



ASHBROOK

APARTMENTS



The Ashbrook News

Summer 20/21



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Much appreciated

We wish to take the opportunity to thank the outgoing members on both the Residents and Social Committee for their dedication and commitment. We can all agree that they have done a stellar job and we are very grateful for all their hard work. It is pleasing that several members have chosen to stay on for another term to support and assist our residents. We also welcome on board our new committee members and wish them every success and hope that they enjoy their new roles.

Thank you

2020 is coming to an end. Many of us will be glad to see the back of it. Thank you for everyone's cooperation and patience during this unusual time. We can only hope that 2021 brings us better news and the all-important vaccine. Please continue to be vigilant, use hand sanitizer and keep your distance and adhere to the current guidelines. We're all in this together.

Welcome to

In the coming weeks, our two new residents Louise and Sandra will be joining us at the Ashbrook Apartments. Please join us by giving them a warm welcome. We all look forward to meeting you both soon!



Black Tie Formal Dinner

We'd like to say a big thank you to The Ashbrook Social Committee for putting on the recent colour-themed (clothes to wear, not the food) dinner we attended on November 14th.

It helped us, as relative newcomers, to meet more residents than we have already made our acquaintance with in the lift, in corridors, in the ukulele group, in exercise classes and at Happy Hours, and has reinforced our feeling that it is a great place to be living in, at this stage of our lives.

The menu was very well-selected, and the portion sizes were well-judged. Both of us were

young children in war-time and have never liked leaving uneaten food on our plates, which happens at many eating places these days where they serve portions that are too big.

Last, but not least, we particularly enjoyed conversations around our table, making it a night to remember.

Written by Jan and Keith Lokan.



Carpet Bowls Club

Still going strong after 12 years, the Carpet Bowls group meet every Tuesday at 3 pm in the Recreation Centre. This great bunch of people enjoy their weekly catch up along with lots of laughs, enhancing their wellbeing while staying active. Always ready to welcome new members along. Why not come along and give it a try?



Available Properties

Apt. 2.08

🛏️ 2 🚿 1.5 🚗 1



Attractive second floor apartment, functional kitchen with ample storage. South West facing. Private balcony with tranquil leafy outlook.

Coming soon

Apt. 2.16

🛏️ 2 🚿 2 🚗 1



Elegant second floor apartment with generous floorplan. Separate kitchen. South West facing. Large balcony with beautiful tree-lined view.

\$505,000

Apt. 1.17

🛏️ 2 🚿 1.5 🚗 1



Spacious North East facing first floor apartment with many extras. Sunny, private balcony with beautiful leafy courtyard aspect.

\$450,000

Apt. 1.18

🛏️ 2 🚿 1.5 🚗 1



Tranquil two-bedroom with 1.5 bath. South West facing. Large private balcony, ideal for pets. Additional extras included.

\$495,000

Apt. G.47

🛏️ 2 🚿 2 🚗 1



Stunning contemporary style ground floor apartment. South West facing with convenient courtyard access.

\$475,000

Apt. 2.47

🛏️ 2 🚿 2 🚗 1



Retire in style, large two bedroom with 2-bathroom apartment. South West facing balcony overlooking attractive courtyard.

\$450,000

Great location, Great Community, Great Opportunity. Apartments starting from \$450,000. Viewing highly recommended. Variety of contract types to suit your needs.

Call 0477 870 071 today to arrange a private tour!

Guest Speaker

At the start of October, we had the pleasure of hearing our very own Mr. Gavin Beinke present to us a talk on The Achievements of Sir Charles Todd, to a full captive audience.

The Sir Charles Todd Research Team (of five) are still capturing information relating to Todd's life. This includes meteorological charts and reports, Trove newspaper articles, family history, and anything else we can find.

A lot of Todd's achievements still influence our lives today.

Charles Todd, at the age of 15 in 1841 started work at the Greenwich Observatory under George Airy (an English mathematician and astronomer). Charles said "We applied the system of telegraphs to recording astronomical observations and giving time signals."

