



Village Voice

Your monthly Clarence Village community newsletter

FREE



Queen of the village bows out

Dougherty Villa and Clarence Village reached the end of another dynasty when our titleholder for the oldest and possibility, grooviest resident, came to an end when Hibiscus resident Doreen Sheehan trotted off to her final resting place.

While Doreen won't be walking the corridors of Dougherty Villa and keeping residents and staff entertained anymore, her larger than life personality is sure to live on and remain a talking point for some time to come.

We celebrate Doreen's life in Clarence Village/Dougherty Villa community with a few special photos and story on pages 6-7.

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Dougherty Villa and Clarence Village said goodbye to longtime legendary resident Doreen Sheehan who passed away on March 23 aged 106.

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A note from the Village CEO



I hope you had a safe and happy Easter. For a time of year that often brings torrential rain the weather was perfect for egg hunts! As a traditional celebration of hope and renewal Easter can be a wonderful time of year for families but, like many times of celebration, can also be a difficult period for people missing loved ones.

For those with school-age children the Easter long weekend punctuated what has been a very long first term of 2024 – I’m sure there will be lots of parents and kids looking forward to a break over the school holidays!

As we move into the winter months at Clarence Village we’re focused on our property assets, tackling some renovations and remedial works that have been in planning for some time. Dougherty Villa’s carpeted hallways are being replaced with vinyl which will be a challenging but important project.

Kind regards,
Duncan McKimm

.....

Farewell to a colourful character

Doreen Sheehan certainly didn’t do things in halves. If she wanted to try something she would and age certainly didn’t seem to weary her.

The 106-year-old probably set a residential record for village longevity, moving into the independent living when she was around 80 and staying there until her late 90s before moving into Dougherty Villa for the last few years of her life.

But that certainly didn’t seem to slow her down at all. She celebrated every birthday from 100 onwards with the sort of gusto that would see a millennial sit up and take note.

Even at her final gathering in November for her 106th, she was full of cheek, her personality as

vibrant as the purple hair she was synonymous with.

Vale Doreen.
We will all miss you.

Lesley

Email me:
news@clarencevillage.com.au





Know your seniors' rights

Did you know in NSW there is a free organisation dedicated to supporting older people?

Seniors Rights Service provide free legal advice, advocacy, and information for all older persons in NSW including:

Legal Services

This legal service provides free and confidential advice, information, referrals and other assistance to older people in NSW on their legal issues. It is a fully accredited community legal centre.

Aged Care Advocacy

If you have questions or concerns about aged care services, Seniors Rights Service is here to help. Its aged care advocates are located across NSW to provide support for recipients of all Commonwealth funded aged care services.



Your monthly guide to all things aged care with Services Australia's Rachelle Farmer.

Information

The service provides targeted rights-based information to a diverse range of older people, regardless of cultural background or sexual orientation. Its aged care advocates, solicitors and education staff travel across NSW to support aged care recipients and the wider community.

To find out more phone Seniors Rights Service on 02 9281 3600 or visit www.seniorsrightsservice.org.au

Dougherty Villa's garden to plate

The Dougherty Villa courtyard garden beds are loaded up with a fine selection of winter root and cruciferous vegetables.

While some of the plantings like the cabbages and cauliflower will take until winter to grow to full size, a trolley load of bok choy was recently harvested and delivered to villa's kitchen manager Neil Darragh who graciously accepted the fresh produce saying it would

either go into a stir fry or soup.

Current seasonal plantings include carrots, parsnips, beetroot, sugarloaf and Chinese cabbages, bok choy, zucchinis, eggplants, and cauliflowers, along with herbal favourites of basil, thyme, and oregano and residents can look forward to seeing a range of these homegrown favourites incorporated into the kitchen menu over the coming weeks.



Gardening guru Ernie Really, assisted by Greg Learmonth, is off to Dougherty Villa kitchen with some fresh bok choy grown by residents.



Dougherty Villa kitchen manager Neil Darragh receives the freshly harvested produce from Ernie who is doing his bit to keep freight costs down.

From Clarence Village to the Sydney stage

Clarence Village's Steve North been a regular in Village Voice as we follow his playwriting journey.

