

LEEDERVILLE GARDENS NEWSLETTER

SEPTEMBER 2020

LEEDERVILLE GARDENS

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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 9355 3400



MANAGEMENT AND BOARD UPDATES

Following several months taken up with planning and negotiation, Leederville Gardens will be a hive of activity from September through to Christmas. The Board has appointed a Project Manager and is going out to tender for the works associated with the balcony for Unit 67. This will mean that the clubhouse will be closed to residents for some time from the 21st September 2020. In addition to this construction work, the external painting of the village will commence on Monday 31st August together with the refurbishment of Unit 12. The painters will start in Zone 2 (units 12,13,14,15,16,17,34,35 and 36) and work their way through the village pod by pod. Every effort will be taken to ensure the impact of tradesmen on site is kept to a minimum and there will be designated areas for them to store their materials and machinery. As always, if you have any concerns please come and have a chat to me in the office.

Luckily, the weather is improving daily, and I am sure residents can utilise our beautiful gardens to continue to meet up regularly to enjoy a cuppa or glass of wine. I am always happy to assist with bringing down some chairs or glassware etc. if required, please just let me know. Should you have any items in the storeroom or veggie garden area that you need to access, can you please collect them before the works start as there will be restricted access to this area.

Thanks & Regards

Tina Merry

Village Manager

BIRTHDAY WISHES



Always dance to the beat of your heart and enjoy every single moment. Happy birthday

Len Kenney



Con Coufos

Julie Ross

Helen Long

UPDATES FROM YOUR VILLAGE COMMITTEE

ANNUAL GENERAL MEETING 26 AUGUST 2020

Firstly, thank you to Mel O'Hern who very ably stepped in as the Acting Chair, for the AGM, in the absence of Di Allen.

A big THANKS go to the 2019/20 formed interim committee of Di Allen, Liz Walker, Jude Evans, Viv Ferguson, Mel O'Hern, Denise Reudavey and Ross Green. All have been elected again except for Liz who has hung up her pen.... thank you for all your work over many years Liz.

The rest have stood again with the welcome addition of Judith Rothwell. The WARVRA representative is Kay Jones.

2020/21 Leederville Gardens Residents' Committee

Chair: Diane Allen

Duty Chair: To come from the Ordinary Committee

Secretary: Vivienne Ferguson

Treasurer: Judith (Jude) Evans

Ordinary Members:

Judith Rothwell (Social Co-ordinator)

Mel O'Hern

Denise Reudavey

Ross Green

Please speak to a Committee Member if you want assistance or to clarify any questions you may have.

...and thank goodness we live in Western Australia.

FROM THE LEEDERVILLE GARDENS RESIDENTS' COMMITTEE

representing the Leederville Gardens Residents' Association Members

AUGUST AFTERNOON TEA



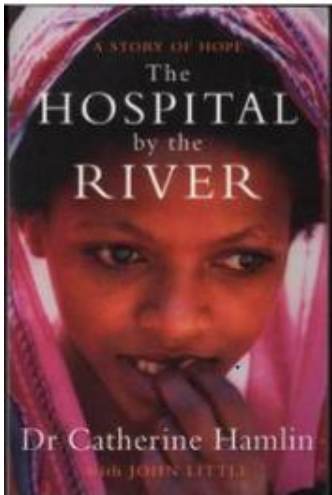
On Wednesday 5th August, the social volunteers put on a beautiful afternoon High Tea.

The tables were decorated with lace cloths and pretty serviettes and the food was served on tiered china platters. There were a big variety of cakes and slices, hot savories, scones, jam & cream and dainty sandwiches, made and prepared by the volunteers. 20 of us tucked into and enjoyed the feast and the friendly chatter. So nice to be able to have an afternoon like that after our months of restrictions. Many thanks again to our volunteers for making it a special afternoon.

Viv
Acting Social Co-ordinator



BOOKCLUB



The next meeting of the book club will be on Thursday 10th of September at 4.00 pm in the Clubhouse.

Book: “The Hospital By The River

Author: Dr Catherine Hamlin

LIBRARY ITEMS EXCHANGE

There will be two deliveries of library books in September, one on 1st September and another on the 22nd. Please remember to return your books in time.

