

# The Brookside Times

## What does Independence mean to you?

The dictionary definition contains: the state or quality of being independent. Freedom from the control, influence, support, aid, or the like, of others.

We find that independence means something quite different to each and every person. We have asked some of the people living at Leabrook Place and The Glenbrook what independence means to them;

"It is being able to do what I want to do, when I want to do it. Not that I would want to do anything silly, but I can make my own choices. I feel that I am more independent now than I could have been in my own home, because I can get help easily if I need it."

**Jocelyn**

"Independence means being able to continue my normal life, the life that I used to live in my home. Now we live in an apartment and I can still do the things that I want to do while living here."

**Barbara**

"Independence means not being a burden. It's all about pride for me, I am too proud to want to be a burden to my family. Freedom and choice."

**Carol**

"When you can't look after a big house, you might find it easy to remain independent and find that you can still look after a small home."

**Barry**



*"The word FREE, free from any worries or concerns, but good to know the services are here too."* Denis

## Resident profile - Bev Dayman

Over the past few years, Bev has appeared in various promotional materials for Leabrook Place, so we thought it was time for us to find out a little more about her.

Bev trained to be a school teacher, specialising in commercial studies, and spent her early years teaching at a number of country high schools in addition to a placement in New Zealand.

Meeting John, also a teacher, and starting their married lives together, they moved to Clare where John had been offered a position. With no teaching role organised, Bev found herself teaching Adult Education in Adult Literacy. Fondly recalling this as one of her most rewarding roles, Bev talks of a winery worker who needed to learn to read so he could identify the wine bottles by their labels rather than the label colour.

When asked "What does independence mean to you?" Bev answered, "You can do as much as you want to, without feeling guilty about saying no. If you want to become more involved you can. I still see so many things that I can do. Being independent, you have a choice of being able to take up interests and activities that suit you."

Bev has certainly kept herself busy with activities both within our community and outside of Leabrook Place. An active member of our Residents' Committee, Bev is Chairperson. She is also involved in organising the many guest speaker events that take place at Leabrook Place.

Along with some of her Leabrook Place neighbours, Bev spends a considerable amount of her time managing the extensive book collection in our library. She has a great passion for books and meets monthly with a group of friends in a private function room at Leabrook Place for a reading group.

Bev joined her walking group in the early 90's and although walking is now out of the question for

her, Bev still organises the end of year lunch and maintains the program of events for the walks.

Bev has been gathering information and writing our internal newsletter since January 2017. She found the draft of the January 2017 newsletter, already prepared, following the death of her husband John and felt compelled to continue his work. Bev enjoys meeting with others who live at Leabrook Place, asking them to recall favourite memories or talk about favourite items in their possession. When asked about this Bev pondered for a moment -

**"Your own life may be ordinary to you but to others it may be extra-ordinary."**



## Happy memories for Chris Temby

The house in the picture (right) was located at 35 Tusmore Avenue and was owned by my grandparents. When Dad came back from WW2 my parents and I lived there as well. In those days the land that now houses Leabrook Place Retirement Village was a bowling green and Dad spent many happy hours playing there.

Having grown up in this area, I find that I love this style of house. Possibly because of the happy memories associated with it. My friends all had a similar style of house as well. This house style was popular in the Burnside/Norwood area in the early 1900's.

Walls are made from local quarried bluestone, with timber floors and high ceilings and a painted galvanized iron roof. The front door leads into a central wallpapered passageway, with three good sized rooms on either side.



The passage opens on to a kitchen and wash-up area. There was also a cool cellar which was used for storing bottled fruit etc. Behind the house was a galvanized iron woodshed, a toilet and a laundry with a copper and cement troughs.

My parents sold the house in 1971 to move into a unit in Godfrey Terrace. Before they moved I had a local artist, John Light, draw their old house as a happy memento of the 31 years they lived there.

## Our pets are important to us

It is estimated that more than half the global population share their lives with one or more pets and the health benefits have been widely reported. Pets provide comfort, companionship and a sense of self-worth.

Here at Leabrook Place and The Glenbrook, residents' pets are a big part of their life and for many, the reason they chose to live here so they could bring their furry (or feathered) friend.

"Samantha was less than 2 years old when we moved to The Glenbrook. She is the most important thing to me. We left McCracken to move into The Glenbrook. Samantha loves to look out the window at Molly, a dog who lives here, and she is 'friends' with a cheeky Murray Magpie who comes to visit most days."

**Judy**

"I wouldn't be without her. It was one of the main reasons that I came to The Glenbrook - I wouldn't have moved if I couldn't have Lulu with me. I walk to the park which is very close by. Lulu enjoys her walks and she enjoys living here with me."

**Jocelyn**

"It's wonderful having Molly here with us. That is part of keeping your independence as well. Having a pet is a benefit to everybody. Everyone here makes a fuss of Molly and she loves it!"

