor		Please contact Oxford St Medical Centre to book an appointment 9444 3700
Podiatrist - Roslyn Greigg	Wednesday 4 th and 18 th March	Ring 0422 913 685 for an appointment
Hairdresser - Linley & Peta	Every Friday in March	0418 940 566 or 9284 0530 after 5.00pm for an appointment
Hairdresser - Amanda	Every Monday in March	Contact Amanda direct on 0430 161 097 to book a free consultation

UPCOMING EVENTS OUTSIDE THE VILLAGE



The smash hit revue returns in a sequel without equal: Senior Moments 2: Remember, Remember. Yes, once again the senior sensation will be sweeping the nation with all new jokes and all old performers. The Senior Moments 2 cast also includes Kim Lewis (Sons & Daughters), David Callan (The Goon Show Live) and Dave Gibson (Andrew Denton Breakfast Show) with the shockingly young virtuoso Mitchell Price-Norgaard dazzling on piano.

When

Mar 25th, 2020 - 1:00pm - Mar 29th, 2020 - 4:30pm

Performance Times:

1.00pm on Wednesday 25th of March 2020

1.00pm on Thursday 26th of March 2020

1.00pm & 7:30pm on Friday 27th of March 2020

2.00pm & 7:30pm on Saturday 28th of March 2020

12:30pm & 4:30pm on Sunday 29th of March 2020

Where

The Heath Ledger Theatre, The State Theatre Centre of Western Australia. Tickets available:

<https://tickets.ptt.wa.gov.au/events/senior-moments2-ptt-stc>

HEALTHY LIVING

DIABETES PREVENTION

There are different types of diabetes; the three most common types of diabetes are type 1, type 2 and gestational diabetes. Strong international evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58 per cent of cases. You can do a lot to reduce your risk of type 2 diabetes, read these tips below.

Type 1

Currently type 1 diabetes cannot be prevented. However, researchers are looking into the autoimmune process and environmental factors that lead people to developing type 1 diabetes to help prevent type 1 diabetes in the future.

Type 2

Evidence, including large-scale randomised control trials, shows type 2 diabetes can be prevented or delayed in up to 58 per cent of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

People at risk of type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Regular physical activity
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking

The following recipe is taken from the Diabetes Australia website

PRAWN, PEA AND LEMON PASTA

A super easy mid-week dinner option bursting with zesty lemon flavours - serves two

Ingredients

- 2 tablespoons olive oil
- 1 small red onion
- 1 clove garlic
- 0.5 large fresh red chillies
- 8 large green prawns
- 1 cup frozen peas
- 1 medium zucchini
- 0.3 cups vegetable stock, reduced salt
- 200g angel hair pasta
- 1 small lemon



Method

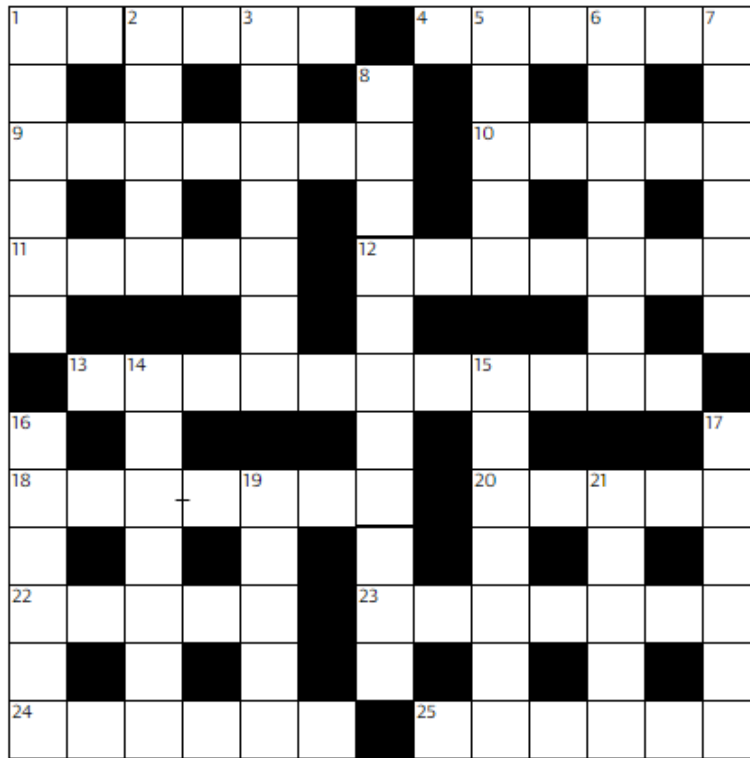
- Bring a large saucepan of salted water to boil and cook pasta according to packet instructions. Drain but keep 2 tablespoons of cooking liquid.

- Meanwhile, heat oil in a large frying pan on medium heat. Cook thinly sliced onion for about 3 minutes or until soft.
- Add crushed garlic, finely chopped and deseeded chilli, and peeled and deveined prawns stirring occasionally. Cook for 2-3 minutes until prawns are cooked through.
- Add peas, 3cm pieces of zucchini and stock. Cook stirring for a few minutes until vegetables are tender.
- Add cooked pasta, reserved liquid, lemon juice and lemon zest to prawns.
- Season with pepper. Toss and serve.

**YOU DROP SOMETHING
WHEN YOU WERE YOUNGER,
YOU JUST PICK IT UP.**

**WHEN YOU'RE OLDER AND
YOU DROP SOMETHING, YOU
STARE AT IT FOR A BIT
CONTEMPLATING IF YOU
ACTUALLY NEED IT
ANYMORE.**

CROSSWORD



Across

- 1 Actually (2,4)
- 4 Food retailer (6)
- 9 Blindly imitative (7)
- 10 Small fish (used to catch mackerel?) (5)
- 11 Basket (for a mackerel once caught?) (5)
- 12 Retsina (anag) – not so nice (7)
- 13 Suffering from intense grief (11)
- 18 Play away? (3-4)
- 20 German artist, d. 1528 (5)
- 22 Unshakeable belief (5)
- 23 Melted cheese on toast (7)
- 24 Astral (6)
- 25 Native – seafood (6)

Down

- 1 Six-footer (6)
- 2 Distress signal (5)
- 3 Book that arouses terror (7)
- 5 Puts in jeopardy (5)
- 6 Light automatic rifle – nice bra (anag) (7)
- 7 Go to bed (6)
- 8 Boxing? (3,5,3)
- 14 Raunchy material (7)
- 15 Well-behaved – soldier attending to a superior officer (7)
- 16 Crams (6)
- 17 Public speaker (6)
- 19 Fluid said to flow in the veins of the gods (5)
- 21 Contradict (5)

SOLUTION ON THE BOARD IN THE LIBRARY