

LISLE LIVING



NEWSLETTER APRIL 2020

We know that most residents are staying at home a lot now due to the current coronavirus situation, so we have focused our newsletter this month on helpful information and other articles which we hope you find interesting.

Potatoes

Provided by Joan Nock, Lisle Lodge



Well, a Girl Potato, called Nadine, and a Boy Potato, named Kepler, had eyes for each other, and finally they got married and had a little sweet potato, which they called 'Yam'.

Of course, they wanted the best for Yam. When it was time, they told her about the facts of life. They warned her about going out and getting half baked, so she wouldn't get accidentally mashed, and get a bad name for herself like 'Hot Potato'. Yam said not to worry, no Spud would get into his sack and make a rotten potato out of her! But on the other hand, she wouldn't stay home and become a Couch Potato either. She would eat properly so as not to be skinny like her Shoestring Cousins.

When she went off to Europe, Mr and Mrs Potato told Yam to watch out for those hard-boiled guys from Ireland and greasy guys from France called French Fries, and when she went out West, she must watch out for the Indians so she wouldn't get scalloped.



They sent Yam to Idaho P.U. (that's Potato University) so that when she graduated, she'd really be "in the Chips".

But in spite of all they did for her, one day Yam came home and announced she was going to marry Shane Warne. "Shane Warne!!!!!" they cried. They were very upset and told Yam "You can't possibly marry Shane Warne because he's just

Are you ready for this?.....

*

Are you sure?

*

*

OK! You asked for it: Here it is.....

*

*

"..... just a **COMMON TATOR!**"

Remember this always: You don't stop laughing because you grow old, you grow old because you stop laughing!

Submitted by Val Witton, Lisle Lodge

With Cyclone Damien hitting the North West in February this year and others hovering around in March I was reminded of Cyclone Sheila which wasn't expected to reach Tom Price in February 1971. It did, and quite a bit of damage was done, prompting me to pen this poem for the town newsletter of the time.

Sheila

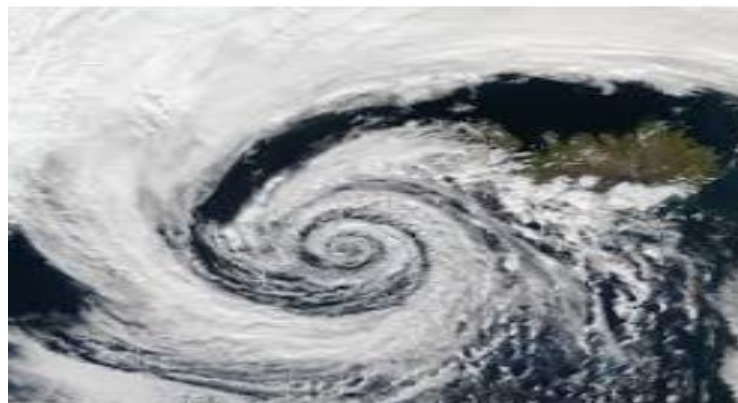
Sheila, you came in with a roar,
With no regard for man-made law.
You blew with all of nature's might,
And upset people all the night.

You made the creeks and rivers run,
On beds parched dry by months of sun,
Disrupted work and stopped the trains,
Blew off roofs and overflowed drains.

Kept Town office a-buzz like a hive,
With queries 'when's the repair man to arrive?'
Kept Gascoyne trucks from getting through,
'Til vegetables were very few.

No holiday departures were a pain,
As aircraft troubles come with rain,
Kept post and parcels from getting in,
And up here that's sure a sin.

When asked to help, no time to waste,
And when enemies pitched in as mates,
Seems it takes such dire distress,
To bring out man's true goodness.



Coronavirus and Us
A letter to residents from Peter & Hilde Grey, Lisle Lodge

First of all this is not a medical advice article or an article to try and persuade you to do as we have done. It is simply to pass on what we have found and decided on for ourselves. It is also according to our risk profile.

