

The Brookside Times

Living our best life at Leabrook



We love our life at Leabrook Place and have done so since moving here in January 2022.

Our story started in 2021 when an active and apparently healthy 80 year old friend, out of the blue, was diagnosed with liver cancer and given seven weeks to live, which became true. We were 82 and 73 years old, still active and healthy, and decided that we should talk about our future living.

We were aware of general retirement living from visiting friends but had not thought about it seriously for ourselves, until then.

As serendipity would have it, several days later we went past Glenbrook on our way to Burnside Village and there was a sandwich board indicating "Apartment open for viewing". In we went. The apartment didn't "speak to us" but Lynn explained all about Omega Communities and in particular the financial arrangements coming in and ultimately when leaving. They sounded good for us.

She indicated that there was also an apartment at Leabrook Place that we might like to see. Two days later, we walked into the apartment and both "saw" our furniture there in the space, looked at each other, nodded to Lynn, signed on the dotted line and after selling our house and doing the mandatory downsizing, we moved in.

We have continued on with our life and routines as we had previously lived, feeling safe and secure in the knowledge that there are staff and carers around if ever they are needed. We continue to travel interstate to see children and grandchildren and to regularly go away on ocean cruises. "Lock up and go" really works – the gardening and general maintenance continue to be done in our absences, the mail is secure and not hanging out of the letterbox, the newspapers that one of us forgot to cancel aren't lying in the driveway! Our holidays have become more relaxed.

When we are at home here, we have coffee regularly in The Clubroom with new friends that we have made since we moved in and we participate in several of the regular activities and the special events.

We cannot forget to mention that the location of Leabrook Place is outstanding – there are several doctors across the road (who take new patients) and next door is a big Woolworths plus a chemist, butcher, bottle shop, Bakers Delight and newsagent/gift shops/other services within easy walking distance include. The Regal Theatre and the Marryatville Hotel. We have kept our car but with two bus stops outside, one for Adelaide Metro services and one for the Burnside Community Bus service, we could easily manage without it.

All in all, our move to Leabrook Place has been one of the best decisions that we have made in the last thirty years.

Torie & Robert Salas

Moving from Hobart to a new life at The Glenbrook

My life as a Pharmacist in Hobart was both interesting and rewarding. I studied and worked in two jobs to save enough for a working holiday to the UK in 1961. Locum jobs were well paid and allowed me to travel throughout England, Ireland and Scotland and I enjoyed a 3 month camping trip all over Europe. I played a lot of cricket myself and luckily my London accommodation was very close to the Lord's Cricket Grounds. I spent as much time as possible there during my time in London.

A job offer back in Australia prompted me to return and, after working in the pharmacy for 8 years, I bought the business on a handshake – that's how things were done in those days. I took over in May 1970, running my own business for the following 42 years.

I sold the business and enjoyed my retirement years, travelling overseas a number of times to revisit favourite places and to add new favourites to the list.

Living in Hobart, I had a fall which left me with a broken foot. Trying to get about in a moon-boot and unable to drive myself around made things a lot more difficult. My family were located in Adelaide and Sydney and they encouraged me to consider a move. After viewing a range of options, we were lucky enough to find my lovely apartment at The Glenbrook and I moved in as soon as I was able to. I love its bright, sunny outlook into the gardens. I also enjoy having such a lovely range of shops and facilities nearby.



Moving here has also meant that I can enjoy seeing my grandchildren as they grow up.

I think that I am the Village Bakery's best customer now! I love their coffee and it has become "my local".

Geoffrey Noar



A message from Lyn and Pauline

27 Years Young!

During the last 27 years we have enjoyed many special occasions. We have birthday celebrations and special events, family dinners and special occasion dinners. Of course there have been both celebrations and consolations over the years. One thing that remains constant is the feeling of being part of a neighbourhood. Being part of a community means providing support, encouragement and friendship - that is what makes Leabrook Place a lovely place to call home. Bev Dayman cut the cake to celebrate Leabrook Place's 27th Birthday.

Val Keen's memories of the early days at Leabrook Place

Val attended our recent birthday party for Leabrook Place which has been in operation for 27 years. Val has lived here for 23 of those years and has always felt right at home.

