

# LISLE LIVING



## MONTHLY NEWSLETTER JUNE 2019

It is the start of winter and the weather has now turned chilly. We have had some good rain to kick start the cooler weather. Thank you to everyone for their contributions to the newsletter. Please keep the contributions flowing in. Does anyone have much loved recipes, any interesting stories, poetry, helpful tips, news or ideas that need airing? A big thank you to Robert Ziegler for last month's helpful tips on living a healthy life as we age.



**Leaweena & Lisle Villages**  
Residents' Committee

# JUNE 2019

## What's On



**Keep Fit:** 9:00-10:00am Monday, Wednesday Friday — Lisle



**Walking group:** 3:30pm Monday to Friday. Meet at main entrance on Lisle Street. More details below in social news.



**Resident Committee Tea/Coffee:** 2:30pm Wednesday 5<sup>th</sup> — Lisle. Bring and Take Table.

**Monthly Movie:** 2:00-4:00pm Wednesday 12<sup>th</sup> — Lisle: "The Founder"

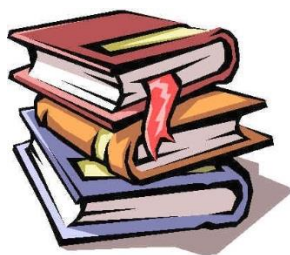
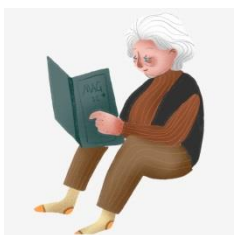


**Singing for fun and health:** 3:00- 4:00pm Tuesday – Lisle. Contact Jo Wright to confirm.



**Quilting, knitting and crocheting:** 10:00am-2:00pm Wednesday 5<sup>th</sup> and 19<sup>th</sup> — Leaweena

## JUNE 2019: What's On



**Poetry lovers:** 2:30-4:00pm Wednesday 19<sup>th</sup> — Leaweena

**Write Your Life Story:** 2:30-4:00 Wednesday 26<sup>th</sup> — Leaweena



**Book Club:** 2:00pm Thursday 27<sup>th</sup> — Leaweena. Monthly membership fee - \$5.00



**Happy Hour:** 5:00pm Friday 28<sup>th</sup> — Lisle. Please note the earlier start for winter



**Hairdresser** – Gail, Tel 0418849689 Friday mornings — Leaweena

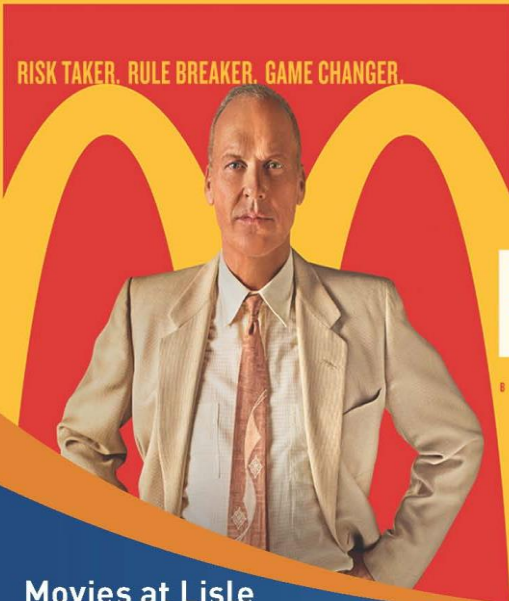


**Podiatry** – Catherine, Tel 0412382366 — Wednesday 19<sup>th</sup> June

## Movies at Lisle

The Founder June 2019

NCC



RISK TAKER. RULE BREAKER. GAME CHANGER.

MICHAEL KEATON

# THE FOUNDER

BASED ON THE TRUE STORY

### Movies at Lisle


**Showing in the Recreation Room at Lisle Lodge**  
**Just come along, no need to book!**

Wednesday 12 June from 2.00pm to 4.00pm

The true story of how Ray Kroc a struggling salesman from Illinois (Michael Keaton), met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. When Kroc witnessed the brothers' speedy food making system, he saw franchise potential and manoevered himself into a position to pull the company from the brothers and create a multi-billion dollar empire.

M Coarse language

Cost: \$2 for afternoon tea


City of Nedlands

If you wish to advertise something to give away or sell then adverts can be placed in the newsletter. The cut-off date for submissions for the June newsletter is 24<sup>th</sup> May. Adverts can be put into the Residents Committee box (which is next to the post boxes).