Recently announced as a finalist in the Scenes from the Sage Age competition for his work *The Last Rehearsal*, Steve recently attended the Sydney event that saw his creation brought to life on the stage at the prestigious Wharf Theatre Precinct.

With around 160 people jammed into the venue, Steve's work was performed by

acclaimed Australian actor Sandy Gore who you might remember from the ABC series *Brides of Christ*.

"Sandy did an absolutely excellent job with it. She's been in lots of great movies like *Australia* (with Nicole Kidman and Hugh Jackman) and the *Prisoner* series," Steve said.

"When she started it was just bang, she got the laughs straight away. Once you get them in the palm of your hands, the audience is right with you. *(Continued page 5)*

The way Sandy delivered it was important. Everyone would have gone home with sore ribs.”

Steve was one of eight finalists from around Australia, and while he wasn't chosen the overall winner his play was the finale of the event, inducing side-splitting laughter and receiving rapturous applause from the audience.

The director got me up out of my chair to turn around and face the audience who were still cheering and clapping. “So I took a bow.”

Steve said it was a humbling experience, one he will never forget.

“It was just overwhelming. Everyone that came up to me afterwards said that it was just so

good. It was one of those times in your life when you are pinching yourself thinking is this really happening.”

The performance resonated so much Steve was approached a week later (when back in Grafton) by a theatre company in Sydney that would also like to perform the play as part of their programming in May.

“One of their members was in the audience was very impressed and went to their theatre group and told them about it.”

Clarence Village residents will also have the opportunity to see Steve's award winning play with plans afoot to bring it to life closer to home. “We're hoping to put it on at Joan Muir Hall sometime this year.”



Clarence Village resident Steve North with the certificate he was awarded in Sydney for being a finalist in a national playwright competition.



ABOVE: Australian acting royalty Sandy Gore performed Clarence Village resident Steve North's play *The Last Rehearsal* in Sydney recently. BELOW: Steve in Sydney with some of his fellow playwrights and the actors that brought their works to life.



Doreen did it her way

When Doreen Sheehan moved into Clarence Village at aged 80 she probably expected to spend a few good years living life out as a senior citizen, but like everything Doreen put her mind to, she did it in top gear and went on to enjoy another 25 years between there and Dougherty Villa.

“I remember when she moved into the village because she got Eva Brown, a friend of hers from Carrs Island, and they went on a road trip up through Queensland when she was 80,” her baby sister and Clarence Village Garden’s resident Shirley Craig said.

Doreen moved from the village into Dougherty Villa eight years ago where she reached her milestone 100th birthday and continued to celebrate them every November for the next six years.

Instead of receiving slippers or hankies, Doreen’s birthday wishes seemed to get wilder as you got older, her birthday from 100 onwards ranged from Harley Davidson rides to helicopter joy flights.

“She’d had adventures all her life. Whatever she wanted to do she had a go at”, sister Shirley said.

“She was a good role model for aging. Don’t be frightened to have a go. And keep your sense of humour.”

Shirley said Doreen would not have been happy about having to rest in bed for the past three weeks because she was always a get up and go kind of person “even at 106.”

“She used to say she was a recycled teenager.”

Shirley said she was grateful the family was able to spend quality time with Doreen in her final days.

“I checked on her early one morning and said ‘alright, I’ll be back later’ and then within a

couple of hours she was gone. When the staff called me the first thing I said was ‘the sneaky bugger’. That was Doreen. She did it her way. That’s what she’s pretty much done her whole life.”

One of Doreen’s long time carers at Dougherty Villa Kaye Ball said she was a “magic lady.”

“She was a great conversationalist and had a good memory. She also kept walking to the end. She would get frustrated about being tired and we’d remind her she was 106. She’d say don’t remind me.”

Kay said the staff formed a guard of honour when she left the building but in typical Doreen style she didn’t go without the last laugh.

“They couldn’t get her into the vehicle because the trolley kept getting stuck. We were all saying that’s because she doesn’t want to leave and we all had a good laugh about that. She could be stubborn when she wanted to be.”

