

# LISLE LIVING



## MONTHLY NEWSLETTER AUGUST 2019

Well we have certainly had a lot of rain and the weather has been very grey, overcast and cold. But the sunny winter days are beautiful. Lovely blue skies and warm sun. Claremont Lake is filling at last with birds aplenty and black swans have reappeared. Lovely to see. We had a very good turnout at the afternoon tea this month. Lisle common room was full.



**Leaweena & Lisle Villages**  
Residents' Committee

**AUGUST 2019**

**What's On**



**Keep Fit:** 9:00-10:00am Monday to Friday — Lisle. Exercises are now available all week.



**Walking group:** 3:30pm Monday to Friday. Meet at main entrance on Lisle Street.



**Resident Committee Tea/Coffee: 2:00pm** Wednesday 7<sup>th</sup> — Lisle. Hosted by Regis. Bring and Take Table.

**Monthly Movie:** 2:00-4:00pm Wednesday 14<sup>th</sup> — Lisle: "Chef"



**Singing for fun and health:** In recess — Contact Jo Wright (9384 5859) if you know of someone who is willing to play the piano.



**Quilting, knitting and crocheting:** 10:00am-2:00pm Wednesday 14<sup>th</sup> and 28<sup>th</sup> — Leaweena

## AUGUST 2019: What's On



**Poetry lovers:** June is away for August. She will be back in September

**Write Your Life Story:** June is away for August. She will be back in September



**Book Club:** 2:00pm Thursday 22<sup>nd</sup> — Leaweena. Monthly membership fee - \$5.00

**Friday Evening Gathering:** 5:00pm **Friday** 2<sup>nd</sup> to 23<sup>rd</sup> — A social get together every Friday. Bring drinks and nibbles for yourself and come along for a relaxed chat



**Happy Hour:** 5:00pm Friday 30<sup>th</sup> — Lisle. Bring drinks and nibbles. Raffle \$2



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



**Podiatry** – Catherine, Tel 0412382366 — Wednesday 11<sup>th</sup> September



# Movies at Lisle

July 2019

NCC

JON FAVREAU    SOFIA VERGARA    JOHN LEGUIZAMO    SCARLETT JOHANSSON    OLIVER PLATT    BOBBY CANNAVALE    WITH DUSTIN HOFFMAN    AND ROBERT DOWNEY JR.

WRITTEN AND DIRECTED BY JON FAVREAU

## CHEF

### Movies at Lisle

**Showing in the Recreation Room at Lisle Lodge**  
**Just come along, no need to book!**  
**Wednesday 10 July from 2.00pm to 4.00pm**

Favreau plays a chef who quits his job at a popular Los Angeles restaurant after a public altercation with a food critic. Joining forces with his son, ex-wife and best friend, they launch a food-truck business and take to the road, where Chef Carl goes back to his roots to reignite his passion for the kitchen and zest for life! A light hearted comedy drama you can't watch on an empty stomach!

Cost: \$2 for afternoon tea

Coarse language

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 September newsletter is 23<sup>rd</sup> August. 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  
 Kelly Bennett: 0418 449 940  
 Libby Colgan: 0449 973 069

## AUGUST 2019 RESIDENTS COMMITTEE REPORT



Happy Birthday to all the horses and all those humans in Lisle Villages who will be another year more mature this month.

The committee was very happy with the successful introduction of our new Chairperson (Neema Premji) to the many of our residents at our Special Afternoon Tea on 11<sup>th</sup> July. She spoke briefly to all then proceeded to mingle, move and speak individually to many residents. Fifty-eight people were in attendance. A very pleasant happy talkative feeling filled Lisle Common Room. Thanks to those who helped in the catering. Special thanks to Mandy and Shelley our "Sandwich Making Champions".

After our first Committee meeting Brook Oliphant realised that because of very personal reasons she felt she had to resign. We wish her well and hope her life becomes rosier. As she was a committee member for less than 6 months—and in accordance with our constitution—it was not necessary to go to a re-election. Mr Peter Grey of Lisle Lodge has offered his services which were gratefully accepted.