#### **Residents Committee Contacts:**

Hazel Spong:	0438 863 855
Corrie Lodder:	0417 170 573
Brook Oliphant:	0892 846 689
Kerry Bennett:	0418 449 940
Libby Colgan:	0449 973 069

## JUNE 2019 RESIDENTS COMMITTEE REPORT



On May 2<sup>nd</sup> Pat Sherwood and I had a meeting in my Unit with two Nedlands councillors. It was a very productive meeting. We made them aware of :

- a) The necessity for traffic calming in Lisle St.
- b) The danger of those residents whose garage outlets were directly onto Alfred Rd.
- c) The difficulty for many residents entering or exiting Rudis Lane into Adderley St.

We then asked if they had time to see for themselves.

We couldn't have stage managed it better ourselves:

- a) On Lisle St. both buses stopped at their respective stops – cars banked up behind them.
- b) Walking along Alfred Rd. to Adderley St. was a steady stream of vehicles flying around the blind corner from Rochdale.
- c) They admitted to seeing the difficulty of residents using Rudis Lane exit to Adderley St.

We approached them about bituminising Rudis Lane. They were able to tell us this problem of sandy lanes has been discussed in Council re all lanes in the Nedlands area. Bituminising the lanes requires installation and upgrading of drainage and lighting — so keep your fingers crossed.

After noticing traffic counters at both Lisle and Alfred Rd have been installed we have spoken to the involved councillors again. They told us they had passed all our concerns on to the CEO. We all know how the wheels of bureaucracy turn. We will keep on keeping on with the support of the councillors involved.

Please remember if you have a problem or a constructive idea make it known to us. Several residents have done so and we have followed up on each request. The majority have had been resolved with satisfactory results. We will continue to aim for this result with all requests.

At the coming afternoon tea on the 5<sup>th</sup> June we will have both our resident board members present thus giving you the opportunity to approach them individually with a request or a personal chat.

The Committee gives a monthly written report to the board and two members of the committee attend the first half hour of the board meeting. The board are therefore kept up-to-date on the actions of the Residents Committee.

## New Walking Group

Meet at 3:30pm at Main Entrance on Lisle Street  
on weekdays.

Walking shoes recommended.

All abilities welcome – even sticks and walkers.

I hope to see you there from this Wednesday 1<sup>st</sup> May.

Meredith – Lisle Lodge



### **“Every Australian Man should have a Shed”**

Lisle Villages knows this. Ask at the Office to access this facility located at Lisle Lodge, which used to be really busy but it is underused at present.



## SHOPPING BUS

Nedlands Community Care runs a shopping bus that visits Floreat Forum on Thursday and Friday morning or Friday afternoon each week. The morning bus picks up from Lisle/Leaweena Lodge at approximately 8:45am. The Friday afternoon bus picks up at approximately 12:45pm.

Once a month the bus visits Karrinyup or Innaloo Shopping Centres, alternating each month. The bus is on a Tuesday morning.

The cost is \$8.00 round trip and friendly volunteers are available to assist. You need to phone NCC office (9386 6170) the day before to book your place.

Call Jude at NCC for more information on 9386 6170.



To access NCC's shopping bus you need to be eligible for Commonwealth Home Support Services, you need a screening assessment that is done through My Aged Care and they can be contacted on 1800 200 422 and the person would like to access the shopping bus service needs to let the contact at My Aged Care know that they would like to be assessed for Nedlands Community Care shopping bus service.

## LIBRARY BUS SERVICE

A free service that runs every alternate Monday to Nedlands or Mount Claremont Library.

Phone Mt Claremont Library on 9383 1462 or Nedlands Library 9273 3644 for more information.

## SOCIAL NEWS 2021

There was another good turnout at the Resident Committee's tea/coffee and biscuits afternoon. Helen Bloomfield provided a quiz to entertain us and the lucky winner of a bottle of wine was Bev Barry. Well done Bev. The Bring and Take table was once again well supported with interesting and useful items on offer.

### CRAFTY AS EVER

Our Lisle Village Craft Group has been knitting, sewing and crocheting for more than 30 years. Although some faces have changed over the years there are still a few who have been there for the long haul.

Jill, one of the convenors, said it's a very happy group. "There are currently about ten members and we meet monthly and enjoy socialising but new members are always welcome". Some of the pieces currently being worked on include decorative samplers and knitted squares to be made into quilts.