When Charles, and his wife Alice arrived in Adelaide as the Government Observer, and Superintendent of Telegraph's, in November 1855, he set about installing this telegraphic technology in South Australia and then expanding it to the other states, ultimately linking via an undersea cable, with the rest of the world.

He used the telegraphic system to record meticulous weather charts and observations which are being used today in climate change research. He recognized that our weather was being influenced from the west.

Todd erected telescopes at the Observatory to determine true South Australian mean solar time in relation to Greenwich. Important for surveying.

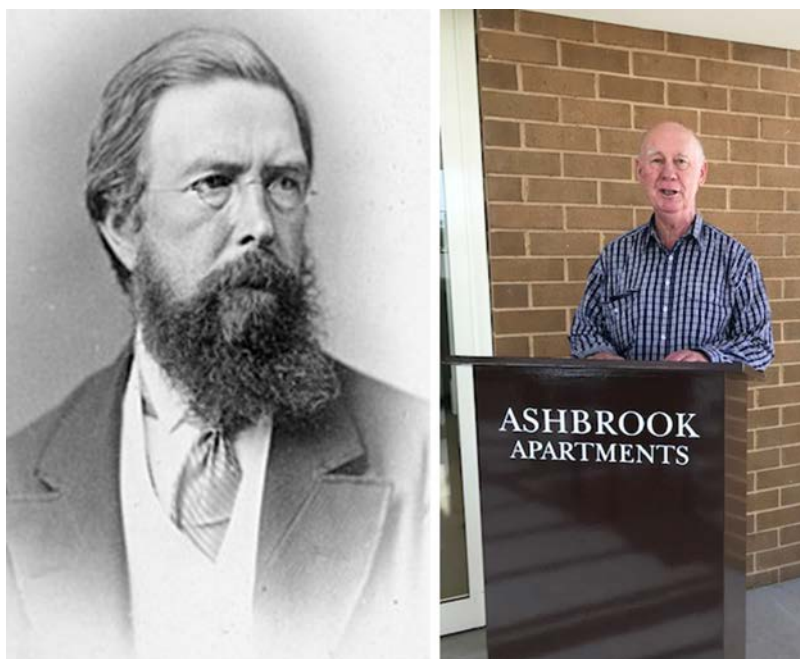
He used the telegraph network from Adelaide, Sydney and Melbourne to determine the correct position of SA's Eastern boundary.

In 1875 he was instrumental in erecting the time ball at Semaphore. The ball was dropped using the telegraph system from the Observatory. This was linked to the GPO and all telegraph stations so that all official clocks were correct.

The Observatory was used to observe the transit of Venus in 1871 and 1882. At this time, this was equal to Australia's involvement with the moon landing.

While he was supervising the completion of the Overland Telegraph Line he was made Post Master General. After a few years he managed to make this an efficient and profitable enterprise. An early employer of females.

He was instrumental in installing electric street lighting in Adelaide in 1897. Introduced Telegraphic money orders. Knighted in 1893 and died in 1910.



Article of Interest

Elderly people have better coping mechanism during pandemic, study finds.

Older adults who are aged 60 and above, have better emotional well-being, and felt less stressed and threatened by the ongoing Coronavirus pandemic, according to a new UBC (The University of British Columbia) research.

Based on daily diary data collected between mid-March and mid-April of this year, the researchers found that older people have fared better emotionally compared to younger adults (18-39) and middle-aged adults (40-59). The new research results were published in the 'Journal of Gerontology: Psychological Sciences'.

"Our findings provide new evidence that older adults are emotionally resilient despite public discourse often portraying their vulnerability. We also found that younger adults are at greater risk for loneliness and psychological distress during the pandemic," said Patrick Klaiber, the study's lead author and a graduate student in the UBC department of psychology.

For the study, the researchers analysed data from 776 participants aged 18-91, who lived in Canada and the U.S. and completed daily surveys for one week about their stressors, positive events, and their emotional well-being during the first several weeks of the pandemic.

Klaiber says the difference in reported stress levels may be a result of age-related stressors and how well the different age groups respond to stress.

