

LEEDERVILLE GARDENS NEWSLETTER

AUGUST 2020

LEEDERVILLE GARDENS

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Please note change to OFFICE HOURS

Monday to Thursday

8.30 am – 4.00 pm

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



in the clubhouse

CHANGE TO OFFICE HOURS

Please note the hours the office will be open has changed slightly. The office will now open at 8.30am instead of 8.00am with the lunchtime closure reduced to half an hour.

MANAGEMENT AND BOARD UPDATES

Before I start the newsletter each month, I always google the month to see if there are any important dates. I was a little surprised to find out that August 3rd is National Watermelon Day



- a second look confirmed this to be an American event. Then I thought with Mr T for president and the other challenges they are facing, our friends in the US might need something to bring a smile to their faces.

The COVID crisis has reminded us how lucky we are to be living in Western Australia and just how important those close to us are. So let's continue to take every measure available to us to stay safe but at the same time remember just how important it is to take time each day to have a little fun, share a kind word and smile. You will never know the difference this may make to someone who is feeling a "little down". So where's this going..... if you're come along to morning tea on Monday and find a little watermelon amongst the biscuits and fruitcake - have a giggle and put on your best watermelon smile.



Tina Merry

Village Manager

Morning tea - everyone Monday - 10.30am

UPDATES FROM YOUR VILLAGE COMMITTEE

Hello Residents

Here we are again! There is not much to report or update for you this time but a few things are worth mentioning.

Given the COVID-19 resurgence in Victoria and now in NSW, it is still advisable to be extra cautious with washing hands often and keeping a good distance between each other. We are fortunate here in WA to have our borders still closed and authorities policing the situation. However, all it takes is one infected person to cross undetected and, before you know it, there could be another 50 cases . . . and so on . . . and so on . . .

By all accounts the Happy Hour and Carpet Bowling evening on 17th July was enjoyed by an enthusiastic group with Gerald taking all the honours! Perhaps more evenings with different activities would be a great idea . . . maybe Bocce? The Social Co-ordinator and volunteers will discuss this at future meetings.

The regular Monday Morning Teas will be happily received if the first one on 20th July was any indication. Because the dynamics of the village are changing somewhat there was discussion at the LGRC meeting this month about social activities. It has been indicated in a survey done by Tina recently that males comprise 25% of residents but are mainly in an older age range. There is also a younger, more active group of women. This points to the need to offer different social options to smaller groups, depending on age, interests, and physical capability. Larger functions with the expectation that all residents will attend are no longer a regular option it seems. Tina is happy to restart the Movie days, we have the weekly Morning Teas, fortnightly Happy Hours and the Book Club. Ideas for other smaller interest groups, like a Pool Players group for example, will be gratefully accepted.

A few of us have been to see our lovely new Beautician Laura. She is experienced and wholistic, so we encourage you to give her your business. The more residents who visit her the more her business will grow as has Hairdresser Amanda's business. The more you visit these ladies the more funds go into the coffers to help keep our CSF down.

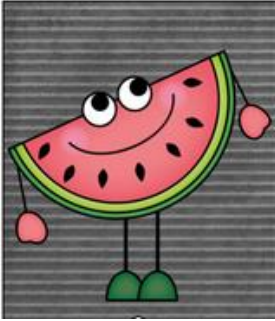
The LGRC has been liaising with the Board and VSA regarding the projects and initiatives taking shape around the village. Ridge-capping, gutter repairs and timber replacement, along with generally preparing the village for painting has been progressing. The LGRC was also consulted on the choice of paint colours which are on display on the Notice Board. The Balcony addition to Apartment 67 and the upgrade of the area immediately below will be commencing in the coming months.

The Annual General Meeting will be held on 26th August. We continue to encourage you to think about nominating for a position on the Residents' Committee. All positions will be declared vacant and nomination forms will be sent out within the next week. We say again how vital it is to have a Residents' Committee to liaise with Management and the Board at this unsettling and disruptive time.

