



ASHBROOK

APARTMENTS



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The Ashbrook News

WINTER 2022



Ashbrook Apartments

2-8 Syme Street, Ashford, SA 5035

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Welcome to The Ashbrook!

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Fashionistas
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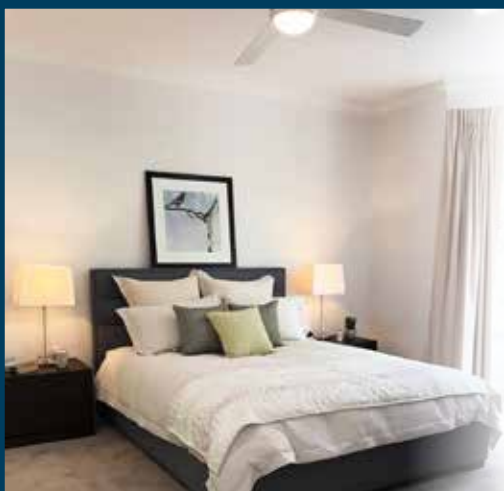
Hello, everyone – we hope you enjoy the Winter edition of the Ashbrook Newsletter. We are always very **grateful to our residents for their valuable input with articles, stories and experiences.** We wish to encourage other residents to submit their stories. Remember: this

is your newsletter, please feel free to offer suggestions and feedback so we can improve what we do. **Big welcome** to our newcomers **Lynette** and **Peter**, and more recently **Pat!** We look forward to getting to know you and hope you love living at the Ashbrook like we do.

BIGGEST MORNING TEA

On April 16, the Cancer Councils Biggest Morning Tea was held, raising \$3710.70. A truly worthy charity which is close to everyone's heart. Special recognition was

given to our resident, Barb (left), for her commitment and her hard work raising a staggering \$28,000 over her time here at the Ashbrook. Thank you everyone for your generous contributions and making it such a wonderful event.



ASHBROOK
APARTMENTS
Ashford, South Australia

Luxury Retirement Living

Elegant two bedroom apartments available.

Both feature generous floorplan, ample storage
and private balcony views.

- Come and join a vibrant community of like-minded people
- Secure and friendly environment with helpful staff on hand
- Comfort in knowing Emergency Assistance is available when needed
- Superb city fringe location with Ashford Hospital on your doorstep

Viewing Highly Recommended



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SOCIAL COMMITTEE APRIL ACTIVITIES



Nicholson, Helen Clutterham, Tony Swain and Boris Janic all contributed (pictured).

On **Tuesday 26th** at 10.30 am **"Taking Shape Fashions"** presented a showing of their Autumn and Winter fashions. We thank Grace Grevilas for this wonderful morning. Louise Spark, Dorothy Bailey, Gayle Clarke and Lyn Whittaker were excellent models showing off the garments to all. ▶ **Page6**

On **Friday 29th** we were holding our **General Knowledge Quiz night** in the Sports Bar Ashbrook residents came along well prepared for the challenge.

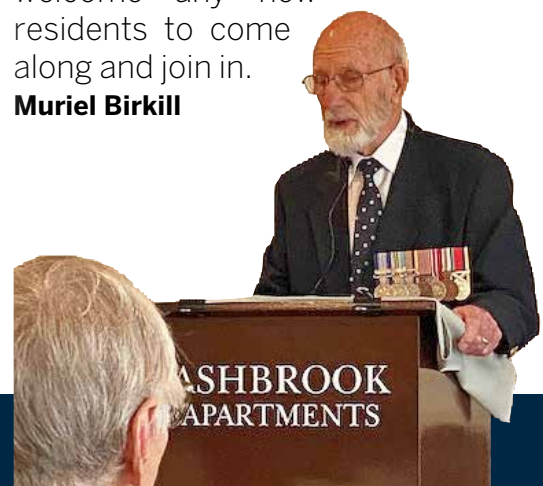
Happy Hours were well attended each week with an average of 30 residents. We welcome any new residents to come along and join in.
Muriel Birkill



April has been a rather busy month. Easter weather was very pleasant although I feel most Ashbrook residents spent a quiet time at home.

