

# APARTMENTS



## **The Ashbrook News**

## **AUTUMN 2022**

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# Welcome to The Ashbrook!

#### **CONTENTS** Captain Proud - Day Out on the Murray Page12 PAGE 2 Contents. News. CAPTAIN PRO PAGE 3 The Grand Re-opening Celebrations PAGE 4 Club News. PAGE 5 Remember when: My Darwin Experience ONE 0466 34 18 PAGE 6 Article of interest: Arno Bay Boardwalk PAGE 8 Ashbrook Action PAGE 10 Autumn recipe PAGE 11 Quiz page PAGE 12 Captain Proud – Day Out On The Murray PAGE 13 Testimonial. Available properties for sale PAGE 14 Charity news and guiz answers PAGE 15 Regular activities time table

#### WELCOME

We wish to welcome all our lovely new residents who have moved in with us over the last few months. **Reg** arrived just in time for Christmas. **Janette** has made the move from Encounter Bay. **Max** and **Judy** are probably still unpacking boxes as you read this. Love is in the air for this lovely couple with wedding bells on the horizon. Many of you will already know this lovely lady, **Wendy** who is due to move in any day now. We hope you are all settling in very well and we look forward to getting to know you all better.

#### **COMMITTEE NEWS**

Despite the ever changing restrictions, we've had a wonderful start to the year with many social events and outings. Many of our clubs are back and in full swing after a short break – why not try something you haven't done before? Our clubs are keen to welcome new members or you may simply wish to give it a try. We've many things to look forward to and some great events planned for the coming months. Keep an eye out for the social calendars on the notice boards and remember to book early to avoid missing out!

#### **THANK YOU!**

Thanks again to those of you who have added to this seasons bumper edition. It is great to see our residents coming forward to provide us with articles, snippets and photos.

We hope to continue with the theme "Remember when..." This can be from any time in your life that is memorable to you in that time. We've all lead exciting, interesting lives, – please share as much or as little as you want with us, we would love to hear all about it!

Got an idea? Come and see Trish in the sales suite or let Lorna or Muriel know.

> Image: https:// iylarosefoundation. org/would-youlike-to-help-us/

#### HAVE YOU GOT A PHOTOGRAPH WORTHY OF THE FRONT COVER?

Please pop into the sales suite or email your photo to sales@theashbrook.com.au

## **THE GRAND RE-OPENING CELEBRATIONS**







By now, many of you would have noticed the subtle refreshed appearance of our restaurant which further enhances the ambiance of this beautiful space. Soft flowing curtains, delicate centerpieces and ambient lighting were fitted to create a more intimate, warm and inviting atmosphere that can be enjoyed by all. A worthy motive that called for celebration, don't you think?

The evening events began with fanciful Spritzers while being entertained with wonderful piano tunes courtesy of Yvonne. A delicious menu was specially created and reflective speeches complimented the evening, marking this joyous occasion. Thank you to all those involved who made this evening happen!





# ✓ASHBROOK APARTMENTS /3

# **Club** News

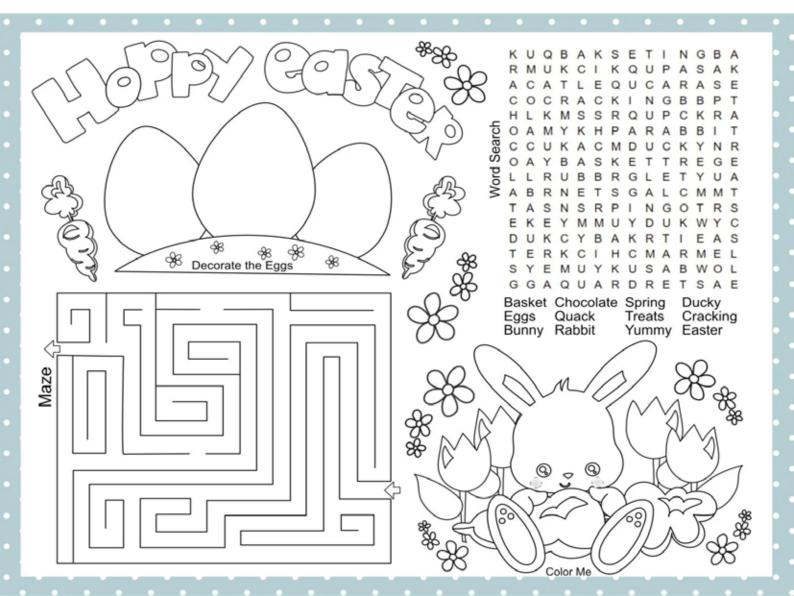
## **RUMMIKUB CLUB**

Rummikub is lots of fun and gives your brain a bit of a work out. So what is it all about? Invented back in the 1940's by Ephraim Hertzano in Israel, it is a tilebased game for 2 to 6 players, combining elements of the card game rummy and mahjong. The group comes together once a week to play, just for fun.

