

The Brookside Times

Oscar Wilde once wrote – “A flower blossoms for its own joy”

At The Glenbrook and Leabrook Place we believe they also blossom for our joy.

Our gardening team have been doing a fantastic job and the gardens are looking splendid. Our residents love to enjoy the sunshine, surrounded by beautiful gardens, all without needing to lift a finger to maintain them.

Spring is such an uplifting time, when we can spend more time outdoors with longer days and a hint of warm sunshine. This time of renewal is even more welcome this year.



We're ready to “dance on the tables” after COVID-19

There's no doubting it. The solitude of isolation, quarantining and lockdowns has certainly had significant impacts on all our lives. And the communities of Leabrook Place and The Glenbrook have had their fair share.

To find out exactly how that touched our residents' lives, a special, short and sweet COVID-19 survey was conducted, asking everyone

'What will be the first three things you want to do, the moment COVID-19 restrictions are over?'

The results were a delightful insight into the resilience and wit of our residents, with responses ranging from the expected, human need for social and family contact, to the more surprising and playful comments.

While family, friends and hugging grandkids was a common thread, there was also a need for fun, with comments like “dance on the tables”, “put a shrimp on the barbie” and even a romantic club date.

Amidst all the valuable feedback, from “group hugs” to “not needing to cook” and getting back onto a golf

course after “wreaking havoc, practicing golf in my apartment”, the survey underlined the importance for residents to have the freedom to do what they want, when they want, and on their own terms.

The survey has reaffirmed what the village teams are doing for residents at Leabrook Place and The Glenbrook. It really is all about our two sister villages fostering and promoting a lifestyle that allows residents to have this choice, and to feel good in their retirement.



New websites

We have created fresh new website designs to reflect the elegance of our wonderful villages. Take a peek at leabrookplace.com.au and theglenbrook.com.au. We hope you enjoy browsing.



Leabrook Place – 24th Birthday

Leabrook Place celebrated its 24th year of providing quality service and being the home to many lovely residents. Although the planned festivities were unable to go ahead, the residents and staff all enjoyed a cupcake and delicious cup of coffee to celebrate the occasion.

Phyllis Lines – Farming from different points of view

“Our handkerchief size farm was bought in 1938. I say handkerchief because it was only 180 acres! It was named ‘Pine Vale’ because along the main road there was a plantation of magnificent pine trees as you entered the driveway. Russell and I were married in 1959 and I settled into the role of being a farmer’s wife after having had a career as a ladies hairdresser. I loved farm life. Our dairy had been built in 1951 and we had up to 12 cows. My favourite breed was the Jersey cows – they gave beautiful creamy milk. Our milk was taken in milk cans to the Golden North factory (home of Golden North ice cream). Russell would load the cans on the back of our old green Desota ute and I would deliver them.

We sowed crops of wheat and barley; we also had paddocks of lucerne for the cows. During harvest, the grain was put into bags and then the tops were hand sown, so the grain was secure. Every bag was then lumped up onto the truck and delivered. Life was good, but times were tough!



Russell Lines on his tractor and header in the 1950’s.

Today I compare the machinery and the equipment that we used, to what our son and his two sons now work with and I am amazed at how we survived with the old clapped out, second-hand gear that we could afford. Farming today on our farm has drastically changed, and also the methods. Our machinery today is all computerized. I get into the tractors, headers and trucks and shake my head in bewilderment and thank God that it was so simple in our days!

My days on the farm were such a delight. We had two beautiful daughters and a wonderful son. What more could anyone ever want? I love going back to Laura to see my son and his two sons working the land that I love. I also have two great-grandsons to watch growing up. I guess my question is, will they also love the land?”

Phyllis Lines, Resident of Leabrook Place.

Sue Chapman - Why I love where I live

“By sheer chance I stumbled across one of Adelaide’s best kept secrets, The Glenbrook.

As I peered through the side and front fence, I loved what I saw and was filled with hope that this might be my forever home. From the outside it looked amazing. Gorgeous well-kept gardens with roses, camellias and many more of my favourite plants, shrubs and trees, the layout invoking a feeling of space, peace and serenity.

When I entered the foyer and was greeted warmly by Lyn and shown around, being introduced to some of the residents along the way, I was happily surprised that everyone was so friendly. This was clearly a community where people were supportive but not intrusive, and that is exactly what I have found to be the case. It’s a really safe and secure environment.

We even have access to the park next door to wander in, sit in the sunshine, read a book, chat to other dog owners which I do every day with my dog Issy. Talking about books, there is the most wonderful library which also has DVD’s, games and music to borrow.

All of the staff here are cheery, caring and kind, and always helpful. Nothing is too much trouble. I love the fact that there are so many services available if ever I need help with anything in the future. Really, Omega have thought of everything, but most importantly of all, living here we are surrounded by wonderful people and staff who care. I just love it here and I count myself so lucky to have found my forever home in Adelaide’s best kept secret, The Glenbrook. “

Sue Chapman, Resident of The Glenbrook.