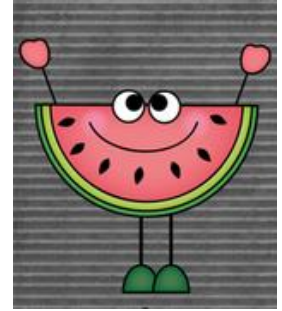
Take care and stay well and happy.

The Residents' Committee (LGRC)

WELCOME TO NEW RESIDENTS



With the sale of both units 1 and 28 settling this month please extend a very warm Leederville Gardens Welcome to **Sue Cannell** (Unit 1) and **Con Coufoz** (Unit 28).



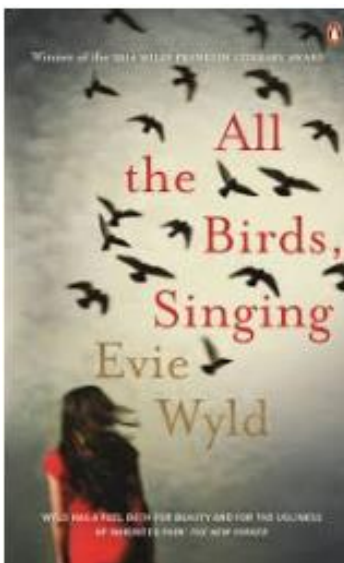
BIRTHDAY WISHES



*HOPE YOUR BIRTHDAY IS ONE
IN A MELON*

**Kay and Kevin Jones
Lois Kershaw
John Atkinson**

BOOKCLUB



As the Book Club conveniently number 9 they will be meeting in the main area of the Clubhouse (to allow for social distancing) on Thursday 13th August, 4pm.

Book: “All the Birds, Singing”

Author: Evie Wyld

LIBRARY ITEMS EXCHANGE

Our library deliveries are back on track again with the next delivery scheduled for Tuesday 11th August. Please remember to return your books by Monday 10th August.

AUGUST ACTIVITIES



HIGH TEA

Date: Wednesday 5th August

Time: 2.30 pm

Place: Clubhouse

Cost: \$5 per person or \$8 per couple

Savouries, sandwiches, scones, slices and biscuits and assorted teas and coffees.

Please put your name on the library list for catering purposes and place your money in an envelope in the Treasurer's box.

MORNING TEA

Don't forget to come along to Morning Tea, held every Monday morning at 10.30am in the Clubhouse - catch up with old friends and make some new ones.



HAPPY HOUR



And if tea is not your thing - come along to 'Happy Hour' - 14th and 28th August. BYO drinks and nibbles.

DIARY DATES

Verge Collection - Collection commences week beginning **Monday 17th August 2020**

City of Vincent advises items cannot be put out for collection earlier than the weekend prior to the 17th of August.

All material left out for collection must be kept clear of reticulation, footpaths, street signs, poles and fences.

What will be collected

- General household junk - bicycles, lounges, cupboards, televisions, computers, toys, plastic products etc.
- Material less than 1.5m (5ft) in length
- The following are collected by our recycling team, please keep separate
 - White goods - doors removed from refrigerators
 - Mattresses
 - E-waste, such as televisions and computers

What we will not be collected:

- Green waste, lawn clippings, prunings etc.
- General household rubbish (food waste)
- Household hazardous waste - paints, chemicals, oils, batteries etc
- Material longer than 1.5m in length
- Piles that exceed 1.5m in height
- Construction/demolition materials including, but not limited to, sand, rubble and bricks
- Asbestos and/or concrete products
- Tyres or motor vehicle parts
- Junk put out on the verge after the collection commencement date



If you have items to dispose of, please place them on the Brentham St verge. If you need assistance to get your items to the verge, please let me know as we have a couple of residents who have kindly volunteered to help with this.



FREE DROP OFF DAY FOR HOUSEHOLD HAZARDOUS WASTE

The City of Vincent and WALGA are hosting a Free Drive-Through Drop Off Day for your unwanted household chemicals and hazardous materials.