**Barbara**

"Never an outside cat, Tanji (Tanjirra Sapphira) totally enjoys being indoors. She is a beautiful, fluffy, self-assured rag doll cat who knows when snack time is and when bedtime is. She behaves herself and uses her scratching post rather than the furniture to sharpen her claws and loves having visitors to her home." Guli said that her family were "busy plotting her move" and did all of their research - the fact that pets were allowed was one of their first considerations when they talked about Leabrook Place.

**Guli**



"Mia and Kika (above) love living at Leabrook Place. They have settled in so well and they aren't as shy as they were in our previous home. We had a cat enclosure installed around our balcony when we moved into Leabrook Place so that Mia and Kika can spend time outside whenever they want to. Animals are therapeutic, they give you a reason to get going in the mornings. I haven't felt so contented in a long time. The community here is lovely. We didn't have anyone to talk to where we used to live. We all love it here."

**Merle & John**

## New Barbeque Area at The Glenbrook

The Glenbrook is proud to show off its newly renovated barbeque area. This space is ideal for family gatherings, lovely catch ups with old and new friends, or simply relaxing in amongst the magnificent gardens, with a good book from the library.



## The Glenbrook gardens enhance elegance and beauty

The Glenbrook gardens are a much-loved space for residents, particularly the 'Secret Garden' with its fabulous weeping mulberry, where residents often sit and enjoy the serenity of the lush gardens with friends and family. Maintenance Manager at The Glenbrook, Stephen Manuel, keeps the gardens looking immaculate and vibrant all year round. So much so, that SA Life Gardens & Outdoor Living, have included a story on Stephen's pristine gardens at The Glenbrook in their latest issue.



There are a wide variety of flowering plants in the garden, including camellias, daisies, hydrangeas, hibiscuses, hedge roses and agapanthus, plus Manchurian pears and a variety of low-growing shrubs.

The article touched on the effort and dedication Stephen shows in keeping the gardens looking beautiful and how much he enjoys working on an ever-evolving masterpiece. He explains that many of the residents at The Glenbrook are wonderful gardeners themselves. They collaborate often on the best plants to grow and share ideas to ensure the gardens keep thriving. As some of the residents enjoyed gardening in their previous home, they love being a part of the gardening process with Stephen, without the strenuous effort that is involved in gardening themselves.

We thank Stephen for the dedication to the gardens for residents to enjoy. You'll find the full article, in the Autumn 2021 SA Life Gardens & Outdoor Living magazine.

**Designed to be full of colour all year round, the gardens are starting to put on a wonderful autumnal show, so come in soon to take a look. Lyn or Pauline would love to show you around.**





## Lyn's Baba Ganoush

### Ingredients:

- 1 large eggplant
- 4-5 lemons
- 3 cloves of garlic
- 1 teaspoon salt
- ½ jar tahini (3 tablespoons)
- Olive oil
- Smoked paprika

### Method:

**Step 1.** Slice the eggplant 2 cm thick and place on absorbent paper. Salt both sides of the eggplant and let sit about 15 to 20 minutes on the paper. This will take out the excess moisture and any bitterness in the eggplant.

**Step 2.** I use the BBQ to char grill the eggplant slices (do not remove the skin). Olive oil both sides of the slices and place on the grill.

**Step 3.** Cook both sides until well grilled and soft in the middle.

**Step 4.** Allow to cool and add the eggplant to all other ingredients and blitz in the food processor. I add about ¼ cup to ½ cup of water at this stage if the mixture is too stiff.

**Step 5.** Taste, you may want to add another ½ teaspoon of salt. I usually do!

**Step 6.** Place in a serving dish and cool in the fridge. When serving, place a drizzle of olive oil and sprinkle with smoked paprika.

*"I have been making this dip for 36 years and it's still a favourite with my friends and family."*

## What's on in the Area

Leabrook Place and The Glenbrook are conveniently located in the heart of the elegant eastern suburbs. Your exciting new lifestyle positions you close to restaurants, shopping destinations, medical facilities, parks, cafes and more. All with easy access to both the city and the Adelaide Hills, to enjoy. See below for a selection of the many exciting activities, classes and events happening in the local area.

For more information, visit the 'What's on' page at [burnside.sa.gov.au](http://burnside.sa.gov.au)



### Market at the Hub

Operating the third Saturday every month from 9am - 1pm, 'Market at the Hub' at the Glenunga Hub showcases over 30 traders offering homewares, plants, fresh food and local produce, fashion, unique handmade gifts, skincare and vintage items. The Rotary Club of Burnside is supported by all stallholders.



### Oil Painting Classes

Aimed at teaching new skills to beginners and extending those artists with previous experience, oil painting classes are held at the Pepper Street Arts Centre. The classes are run by an experienced tutor and are held on Mondays or Wednesdays over a 10-week term.



### Senior's Fit and Fab Fitness

Located at the Burnside Community Centre, this exercise class is specially designed for seniors to improve functional fitness, strength and flexibility. Conducted every Monday by accredited trainers, and for only \$2 per session, this friendly and sociable class is not one to miss.



### Men's Probus Club of Burnside

Retired, semi-retired or looking for new experiences? Join the men's Probus Club of Burnside, to listen to stimulating speakers, meet like-minded fellow retirees, and enjoy interesting trips and tours. Meetings are held on the third Tuesday of each month.



