

ASHBROOK

A P A R T M E N T S



THE ASHBROOK NEWS

MARCH/APRIL 2019

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ASHBROOK FASHION PARADE

On Tuesday 12th March an Autumn 2019 Fashion Parade was organised by the Ashbrook Apartments Social Committee. Guests were greeted with a complimentary glass of champagne on arrival served by our handsome gentlemen, Neville, Barry, Owen, Bill and Dennis, looking very smart in black and white.

Approximately 80 guests enjoyed the Fashion Parade which showed off a range of clothing from Fella Hamilton of Glenelg, Mitcham and Unley, followed by a sumptuous "High Tea" prepared by members of the Social Committee.

Anita Frith, Brenda Swain, Wendy Brown and Deborah Hayhow, accompanied by staff from Fella Hamilton, presented a range of clothing from the everyday to



special occasion dressing highlighting the season's newest colours and prints.

Members of the Social Committee once again excelled themselves and are to be congratulated for the time and effort they put in behind the scenes to ensure the Parade was a success.



HAPPY HOUR GUEST SPEAKER

Lizzie Dodd is an inspiration to all. Not only does she work in a very stressful and not to mention overloaded Stroke Unit at the RAH, but she still has time to come along on a Friday Evening to talk to us about her passion.

“Prevention of death and disability” from Stroke is what Lizzie is most passionate about. Lizzie was our Happy Hour guest Speaker on February 8th and she focused on prevention and watching for the obvious signs of TIA or Stroke. As well as this, taught us about the early intervention which is crucial for the patient.

“FAST” is the acronym which needs to be remembered in those times of emergency.

F Face - Is their mouth drooped?

A Arms - Can they lift both arms?

S Speech - Is their speech slurred & can they understand you?

T Time - time is crucial

Lizzie with her pleasant English accent and calming, caring attitude had us all engrossed and was more than willing to answer all questions. She also mentioned she is more than willing to pop in again at any time, to update us on the progress of the research at present being undertaken with regard to “Stem Cells”.

Our thanks for Lizzie were very loud and appreciative. A gift was handed to her along with a small donation to the research fund.

Remember:

**IF YOU SEE ANY OF THE SIGNS MENTIONED IN THIS ARTICLE,
CALL 000 IMMEDIATELY.**

BOOK A TOUR WITH JULIE 0477 870 071



APARTMENT 1.18 **First Floor & Spacious**

Large first floor Traditional style apartment. Facing South West, relax on one of the largest balconies available - spanning the width of the apartment. Spacious and bright living areas, 2 bedrooms and 1^{1/2} bathrooms.

Spacious, beautiful & rare!
\$528,000

GUEST SPEAKER

On Friday 15th March, The Ashbrook was visited by the Adelaide Metropolitan Fire Service (with no flashing lights and sirens), but rather an entertaining speaker, Craig. Craig primarily spoke about fire safety within the home, and also demonstrated how to use a fire blanket on small fires. He discussed the home fire extinguisher, and where to locate these items in our apartments, should we choose to have them.

As well as many positives from Craig's talk, there were also several aspects which we can work on:

- Replace traditional candles with battery operated lanterns or torches - have these on hand in the event of power blackouts.
- Double adaptors - replace these with power boards.
- Charging electronics - Charge battery operated devices like mobile phones and tablets during the day whilst awake, not overnight.
- ALWAYS clean the lint filter after each use of a clothes dryer.
- Items that have been stored away for long periods of time (such as electric blankets) need to be inspected and tested to ensure there are no exposed wires, hot spots or sections that are not operating.