We decided to be proactive in this area and try to avoid contracting this virus. At that stage we had no infections in Australia so there was not a lot of urgency. We took steps to avoid contact with anyone who had been in the areas around Mainland China.

We have been closely monitoring the situation ever since. The most recommended methods to avoid the disease is to isolate and constantly wash your hands with an alcohol based product or with soap and water for 20 seconds. However, most of us have to go out for various reasons - shopping, doctor's appointment, and other various appointments. A lot will also go out to visit relatives, friends and for sporting reasons - golf, games, etc.

Last weekend we decided to increase our procedures relating to the virus because of the rapid increase of cases within Australia. We decided to not attend any social events until the outbreak is contained. In addition we decided to adhere to any guidelines that are recommended.

The one thing we want is for our home to be safe and free from the virus. If we leave the home we must consider that anything we touch could be contaminated. Try not to touch any surface if you can do so. So you must NOT touch your face at any time. You will readily understand that as soon as you know you cannot do this your nose or some other part of your face will be itchy! DO NOT TOUCH your face. We carry sanitizer gel or wipes in the car when we go out and as soon as we get back to the car we immediately clean our hands. You can also carry wipes with you to clean surfaces. When we get home we clean all that we have purchased so our home is assured. An outing could also be to put rubbish in the bins. We apply the same principles. As soon as we get back we wash our hands. If we meet anyone we try and maintain a distance of at least 1.5 metres.

Having decided to isolate ourselves we now must consider what we do at home to overcome - boredom, loneliness, interactions with others, etc. We have more than enough to watch on the TV, but that can become boring. We are looking at exercise videos or online exercises; puzzles and games online; Skype, Facetime and other interactive videos. You can also buy puzzle books, crosswords, and, of course, books to read, either online or hard copy. Another important suggestion Hilde has already started is to contact a number of people every few days for a chat. I encourage every one at the village to ring 5-6 neighbours every few days to make sure they are ok and to ensure them that they are not alone. Residents are free to ring Hilde or myself for a chat.

We want to do more in this area to ensure people do not feel left out or lonely. We do not know how long this will last but it will end. We just need to take care until this happens.

Peter & Hilde

20/3/2020

Do you have a laptop or mobile phone with internet?
If yes, then why not join in

I am looking to set up a Weekly Chat Group via video, another way we can keep in contact with each other over the coming weeks.

Lisle Villages has a facility called Zoom where we can set up a video chat meeting with up to 100 participants.

If you are interested in joining in, please contact Mandy with your email address on 9384 5481 or email

mandy.green@lislevillages.com.au



Looking after your mental wellbeing during the COVID-19 pandemic

(Red Cross Australia)

Practical, helpful tips to help you and others look after your mental wellbeing.



Consider how stress can affect you and others during the outbreak.

Accept that things will be different for a while. It is normal to have a range of feelings: you may feel sad, stressed, confused, scared or even angry. There are things you can do to feel better.

- Talking to people you trust can help. Set up regular check-ins with friends and family, especially if you are self-isolating.
- Maintain a healthy lifestyle, including a good diet, sleep and exercise.
- Try to keep perspective. Remind yourself the world will keep turning and the sun coming up.
- If you feel overwhelmed, talk to a health worker or counsellor.

When physically isolated, it's more important than ever to maintain connections with your loved ones, friends and community.

There are lots of ways to stay connected.

- Make regular phone calls or video calls to people you know.
- Arrange video 'play dates' for your children, or yourself.
- Set up virtual social events with friends to watch your favourite TV show or sport.
- Play virtual games, like chess or scrabble.
- Join a local community group on Facebook.
- Reach out to others you know who might also be self-isolating.

- Share on social the ways that help you stay connected, they can inspire others too.
- Write a letter to someone. It's amazing the effect it can have.
- Take a course or [first aid training](#) online.
- Stay in touch with work colleagues. If you can do it, working from home could help you stay busy and connected.