On the **Saturday 16th Morning tea** was served in the dining room at 10.30am with a record attendance of 55 residents. They all enjoyed a Balfour's Hot Cross bun with tea or coffee. ◀ **Page2**

April 25th "Anzac Day" service was held at 11.00am with a good attendance. The service was led by Ray Nicholson. Jocelyn



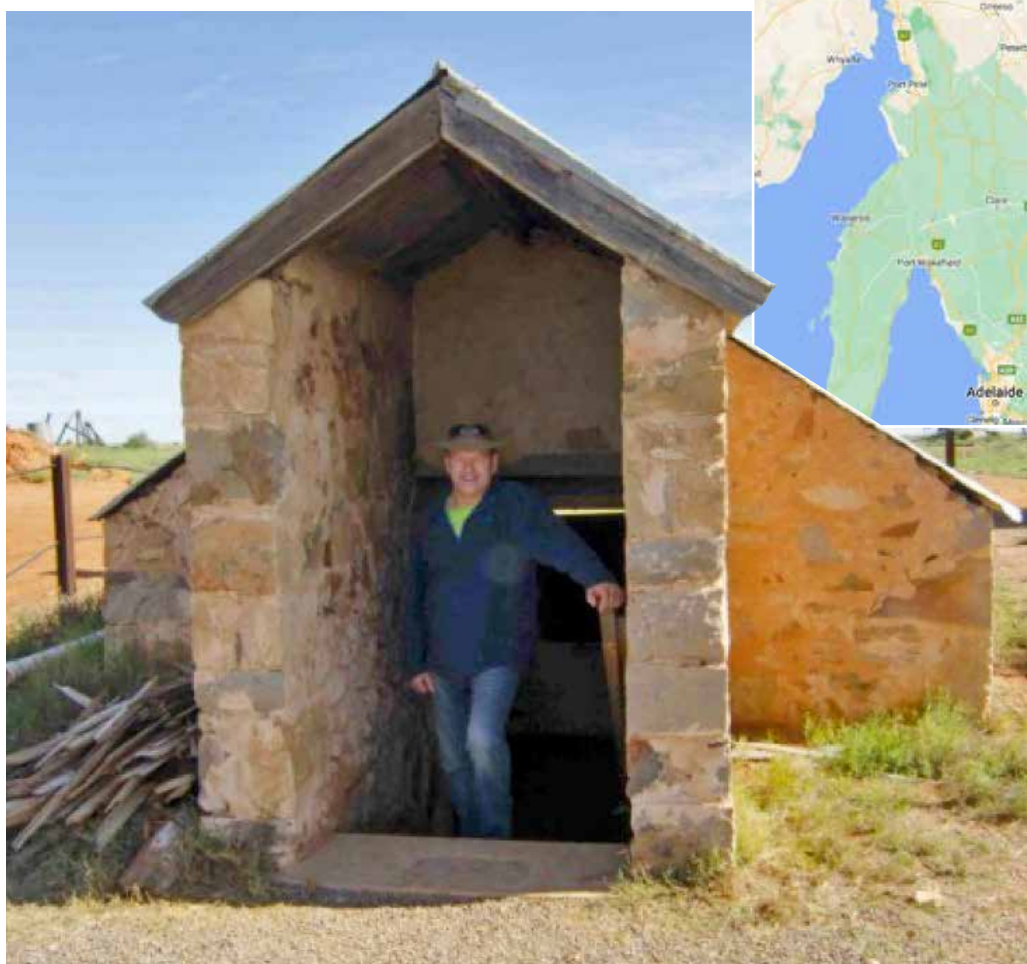


FARINA - THE GHOST TOWN - FOUNDED IN 1878

Farina is located approximately 650km north of Adelaide. It is 53 km south of Marree, where the Oodnadatta and Birdsville Tracks start. Lyndhurst is 26km south. Perhaps it is no wonder that the name is familiar to many who travel the outback roads of South Australia.

Farina was founded in the 1870's on an outback South Australia gibber plain (desert pavement) as the rail head for the towns that were to grow wheat well beyond Goyder's line. During the 1880s, plans were laid out for the town with 432 quarter acre blocks.

The Great Northern Railway arrived in 1882, making Farina the end point for supplies for remote stations and outposts as far away as Southeast Queensland.



Ashbrook Travellers



Construction of the rail line continued north, eventually reaching Alice Springs in 1929, and Farina became the place where the lines switched from narrow to standard gauge.

Afghan cameleers, whose camel trains carried goods and stores to distant stations and outposts, set up home in the town.

Dieri, Arabana and other Aboriginal peoples also lived in and around Farina as they had for thousands of years.

Nearby copper and silver mines brought more people: Chinese, German and other Europeans.

At its height in the 1890s, 600 people lived in Farina. Today, it's hard to imagine, looking around at the gibber plain and red dirt.

