

The Brookside Times

A sneak peak through the looking glass



A 'Walk' aerobics birthday gathering



Mr & Mrs Bunny hop into The Glenbrook



Easter Bunnies, Lyn & Danielle



Luncheon & Conversation



Wasi cooks up a lovely evening meal



The love was flowing as we celebrated Rhonda's 100th Birthday

Lori's Needlework

Lori has enjoyed needlework her whole life. She has a small number of her favourite pieces on display in her home at Leabrook Place.

In moving from her large home, she found great pleasure in gifting many of her works to friends for them to enjoy.

Recently Lori completed a beautiful runner for her dressing table. She was aware that it was going to require a good 12 months of her time to complete. 1.8 metres in length, she used a Hardanger pattern to work the intricate piece on to linen.

Not content to just "sit around" Lori has already started another piece (pictured) which is a pattern called "Natures Delight", from the "Inspirations" embroidery magazine. Very detailed and extremely time consuming, the instructions cover 9 full pages of the magazine. It is a flower garland and Lori will have it framed to hang on the wall. This project will take her around 3 months to complete.



One of Lori's favourites pictured above, a lovely flock of ducks



Flying High at Leabrook Place!



*1909 Image from State Library of SA

New residents of Leabrook Place, Colin and Helen, happened to mention that our flagpole has quite a story behind it.

Both Colin and Helen were keen bowlers at the Marryatville Bowling Club which was situated on the site where Leabrook Place is now. They lived in Dudley Avenue for 31 years and enjoyed playing lawn bowls at the Marryatville Bowling Club which was literally over their back fence.

Upon the sale of the bowling club land, Colin, Helen and their neighbours were understandably concerned that it might become a very noisy area, having loved the quiet evenings of an empty bowling club. The Kensington and Marryatville Bowling Clubs combined forces and continued to bowl at the site of the Kensington Bowling Club.

Meanwhile, the land had been purchased by a Retirement Living company who planned to build a purpose-built retirement village – Leabrook Place. As the construction commenced, Colin and Helen could see the graders over their back fence, creating some very dusty days for them as the site was prepared and the building progressed.

The flagpole, which stands proudly in the lawned area at the back of Leabrook Place, had previously been used as part of the lighting system at the bowling club. It supported the floodlights which allowed for bowling to continue in to the low light of early evening.

From their back garden, Colin and Helen could see the flag being raised at Leabrook Place each morning and taken down each evening, as one of our residents religiously performed his daily routine.

Prior to being used as our flagpole, the pole had initially been part of the tramline which ran along Kensington Road and The Parade, commencing from the Tram Sheds (which stood behind the Marryatville Hotel).

If you look at the image of the “Opening of the electric system, 1909” you can see that the pole (kerbside, right hand side of image) has the same profile as our Flagpole. It’s a pity that we won’t ever know its exact location on the tramline. If you look carefully, you will find one of the old poles along Tusmore Avenue too, it’s a little rusty but still in good use.

Anzac Day ceremonies are held bi-annually by the flagpole at Leabrook Place and The Glenbrook on alternate years, with the Australian Flag flying at all times.



Omega FamilyCare Services - What does that mean for you?

FamilyCare Services, it's the type of care that a family would provide, if only they could.

FamilyCare Services are unique to Omega Communities and they are available at both of our villages, Leabrook Place and The Glenbrook.

Our experience in providing our FamilyCare Services shows us how special they actually are and we know how much they have been greatly appreciated by our residents and their families, for over 28 years now.

There are many benefits in having access to our flexible range of FamilyCare Services, not only to for the people who live at Leabrook Place and The Glenbrook but also to their extended families. Families and loved ones are often busy, away on holidays, sometimes living interstate or overseas, leaving them unable to respond immediately. Having our staff here to help, people you know and can rely upon, is invaluable.

Our staff are here to provide the assistance and support that family would give themselves, if only they could. Things like housekeeping, personal care, meals, laundry services, general assistance, flexible and available to meet short-term or long-term requirements, to suit your needs. Hence the name FamilyCare Services.

Our trusted staff are here on-site at The Glenbrook and Leabrook Place, 24 hours of every day, meaning that living here is free of worry. It's easy to take that for granted, but for people who remain living in their own home, without easy access to help from their loved ones, the feeling of security and peace of mind are often missing.

Imagine being able to continue your current lifestyle while you live at The Glenbrook or Leabrook Place, coming and going as you please, but if that changes you can easily access the help that you need to remain independent and continue your day-to-day activities.

