



• A S H B R O O K •

A P A R T M E N T S



The Ashbrook News

SPRING 2021



Ashbrook Apartments

2-8 Syme Street, Ashford, SA 5035

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

manager@theashbrook.com.au | sales@theashbrook.com.au | www.ashbrookapartments.com.au

Welcome to The Ashbrook!

CONTENTS

FRONT COVER	Photo of the Season
PAGE 2	Contents and acknowledgment
PAGE 3	Resident experience
PAGE 4	Resident experience
PAGE 5	Resident experience
PAGE 6	Article of interest
PAGE 7	Group activity, available properties
PAGE 8	Quiz page
PAGE 9	Spring recipe
PAGE 10	Coming soon, Caption time & Quiz answers
PAGE 11	Monthly/weekly activities & Useful contacts
BACK COVER	The Ashbrook Feature of the Season - front exterior of the building



WELCOME

It's always wonderful to see new residents move in to The Ashbrook. Fresh faces with new stories to hear – and new ears to listen to our stories, too! By now, you'd have all met **Jenny** and **Warren** – thank you for making them feel so welcome. We had **Helen** and **John** join us in August and soon we will have **Winston** and **Shirley**. Don't be shy, give them a warm and hearty Ashbrook greeting when you see them on your travels!

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.

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

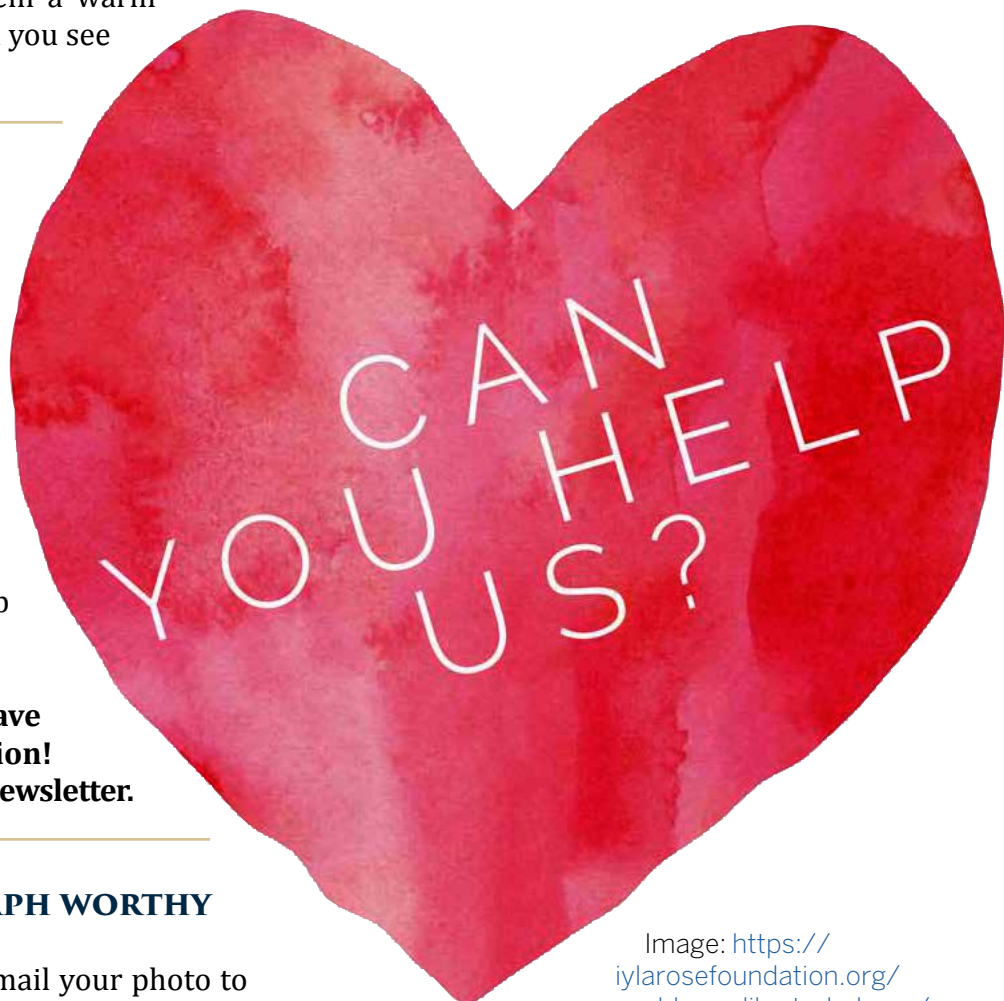


Image: <https://iylarosefoundation.org/would-you-like-to-help-us/>

Resident experience

RETIREMENT TRAVELLING IN COVID TIMES



By Lorna Johns & Brian Tippett
Ashbrook Apartment G08

We moved to Ashbrook Apartments in March 2020. We began hearing about the potential for a pandemic in late January, and didn't take too much notice initially. We continued packing boxes!