Pat, from Leaweena Lodge, a long-time member, knits warm rugs for hospitals and nursing homes. On the other hand Deidre, Leaweena Lodge, is making a pretty baby quilt for her grandchild.

When asked if they had ever knitted socks for soldiers Wendy said they used to knit long socks for the Trinity Pipe Band but now, she thinks, they probably get them from China.



Anyway if you would like to join this crafty group then check the dates in the Calendar of Events in the Newsletter.

## THE WALKING GROUP

Our walking group has been walking for over two weeks now, with numbers up to seven.

We meet at the main entrance in Lisle Street at 3:30pm, Monday to Friday with the weekends free. This gives walkers a choice on which days fit with their daily programmes. So far we have explored a different route each day. The walks are planned around people's abilities, with easy ways home if tired.

We have discovered wonderful buildings and natural beauty.

People walk in groups of two or three, so new friendships are being forged.



Meredith, Lisle Lodge

Some members walk daily and others weekly, but all are feeling better and surprised at how far they can go.

One member has even joined the fitness group as well.

Walking is good for our physical and mental wellbeing as well as balance, thus enriching our lives in many ways.

New members are always welcome.

## Happy Hour

Happy hour continues to be a popular evening that is well supported by residents. Here is a picture of a happy resident at the Tropical evening.

For the darker winter months Happy hour is starting a little earlier – 5:00pm – so that we don't have to arrive in the dark. If it is too early for some all are still welcome whenever it suits them. Come along for an evening of chatting, and shared food.



## A SUNSET

*I want to paint, what I have just seen  
This expression of nature ... so hard to describe!  
During the day, it's not worth a glance  
but evenings, those evenings ... it all seems to change  
as the fire of sunset alters it all !*

*The breeze, it has gone and the hues have so changed.  
Gently, so gently, the harshness of day is embraced by the night  
and just for that moment ....  
they both hold their breath !*

*And the magic of sunset is born*

*Those clouds become transports of reds and of golds  
On the outer coercing with the deepest of blue  
We are entranced by the change in the scene  
A cathedral of beauty, my emotions well up*

*The lake is now golden, not a ripple in sight  
The edge of the painting, of beautiful trees  
all obviously double in a mirrored relief  
The scene is complete, the day is now done ...*

*But yet, there is more ...*

*A pair of main geese swim out to the light  
and mateship prevails as the two swim as one  
Then later a call, a soft call from the side  
and the two join again to swim to the shore*

*Calls from the left and calls from the right,  
the sounds of the evening .....  
The birds are ready to rest for the night  
Those ripples of light have washed from the lake  
and the velvet of night has settled once more ...*

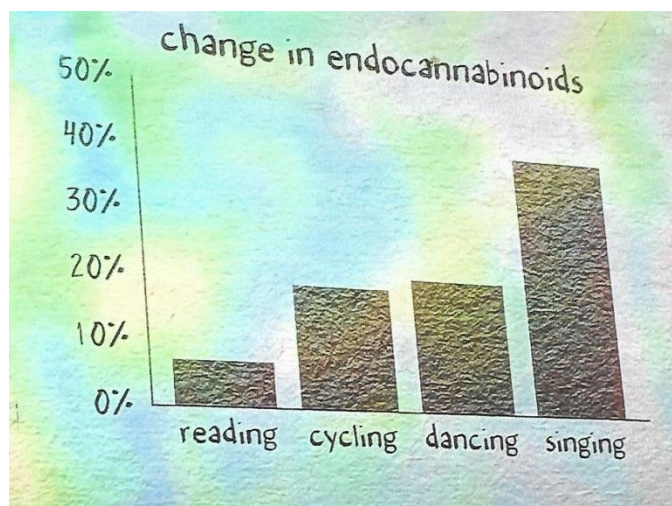
*Just for now, please don't move  
lest the spell will collapse  
But a blanket of stars is now there for our awe ..*

*Tony Allan 5/6/96  
Lisle Lodge*

## SINGING

I wonder if any of you saw the TV show “Trust me, I’m a Doctor” and heard the doctor speak about “Happy Hormones – endo cannabinoids and serotonin”.

Sing for your health. You can see by the accompanying graph that singing is much more healing than reading or cycling and almost twice as good for you as dancing. Wow!