That is the essence of our “FamilyCare Services”. You are welcome to talk to us about The Glenbrook and Leabrook Place, just call Lyn or Verity on 8334 4088.



Lyn's Satay Chicken

Lyn is back in the kitchen again and this recipe will surprise you...Very little effort and its delicious!!

Ingredients:

- 500 grams cubed chicken thighs
- 2 tsp peanut oil
- 1 onion diced
- 1 red capsicum thickly sliced
- 2 garlic cloves crushed
- 1-2 tsp crushed ginger
- 1 finely chopped chili
- 2 heaped tsp brown sugar
- 1 Tbsp soy sauce
- 6 Tbsp crunchy peanut butter
- ½ cup coconut cream
- ½ cup chicken stock
- 2 tsp cornflour mixed into the chicken stock.

Instructions

Add all ingredients into a slow cooker and mix slightly. Cook on low for 7-8 hours Sprinkle with chopped coriander or parsley if you wish. Serve with steamed rice.

Enjoy!



A message from Lyn and Verity

As we head into Autumn and notice the leaves slowly turning from green to golden, we have a full house at both of our villages. Our gardens are looking delightful as we experience a change of season. Many activities are being participated in, friendships made, conversations enjoyed and holiday memories being made.

Special 100th Birthday celebrations have been held and we find that it is these extremely precious moments where it is a privilege to share the joy of such a wonderfully big life.

We will be exhibiting at the Retirement Village EXPO, to be held on Sunday 5th May and Monday 6th May 2024, at the Unley Town Hall. We will be providing information and taking registrations for our upcoming wine and cheese events, to be held at both villages.

Steady enquiries have continued to show that people are looking ahead, making plans for their future and investigating the options. We encourage you to continue to keep in touch with us.

With nothing available at the moment, we encourage you to come in to have a look around, and continue to receive updates from us.

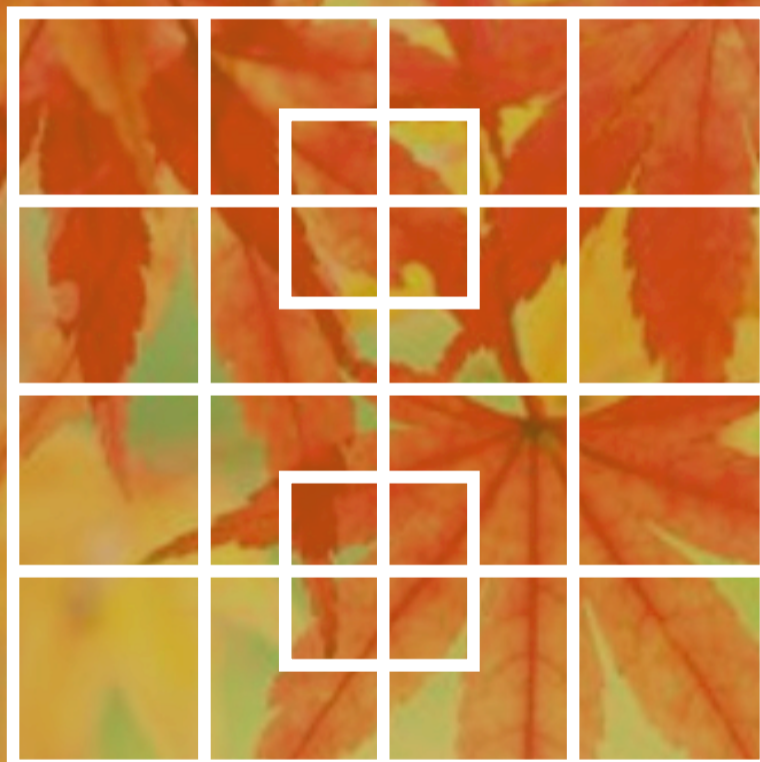
If you would like to be contacted and invited to one of our events, you are welcome to give us a call on 8334 4088, or come or one of our Open Days.

Lyn and Verity are available to assist with enquiries. You can contact them on 8334 4088.

Leabrook Place - 17 Tusmore Ave, Leabrook
Open every Wednesday, 10 am - 3 pm.

The Glenbrook - 25 L'Estrange St, Glenside
Open every Tuesday, 10 am - 3 pm.

How many squares do you see?