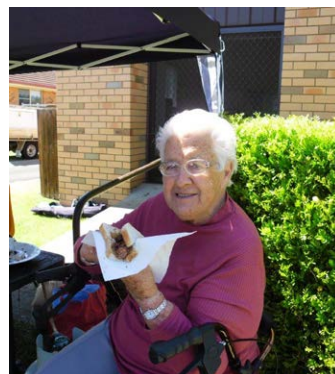
Doreen Sheehan never wanted a fuss so she will be privately cremated with “no service whatsoever”.

The family will be having a get together and afternoon tea in memory of Doreen on April 20 at Clarence Village Gardens for anyone who would like to come along.





EASY RIDE: Doreen Sheehan gets on a vintage bike brought in especially for her 100th birthday at Dougherty Villa in Grafton. STORY: PG PHOTO: ADAM HOURIGAN



Eggsellent turn out for Easter raffle draw

Residents came from all around the Clarence Village to attend the huge annual Easter raffle and high tea at Joan Muir Hall.

Tables were laden with plates of cakes, biscuits and slices (and a few chocolate eggs), as ticket holders eagerly awaited the draw to commence.

With 46 prize packs up for grabs the smell of victory was palatable as residents lined up their tickets and crossed their fingers.

Things were off to favourable start for finance admin Vicki Valja who not only got to draw the first winner out, she also took home the first prize.

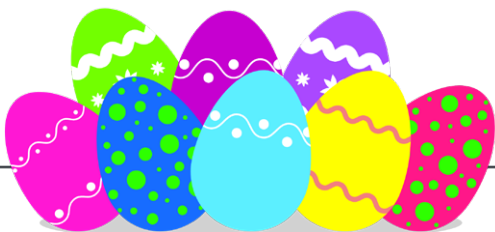
The choice of prize packs up for grabs included electric blankets and throw rugs, stable tables, Easter goodies, handcrafted items, stationery and puzzle books, seafood and fruit/veg vouchers, along with morning tea and movie tickets.

A lucky few were double winners while Gardens' couple Mimi and Noel Reeves took out the trifecta, taking home three prize packs between them.

A total of \$593.20 was raised for Grafton Community Bus thanks to all our ticket holders who supported this worthy cause.

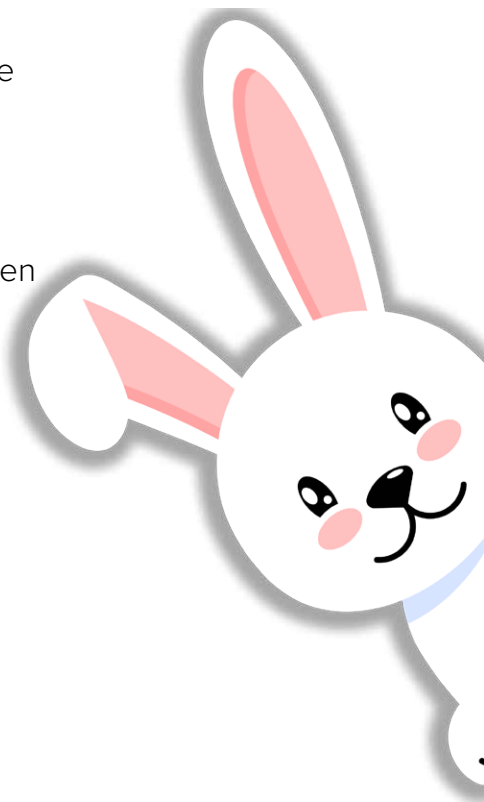
Big thanks to all our sponsors:

Woolworths
South News and Gifts
Naeco Blue
Farmer Lou's
Saraton Theatre
Clocktower Hotel



Here are our lucky winners in draw order:

1. Vicki Valja
2. Shirley Foreman
3. Roxanne Deece
4. Narelle C/- Jacquie
5. Mimi Reeves
6. Sandra McGarry
7. John Blair
8. Val Sheehan
9. Jan and Athol Green
10. Ruth McGowan
11. Lorraine Bekker
12. Pat Connor
13. Penny White
14. Walter Dow
15. Beau Hepple
16. James Carlton
17. Vicki Valja
18. Valda Morrison
19. Christine Daniels
20. Val Sheehan
21. James Carlton
22. Valda Morrison
23. Gail Smith
24. Noel and Mimi Reeves
25. Rachael Mclvor
26. Sheryl Mclvor
27. James Riley
28. Nola Harrocks
29. Fiona Ellem
30. John Blair
31. Challis McCosker
32. Shirley Watkins
33. Noel Reeves
34. Betty
35. Sally Haig
36. Sheryl Mclvor
37. Mary Austin
38. Daphne Doyle
39. Norma Mawhirt
40. Daphne Doyle
41. Carol Finn
42. Nola Harrocks
43. Pez
44. Ruth McGowan
45. Brian and Shirley Craig
46. Barbara K.





Clarence Village Gardens resident Carmel Newsome and Clarence Village resident Lola Sewell caught up at the Easter raffle morning tea.



Clarence Village on Queen Street residents Lindsay Steadson and Myrtle Cowan enjoy the Easter raffle high tea.



Clarence residents Valda Morrison and Helen Barnier, were joined by friend Jean Grady, right, for the Easter high tea at Joan Muir hall.



Athol and Jan Green from Clarence Village Gardens joined in the Easter fun.



You have to be in it to win it: Clarence Village residents Carole Finn and Ellen Harte had 16 Easter raffle tickets between them.



Clarence Village resident Val Sheehan has her raffle tickets line up ready for the big draw.



Clarence Village's dynamic duo Vicki Valja and Ros Houlahan with some of the prizes up for grabs at the annual Easter raffle. Vicki drew the first winning ticket out which just happened to be her own.



Clarence Village Gardens residents Mimi and Noel Reeves with their daughter Julie Durrington. Mimi just won one of the great prizes up for grabs at the Easter raffle morning tea.

Out and About



Leisure and Lifestyle team members Belinda Green and Gail Timmons show off the scarecrow based on Granny from *Beverly Hillsbillies*. Granny was built by residents and staff over a couple of months ready for entry in Grafton Show next month.

“Rose Cottage residents started it off by stuffing the pant legs with shredded newspaper and Ernie (Really) drew the face on a pillowcase. Buschy built the stand and the clothes came from op shops,” said Leisure Lifestyle’s Greg Learmonth. “Not sure about the broom. It could have come from the closet.”



Toby the two-year-old daschund was recently at a Dougherty Villa visiting his owner and resident Neville Goodwin along with wife his Judy and good friend Cheryl O’Shea.



Despite the wet weather the camp oven morning tea at Dougherty Villa went ahead attended by a small but enthusiastic group.

WHAT'S ON IN APRIL

QUEEN STREET TUESDAY

2, 9, 16 & 23

Bingo/Afternoon Tea

Bingo from 1.30pm at Queen Street, followed by afternoon tea

QUEEN STREET TUESDAY

2, 9, 16 & 23

Home Visits

Morning home visits. Contact Ros or Gail on 0478 228 838.

CLARENCE VILLAGE WEDNESDAY

3, 10, 17 & 24

Home Visits

Morning home visits around Clarence Village. Contact Ros or Gail on 0478 228 838.

CLARENCE GARDENS WEDNESDAY

3, 10, 17 & 24

Home Visits

Afternoon home visits around Clarence Village. Contact Ros or Gail on 0478 228 838.

WEDNESDAY

3, 10, 17 & 24

Aqua Aerobics

Aqua Aerobics Cost \$9, picking up from around the Village from 7.25am. Class starts at 8am. Book your seat with the office (66425991) or Ros/Gail.

THURSDAY

4 & 18

Bus Trip

Bus trip to Grafton Riverwalk. Leaving Village 9.30am.

Phone Ros/Gail to book your seat.

THURSDAY

11

Bus Trip

Bus trip to Ulmarra. Leaving Village 9.30am.

Phone Ros/Gail to book your seat.

THURSDAY

4, 11, 18 & 25

Home visits

Afternoon home visits. Contact Ros or Gail on 0478 228 838.

Clocktower monthly morning tea **CANCELLED** due to Anzac Day public holiday.

