



ASHBROOK

APARTMENTS



*Mad Hatters,
every one of them!
And the winner is...?
See Page 7*

The Ashbrook News

SUMMER 2021/22



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!

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BACK COVER	Sky Garden Night View

Melbourne Cup - see photo story on page 8.

WELCOME

We have been so blessed to have many lovely new residents join us over the last few months and we hope that every one of you are all settling in well. Most recently **Winston** and **Shirley** and then **Christine** and **Finn** joined us. Soon we will be joined by **Janette** all the way from Encounter Bay. Reginald or Reg as he likes to be called, will also be joining us and then Wendy, whom many of you will know already. We look forward to welcoming each and every one of them to the Ashbrook.

COMMITTEE NEWS

September saw some changes to both our Residents and Social Committees. Big thank you goes out to all our exiting members, thank you so much for your services and enjoy the well earned rest. To our new members we look forward to working with you and are excited with all the new ideas and energy that you bring.

THANK YOU!

Big THANK YOU to those who have kindly contributed to this edition! Without you there would not be a newsletter. We are always delighted to receive your articles and photos. To be in the next edition, please email your ideas, interesting stories and photos to sales@theashbrook.com.au or visit Trish in the Sales Suite.

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://ilyarosefoundation.org/would-you-like-to-help-us/>

REMEMBRANCE DAY 11.11.2021

Due to Covid 19 restrictions on people assembling, Remembrance Day this year was celebrated with a modified protocol of the RSL celebration. It was attended by many of the Ashbrook Apartments residents joining together in the conservatory.

Audio and visual effects were handled by Boris as prelude to Master of Ceremonies, Dr Swain's welcome and rules of the day.

This was followed with readings by Jennifer and a commemorative address by Jocelyn. Helen recited the ODE followed by One Minute Silence. The "Abide with Me" Hymn and the Anthem were voiced quietly assisting the audio-visual renditions. The ceremony concluded with refreshments provided by the Social Club and 32 people then retired to the Dining Room for Lunch.

REFLECTIONS FROM THE DAYS' CELEBRATIONS.

By the very nature of our age, many of us can be a child of a veteran from Australia and beyond who served in World War I.

Many customs that we adhere to in today's society have their origin in the way families coped with the loss of so many people during those 4 years.

The Initial or Very First Armistice Day was held at Buckingham Palace commencing with King George V hosting a "Banquet in Honor of The President of the French Republic" during the evening hours of November 10th 1919. The First Official Armistice Day was subsequently held on the grounds of Buckingham

Palace on November 11 1919. This would set the trend for a day of Remembrance for decades to come.

Most member states of the Commonwealth of Nations changed the name to Remembrance Day after World War II, to honor veterans of that and subsequent conflicts. The United States chose to call it All Veterans Day.

More than 416,000 Australians volunteered for service in WWI. Of these:

- 324,000 served overseas
- More than 60,000 Australians were killed, including 45,000 who died on the Western Front in France and Belgium.
- More than 8,000 died on the Gallipoli Peninsula in Turkey.
- As well as our soldiers, many nurses in the Australian Army Nursing Service served on the Western Front. These nurses worked in overcrowded hospitals for up to 16 hours a day, looking after soldier with shocking injuries and burns. Those working in hospitals close to the fighting were also in danger of being shelled by the enemy.

THE SOUTH AUSTRALIAN SCENE OF 1916

Back then, we had a population of 441,690 of whom 49,000 enlisted, that is 11 % of the total population. As many as 27,700 of them served overseas, resulting in 6,000 not returning home.

The staggering figures for other nations is also telling of the ghastly horror for families and society across Europe.

FOR THE WESTERN FRONT ALONE

	Killed	Wounded
German & Austrian	1,500,000	3,500,000
French	1,250,000	4,000,000
British & Empire	1,000,000	2,000,000

It is recorded that "If all the British Empire dead of the First World War were to march four abreast down Whitehall, it would take them almost four days and nights to pass the Cenotaph."

Sebastian Faulks epic 1990's novel "Birdsong" contains these words for the returned soldier of WW I, that need no expansion.

"No child or future generation will ever know what this was like. They will never understand. When it is all over, we will go quietly among the living and we will not tell them. We will walk and sleep and go about our business, live human beings. We will seal what we have seen in the silence of our hearts and no word will reach us."