Our settlement and move was at the end of March, and we began to take notice. After a conversation with Julian, we decided to move a week earlier, as more severe 'restrictions' became imminent.

We were very grateful for this support, and the support of friends in Robe who helped us with the now earlier than planned, move.

So we have lived with Covid since we moved to Ashbrook. There was the furniture ordering and waiting, the online shopping, and the constant news watching. There was the unpacking! There was also the joy of setting up a new nest!

We were excited to be in Adelaide and keen to explore it. From the outset, we had to find a way.

We visited every parkland, took picnic lunches, and walked a lot. Brian often took a seat part-way and waited for me to return. We visited the many SA beaches and the wonderful walkways. Life was good,

and we began to understand, nature, outdoor activity and flexibility was the way we could continue to enjoy retirement, despite the necessary Covid restrictions.

We explored many of the surrounding areas, driving the car to the Barossa and Clare Valleys, The Adelaide Hills, Fleurieu and York Peninsulas – with a packed lunch to avoid the madding crowds.

Ashbrook Apartments have offered us an added life-style opportunity with the removal of garden responsibilities and a big reduction in home maintenance activities. Well – we love it!!

Brian was turning 80 this year, and we began to ponder celebrating this. Brian's children and grandchildren live in Canada and would not be able to attend. We have family interstate and throughout Australia and this posed potential problems with organising an event.



We sat and talked about it one evening and I asked him what he would really like to do.

He was quick to respond... I would like one more trip to the outback areas of Australia in Western Queensland and perhaps we could celebrate my birthday with my half brothers and sister in Queensland. Well, that was clear enough, and seemed possible.

We both wanted the flexibility to plan our own itinerary, stay away from areas of concern and adjust the itinerary as we went, due to the unknowns of Covid.

We started our trip with plans to go to Western Queensland, celebrate Brian's 80th and return via family in NSW and Victoria.



We loved the drive via Broken Hill, Cobar, Bourke and Cunnamulla. We no longer do long distances and often stayed two nights. It was our first trip in Australia for a while without a caravan, and we stayed in small town pubs, motels, cabins and AirBnBs. We fell in love again with Australia's unique countryside, towns and culture. We were impressed that small isolated towns took Covid risk extremely seriously – and often more so than some parts of our larger cities.

We were heading to the coast for Brian's birthday with family, and Covid was rearing it's head on the Sunshine Coast. We brought plans forward a week, determined quietly to keep away from areas of risk. We moved back inland and visited



some wonderful towns in Southern Queensland, all the time keeping the option of returning via NSW and Victoria, if they are open. Gradually, NSW became a concern, followed by Victoria, so we adjusted plans and headed north, along the western side of Queensland via Roma Longreach Winton and Cloncurry - all wonderful towns. Along the way we met wonderful friends from Robe and re-celebrated Brian's birthday. They cooked us a top notch lamb roast and we celebrated again under their caravan awning.

Some highlights we would recommend are:

- A day at the Roma Cattle Sales in the biggest cattle selling centre in Australia.
- A cruise on the Balonne River in the lovely Darling Downs of Queensland - the cruise left from Saint George.
- A visit to the new Waltzing Matilda Centre in Winton - an amazing museum based on Australia's spiritual National Anthem.
- The drive across the Barkly Highway from Mt Isa and a drop in to the Drovers' Museum and Art Gallery at Camooweal.

- A visit to the incredible billabongs on the Georgina River to see the waterlilies and the brolgas.
- A visit to the friendly bars of small country pubs along the way.
- A visit to Cunnamulla's Railways' light show and, of course, the Cunnamulla Fella' and a stay at Cunnamulla Club Boutique Hotel.

When we were crossing the Barkly Highway, the Covid situation in NSW and Victoria - and then SA - had deteriorated badly, and we decided to look for a way to slow down and stay in the bush for a while. We were enjoying our trip immensely and - with the freedom of retirement - offered our help as volunteers to the Camooweal Drovers' Museum, Art Gallery and Bookshop. They in return provided us with accommodation in a 'Donga' complete with ensuite and access to their functions' kitchen area.