Jo Wright

Did you know that singing:

- Releases ‘feel good’ hormones
- Lowers blood pressure
- Boosts immunity
- Lowers anxiety and stress
- Improves breath
- Improves cognition

It is excellent low impact, whole body exercise which improves health and social bonding thus chasing the ‘Black Dog’ away. (How can you afford to miss any opportunity to sing?)

Singing enthusiastically really is excellent whole body exercise which will faithfully deliver results proportionate to effort (laughing does the same).

Scientifically, singing (and laughing) is described as “Reverse Therapy Approach”. (It’s comparable to homeopathy in the medical field)

By stimulating high energy (singing); it raises your chances to bypass low energy tragedies – brain monsters such as depression, anxiety, brain fog, dementia and Alzheimer’s.

**Come and sing.**

Wellness is that “Rainbows End” – that “pot of gold” that is to be discovered.

## CROSSWORD CLUES

### ACROSS

- 1** Monastery head (5)  
**3** Goals, aims (7)  
**8** Hyperactivity disorder (1,1,1,1)  
**10** Healthy leafy vegetable (4)  
**13** Yorkshire city (5)  
**14** Auction item (3)  
**15** Spicy chilli sauce or paste (7)  
**17** US space telescope (6)  
**18** Musical note (5)  
**19** Sport played by the Silver Ferns (7)  
**20** Setting, venue (6)  
**22** Fencing lunge (5)  
**23** Bare, unfilled (5)  
**25** Cluster, lump (5)  
**28** Day before Friday (8)  
**32** Approach abruptly (6)  
**35** Open tart (4)  
**37** Play guitar (5)  
**39** Golf score of one under par (6)  
**40** Science of the nerves (9)  
**41** Lubricant dispenser (6)  
**42** Expression of relief on Friday (1,1,1,1)  
**43** – Djokovic, tennis player (5)  
**44** Walk quietly and cautiously (6)  
**47** Extravagantly chivalrous (8)  
**50** Foot warmers (5)  
**53** Believer in Krishna (5)  
**55** Take as one's own (5)  
**57** Great (5)  
**58** Inappropriately (7)  
**59** Give in, surrender (5)  
**60** Protected from sun (6)  
**62** Chewy sugar confection (6)  
**64** Mount –, active Sicilian volcano (4)

- 65** Postage token (5)

- 66** Sacred Egyptian bird (4)

- 68** False rumour (6)

- 70** Cloudy (6)

- 72** Aristocratic (5)

- 73** Extract from a larger text (7)

- 74** Hot chocolate (5)

- 75** First Greek letter (5)

- 77** Deduce (5)

- 79** Number in an octet (5)

- 82** Synopsis (8)

- 86** Comfort (6)

- 89** Glory, renown (5)

- 90** – Te Kanawa, New Zealand opera singer (4)

- 91** Ground sesame paste (6)

- 92** Bird in a pear tree (9)

- 93** French dance popular at the Moulin Rouge (6)

- 94** Curl of hair (5)

- 96** Armoured military vehicle (4)

- 97** Teapot covers (6)

- 100** Hot green chilli (8)

- 104** Lad (5)

- 107** Concur, assent (5)

- 109** Granny Smith or Pink Lady, eg (5)

- 111** Fix in advance (6)

- 113** Vehicles on road (7)

- 114** Modern-day witchcraft (5)

- 115** Intentional (6)

- 116** Baby felines (7)

- 118** New Zealand honeyeater (3)

- 119** Yearly record (5)

- 120** Rocky height (4)

- 121** Noise made by drinking (4)

- 122** Show, display (7)

- 123** – West, American rapper (5)

### DOWN

- 1** Saudi language (6)  
**2** Dresser (6)  
**4** – *in Wonderland*, Disney film (5)  
**5** The G of LPG (3)  
**6** Christian –, actor (6)  
**7** Insist upon (6)  
**8** Twin sister of Mary-Kate (6)  
**9** Charge an account (5)  
**10** Part of a ship's hull (4)  
**11** West Texas city (2,4)  
**12** Swear (6)  
**15** Pile (4)  
**16** Egyptian symbol of life (4)  
**21** Middle-Earth monster (3)  
**24** Household animal (3)  
**26** Mario's brother (5)  
**27** Amid (5)  
**29** Once known as Ayers Rock (5)  
**30** Native American nation (5)  
**31** Above the ground (5)  
**32** Run –, rush about wildly (4)  
**33** String instrument (5)  
**34** Shanty (5)  
**35** Church fund-raiser (4)  
**36** Criminal's defence (5)  
**37** In –, working together (4)  
**38** Praised wildly (5)  
**44** Sample for flavour (5)  
**45** Pastry chef's device (6,3)  
**46** Belonging to us (3)  
**47** British pound (4)  
**48** Exactly alike (9)  
**49** Hoodwinks, outwits (9)  
**50** Eyelid inflammation (4)  
**51** Han Solo's companion (9)  
**52** Piece of cut turf (3)  
**54** – Flanders, TV nerd (3)  
**56** Clumsy person (3)