A message from Lyn and Pauline



We’re very happy to once again have open times to show people through our wonderful villages. We are taking every care with hygiene and to remain socially distanced during any visits, but this allows people to come in without the need for an appointment. Each week we open at The Glenbrook Tuesdays and Leabrook Place Wednesdays between 10am and 3pm. We also conduct special open times, including Saturdays, which are updated on our website.

It is always a pleasure to welcome visitors, especially when our spring gardens are in bloom. We hope to see you soon. Call us on 08 8334 4088.



Mother’s Day celebrations

Although Mother’s Day looked a little different this year than those previously, the staff at Leabrook Place and The Glenbrook made certain that celebrations were not missed. The ladies were surprised with a special delivery of chocolate treats and roses, a gesture that was especially appreciated during this time.

A resident from The Glenbrook passed on a note as a thank you to all staff involved.

“Thank you to the management and staff at The Glenbrook for a lovely gesture on Mother’s Day as well as maintaining the catering during these difficult days for us all.”

Margaret Preiss – Local area history

“I guess my first memories of Knightsbridge (*now known as Leabrook/Hazelwood Park*) were coming to live at 56 (now 62) Knightsbridge Road in March 1934 as a four year 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 their savings. About the same time my grandmother, who was a widow, died at the Knightsbridge Road house. My parents bought it for two hundred pounds. There were five in the family and each received €37 (\$10) for their share of the proceeds of the sale.

March 1934 was very hot and I remember sleeping outside on the lawn under the bright stars. The smell of damp cement remains in my memory. This emanated from a shallow open tank in the backyard which we bathed in to keep cool. 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.



Margaret, her mother and 2 children in 1964.

Shops and Services - Knightsbridge has its fair share of shops, as was the case in most suburbs in the 1930s. 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 a day to the front door and ice on alternate days – we had no refrigerator until the late 1940s. 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 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.

Trams – The trams played a very important part in the lives of the people of Knightsbridge. There was a service every twenty minutes or so. In Knightsbridge Road, there was a loop in the single line, which allowed trams to pass, one on the way to Burnside, the other on the way to the city. It was here the staff was passed between drivers; a safety measure to prevent collisions on the line.”

Margaret Preiss, Resident of Leabrook Place.

Lyn's apple and pear crumble surprise



This makes a lovely dessert or for breakfast served with yoghurt. This recipe can work with almost any fruit, depending on what you have.

Ingredients:

Filling

- 6 sliced and cored apples
- 6 sliced and cored pears
- 1/3 cup brown sugar
- Juice of one lemon

Crumble

- 1 cup oats
- 1 cup desiccated coconut
- ½ cup slivered almonds
- ½ cup plain wholemeal flour
- ½ cup dried cranberries
- ½ cup brown sugar
- 125g butter, melted

Step 1. Preheat the oven to 170°C.

Step 2. Place the apple and pear slices in a microwave-safe dish, with the brown sugar and the juice of one lemon and cook in the microwave on high for 10 minutes*. Stir the mixture after 5 minutes and return to the microwave for another 5 minutes on high. Let the filling sit covered, until the crumble is made.

Step 3. Combine the oats, desiccated coconut, slivered almonds, plain wholemeal flour, dried cranberries and brown sugar in a large mixing bowl. Stir the melted butter through the crumble until combined.

Step 4. Place the stewed fruit in a dish and top with the crumble mixture. Bake in the conventional oven for 20-25 minutes, until the crumble is golden brown on top.

Step 5. Serve with a dollop of thick cream or ice-cream, or with yoghurt for breakfast. Enjoy!

**Lyn uses a 1000W microwave. Times may need to be adjusted according to the microwave being used.*

Joan Gunner - Celebrating her 100th Birthday



Joan Gunner on Boston Island.

Joan's home at Leabrook Place is adorned with her treasured memories including family photographs and ornaments. Some of her favourite paintings hang on the walls and her favourite china painting items take pride of place on shelves, many within glass cabinets.

Joan lived in Adelaide, but she was born on 1st September 1920 in Port Lincoln where her grandmother lived. Joan's mother would travel to Port Lincoln to be closer to her own mother while awaiting the birth of each of her 6 children.

Joan's family moved to Port Lincoln when she was 8 years old. Her father worked for the government and he was given a job transfer.

Living in Port Lincoln, much of their spare time was spent soaking up the sun, racing off after school and spending most of their weekends at the beach. This was well before sunscreen and skin cancer were talked about and long before they had sharks swimming in the bay.

Joan recalls a two-piece swimsuit that she had seen in a shop – there were two that caught her eye and she bought one of them. The ruckus that caused still surprises her. Even her girlfriends would not be seen walking to the beach with her at the time!

Joan's husband Clem had been in the Navy. She and her husband had many wonderful overseas trips, at times staying for months and enjoying getting to know the locals. A more recent trip was when Joan hopped on a plane and flew over Antarctica. Still an adventurous lady!

Joan lived up the road from Leabrook Place and says that she went past all the time. She watched it being built and visited friends who lived here. Joan recalls driving past when they had a little sales office by the road, with construction works going on in the background. She made the decision to move and has lived in her apartment at Leabrook Place for 19 years. Joan recalls many favourite times and still can't believe that she is turning 100 years old saying "it's such a long time isn't it".