Val has lived here longer than anyone else now and she loves to recall the days when Leabrook Place was considered to be a "trailblazer".

Living in Allinga Avenue Glenside at the time, Val was no longer driving and thought that it would be very handy to have the shops within easy walking distance. Val did all of her shopping at the "old village-style" Burnside Village shopping centre which is only 3 km from Leabrook Place. She enjoys having home deliveries of her groceries nowadays.

Val knew that Leabrook Place was here but she didn't know anyone who lived here. Her friends at the time thought she was crazy to be moving to Leabrook Place but Val's family were all overseas or interstate and they agreed with her idea wholeheartedly. Since then, her children have all moved back to SA and she is kept busy with visits from her large family who enjoy coming to see her in her home at Leabrook Place.

At 97 years of age, Val has a wicked sense of humour. She recalled a time in 1956 when she and 4 friends travelled over to the UK for a 12 month holiday. Living in London at the time, they took a trip to Europe and wanted to rent a car so that they could explore by themselves. None of them had a licence to drive overseas so that created a few



issues, so did their lack of navigational skills as they tried to locate their accommodation in Germany. Only one of them could speak German - actually, the friend could sing in German but couldn't really speak or understand the language. What fun they had in their mid 20's travelling around, until they ran out of money. Returning to London, Val quickly found a job at Boots Chemist and started work the very next day.

They travelled home via the Panama Canal as the Suez Canal was blocked at the time. Val was met at the dock by her soon-to-be husband, Gordon. And that's a story for another time!

Recent months have seen many new residents move in to The Glenbrook and Leabrook Place, bringing excitement and energy that adds to our community.

We continue to encourage viewings, as this helps with your own journey of discovery. It is important to us, that we assist you to be prepared with enough information to make your decision about a move to our lovely villages.

We encourage you to add your name to our waiting list as this is how we contact interested parties about upcoming apartments.

As the weather improves over the next couple of months, we are preparing for our popular Wine and Cheese Open Days - coming up in October and November at both Leabrook Place and The Glenbrook.

They are always very popular and enjoyed by everyone who attends. It provides an opportunity for people looking to make this move, to mingle and enjoy the company of people who already live in our villages.

If you would like to be contacted and invited to one of our events, please give us a call on 8334 4088.

Leabrook Place and The Glenbrook are located in the beautiful Eastern Suburbs. We look forward to showing you around. Simply give us a call and make a time to visit.

**Please contact Lyn or Pauline on:
08 8334 4088 to arrange a suitable viewing time, or come in to one of our open days.**

**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.**

Did you know? Distances from our villages...

Leabrook Place to The Glenbrook, is 3.6 km
The Glenbrook to Carrick Hill 6.7km
Leabrook Place to Festival Centre 6km
The Glenbrook to Norwood 3.5km
Leabrook Place to the Botanic Gardens 4.6km

The Glenbrook to The Airport 10.5km
Leabrook Place to Marryatville Shopping Centre 110 metres
The Glenbrook to Burnside Village 750 metres
Leabrook Place to Haighs Chocolates 5.4km



Lyn's Banana Bread

Ingredients:

- 2 cups plain Flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ - 1 teaspoon ground cinnamon
- ½ cup (115g) softened butter
- ¾ cup (150g) light or dark brown sugar
- 2 large eggs
- 1/3 cup (80g) plain yoghurt or sour cream
- 2 cups (about 4 large ripe bananas)
- 1 teaspoon vanilla essence
- Optional ¾ cup (100g) chopped pecans or walnuts

Instructions

Cook on the lower shelf of the oven to prevent burning.

Step 1: Preheat oven to 350 degrees (170c)

Step 2: Grease a loaf tin and set aside.

Step 3: Combine, flour, baking soda, salt and cinnamon, set aside.

Step 4: In a mixer cream the butter and sugar on a high speed until smooth and creamy. Reduce speed and add eggs one at a time, then beat in yoghurt, mashed bananas and vanilla extract until combined

Step 5: Reduce to slow and add the bowl of dry ingredients to the wet mixture. Fold in the nuts.