FAREWELL TO OLD FRIENDS

It is with great sadness that we said goodbye to both Mike Kershaw and Giuseppe Martellotta in August. Both gentlemen were in their nineties and had enjoyed a long and productive life filled with the love of their families and friends. Our kindest thoughts and condolences go out to Lois and Palma.



SEPTEMBER ACTIVITIES

MORNING TEA

Morning teas will continue up to and including Monday 14th of September. Come along and enjoy the company and cake. The number of people dropping in on Mondays has been steadily growing and judging by the laughter, residents are really enjoying the opportunity to get together again.

HAPPY HOUR

Just the one Happy Hour in September - Friday 11th. As it will be the last to be held in the Clubhouse for a few months let's make it a VERY HAPPY HOUR or possibly two hours 😊



DIARY DATES

Window Cleaning

Do not 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**.

FROM THE GARDEN



As Lisa has no messages this month, I thought I'd share some photos of our beautiful gardens. Thank you, Lisa, and your team, and all our resident gardeners for your great work.



HEALTHY LIVING



After many years of service to residents at Leederville Gardens, Dr Winterton has advised he is no longer able to visit the village. Please drop into the office if you would like to add a message to his “Thank You” card.

SERVICE	BOOKING
Podiatrist - Roslyn Greigg	Ring 0422 913 685 for an appointment Next visits 2 nd , 16 th and 30 th September
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



HOW FOOD CAN LIFT YOUR MOOD



By enjoying a wide variety of vegetables, fruits, nuts, seeds, wholegrain cereals, legumes, low-fat dairy, lean meat and oily fish, you can prevent and improve symptoms of depression and anxiety.

A well-balanced diet means that your body will have all the nutrients it needs for good health, including good mental health. However, a healthy diet is more than just nutrients.

Studies show a link between diet and mental health have found associations with whole dietary patterns not just specific foods or nutrients. That means that there is no superfood for mental health, rather it is important to eat a balanced diet.

Some foods to include are:

- Healthy fats like the ones found in fish and extra virgin olive oil.
- Wholegrains such as brown bread, rice and pasta.
- Fruit and vegetables
- Fermented foods like yoghurt can also help to encourage the growth of good gut bacteria that positively impact on mental health
- Nuts, seeds, and legumes.

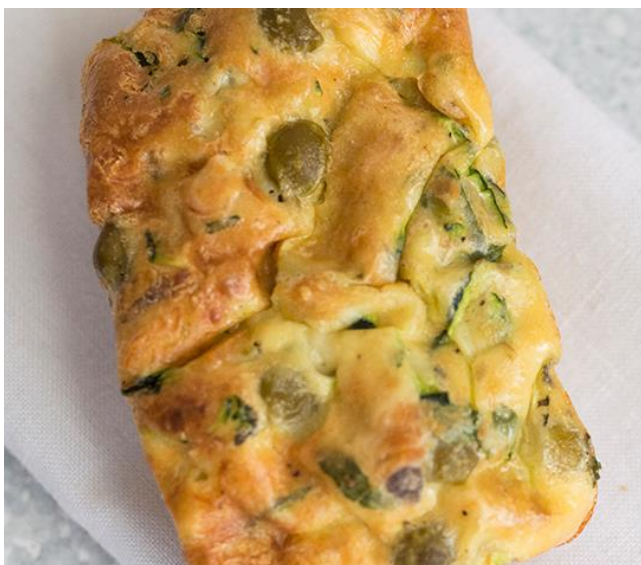
And do not forget your liquid intake: water will help water keep you hydrated and help you to feel more alert and productive.

RECIPE

Cheesy Salmon Frittatas

Serves 4 as a snack

The frittatas will keep in an airtight container in the fridge for up to 4 days.



Ingredients

- 8 eggs
- 5 tablespoons reduced fat ricotta cheese
- 3 tablespoons wholemeal plain flour
- 1 large zucchini, grated
- 1 x 95g can salmon in springwater drained
- $\frac{3}{4}$ cup (115g) frozen peas, thawed
- 2 tablespoons parsley, finely chopped

Method

1. Preheat oven to 160 C. Grease with spray oil and line the bases of 4 wholes of a large muffin tin or mini loaf plan with rounds of baking paper.
2. Whisk the eggs and ricotta together in a medium bowl.
3. Stir through flour, grated zucchini, salmon, peas and parsley
4. Ladle mixture into prepared muffin tins
5. Bake for 20-25 minutes or until filling is set and golden.

