

Cooking and politics

Food for thought over morning tea

Golfer, cook, linguist

Meet Athelstan's new manager

Balancing act

Exercise class keeps residents fit

Be entertained

Tall tales and true in upcoming Athelstan events

Athelstan News



Edition 6, June 2014



Food, grief, united in love

Athelstan welcomed two wonderful but very different speakers over morning tea in the last few months.

Beloved French chef Gabriel Gaté and renowned journalist, politician and writer Mary Delahunty spoke candidly about their lives, their loves and their losses to riveted audiences.

More than 100 people attended each event, including residents and guests.

Mary showed the audience the first copy of her upcoming book, *Gravity*, about the last year of Julia Gillard's time as Prime Minister. It goes on sale on July 1.

Mary's first book, *Public Life, Private Grief*, offered a fascinating insight into the political process during her time in the Bracks and Brumby governments.

But it also dealt with the loss of her husband, journalist Jock Rankin, to cancer and the sudden death of her mother, and the depression she suffered following them both.

"People have asked me, 'why did I write this?'. It's not a conventional political memoir," she said in her talk on June 12. "But I did want to write about the disconnect between our public lives and our private lives."

Mary said she thought she knew how politics worked until she entered parliament. "Looking at it from the outside is totally different," she said.

On March 6, Gabriel Gaté gave an insight into growing up in France, how he came to love cooking, his formative years as a chef and his stellar career in Australia.

With his French charm and wit, Gabriel regaled his audience with stories of his youth, his favourite regions of France and his view of today's television cooking shows. "I don't watch them because I know the business of television a little too well," he said.

Gabriel said he loved to talk about cooking and France.

"It's lovely to share the knowledge of 43 years of cooking in a way that is friendly and interesting," he said. "France is an extraordinary country with beautiful food and a great variety of regions."

All proceeds from the events went to Villa Maria's Save Me a Seat appeal.



Staying connected an important move



When Graham Oliver and his wife decided it was time to move out of their family home and into retirement living, they knew exactly what they wanted.

It had to be close to their network of friends, near their favourite shopping precinct of Camberwell and accessible to public transport.

Athelstan Camberwell has delivered them all that, and more. "Athelstan has certainly equalled, and probably in some respects exceeded, my expectations," he said.

Graham, 70, was one of the first residents at Athelstan. He and his wife decided to downsize from the family home to a two bedroom apartment before the house became a burden. "When you get over about 70 you don't want to be up a ladder doing this and that, organising maintenance of your house," he said.

When his wife died suddenly before they moved in, the security of Athelstan became even more important, and a great comfort to Graham's family.

The move has also enabled Graham to continue volunteering at the University of Melbourne's chemistry department, building a website for one of its research groups and designing computer graphics.

A mechanical engineer, Graham says he spent much of his professional life working with large computer systems at ICI and Australia Post.

In addition, he maintains an active role in the Australian Plant Society, operating the Victorian branch's website and attending regular meetings. It enables him to stay in touch with nature.

"I've always liked native plants from the point of view they attract birds and other things," he said. "At the house we had in Glen Iris there were sparrows and mainly non-native birds, but as we planted the native plants the wattle birds and other native birds moved in."

Graham says Athelstan has a relaxed and yet vibrant community and it's up to each resident how involved they want to be.

"I like to come downstairs in the mornings and read the paper and have a cup of coffee about mid-morning," he said. "It's very pleasant and gives you an opportunity to chat with other residents."

Graham is a member of the Residents' Committee and has attended some social activities. He is also interested in joining the Mahjong group in future and the exercise classes. For now, he's happy to continue his regular pushbike rides along the nearby bike paths.

"Certainly as I get older I will use those activities more and more," he said. "It's a very pleasant environment with pleasant people and what you make out of it is up to you."

Residents relish balancing act



Each week, Athelstan residents can be seen in one of the lounges striking some interesting poses.

There is arm and leg stretching, squatting, pulling of rubber bands and walking around with arms flailing about.

It's not some odd ritual, but the regular Balance Class that helps keep residents fit and healthy.

Up to 20 residents attend the classes each Tuesday morning from 9.30am-10.30am with YMCA Ashburton instructor Ed Wakeham.

Ed says balance classes have wonderful benefits for people, especially as they age.

"It's got an emphasis on functionality, core stability, balance and abdominal strength," he said.

"It helps build bone mineral density, keeps the muscles strong, reduces cholesterol and provides serotonin and endorphins for the mind. It also helps to keep the joints moving."

Ed says the exercises also support people to do every day things such as shopping and house work.

The class starts with a walk around Athelstan and requires participants to stretch their arms as they go. They then knuckle down to some serious exercises using chairs and rubber Therabands.

Ed says the participants love it. "I think they're extremely enthusiastic, they're always smiling and happy to come along and try new things," he said.

"We've got a good group and it's always good to see so many people turning up. We welcome any new people that want to come and try it."

Athelstan residents Don and Wynne Parncutt haven't missed a balance class since they moved in last November.

