

Rylands

Brighton • Kew • Hawthorn

Newsletter – Edition 3 - 2007



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www.rylands.com.au



Fifth anniversary celebrations at Rylands of Brighton

Residents, their families and staff members marked the fifth anniversary of the opening of Rylands of Brighton at a gala Italian theme dinner on Friday 31 August. "The dinner was a great success and then we followed it up with an afternoon tea on 4 September, the actual day the first resident moved in five years ago," Rylands of Brighton manager Helen Wartman said.

Although it is five years since Rylands of Brighton opened, the concept of having luxury apartments with a range of on-site support facilities had its origin almost a decade before that time.

Rylands managing director Richard Buxton's parents were in their seventies at the time and it occurred to him that the day would come when they would want the freedom to maintain an independent lifestyle without the responsibilities associated with maintaining the traditional family home.

Richard subsequently visited the United States West Coast as a guest of the Hyatt and Marriott Corporations - both of which are leaders in luxury apartment accommodation for retirees - to learn as much as he could about the supported living concept for seniors.

"The important thing to me was to provide a standard of living that was at least the equal of what people had been used to, together with a high level of security and first-class facilities under the one roof," Richard Buxton said.

The Rylands brand is unique because it caters for high net-worth people who want superior accommodation coupled with exclusive in-house dining, recreation, personal fitness and exemplary services.

"Rylands is a lifestyle that has been eagerly embraced by more affluent seniors and has set the benchmark for retirement accommodation."

Carols by Candlelight, a night to remember

Carols by Candlelight, which will be held in the garden courtyard at Rylands of Kew on Friday 14 December, commences during the early evening with a real festival atmosphere that includes sumptuous offerings from hot and cold food stalls, and refreshments from the bar.

As darkness falls Pot Pourri, one of Australia's leading singing groups, will fill the air with magical Christmas music to a backdrop of flickering candlelight.

This fabulous Melbourne group consists of five talented performers - four highly acclaimed singers and a concert pianist - who continue to enchant audiences around the world with their inspiring and unique sound.

A warm welcome to attend this memorable event is extended to residents of Rylands of Brighton and Kew, as well as purchasers of Rylands of Hawthorn together with their families and friends. Please contact reception at Rylands of Kew on 9015 7000 for further details.



In, out and about

This regular segment in the newsletter will provide details of the various social, exercise and fitness activities, and off-site outings organised for Rylands' residents and purchasers.

Bridge at Rylands of Kew

Held on the last Tuesday of the month - from 2 pm to 4 pm - under the expert guidance of Sandra and Ian Mansell from Melbourne Bridge Club, the program includes beginner, intermediate and advanced tables. Participants have the option of playing as singles or in pairs or fours. Afternoon tea is included in the price of \$10. Please contact reception for details.

Exercise sessions

The sessions, which are held in the pool and gym on Monday and Friday mornings at Rylands of Kew, provide residents with an opportunity to participate in a range of tailored light exercise regimes. The workouts are conducted under the watchful eye of Elle Tresidder, a sports science graduate of New Zealand's Otago University, who specialises in prescribing exercise programs for specific population groups.

Melbourne Cup Celebration

The celebration commenced at noon with chicken and champers in the bar, then residents and their guests watched the great race on the big screen in the theatre at Rylands of Kew. All who attended voted it a great day, particularly those who were fortunate enough to draw winning horses in the sweeps!

Wine tasting

Seasonal wine tastings, which will become a regular fixture on the Rylands calendar, kicked off with an offering of summer wines at Rylands of Kew on Thursday 22 November. Conducted by Wine Time, the tasting provided an opportunity to obtain information about different varieties and get advice on matching wine with food.

Excursions

Event organiser Lisa Whiteside, who has worked extensively with Rylands of Brighton, is planning a number of off-site activities for Rylands of Kew residents in the coming months including day visits to Montsalvat, Ballarat, Malmsbury Gallery and Werribee Park as well as overnight stays at Walhalla and the RACV Resort at Inverloch. Day trips depart from Rylands at about 8.30 am and are generally back no later than 4.30 pm.

The Festive Season

In the lead up to Christmas, children from local schools will visit Rylands of Kew to entertain residents with carols and traditional seasonal music. Bookings for Christmas lunch - with all the yummy treats - can be made at reception.

A new year, a new beginning

In early 2008, an annual program for residents and staff will be launched to rejuvenate mind, body and soul to get the New Year off to a great start. The program will include dietary advice coupled with exercise in the pool and gym. Details will be posted on the web at www.rylandsofkew.com.au.

Top Award for Buxton Construction

Buxton Construction received a Certificate of High Commendation in the residential construction \$10 to \$20 million category for Rylands of Kew at the 2007 Australian Institute of Building Awards. The award is fitting recognition for the outstanding quality achieved with the building by both Buxton Construction and the architect Edgard Pirrotta.

Rylands Quiz answers

1. 1977
2. 3UZ
3. Sunday Press and Sunday Observer
4. Ava Gardner
5. 1970
6. John McEwen
7. Hawthorn and Sydney
8. Norman Banks
9. Commercial Bank of Australia
10. Cliveden Mansions



Rylands gets top marks

Rylands of Kew resident John Williams emigrated from the UK to Australia with his parents and six siblings as a young man in 1948. Early on in his working life John served in the CMF at Parkes then joined the Regular Army and subsequently completed the first training course at Officer Cadet School, Portsea.

