

LISLE LIVING



MONTHLY NEWSLETTER NOVEMBER 2019

We are now well into spring. The weather is lovely although there have been a couple of surprisingly hot days interspersed with cooler weather. Plants and trees are blooming and the villages look wonderful with the display of bright colours. Does anyone have any interesting articles, poems or recipes to put in the newsletter. We are looking for any contributions you may have.



Leaweena & Lisle Villages
Residents' Committee

NOVEMBER 2019

WHAT'S ON



Keep Fit: 9:00-10:00am Monday to Friday — Lisle

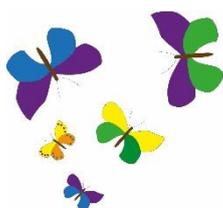


Walking group: 4:30pm Monday to Friday. Meet at main entrance on Lisle Street.

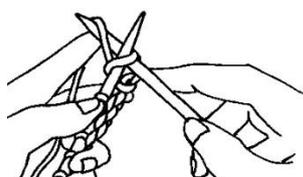
Monthly Movie: 2:00-4:00pm Wednesday 13th — Lisle: “Guess Who’s Coming to Dinner”



Resident Committee Afternoon Tea/Coffee: 2:30pm Wednesday 6th — Lisle. Bring and Take Table.

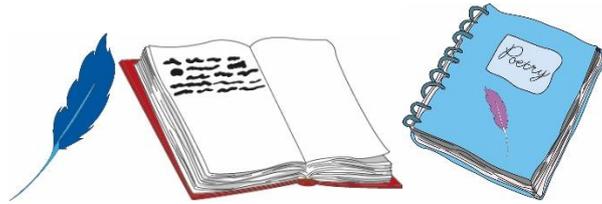


Resident Committee Morning Tea/Coffee: 10:30am Tuesday 19th — Lisle.



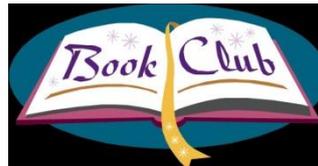
Quilting, knitting and crocheting: 10:00am-2:00pm Wednesday 6th and 20th —
Leaweena

NOVEMBER 2019: What's On



Poetry lovers: Will resume in the New Year

Write Your Life Story: Will resume in the New Year



Book Club: 2:00pm Thursday 28th — Leaweena. Monthly membership fee - \$5.00

Friday Evening Gathering 5:30pm Friday's — Lisle. Bring drinks and nibbles for yourself or to share



Happy Hour: 5:30pm Friday 29th — Lisle. Bring drinks and nibbles.



Hairdresser – Gail, Tel 0418849689 Friday mornings — Leaweena



Podiatry – Catherine, Tel 0412382366 — Wednesday 4th December

Movies at Lisle

Guess Who's Coming to Dinner

November 2019

NCC



Movies at Lisle

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

Wednesday 13 November from 2.00pm to 4.00pm

In their ninth and final onscreen pairing, Katharine Hepburn and Spencer Tracy play a liberal, upper-class San Francisco couple who find their progressive principles put to the test when their daughter (played Hepburn's real-life niece) returns home from a Hawaiian vacation with a surprise: her fiancé, a handsome and cultured Black physician (Sidney Poitier). Multiple award winner!

Cost: \$2 for afternoon tea



After receiving feedback from residents attending the movies, Lisle will be purchasing a new surround sound system to help improve the sound quality of the movies.

Please come along and see this fantastic movie and test our new sound system.

To advertise something to give away or sell adverts can be placed in the newsletter. The cut-off date for submissions for the December newsletter is 22nd November. Adverts can be put into the Residents Committee box (next to the post boxes at the main entrances to Lisle or Leaweena Lodge) or placed in the Melvista Common Room letterbox.

Residents Committee Contacts:

Peter Grey: 0418 952 586

Corrie Lodder: 0417 170 573

Kelly Bennett: 0418 449 940

Helen Hamilton-Broad 0458 668 551

Libby Colgan: 0449 973 069

A pair of glasses has been found at Lisle Lodge. If they are yours they can be collected from the office



NOVEMBER RESIDENTS COMMITTEE REPORT



During October the Residents Committee spent a lot of time bedding down requests made by residents. The survey in the last newsletter gave us 13 responses to the questions we asked. In summary;

The question of the Curtin University result was 6 for and 7 against. We will go ahead and notify the university. Those who wished to be involved will be notified when more information is available.