We were so pleased, that we also got to spend time with the volunteer managers who had retired and sold the property they owned - a 560 square mile cattle property, running over 4,000 heads of cattle.

From the managers, we learned so much about life in such a remote area of Australia.

We loved every moment of our trip. We did not let the nightly news consume us too much - we just used the information to plot the next part of our journey. Keep safe - and keep flexible were the rules.

Our take home message to you all is:

- Don't let the pandemic get in the way of your retirement.
- Be positive, thoughtful and flexible in your planning and enjoyment of holidays.
- Keep abreast of pandemic developments, but don't let it consume you with fear.
- If you are booking organised tours, check out the refund clauses and negotiate at the beginning.
- Spontaneous decisions are sometimes needed, if a change occurs - take it easy and go with the flow a little more.

So now we are settling back into life in The Ashbrook - **it is very good to be home!** And nothing beats your own bed!



HOW TO SPOT A SCAM

Every week, Telstra blocks around 1.5 million suspected scam calls – around 6.5 million per month. It's part of their Cleaner Pipes initiative, where they are working to reduce the harm of scams, phishing, ransomware and other malware across the network.

While telecommunication companies are doing a lot behind the scenes to block illegitimate activity, there's a lot the consumer can do to prevent being scammed. There are a number of ways that you can spot a scam call and keep yourself safe from scammers. Simple advice is: **if you think you're receiving a scam call, hang up.**

Most common scams often feature an unknown number or trusted brand trying to call you repeatedly. This is the hallmark of a scam call. If you don't know the number, letting it go to voicemail is an option. If it's legitimate, they'll leave a message. It's not always realistic though – so if you can't screen your calls, be wary of calls from numbers you don't recognise or weren't expecting.

The most common trick people fall for is when a scammer is calling you about an opportunity, or about winning a prize (especially one you don't remember entering!).

Other common trick scammers use is trying to impersonate Telstra or a trusted organisation. For example, if Telstra is legitimately calling you, they will only call between 9am-8pm Monday to Friday, and 10am-3pm Saturday, wherever you are based, and not on a Sunday.



Image source: <http://toonhole.com/2012/02/scam-artist/>

A scammer's main objective is to try to build a sense of legitimacy to make you feel comfortable handing over your financial details or allowing control of your computer.

They may also try to receive personal information about you, including your personal security questions and passwords to access your online accounts and steal money or your identity.

Whatever you do, don't provide personal information or bank account information to anyone who you weren't expecting a call from or don't know - regardless of who they say they are. A healthy dose of scepticism might just save you from a scam call!

WHAT ARE THE BIG RED FLAGS?

1. Don't be convinced if it looks like an incoming call or text

is from a legitimate business or government organisation. Many scammers use spoofing tactics to lure you into a false sense of security.

2. Is the caller pressuring you and making it seem like the matter is urgent? Scammers try to trick you into handing over financial information as though you have an outstanding debt and can make you feel pressured to hand over your information.
3. Take note of the time of day – is it a reasonable time for a trusted organisation to be calling you?
4. Is an unknown number or trusted brand trying to call you repeatedly?
5. The golden rule: **if it sounds too good to be true, it probably is.**

Group activity

ASHBROOK LIBRARY AND BOOK CLUB

The Ashbrook has many communal areas for all residents to use and enjoy at their leisure.

The library has always been a popular spot with its beautiful cosy fireplace – a truly lovely space to sit back and relax in. Pick up a book, catch up on the latest news or simply have a chat with friends. Our dedicated librarians have it well organised, and welcome donations should you have any books to spare.

If you are looking for something a little more social, why not join the Ashbrook Book Club? The group meets on the second Monday of every month at 4pm, in comfort on the couches in the Dining Room. They welcome new members who are willing to contribute and expand the group. Books are not the only things that get talk about; movies, shows and concerts too. They look forward to being able to get out and about once again to local theatres as soon as Covid restrictions lift.



AVAILABLE PROPERTIES

We would like to give our Ashbrook residents the opportunity to view the apartments that are on sale. Please visit Trish in the Sales Suite (anytime Mon to Wed) to arrange a time to visit.

