

# LISLE LIVING



Coloured in by a resident of Lisle Lodge

## NEWSLETTER OCTOBER 2020

We hope you enjoy this full edition. If you have any articles for the December full edition, please let us know. Some residents have asked for the newsletter to be emailed to them instead of paper copies, if you would also like this, please contact the office with your email address.

Thank you.

# Events calendar – October 2020

Mon	Tue	Wed	Thu	Fri
Hairdresser – Gail Ph: 0418 849 689  Podiatry – Catherine Ph: 0412 382 366			<b>1</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>2</b> <a href="#">Keep fit</a> 9-10am – Lisle Common Room <a href="#">Hairdresser</a> Morning - Leaweena Common Room  <a href="#">Informal Friday Evening Gathering</a> Lisle Common Room 5pm Bring your own (BYO) drinks & nibbles
<b>5</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>6</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>7</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room  <a href="#">Father Rowan Monthly Service</a> 10.30am - Lisle Common Room  <a href="#">Quilting, knitting and crocheting</a> 10am-2pm Leaweena Common Room (Pat Ziegler)	<b>8</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>9</b> <a href="#">Keep fit</a> 9-10am – Lisle Common Room  <a href="#">Hairdresser</a> Morning - Leaweena Common Room  <a href="#">Friday Evening Gathering</a> Lisle Common Room 5pm BYO drinks & nibbles
<b>12</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>13</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>14</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room  <a href="#">Monthly Movie</a> 2pm-4pm Lisle Common Room	<b>15</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>16</b> <a href="#">Keep fit</a> 9-10am – Lisle Common Room  <a href="#">Hairdresser</a> Morning - Leaweena Common Room  <a href="#">Informal Friday Evening Gathering</a> Lisle Common Room 5pm BYO drinks & nibbles
<b>19</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>20</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>21</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room  <a href="#">Quilting, knitting and crocheting</a> 10am-2pm Leaweena Common Room (Pat Ziegler)  <a href="#">PODIATRIST –</a> Leaweena Common Room	<b>22</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>23</b> <a href="#">Keep fit</a> 9-10am – Lisle Common Room  <a href="#">Hairdresser</a> Morning - Leaweena Common Room  <a href="#">Informal Friday Evening Gathering</a> Lisle Common Room 5pm BYO drinks & nibbles
<b>26</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>27</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>28</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>29</b> <a href="#">Keep fit</a> 9-10am Lisle Common Room	<b>30</b> <a href="#">Keep fit</a> 9-10am – Lisle Common Room  <a href="#">Hairdresser</a> Morning - Leaweena Common Room  <a href="#">Informal Friday Evening Gathering</a> Lisle Common Room 5pm BYO drinks & nibbles

# WHAT'S ON WHEN

## Mount Claremont Farmers' Market



The Market now has up to 55 stalls each week and is governed by a Charter that ensures high quality, predominantly grower direct produce. The range of produce includes fruits, vegetables and herbs, baked goods, artisan pantry items, meat, poultry, seafood and pastured eggs. We have a selection of hot food and drink stalls, as well as stalls selling natural body and cleaning products, handmade homewares, and plants and flowers.

**Repeats every week every Saturday until Tue Aug 01 2023 .**

**07:30am to 11:30am**

**Mount Claremont Primary School, 103 Alfred Road, Mount Claremont**

## Anglican Eucharist Resumes



From Wednesday 6 October an Anglican Eucharist (Holy Communion or mass) will again resume in the Lisle Common Room at 10.30am.

Fr Rowan Strong is the new parish priest of the Parish of Swanbourne-Mt Claremont, and will celebrate the sacrament on the first Wednesday of each month at this time.

This resumes a service that was previously held under his predecessor, Fr Nick Freeland, until 2018.

Under present COVID-19 precautions, those attending will need to keep social distancing. In addition, the Archbishop of Perth has determined that under such precautions Holy Communion can only be administered in one kind (the bread/the Body of Christ) and not the wine/the Blood of Christ. Christians who are baptized and communicant members of their own Church, but unable to attend there, are welcome to receive the sacrament at this service.

The schedule of services for the rest of this year is:

Wednesday 6 October

Wednesday 4 November

Wednesday 2 December

# Movies at Lisle

## A Royal Night Out

October 2020



### Movies at Lisle

**Showing in the Common Room at Lisle Lodge**

**Just come along, no need to book!**

Wednesday 14 October

Elizabeth was just 19 when the German forces surrendered on May 8, 1945. That evening, she and her sister secretly went out into London to join the celebrations that went long into the night. Imagine what the princesses got up to as they escaped their chaperones to be "ordinary" for one adventurous night. For one sister, it meant bonding with the common people, while for the other, it meant passing out in a wheelbarrow. We were all teenagers once. Based on a remarkable true story.