On the Open Gardens question 12 people were in favour and 1 against. We have contacted all those who said they wished to show their garden. The times and dates are shown in this newsletter. Please ensure you ring when you wish to go.

On the question of loneliness and Lisle Common Room all respondents wanted this done. A few committee members will be looking at organising an event on a Sunday soon to gauge how it goes. We may do both a picnic style event or a Lisle Common Room event. If there is a demand we will try and run both events regularly.

On the 5 minute talk question all but 1 respondent wanted to see this done. However, not all wanted to talk themselves. In the next afternoon tea we will ask 2-3 people to talk for 5 minutes about their life or part of it. If all OK we will continue this.

The final question was the playgroup visit. Every respondent wanted this event. However it was brought to our attention that although people said they wanted it not all would be interested in being involved. I have contacted all respondents and we have 8-9 people who will attend the first event on Thursday, 31st October at 1pm in the Lisle common room.

We now have 53 people who wish to attend the Xmas dinner. In the next 2 weeks we will have final details of menu choices.

The dart board in a case has now been purchased. We are getting the backing board and will install this next week. Early November we will arrange a function and advise by flyer of the details.

Another suggestion by a resident was for a history of Lisle and Leaweena villages. This will be looked at over the next weeks. Another suggestion was Christmas carols sung by a local school. At some stage in the past this was done by Mt Claremont Primary school. If any residents would like to see this done please contact a committee member.

Peter Grey

President of Leaweena & Lisle Villages' Resident Committee on behalf of your Committee.

BOOK REVIEW

By Marie Bolt (Lisle Village)

A Gentleman in Moscow by Amor Towles

In 1922 the Bolsheviks took power of the newly formed Soviet Union. Count Alexander Ilyich Rostov is sentenced under house arrest in Moscow at the famous Metropol Hotel.

Many characters populate his time there. Verbal excess at times but so well expressed one could copy phrases out and contemplate them as a meditation exercise. The Count has a strong sense of honour and responsibility. As the pages turn on the characters and foot notes appear history intrudes into this fine novel.

Mark 9 out of 10

This novel is not a thriller but easy charming dignified encounters with the people from his past and those that he meets in a luxury hotel.

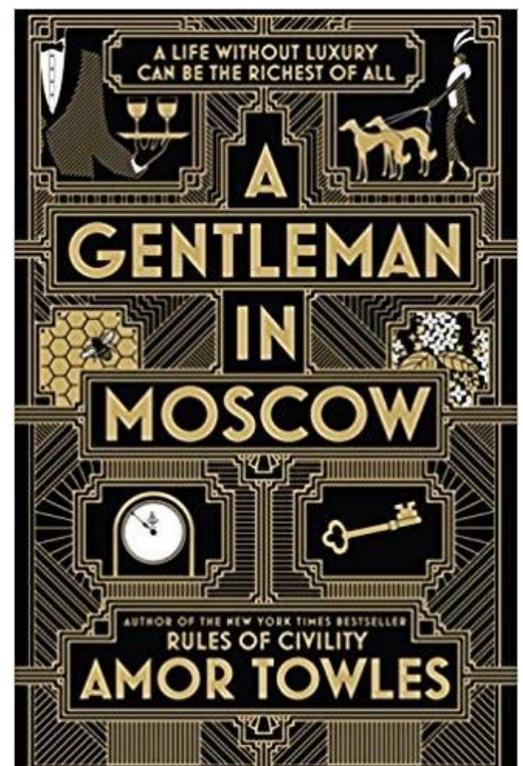
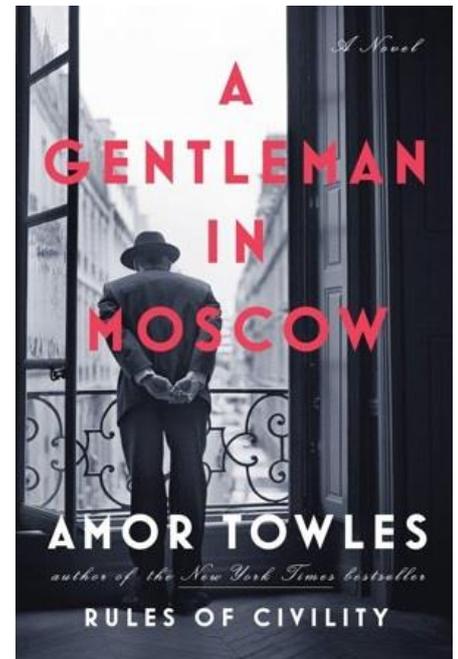
Soon to be made into a TV series.

