

# ASHBROOK

APARTMENTS



The Ashbrook News

**SUMMER 2024** 



**Ashbrook Apartments** 2-8 Syme Street, Ashford, SA 5035

Office: (08) 8193 0000 | Sales: 0477 870 071

## Welcome to The Ashbrook!



#### **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 our quarterly Newsletters. welcome articles and reports on quarter and dedicate some time to share the load and

assist with the compiling of

If you are interested or would social events. We are looking like more information, please for a team to meet once a visit Carolyn 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.

SHAPE

### Anniversaries

#### **60TH WEDDING ANNIVERSARY CELEBRATIONS**

Congratulations to Ashbrook Residents

#### Lyn & Barry Whittaker!

Lyn & Barry wed on the November 1963. 2nd choosing Sydney as their honeymoon destination. with accommodation at the Occidental Hotel in Sydney's CBD. To celebrate their milestone 60th anniversary they returned to Sydney to revisit many of the destinations explored 60 years ago, including a visit to the Occidental Hotel. This time around however they enjoyed luxury 5-star accommodation, including a "room with a view" of stunning Sydney Harbour at the 4 Seasons Hotel at the Rocks, just steps away from Circular Quay.

Lyn says, she and Barry thoroughly enjoyed their more "up market" visit down memory lane!





#### **SUNDAY AFTERNOON ENTERTAINMENT**



Residents were treated to a Sunday afternoon of entertainment in the dining room, when the Cornish Choir visited to perform a Christmas Concert.





Caption for 5 generations: Back – David (32), sleepy Henry (2), Andrew (62), Keith (90). Front – Keith's aunt Gwen (97).

When I first met Keith, at university way back in the 1950s, I was envious of him because he had 23 first cousins – I had only five. I first joined his extended family's Christmas get-together when I was 18, at his maternal grandmother's house and celebrated in good traditional German fashion with everyone coming and each family bringing

food to share. Age groups from infants to people in their 80s, with every decade in between represented by several people – what enjoyable mayhem! Though I must admit I found it overwhelming at first – I think I was the only shy person in the house as chatter, laughter and running children emanated from every room.

# 90<sup>th</sup> Birthday Celebration

# ANOTHER BIG OCCASION!

Christmases for me had usually been at my mother's next oldest sister's house on the esplanade at Henley Beach - fun, too, because we could usually spend some of the day on the beach and/or in the water. My mother was the youngest of seven children, six girls and one boy. The boy was killed as a 24-yearold in WW1 and three of the six girls lost fiancés in the same war. The two sisters who married had only three children between them. Then, on my father's side, his older brother and only sibling had two children, making up my five cousins. I and my brother were the youngest of the children who assembled at Henley Beach, and my brother, the youngest of them all by three years, always had the job of doling out the presents from under the tree. More envy on my part.

Fast forward to 2023 to celebrate Keith's 90th birthday.

The occasion was important enough for our Canada-based son to bring his accumulated family, nine in all, to share in the festivities This was a great thrill for us as we hadn't seen them since 2018 when we travelled to Toronto to see them - three grandchildren, some spouses and now two great-grandchildren. One of our nieces now lives in The Hague and came with her daughter from there to represent their family. Several cousins came from interstate - WA, Queensland, NSW and the ACT.



We hired the McLaren Vale Function Centre which proved to be a very suitable venue.

Apart from so many people coming from far and near to join us, highlights of the occasion were having five generations together and the musical items

prepared by our Melbourne daughter, Canadian grandsons, some nieces and our Melbourne grandson. The 'strings' played a duet by Shostakovich and the first movement of Bach's double violin concerto, with cello accompaniment. They had each seen the music before, but

the first time our cello-playing daughter and her violin-playing nephews., normally on opposite sides of the world, practised the pieces together was that very morning. They were fantastic, all of them.