Being proactive and thinking about your health, comfort and happiness can help you to maintain your wellbeing of yourself and others.

Yourself

- Stay healthy, eat well and exercise when you can.
- Reduce your exposure to news. Choose one source and check twice a day.
- Think about posting positive stories about how people are dealing with this.
- Form a plan on how you and your family (including pets) would manage in the event that you needed to stay home for 2-3 weeks. Over-purchasing can take essential supplies away from people who are already disadvantaged or have limited mobility.
- Only share information from reputable sources, like WHO or the Department of Health.

The Lisle Lodge Common Room Gym Equipment was donated to Solaris Cancer Care



SolarisCare Foundation
PO Box 325
COTTESLOE W.A. 6911
info@solariscancercare.org.au
www.solariscancercare.org.au
ABN 61 116 807 704

18th March 2020

The Manager
Lisle Lodge
57 Lisle Street
MOUNT CLAREMONT 6010

Dear Shelly,

Thank you very much for the very kind donation of exercise equipment (treadmill and recumbent exercise bike) from your centre to Solaris Cancer Care Cottesloe.

The equipment is very much appreciated and will be well used by our clients at our centre. Exercise has been proven to be of great benefit to those affected by cancer and there are many ongoing studies in this area.

We currently have exercise sessions at our centre under the supervision of an exercise physiologist and this equipment will certainly enhance those sessions.

Solaris Cancer Care is a community based health organisation and a not for profit charity which provides support services to those affected by cancer. We are reliant on the generosity of community partnerships, support from the public and fundraising events. We are very grateful for your generous donation and thank you.

Yours sincerely,

A handwritten signature in blue ink, appearing to read "Kerry Stevens", is written over a light blue horizontal line.

Kerry Stevens
Client Services Manager

Message from deli Chicchi



*deli
Chicchi*

The Village Pantry will now open 7 days per week from 6.30am for take away coffee and food. During the day there will be breakfast and lunch dishes available, pastries, sandwiches and sweets things.

The Village Pantry is now specialising in chef cooked, fresh take home dinners to reheat at home. There will be an ever-changing menu cooked seven days per week. We will also be offering a delivery service in the afternoon and early evening. The menu can be seen daily on our Facebook page (search The Village Pantry Mt Claremont) and on our website www.thevillagepantry.net.au

Our new opening hours are:

Mon & Tues 6.30am – 6pm

Wednesday – Sunday 6.30 – 8pm

Delivery:

Free delivery for residents of Lisle & Leaweena Lodge

Meals ordered by 4.30 will be delivered between 5 & 6.30 pm

Meals ordered before 6.00pm will be delivered between 6.30 & 7.30 pm

Tel: 08 6248 3347

Pizza:

Available Wednesday – Sunday from 5-7.30pm either to collect or deliver. Menu available online

Deli Chicchi:

Very sad to say we are closed until further notice

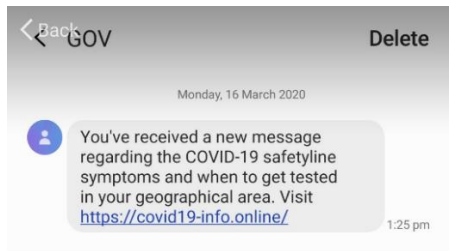
Thank you for your continued support

WARNING!