Step 6: Pour batter into prepared tin and bake for 60 – 65 mins. The loaf is cooked when you insert a skewer and it comes out with the odd crumb on it.



Remove bread from oven and allow bread to cool in the pan on a wire rack for 1 hour. Remove bread from pan and allow to cool thoroughly on the wire.

Banana bread can be stored in a sealed container for up to a week.

This recipe is suitable to slice and freeze. Also delicious toasted. **Enjoy!**

Congratulations Jim

Jim Hazel – Honorary Life Member of the Retirement Living Council.

As one of the owners and Chair of the Board of Omega Communities, Jim is well recognised in our villages. He is also highly regarded within the Retirement Village industry.

Following a successful career in Aged Care, Banking and many other sectors, Jim holds a number of well recognised Board positions. He was a passionate Board Member of the Adelaide Football Club (Go The Crows!) for over a decade. Jim is a Director of Bendigo and Adelaide Bank and serves on the Boards of Coopers Brewery Limited and the University of SA.

He is also a Director on the Board of Council Of The Ageing (COTA - which represents the rights and interests of older Australians).

Jim was recently given the honour of being recognised and inducted as an Honorary Life Member of the Retirement Living Council. It is not often that owners of the business are recognised for their contribution to their industry as a whole.

Jim is recognised for having made significant contributions to the improvement and advancement of seniors housing across Australia. He has given countless hours to the industry in driving outcomes with balance for customers, operators and



developers, creating age-friendly and care-focused communities for senior Australians.

What does this mean to our communities at Leabrook Place and The Glenbrook?

Our villages are well regarded for upholding the key principles of exemplary Seniors Living. We are proud of our values of accountability, integrity and quality and we facilitate an environment that provides choice and independence in high quality, homely settings.

Volunteering enriches my life

Barbara, a retired teacher, volunteers on the Community Centre Desk at the Burnside Council.

She makes productive use of her time on the enquiries desk by helping people to improve their conversational English while also learning about their local community. It keeps Barbara involved and abreast of what is happening plus she has made some lovely friends and acquaintances.

Barbara is also very active at The Glenbrook where she motivates others to maintain their health and fitness. Her Walking Aerobics and Tai Chi groups, running for over 2 years now, are very popular as regular weekly events. Staying fit and



well is the goal and Barbara is very proud of those who attend.

Barbara Griffiths

Winners are Grinners!

Stan and Merylyn were the lucky winners of our door prize at the Unley Retirement Living Expo. They collected their lovely prize and much to their surprise, they happily added their names to our Waiting List at The Glenbrook.



Leigh-Ellen celebrates 10 years with us

"It was a such lovely surprise to be called in on the day. I wasn't expecting a beautiful bunch of flowers to mark the occasion of my 10th Anniversary.

It has been a joy to be working at Omega. I've loved having the interaction with the people living in our community.

It will be a continuing pleasure to work with the two site managers and the teams at both The Glenbrook and Leabrook Place."



Thoughts to Ponder...

Birthdays are good for you. Statistics show that the people who have the most live the longest.
(Larry Lorenzoni)

We need old friends to help us grow old and new friends to help us stay young.
(Letty Cottin Pogrebin)

I exercise every morning without fail. Up, down! Up, down! And then the other eyelid.
(Phyllis Diller)

Is it me or are pensioners getting younger these days?
(The Queen Mother at 100, presenting prizes at an "old people's" garden competition)

I keep a thermos flask full of champagne. It's one of my little treats.
(The Queen Mother)

Elizabeth Borthwick - The chef at my finger tips

Moving to Leabrook Place really is the best thing that I have done.

I had been unwell and in hospital. My concerned daughters had a discussion with me and presented me with some options. The very next day I was viewing Leabrook Place.

Moving here, I find that I feel secure and relaxed. I have made some new friends who are also my neighbours at Leabrook Place.

Moving here hasn't affected my life at all as I still meet up with my friends for coffee and lunch. It's very easy for them to pop in to visit me too.