Jan Lokan



\*ASHBROOK APARTMENTS 15

# Melbourne Cup Lunch

#### ...AND THEY ARE RACING!

It was a perfect Adelaide afternoon for Ashbrook residents to dress in their finest race day attire and gather with family and friends to celebrate the Melbourne Cup. Pre luncheon drinks were enjoyed in the lounge and sky deck before lunch was served in the dining room, following lunch it was onto the sports bar to watch the "Race that stops the Nation". By all accounts a great day enjoyed by all.















# Christmas Cheer!

### **ASHBROOK MANAGEMENT CHRISTMAS FESTIVITIES**





Management celebrated some Christmas Cheer with Residents, commencing with drinks & nibbles in the Sky Garden followed by a BBQ dinner.











#### **ASHBROOK CHRISTMAS FAIR**

The 2023 craft fair was a great success, raising \$2,651.65 for charities, The Smith Family, Royal Flying Doctor Service, Parkinson Foundation, and Mary Potter Hospice.

Well done to everyone who played a part.

A BBO cooked to perfection, by our resident BBO chefs, and lots of bargains on the trading table all contributed to a very enjoyable day.

SINCE

941

LARRY

RED BY MANY





Attendees were treated to music throughout the morning by the Bent Tubes ensemble, and Ashbrook resident, Winston Kay led the singing of Christmas carols.



# Recipe

#### **SWEET POTATO** AND FETTA TART

- A simple vegetarian tart.
- Serves 6
- Cook 1h25m

This savoury sweet potato and fetta tart topped with broad beans makes the perfect vegetarian dish for an easy lunch or a light dinner.

#### **INGREDIENTS**

- 1 medium orange sweet potato (400g), diced
- 1 tablespoon olive oil
- 4 eggs
- 2/3 cup (160ml) pouring cream
- 1/3 cup (25g) finely grated vegetarian parmesan-style cheese, plus extra to serve
- 34 cup (110g) frozen broad (fava) beans, thawed, peeled, plus extra to serve
- 100 vegetarian fetta, crumbled
- baby salad leaves, to serve
- Pastry
- 1½ cups (225g) plain flour
- 1 tablespoon thyme leaves
- 125 cold butter, chopped
- 1 egg yolk

#### **METHOD**

- 1. Preheatovento 200°C/400°F.
- 2. Place sweet potato on an oven tray; drizzle with oil. Roast for 30 minutes or until tender.
- 3. Meanwhile, to make pastry, process flour, thy me and butter until crumbly. Add egg yolk and 2 tablespoons chilled water; process until ingredients come together. Wrap in plastic wrap; refrigerate for 30 minutes.
- 4. Roll pastry between sheets of baking paper until large enough to line a 24cm (9½in) round loose-based tart tin. Lift pastry into tin, press into side,

- 5. Reduce oven to 190°C/375°F.
- 6. Place tin on an oven tray; line with baking paper, fill with dried beans or rice. Bake for 15 minutes. Remove paper and beans; bake for a further 10 minutes or until browned lightly. Cool on tray.

#### **STORAGE**

7. Sweet potato can be roasted and pastry case made 2 days ahead. Store sweet potato in an airtight container in the fridge. Store pastry case in the tin, covered, at room temperature. Tart can be baked a day ahead. Store covered, in the fridge.

