

LEEDERVILLE GARDENS NEWSLETTER

FEBRUARY 2019

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OFFICE HOURS

Monday to Friday

8.00am to 4.00pm

BIRTHDAY MENTIONS

Happy Birthday to all our February babies. Remember to count your life by smiles, not tears. Count your age by friends, not years. Happy birthday to you all.



UPDATES FROM YOUR VILLAGE COMMITTEE

Dear Residents

It only seems like yesterday that the last Newsletter was published but “holiday time” is now over and I am sure you’re all arranging your time for the upcoming term - if it’s not a course or activity, I know a lot of you will be organising your grandchildren-minding duties.

The Social Committee have distributed the Calendar for the next six months and will now look at the rest of the year in conjunction with updates on the renovations. We keep harping on but do try your best to join in these events. I know, personally, how wonderful it’s been to get to know more residents via this medium or why not join the Book Club or the fitness group. More details inside.



You received a request to give us your preferred contact details as it's our job to produce a Directory. Thank you to those who have responded. However, we are still missing 22 so deadline has been extended to 5 February and Di is going to give the missing residents another paper to sign as we know it's easy to mislay small sheets. If you don't wish to be in it, it is still essential you return the form duly signed so we know. We only plan to publish twice a year so please assist us.

February sees an LGRA Quarterly meeting on Wednesday 27 February at 3.00pm. We are currently working on the Agenda but please make sure your diary is marked.

The Social Committee have a Bingo afternoon planned for Wednesday 20 February so "eyes down" for the flyer and join them for a fun session.

Alison Robinson
Chair, LGRA
Villa 24
0417 995 254/alirob215@gmail.com

SOCIAL COMMITTEE

Our first event for the year will be the Sausage Sizzle on the 1st of February with Ken, Kevin and Mel (three amigos) sizzling our sausages and Jean and Xenia organising the evening. Please come along and join us for what I'm sure will be a lovely evening.

We have planned a Bingo afternoon for the 20th February, organised the equipment and with Jenny Spicer being our caller I think it could be a great afternoon full of fun and laughter. Afternoon tea will follow for those who wish to stay. Haven't had a Bingo experience for some time so we welcome all to join in.

Looking ahead to March and St Patrick's Day which is always successful as an Irish Pot Luck Evening. So start looking up those recipes (or buy something) to bring along and share.

Then on March 29th we invite you to a video evening from Verna made from one of her many travels overseas. Bring your drinks and nibbles.

It's a good time to think/plan for our fund raising Cancer Morning Tea in May. What are you good at??? Cooking, knitting, painting, pot planting and collecting small bric a brac are some of the ideas which would be gratefully received for this very worthy cause.

Best wishes for 2019

Marion Joy Villa 50
Social Secretary

VILLAGE | RESIDENT FEBRUARY EVENTS

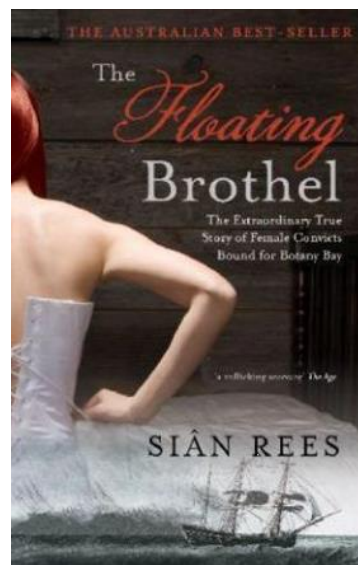
BOOK CLUB - OUR ORGANISER SANDRA, LOOKS FORWARD TO WELCOMING EVERYONE, ESPECIALLY NEW MEMBERS

DATE: Thursday 14th February 2019

TIME: 4.00 pm

BOOK: “The Floating Brothel”

AUTHOR: Sian Rees



LIBRARY ITEMS EXCHANGE

The delivery date for February 2019 is

- **Tuesday February 12th**

NEXT VISITS - HEALTH

HEALTH & BEAUTY

GP - Dr Peter Winterton	Thursday 28 th February	Please contact village office to schedule an appointment.
Podiatrist - Roslyn Griegg	Wednesday 6 th February Wednesday 20 th February	Ring 0422 913 685 for an appointment
Hairdressers - Linley & Peta	Every Friday for the month of January	0418 940 566 or 9284 0530 after 5pm for an appointment

REWIND CLASSES

Classes start again in the Clubhouse on Thursday 7 February 2019 at 1.00 pm. The cost of each session is \$10 but Carmel offers a loyalty card which can reduce this. It would be lovely to see some new faces (ladies and gents). The classes are low impact and exercises can be done from a seated position.

FEBRUARY DATES TO NOTE

FRIDAY 1 FEBRUARY - FREE SAUSAGE SIZZLE IN THE CLUBHOUSE - 6.00 PM

WEDNESDAY 20TH FEBRUARY - BINGO IN THE CLUBHOUSE - 3.00 PM

WEDNESDAY 27TH FEBRUARY - LGRA QUARTERLY MEETING IN THE CLUBHOUSE - 3.00 PM

MANAGEMENT AND BOARD UPDATES

So February has crept up on us already and whilst we might have enjoyed an unseasonal cool January (while the East Coast roasted) February promises long hot days and nights. The shops will undoubtedly be full of Valentine cards and the tills full of cash. Forgive me for being a little cynical but in this position I am blessed to see that love and friendship endure all year around and are celebrated daily in acts of kindness. Please remember though to exercise some self-care as the temperature rises, and take some simple measures that can reduce your risk of heat stress, some suggestions are;



- Stay hydrated by drinking water and cut down on alcohol and caffeine
- Be aware that some medications hinder your ability to regulate temperature - talk to your doctor if you have concerns
- If you are feeling unwell, make sure you let someone know - don't ignore symptoms of heat stress which can include, rapid heart rate, muscle cramps, feeling faint or dizzy and disorientation and confusion.
- Don't forget a hat and sunscreen - and avoid exercising in the heat of the day.