VILLAGE SALES UPDATE

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

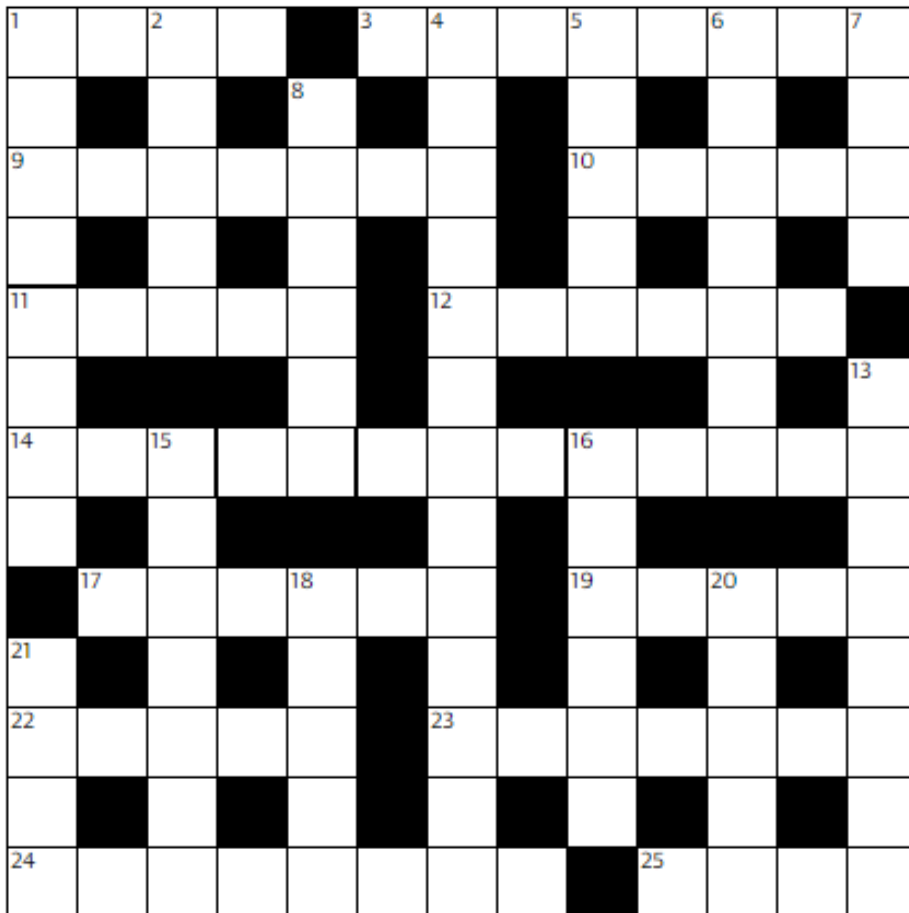
Villa 30 - Reserved

Villa 37 - Reserved



Why would you not want to live in this pod - complete with its own Macadamia tree

CROSSWORD



Across

1. Cut into small cubes (4)
3. Spread scandalous information (8)
9. Flower of the buttercup family - name one (anag) (7)
10. Flowering plant of the legume family (5)
11. India's National Capital Territory (5)
12. A handsome young man (loved by both Aphrodite and Persephone) (6)
14. Get to the nub of the matter (3,2,3,5)
17. Consumption (6)
19. Primate native to Madagascar (5)
22. Following (5)
23. Daughter of the king of Spain (7)

24. Typical example (8)
25. Watery part of milk (whey)

Down

1. Person with zero chance of success (4,4)
2. Angler's wicker basket (5)
4. Performing better than expected (13)
5. Fusildade (5)
6. Powdered spice made from sweet peppers (7)
7. Sand hill (4)
8. Tile with dots on it, used in a game for two (6)
13. Winter month in the Northern hemisphere (8)
15. Publican - spatter (anag) (7)
16. Civil and religious leaders of a Muslim country (6)
18. Pungent (5)
20. Norwegian painter, d. 1944 (5)
21. Bivouac (4)