On our travels from Darwin our Outback Spirit tour bus pulled into the dusty red brown town our tour director mentioned the bakery which is only open for only a few months each year. That was enough; travellers scrambled off the bus and headed for the said bakery – we had only partaken of

breakfast two hours previously.

What's the magic 'must see' drawcard that brings people to Farina, year after year?

The bakery – open from May to July? Perhaps the chance to see Farina being lovingly transformed from ruins to town by devoted volunteers, definitely. A crackling fire at a campground with a thousand stories to tell. And yes, the smell of fresh bread straight from the underground bakery.

The word *Farina* originally comes from the Latin meaning *pale wheat flour used for baking* and was the operational name for a miller or flour merchant.

The stunning restoration is fuelled largely by the passions of the nearby station owners, Kevin and Anne Dawes, and Tom Harding, a former tag-a-long tour operator from Victoria.

A visit to the cemetery will tell that it was not an easy life. The main cause of early demise was the poor sanitary conditions.

In 2008, after discussions with

the Dawes, Tom formed the Farina Restoration Group. The following year, a group of 30 volunteers began a six-week mission to start resurrecting the town's crumbling ruins from the red sands. A decade on, and close to 150 people make the annual winter pilgrimage to breathe new life into the town.

While the bakery is underground, the new café is level, situated in a recently renovated historical building called Patterson's House. After three years in a commercial caravan, the brand-new café went brick-and-mortar in May and serves up pies, pasties, cream buns, sausage rolls, coffees, and more. The treats, all prepared on-site or in the bakery's underground wood-oven, are sustenance for passer-by or guests of Farina's well-equipped campground.

Carpenters, stonemasons, builders and other tradespeople all donate their skills and time and all the money generated from the bakery go back into the town's restoration.

Jocelyn and Ray

More: www.farinarestoration.com



The Ashbrook Fashionistas



Taking Shape Fashions





DAY TRIPPERS

On Wednesday, May 25th, 13 Ashbrook residents joined an organized bus trip to Beerenberg's café and retail outlet near Hahndorf and "Our Place" at Willunga.

Scones, jam and cream with tea or coffee were thoroughly enjoyed by most but the selection of ice creams did entice one participant. The huge selection of preserves at Beerenberg was eye opening – many of which were not available in the local supermarkets! We continued

on through beautiful green countryside to "Our Place" at the top of Willunga Hill where we received a warm welcome from the staff. A delicious Italian lunch was served.

Travelling home through Meadows, Dingabledinga and Kuipo Forrest was very relaxing. A most enjoyable outing organized by Graham Tapscott and we hope to join many more in the future.

Muriel Birkill Chairperson
Ashbrook Social Committee



Winter recipe

FRENCH ONION CHICKEN AND GARLIC BREAD BAKE

This hearty, creamy chicken dish is full of shortcut ingredients, like barbecue chook, frozen veg, French onion dip and garlic bread, to slash valuable prep time.

INGREDIENTS:

- 1 small barbecue chicken, skin and bones removed, meat shredded
- 500g frozen mixed vegetables (carrots, peas and corn), thawed
- 2 x 200g tub French onion dip
- 80ml (1/3 cup) milk
- 1 loaf from 450g twin pack garlic bread
- 60g unsalted butter, at room temperature
- 1 tbsp finely chopped fresh continental parsley leaves

3 STEP METHOD:

Step 1: Preheat oven to 180C/160C fan forced. Grease

a 1.5L (6 cup) round baking dish. Combine the chicken, vegetables, dip and milk in a large bowl. Season and stir until well combined.

Step 2: Transfer the chicken mixture to prepared dish. Cut garlic bread slices in half to create thinner slices. Spread buttered-side of garlic bread slices with the butter. Arrange the slices, buttered-side up, over the chicken mixture, overlapping slightly, in a spiral pattern.

Step 3: Bake for 25-30 minutes or until golden and heated through. (Cover the dish loosely with foil if the garlic bread browns too quickly.) Sprinkle with parsley to serve.

RECIPE NOTES

Swap the frozen mixed vegetables for veg you have on hand, such as finely chopped spinach, kale, carrot, capsicum, zucchini or sweet potato.

<https://www.taste.com.au/recipes/french-onion-chicken-garlic-bread-bake-recipe/x5snio69>



COCKTAIL NIGHT

There was green a-plenty in the Sports Bar on Friday 18th March at Happy Hour as residents got into the spirit of celebrating St. Patrick's Day. A happy crowd of 37 chatted and enjoyed the 'Grasshopper cocktails' made by Gayle and Ian as well as partaking of the usual fare for a Friday night.