New players are always welcome or if you are just curious, please feel free to come along to have a look. We meet in the dining room every Friday at 2 pm.



### **EASTER FUN FOR YOU TO HAVE WITH YOUR GRANDIES**





### **REMEMBER WHEN: MY DARWIN EXPERIENCE**



Old Darwin Hospital at Myilly Point in the 1960s



#### Joan Cassar

Back in 1965, growing tired of Sydney, I applied for a position in Darwin. I flew on the "milk run" plane to Katherine for six weeks. Then I worked in Darwin Public Health for the next six years.

In 1971, I took a break from Nursing and spent the next four years managing a delightful gift shop named "Chez Louise".

On Christmas Eve 1974 was the night Cyclone Tracey hit. I remember attending a party at the home of George and Janet Chalaoupka with my friends Monica and John Slolely and their three daughters. George was an artist and they had 2 daughters. The weather was particularly bad that night - and by 10:00pm conditions were deteriorating badly, so we all decided to return home. We stayed in the lounge room until the windows burst and the front door blew inwards, coming right off it's hinges colliding with my arm. After that, Monica, myself, the three girls and "Jonathon"

the kitten moved downstairs and spent the night on the toilet floor, whilst John stayed in the laundry.

My memories of that night include the incredible noise, the complete silence as the eye of the storm passed overhead. Then the noise again for several hours, which left me with a horror of wind for several years after.

In the morning we came out to what seemed to be a different planet in complete silence. After a discussion, we agreed that none of us had expected to survive the night.

We remained in Darwin for three weeks afterwards to attend to matter of insurance. During this time, we all shared an upstairs room at the Koala Motel, whilst collecting water from the swimming pool for general use.

Meals were very quickly provided at the local High School and doors of Woolworths were opened for people to help themselves. George being a Hungarian refugee was very thrifty and came back to the Motel with treats for us; several jars of Frog's Legs!!

During these three weeks, we discovered that the true strength of Tracey was never known – as all the instruments were destroyed, but the official strength recorded was 217km/h – the last recorded strength before the damage occurred.

A pilot we met told us that flying in to Darwin reminded him of flying into Hiroshima after the Atom Bomb.



## **ARNO BAY BOARDWALK**

#### **Gavin Beinke**

Arno Bay is on the Eastern coast of Eyre Peninsula approximately half way between Whyalla and Port Lincoln. Principally, a holiday location for the surrounding area, but it has a resident population of about 200.

The Arno Bay boardwalk consists of 2 main walks. One going inland is basically 2 circular walks of approx 1.5 kms made of raised board walk through mangroves and gravel paths across samphire flats. The other walk is 600m of raised walk way from the car park to the shore following the tidal creek. Several fishing jetties are provided at well known spots.

Funding for the project is mainly from Gov't grants and erecting by local volunteers. It is

> wheel chair accessible because all of the decking has been screwed down by



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MMUNITY

IND EIGHT THOUSAND

P FIFTY SIX DOLLARS

PODE FLUT SULLY 2009

\$ 208,656.00

0.47F

a volunteer in his wheel chair.

Originally it was made from specially treated pine timber, but this is drying out and deteriorating, so it is being replaced with recycled plastic.

I was part of this group when living in Arno 2007 - 2015.



Photos show how the board walk was made, along with comparisons of low tide and high tide. Most of the time when visiting it will be low to average tide, but about once a year there is a really high tide which covers the whole estuary area. the volunteer input up until the official opening.

*Tecticornia Flabelliformis* is a listed endangered samphire growing in the estuary. Board walk built so people could see the area without disturbing it. We disturbed as little as possible during construction and guided by Natural Resources Management.