Three of many jottings I made to remind me of my time spent with him in his hotel:

Victory on the field of battle begins with the shine on the boot.

By the smallest of ones actions one can restore a sense of order to the world.

No matter how time passes those we have loved never slip away from us entirely.



Are You Overwatering the Garden?

Everyone knows it's important to keep thirsty garden plants sufficiently watered, especially during the hot months, but how do you know when you've watered too much, or too often? If plants are wilting, does that mean more water is needed? Why is overwatering bad, and what damage can happen when plants receive too much water?

At our villages, there are some areas where residents have over-watered the common garden where plants have either died or now have root rot. Sometimes more than one resident is watering the same area not aware that it has been done already. Some residents are watering because they think the reticulation system doesn't work.

I can confirm that in February this year, a significant amount of work was completed to the Lisle & Leaweena bore reticulation system and in July the winter service was completed including acid rinse and leak repair, therefore the system is working as well as it can.

Please read this helpful information below and remember that our common gardens are being watered by the reticulation system.



Over-watering isn't just a result of an overabundance of water at a given time; it can also result from applying water too often.

Why is over-watering bad for the plants?

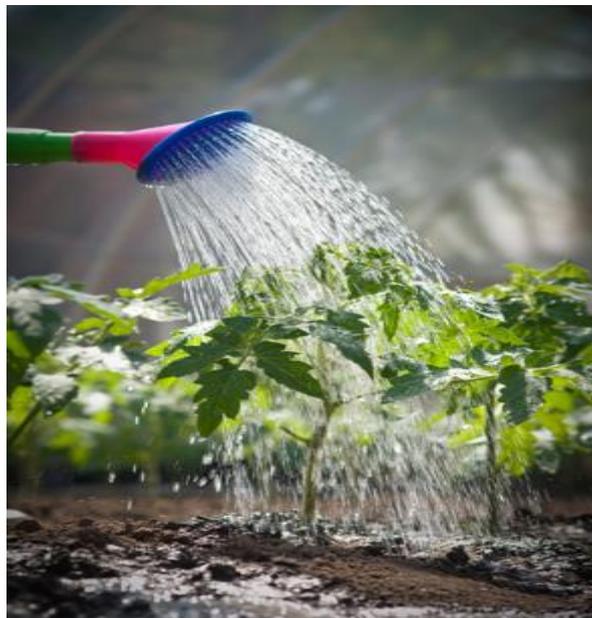
Plants need oxygen as much as they need water; and when you overwater, especially in compacted or clay soils, the soil becomes waterlogged. In waterlogged soil, water totally fills the pore spaces around soil particles which should have an equal amount of oxygen. In this situation, roots and root hairs

responsible for the plant's growth cannot absorb the oxygen they need and can die. The more water there is, the longer the roots are deprived of air and the more root damage may occur. When these roots die or are damaged, they cannot supply plants with essential nutrients and water, growth is stunted, leaves wilt and turn yellow from leaf scorch or leaf burn, buds fail to open, and plants can die.

Watering too frequently is a different kind of overwatering. In this scenario, frequent *shallow* watering will encourage roots to remain near the soil surface where they are subject to heat and rapid drying out.

Edema is another result from overwatering. Edema occurs when a plant's roots absorb water faster than the plant can use it and its internal cells experience water pressure.

When you overwater your plants, you are also putting them at risk of fungal pathogens which can lead to root rot and other issues. The plant's colour dulls and turn yellow, then become soft and break easily. As the roots decay from rot, the plant will eventually die.



If you do water the common gardens please do not over-water and ensure you water before 9am or after 6pm. Thank you.

SOCIAL NEWS

TUESDAY MORNING TEA

The Resident Committee morning teas are now held on Tuesday mornings at 10:30am. Come along for a social get together, conversation and a cup of tea or coffee.