**2 pm to 4 pm**

Cost: \$2 for afternoon tea



## Fun & Fitness

Are you aware that every **Monday, Tuesday, Wednesday, Thursday and Friday at 9AM** a group of residents gather in the Lisle Common Room for exercise.

You work at your own pace, and any pace is good!

So, do come along, it's good for your health and you'll have some fun at the same time!!

## Quilting, knitting and crocheting

Reminder for residents who are interested to join the group who gather in Leaweena Common Room for quilting, knitting and other needlework projects.

Please bring your own work to enjoy in the company of others and display your skills or simply come along to enjoy a cuppa and a chat.

The next gathering will be on Wednesday 7<sup>th</sup> October from 10am



# Banking for the Elderly

Provided by Helen Hamilton-Broad, Lisle Lodge

*Shown below, is an actual letter that was sent to a bank by an 86 year old woman. The bank manager thought it amusing enough to have it published in the New York Times.*

---

Dear Sir,

I am writing to thank you for bouncing my check with which I endeavoured to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the check and the arrival in my account of the funds needed to honour it..

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, --- when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an OFFENSE under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALING, PRESS THE STAR (\*) BUTTON FOR ENGLISH

#1. To make an appointment to see me

#2. To query a missing payment.

#3. To transfer the call to my living room in case I am there.

#4 To transfer the call to my bedroom in case I am sleeping.

#5. To transfer the call to my toilet in case I am attending to nature.

#6. To transfer the call to my mobile phone if I am not at home.

#7. To leave a message on my computer, a password to access my computer is required.

Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.

#8. To return to the main menu and to listen to options 1 through 10

#9. To make a general complaint or inquiry.

The contact will then be put on hold, pending the attention of my automated answering service.

#10. This is a second reminder to press\* for English.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client

And remember:

Don't make old people mad. We don't like being old in the first place, so it doesn't take much to piss us off.





**Nedlands**  
*Community Care*

nedlands.wa.gov.au



## Shopping Bus Service

**More than shopping!**

**Join this friendly social shopping group.**

No longer driving? Are you finding it difficult to get to the shops? Would you like to join the NCC Shopping Bus to Floreat Forum on Thursday morning or Friday afternoon? Or once a month to Karrinyup or Innaloo?

The cost is \$10 round trip and is staffed by friendly NCC volunteers.

You will be picked up at approx 8.45am and returned home at approx 11.30am.

Call **NCC** on **9386 6170** for more information.



# How Do Court Reporters Keep Straight Faces?

Supplied by Ruth Harrington, Leaweena Lodge

Part One (look out for Part Two in the December Lisle Living)



These are from a book called Disorder in the Courts and are things people actually said in court, word for word, taken down and published by court reporters that had the torment of staying calm while the exchanges were taking place.

\*\*\*\*\*

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, "Where am I, Cathy?"

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

\*\*\*\*\*

ATTORNEY: What gear were you in at the moment of impact?

WITNESS: Gucci sweats and Reeboks.

\*\*\*\*\*

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

\*\*\*\*\*

ATTORNEY: What is your date of birth?

WITNESS: July 18<sup>th</sup>

ATTORNEY: What year?

WITNESS: Every year.

ATTORNEY: How old is your son, the one living with you?

WITNESS: 38 or 35, I can't remember which.

ATTORNEY: How long has he lived with you?

WITNESS: 45 years.

ATTORNEY: This myasthenia gravis, does it affect your memory at all?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget.

ATTORNEY: You forget? Can you give us an example of something you forgot?

\*\*\*\*\*

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the BAR exam?

\*\*\*\*\*

ATTORNEY: The youngest son, the 20 year old, how old is he?

WITNESS: He's 20, much like your IQ.

\*\*\*\*\*

ATTORNEY: So, the date of conception (of the baby) was August 8<sup>th</sup>?

WITNESS: Yes.

ATTORNEY: And what were you doing at the time?

WITNESS: Getting laid.

\*\*\*\*\*

ATTORNEY: She had three children, right?

WITNESS: Yes.

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS: Your honour, I think I need a different attorney. Can I get a new attorney?



# Why you should not feed wild/native animals or birds

provided by Helen Hamilton-Broad, Lisle Lodge



Observing wild animals is rewarding. Many people are attracted to places that offer such opportunities and encourage closer contact by offering food. Animals can become used to people and soon learn to take advantage of food scraps and offerings. Though this is usually done with good intent, feeding wild animals can upset the balance of nature and you are strongly advised against feeding wild animals.

Wildlife can still be encouraged to live in or visit gardens or properties by providing and maintaining areas of suitable natural habitat harbouring natural food sources. Animals can still become used to the presence of people without being fed, allowing people to observe wild animals at close proximity without unnecessary interference.

