



ASHBROOK

APARTMENTS



The Ashbrook News

Autumn 2021



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Thanks for joining us

Management would like to thank all of our residents for joining us at our Christmas Drinks Event on the 9th of December 2020. It was great to see so many of you attend and we hope that you all had a wonderful evening. It is always an enjoyable gathering for us, allowing us to catch up with you all and wish you a Merry Christmas and Happy Healthy New Year.

Welcome

The New Year kicked off with many new sales enquiries and we are delighted to announce and look forward to welcoming Wayne & Lyn and Ian & Raelene who will be joining us over the coming months. Let's join together in giving them a hearty, warm Ashbrook welcome.



Over the past decade and more, the Ashbrook Apartment residents have engendered a strong reputation for their wonderful support of many charities. Spanning back to the Ashbrook's early days, a group of active craft members, sadly some no longer with us, started holding charity events throughout the years. With more and more residents joining in, the fundraising has gone from strength to strength. Nowadays the group nominates the four main charities to support throughout the year and all profits received are equally distributed between those organisations.

The worthy charities for 2020 were:

Mat Bowtell – free Prosthetic Hands for Children

Melbourne-based engineer, Mat Bowtell volunteers his spare time and funds to design and make open source prosthetic devices for those who cannot afford them. While traditional prosthetics can cost up to \$6,000, Matt's revolutionary 'kinetic finger' can be made for under \$1. Rather than licence his designs for profit, Mat has made them freely available online. Mat has helped children and adults in Australia and around the world.

Peter Couche Foundation for stroke stem cell research

The Peter Couche Foundation is housed within the Faculty of Health and Medical Sciences. Together, they raise funds to support stroke research and build awareness of stroke in the community. Through the foundation's support, medical researchers are investigating the use of adult stem cells to repair the brain after stroke.

Parkinson's Foundation

The Parkinson's Foundation endeavours to make life better for people with Parkinson's disease by improving care and advancing research towards a cure.

Dementia/Alzheimer's Research

A dynamic community of scientist striving towards finding new treatments to stop, slow and prevents these terrible diseases.

Due to Covid restrictions in 2020, many events had to be either cancelled or postponed but that did not stop the group fundraising. Adjustments were made and the events still went ahead, one way or another including the Christmas Trading Table. This time in the form of a catalogue, making it easy for buyers to purchase the goodies on offer. The proceeds raised were shared evenly between the four nominated organisations, each receiving \$375.

The Shepard's Pie and Sausage roll pop-up stall was a complete sell out with everything going in just over 3 minutes!!! \$550 was raised. Sorry to those of you who missed out.

Other charity events managed to go ahead albeit on a smaller scale, such as RFDS high tea showcased in the last edition of the Newsletter. Sadly, we didn't get to enjoy the Biggest Morning Tea, a popular annual event with Barb. This event has been held for over 12 years raising in excess of \$23,000!!!

Too many events to mention and not enough space (in this edition anyway.) Please stay tuned for more events news in our next edition. Well done all and keep up the great work.



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.

\$470,000

Apt. 2.16

🛏️ 2 🚿 2 🚗 1



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

\$505,000

Apt. 1.17

🛏️ 2 🚿 1.5 🚗 1



Spacious North East facing apartment. Bright sunny aspect with many extras.

Deposited

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

Apt. 1.18

🛏️ 2 🚿 1.5 🚗 2



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

\$465,000

Apt. 3.16

🛏️ 2 🚿 2 🚗 1



Large stylish South West facing two bedroom, 2-bathroom apartment with tree top outlook out to the coast.

Coming soon

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!

Ready to book your late 2021 - 2022 holiday?

It will come as no shock to discover that global tourism suffered its worst year on record in 2020, with international arrivals dropping by 74 per cent according to the latest data from the World Tourism Organisation.

Destinations worldwide saw one billion fewer international arrivals in 2020 than in the previous year. This dwarfs the 4 per cent decline recorded during the 2009 global economic crisis.

Half of the World Tourism Organisation's Panel of Experts expect a rebound to occur in 2022, while the remaining half see a "potential rebound" in 2021.

Last year more than eight out of 10 expected there to be a tourism rebound this year.

Looking further ahead, most experts do not see a return to pre-pandemic levels happening before 2023. In fact, 43 per cent pointed to 2023, while 41 per cent expect a return to 2019 levels will only happen in 2024 or later.

Asia and the Pacific, the first region to suffer the impact of the pandemic and the one with the highest level of travel restrictions currently in place, recorded a decrease of 84 per cent in arrivals in 2020 (300 million fewer). The Middle East and Africa both recorded a 75 per cent decline.

Europe recorded a 70 per cent decrease in arrivals, despite a small and short-lived revival in the summer of 2020. The region suffered the largest drop in absolute terms, with more than 500 million fewer international tourists in 2020.

The Americas saw a 69 per cent decrease in international arrivals, following somewhat better results in the last quarter of the year.

If so, it would be wise to acquaint yourself with the latest laws as apply to travel booking cancellations.

The Australian Competition and Consumer Commission website provides a wealth of advice for people considering booking travel in the current climate.