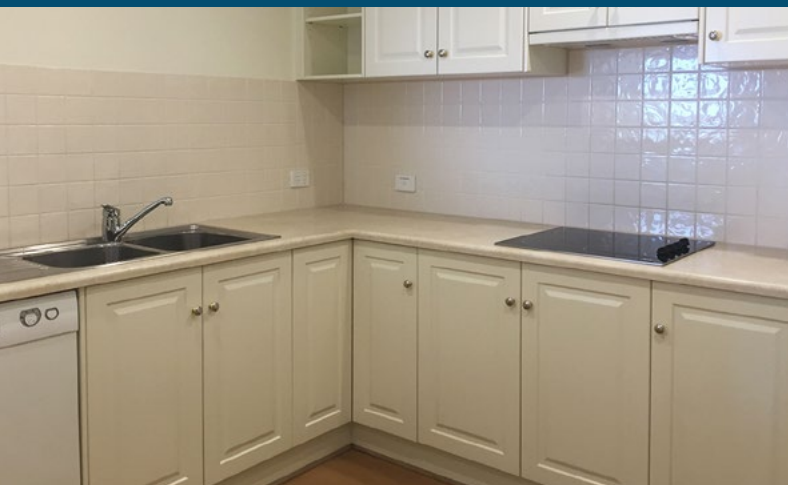
- Appliances - Get into the habit of turning off any appliances at the switch when you go out.

Craig was happy to answer questions from the floor which were mostly around the topic of emergency evacuations and knowing what to do. This was especially important for those with restricted mobility. Craig's advice was to follow the management procedure. If unsure, contact Erika or Julian to confirm that they are aware of your individual needs and so they can advise the actions you will need to take. As with most buildings, the stair wells are safe havens and should such an event occur the fire officers will assist people to safety if they are unable to navigate the stairs on their own.

If you missed this talk, head to the MFS website where a number of information brochures and leaflets are stored:
<http://www.mfs.sa.gov.au/>



FEATURED PROPERTIES THIS MONTH



APARTMENT 3.13 Perfect all year 'round!

This bright North facing traditional apartment has it all - style in a spacious 2 Bedroom, 2 Bathroom third floor apartment with room to entertain family and friends.

Beautiful, roomy and bright.
\$535,000

ANZAC DAY

The Anzac Day Committee and the Ashbrook Social Committee along with Management, will be embracing the original protocol of this day's commemoration and celebration of the deeds, on April 25th 1915 and beyond.

Anzac Day 2019 will start with the Cross of Sacrifice Service at 11.30am in the Sports Bar. At it's conclusion, a celebratory light lunch will be served in the dining room.

Details of the lunch regarding numbers and cost will be displayed on the notice board at a later date.



BIGGEST MORNING TEA

DON'T FORGET TO PUT FRIDAY 24TH MAY IN YOUR DIARY!

This is a wonderful fund raiser for the Cancer Council and everyone is welcome to get involved. As previously asked, I would be happy to hear from you if you have any items to donate for the Trading Table and/or bake some goodies to sell on the day.

More details about this event will be distributed closer to the date.

Barb McFarlane,
Coordinator



CALL TO BOOK A PRIVATE TOUR 0477 870 071

APARTMENT 1.49 Everything you've been looking for!

On Level 1 you will find this Contemporary 2 bedroom, 2 bathroom apartment with your own Sunroom area which overlooks the fish pond and beautiful gardens below.

Simplicity made stylish.
\$550,000



FLYING SOLO

A BYRNE FAMILY TRADITION

Marlene Byrne is a proud Grandmother of 15 year old Amelia. These ladies come from a family who have been heavily involved in aviation for many years, and Amelia is a third generation pilot.

The practical aspect of Amelia's training is completed outside school hours, usually on the weekend. Amelia's training started in March 2018 when she was 14 years old. She is learning to fly at Albion Park which is the name of Woolongong's airfield. Amelia lives in Bowral, which is a 45 minute drive, however she is still too young to drive herself to the airfield.

Amelia is learning to fly in what is referred to as a conventional landing gear aircraft, which means that it's third wheel is at the tail of the aircraft, rather than a tricycle gear aircraft (which are much more common).