"Younger and middle-aged adults are faced with family- and work-related challenges, such as working from home, home-schooling children, and unemployment. They are also more likely to experience different types of ongoing non-pandemic stressors than older adults, such as interpersonal conflicts," said Klaiber.

Klaiber added, "While older adults are faced with stressors such as higher rates of disease contraction, severe complications, and mortality from Covid-19, they also possess more coping skills to deal with stress as they are older and wiser."

The study also revealed older and middle-aged adults experienced more daily positive events--such as remote positive social interactions -- in 75 per cent of their daily surveys, which helped increase positive emotions compared to younger adults.



Author: Saumya Sharma, Date published: July 24th 2020
Article source via: www.hindustantimes.com

Charity News

Royal Flying Doctors Service High Tea for the high fliers.

A great High Tea Event was held on the 13 October with a huge turn out, so much the event was spread over two sittings in the morning and the afternoon successfully raising \$1,223.00 - Thanks for your support!



Christmas Trading Table

Due to the sudden Covid "Circuit Breaker" lockdown, our Christmas Trading Table has been postponed for now.

Abundant stock of craft, gift and home cooked goods are ready and waiting to get the go ahead for a new date. The four nominated charities this year are:

- Dementia/Alzheimer's Research,
- Parkinson's Foundation
- Mat Bowtell Free Prosthetic Hands for Children Appeal
- Peter Couche Foundation for Stroke Stem Cell Research

Please come along and support these worthy causes. New date to be confirmed.

Melbourne Cup Lunch

Well 2020 certainly had quite an impact on one of the biggest calendar events of the year, Melbourne Cup Day. The stands at Flemington Racecourse were ghostly quiet making the atmosphere very different indeed. It was also different for us at the Ashbrook Apartments with a more low-key affair, where a BYO BBQ replaced our usual fanciful luncheon.

Casual as it was, fun was still had with 24 residents attending. The Traditional Sweep was strongly supported resulting in filling 4 rounds of \$2 sweep and 3 more rounds of the \$1 sweep.

Having enjoyed our meals, all eyes became transfixed to see who would be in the running to win the 2020 Melbourne Cup. Cheers of delight from those of us who actually remembered which horses we were allocated, whooping and laughing as their winners crossed the line, and the rest of us were happy for their success.



Photo: Getty Images via www.theaustralian.com.au

Quiz Page

Riddle Time!

I am something people love or hate. I change peoples appearances and thoughts. If a person takes care of them self, I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will Never go down.

What am I?

Summer Quiz

Q1. What name was given to the soldiers who protected Roman emperors?

Q2. Which two metals is pewter made from?

Q3. What was Louis Armstrong's chosen form of music?

Q4. Name the port of Rome.

Q5. Paul Newman ate fifty eggs in which film?

Q6. Don Alfonso is the lead role in which opera?

Q7. Which city does the River Lagan flow through?

Q8. Who sang about being an egg man and a walrus?

Q9. What takes place in Hong Kong's Happy Valley?

Q10. Which country does the sport of pelato come from?

Word Block



Find as many words as you can! Words must contain the centre letter. Your target is 25 words and the nine-letter word. Good luck!

Sudoku

8			9	3				2
		9					4	
7		2	1			9	6	
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

Check your answers on page 10!

Festive Recipe

6-ingredient lamington wreath with berry cream



Ingredients

- 500g frozen strawberries (see notes)
- 2/3 cup caster sugar
- 1 teaspoon vanilla bean paste
- 2 cups thickened cream
- 26 lamington fingers (see notes)
- 500g small fresh strawberries

Method

1. Place frozen strawberries and 1/2 cup sugar in a large saucepan over medium heat. Cook, crushing strawberries with a wooden spoon, for 10 minutes or until sugar has dissolved. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes or until mixture is syrupy.

2. Remove from heat. Strain syrup mixture through a fine sieve into a jug. Discard solids. Wash and dry pan. Return syrup to pan. Stir in vanilla bean paste. Bring to a simmer over medium heat. Simmer for 12 minutes or until slightly thickened. Remove from heat. Set aside to cool completely.

