



ASHBROOK

APARTMENTS



The Ashbrook News

SPRING 2022



Ashbrook Apartments

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Welcome to The Ashbrook!

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THANK YOU!

Thanks again to those of you who have added to this seasons bumper edition! We welcome more tales on the theme "Remember when..." 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, as

we would love to hear all about it! Send us tricks you have played on people and tricks they played on you. Destinations you've been to, places & events that hang in your memory from childhood, etc....

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



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

CAN YOU HELP US?

This is your newsletter and we welcome articles and reports on social events. **We are looking for a team to meet once a quarter and dedicate some time to share the load and**

assist with the compiling of our quarterly Newsletters. If you are interested or would like more information, please visit Trish in the Sales Suite (Monday to Wednesday). A little help will go a long way!

**Big THANK YOU to those who have kindly contributed to this edition!
Without you there would not be a newsletter.**

MURIEL'S 80TH BIRTHDAY

On August 11th I celebrated my 80th Birthday in the Sports Bar with 30 of my friends, many of whom I had known for over 60 years.

John and I moved around SA with his jobs so my friends are spread far and wide and to gather them together on this special occasion meant so much to me.

The theme was a "High Tea" and Ashbrook staff who catered for the event and served the delicious food are to be congratulated. Many of my friends commented on how lucky we are to live in such a wonderful place.



Ashbrook Action



BLACK AND WHITE DINNER

On the 30th July Winter Formal dinner was attended by about 36 residents who enjoyed Champagne on arrival. The men looked splendid dressed for the occasion in their dinner suits and the ladies outshone them in their evening wear and jewels. Champagne was served on arrival followed by a delightful meal of pumpkin soup, fillet of pork with ginger and orange sauce and vegetables and lemon meringue pie. After dinner Port and Bailey's Irish Crème and chocolates finished off a delightful meal.

A small group enjoyed an afternoon at the Capri Theatre "High Society" with an organ recital and live entertainment on Sunday 14th August.

On 15th August 20 residents enjoyed lunch at the Warradale Hotel.

On Saturday 20th a large group was be gathering in the Sports bar for the Football Showdown.

On Friday 26th Happy Hour is celebrating the end of winter with Mulled wine and hot nibbles.

The Sports Bar has had a face lift with some comfortable new chairs. These are upholstered in a lighter coloured fabric and really lighten up the room.



LUXURY RETIREMENT LIVING, AFFORDABLY YOURS....

Live in comfort in your own spacious, on-trend apartment with elegant, lush surroundings. Live among a vibrant community of like-minded people, who like you, enjoy the finer things in life.

Live knowing you are just heartbeat away from all local amenities, lively Adelaide city & Glenelg beach, and having the reassurance of Ashford hospital nearby.

Live the life you deserve.

Luxury Retirement Living can be yours from just \$570,000* with guaranteed financial return.

We invite you to experience all that The Ashbrook has to offer. To book a no obligation tour with our friendly sales team, please call us on 0477 870 071 today.

*prices as of September 2022





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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A VERY TIMELY HOLIDAY IN KIEV

Although it happened almost nine years ago to the day, the holiday I'm describing here was very timely in that we could not have had some of it after February 2014. That was when Russia annexed Crimea, only a few months after we were there. That, of course, was just plain luck, as we had no idea that take-over was imminent.

We went on a tour with the alluring name, 'Beyond the Black Sea', with our favourite Australian travel company. It began by flying via Dubai into Kiev, Ukraine, which has been unpleasantly and very sadly in the news of late. We spent 10 days in what was all then regarded as Ukraine, beginning with a day-long bus tour to Chernobyl, where we were one of the first Australian groups to visit. That was very interesting, but is not the main phenomenon I want to focus on today.

In Kiev itself, we saw beautiful churches, and a peaceful demonstration about wanting to be in the European community. One feature that was rather disappointing was the 'Great gate of Kiev', which was nowhere near as grand as I'd imagined from Moussorgsky's music.

After three days in Kiev (pronounced Kevv), we went by overnight train to Sevastopol, in the Crimean Peninsula. We were immediately taken on a tour of the huge harbour there, full of Russian ships of all shapes and sizes, including submarines; the Russians, at that time, were paying a huge amount of rent annually to Ukraine for use of the harbour (no wonder they wanted Crimea back). Catherine the Great had initially annexed it for 'Russian expansion' from Austria-Hungary in 1784. A visit to Balaklava, to a museum with a

360o diorama depicting several ferocious 19th C battles was next on the agenda, very well done but rather graphic in parts with lots of cannonballs and dead bodies sprinkled around.

We stayed in a very nice hotel in Yalta, where we were treated to a luscious lunch in the dining room of Stalin's Yusopov palace, a museum nowadays with many mementos of Stalin's time – his desk, his telephone, his piano (I played it!), his bed, many historic photographs of himself with Churchill and Roosevelt, and the historic large round table where decisions were made about the future of Europe post WW2. A trip up a cable car gave us a good panoramic view of the coastline around Yalta, which has many luxurious mansions where European gentry would come to enjoy the Mediterranean climate.