Contact Ros or Gail on 0478 228 838

email rosh@clarencevillage.com.au

Hope to see you at an activity soon.



LEFT: Dougherty Villa Camp oven co-ordinator and cook Greg Learmonth gets a hand from Care Manager Tonny Fitzcosta with the damper dissection.

Take a look at Greg's Easter damper recipe on page 12.

Big Greg's Easter damper recipe

Leisure Lifestyle's Greg Learmonth has been making damper for years. "Whenever we go fishing or camping you'd make a damper on the spot."

Greg said you don't need a camp over to cook up this impromptu damper with an Easter twist.

INGREDIENTS:

- 1 cup chopped dates
- 1/2 cup dried blueberries (soak fruit in rum overnight)
- 3 cups self-raising flour
- 1 tbs cinnamon
- 1 tbs icing sugar
- Pinch salt
- Water to combine

METHOD:

Preheat oven to 200 C.

Mix dry ingredients in bowl and add soaked fruit. Make well in middle and add small amounts of water mixing through with a knife or spatula until it all comes together as a soft, dry dough. Don't add too much water at once. You don't want it to get sticky.

Knead gently until ingredients are smoothed through. Dust with flour if necessary.

Place dough on lined baking tray and cook for 30 mins.

Tear off chunks and serve hot with butter and billy tea.



Village updates

New boundaries almost in place

Clarence Village now has all agreements signed by neighbouring properties in Richards Close to see our Stage 3 to finally get a new fence. How exciting. The first part has already been completed with the works of the remaining two to commence May 7.

Show time for scarecrows not pumpkins

The Grafton Show is coming up, we will have an entry into the scarecrow competition which Dave, Ros and many other residents have been busy constructing. Unfortunately, we lucked out with the giant pumpkins and they all were duds.

Survey time

Residents' surveys will be distributed next month, so keep an eye out for these in your letterboxes.

Ryan heads west

Our wonderful gardener Ryan is now on leave spending some quality time with family back in his home state of Western Australia.

Valuable lesson

A little reminder that unfortunately we have people who come onto the Clarence Village grounds uninvited and do not care for other people's personal property. Please remember to keep your belongings locked up inside. If you ever see a stranger lurking, please do not approach them. Call the police and stay inside.

RIGHT: Just some of the amazing prizes that were up for grabs in this year's mega Easter Raffle. Congratulations to all 46 winners!

Ciao Ros

Ros will be on leave and heading to Italy for her son's wedding (lucky duck) and the lovely Gail will be filling in while she is away. Welcome back Gail.

Ticket to ride

Our Easter raffle was held with many new faces coming along for a wonderful morning tea and a fantastic 46 prizes which raised \$593.20 to go towards Grafton Community Buses.

- Penny White, Clarence Village Manager.



Village stargazers - April horoscopes



ARIES

You might feel like you are moving in slow motion. The tasks you have may happen with a few hiccups in between, but this is nothing to fret about! Use this time to take inventory of your life, how you talk to yourself, and how you express yourself.



TAURUS

You will have a chance to look inward and ask yourself if you are truly happy with where your life is headed. If the answer is no, this is the perfect opportunity for you to make changes, not what's trending and not what anyone else said that you "should" do.



GEMINI

You might feel like you are at your wit's end without the ability to fully express yourself. Instead of getting more angry with yourself, this will be a great month to start to find new outlets for your frustrations so that you can control them, instead of the other way around.



CANCER

You are being called towards spending time with your wider net of friends and loved ones. Look towards the spaces and faces that you can rely on, you will notice that it's about quality, not quantity. It is also a great time for you to become your own best friend in a new way.



LEO

You are going to feel clear about what's working for you and what's not. It's a reminder that even when things are moving fast, or feeling confusing, you will always be able to turn inward and rely on your inner voice to get you through hard times. It's okay to simply take a "time out" and give yourself a break.



VIRGO

You may feel a sense of rebirth in your life that makes you feel at peace. You've gone through some tough times recently, but you are starting a new chapter in your life with renewed energy and optimism. It's going to be small daily tasks and habits that remind you of your purpose.