### Burnside Symphony Orchestra

Formed in 1956, the Burnside Symphony Orchestra encourages enquiries from amateur musicians, conductors and soloists interested in joining the orchestra and playing major works from the symphonic repertoire. For more information about rehearsals, visit [bso.org.au](http://bso.org.au).



## Come and visit

Pauline or Lyn would be delighted to show you the lovely gardens and stylishly appointed apartments currently available at Leabrook Place and The Glenbrook.

Visit during their scheduled open times, with no appointment necessary, or if you prefer, call today on **08 8334 4088** to arrange a private viewing at a time to suit you.

#### Leabrook Place

Open every Wednesday 10am - 3pm

#### The Glenbrook

Open every Tuesday 10am - 3pm

To see our special open times, please see our websites.

#### Subscribe

Do you know someone who may like to receive our newsletters? Simply contact us on: [info@omegacommunities.com.au](mailto:info@omegacommunities.com.au) or **08 8334 4088** and we will be happy to mail them a copy.



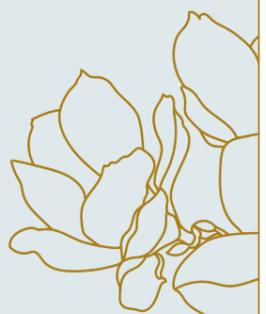
## Have you heard of Walking Aerobics?

A new exercise group has been very popular at The Glenbrook, called 'Walking Aerobics'. It is low impact and helps to increase fitness and muscle coordination, regain strength, revitalises and gets the oxygen flowing.

Barb Griffiths lived in a retirement village interstate and was running the 'walking group' for 8 years.

Barb has dusted off the DVD and gets everyone up and moving 3 times a week.

Barb is keen to help everyone maximise what they have and not lose strength or agility.



# Homes Available

## Lebrook Place | Apartment 59

**Priced at just \$230,000\*.**

Freshly painted and with new floor coverings, the neutral décor awaits your own furnishings, ready and waiting to become your new home. Featuring a fully functional kitchen with modern appliances, this apartment allows you to express your creative side in the kitchen, or you can always take the opportunity to relax and have a meal from our dining room if you choose to.

See [lebrookplace.com.au](http://lebrookplace.com.au) for open times.

\*Correct as at March 2021.



## The Glenbrook | Apartment 53

**Spacious and welcoming.**

Don't miss the opportunity to take a look at this lovely, fully self-contained 2-bedroom home. Spacious and welcoming, you will feel a sense of warmth and belonging from the moment you walk through the door. Carefully refurbished with a brand new kitchen boasting all new appliances as well as new floor coverings and fresh paintwork. Spacious bathroom with a second toilet, large laundry and plenty of storage. The north-facing balcony completes the home with a beautiful outlook.

See [theglenbrook.com.au](http://theglenbrook.com.au) for open times.



Come and view these or other apartments we have available.

See open times on our websites or arrange a personal appointment by calling Pauline or Lyn on 08 8334 4088.

## The colourful life of Meg Taylor

I have had several attempts to piece the experiences of my life into a few words and it is proving difficult as I am now 92 and my life has been rather eventful.

I joined the Women's Royal Naval Service (WRENS) at 18 and served during World War 2 for four and a half years. My husband, who I married in 1945, had been a bomber pilot and had also been a POW in Germany for nearly four years. He remained in the RAF as a Commissioned Officer and I, and my two daughters, travelled with him on his many postings in the UK, also Egypt, Tripoli in North Africa then eventually to Germany where tragically he died at the age of 42.

My girls and I returned to the UK where my youngest daughter finished her schooling and my eldest attended a secretarial course which included Company Law and Italian. I have reason to be very proud of their achievements, as despite having to attend 14 different schools during our nomadic life, my eldest daughter Joy, has a master's degree in religious studies including Hebrew and my

youngest daughter, Pam, has an Honours Degree in Anthropology.

Meanwhile I tried several jobs before, to my surprise, I was invited to apply for a position in the Security Service, which is MI5. I served with them for over nine years, with a break midway when I volunteered to join the Women's Royal Voluntary Service Overseas Branch. I then served three and a half years working with young soldiers serving in the British Occupation Force in Germany. At the end of my time there I was accepted back into MI5 and was re-installed.

I was also President of the Adelaide Branch of the Retired British Women's Royal Navy Personnel for nearly 10 years. I have had many interesting adventures since, but space has run out.

I am very happy to be living here at Lebrook and it is a pleasure getting to know so many residents.

**As shared with us by Meg Taylor,  
Lebrook Place resident.**



Meg at 19

### LEABROOK PLACE

17 Tusmore Avenue, Lebrook SA 5068  
08 8334 4088

[lebrookplace.com.au](http://lebrookplace.com.au)

### THE GLENBROOK

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

[theglenbrook.com.au](http://theglenbrook.com.au)

Elegance is individual.

**ΩMEGA**  
COMMUNITIES