#### TO SERVE

8. Preheat oven to 190°C/375°F. Whisk eggs, cream and cheese in a medium jug until

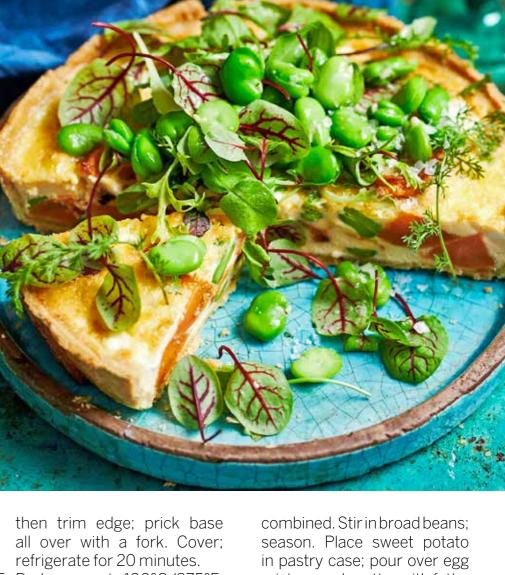
- mixture and scatter with fetta.
- 9. Bake tart for 35 minutes or until filling is just set. If you are reheating cooked tart, bake for 10 minutes or until hot.
- 10. Serve tart topped with baby salad leaves, extra grated cheese and extra broad beans.

#### NOTE

You can also make six individual tarts in 3cm deep. 10cm round loose-based tart tins: bake for 25 minutes.

When in season you can swap the sweet potato for kohlrabi or swede.

> https://www.womensweeklyfood. com.au/recipe/healthy/sweetpotato-fetta-tart-32962/







#### **LUXURY RETIREMENT LIVING**

#### **ELEGANT APARTMENTS**

#### GENEROUS FLOOR PLAN, AMPLE STORAGE AND PRIVATE BALCONY

#### **SAFE & SECURE UNDER CROFT CAR PARK**

- Come and join a vibrant community of like-minded people
- Secure and friendly environment with helpful staff on hand
  - Staff available on site for 24/7 Emergency Assistance
- Superb city fringe location with Ashford Hospital on your doorstep

#### **JOIN OUR WAITLIST!**

#### FOR TOUR BOOKINGS AND ENQUIRIES

#### **CALL CAROLYN 0477 870 071**

Notification of pre marketing opportunities



# **Testimonial**

#### **NEW RESIDENTS**

Hello All, we would like to introduce ourselves to you all at the Ashbrook.

My name is **Christine** and **Mike** is my husband of 50 years. We decided about 18months ago it was time to downsize. We were aware that when buying a unit in suburbia you can never be guaranteed of your neighbours age, disposition, habits, and friendliness. So, we rethought our lives going forward and asked ourselves what our future was going to look like for us both.

We complied a 'must have list' – it needed to be a secure and stress-free place to live, affordable, in a good area, close to transport and medical facilities. Provide an interactive, inclusive, and friendly environment. With like-minded people of our own age group.

This led us to Retirement Villages. (Which I personally would like to rename 'Lifestyle' villages!) We visited several Villages, but the Ashbrook Apartments was far and above the one we decided was our forever place. It ticked off all must haves on our list, with a lot of extras provided to make the choice a 'no brainer'.

The apartment we chose was north facing 4.52 with city views, the perfect size with modern appointments, plenty of storage and the ability to make it our own!

How impressive is the fourth floor! A bright light filled area, with outdoor relaxed seating, BBQ facilities, a Restaurant, the Sports



Bar with darts and pool tables, a Theatre and lots of comfortable seating and space to just hang out, chat with friends old and new!

We have only been here a very short time but wish to thank everyone for their friendly and welcoming words and all the positive things they have said about living at The Ashbrook. It confirms to us that our decision to make Ashbrook our forever home was spot on!

Mike and I are very much looking forward to joining in the many social events and activities, and to the new friendships and memories to be made.

There's something liberating about a new beginning!



# Quiz Page

#### **HISTORY TEST**

and your job is to place them in correct chronological order. from oldest to most recent.

- A Rio de Janeiro founded by the Portuguese
- **B** First publication of Daniel Defoe's classic Robinson Crusoe
- C Spanish Inquisition abolished by royal decree
- **D** English Civil War started
- **E** Leonardo da Vinci is born
- **F** Rum Rebellion deposes Governor Bligh, in the colony **CLUES** of New South Wales

#### **HISTORICAL ORDER**

#### **WORD PUZZLE**

Use the clues to knock out the words that are described, and you Listed are **six historical events** will be left with two words which reveal a musical instrument.