3. Using an electric mixer, beat cream and remaining sugar until just-firm peaks form. Add 1/3 cup strawberry syrup to cream. Fold through to create a rippled effect.

4. Carefully spoon cream mixture into a large snap-lock bag. Snip 2cm off one corner. Pipe a 23cm ring on a flat serving plate to form the base. This ring will secure the lamingtons to the plate.

5. Pipe a little cream mixture onto 1 face of 1 lamington. Place lamington on its side on cream ring to start assembling the wreath. Pipe a little cream onto 1 face of the next lamington. Place in front of lamington on plate and sandwich together. Repeat process with remaining lamingtons and cream mixture to form the wreath.

6. Reserve 12 fresh strawberries. Hull and finely dice remaining strawberries. Cut 3 of the reserved strawberries in half. Using the picture as a guide, top wreath with the whole, halved and diced strawberries. Spoon over remaining syrup mixture. Serve immediately.

Recipe and image via:

<https://www.taste.com.au/recipes/6-ingredient-lamington-wreath-berry-cream-recipe/iv7drczc?r=recipes/christmasdesserts>

Save the date . . .

Dec. 3rd

Christmas Dinner (Limited seating, please book soon)
6.30pm in the Restaurant

Dec. 9th

Management Christmas Drinks - Plus, meet our new Committee Members
5.00pm in the Sky Garden & Conservatory

Dec. 11th

Happy Hour Guest Speaker Anne Pickhaver – “My Interesting Life Experiences”
5.00pm to 6.30pm in the Sports Bar

Dec. 15th

Casual Christmas Carols & Songs with Ray Nicholson on piano
2.30pm in the Dining Room

New Year Upcoming Events:

Excursion to Ambra Liqueurs West Thebarton - Gin, a specialty. Try before you buy.
TBC

Cartoon Caption Contest

Put your wit to the test!
Create a caption for this cartoon. To submit your entry, pop caption along with your name and apartment number into the sales letterbox.

The most comic captions will be published in the next issue.

Cartoon by John Klossner via:
<https://moderndogmagazine.com/modern-dog-cartoon-caption-contest>



8	4	6	9	3	7	1	5	2
3	1	9	6	2	5	8	4	7
7	5	2	1	8	4	9	6	3
2	8	5	7	1	3	6	9	4
4	6	3	8	5	9	2	7	1
9	7	1	2	4	6	3	8	5
1	2	7	5	9	8	4	3	6
6	3	8	4	7	1	5	2	9
5	9	4	3	6	2	7	1	8

Quiz Answers
1. Praetorian Guard. 2. Tin and lead. 3. Jazz. 4. Ostia. 5. Cool Hand Luke. 6. Cosi
Fan Tutte by Mozart. 7. Belfast. 8. The Beatles. 9. Horse racing. 10. Spain
Word Block answer: Orography
Riddle answer: Age

Regular Weekly Activities

<i>Daily</i>	4:00pm	Billiards, Sports Bar
<i>Monthly</i>	4.00pm	Book and Film, Level 4
<i>Monday</i>	10.30am 7:00pm	Keep Fit, Rec Room Bridge, Restaurant
<i>Tuesday</i>	10:00am 3:00pm 7:00pm	Art Group Men & Womens Carpet Bowls, Rec Room Ladies Pool, Sports Bar
<i>Wednesday</i>	10.30am 1:00pm	Chi Ball, Rec Room Craft , Dining Room
<i>Thursday</i>	1:30pm 4:00pm 7:00pm	Movie Matinees, Theatre Ukulele, Level 4 Movie night, Theatre
<i>Friday</i>	9.30am 2.00pm	Qi Gong, Rec Room Rummikub, Dining Room
<i>Saturday</i>	4.00pm	Billiards, Sports Bar
<i>Sunday</i>	2.30pm	Table Tennis, Rec Room

Information

JP Service

Mr Owen Wheeler

3222 - Apartment 2.22

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.

Transport & Other Services

Suburban Taxis

131 008 - Quote "VIP8807"

Mobile Hairdresser

Michelle **0416 058 097**

On-Call Doctor

13SICK (7425)

<https://homedoctor.com.au>



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