My children, grandchildren and even the great-grandchildren come to visit me regularly. We are trying to organise a family dinner when they are all available at the same time. It will be lovely to have them all together at once, enjoying a meal in the lovely dining room at Leabrook Place. Kaz, our chef, is very accommodating in terms of my own dietary requirements and she would cook up a lovely meal for us all to enjoy.



Elizabeth with Val and Lucille

I do enjoy having an evening meal with my neighbours here too. Last week we had a wonderful meal together. I have made many new friends here and friendships are so important to me.

Katherine, our village manager couldn't be kinder, she and her staff are so helpful.

I am still very independent. Having the café next door, the pharmacy, Woolworths and a medical centre, all within an easy walk, is just wonderful. But, I also know that if anything happens to change my level of independence, I will be well cared for and have access to many of the things that I need, all here at Leabrook Place.

Word Search - The Royals

- What job did Elizabeth II hold during world war 2?
- How old was Elizabeth II when she received her first Corgi?
- What Castle was partly destroyed by fire?
- Queen Elizabeth II had only one sibling. What was their name?
- Other than husband and wife what other relation are Elizabeth II and Prince Philip?
- Queen Elizabeth II had how many children?
- How many year did Elizabeth II reign?
- Who is Elizabeth II 4th child?
- Charles and Diana married in what Cathedral?
- Who is Elizabeth II only daughter?
- In the year 2000 What Royal had their 100th birthday?
- Now that Charles III is King who is next in line for the Throne?
- How many great grandchildren did Elizabeth II have?

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

- Mechanic
- Eighteen
- Windsor
- Margaret
- Cousins
- Four
- Seventy
- Edward
- St Pauls
- Anne
- Queen Mother
- William
- Twelve

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



Elegance is individual.



The Fast & The Furious - Our First Cars

Our first car was a 1958 MG Midget. We had 4 children in 6 years and we fitted all four of the children in to the back seat, we had no seatbelts in those days. We had a caravan and towed it all around Australia, holidaying with the children. Gordon used to have extra time off at Christmas so we would travel during that time.

Being short, when I drove the car I needed to shove forward and lift myself off the seat so that I could change gears. It was a floor-shift and the clutch was too far away for me to reach it.

It was eventually sold to a car collector who lives in Stirling. It had been perfectly restored when, many years later, Gordon saw it parked out in the street.

Val Keen



AUSTIN A90 ATLANTIC CONVERTIBLE

PRODUCTION 1949 - 1952 | ENGINE 2600 CC14 | 95 MPH @ 3000 RPM

I was 17 when I had the opportunity to purchase an A90 which had been standing idle in a warehouse in Burra SA.

The colour was a beautiful blue with a black bottom half. It had a gear box problem with reverse gear but was fixable. I felt like a king driving it around town but my Mother was not impressed as she said I drove too fast and there was no protection if I had an accident.

Eventually I sold it for a very good price and my Mother got her wish, I moved on to a hard top car.

Don Griffiths



In the early 1950's and newly married we moved to UK for a prolonged stay. Acquiring wheels was a high priority. We found a neat, affordable car with a good history. It was not young but I had to trust that my husband, with a Mechanical Engineering Degree, would ensure that all went well. It was a Morris Eight and we called her Bertha. She had manual gear-change of course, lovely leather interior, no heating or cooling, but she did have running boards! We enthusiastically set off, sightseeing at every opportunity. In the long summer evenings, Max spent a great amount of time with her in our garage.

In our first summer holiday we took her and two Australian friends across The Channel! In those days there was no drive-on and cars were hoisted by crane high up into the air and on to the ship. There was quite a lot of hilarity when viewers realised they could see daylight in unexpected places. Specifically avoiding hills, we had planned a trip across France in to Holland. We loved it and Bertha took it calmly, happily accepting driving on the 'wrong' side of the road and going around roundabouts the 'wrong' way.

Eventually Bertha was replaced by a light blue, brand new, Ford Prefect with automatic gears, marvellous heating and cooling but no running boards. The Ford seemed somewhat ordinary.