For starters, it recommends searching the company's terms and conditions for its cancellation and refunds policies. "There may be different policies for different travel periods, so check the one that applies to your travel dates," the ACCC says. "Remember that if you book through a travel agent, the policies of both your agent and travel suppliers will apply."

It is important to understand your rights if the trip is cancelled due to the booking not being able to proceed due to COVID-19 travel restrictions; if you cancel the booking; the business cancels the booking.

The ACCC says consumers should be wary of businesses selling "risk-free" or "100% refund guarantee" offers, as these may misrepresent your right to a refund for cancelled travel.

It recommends you carefully consider your individual circumstances and the risks involved in travelling as refunds are less likely if you cancel the booking.

Source: www.thesenior.com.au



Guest Speaker

PROUD MARY

For those of you who missed our Happy Hour Speaker on the 12 February, Denise Stevens of Proud Mary took to the Lectern in front of 30 plus residents, all were treated to free wine and nibbles. Denise told us a little about the cruise history and the various cruises now on offer. We were also entertained with a 10-minute DVD of the cruises with some very enthusiastic comments from previous clients.

The Proud Mary specialises in a boutique travel experience. The Award-Winning Proud Mary has only 18 Luxury ensuite cabins over 3 decks, all with River Views. The Proud Mary has only recently been totally refurbished

including all new luxury beds.

They have daily nature based on shore excursions, live entertainment and even a special Captain's Dinner night (on 5-night cruises). Their world class chefs prepare magnificent meals that are all inclusive and the crew are all friendly and helpful with a cabin steward to attend to all your needs.

Several of our residents took the opportunity to snap up their fantastic offer. Don't miss out, they look forward to hearing from you, should you would like a quick getaway, supporting a small, local business and South Australian Tourism. They can also offer return coach transfers from Adelaide to Murray Bridge for \$120 return per person or secure undercover garaging \$100(2 nights) or \$140(5 nights). Don't forget to mention that you live at The Ashbrook Apartments.

2 NIGHT SPECIAL FARES – MARCH ONLY

**2 Night \$640pp WAS \$840pp - Single Cabin \$999 WAS \$1344
(5 Night \$2100pp Twin Share, \$3360 Single Cabin)**

- Live Entertainment • Barbeque on the riverbank • Daily nature based on shore excursions conducted by resident ecologist including the backwater lagoon ecology cruise • And more..

Call Denise Stevens - 0437 239 009 or 1800 677 683, Email - Denise@proudmarty.com.au

Joke of the quarter

Bob goes to his doctor. "Doctor, how do you know when it's time for someone to go into a nursing home?" he asks.

The doctor says "well it's simple really, I always get my patients to take this test"

"What test is that then?" asks Bob

"Well, you see, I fill a bath with water and I ask them which is the quickest way to empty the bath and give them a choice of a bucket, tea cup or a spoon" says the Doctor.

"Oh, that's easy" says Bob proudly, "any normal person would know to use the bucket, as it will be much quicker than the tea cup or the spoon".

"No," says the Doctor "a normal person would know to pull out the plug! Now Bob, would you like a bed with a garden view??"



Happy Strumming

Thursdays at 4.00pm - Level 4

Calling all new members!

This lively group was set up in 2018 by David, a fond Ukulele player, who was keen to spread the joy of strumming. Starting with five, the group has expanded to seven players



accompanied by five singers and they are always keen to have more players and singers come on board.

Anything and everything goes; they play all types of songs from tunes that are or have been popular, to war songs, Irish & Scottish ballads, even The Beatles to Australian folk songs and many, many more. All in all, they have around 180 tunes in their repertoire and add more on a regular basis. Everyone has the chance to choose the coming weeks songs and keen members will practice at home during the week.

Don't worry if you don't have an instrument, there's one available to loan and everyone is keen to help and teach new members. It's all about fun and friendship. They welcome any residents to come along and give it a go with no obligation. Come on, why not have a go!

Australia Day Celebrations

Australia Day is the official national day of Australia. Observed annually on 26 January, it marks the anniversary of the 1788 arrival of the First Fleet at Port Jackson in New South Wales, and the raising of the British flag at Sydney Cove by Arthur Phillip. A national day of unity for all Australians to be celebrated by us all.

Thirty Ashbrook Residents got together in the Conservatory to 'Reflect, Respect and Celebrate' Australia Day. Lamb Chops, snags and hamburgers filled the BBQ in the Sky Garden. The Australian music was easily drowned out by the chatter of friends and neighbours.

The highlight at all Ashbrook BBQs is always the shared desserts, and this Australia day

was no exception. A wonderful array of Pavlovas, Cakes, Slices, Lamingtons and Cheese Cakes followed the BBQ and we all threw diet caution to the wind and enjoyed them.

Lorna Johns



Picture source: <https://www.nma.gov.au/defining-moments/resources/australian-flag-defined>

Quiz Page

Riddle Time!