One of the days we were there they had a heat wave, which brought out all and sundry to bare a lot of flesh while lazing on the beach. Well, they called it a beach, but there was no sand in sight. Their idea of a changing room at the beach was rather



Entry to Chernobyl town



meagre – none of us spoiled Aussies was tempted to swim or sunbathe there.

On the corner of Crimea between Yalta and Sevastopol is a remarkable structure that I found mind-blowing – firstly, that it was there and secondly, that we were allowed to walk through it. The Russians had carved a curved tunnel-sized channel from one side of the corner to the other and had used it as a 'garage' and repair place for submarines. I don't know what it is now, but it was set up as a museum for Russians (there was no signage in any other language) and the main items on display were types of small missiles and bombs – even the casing of a nuclear one. There were also model ships, about 3m long, in glass cases. Parts of the tunnel were poorly lit and it was good to get outside again.

A further bus trip was to the site of the Crimean war, or the Battle of Balaklava (1853-56), mostly between Britain and Russia, but France was involved as well. A relatively new monument has a message in six languages: 'In memory of those who fell in the Crimean war and for lasting peace among their descendants' (I recognised Russian, English, French and Italian). The most prominent monument is very tall, on the top of a small hill, commemorating the battle between Russians and the British Light Cavalry Brigade. All of us, I think, would

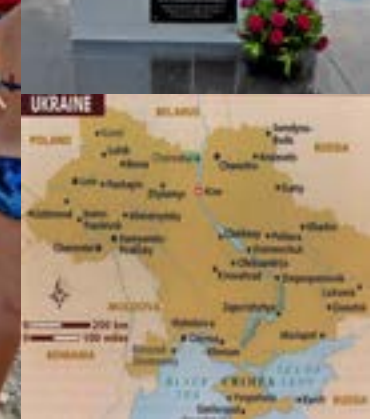
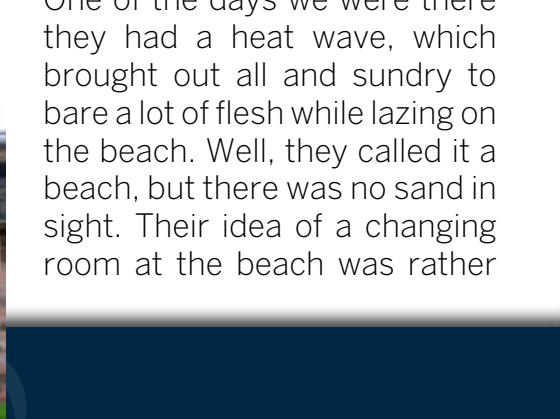
recognise Tennyson's poem: 'Theirs not to reason why/ Theirs not to do or die/Into the Valley of Death/Rode the six hundred'. The 'valley of death', by the way, is now a commercial vineyard.

Our final treat was to go by overnight train from near Sevastopol to Odessa, where we spent two days, nowhere near enough for such a beautiful and interesting city. Its opera house is thought to be the best in the world, and we were privileged to go to an opera there. Wonderful.

Jan Lokan



Kiev gate





REFER & WIN

Refer a friend or family member to The Ashbrook and you both will benefit from our exciting reward program!

If the person you refer secures an apartment and becomes an Ashbrook Resident we will reward you with a \$300.00 Westfield Gift Card.

PLUS

\$200.00 of restaurant credits to be used for dining or a catering function in our restaurant at The Ashbrook.

Your friend/new resident will also receive the same reward. A \$300.00 Westfield Gift Card plus \$200.00 of restaurant credits.



WHAT A GREAT WELCOME GIFT!

Conditions

The Voucher will be paid within 30 days of the Settlement of the apartment. It cannot be exchanged for cash and must be used within the time frame specified in the Voucher.

The referral nomination form and acceptance referral must be completed in full prior to the first visit to The Ashbrook and signed and dated by the sales department.

REFERRAL NOMINATION FORM

This section is to be completed by the person referring the client.

REFERRER <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms
ADDRESS
HOME PHONE
EMAIL ADDRESS

NEW CLIENT <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms
ADDRESS
HOME PHONE
EMAIL ADDRESS

I have checked with Ashbrook Sales that the client is not already on the Ashbrook database.

Signature: _____

Date: _____

Spring recipe



HERBY SPRING CHICKEN POT PIE

INGREDIENTS

- 2 tbsp olive oil, plus a little extra for brushing over the pastry
- bunch spring onions, sliced into 3cm pieces
- 250g frozen spinach
- 6 ready-cooked chicken thighs (or see tip, below)
- 350ml hot chicken stock
- ½ tbsp wholegrain mustard
- 200g frozen peas
- 200ml half-fat crème fraîche
- ½ small bunch tarragon, leaves finely chopped
- small bunch parsley, finely

- chopped
- 270g pack filo pastry

METHOD

STEP 1

Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow [casserole dish](#) on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard

the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

STEP 2

Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

Source: <https://www.bbcgoodfood.com/recipes/herby-spring-chicken-pot-pie>



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