COVID-19 Cybersecurity Risks

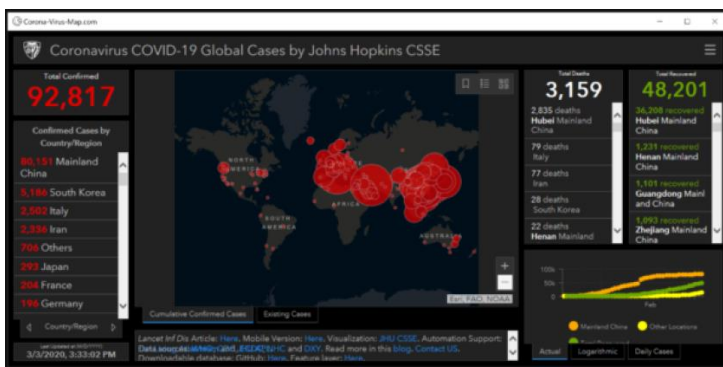
COVID-19 Text Message

The Australian Government's [Australian Cyber Security Centre](#) (ACSC) is aware of a COVID-19 themed scam is currently being distributed via mobile text messages. The text message appears to come from a 'GOV' sender and includes a hyperlink prompting you to find out where to 'get tested in your geographical area' for COVID-19 symptoms. The link in these messages is not legitimate. If clicked on, malicious software may be installed on your device, designed to obtain your banking details.



COVID-19 WEBSITE

Additionally, researchers at [Malwarebytes](#) have discovered a malicious program embedded into a website. Corona-Virus-Map.com claims to provide an up-to-date coronavirus map similar to a legitimate graphic provided by John Hopkins University.

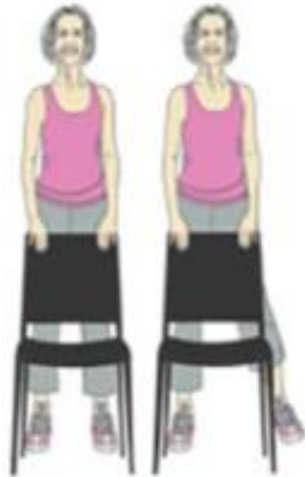


However, this map is embedded with malware, designed to obtain usernames, passwords and credit card numbers saved in your browser cache. Cybercriminals are directing traffic towards the virtual map through email attachments, online advertising, social engineering and software vulnerabilities.

What can you do?

- If you receive one of these messages, delete the message and do not click on the link.
- If you have received one of these messages and clicked the link, or you're concerned your personal or banking details have been compromised, contact your financial institution immediately.
- Do not click on links, attachments or meeting invitations from people or organisations you do not know.
- Hover over links or email attachments to read the underlying URL. If it is not an address you recognise or trust, do not open any attachments or click the link.
- If you have suffered financial loss from cybercrime, report it to ReportCyber: www.cyber.gov.au/report

Here are some exercises you can do at home to stay active



QUIZ TIME

Your chance to win a 6 month magazine subscription
donated by Jacqui Armstrong (COVID-19 Community Response volunteer)

CAN YOU GUESS WHO THESE FAMOUS PEOPLE ARE?



1.



2.



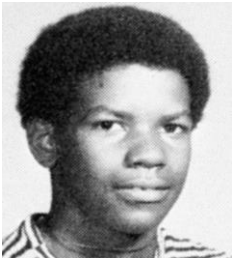
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14.



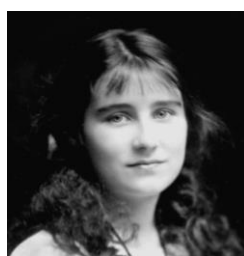
15.



16.



17.



18.



19.



20.

Complete your answers on the attached form and pop in one of the Lisle Villages letterboxes by Friday 17th April. Answers will be in next month's newsletter

PUZZLE

L	S	H	B	I	E	T	O	L	L	A	H	S	Q	M
E	W	P	C	P	L	C	A	B	B	A	G	E	M	O
T	T	O	I	O	A	N	B	E	Q	L	X	V	E	T
T	L	U	K	N	K	S	N	L	N	Y	H	G	B	A
U	C	R	R	H	A	B	C	O	E	U	G	E	C	T
C	A	A	C	N	O	C	J	C	I	P	A	C	A	O
E	B	G	R	X	I	I	H	S	L	N	U	R	I	P
S	U	G	A	R	A	P	S	A	Q	C	O	P	T	A
U	B	L	C	G	O	S	N	Y	U	U	C	I	M	F
Z	L	I	I	E	M	T	S	M	F	P	A	N	A	L
U	Y	T	O	X	L	C	B	E	J	G	T	S	Z	A
W	G	N	U	P	P	E	X	L	R	M	F	R	H	F
R	X	E	A	Z	R	M	R	I	E	C	U	A	D	L
A	Q	L	N	A	Z	D	O	Y	I	E	V	P	E	A
B	E	E	T	R	O	O	T	Y	T	E	K	C	O	R

WORDSEARCH

Hunt for these vegetables and legumes in the wordsearch grid. The words will run in straight lines, reading in any direction, and letters may be used more than once.