PHAROAH	AMBLE	PUNCHLINE	HAMLET
BASS	SPHINX	STROLL	WEIGHT
MACBETH	SCARAB	ROMEO	OFTEN
STRIDE	PYRAMID	JOKE	BONINESS
GAG	SAUNTER	DOUBLE	INTONE

- Words relating to comedy
- Words relating to Egypt
- Words containing numbers
- Shakespeare characters
- Words for ways of walking



#### TRIPLE TRACE

Solve the three clues, and find three nine-letter words in the grid. The answer to the first clue begins at the bottom left-hand corner and you must trace the word to adjacent letters, in any direction. The other two answers may begin at any point in the grid and no square may be visited more than once in each word.

D	Е	F	R
Е	К	С	0
S	1	L	1
W	Т	I	V

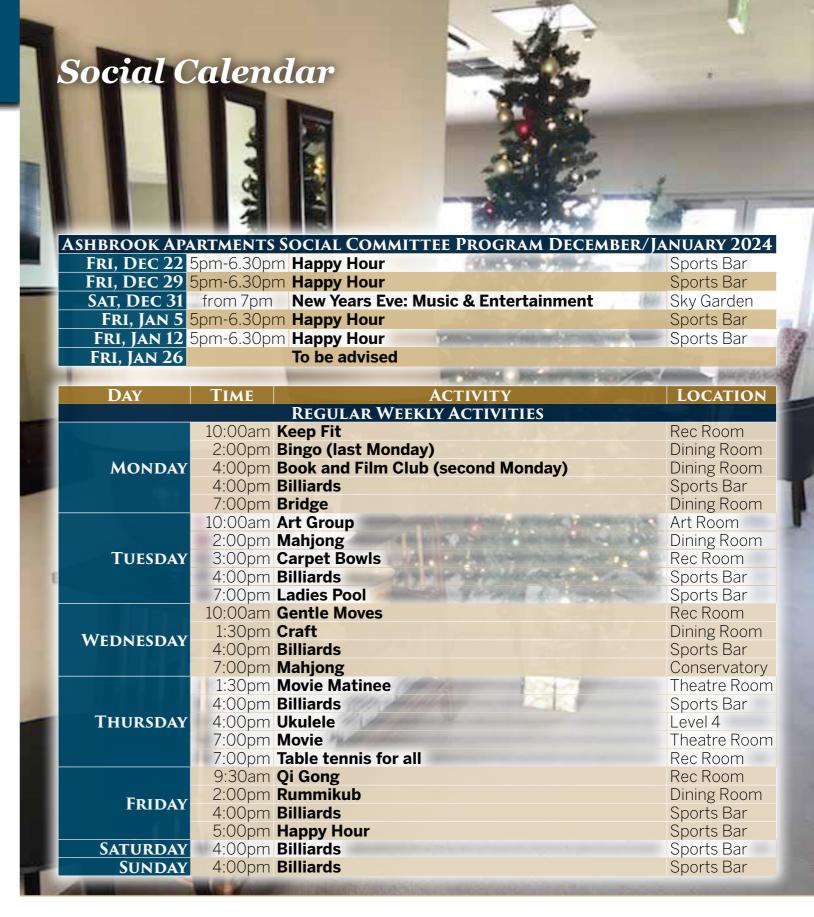
CLUES: 1. Most evil. 2. Played about merrily, romped. 3. Having an advanced culture or society.

Triple Trace 1. Wickedest 2. Frolicked 3. Civilised

Correct chronological order: E, A, D, B, F, C

Word Puzzle: Double bass

**YNSMEKS** 



#### USEFUL CONTACTS

#### **TRANSPORT** & OTHER SERVICES

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

#### **IP 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.

#### MOBILE HAIRDRESSER

Michelle **0416 058 097** 

#### **ON-CALL DOCTOR**

13SICK (137425)

https://homedoctor.com.au