Answer: 40

A Fruity Word Search

Z	A	Q	C	H	E	R	R	Y	I	K
T	P	M	A	N	G	O	Z	D	K	I
I	P	S	V	D	R	R	T	N	T	W
U	L	U	A	V	A	C	O	I	O	I
R	E	M	U	L	P	L	M	R	C	F
F	G	S	G	E	E	I	A	A	I	R
K	N	E	A	M	A	M	T	M	R	U
C	A	R	K	G	H	E	O	A	P	I
A	R	C	A	C	A	O	L	T	A	T
J	O	D	A	C	O	V	A	O	P	R
R	M	N	P	E	A	C	H	Q	W	B

- Tamarind
- Rockmelon
- Cacao
- Cherry
- Peach
- Avocado
- Mango
- Grape
- Orange
- Pear
- Plum
- Lime
- Apple
- Kiwifruit
- Jackfruit
- Tomato
- Apricot
- Gauva



Our First Bricks & Mortar

Brad and Patricia Perry

Our first home started with the purchase of a block of land in 1954, after completing my National Service in the Navy. The block was part of a new subdivision called "Bellevue Heights". There were no roads, no electricity, no water, no sewerage, just rolling hills and valleys. We designed our home to be on 3 levels and after council approval work began on 3 excavations, by pick and shovel!

The project took 10 months to complete and we moved in the summer of 1957.