Every spare minute of Joan's time was spent painting after she discovered a talent for it. She has painted 'hundreds of roses' over the years starting with china painting, oils and then water colours. Tennis went 'by the wayside' because she loved china painting so much and her husband even bought her a kiln of her own.

Joan still keeps in touch with friends and family. She was busy knitting a blanket today and loves to hear how much her family appreciate them.



The following are reflections captured of Joan from residents at Leabrook Place.

Val Keen – *I've been here for 20 years, and Joan has been a neighbour since she moved in two years later, and although, often, we don't see each other, she is the type of person who it is reassuring to know that they are there if needed. She is a lovely, friendly and caring person.*

Kathie – *Since I met Joan some years ago, it seems she has never changed. I have very much admired her attitude towards life with all its ups and downs, sadness and joys. She is always happy for a chat or conversation. Always has a smile. Love for her family is paramount. Her pretty garden gives her as much pleasure as it does to us as we pass by.*

Meg – *Joan is such a smart person with a wonderful sense of humour. She is always bright and enjoys a laugh and life.*

Judy – *A few words that come to mind. Artistic, beautiful flower paintings gracing many walls. Gracious and friendly. A pioneer – settling in the then new Linden Park. A great knitter – creative. A speedster on her walker – try to catch her!*

Bev – *Joan amazes me. At Mah Jong, she plays from memory, and without reference to her book in which there is a choice of some 150 games as set out and to be used by players, while her fellow younger players are fumbling through their books for guidance. She likes to know that someone has had a win each week! Bright as a button, but happy when we ask "Is it time for coffee?"*

Homes Available

Leabrook Place | Apartment 22

Beautifully redecorated, fully self-contained.

Sure to impress, Apartment 22 offers a lovely sunny aspect with views towards Tusmore Avenue. You could enjoy a morning cuppa on the sunny balcony while you watch the activities in your neighbourhood. Tastefully redecorated throughout in neutral tones to compliment your furnishings and treasured belongings, ready for you to move in and enjoy.

See leabrookplace.com.au for open times.



The Glenbrook | Apartment 46

Clean, fresh and sparkling like new.

This lovely, refurbished apartment gives you the option to live as independently as you wish. The brand new, modern kitchen with spacious bench tops and all new appliances, including a dishwasher, provides generous storage. You will enjoy the bright living areas and balcony outlook.

See 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.

Bev & John Coggins

"We count ourselves lucky to have lived here at The Glenbrook for the past two and a half years. We believe we could not have made a better choice.

We have joined a community of friendly, welcoming residents cared for by staff whose aim, from the start, has been to make us feel at home.

During the COVID-19 crisis (Village Manager) Michelle and her staff have provided us with all the relevant health information at every stage.

Safety measures have included signage for visitors and residents at the front entrance, lifts and in the corridors, hand sanitiser at appropriate locations and attendance sheets for residents taking part in activities in communal areas like the library, snooker room and The Emerald Room, where craft, exercises and coffee and chat sessions are held.

Welcome, kindly gestures have been the surprise gift of a rose on Mother's Day and hot cross buns and chocolates at Easter, both of which lessened our feeling of isolation during the lockdown period.

We are fortunate that many local food and service providers attend The Glenbrook, so that we are able to have all our food and pharmaceutical supplies delivered to our door. If we wish, we are able to have meals served in our apartment, prepared by The Glenbrook's chefs.

All these services contribute to our overall sense of security and well-being, and we really appreciate them, as well as the attractively furnished surroundings which we, as Glenbrook residents, enjoy."

Bev and John Coggins, Residents of The Glenbrook.

Sudoku time

Easy solution

4	9	7	3	8	2	5	6	1
3	8	2	1	5	6	4	9	7
5	6	1	9	4	7	3	2	8
8	2	3	7	4	6	1	9	5
3	4	2	8	9	7	5	1	6
6	1	7	5	3	4	9	2	8
5	8	9	6	1	2	3	4	7
4	7	8	1	2	5	6	3	9
2	3	6	4	7	9	8	5	1
9	5	1	3	6	8	4	7	2

Hard solution

8	2	3	1	4	9	5	6	7
7	1	5	6	3	8	9	5	4
6	9	4	7	2	5	3	1	8
4	6	7	5	8	9	3	1	2
1	3	9	2	6	7	4	8	5
5	8	2	4	9	1	6	7	3
2	5	6	8	1	4	7	3	9
9	4	1	3	7	6	8	5	2
3	7	8	9	5	2	1	4	6

Easy

		3	6					
3	6		7			5		
	8			5				9
8					3	4		
	7	5						
4	2		9	7				
			4			9		
7				1	2		3	
1	9	5		8				

Hard

		8	9	2				
	4	1		7	6			
2					4	7	3	
		2		9		6	3	
					7	4		
			5	8				
			7	2			1	
	1				8	2		
						5	6	7

LEABROOK PLACE

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leabrookplace.com.au

THE GLENBROOK

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Elegance is individual.

ΩMEGA
COMMUNITIES