There are a number of hazardous items in your home, which must not go in your kerbside collection bins. Safely dispose of paint, pesticides, herbicides and poisons, pool chemicals, household and garden chemicals, flammable liquids, gas bottles, fluorescent tubes, household batteries and more.

Date: Saturday 22 August

Time: Between 9:00am and 1:00pm

Location: Britannia Reserve Car Park, Britannia Road, Mount Hawthorn

WINDOW CLEANING

Don't forget to add your name to the list in the library if you would like your windows cleaned when Steve is here on Wednesday 2nd September 2020.

FREE TO GOOD HOME

Alison (Unit 24) has a couple of items she is happy to give to someone in the village if they would like them. One is a heated throw rug, the other a slim line electric heater. Please contact Alison directly if you are interested.



PLEA FROM LISA OUR GARDENER



It seems that some folks haven't heeded our previous requests to not interfere with the pruning and fertilizing regime in the gardens. This has resulted in the roses getting an overdose of fertilizer which may well prove detrimental to them this year. Our gardens are extensive and it takes a while for the team to cover all areas - please be patient and don't undertake tasks which are on their schedule.

HEALTHY LIVING

SERVICE	BOOKING
Dr Peter Winterton GP	Please contact village office to book an appointment
Podiatrist - Roslyn Greigg	Ring 0422 913 685 for an appointment Next visits 5th and 19th August
Hairdresser - Linley & Peta	0418 940 566 or 9284 0530 after 5.00pm for an appointment
Hairdresser - Amanda	Contact Amanda direct on 0430 161 097 to book a free consultation
Beautician - Laura	Contact Laura direct on 0405 412 623



Amanda will be taking a couple of weeks off in August so will not be available on 24th and 31st August. Book early in August so stay your glamorous self.

Who's going to be the first - bring a little colour to LG

Can I book for you Verna?



RECIPE

The Power of Protein



Sources of Protein

- ✓ Lean meat, poultry, fish and seafood
- ✓ Eggs
- ✓ Dairy products like milk, yoghurt and cheese
- ✓ Soy products like tofu
- ✓ Seeds and nuts
- ✓ Beans and legumes, such as lentils and chickpeas

Vegetables and fruits are an irreplaceable source of vitamins and antioxidants, but as we age we need more of something than we did when we were younger and protein is one of them.

Protein is constantly being used to do your body's repair work. Every cell in your body has a lifespan - have hours, others have days, even months before they are replaced with new ones. Protein is used to keep this continual renewal going and is also essential for an effective immune system to help repair wounds and to provide back-up brain fuel supply.

Your body continually draws on protein reserves from your muscles. There, you need to eat for your muscles and ensure you are getting enough protein to sustain your body and muscle reserves. Having a protein food at the centre of each meal will ensure your body won't have to struggle to get all the nutrients you need.



IF your appetite is not large try this lovely smoothie full of protein and fiber.

Ingredients

- ½ cup of whole milk
- ½ cup of plain Greek yogurt
- ½ cup rolled oats
- 1 cup frozen peaches
- ½ frozen banana
- ½ cup of ice.

Blend until smooth and divide between two glasses.

CRAFTY CORNER

Many thanks to those of you who have shared pictures of the wonderful things that you make.



If you are wondering what teddy is reading. He is studying some information provided by “Wheelchairs for Kids”.

“Wheelchairs for kids” was commenced by the Rotary Club of Scarborough in WA in 1998, initially making wheelchairs from recycled but later new materials and distributing them to needy children in developing countries.

Each wheelchair comes with a lovely lap blanket like this beauty crocheted by our very own Helen.

These beautiful cards are made by Di who kept very busy during the lockdown period. If you would like to purchase any cards the cost is \$5 each or 3 for \$12. The cards are made from recycled cards given to Di by friends and neighbours. Any used cards always received gladly.