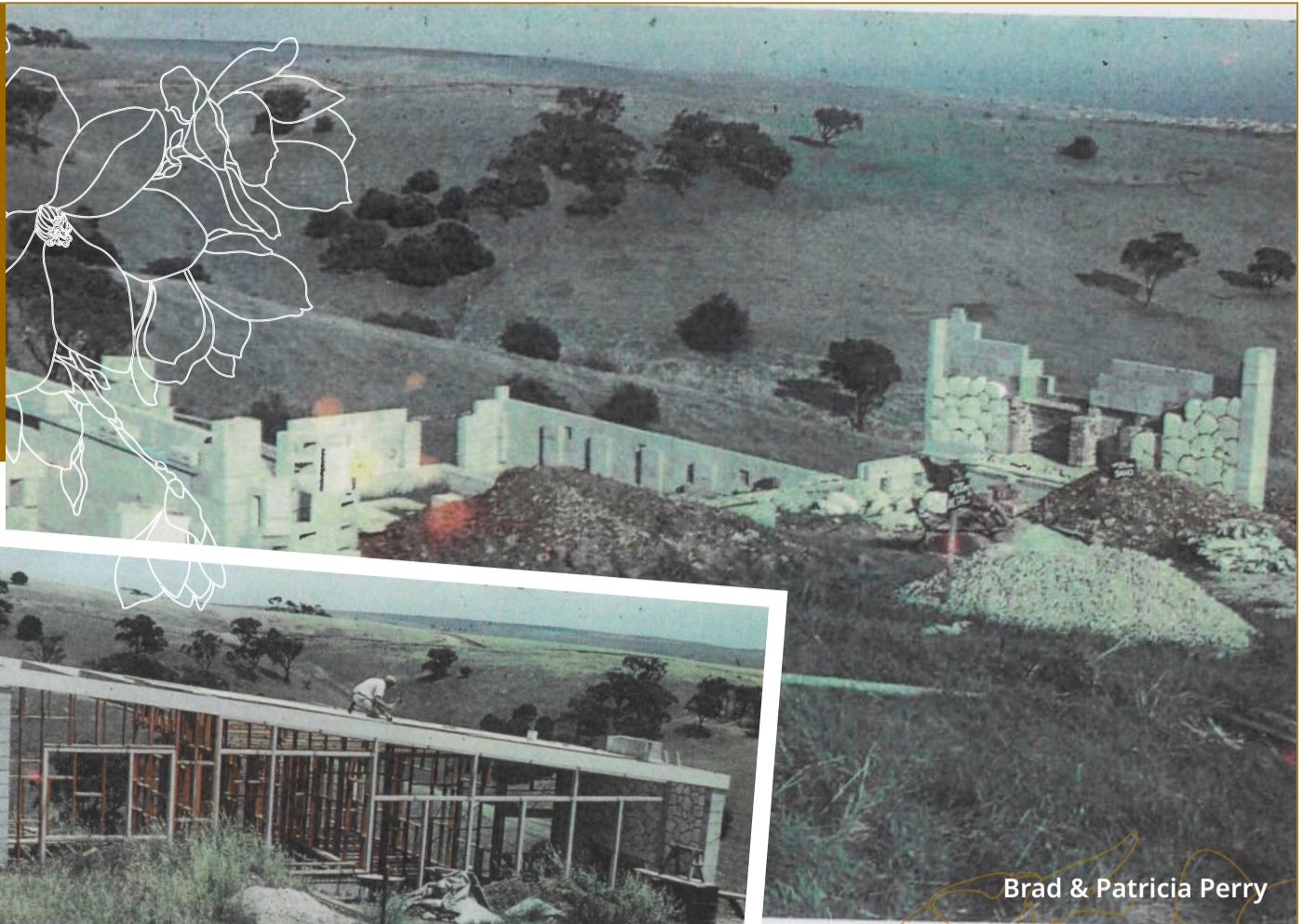
Bev Dayman

My husband, John, had bought a block of land at Highbury before his career took him to his first teaching appointment, in the country at Clare. In that time we had met and then married in 1968. We lived in rented accommodation in the suburb of Paradise.

Our home at Highbury had begun to be built by a friend of John's family. It was situated next to an E&WS easement reserve to the Torrens Valley. At that stage there were tall trees on both sides and at the front of us, and no neighbours. Foundations were laid and as we were on a steep slope, more foundation work was required, we had 9 steps down to the back garden. Our rental accommodation was built on old market garden soil and we could grow anything there. Highbury with its good old clay taught us a lot about gardens in a very short time!



Bev Dayman



Brad & Patricia Perry



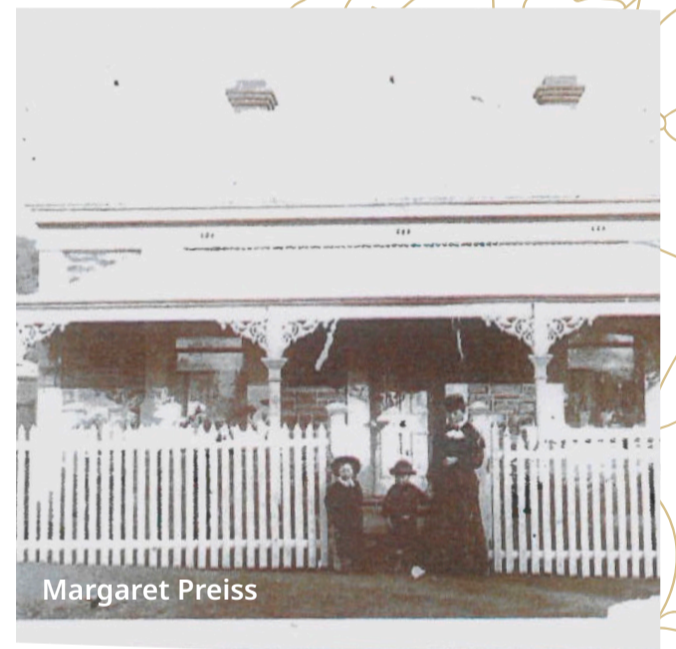
Margaret Preiss

My first memories of Knightsbridge were coming to live at 56 (now 62) Knightsbridge Road in March 1934. I was four years old. My parents were paying for a house in Gertrude Street, Norwood, which they had purchased in 1922. My father was out of regular work due to the Depression and they, I believe, like many others at the time, lost their house and all of their savings.

At about the same time, my Grandmother died. She was a widow and my parents were able to buy her house in Knightsbridge Road for two hundred pounds. There were five in the family and each received £37 & 10 shillings for their share of the proceeds of the sale.

The house had no electricity when we moved in, but shortly after I remember a man working in the roof with wire, etc. With the electricity came other wonderful things like instant lighting, wireless and hot water.

Knightsbridge had its fair share of shops, as was the case in most suburbs in the 1930's. There were six grocery shops in this small area and two butchers, most delivered to the door. Other services to the householder were milk deliveries twice a day, letters delivered twice



Margaret Preiss

a day to the front door and ice deliveries on alternate days - we had no refrigerator until the late 1940's. The dustman called once a week. He came to the back of the house, emptied the bin into a tub, which he carried out to the cart on his shoulder. Apart from the postman, all of these services operated with horse-drawn vehicles. Within our short stretch of Knightsbridge Road there was a wood yard across the way and a blacksmith down the road.