The library is a cool haven if you experience any problems with your air-conditioning. Bring a book and chill!

With the Board taking a Christmas break, there is very little news to share at the moment but with a busy February social calendar, the March Newsletter should be full of news and photos.

SOME GENTLE REMINDERS

This is where I share the feedback and requests I receive from the village. Often we don't think about the consequences of our actions until someone points out how they impact others. Please take a minute to consider these requests.

- Our recycling bins service many residents and are often full to overflowing. Please break down your boxes before putting them in the bins - it means we can fit much more in.
- It is important the loading bay outside the Atrium is not used as additional visitor parking. It is there to provide access for tradesmen, emergency vehicles and those unloading heavy items - please ensure your visitors use the visitor parking bays at the front of the village.
- The security of the village is everybody's business. This month the back door of the clubhouse was found propped open and unattended. If this had not been resolved it could

have resulted in an expensive security after hours call out or worse than that, potential theft or property damage. When the person responsible cannot be identified, the cost of these call outs are borne by everyone in the village. It is very easy to become complacent about our security but please be aware thieves recently broke into the Subiaco Football Club on Vincent St and stole a number of very expensive items.

- We are very lucky to have so many access point to the Village, please make sure all gates are locked and all garage roller shutters kept closed to ensure only invited guests are in the village.

In the event of an emergency please call 000. You can report suspicious behavior at any time by ringing 131 444.

VILLAGE SALES UPDATE

Villa 3 - For sale, open plan layout with basic refurbishment, close to clubhouse. On the market for \$380,000.

Villa 20 - For sale, beautifully presented and on the market for \$420,000.

Villa 28 - For sale, basic refurbishment and on the market for \$400,000.

Villa 30 - For sale, basic refurbishment and on the market for \$390,000.

Villa 48 - For sale, fully refurbished was recently under reservation, however, back on the market for \$430,000

Apartment 66 - For sale, refurbished with recent further improvements done to the balcony, pendant lights over the breakfast bar, bathroom finishes and skylight, on the market for \$275,000 to \$295,000.

Apartment 67 - Full modern refurbishment with fantastic views to the park, soon to commence marketing campaign at \$515,000 price point.



A little careful tree pruning has opened up a fabulous view of the park from unit 67.

Home Opens are held weekly Tuesday & Wednesday 10.00am to 12noon & Saturdays 1.30pm to 2.30pm or alternatively by appointment.

A VALENTINE JOKE OR TWO!

Mike walked into a post office just before Valentine's day, he couldn't help noticing a middle-aged, balding man standing in a corner sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Chanel perfume from his pocket and started spraying scent over the envelopes.

By now Mike's curiosity had got the better of him, and so I asked the man why he was sending all those cards. The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?'"

"But why?" asked Mike.

"I'm a divorce lawyer," the man replied.

I gave my husband a cannoli for Valentine's Day. When he asked why, I said, "I cannoli be happy when I'm with you."

Q. What's the difference between a \$20 steak and a \$55 steak?

A. February 14th.

QUIZ QUESTIONS

1. As well as being the unofficial patron saint of love, what occupation is St Valentine also believed to be the patron of?
2. Today we associate love with the heart, but this wasn't always the case. In medieval times, which internal organ was believed to cause love?
3. 'Valentine' was the name given to which kind of early Christian?
4. Valentine and Proteus were the names of two gentlemen from where?
5. In which 1993 film does a boy called Jonah write to a woman called Annie, asking her to meet his father at the Empire State building on St. Valentine's Day?
6. Who got married to German music engineer Renate Blauel on Valentines Day 1984?

RECIPE - RICOTTA STRAWBERRY FRENCH TOAST



INGREDIENTS

- 1 large egg, beaten
- 300ml milk
- 1 tsp vanilla extract
- 4 slices thick-cut white bread
- 2 tbsp butter
- 50g ricotta
- 2 tbsp honey
- 100g strawberries, some sliced, some halved
- 2 mint sprigs, leaves picked

METHOD

In a wide dish, whisk the egg, milk and vanilla together. Coat one side of the bread slices in the liquid, then carefully flip them over and leave them to soak for 1-2 mins. Melt 1 tbsp of the butter in a large non-stick pan over a medium heat and add two slices of bread. Cook for 5 mins or until golden, then turn to cook the other side for another 5 mins. Transfer to a plate and cook the other two slices in the rest of the butter.

Halve the toast on the diagonal and spread each slice with the ricotta. Drizzle over the honey and a pinch of flaky sea salt, and arrange some sliced strawberries in a fan across the toast. Decorate the plate with the halved strawberries and mint.

QUIZ ANSWERS

1. Bee keepers 2. The Liver 3. Martyrs 4. Verona 5. "Sleepless in Seattle" 6. Elton John