APT. 2.08

🚗 2 🏠 2 🚗 1 \$471,000



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

APT. 2.47

🚗 2 🏠 2 🚗 1 \$450,000



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

APT. 1.18

🚗 2 🏠 1.5 🚗 2 \$475,000



Tranquil 2 bedroom with 1.5 bath. South West facing. Large private balcony, ideal for pets. Additional extras included.

GREAT LOCATION, GREAT COMMUNITY, GREAT OPPORTUNITY.

Apartments starting from \$450,000. Viewing highly recommended.
Variety of contract types to suit your needs. Reassuring 24/7 Emergency Care Assist.

CALL 0477 870 071 TODAY TO ARRANGE A PRIVATE TOUR!

HAPPY HOUR MUSIC QUIZ

On the 6th August 2021 the first “Music Quiz” was held in the Sports Bar during Friday Happy Hour. This was the brain child of John who put many hours into working out suitable questions to cover the period of 40’s & 50’s, with the support of Ray and Boris.

There was a good attendance for this Quiz night with 5 teams of 6 residents all seeking to be the inaugural top team. Some residents also came along

to check out the questions which proved to be very varied and considered very difficult by most. 18 correct answers out of 27 proved to be the winning number, and each team member received a small bottle of champagne and some Lindt Chocolates.

After such an enjoyable and successful night, John has decided to run a “Movie Quiz” night for much the same era for all those residents that are movie buffs. No doubt we will have much support for this event too!

RIDDLE TIME!

Can you write down eight eights so that they add up to one thousand?

QUIZ

- Q1. Who was the legendary Benedictine monk who invented champagne?
- Q2. What is the largest freshwater lake in the world?
- Q3. Where would you find the Sea of Tranquility?
- Q4. What do you call someone who shoes horses?
- Q5. What item of clothing was named after its Scottish inventor?
- Q6. What kind of weapon is a falchion?
- Q7. Which word can go before ‘vest’, ‘beans’ and ‘quartet’?
- Q8. What is another word for lexicon?
- Q9. What is the seventh planet from the sun?
- Q10. Who invented the rabies vaccine?

E	I	D
Y	F	T
V	I	R

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!



JOKE OF THE QUARTER

Pat walks into the bar with a Chihuahua. One of Pat's friends stops him and says: “You can't bring dogs in here, unless it's a guide dog.” Pat thanks the friend and continues to the bar and asks for a drink.

The bartender says: “Hey, you can't bring a dog in here!” Pat replies: “This is my guide dog.” The bartender says: “No, I don't think so. They do not have Chihuahuas as guide dogs, they are always Labradors or

German Shepherds.” Pat pauses for a half-second and replies “What?!?!”

They gave me a Chihuahua?!?”

YOUR ANSWERS

- | | | | | |
|----------|-----------|-----------|-----------|-----------|
| 1. _____ | 6. _____ | 12. _____ | 18. _____ | 24. _____ |
| 2. _____ | 7. _____ | 13. _____ | 19. _____ | 25. _____ |
| 3. _____ | 8. _____ | 14. _____ | 20. _____ | |
| 4. _____ | 9. _____ | 15. _____ | 21. _____ | |
| 5. _____ | 10. _____ | 16. _____ | 22. _____ | |
| | 11. _____ | 17. _____ | 23. _____ | |

Word block: <https://nineletterword.tompaton.com/eidyftvir>

SEE PAGE 10 TO VERIFY YOUR ANSWERS!

Spring recipe



Recipe and image: <https://www.olivemagazine.com/recipes/healthy/chargrilled-tuna-with-warm-potato-and-bean-salad>

CHARGRILLED TUNA WITH WARM POTATO AND BEAN SALAD

- 25 Minutes
- Serves 2
- Easy

This recipe for chargrilled tuna with warm potato and bean salad is a great option midweek as it's healthy and ready in under 30 minutes.

INGREDIENTS

- **baby new potatoes** 300g
- **Dijon mustard** 1 tsp
- **white wine vinegar** 2 tbsp
- **olive oil**
- **spring onions** 3, finely chopped
- **green beans** 150g, trimmed

- **tuna steaks** 2
- **baby plum tomatoes** 150g, halved

METHOD

STEP 1

Bring a pan of salted water to the boil. Add the potatoes and cook until tender, about 8-10 minutes. While the potatoes are cooking, whisk the mustard, vinegar and 2 tbsp oil in a bowl, stir in the spring onions and season. Scoop the potatoes out with a slotted spoon and drain, halve any large ones, then mix with the dressing while warm.