Tail wheel aircraft are much more challenging to fly, in the air they are the same but they are more difficult to control on the ground during takeoff and landing. Learning in a tailwheel aircraft is said to make you a better pilot.

Until now, all Amelia's flights have been conducted with an instructor in the aircraft as well. She has made approximately 30 flights and has about 22 hours of instruction. The term "*going solo*" is a pilots first flight in the aircraft by themselves, it occurs when the instructor is confident that the student can takeoff, fly a circuit of the airfield and land again.

The minimum age for flying an aircraft solo is 15, Amelia is 15 years and 8 months old.

Amelia commented that she was extremely scared, but she was also very pleased with her self after she taxied back in haven flown all by herself and returned the aircraft to the hangar in one piece.



NEW TABLE TENNIS TIMES

Attention to all Residents who participate in regular Table Tennis games. Below you fill find the NEW Table Tennis times:

Monday: 4.00pm

Thursday: 4.00pm

Sunday: 2:30pm Ladies

3.00pm Unisex

4.00pm Men



CRAFT GROUP NEWS

The Ashford Craft Group continues to work with the Royal Adelaide Hospital to make up Activity Packs for children who find themselves unexpectedly in the Emergency Department.

We knit soft toys to go in these packs, plus we also put in colouring-in pages and coloured pencils, plus a story book.

We do up a range of packs – girls up to 4, boys up to 4, boy or girl up to 5, girls up to 7, boys up to 7, or boy or girl up to 7.



We are always in need of supplies to make up these packs, so, in particular, if you have any children's story books and coloured pencils that you no longer need or perhaps if your grandchildren have any they would be happy to donate, we would love to have them.

Barb McFarlane
Coordinator

CALL JULIE TO BOOK A PRIVATE TOUR 0477 870 071



APARTMENT 2.47

Contemporary living at its best.

This second floor 2 bedroom, 2 bathroom Contemporary style Apartment has ample space for entertaining friends and family. Also enjoy a Master Bedroom with generous sized ensuite as well as built-in robes.

Quiet and Bright.
\$505,000



APRIL	
MONDAY 1ST	Social Committee Meeting 2.00pm
FRIDAY 5TH	Brickworks Shopping Bus 9.45am
MONDAY 8TH	Resident Committee Meeting 2.00pm Book & Film - Level 4 4.00pm
WEDNESDAY 17TH	Jane Stonson Visit 2.30pm
SATURDAY 20TH	Easter Hot Cross Buns - Level 4 10.30am
THURSDAY 25TH	Anzac Day - Level 4 11.30am
MONDAY 29TH	Games - Level 4 2.00pm
WEDNESDAY 30TH	RAA Presentation - Level 4 10.30am

REGULAR WEEKLY ACTIVITIES:	
DAILY	Pool, Sports Bar 4:00 pm
MONDAY	Bridge, Restaurant 7:00 pm
TUESDAY	Art Group 9:30 am Mens Carpet Bowls , Rec Room 2:00 pm Womens Carpet Bowls, Rec Room 4:00 pm Ladies Pool, Sports Bar 7:00 pm
WEDNESDAY	Keep Fit, Rec Room 9:45 am Craft , Dining Room 1:30 pm
THURSDAY	Zumba Gold, Rec Room 10:00 am Movie Matinees, Theatre 1:30 pm Ukulele, Level 4 4:00pm
FRIDAY	Rummikub, Dining Room 2.30 pm
SATURDAY	Rummikub, Dining Room 2.30 pm

INFORMATION

JP SERVICE

Mr Owen Wheeler
3222 - Apartment 2.22

Hamra Centre Library
1 Brooker Terrace, Hilton 5033
Monday to Friday, 10am - 4pm.
*No appointment necessary, but please call ahead to ensure that a JP is present.

8416 6228.

TRANSPORT Suburban Taxis

131 008 - Quote "VIP8807"

MOBILE HAIRDRESSER

Michelle 0416 058 097