This month’s challenge - who has a little melon head who needs a new hat? [Pattern available from the office.](#)

IZZY WIZZY LETS GET BUSY!



VILLAGE SALES UPDATE

Villa 1 - Sold

Villa 13 - Full modern refurbishment and on the market for \$480,000

Villa 25 - Full modern refurbishment and on the market for \$490,000

Villa 27 - Full modern refurbishment and on the market for \$480,000

Villa 28 - Sold

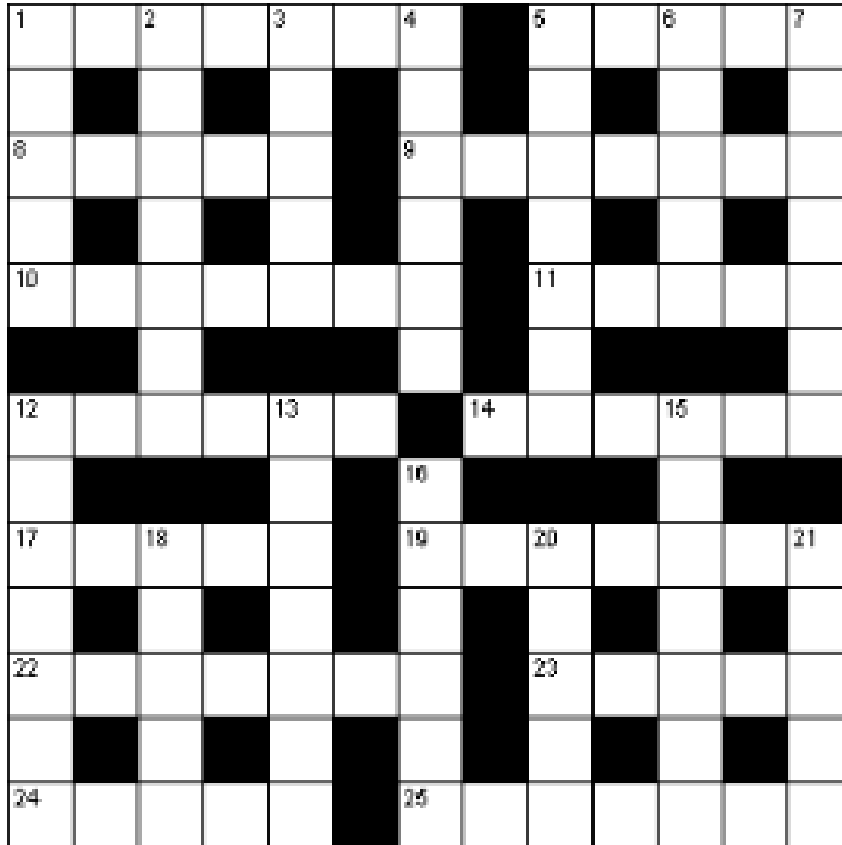
Villa 30 - Reserved

Villa 37 - Full modern refurbishment and on the market for \$460,000



If you have a friend looking to move into the Village
- NOW IS THE TIME. Be like Luna and Lulu - keep
your friends close!

CROSSWORD



Across

1. Quantify (7)
5. Mindful (5)
8. Changed location (5)
9. Pyrogenic (7)
10. Fundamental (7)
11. Languish (5)
12. Remit in advance (6)
14. Recommendation (6)
17. Utter (5)
19. Traversed (7)
22. Trap (7)
23. Precise (5)
24. Velocity (5)
25. Farm vehicle (7)

Down

1. Imitate (5)
2. Go forward (7)
3. Below (5)
4. Comestible (6)
5. Irritated (7)
6. Fragrance (5)
7. Most vital part of an idea (7)
12. Own (7)
13. Clumsy (7)
15. Occurring with no delay (7)
16. Dialect (6)
18. Follow or result (5)
20. Greek letter (5)
21. Dissuade (5)

Solution on the Notice Board in the Library