At our last meeting we discussed setting up a Darts and Drinks get together once a month at the suggestion of a Lisle resident. Peter was asked to follow this up. He has spoken to several people all with a positive response. If you are interested please give Peter a call on 0418 952 586 and if necessary, leave a message.

We are also considering a coffee/tea morning once a month. We realise that many are unable to attend afternoon occasions but would appreciate a morning social happening. We would appreciate your opinion on this. Please let one of the committee members know.

Unfortunately, we were unable to have a musical evening on Friday 26<sup>th</sup> July due to the pianist being unavailable. However, Drinks, Food, Chat and Laughter emanated in Lisle Common Room.

## An interview with Neema, our new Chairperson



### **What was your Childhood like?**

Had a beautiful childhood in Fiji. Grew up climbing trees, swimming in the hot springs and having a great time with my friends.

Study was priority in the family and was very much dedicated to my studies. Studied a lot with my cousins.

### **Where were you born?**

I was born in Suva, Fiji and migrated to Sydney in 1982 with my family. They still reside in Sydney.

### **Your earliest memory?**

My earliest memory is that of my Maternal grandfather. Sitting on his lap while he drank his cup of tea and him always making faces. He was a very funny man.

### **School and University Memories?**

Schooling started in Fiji. It was very disciplined and teachers were very strict. Started in a Methodist School and then to a Catholic School in Sydney.

I enjoyed school and made great friends from all walks of life and enjoyed many differing cultures.

Then went onto University of NSW and studied Civil Engineering. University days were hard in that study was priority. On off times played footy and spent a lot of time with friends at the beach.

### **Do you have any sporting interests?**

AFL, Cricket and I enjoy going to the gym and walking.

### **Your working life, what led you to becoming a Professional Board Member?**

It happened when I was helping a friend to develop a Strategic Plan for an Art gallery. She invited me on the Committee and before I knew it, I was involved with several committees and boards in the region.

### **Favourite Book and or authors?**

Patricia Cornwell. Enjoy her books

### **Favourite Curry? Recipe please.**

My mother's Green Chili curry. Very very hot. Sorry no recipe here. Mum's style.

## ***MORE ON OUR FOUNDING MOTHERS***

Convict women were gathered from the very poor areas of all parts of England, Scotland and Wales the largest contingent being Irish. They were sentenced for their crimes by the English courts to be transported to the convict colony of Van Diemen's Land.

In 1836 it was recorded that women convicts were being punished by being placed in solitary confinement, having an iron collar placed around their necks and put on public display in the stocks. Describing women and identity in Australia from 1788 to 1975 Miriam Dixon, in her book 'The Real Matilda' introduces us to some of these unfortunate women.

**MARGARET CATCHPOLE** – convict and business woman.

Margaret was raised by her grandmother and ran away from her job as house servant in 1798 and was arrested for horse stealing. Having twice being sentenced to death and escaping the gallows both times her punishment was transportation. She became notorious for her exploits and was featured as a heroine in a best-selling romantic novel. There was much mystery associated with Margaret and a series of 13 letters she is said to have written to family and friends in Suffolk. The Book "Margaret Catchpole"

explores her account of hardships and the loneliness of early settlers.



**CHARLOTTE BADGER** – In 1806 a crew of convicts including 2 women, stole a colonial brig in the Tamar River in Tasmania and set sail for New Zealand. What happened to them no one knows.

**MARY BRYANT** – Cornish, convicted for petty theft became one of the first successful escapees from the fledgling colony. Do read the story. In league with a male they stole a boat and actually made it to New Zealand. Mary has been featured on one of our bank notes.



The Parramatta Female Factory was established in New South Wales in 1821. The women were described as disorderly, unruly and licentious. In 1836 it was recorded that no fewer than 108 of the women in the factory were nursing children. Later Governor Hunter was heard to say, "If we estimate their merits by the charming children with which they have filled the colony they well deserve our care.

Unfortunately, he didn't follow through. In 1852 the Hobart Colonial Times reported that the Governor's wife Lady Jane Franklin had formed a ladies committee to oversee the women. Not known for her compassion, Lady Jane had a punitive approach to poor and convict women. Should they offend their masters they would have their heads shorn.