LEABROOK PLACE

17 Tusmore Avenue, Leabrook SA 5068
08 8334 4088

leabrookplace.com.au



THE GLENBROOK

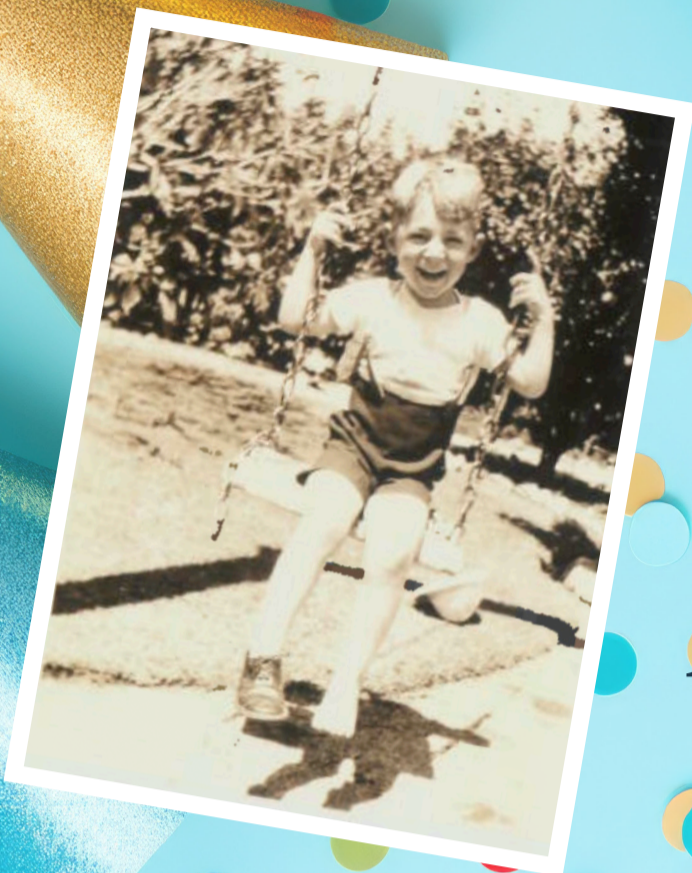
25 L'Estrange Street, Glenside SA 5065
08 8334 4088

theglenbrook.com.au



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A brief chat with Bill Nankivell after his 100th Birthday

I was born in Mt Gambier on 7th September 1923. William Field Nankivell. I come from a farming background. My great-grandfather was born on a ship while it was in the Great Australian Bight. My forebears came to South Australia and my great-grandfather settled at Tungkillo.

My forebears were Cornish copper miners. Cornish copper miners were also small farmers and so they knew how to grow their own food. Great-Grandpa could also build a house, they were very independent people. My Great Grandfather pushed his barrow to Ballarat during the Gold Boom. He bought a block at Mt Pleasant on his return. Years later, when Yorke Peninsula was opened up for settlement, he took up some land at Coobowie and the family moved to Yorke Peninsula.

My Grandfather was born on Yorke Peninsula and he farmed at Minlaton. That's where my father grew up, but he never lived on the property because he got "the call". His education finished at primary school, the only way people could get on, was to go to the Ministry. My father had 5 cousins who were all Ministers in Church of Christ. They got away from the farm you see, they weren't farmers. They were bought up on the land but they weren't farmers by heart.

I was an only child but I was able to spend my holidays with my Uncle, Aunt and cousins on their family farm at Geranium. People's lives are all different.

I grew up mostly in Adelaide and I have good memories of my school years. I went to Kings College, I started there 2nd term 1928 and finished in 1942. Following that, I went on to study at Roseworthy Agricultural College. World War II had a major impact on my life. I joined the Airforce in 1944. The War changed my life dramatically. I would have been a vet otherwise. I had started doing veterinary science which was a 5 year course, so I was not able to complete it. When I was discharged I studied Agriculture. I have a degree and a diploma in Agriculture.

The family had a large property in Geranium, in the Murray Mallee region of South Australia, with 10,000 sheep and 300 cows. That was my interest, large animals. I purchased a sheep and cattle grazing property at Willalooka which I farmed for 15 years. Whilst there I was elected to be the SA House of Assembly Representative in the seat of Albert. That led me on to politics and then on to being a Company Director with Southern Farmers.

Whilst in Politics, I was elected to the Executive Committee of the Commonwealth Parliamentary Association (CPA), with its head office in London. I was on the Executive of that organisation for 4 years and made many friends during that time from many Commonwealth countries. I met with people, the likes of the Prime Minister of Malaysia and the Premier of Nova Scotia, it was an eclectic mixture.