# **Ashbrook** Action







## **EASTER LAMB WITH PEAS**

#### **Preparation time**

less than 30 mins

#### **Cooking time**

1 to 2 hours

#### Serves

serves 6

#### INGREDIENTS

• 1kg/2lb 4oz boned lamb shoulder, cut into large chunks

• 150ml/5fl oz extra virgin olive oil

- 2 onions, roughly chopped
- 1 large carrot, sliced
- 1 celery stalk, roughly chopped
- 5 garlic cloves, crushed
- ½ x 50g/2oz tin anchovy fillets
- handful thyme sprigs
- 1 red chili, sliced
- 250ml/9fl oz white wine

- 25ml/1fl oz white wine vinegar
- 250g/9oz fresh or frozen peas
- 400g/14oz potatoes, cut into quarters
- 200g/7oz cherry tomatoes, halved
- salt and freshly ground black pepper
- 6 portions fresh bread, to serve

#### **METHOD**

**1.** Season the lamb chunks with salt and black pepper. Set aside.

**2.** Heat the olive oil in a large lidded pan and fry the onions, carrot and celery for 4–5 minutes, or until softened. Add the garlic, anchovies, thyme and chili, and continue to cook, stirring, until the anchovies

have almost dissolved into the oil. Add the lamb chunks and fry for a further 4-5 minutes, or until browned all over.

**3.** Stir in the wine and continue to cook until the volume of the liquid has reduced by half, then add the vinegar. Reduce the heat to low, cover and simmer gently for 20 minutes.

**4.** Add the peas, potatoes and tomatoes, cover again and continue to cook for about an hour, until the sauce has reduced by half.

**5.** Serve hot with plenty of bread to mop up the sauce.

Source: https://www.bbc.co.uk/ food/recipes/easter\_lamb\_with\_ peas\_10766

# Quiz page

## TRIVIA QUIZ

**Q1.** In 1962, which "Bond" starred on TV as "The Saint"?

**Q2.** In 1803, which George set sail from Sydney bound for South America and was never heard of again?

**Q3.** Which musical comedy featured the memorable number "Springtime For Hitler"?

**Q4.** Which song by the late Michael Jackson was the first single ever to enter the Billboard Hot 100 charts at number one?

**Q5.** In her adventures in Wonderland, what did Alice swallow to make her smaller?

**Q6.** I was born in the US in 1967. I have played an anchor man and an elf. WHO AM I?

**Q7.** Which of these players has won the LEAST US Open Men's Singles titles?

**Q8.** What would a Conchologist be interested in?

## **BEST DAD JOKES EVER**

We'll let you be the judge...

- 1. Want to hear a roof joke? The first one's on the house.
- 2. I don't trust stairs. They are always up to something.
- 3. A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"

## WORD BLOCK

Can you find 26 words with four letters or more? You must use the center letter.

#### 4 Letter Words x 12

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10.\_\_\_\_\_
- 11. \_\_\_\_\_

12.\_\_\_\_\_

#### 5 Letter Words x 9

 13.

 14.

 15.

 16.

 17.

 18.

 19.

 20.

 21.

#### 6 Letter Words x 2

22.\_\_\_\_\_ 23. S E N Y D L E S L

#### 7 Letter Words x 2

24	 	 
25	 	 

#### 9 Letter Words x1

26.\_\_\_\_



The older I get, the more I realize I don't want to be around drama, conflict or stress.

I want a cozy home, good food, and to be surrounded by happy people.

- 4. A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.
- 5. I couldn't figure out why the baseball kept getting bigger. Then it hit me.

6. Which rock group has four guys who can't sing or play instruments? Mount Rushmore.

7. When does a joke become a "dad joke?" When it becomes apparent.

8. Pennies are a dime a dozen.



On Monday, 7th February, 24 residents enjoyed a tranquil day on board the Captain Proud paddle boat whilst floating up and down stream along the Murray River. We took in the wonderful views along the way and saw many luxurious house-boats moored against the riverbank.

We were fully entertained with an informative commentary from our Captain and we got to enjoy a very nice meal including yummy desserts. One of the highlights had to be the "Ladies" with its interesting view of the paddle wheel and riverbank scenery from window. Not everyone got the opportunity to see that.

Our bus driver, Graham, who was able to join us on the trip, offered to make it a round trip via Mannum and crossed the River on the Ferry. We took the opportunity to take a short stop in Mannum to view the impressive "Murray Princess", before heading home to Ashbrook via the Onkaparinga Scenic Way.

A fun day had by all, BIG BIG thank you to all who came along and everyone on the Social Committee for making it such a wonderful day.



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## **INVITATION TO RESIDENTS**

We would like to give our Ashbrook residents the opportunity to view the apartments that are on sale. Please visit Trish in the Sales Suite (anytime Mon to Wed) to arrange a time to visit.

## WHY WE LOVE LIVING AT THE ASHBROOK

We have been residents here at the Ashbrook Apartments for 8 years now and thoroughly enjoy the elegant, serene ambiance of the complex and the friendly residents.