SYMPHONIE FANTASTIC

A group of Lisle village residents was able to attend the Western Australian Symphony Orchestra production of Symphonie Fantastique. The tickets were made available free by WASO. Four lucky residents went along to the production and had a thoroughly enjoyable evening as can be seen by the happy smiles.



HAPPY HOUR

The October Happy Hour was enthusiastically supported with about 30 residents enjoying the food, drinks and good companionship.

Raffle winners this month included Hilde Grey and Peggy Eidne both of Lisle Lodge. Hazel Spong of Leaweena won the \$20 voucher for the survey that was included in last month's newsletter.

Heather (Leaweena Lodge) read a beautiful poem dedicated to and about Helen Crawford (Lisle Lodge). Helen is currently in Hollywood Hospital but she was a regular attendee of the happy hours and was always beautifully dressed. She would also stay and help with the clear up after the event.



Please Note: Happy Hour and the Friday social gatherings will be starting at 5:30pm in November

OPEN GARDEN VISITS

The residents happy to host open garden visits are listed below along with preferred days and times for the visits. Please phone the resident first to confirm visits.

NAME	UNIT	DAYS	TIME
Mavis Matthews	Lisle 60	M, Th, F	1 – 4pm
Una and Gil McCallam	Lisle 33	M, W, F	PM
Jo Wright	Lisle 31	Any day	
Hazel Robinson	Lisle 58	M	AM
Noeline and Lou Paris	Lisle 12	M	PM
Corrie Lodder	Leaweena 12		PM

SUNDAY ACTIVITY

Is anyone interested in making Christmas cards? Card making, tea and cake?

Helen Hamilton-Broad suggests a Christmas card making get together on the 17th November will be a fun activity. She will put together packages of cards so there is no need to bring anything. The packages will cost \$3 which will go towards the social fund. If any residents are interested please contact Helen on 0458 668551 and let her know.

THE DUYFKEN

Are any residents interested in a tour of the Duyfken a replica of a sailing ship which will be docked at the South of Perth Yacht Club, Coffee Point, Applecross for the summer. The Duyfken foundation is looking for a minimum of 15 and a maximum of 30 people who will have a private guided tour of the ship and a lunch in the clubhouse either before or after the trip. The lunch is \$35 per person and anyone interested will have to organise their own transport. If any residents are interested let a Committee member know.

DUYFKEN

SHIP TOUR & LUNCH PACKAGE

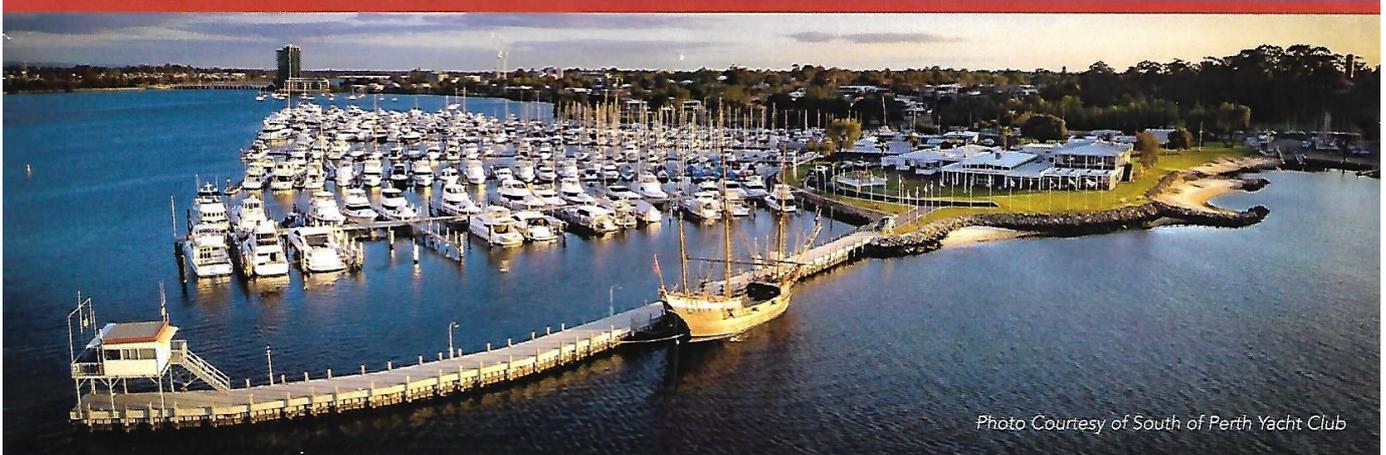


Photo Courtesy of South of Perth Yacht Club

During the summer of 2019/20, the replica sailing ship *Duyfken* will be berthed at the South of Perth Yacht Club, Coffee Point, Applecross.