## **Unnatural increases in animal numbers**

Providing a regular artificial food source can lead to too many animals living in an area, putting extra pressure on natural food sources. For example, grazing pressure from kangaroos may lead to the loss of plant species such as orchids. Birds or kangaroos attracted by artificial food sources could cause significant damage to crops on surrounding farmland.

An unnatural concentration of animals can provide a focal point for outbreaks of highly transmissible diseases that can kill large numbers of animals. Some diseases such as *Salmonella*, *Toxoplasmosis*, *Psitticosis* and *E. coli* infections are transmissible to people through exposure to faeces and urine and direct contact.

### **Increased aggression and predators**

Increasing numbers of animals in one area can lead to unnaturally high incidents of aggression by animals. For example, encounters between bandicoots, which are normally solitary, often lead to aggression. Aggression may also result from competing for food offerings. Sometimes species such as currawongs and ravens can become so numerous that they drive other species away by aggressive behaviour or by preying on them or their young. The stress and injuries associated with aggression may lead to disease and failure to breed. Some aggression may even be directed at people.

Predators such as hawks and owls may be attracted by the increase in animals. Predator numbers may then become unnaturally high and lead to increased predation in the immediate vicinity but also on animal population and even in surrounding areas where animal populations were at naturally sustainable levels.

### **Nutritional imbalance**

Food that is offered to animals may be highly processed, and could be detrimental to their health, lead to disease and reduce their ability to bear offspring.

*Error! Use the Home tab to apply Name of Act/Reg to the text that you want to appear here.;* *Error! Use the Home tab to apply CharPartNo to the text that you want to appear here.;* *Error! Use the Home tab to apply CharDivNo to the text that you want to appear here.;* **s. 155**

#### **155. Feeding fauna**

A person must not feed fauna unless the person has lawful authority to feed it. Penalty: a fine of \$20 000.

# Parmasan Crumb Chicken Breast Sandwich

*Tasty Lunch recipe provided by Kerry Bennett, Lisle Lodge*



<b>Ingredients:</b>	<b>To Serve:</b>
<ul style="list-style-type: none"><li>▪ 2 chicken breasts</li><li>▪ 1 egg, beaten</li><li>▪ 50g (2oz) fresh white breadcrumbs</li><li>▪ 25g (1oz) freshly grated Parmesan</li><li>▪ 2 tablespoons olive oil</li></ul>	<ul style="list-style-type: none"><li>▪ 2 ciabattas or other long crusty rolls</li><li>▪ <math>\frac{1}{2}</math> cup of mayonnaise</li><li>▪ lettuce, shredded</li><li>▪ tomatoes, sliced</li><li>▪ salt &amp; freshly ground black pepper</li><li>▪ lemon wedges</li></ul>

**1** Put the chicken breasts between 2 sheets of plastic wrap and beat them with a rolling pin to flatten slightly.

**2** Tip the beaten egg into a shallow dish. In another shallow dish mix the breadcrumbs and Parmesan together. Dip each chicken breast into the egg, allowing the excess to drip off. Then dip the chicken in the breadcrumbs mixture to coat, shaking off the excess.

**3** Heat the oil in a large frying pan and add the chicken breasts. Cook over a gentle heat for 10-12 minutes, turning the chicken once, until cooked through and the coating is golden.

**4** To serve, cut the ciabattas or rolls in half and split each horizontally. Fill each sandwich with mayonnaise, lettuce, tomatoes and a chicken breast. Season to taste and serve with lemon wedges.

# Wordsearch

## Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

RASPBERRY  
LIME  
BLACKBERRY  
BLUEBERRY  
WATERMELON  
ORANGE  
BANANA  
PAPAYA  
LEMON  
KIWI  
STRAWBERRY  
GRAPE  
APPLE

# SUDOKU

<b>8</b>			<b>9</b>	<b>3</b>				<b>2</b>
		<b>9</b>					<b>4</b>	
<b>7</b>		<b>2</b>	<b>1</b>			<b>9</b>	<b>6</b>	
<b>2</b>							<b>9</b>	
	<b>6</b>						<b>7</b>	
	<b>7</b>				<b>6</b>			<b>5</b>
	<b>2</b>	<b>7</b>			<b>8</b>	<b>4</b>		<b>6</b>
	<b>3</b>					<b>5</b>		
<b>5</b>				<b>6</b>	<b>2</b>			<b>8</b>



# ANSWERS

## Fruits

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

- RASPBERRY
- LIME
- BLACKBERRY
- BLUEBERRY
- WATERMELON
- ORANGE
- BANANA
- PAPAYA
- LEMON
- KIWI
- STRAWBERRY
- GRAPE
- APPLE

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