Word List

- | | |
|-----------|---------|
| ALFALFA | LETTUCE |
| ASPARAGUS | OKRA |
| BEAN | ONION |
| BEETROOT | PARSNIP |
| CABBAGE | PEA |
| CARROT | POTATO |
| CELERY | ROCKET |
| CRESS | SHALLOT |
| CUCUMBER | SPINACH |
| EGGPLANT | SQUASH |
| KALE | TARO |
| LEEK | TURNIP |
| LENTIL | |

CODE CRACKER

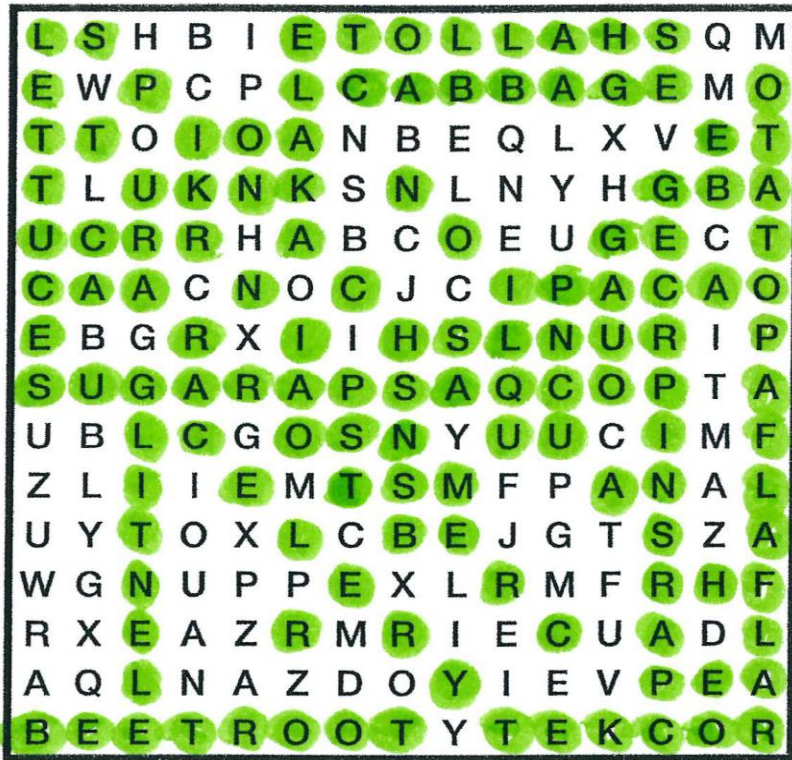
Each number in this crossword represents a different letter of the alphabet. We've given you a few letters to help you on your way to cracking the code, so you'll see that B=23, G=19, and N=3. Write these letters in the correspondingly numbered spaces in the grid, and you should be able to start working out what the other missing letters are. All 26 letters of the alphabet are used in the puzzle, and you can use the Letter Checker box to keep track of the letters you've decoded.