Worldwide events such as Covid change things a lot. I have had Covid twice. The fascinating thing about life is that the most minute things have the capacity to create such change. Covid is something that has come in, we have got used to it like pneumonia and the flu. You just take them for granted. The first that was particularly damaging for the first settlers here in Australia was Scarlet Fever, more so for the children. The number of children that died from Scarlet Fever, as a proportion of the population, was tremendous. I also had friends at school, boys who had Polio in the epidemic and a friend who was in the Navy who had Polio as an adult.

I can't remember the first time I flew but I hadn't flown until I went into Parliament in 1963. It was in a DC3 and they didn't always get to their destination. The jolly plane was going to Melbourne and had to over-fly and go to Tasmania. That's the way things were in those days.

My Mother was a good cook and I have fond memories of her farm kitchen. She cooked things that others don't seem to cook nowadays, like Tripe. Life was quite different. The food that we had was unadulterated. Farmers would prepare meals from their farm grown products like eggs and mutton. The only thing we bought was groceries. Much different from now.

Most of the country life you lived in the kitchen. It wasn't until I came to the city that I was introduced to the social life of sitting down at the dining room table with a glass of wine or a bottle of beer. It was quite a growing up process. I played a lot of tennis, socially. When I retired, I played competitive Bowls, at the SA Cricket Association oval (SAOC). It has now been moved to the Adelaide Bowling Club on Dequetteville Tce.

I still play a lot of Bridge, we have a "four" and we play regularly. I also convene a group at the Adelaide Club where we play weekly. I still meet for lunch every Friday where I meet with one of my great friends, Henry Young. He is a fortnight younger than I am.





Reflecting on life, Rhonda Coates - her glass is always full!

Rhonda celebrated her 100th Birthday on 31st January 2024.

Born in Maitland on the Yorke Peninsula, one of 2 children, Rhonda has fond memories of her childhood, recalling her mother who enjoyed sitting with Rhonda as she practiced the piano. She still plays to this day and said that her favourite composer is Beethoven. Rhonda's favourite piece of music to play is "Liebstraum".

Rhonda boarded at Methodist Ladies College (MLC) and still has fond memories of her favourite teacher. Coming from the country she found the tall, stylish, elegant teacher, her music teacher Brisbane Matthews, to be a real inspiration for her.

As a nurse at the RAH, the current Ayres House Ballroom was the sleeping quarters for the nurses at the time. There would often be 5 or 6 nurses sleeping in the same quarters, all with different times set on their alarm clocks. Rhonda's Grandmother lived in Unley and she would sleep at her grandmother's house, always being sent off with a good meal. Rhonda recalls her as a beautiful Grandmother and a lovely woman.

Rhonda was involved with the Embroidery Guild for 26 years, she knitted for many years, making items for the "Save the Children's Fund". She feels that it is important that we do things for others, particularly if you are blessed with good health yourself.

Her life was spent living in various SA towns. Rhonda married, her husband was a Doctor and they lived in Kimba, Tailem Bend and later in Salisbury. He worked long hours, attending to small towns in the area and often visiting people in their homes. He would often come home late and get a call in the middle of the night to attend to the delivery of a baby. Another of his duties was attending to car accidents as there was no ambulance in the area. He would attend with the Police, often travelling in their car as the site was many

miles away on unsealed roads, with Rhonda attending quite often to assist. Rhonda modestly says that her life was very busy, raising her 3 sons and supporting her husband in his work.

Family is number one for Rhonda, followed by being blessed with good health. She has a wonderful sense of humour and such a positive attitude to life. She contributes her move to The Glenbrook as having added to her longevity. With such caring staff, beautiful gardens and apartments and the peace-of-mind that comes from having someone to help her, she loves living here. She enjoys joining in with the craft ladies at The Glenbrook and having a good chat at morning tea. It always lifts her spirits and as you can imagine, she lifts the spirits of those around her.

Rhonda's home is filled with treasured items which hold very special memories, along with photographs of her much loved family. Her infectious good nature and kindness shines through as soon as you meet her.

Rhonda was so happy that her 3 sons and their families were with her to celebrate the occasion of her 100th Birthday. A celebration was held at The Glenbrook and along with other family members, her Grandson was here to play "Happy Birthday" for Rhonda on our piano. What lovely memories.

Her family bring her joy. They are kind and considerate, she feels truly blessed to have them all.

Each morning, Rhonda reads a quote from her handwriting booklet that she has embroidered. - "Laugh and be merry. Remember, better the world with a song".

In memory of Rhonda who sadly passed away on April 16, 2024.