Whilst *Duyfken* is here, we'd like to invite you to join us for lunch and a private tour of this historic vessel. You simply can't beat this location for an enjoyable lunch with friends on the banks of the Swan River.

So, come join us!



DATES & TIMES

The tours are run on **Tuesdays** at either **11am** or **1pm** on the following dates:

2019

NOV: 26th

DEC: 3rd, 10th, 17th

2020

JAN: 14th, 21st, 28th

FEB: 4th, 11th, 18th, 25th

MAR: 3rd, 10th

- Bookings at 11am will commence with a ship tour followed by lunch at 12pm.
- Bookings at 1pm will commence with lunch at 12pm followed by a ship tour.



SHIP TOUR & LUNCH PACKAGE

- \$35/person

Your package includes:

- A selection of food from the Club's A La Carte luncheon menu
- Reserved table seating with stunning views of the Swan River and the City of Perth
- A 45-minute private tour of *Duyfken* with one of our ship guides

The ship tour and lunch package is run with a minimum of 15 and maximum 30 people.

For more details, or to make a booking, contact Pic Lee Song at:

 administration@duyfken.com

 0427 160 606



HEARING AND COGNITION TRIAL

The Ear Science Institute of Australia is inviting residents to take part in a hearing and cognition study. The Hearing and cognition trial will not cost anything for people to put their name down. The first test is free. If the hearing test shows you are not suitable for the rebate then you can withdraw from the trial. The poster is included below and the full documentation is available at the office for you to read further if you are interested.

Improve your hearing

TO IMPROVE OUR RESEARCH

Free hearing aids for study participants!



Are you:

- **Aged 70+?**
- **A fluent English speaker?**
- **Experiencing hearing loss in both ears?**
- **Interested in trying hearing aids?**

You are invited to participate in a new research study that investigates whether the use of hearing aids to correct hearing loss, can also improve memory skills in older adults.

If you qualify for this study, we'll fit you with a pair of hearing aids and run a series of hearing and memory tests over the course of two years.

CHIEF INVESTIGATOR: DR DONA JAYAKODY

Please contact Jennifer Marks: 0409 623 367
or jennifer.marks@earscience.org.au



City of Nedlands

Chair Pilates 55+ Beginners

NEDLANDS AFFINITY CLUB



nedlands.wa.gov.au

Instructor: Ilsa Smith

**Easy Chair Pilates for beginners
and those with reduced mobility**

Wednesdays 11.15 - 12.15pm

Mt Claremont Community Centre

105 Montgomery Ave, Mt Claremont.

and

Fridays 10.00 - 11.00am

NCC (side door)

97 Waratah Ave, Dalkeith.

Not as flexible as you used to be?
Looking for an opportunity to increase
your core strength and improve your
balance? Join us for this enjoyable,
easy-paced class.

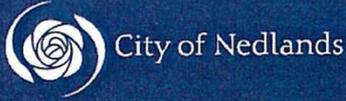
Limited transport available, please
enquire when booking.

Cost: Includes afternoon tea.