12	19	12	1	8		23	22	7	5	8	26	16	22	8
17		25		23		12		10		9		22		24
23	8	12	3	23	12	19		13	7	10	1	12	2	8
10		17				19				3		3		7
19	10	12	3	2		6	15	22	3	19		2	15	2
22		3		8				3				22		
15	12	2		12	19	5	15	11		14	22	17	23	15
22				7		10		8		8				7
26	15	19	19	6		18	12	25	8	26		15	7	20
		5				2				2		13		21
26	9	10		4	8	26	2	6		26	5	10	17	8
21		17		8				10				3		26
12	25	17	10	7	12	5		8	19	15	2	10	26	2
18		8		15		15		5		21		15		7
2	21	7	8	26	21	15	5	25		17	12	3	10	12

1	2	3	4	5	6	7	8	9	10	11	12	13
		N										
14	15	16	17	18	19	20	21	22	23	24	25	26
					G				B			



PUZZLE ANSWERS



WORDSEARCH

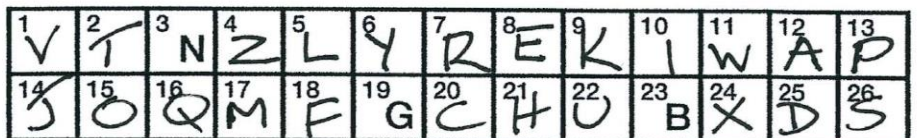
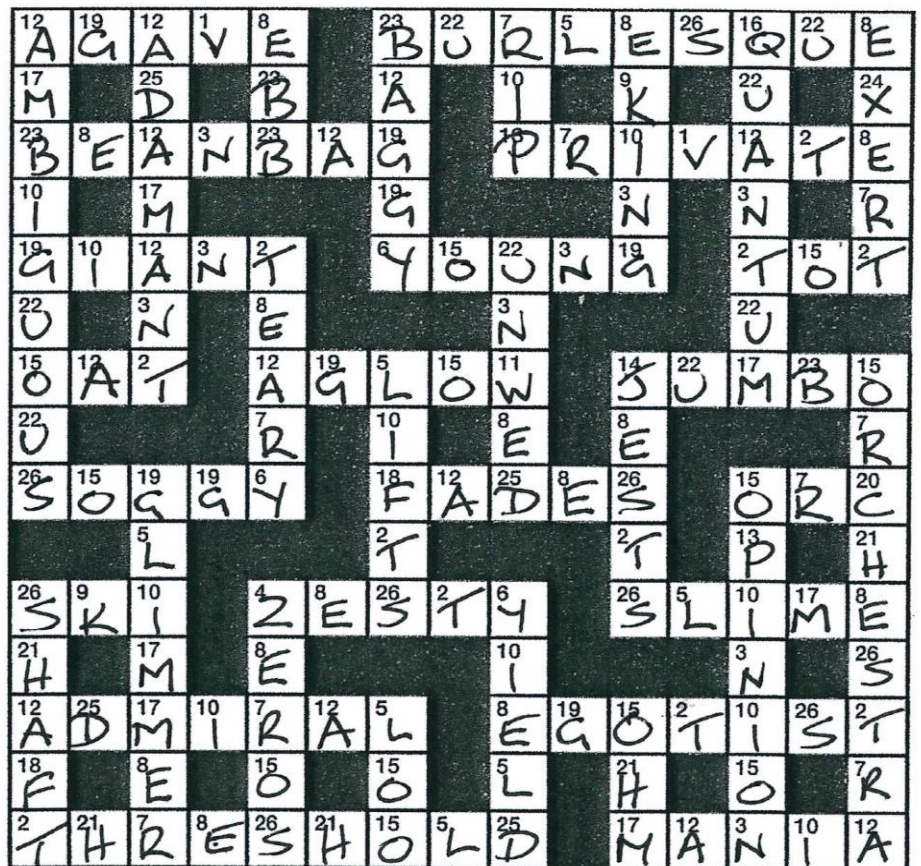
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QUIZ ANSWERS

Name _____

Unit Number _____ Lisle / Leaweena / Melvista

1. _____

2. _____

3. _____

4. _____

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11. _____

12. _____

13. _____

14. _____

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16. _____

17. _____

18. _____

19. _____

20. _____

Return your answers to one of the office letterboxes in each village by Friday 17th April.