The truth of this is echoed in my own story. Today is the first time I have worn my father's WWI medals on my right side.

He enlisted as a Private, a 26-year-old Law Student. He served in Gallipoli and on the Western Front. On the 7 December 1918, his services as Lieutenant, MBE* and MID** was terminated in Australia. He never went back to study; he became an Orchardist.

*MBE – Military Division, Appointed Member of Order of the British Empire.

** Mention in Dispatches

Photo by David Bartus from Pexels

COVID19 AND ME AND YOU AND US

Jennifer Stehn

We all know the saying “It takes a village to raise a child.” Now we know the reality of a new saying “It takes a community to survive COVID.”

I contracted COVID19 in April 2020. I spent three and a half weeks in the Intensive Care Unit of the Royal Perth Hospital, one week on the ward, two weeks at Bentley Rehabilitation Hospital, and later one week in the Royal Adelaide Hospital and one week in Calvary Adelaide Hospital.

In retrospect I am amazed at how quickly the medical community responded to the pandemic with agreed shared practices that minimized harm. I don't remember much of April 2020, but I do remember the new care protocols and the way nurses continually coached one another in their use. This was a care democracy where everyone was vulnerable to infection, and everyone was equally responsible for reducing risk. For example, any air escaping from my breathing apparatus meant orderlies or nurses had to stay in my isolated room for extra time. Any time anyone entered my room (with its two large observation windows), they put on new full PPE which was discarded in the room before they left. When I underwent a tracheotomy (which saved my life), the whole theatre had to be deep cleaned before and after the operation.

Back in Adelaide I again experienced the new medical

and care protocols in two more hospitals. And now twenty months after the outbreak of the pandemic in Australia, these practices are still being used and refined. New habits, new knowledge, new language, new expectations.

I am deeply grateful to the medical community for reacting so quickly and so comprehensively to the impact of the pandemic on their daily worlds. There have been frustrations and mistakes while learning how to deal with the medical challenges of COVID and the emotional and relational challenges of working in this environment. But this is, after all, a new environment. We're not suddenly, perfect in our actions and reactions.

The broader community has also had to change comprehensively. We have new daily habits and experiences of social distancing, mask wearing, quarantining, getting vaccinated, sanitizing, and self-isolating. When we do one of these things, as we do every day, we have a greater awareness of our part in our community and of our impact.

I've heard the phrase “This is a truly global experience”. Everyone across the globe is affected by it. The pandemic has increased our awareness of community – of our expectations of each other and what we can achieve when we act together, and of the consequences of breaks in that coherence when people assert their individual rights over those of

community. It's challenging when the outcomes are measured in life and death, wellness and illness. How do we deal with non-compliance? Every individual and every organization must deal with that question. What is my reaction to anti-vaxxers? What is my reaction to seeing someone without a mask? What is my reaction to someone not social distancing? What do I say to someone who is non-compliant? These are everyday choices for individuals, organisations, and government.

I've had an intense experience with COVID – being treated for it, learning to live with its long-term health consequences and being part of preventative measures.

I'm probably more anxious now than I was a year ago. Then I was trying to come to terms with what COVID had done to me. Now I'm trying to come to terms with what COVID is yet to do to our community.

The COVID focus has changed from isolation and treatment of symptoms to community wide preventative measures. States and countries are opening their borders, to reboot their economies, in particular, supporting small business operation and travel.

World-wide there have been over 7.13 billion doses of the vaccine. Governments and organizations are relying on vaccination to minimize the spread and impact of the virus. ►



CHRISTMAS CRAFT FAIR

After the disappointment of having to cancel last year, the Craft Group are planning to have a bumper event on Saturday 4 December, 10.00 am to 2.00 pm. Put the date in your diary and come along for a great day out and support these very worthy charities – Mat Bowtell Prosthetics for Children, Macular Disease, Dementia/ Alzheimer’s Research and Ovarian Cancer SA.