(June Dunstan)



## **THE PILBARA HILLS**

***Monoliths in the predawn light,  
sleeping still, massively dark.***

***Ageless, challenging contenders***

***with unknown spoils deep in their bowels. But  
then ..... impatient light, vibrant and strong,  
crawls in from the east,  
to light up a jewel.***

***The air, shining and still,***

***gorgeous reds, still dark with shadows,  
caves with sleep in their eyes.***

***The morning glows .....***

***Highlights of green, eucalypts bright,  
their stems tender and white,  
midst a tangled cathedral  
of rocks and of earth.***

***No longer dull, no longer dark,  
the day has its way.***

***Feelings of awe ..... enduring, inspiring,  
of power, of reverence,  
whatever you feel .....***

***And if we are tempted to then look away,  
a sunset of splendour,  
will welcome us back,  
as these hills return to their solace.***

***Tony Allan 2011 (Lisle Lodge)***

## RESIDENTS COMMITTEE AFTERNOON TEA



This month the new chairman of the board, Neema Premji, and the Commissioner of Consumer Affairs, David Hillyard, attended the Residents Committee Afternoon Tea. A good crowd of 58 people turned up to welcome Neema.



Mandy Green introduced the guests and Neema gave a short speech to introduce herself. Neema then walked around to each of the tables and chatted to the residents.



A wonderful spread of sandwiches and cakes was available to the delight of all. No one went away hungry. A special thank you goes to Mandy and Shelley for all their hard work in preparing mountains of sandwiches and muffins, Corrie Lodder (Leaweena) for her chicken mayonnaise sandwiches and carrot cake and Brook Oliphant (Lisle Lodge)

for her cupcakes.

Another big thank you goes to Brook and the ladies who helped to clear the tables and wash and dry all the cups and plates.



## EXERCISE CLASS

We have had a good turnout at the exercise class. Generally, 8 to 10 people come along for a morning stretch and warm up. It is always good fun. Some people just do part of the class. The classes are now available from 9:00 to 10:00am Monday to Friday.

# **Corrie's Carrot Cake**

From Corrie Lodder (Leaweenana)

## **Ingredients**

4 Eggs  
1 Cup sugar  
1 Cup oil  
2 Cups wholemeal SR flour  
1 tsp Salt  
2 tsp bicarb  
2 tsp cinnamon  
½tsp nutmeg  
1 tsp vanilla essence  
3 Cups grated raw carrot  
1 Cup chopped walnuts  
½Cup crushed pineapple (optional)

## **Topping**

125g Cream cheese (Philadelphia)  
30g Butter  
1 ½ Cups icing sugar  
1 tsp vanilla essence

## **Method**

Beat 4 eggs with sugar in food processor, then add 1 cup oil, mix together.

Sift the flour, salt, bicarb, cinnamon and nutmeg.

Add to egg mix and beat until mixed. Add vanilla, carrot, pineapple, mix, then stir in chopped walnuts with a spoon (to avoid breaking up the nuts)

Bake in moderate oven -170deg C, for 50 minutes (less hot if fan force oven)

Makes 1 large or 2 small cakes

## **Topping**

Mix 125g Philadelphia cream cheese, 30g butter, 1 ½ cups icing sugar and ½ tsp vanilla. I sometimes add some grated lemon zest.