LIBRA

You are being whisked away into a dreamier reality. Sitting at home won't get you the results that you're hoping for. Take some time to realise whether you are a morning person or a night owl. Whichever part of the day you thrive in, that's when you should be outside and letting your inner light shine!



SCORPIO

You will start to feel like everything in your life is making sense again. Your daily habits are going to get a little extra spark from the stars, bringing you more power and motivation. You might have thought you were in a lull, but even when you rest, you are not losing traction or time.



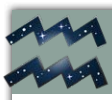
SAGITTARIUS

April is going to be a fiery month, and there's no one more equipped to handle the heat than you, Sag! This is going to feel like crunch time as deadlines hit, new chapters begin, and your dreams start to materialise. You are being called to take a big risk and leap of faith as April carries forward.



CAPRICORN

You are going to feel like you never want to leave home, and if that's what your gut is telling you, then it's time to give yourself permission to rest. That does not mean that you have to lean into isolation. Instead, balance your time at home with friends, overnight stays, and hosting whenever it's possible.



AQUARIUS

This month you will have a chance to dive deeper into who you are and what you truly enjoy when you're not conforming to the hobbies, interests, and humor of the people around you. Step outside of your comfort zone and see what (or who) is out there this month!



PISCES

This is a great time to reassess any financial "blindspots" you might have, set a budget, and ultimately give yourself the chance to earn more and feel more worthy out in the world. This month will be a more clear reminder of who you really are and what you deserve.

Pot Luck Quiz

Question

1. How is 9.30pm shown in the 24 -hour clock format?
2. A cavalcade refers to a procession of which animals?
3. What do the letters YMCA stand for?
4. What does an ornithologist study?
5. How is the non-stick coating polytetrafluoroethylene better known. Starts with the letter "T"
6. Which singer had hits with Unforgettable and Mona Lisa?
Clue: ___ King Cole
7. Which nuts feature in a Waldorf salad?
8. Dijon in France is associated with which condiment?
9. Which is the heavier division in boxing, middleweight or welterweight?
10. Desiree and Kipfler are varieties of which vegetable?
11. In the traditional song, what does Yankee Doodle stick in his hat?
12. Which famous TV chef has daughters named Poppy, Daisy and Petal? Clue Jamie.....?
13. Silk worms feed on the leaves of which tree. Starts with "M"
14. What is a furuncle?
15. Vernal refers to which season?
16. An oedema is a build up of what in the body?
17. What were the surnames of the famous US double-act Bud and Lou?
18. Dorsalgia is pain in which part of the body?
19. Which fish are used to make Worcestershire sauce?
20. What is the name of the only mammal capable of sustained flight?

Answer

1. _____
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20. _____

20. BATS	15. SPRING	9. MIDDLEWEIGHT	3. Young Men's Christian Association
19. ANCHOVIES	14. BOIL OR SORE	8. MUSTARD	2. HORSES
18. BACK	13. MULBERRY	7. WALNUTS	1. 21.30
COSTELLO	12. JAMIE OLIVER	6. NAT KING COLE	ANSWERS
17. ABBOTT AND	11. FEATHER	5. TEFLON	
16. FLUID	10. POTATO	4. BIRDS	



ANZAC SERVICE 2024

Dougherty Villa will be holding a special ANZAC service on **Tuesday, April 23 at 10am in the dining room.**

Denis Benfield from Grafton RSL Sub-branch has organised the program and will be in attendance.

Program includes:

- + Anzac Day prologue
- + Commemoration of the Fallen
- + Dawn Service Address
- + Prayer for Thanksgiving
- + Prayer for Peace
- + Ode of Remembrance
- + Last Post
- + Minute's silence
- + Reveille (bugle sound that woke soldiers)
- + National Anthem
- + God Save the King

Everyone is invited to come along to pay their respects and reflect. Lest We Forget.



Clarence Village



CarePage QR Code.
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Aged Care

Dougherty Villa
206 Arthur St, Grafton
6643 2377

Supported Living

Clarence Village on Queen
166 Queen St, Grafton
6642 5991

Independent Living

Clarence Village & Clarence Village Gardens
194 Turf St, Grafton
6642 5991