SAUSAGE SIZZLE
HOT DOGS

HOME BAKED
GOODIES

ASHBROOK CRAFT GROUP
CHRISTMAS CRAFT FAIR
SATURDAY 4 DECEMBER
10.00 AM—2.00 PM
RAFFLE DRAWN AT 2.00 PM

TEA
COFFEE

CRAFTS AND
BARGAINS
GALORE

SUPPORTING: MAT BOWTELL PROSTHETICS FOR CHILDREN
MACULAR DISEASE, DEMENTIA/ALZHEIMER'S RESEARCH,
OVARIAN CANCER SA

Yesterday (16/11/2021) 522,301 new cases world-wide were reported. Case numbers in the UK are as high as they were in July 2020 and the number of deaths is higher. On 21 October 2021, there were 2,544 new cases in Australia and 17 new deaths. The pandemic is not over. Infection and death are still occurring. Government strategy has changed to one of living with COVID.

has been fortunate during the pandemic. Management has put in place clear and rigorous protocols, with guidance from SAHealth. Residents have endeavoured to live by these.

My anxiety is fuelled by a fear that with the jubilation across the country at the prospect of “opening up”, will come a growing neglect of the prevention protocols.

COVID will continue to be a part of our community. The path it will take is yet unknown. But what is known is that we need to engage comprehensively with prevention strategies – socially distance, wear masks, stay home when we’re sick, get vaccinated. I think these are practices that show our respect for each other. When we do them together, we strengthen our community.

Our Ashbrook community

The pandemic is not over.

Believe me – you don’t want to get COVID19.



ASHBROOK

APARTMENTS
Ashford, South Australia

Join our waitlist

Coming soon, spacious two bedroom, two bathroom apartment

with generous floorplan and private balcony

- 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

Luxury Retirement Living



Call today 0477 870 071 • 2-8 Syme Street, Ashford SA 5035 • ashbrookapartments.com.au

Continuing with the theme of **Remember when?**
We are looking for writers to **tell us your story.**
It can be **from any aspect of your life.**

Please let us know if you are interested –
email sales@theashbrook.com.au

Resident experience

REMEMBER BEING 18

Looking back 1,000 years ago when I was 18 I think to myself: was I that courageous, adventurer or just plain dumb? And, although times were, different dangers still existed...

Having worked at various construction sites including raising the spillway at Mt Bold dam and Myponga reservoir I was offered a "job" on a tin mine half way between Katherine and Pine Creek but 15 kilometres off the track near a place called Edith Falls, a beautiful natural water fall and lake.



The 'job' turned out to be a nightmare: living in a tin shed, drunk cook, no facilities such as a normal shower or laundry... Being a bit spoilt living in a pub in Hahndorf, 3 months was enough and I hitch hiked to Darwin to try and get a ride to Adelaide.

While at the camp we used to swim in Edith Falls to cool off and wash and one day I climbed

the mountain alongside and was horrified to see three crocodile's share the pool as well!

I was later told they were not the man eaters and – while I believed that – did the crocodiles know that as well? I had the unique experience of the hairs actually crawling up my neck.

I still have the photos of the crocs today.

Got to Darwin OK, and lived like a king for a couple of days – remember I was 18, hardly seen a girl for 3 months, and full of hormones.

Fluked a ride on a road train to go to Alice Springs and sat up for 3 days, as there were two drivers who did not share their sleeper cab, but great company – although we only stopped for one meal a day, but the drivers topped up with beer from morning to night.

Arrived in Alice Springs, booked into a dingy shared guest house and booked a ticket on the train to Adelaide in two days – and then after a couple of hours feasting like a king realised I was flat broke... No credit cards in those days.

The older (24 years) guy I shared the room with, asked me down to an Italian restaurant for spaghetti – which I had to refuse as I had no money. Him, being a typical great young Italian, saw my predicament and said he would shout me a meal which – as it turned out – had to last me for the next four days...

Not all bad, as he taught me how to eat spaghetti without looking like a starving dog!

I remember the day well, August 4th 1962, newspaper headline: Marilyn Monroe found dead.



Before I left Alice, I put through a reverse charge call to mother and said I was coming home, but not to worry picking me up as I would catch a cab.

Three days to Adelaide, nothing to eat, flat broke, very tired, dirty clothes...

I have never been so happy to see someone as my Mother at the train station to pick me up as I was starving and exhausted, no money and did not relish the thought of hitchhiking to Hahndorf at 10pm in the middle of winter.