Three playing cards in a row. Can you name them with these clues? There is a two to the right of a king. A diamond will be found to the left of a spade. An ace is to the left of a heart. A heart is to the left of a spade. Now, identify all three cards. Three playing cards in a row. Can you name them with these clues? There is a two to the right of a king. A diamond will be found to the left of a spade. An ace is to the left of a heart. A heart is to the left of a spade.

Now, identify all three cards.

Autumn Quiz

- Q1. How many points does a compass have?
- Q2. Name all four of the Marx Brothers.
- Q3. What do you call the pudding made with ice cream on sponge, which is covered by meringue?
- Q4. Who became the first female president and head of state in Latin America?
- Q5. What did Sir Christopher Cockerell invent?
- Q6. What does the Latin phrase 'caveat emptor' mean?
- Q7. Who wrote a series of novels about orcs, hobbits, goblins and elves?
- Q8. What are the four types of teeth?
- Q9. Name the gold coin introduced by Henry VII.
- Q10. Who composed the music for the ballets *Sleeping Beauty* and *Swan Lake*?

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!

Your answers

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

Check your answers on page 10!

Autumn Recipe

Australia's best Beetroot Soup with Crème fraiche and chives - Warming soup to ward off that Autumn Chill



Ingredients

- 40g unsalted butter
- 1 onion, finely chopped
- 1 carrot, chopped
- 1 desiree potato, peeled, chopped
- 1 bay leaf
- 1L (4 cups) chicken or vegetable stock
- 450g can baby beetroot, drained, roughly chopped
- Creme fraiche (or sour cream), croutons and finely snipped chives, to serve
- Extra virgin olive oil, to drizzle

Method

1. Heat the butter in a large saucepan over medium heat. Add the chopped onion and carrot and cook, stirring, for 3 minutes or until slightly softened. Add the chopped potato

and cook, stirring, for a further 5 minutes. Add the bay leaf, stock and 1 cup (250ml) water. Increase the heat to medium-high, bring soup to the boil, then cook for a further 5 minutes or until the vegetables are very tender. Add the chopped canned beetroot and simmer for about 3 minutes.

2. Allow the mixture to cool slightly, then discard the bay leaf. Using a stick blender, blend soup until smooth (or puree in batches in a blender). Season soup to taste, add a little extra water if it's too thick, and warm through over low heat if necessary.

3. To serve, divide soup among bowls and top each with a dollop of creme fraiche or sour cream. Scatter with croutons and chives, then drizzle with oil.

4. Enjoy!

Recipe and image via:

https://www.delicious.com.au/recipes/beetroot-soup-creme-fraiche-chives/ccf28fab-c236-479e-bfbd-505fb25f6059?current_section=recipes

Save the date . . .

March 15th

Monday Residents BBQ, 12pm Sky Garden Conservatory. BYO (please register)

March 17th

St. Patricks' Day - Get your Irish on and wear something green.

Irish songs and music with Ray on the piano from 6.00pm followed by an Irish Dinner in the dining room from 6.30pm

March 19th

Quiz Night & Happy hour 5.00 - 6.30pm. Get your team of 6- 8 people together for this fun night. Quiz kicks off at 5.20pm.

March 26th

Happy Hour, 5.00 - 6.30pm. Nibbles and raffle.

Upcoming Events:

April 2nd - 5th: Easter. April 25th: ANZAC Day. *Details to follow for both dates.*

Cartoon Caption Contest

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 source:

<https://www.pinterest.com.au/pin/164381455138456945/>



Last Issues Caption Contest

Big thanks to those of you who submitted their amusing captions, do you recognise yours?

“Don't even think about it!”

“Oops, I think I just lost my bark”

“Go find you own tree!”

“You can't fool me Dad. The tail is a give away”

Cartoon by John Klossner via:

<https://moderndogmagazine.com/modern-dog-cartoon-caption-contest>



Riddle answer: Ace of Diamonds, King of Hearts, Two of Spades.

Word Block answer: 9 letters: Premodern. 8 letters: Ponderer. 7 letters: Moderne.

beware. 7. JR Tolkien. 8. Molars, pre-molars, incisors and canines. 9. Sovereign. 10. Tchaikovsky.

Quiz Answers

Regular Weekly Activities

<i>Daily</i>	4:00pm	Billiards, Sports Bar
<i>Monthly</i>	4.00pm	Book and Film, Level 4
<i>Monday</i>	10:00am 7:00pm	Keep Fit Bridge, Restaurant
<i>Tuesday</i>	10:00am 2:00pm 3:00pm 7:00pm	Art Group MahJong Men & Womens Carpet Bowls, Rec Room Ladies Pool, Sports Bar
<i>Wednesday</i>	10.00am 1:30pm 7:00pm	Gentle Moves, Rec Room Craft , Dining Room MahJong
<i>Thursday</i>	1:30pm 4:00pm 7.00pm 7.00pm	Movie Matinees, Theatre Ukulele, Level 4 Movie night, Theatre Table Tennis, Rec Room
<i>Friday</i>	9.30am 2.00pm	Qi Gong, Rec Room Rummikub, Dining Room
<i>Saturday</i>	4.00pm	Billiards, Sports Bar

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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