Cake freezes well





## CROSSWORD CLUES

### ACROSS

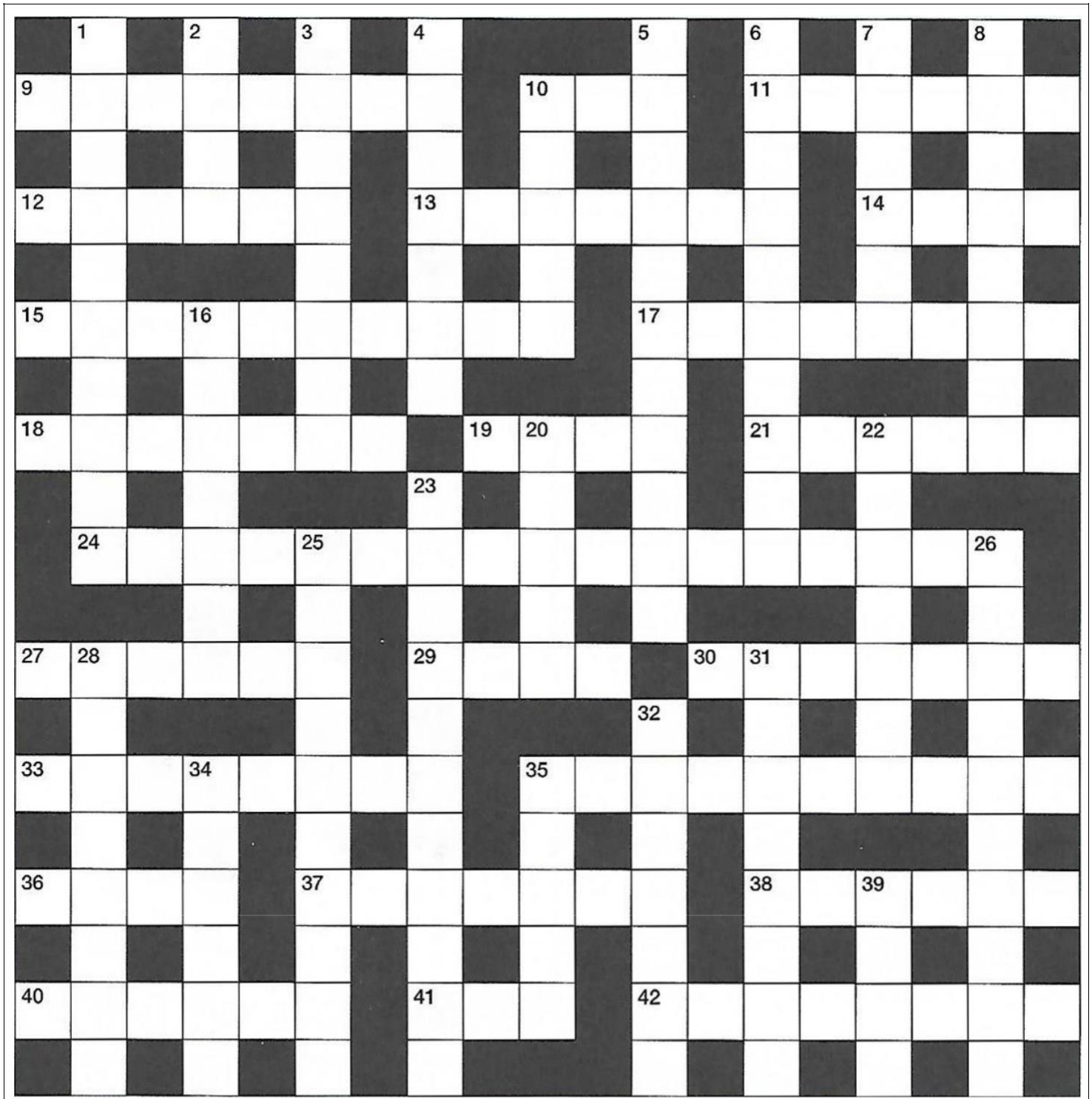
- 9** Pertaining to books or writing (8)  
**10** – is me, expression of sadness (3)  
**11** Provide with work, give a job to someone (6)  
**12** Remove contents from a box (6)  
**13** One of an inner circle or an accepted member of a group (7)  
**14** Fresh (4)  
**15** Able to speak fluently and intelligently (10)  
**17** Sobriquet, affectionate or amusing moniker (8)  
**18** Castle's fortified projections (7)
- 19** – Cartman, *South Park* character (4)  
**21** Person wagging school (6)  
**24** 1837 Charles Dickens novel featuring Sam Weller (3,8,6)  
**27** Light a fire (6)  
**29** In – of, instead (4)  
**30** Dreadfully (7)  
**33** Italian coffee dessert (8)  
**35** Writer's alias (3,2,5)  
**36** – *She Lovely*, song by Stevie Wonder (3'1)  
**37** Divine, cherubic (7)  
**38** Climate event causing drought (2,4)  
**40** Lauren –, *The Big Sleep* actress (6)  
**41** Cereal grain (3)  
**42** Short joke (3-5)