After graduating from Portsea he was posted to Pukapunya where he met Shirley Hayes - the daughter of a Regular Army officer - who was to become his wife four years later. Over the years John, who attained the rank of Lieutenant Colonel, had a series of postings: these included an attachment to the British Army during the Korean war, Vietnam, New Guinea and various Australian capital cities.

John left the Army after 30 years and worked in the insurance industry, specialising in the aged nursing care sector before running a nursing home at Geelong for 10 years. He then purchased land and redeveloped a small retirement village at Drysdale: a thriving business he still maintains a regular involvement with today.

A Wattle Park resident of more than 33 years, John decided it was time to look to the future after Shirley's untimely death in 2006. "I had looked at many options but as soon as I saw Rylands of Kew I knew this was it," John said.

John lists location, 24-hour security, the extensive range of facilities and build quality as the primary reasons he found Rylands of Kew so appealing. "I was also mindful of my future needs and find it very convenient being able to have my children and grandchildren here any time."

Top chef at Rylands of Kew

New Rylands of Kew chef Graham Swalwell has a family tradition of cooking dating back many generations in the English village that bears his surname. "My mother has always been an outstanding cook and I developed a keen interest in food at an early age, so it's hardly surprising I ended up being a chef," Graham said.

The winner of numerous awards including apprentice of the year, Graham completed his apprenticeship in Melbourne and has worked predominantly in restaurants in South Yarra and the bayside region, although he was head chef at Wildflower in Canterbury for some time.

In the late 1990s Graham established and ran his own restaurant in Mansfield that featured a multi-cultural style of cuisine.

After that he spent some time at Yering Station in the Yarra Valley and, prior to his appointment to Rylands, was responsible for fitting-out and running the restaurant at Djinta Djinta winery near Korumburra.

"Working in restaurants at wineries enabled me to fine tune my knowledge of wines and I am always pleased to share my thoughts on the different styles with diners at Rylands," Graham said.

According to Graham the cuisine at Rylands of Kew reflects the Australian style of restaurant cooking incorporating the best from all countries. "The food at Rylands could be described as universal with a combination of Asian, Middle Eastern, Italian and French influences."



On site

Excitement and interest is building: the scaffolding has been taken down and the skyline of Riversdale Road is now dominated by the impressive facade of Rylands of Hawthorn. The front entrance with its copper-roofed port cochere is complete and work has commenced on landscaping the grounds.

Inside, all areas on the lower ground floor, ground floor and level one have been painted and the carpeting is almost 50 per cent finished.

The joinery has been installed to most areas on the upper levels. Plastering of the dining room, bar, lounge, library and private dining room as well as the level two and three apartments is close to completion.

Rylands quiz

See how many you can get right? Then try them out on someone else. The answers are on page 3.

1. In what year did a derailed Sydney commuter train bring down the Granville Bridge?
2. Which radio station did Graham Kennedy work on before he became the host of the long-running variety show, "In Melbourne Tonight" on Channel 9?
3. What were the two Sunday papers published in Melbourne during the 1970s and 1980s?
4. Who played the female lead in the Melbourne-produced film "On the Beach"?
5. In what year did Tullamarine Airport open?
6. Who succeeded Harold Holt as Prime Minister?
7. Which AFL teams played in the last match at Waverley Park in August 1999?
8. Who was the founder of Carols by Candlelight?
9. Which bank amalgamated with the Bank of New South Wales to form Westpac?
10. What was the name of the stately building that stood on the East Melbourne site now occupied by the Hilton Hotel?



Simple but stylish

This superb cheesecake recipe from Graham Swalwell, chef at Rylands of Kew makes a great afternoon tea treat or classical dessert, regardless of the season.

185 grams chocolate ripple biscuits

200 grams white chocolate

100 grams dark chocolate

80 grams butter

500 grams cream cheese (room temperature)

1 x 395 gram tin of condensed milk

300 mls thickened cream

1 tbs powdered gelatine

1/4 cup boiling water

50 mls Tia Maria (optional)

Melt white and dark chocolate separately, either over boiling water or in the microwave. Melt butter in a saucepan, add crushed or pureed chocolate ripple biscuits and mix well. Press the mixture into the base of a 23-centimetre spring-form cheesecake tin and refrigerate.

Add gelatine to boiling water and stir well to remove all lumps, allow to cool. In a food mixer, beat cream cheese until smooth, add condensed milk and mix well. Add melted white chocolate, stir well then add cream. Finally, add gelatine and Tia Maria to the mixture and blend thoroughly.

Pour into the prepared tin, cool for five minutes and add dark chocolate in a stream around the top of the cheesecake, then run a fork through the top of the mixture to create swirls. Refrigerate for three hours or overnight, serve with berries or Kiwi Fruit.

Enjoy!

Nicky is a welcome addition to the marketing team

We extend a warm welcome to Nicky Cooper who recently joined the team at Rylands as marketing co-ordinator. Nicky, a former student at Tintern Girls Grammar School, completed a psychology and management/marketing degree at Monash University in 2003.

After completing her degree Nicky went to Europe and worked in marketing roles with a private equity company and a specialist electric motor designer and manufacturer before returning to Melbourne and taking up her current position at Rylands.

As marketing co-ordinator Nicky is involved with organising events for residents and hosting inspections to enable potential purchasers to view life at Rylands first-hand. She is also responsible for market research, networking, negotiating sponsorships with local sporting bodies and community organisations, and working closely with Rylands sales and marketing manager, Sam Buxton.

"I'm really enjoying my role as I firmly believe the Rylands brand offers unparalleled quality and is the clear market leader in Melbourne," Nicky said.