Photo by
Ray Bilcliff from Pexels

Social event



MAD HATTER TEA PARTY

On the 6 October, management organised a "Mad Hatter Tea Party" which was really delightful.

The tables were beautifully imaginatively decorated with handmade stacked up cup and saucer cut outs, lemon and pink confetti sprinkled all over the tablecloths. Each place setting featured a clockface serviette



holder and a little hat made up of a tic toc biscuit, a marshmallow and a life saver.

Compliments to the chef, the food was delicious as always and the little cakes to follow were divine, heart-shaped and melt in the mouth.

Everyone who attended were very creative with their hat designs from suave and sophisticated to bizarre. All should be commended but the winner of the Mad Hat prize on the day was.... Raelene, who came up with the most original design combing a tiara and a beanie. A guest visitor took away the prize by guessing the correct number of Chocolates in a Jar. Congratulations to both ladies.



Raelene is the winner for the Mad Hatter prize.

Thank you to all involved especially our village manager, chef and assisting staff. Another successful event very much enjoyed by all!!

HAPPY HOUR – COCKTAIL EVENING





Social event

MELBOURNE CUP 2021 IN THE ASHBROOK

Another nail biting Melbourne Cup for our residents and this year we were delighted to be able to put on a more glamorous affair.

elegant and very dapper, making the judging for Best Dressed Lady, Best Dressed Man, Best Hat and Runner Up very difficult indeed.

Unfortunately, everyone couldn't win but we can all agree that Gayle, Annie, Doris and Warren certainly deserved their winning title.

The Melbourne Cup, being Australia's most famous race is guaranteed to draw in the crowd. The residents of Ashbrook participated in watching and betting on the horses in a joyful day of fun and mingling, with delicious food and an award winning ceremony of our own.

All attendees looked beautifully



And our winners are...
Gayle, Annie, Doris
and Warren.



Quiz your mind

RIDDLE TIME!

Two women and two doctors walk into an ice cream parlor. They each order an ice cream cone. When their ice creams come, there is only 1 strawberry, 1 chocolate and 1 vanilla. How come they didn't complain?

TRIVIA QUIZ - FOOD AND DRINK

- Q1** What is the main vegetable ingredient of Spanakopita?
- Q2** Which vegetable is also known as the Sugar Snap Pea, literally means "eat everything" in French?
- Q3** What's the most widely-used seasoning in the world?
- Q4** Which weapon is associated with the vegetable asparagus?
- Q5** What type of food is Brie?
- Q6** What is the main ingredient of sushi?
- Q7** What dish is made up of eggs, ham and Hollandaise Sauce on muffin halves?
- Q8** Which country is the world's largest producer of cherries?
- Q9** In the dish 'spaghetti alle vongole', what are vongole?
- Q10** What colour is the flesh of an avocado?

WORD BLOCK

Find as many words as you can! Words must contain the centre letter. Your target is 22 words and the nine-letter word. Good luck!

R	Y	D
S	P	I
H	L	U

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

YOUR ANSWERS

- 1. _____
- 2. _____

SEE PAGE 10 TO VERIFY YOUR ANSWERS!

JUST FOR FUN - LAST NEWSLETTER'S CAPTION

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

- "Did somebody say KFC??" – Anon
- "Wanna hear the most annoying sound in the world?" – Anon



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

JOKE OF THE QUARTER

A pensioner drove his brand-new BMW to 100mph, looking in his rear-view mirror, he saw a police car behind him. He floored it to 140mph, then 150mph... Then 155mph...

Suddenly he thought to himself: "I'm too old for this nonsense!"

So, he pulled over to the side of the road and waited for the police car to catch up with him.

The officer walked up to him, looked at his watch and said: "Sir, my shift ends in ten minutes. Today is Friday and I'm taking off for the weekend with my family. If you can give me a good reason that I've never heard before, why you were speeding... I'll let you go."

The man looked very seriously at the police man, and replied: "Years ago, my wife ran off with a policeman, I thought you were bringing her back!!!"

The Officer left saying: "Have a good day, Sir..."



Summer recipe



NO BAKE CHRISTMAS CAKE

These quantities make a small, round, family-sized cake of diameter 15cm and a depth of around 5cm. A tin of larger diameter will result in a shallower cake. If you're catering for only a few, consider halving the recipe and perhaps using a square or loaf tin for easier slicing, or even pressing the mix into cupcake or deep tart tins for mini individual portions.