Don, who lifts weights or goes for a walk every day, says he enjoys that they can do the exercises together and it's good to keep fit.

"We look forward to the classes and enjoy them; it's a bit more strenuous than you think once you get going," he said.

"Of course it's important to keep fit; it's probably the sort of thing we ought to do every day."

Wynne says the convenience of having the classes right near her apartment is "absolutely fantastic".

"Because I'm involved in the CWA and that takes up a lot of my time, I have got out of the habit of doing exercises," she said. "It's really helped us. I even occasionally do some of the exercises in my own apartment."

Don and Wynne particularly enjoy the end of the class – when the residents all catch up over coffee in the café.

Getting to know Athelstan's new manager



Athelstan's new manager is well travelled, can handle himself in several languages and is an accomplished cook and keen golfer.

Here we find out a bit more about Andrew Ramsay.

Where did you grow up?

I was born in Melbourne but moved to Singapore when I was a child and then lived in London, returning to Melbourne to study at Geelong Grammar before heading off to Switzerland to study Hotel Management. Growing up in other parts of the world provided me with experiences and the development of a worldly outlook on life that I would not necessarily have been able to develop if I had stayed in Australia. I'm fluent in French and can speak a bit of German.

What is your professional background?

I graduated from Glion Hotel School, Switzerland, in Hotel Management and Tourism. I then had a career in hospitality management across international hotel groups including Hilton, Regent, Sheraton and Hyatt, in Melbourne, Sydney and the Gold Coast. I have managed renowned golf clubs, both new and established, in Australia and Dubai and have owned Quest Serviced Apartment franchises.

Where were you before Athelstan?

I owned Quest Mont Albert from 2006 to 2012 and Quest Launceston from 2008 to April this year. I sold the businesses to move on to other things. I enjoyed the provision of high quality accommodation services for short to medium term guests as well as the challenge of operating my own businesses.

What has impressed you most about Athelstan?

The warmth of the welcome I have received from our residents, the enthusiasm and caring nature of the people that work here and the physical presentation of Athelstan. I am looking forward to getting much job satisfaction out of being able to deliver a great living environment for the residents. It is a working environment which combines my hospitality experience with residential living and I liken Athelstan to a club where the residents are the members of a special living environment that provides camaraderie and a wide range of activities.

What do you like to do when you're not at work?

I love to cook dishes of all sorts from simple pasta to curry and casserole type dishes such as coq au vin. I try and cook at least three meals a week. I find it relaxing and a stimulating distraction from other things in life. I also like to play golf and supporting my AFL team, the Melbourne Demons. Caroline is my "significant other". I have three grown children, as yet unmarried (I can live in hope) – a son and two daughters all of whom live away from home and are working hard "so they can aspire to keeping their father in a manner to which he is fast becoming accustomed!".

What's on at Athelstan



**A footy champion who has overcome devastating trauma. Footy armchair experts and comedians.
A woman who successfully ran one of the most male-dominated organisations in Victoria.**

Athelstan Camberwell is playing host to an amazing line-up of speakers over the next five months.

Former AFL footballer Jason McCartney was the hero and face of the Bali bombings. His story epitomises that of the Australian fighting spirit – from his brave acts after the bombings and his emotional return to football after recovering from his own horrific injuries.

In a genuine, honest and moving presentation, Jason will discuss his amazing story at a morning tea at Athelstan on August 7.

Then as the AFL Grand Final approaches, Greg Champion and Ian Cover from the Coodabeen Champions will offer their unique take on the sport in a morning tea on September 18.

With their renowned irreverence, wit, humour and the odd tall story, guests are sure to be laughing at this entertaining event.

Christine Nixon had what is possibly one of the hardest jobs in Victoria when she was Chief Commissioner of

Victoria Police – the first woman to helm an Australian police force.

Following Black Saturday, Ms Nixon was chair of the Victorian Bushfire Reconstruction and Recovery Authority and is now Deputy Chancellor at Monash University.

Her views on leadership, teamwork, women in business and succeeding in a man's world are sure to make for fascinating listening at the final morning tea for the year on November 13.

Entry to the events is a \$10 donation per person. All proceeds will be donated to assist the community work done by Villa Maria.

Visitors are also welcome to enjoy refreshments while joining a tour of Athelstan during the next weekend Open Days.

Upcoming Open Days

June 21	10.00am–12.00pm
July 26	10.00am–12.00pm
August 16	10.00am–12.00pm
September 13	10.00am–12.00pm



**Bookings to all of the events are essential.
Please call Narrelle Paige on 0414 738 007 or email
narrelle.paige@villamaria.com.au**

Visit us today

Athelstan Display Apartment
Open Monday-Friday, 10am-4pm
450 Camberwell Road
Camberwell Vic 3124

Freecall 1800 799 087
info@athelstan.com.au
athelstan.com.au



Stay close, stay involved.

INDEPENDENT LIVING WITH VILLA MARIA