STEP 2

Add the beans to the boiling water and cook for 3 minutes. Drain well, add to the dressing bowl, then toss everything together.

STEP 3

Rub the tuna with olive oil and season well. Heat a griddle pan to hot, then sear the tuna for 2 minutes on each side.

STEP 4

Mix the tomatoes into the salad and divide between 2 plates. Top with the tuna.

RESIDENT'S HOTEL LUNCH AT ELEPHANT & CASTLE HOTEL

The Hotel Lunch on Monday August 16th, proved a great hit with residents this month – as the venue “Elephant & Castle Hotel” proudly advertise the “Best Steaks in Adelaide”. Most of the 22 people attending the lunch tried either the Rump, Scotch Fillet, Porterhouse, Eye Fillet, Fillet Mignon, Rib Eye

or Kangaroo Steak, and thoroughly enjoyed every mouthful. A 10% discount for seniors was also a hit. The Hotel is only minutes away in West Terrace and easily accessible by bus (M44) or car. Several residents opted for the bus, and the short walk to the bus stop proved beneficial after the large lunch.

The **Resident's Hotel Lunch** is held every other 3rd Monday of month and alternately with Resident's BYO BBQ held in the Sky Garden and Conservatory. Check the Monthly Social Calendar for the next venue.

EVENTS COMING UP

CORNISH CHOIR

Date to be confirmed

MELBOURNE CUP

November 2nd

Please be aware – there are still COVID restrictions in place for all activities.

Image: <https://www.pexels.com/photo/men-on-horses-3015224/>
<https://www.flickr.com/photos/enor/5239415265/>



IT'S CAPTION TIME!

Put your wit to the test. Create a caption for this picture.

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.

Picture: <http://www.captionthis.org/12342>



JUST FOR FUN - LAST NEWSLETTER'S CAPTION

Big THANKS to those of you who submitted their amusing captions! Do you recognise yours?

- See what happens when you tell "porkies"... – R Moglia
- "Hey Daffie – think we'll find any good-looking birds here?" – Anon
- Stork Apprentice 101: High above the City somewhere. After Bob's botched attempt at Flight Training, Fred and Louis were starting to have regrets about signing up! - Anon



Picture: <https://www.pinterest.com.au/pin/164381455138627413>

QUIZ ANSWERS
 Riddle time: $888 + 88 + 8 + 8 = 1000$.
 Quiz Answers: 1. Dom Pérignon. 2. Lake Superior 3. On the Moon 4. Farrier 5. Mackintosh 6. Sword
 7. String 8. Dictionary 9. Uranus 10. Louis Pasteur
 Word block (some suggestions for you - how many more did you find?): 9 letter word: devitrify.
 7 letter word: vitrify. 6 letter words: drift, fervid, freity, rified, triffid, verify.

Activities

DAY	TIME	ACTIVITY	LOCATION
SEPTEMBER 3	5-6:30pm	Happy Hour – drinks, nibbles & raffle	Sports Bar
SEPTEMBER 7	6:00pm	Pizza night – includes glass of champagne & dessert. Register @ letterboxes & provide pizza preferences.	Dining Room
SEPTEMBER 10	5-6:30pm	Happy Hour – drinks, savories & raffle	Sports Bar
SEPTEMBER 13	12:00noon	Resident’s Bi-monthly BBQ. BYO & shared dessert. Tea/coffee provided	Sky Garden & Conservatory
SEPTEMBER 17	5-6:30pm	Happy Hour – drinks, nibbles & raffle	Sports Bar
SEPTEMBER 24	9:30am	Annual Meeting of Residents & Social Committees	Dining Room
	5-6:30pm	Happy Hour – drinks, nibbles & raffle	Sports Bar

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

ON-CALL DOCTOR
13SICK (137425)
<https://homedoctor.com.au>

JP SERVICE
MR OWEN WHEELER
 3222 - Apartment 2.22

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.

MOBILE HAIRDRESSER
 Michelle **0416 058 097**

TRANSPORT & OTHER SERVICES

Suburban Taxis
131 008 - Quote “VIP8807”




· **A S H B R O O K** ·
—
A P A R T M E N T S

2-8 Syme Street, Ashford, SA 5035 | Office: **(08) 8193 0000** | Sales: **0477 870 071**
manager@theashbrook.com.au | sales@theashbrook.com.au | www.ashbrookapartments.com.au