Elizabeth Bull



Late 1956 I bought a cheap car at a school auction in Edwardstown so that I could drive up to Woomera and use it to explore the area up there. It was my first car, a 1929 Morris Cowley and I paid £20 pounds for it. (It would be worth around \$20,000 now as a collector's item). Before driving it to Woomera I put new tyres on the car, as the existing tyres were almost worn out. On arrival at the Woomera entry gate, the attendant was quite amazed that I had driven it all the way from Adelaide.

Unfortunately, on the way home, the engine blew up at Lochiel and I had to abandon it and hitch a ride back to Adelaide. My friend, Ian Stewart, was visiting from Melbourne and he was waiting for me there. The next day, my father Nick drove Ian and I to Lochiel in his new FJ Holden and we retrieved my belongings from the broken down car.

It could not be driven because one of the pistons had collapsed and its connecting rod was also suspected to be damaged. The car was thought not worth repairing and was sold to a wrecker in Port Wakefield for £7 Pounds. He just wanted it for the tyres!

Andy Sag



My first car was a 1954 Morris Oxford Side Valve.

I had to see if I could borrow money from my parents. My first choice was a second-hand FJ Holden, but I soon found out they were very hard to find and much too expensive for me. My employer, who also gave me my apprenticeship as a motor mechanic, had a brother who owned Select Motors in Adelaide. He had a Morris Oxford Side Valve that had just arrived in his used car yard. The previous owner was a Dentist who had been studying in England and had just returned to Australia with his Morris Oxford. Off I went to Adelaide on the train from Port Pirie, to see the car. I wasn't expecting to find the Morris Oxford in such excellent condition and I made up my mind to buy it as soon as I had given it a good inspection.

I owned the Morris for many years and went everywhere with it, only requiring normal maintenance and it never ever held me up. It was an English model and the radiator grille was quite different from the Australian models. In December 1963 I purchased an EH Holden and my younger brother, Norm, had the Morris Oxford for many years until he traded it in on a Morris Mini.

Eric Bain



I learnt to drive in 1953 on a manual Vanguard utility across the farm paddocks.

In 1959 after two years of earning an income, I paid cash to buy myself a new green Vauxhall Victor sedan.

I often transported friends from the Grey Street Hostel around the countryside. The wet, unsealed limestone roads with pot holes brought our biggest surprise, for when one of these was hit, the car spun us around in a complete circle, leaving us breathless for a while before we travelled on.

A mild adventure this was, in comparison with the 1962 Victor that I purchased. With one other vehicle, an older jeep, five of us left from Clare and travelled to Alice Springs. Some 42 km out from Alice Springs on the corrugated, unsealed road, the front end dropped out. Luckily, no mishaps, but we had to be towed to Alice Springs and needed to bring our cars home. The train was fully booked but the guard moved us from 3rd class, because he didn't like the company that we were in. The five of us (two males and three females) shared a sleeping carriage on the return train journey.

Bev Dayman



Instead of writing about my first car, as I never owned one personally until after Lee (my husband) died in 2017, I will tell the tale of cars in my family. My parents owned a 1949 Sunbeam Talbot 80 in which I learned to drive. I lived in the family home on a five acre block in Gilberton. There was a long driveway on which my cousin taught me to drive before going out on to the road.

After I met and married Lee, cars were a large part of our lives, particularly after retirement. Before we married, he bought a Standard Vanguard and we had many others during our working life. We had owned a very wide range of cars over the years, probably around 40 cars. After we retired we had up to six cars at a time, two moderns (one each) and four vintage or classic cars. The last one was an Armstrong Siddeley which I sold recently. Before that we had three Bentleys, two Daimlers, a Riley, Chrysler Roadster (the one and only American) and an AC (Auto Carrier) a vintage car.

Our 1951 Bentley was often loaned out for use as a wedding car. The photo of the 1951 Daimler shows Lee and I, dressed up for a fun day and exhibition. Lee, dressed as Rasputin and I was dressed as Queen Katerina. We had fun driving the cars in convoy and we were members of three clubs at the time. I am still a member of the Armstrong Siddeley Car Club and my walker is called "Siddeley".

Guli Paltridge



1928 Daimler



1922 Auto Carrier



1951 Bentley



1955 Bentley



1928 Chrysler 75



1951 Daimler