- 61** Phone program (abbrev) (3)

- 63** Common question (1,1,1)

- 67** External form (5)

- 68** Exploit (4)

- 69** Dangerous undercurrent (3)

- 70** – Redding, soul singer (4)

- 71** – Stewart, character (3)

- 72** Maiden name (3)

- 74** Dove's call (3)

- 76** Row of bushes (5)

- 78** – Doolittle, musical heroine (5)

- 80** Boise's state (5)

- 81** Home of voodoo (5)

- 82** European vipers (4)

- 83** Major artery (5)

- 84** Melbourne river (5)

- 85** Not affiliated with a major film studio (abbrev) (5)

- 86** Unwell, ill (4)

- 87** Jargon, slang (5)

- 88** Skill (5)

- 89** Baby rabbits (4)

- 95** Knight's title (3)

- 97** Truman –, US writer (6)

- 98** Picturesque (6)

- 99** Supplement (3)

- 100** Travel tiredness (3,3)

- 101** Acquires knowledge (6)

- 102** Nonsense (6)

- 103** Notch (4)

- 104** Evergreen trees (4)

- 105** Street child (6)

- 106** Funeral car (6)

- 108** USSR detention centre (5)

- 110** – dish, used in science (5)

- 112** Tree sprig (4)

- 117** – *Only Had A Brain*, song from *The Wizard of Oz* (2,1)