For many it was a precursor to dinner in the newly decorated dining room.

Jocelyn

GENERAL KNOWLEDGE QUIZ

1. Where is the smallest bone in the body located?
2. Which country is the home to the beer brand Molson?
3. How many black pawns are used in a chess game?
4. Which Mediterranean rock is home of the Barbary ape?
5. Who was the actress at the centre of Tom Cruises break-up with Nicole Kidman?
6. Which is a word that means the wearing of ordinary clothes instead of uniforms?
7. What is the term given to the neighbourhood pub?
8. In 2006, Alberto, Chris and Ernesto referred to who or what?
9. Which word can be a railway employee or basketball player?

RIDDLE TIME

- What is the difference between a jeweller and a jailer?
- What can go up a chimney down, but can't go down a chimney up?
- What can you hold in your right hand, but never in your left hand?
- What can you catch, but not throw?

WORD HUNT

Can you get them all?

- 9 letter word (1)
- 5 letter words (7)
- 4 Letter words (10)

H	L	P
O	Y	P
R	A	G

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____



This morning at about 7:45am, I was in a long line at a grocery store that opens at 8:00 for senior citizens only.

A young man came from the parking lot and tried to cut in the front of the line, but an old lady beat him back into the parking lot with her cane.

He returned and tried to cut in again, but an old man unched him in the gut, then kicked him to the ground and rolled him away.

As he approached for the third time, he said: "Look, if you don't let me unlock the damn door you're never going to get in there!"

General Knowledge
 1. Ear 2. Canada 3. Eight 4. Gibraltar 5. Penelope Cruz 6. Muffin 7. Local 8. Hurricanes 9. Guard
Word hunt: 9 letter word (1) – Polygraph.
 5 letter words (7) – Apply, Glary, Glory, Happy, Hoary, Polyp, Royal.
 4 letter words (10) – Holy, Ahoy, Gory, Gyro, Orgy, Play, Ploy, Poly, Pray, Yoga.
Riddle time
 1. A jeweller sells watches and a jailer watches cells. 2. An umbrella 3. Your left hand 4. A cold

ANSWERS

ASHBROOK APARTMENTS SOCIAL CALENDAR JULY 2022

FRIDAY 8TH		Happy Hour	Sports Bar
FRIDAY 15TH		Happy Hour	Sports Bar
MONDAY 18TH		BYO BBQ. BYO meat, salad, plates, cutlery, glass and drinks. Tea and coffee provided. Assistance available with cooking meat.	Conservatory & Sky Garden
FRIDAY 22ND		Happy Hour	Sports Bar
FRIDAY 29TH		Happy Hour	Sports Bar
SATURDAY 30TH		Solstice Black and White Formal Dinner. Watch for the flyer to be put by the lift. Please add your name to the list and order your meal with Erika. First in, numbers limited to 50.	

DAY	TIME	ACTIVITY	LOCATION
REGULAR WEEKLY ACTIVITIES			
MONDAY	10:00am	Keep Fit	Rec Room
	2:00pm	Bingo (last Monday)	Dining Room
	4:00pm	Book and Film Club (second Monday)	Dining Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Bridge	Dining Room
TUESDAY	10:00am	Art Group	Art Room
	2:00pm	Mahjong	Dining Room
	3:00pm	Carpet Bowls	Rec Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Ladies Pool	Sports Bar
WEDNESDAY	10:00am	Gentle Moves	Rec Room
	1:30pm	Craft	Dining Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Mahjong	Conservatory
THURSDAY	1:30pm	Movie Matinee	Theatre Room
	4:00pm	Billiards	Sports Bar
	4:00pm	Ukulele	Level 4
	7:00pm	Movie	Theatre Room
	7:00pm	Table tennis for all	Rec Room
FRIDAY	9:30am	Qi Gong	Rec Room
	2:00pm	Rummikub	Dining Room
	4:00pm	Billiards	Sports Bar
	5:00pm	Happy Hour (limited seating)	Sports Bar
SATURDAY	4:00pm	Billiards	Sports Bar
SUNDAY	4:00pm	Billiards	Sports Bar

USEFUL CONTACTS

JP SERVICE

MR JOHN BIRKILL

3154 - Apartment 1.54

By appointment

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.

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<https://homedoctor.com.au>

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