### DOWN

- 1** Gentleman's evening attire (6,4)  
**2** Greek cheese (4)  
**3** Penniless (8)  
**4** Conforming to type (7)  
**5** Dessert eaten at a reception to celebrate a couple's matrimony (7,4)  
**6** Hard unglazed earthenware (10)  
**7** Wrench, twist (6)  
**8** Imaginary monster (8)  
**10** Rubbish, dross (5)  
**16** Citizen of Tel Aviv or Jerusalem (7)  
**20** German river (5)  
**22** Not evenly proportioned (7)  
**23** Deception, trickery (11)
- 25** Sure to happen (10)  
**26** Amphibian that is similar to a newt (10)  
**28** Tracy –, TV host who presents *A Current Affair* (8)  
**31** At any time (8)  
**32** 15th Greek Letter (7)  
**34** Of stars (6)  
**35** Nick –, actor who starred in such films as *Cape Fear*, *The Prince of Tides* and *Lorenzo's Oil* (5)  
**39** – Armstrong, first man on the moon (4)



## CROSSWORD



### CHAIR YOGA

We are missing our chair yoga DVD from Lisle Lodge Common Room. Has someone borrowed it and forgotten to return it? Please would the resident have a look and return it as we would very much like to continue with our chair yoga sessions. Thank you

## CROSSWORD ANSWERS

**ACROSS** 9 Literary, 10 Woe, 11 Employ, 12 Unpack, 13 Insider, 14 Anew, 15 Articulate, 17 Nickname, 18 Turrets, 19 Eric, 21 Truant, 24 The Pickwick Papers, 27 Ignite, 29 Lieu, 30 Awfully, 33 Tiramisu, 35 Nom De Plume, 36 Isn't, 37 Angelic, 38 El Nino, 40 Bacall, 41 Rye, 42 One-liner. **DOWN** 1 Dinner suit, 2 Feta, 3 Bankrupt, 4 Typical, 5 Wedding cake, 6 Terracotta, 7 Sprain, 8 Bogeyman, 10 Waste, 16 Israeli, 20 Rhine, 22 Unequal, 23 Skulduggery, 25 Inevitable, 26 Salamander, 28 Grimshaw, 31 Whenever, 32 Omicron, 34 Astral, 35 Nolte, 39 Neil.

## RECYCLING

### Things that can go into the recycling bin:

Glass bottles and jars – Make sure they are rinsed out

Plastic containers and bottles – clean and empty with lids off

Empty aluminium and steel cans

Paper (excluding shredded paper) and cardboard – boxes must be flattened and all items must be placed loosely in the bin

Hard plastics (not soft plastics ie gladwrap or bread bags)



## DOGS' REFUGE HOME (WA) INC

**A** | 30 Lemnos Street Shenton Park, Western Australia 6008

**T** | 08 9381 8166 **F** | 08 9381 3187 **W** | [www.dogshome.org.au](http://www.dogshome.org.au) **ABN** | 38 564 984 197

6<sup>th</sup> June 2019

Lisle Lodge Aged Peoples Home  
57 Lisle Street  
MOUNT CLAREMONT  
WA  
6010

# Thank you

Dear Residence Committee

All of us here at the Dogs' Refuge Home (2 & 4 legged) would like to sincerely thank you for your generous donation of blankets, towels, dogs coats and toys which will go towards the many homeless dogs in our care.

Your donation will be put to good use and will go towards: -

- Helping keep our dogs warm during the winter months.
- Provide our canines with enrichment in our kennel based facilities, as well as foster.
- Provide bedding to ensure our dogs stay warm at night.

Only with the help of people like your-self can the Dogs' Refuge Home afford to continue rescuing and rehabilitating many of Perth's homeless dogs and give them a much deserved second chance.

Yours sincerely,

Natasha Stokes  
Office Assistant