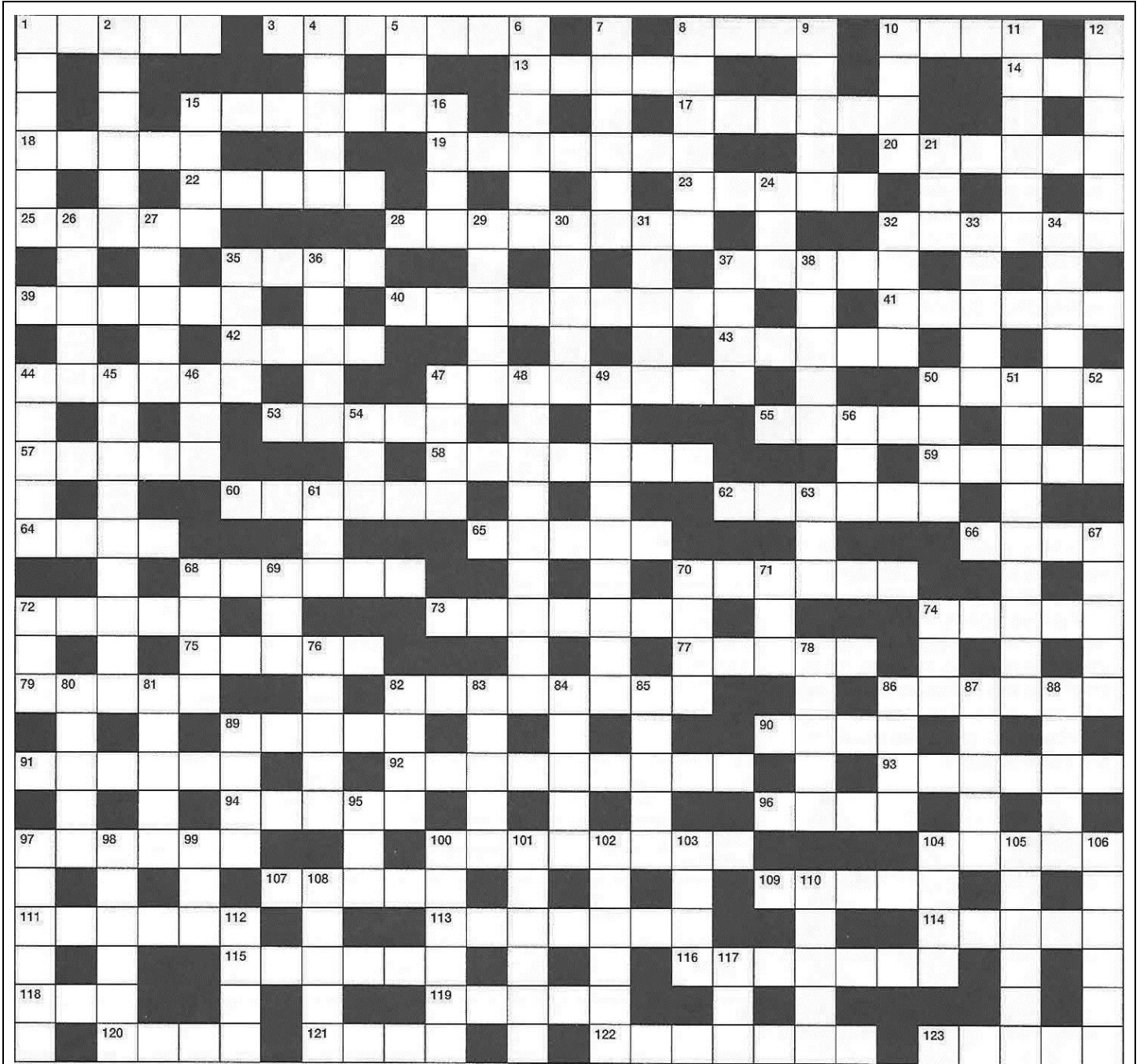
## FOR SALE

Cane Furniture

Glass top table and four chairs with cushions

Unit 26 Leaweena

## CROSSWORD



### Don't throw out old pillowcases or towels

If you have any old pillowcases and towels that need to be replaced bring them to the next Residents Committee Tea. Jo will take them to the dog refuge.

## ANSWERS

**ACROSS** 1 Abbot, 3 Targets, 8 ADHD, 10 Kale, 13 Leeds, 14 Lot, 15 Harissa, 17 Hubble, 18 Breve, 19 Netball, 20 Locale, 22 Appel, 23 Empty, 25 Clump, 28 Thursday, 32 Accost, 35 Flan, 37 Strum, 39 Birdie, 40 Neurology, 41 Oilcan, 42 TGIF, 43 Novak, 44 Tiptoe, 47 Quixotic, 50 Socks, 53 Hindu, 55 Adopt, 57 Super, 58 Ineptly, 59 Yield, 60 Shaded, 62 Toffee, 64 Etna, 65 Stamp, 66 Ibis, 68 Furphy, 70 Opaque, 72 Noble, 73 Excerpt, 74 Cocoa, 75 Alpha, 77 Infer, 79 Eight, 82 Analysis, 86 Solace, 89 Kudos, 90 Kiri, 91 Tahini, 92 Partridge, 93 Cancan, 94 Tress, 96 Tank, 97 Cosies, 100 Jalapeno, 104 Youth, 107 Agree, 109 Apple, 111 Preset, 113 Traffic, 114 Wicca, 115 Wilful, 116 Kittens, 118 Tui, 119 Annal, 120 Crag, 121 Glug, 122 Exhibit, 123 Kanye.

**DOWN** 1 Arabic, 2 Bureau, 4 Alice, 5 Gas, 6 Slater, 7 Demand, 8 Ashley, 9 Debit, 10 Keel, 11 El Paso, 12 Attest, 15 Heap, 16 Ankh, 21 Orc, 24 Pet, 26 Luigi, 27 Midst, 29 Uluru, 30 Sioux, 31 Aloft, 32 Amok, 33 Cello, 34 Shack, 35 Fete, 36 Alibi, 37 Sync, 38 Raved, 44 Taste, 45 Piping bag, 46 Our, 47 Quid, 48 Identical, 49 Outsmarts, 50 Styer, 51 Chewbacca, 52 Sod, 54 Ned, 56 Oaf, 61 App, 63 FAQ, 67 Shape, 68 Feat, 69 Rip, 70 Otis, 71 Alf, 72 Nee, 74 Coo, 76 Hedge, 78 Eliza, 80 Idaho, 81 Haiti, 82 Asps, 83 Aorta, 84 Yarra, 85 Indie, 86 Sick, 87 Lingo, 88 Craft, 89 Kits, 95 Sir, 97 Capote, 98 Scenic, 99 Eke, 100 Jet lag, 101 Learns, 102 Piffle, 103 Nick, 104 Yews, 105 Urchin, 106 Hearse, 108 Gulag, 110 Petri, 112 Twig, 117 *If I*.