For a Gluten-Free version: substitute GF Rich Tea biscuits.

For Vegans: Substitute the butter for the fat you prefer. It should be one that is solid at room temperature.

INGREDIENTS

- 60g prunes – chopped
- 60g mixed, candied peel – chopped
- 75g raisins

- 75g sultanas
- 75g glace cherries – halved or quartered
- ½ nutmeg – grated
- ½ tsp mixed spice
- ½ tsp cinnamon
- 1 tsp vanilla extract
- 1 rounded tbs Honey or Golden Syrup
- 80g unsalted butter
- 75ml alcohol – a mix of cream sherry and brandy is nice, or 25ml each of these plus dark rum. Substitute fruit juice if preferred.
- 75g walnuts – chopped
- 250g fine Rich Tea biscuit crumbs

PREPARATION

1. Put everything except the nuts and the crumbs into a pan.
2. Heat, gently stirring, until the butter has melted and the fruit is warmed through.

3. Remove from the heat, cover, and set aside to allow the fruit to plump up (30 minutes-1 hour).
4. Put the nuts and crumbs into a bowl.
5. Add the cooled fruit mixture and toss to combine. The mixture should now resemble damp sand, and stick together when pressed. Adjust spices if necessary, and add more crumbs/alcohol/juice if required.
6. Line your tin with plastic film.
7. Pour in the mixture and press flat. I find the base of a glass tumbler is excellent at achieving a smooth surface.
8. Cover the top with plastic film and chill thoroughly, preferably overnight.
9. Decorate with almond paste and icing as per a traditional cake.

QUIZ ANSWERS

Riddle answer: One of the women was a doctor!

Trivia answers: 1. Spinach. 2. Mangetout. 3. Salt. 4. Spear. 5. Cheese. 6. Rice. 7. Eggs Benedict.

8. Turkey. 9. Clams. 10. Green

Word Block: 4 letter words (15) dips drip hips lips lisp bish plus purt push rips ship slip spud

spur. 5 letter words (6) drips plush pushy slurp sylph syrup. 7 letter word (1) prudish. 9 letter word (1) prudishly.

Activities

DAY	TIME	ACTIVITY	LOCATION
REGULAR WEEKLY ACTIVITIES			
MONDAY	4:00pm	Book and Film Club (Monthly)	Dining Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Bridge	Dining Room
TUESDAY	10:00am	Art Group	Art Room
	3:00pm	Carpet Bowls	Rec Room
	7:00pm	Ladies Pool	Sports Bar
WEDNESDAY	10:30am	Chi Ball	Rec Room
	1:00pm	Craft	Dining Room
THURSDAY	1:30pm	Movie Matinee	Theatre Room
	4:00pm	Billiards	Sports Bar
	4:00pm	Ukulele	Level 4
	7:00pm	Movie Matinee	Theatre Room
FRIDAY	7:00pm	Table Tennis for All	Sports Bar
	9:30am	Qi Gong	Rec Room
	2:00pm	Rummikub	Dining Room
SATURDAY	4:00pm	Billiards	Sports Bar
	4:00pm	Billiards	Sports Bar
SUNDAY	4:00pm	Billiards	Sports Bar

UPCOMING EVENTS			
DECEMBER 3		Happy Hour – Movie Quiz night	
DECEMBER 4		Trading Table	
DECEMBER 10		Happy Hour – drinks and nibbles	Sports Bar
DECEMBER 16		Management Drinks	Sky Garden
DECEMBER 17		Happy Hour – drinks and nibbles	
DECEMBER 24		Special Christmas Happy Hour (you need to be in bed, otherwise Santa won't deliver!)	

WATCH THE NOTICE BOARD FOR SOME EXCITING NEW OUTINGS IN 2022!

Photo by Fabio Eckert from Pexels

USEFUL CONTACTS

JP SERVICE
MR JOHN BURKHILL
 3154 - Apartment 1.54

MOBILE HAIRDRESSER
 Michelle **0416 058 097**

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.

ON-CALL DOCTOR
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<https://homedoctor.com.au>

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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