Affinity members \$10,

Non-members \$12

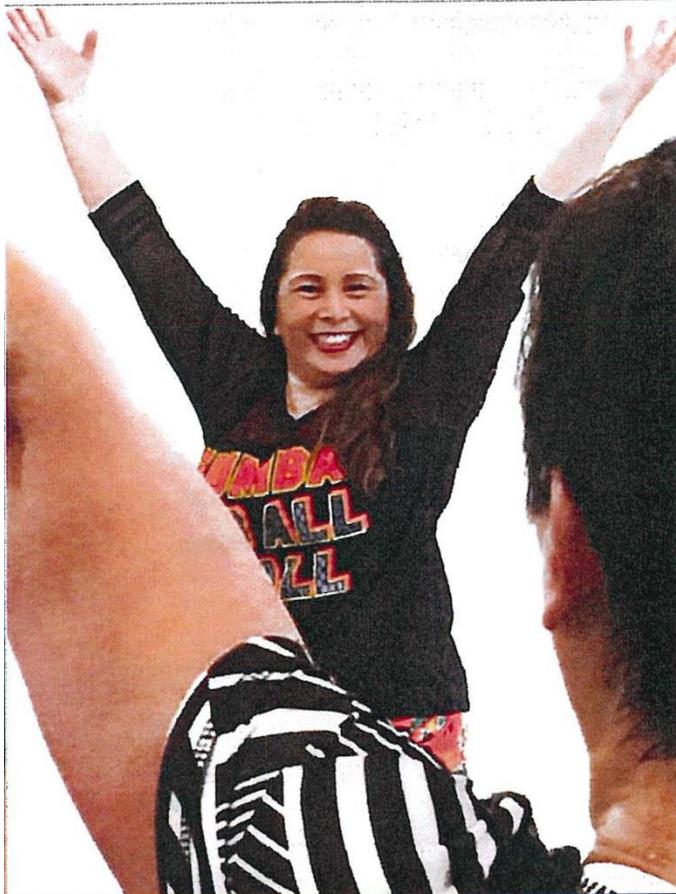
An activity for over 55's in the City of Nedlands.



City of Nedlands

Seated Zumba Gold Mount Claremont

NEDLANDS AFFINITY CLUB



nedlands.wa.gov.au

Instructor: Viviana Soto

Sit and Get Fit with Viviana!
Fun and friendly exercise

From Thursday 17 October

Thursdays 10.45 - 11.30am
Mt Claremont Community Centre
105 Montgomery Ave, Mt Claremont.



Do you get out of breath easily?
Want to improve your fitness?
Thought Zumba was just for those fit young things?

Join this fabulous 55+ group, for the most fun you can have exercising!
Limited transport available, please enquire when booking.

Cost: Includes tea/coffee and biscuits.
Affinity members \$9,
Non-members \$12

An activity for over 55's in the City of Nedlands.

POTATO CAKE

From Pat Sherwood

INGREDIENTS

¾ cup warm mashed potato
2 cups self raising flour
1 cup currants
Little lemon peel
¾ cup sugar
1 cup sultanas
Lemon essence
1 large cup milk



METHOD

Mix potato and sugar together.

Add milk, flour, peel and essence.

Pour into a greased loaf tin.

Put little bits of butter on top and sprinkle cinnamon and sugar.

Bake in a moderate oven for 1 to 1½ hours.



SUDOKU

					6		1	2
				5			6	3
		3		2	1	4		
		1			2	6		8
3	2						5	9
		5	9			3		
		6	2	8		9	4	
8	4							
9	5		4					

IMPORTANT

Rubbish bin

- Food scraps
- Food wrappers
- Paper towels
- Serviettes
- Nappies
- Sponges
- Household rubbish
- Soft plastics without the recyclable symbol

Recycling bin

- Magazines
- Newspapers
- Milk & juice cartons
- Plastic containers with the symbols 1-7
- Steel tins & aluminium cans
- Cardboard and paper
- Glass bottles and jars
- Empty plastic bags

Greenwaste bin

- Leaves
- Twigs
- Flowers
- Twigs
- Weeds
- Prunings
- Grass clippings
- Small branches

Do the right thing and place your recyclables in your recycling bin!

Remember to
Reduce, Reuse and Recycle
at every opportunity

Thank you for your ongoing support to reduce waste in our community.

 City of Nedlands

Despite signs in the bin areas, and previous newsletter articles, some residents are still not recycling correctly which is leading to Shane having to pull items out of the recycling bins and place in the white lid (rubbish bins).

Please read this notice and recycle correctly.

Thank you.

SUDOKU ANSWERS

5	8	4	3	9	6	7	1	2
2	1	9	7	5	4	8	6	3
6	7	3	8	2	1	4	9	5
4	9	1	5	3	2	6	7	8
3	2	8	6	4	7	1	5	9
7	6	5	9	1	8	3	2	4
1	3	6	2	8	5	9	4	7
8	4	2	1	7	9	5	3	6
9	5	7	4	6	3	2	8	1

IMPORTANT PHONE NUMBERS

Emergency out of hours maintenance
number: (08) 6324 0319

Police: 131444

Emergencies: 000