Having seen many other Retirement Villages, the Ashbrook Apartments was very appealing because it gave us complete security knowing that we could just lock up and go at any time including the added security of underground parking and knowing that someone is to hand 24/7 should we have an emergency.



Location was also a big factor in us shifting here from Country South Australia which now provides us with easy access to our medical and specialist appointments, as well as access to public transport to get us around all areas of Adelaide. We very much appreciate the services offered here including the Restaurant, Sports Bar, Theatre, Library and Recreation Area for bowls and fitness classes. There are also many other socially interactive activities available and events to attend.

We highly recommend that you should consider the Ashbrook Apartments because you can be as involved as you wish within a very secure and friendly environment.

#### Lyn and Barry Whittaker



### **ASHBROOK CHRISTMAS CRAFT FAIR 2021**

We talked about it, planned for it, stitched for it all year and on Saturday 4 December 2021 it happened. Last year, we missed out because of COVID, but this year the Ashbrook Craft Group was once again able to set up the trading tables and fire up the BBQs for another fun day in a good cause.

Therewasalotofbustleandmuscle in setting up and cleaning up. We had a wonderful array of handcrafted items this year, including knitted toys, microwave plate holders. Christmas decorations. cushions, coat hangers - the list goes on. Thanks to everyone who contributed and to everyone who bought! The centerpiece of the display was a delightful, knitted set of carol singing, Christmas clothed mice made by Kathy C. This was bought by an Ashbrook resident for a generous amount. The handcrafteditemswerecomplemented by the sale of books, jigsaws, tote bags, jewelery, miniatures, and general gifts.



Food always proves to be popular! There were home-made sausage rolls, cakes, biscuits, sweets and Christmas puddings for sale. Thanks to all the bakers. However, the crème de la crème of the baking contributions to the fair was the spectacular red, green and white decorated Christmas cake made by Barb. This was offered for raffle, raising \$210 all up. Congratulations to Jocelyn who won the cake on the day, you lucky thing!

We cleared a record \$3,276.50 on the day. These funds have now been divided and forwarded to our chosen charities for the year – Alzheimer/Dementia Research,



Macular Disease, Ovarian Cancer and Mat Bowtell's Prosthetic Hands for Children.

This was a Christmas Fair made possible by lots of cooperative effort and made successful through the big hearts of Ashbrook residents, management and friends. Well done everyone!

**Trivia Quiz** 1. Roger Moore. 2. George Bass. 3. The Producers. 4. You are not alone. 5. The "Eat Me" cake. 6. Will Ferrell. 7. John McEnroe .8. Shells

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# **Regular Activities Time Table**

DAY	TIME	ΑCΤΙVΙΤΥ	LOCATION		
REGULAR WEEKLY ACTIVITIES					
	10:00am	Keep Fit	Rec Room		
	2:00pm	Bingo (last Monday)	Dining Room		
Monday	4:00pm	Book and Film Club (second Monday)	Dining Room		
	4:00pm	Billiards	Sports Bar		
	7:00pm		Dining Room		
	10:00am	Art Group	Art Room		
		Mahjong	Dining Room		
TUESDAY	3:00pm	Carpet Bowls	Rec Room		
		Billiards	Sports Bar		
		Ladies Pool	Sports Bar		
		Gentle Moves	Rec Room		
WEDNESDAY	1:30pm		Dining Room		
VEDILESDAI		Billiards	Sports Bar		
		Mahjong	Conservatory		
-		Movie Matinee	Theatre Room		
-		Billiards	Sports Bar		
THURSDAY	4:00pm		Level 4		
	7:00pm		Theatre Room		
		Table tennis for all	Rec Room		
		Qi Gong	Rec Room		
Friday		Rummikub	Dining Room		
		Billiards	Sports Bar		
		Happy Hour (limited seating)	Sports Bar		
SATURDAY		Billiards	Sports Bar		
Sunday	4:00pm	Billiards	Sports Bar		





#### **USEFUL CONTACTS**

JP SERVICE MR JOHN BIRKILL 3154 - Apartment 1.54

MOBILE HAIRDRESSER Michelle 0416 058 097 JP SERVICE HAMRA CENTRE LIBRARY 1 Brooker Terrace, Hilton 5033 Monday to Friday, 10am - 4pm. (08) 8416 6228

\*No appointment necessary, but please call ahead to ensure that a JP is present.

ON-CALL DOCTOR 13SICK (137425) https://homedoctor.com.au

#### TRANSPORT & OTHER SERVICES

Suburban Taxis **131 008** - Quote "VIP8807"

## ★ASHBROOK APARTMENTS / 15

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