



Village Voice

Your monthly Clarence Village community newsletter

FREE



Bundjalung Elder and Dougherty Villa resident Heather Monaghan with her daughters Sharon and Carmel, grandson Oral, and some of Heather's great grandchildren. Also pictured is Dean Loadsman who conducted the special performance with Heather's grandkids for Dougherty Villa residents as part of NAIDOC Week celebrations.

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Sharing culture For Our Elders

Dougherty Villa residents were treated to a special celebration of Aboriginal culture during NAIDOC Week to tie in with this year's theme For Our Elders.

The family of Bundjalung Elder and villa resident Heather Monaghan organised the visit and performance which was led by Berinbah Dance Company teacher and performer Dean Loadsman and featuring performances by some of Heather's great grandchildren.

Read more about this enriching event on page 11.

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A note from the Village CEO



Excitingly in the next couple of months Clarence Village will begin the process to become a formally registered Community Housing Provider. While we've been providing community housing for 50 years (longer than the term "Community Housing" has existed), we think now's the time to make it official.

We're hopeful that by doing so, we'll be able to access funding sources that can make our development at Armidale St a reality.

Unfortunately, our rates notices for 2023/24 have again levied huge sewerage access charges on Clarence Village. We believe CVC is in breach of the Local Government Act and is not following the current best practice guidelines in making these charges.

It's most unfortunate that our elected Councillors still refuse to meet with us to discuss the matter, which impacts seniors on our waiting list most of all. We're confident we'll get the right result in the end, but it needn't be so difficult.

Kind regards,
Duncan McKimm



Welcome to the Clarence Village family

It seems to be the season for new arrivals in Clarence Village of late. New residents, new staff, new babies (what other kind are there?).

You can read about a few of those in this edition.

While many are new to the Village, they definitely aren't strangers to this area, so chances are you may already recognise them.

That's the great thing about Clarence Village. It carries many local threads through its 50+ year history, from the Dougherty family that established it, to its caring, long-time staff, its dedicated board members, and the residents who move in after spending most of their lives in this area.

While that's not an essential facet to offering a great retirement and aged care services, there is a genuine feeling of community that comes with strong local solidarity, one that makes everyone feel right at home — wherever they hail from.

Email me:
news@clarencevillage.com.au



Kerrie's already feeling right at home

Residents at Clarence on Queen Street won't have too much trouble remembering the name of their new cook and kitchen hand.

Kerrie Corbett started work in the kitchen there in July replacing previous cook Kerry Kelly who recently headed off on a caravanning adventure with husband Terry.

The new Kerrie has jumped straight into the role, handling both cooking and kitchen hand shifts on various weekdays and weekends like a pro.

"I virtually finished training and was straight into it."

Kerrie has many years of experience in hospitality and domestic services having run her own cleaning business for the past five and half years when she saw the position advertised.

"I used to work at the Jacaranda Motor Lodge doing motel cleaning, as well as kitchen hand and bar work. I wanted to get a foot in the door in aged care so thought this job would be a great chance to do that."

Kerrie said despite it only being early days, it's "so far, so good".

"One lady loves me already," she laughed. "Having grown up here, I've seen a few faces and thought oh, I know you."

Kerrie hails from Ulmarra's Hoade family and has lived and worked in the Clarence her whole life.

The former South High student was part of the Bunnings team for 10 years and partook in the rite of passage of many Grafton women in the Jacaranda Queen pageant when she was named Holiday Princess in 2000.



Kerrie Corbett has joined the kitchen crew around at Clarence Village on Queen Street.

"It's funny how small the world is here. I was sitting down doing some paperwork and one of the resident's daughters was here having lunch with her mum. I thought they must be related because they look and sound alike."

Kerry approached her and started talking, and it wasn't long before the local connection came up.

"I thought she would probably know me so when I told her I was a Hoade from Ulmarra she said 'oh, you're Graham's little sister. My best girlfriend goes out with your brother, and we are all going out for dinner tonight.'"



Gail Smith has been filling in for Ros while she has been on leave.

Village thankful Gail is not the retiring type

Filling the shoes of our lovely community connections officer Ros Houlahan while she is on leave is no easy task.

And to do that by coming out of retirement and jumping in cold is even more impressive.

But Gail Smith is embracing the opportunity to work with the Clarence Village team and will be helping out when she's needed for some time yet.

"I was missing work so I thought doing some relief work was a great opportunity to have the best of both worlds."

Gail's Grafton employment history is long and impressive. She worked at St Catherine's Villa for 25 years retiring there as deputy manager before being 'headhunted' by Clarence Village.

Before that she worked for Grafton City Council in aged care services for 19 years.

"I really like working in aged care. I still have a weekly coffee with one of my original clients from 27 years ago. He's 93 and still driving."

Gail has been overseeing the "usual monthly activities Ros has planned" and is enjoying meeting all the residents from around the village.

"It's been so enjoyable and well worth coming out of retirement. Everyone has been so welcoming."

Gail said if she has missed anyone this time, she will be back to catch up soon while she covers for Ros who is heading off on another travel adventure.

"I love a chat so if you see me wandering around be sure to say hi or let me know if there's anything I can help with."

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Donna extends her community involvement to Clarence Village

If you have had anything to do with the timber industry over the past 45 years, chances are you might already know Donna Layton.

Donna started working for Notaras Sawmill in South Grafton as a teenager, straight out of Year 10 and TAFE, and she has been there ever since.

Donna is now is the general manger of Marshall Notaras Hardwoods as it is known today, and was recently appointed to Clarence Village Board after Lyn Harris stepped down from her position.

Donna was approached by chairman Mark Dougherty to join the board, and said while she hasn't been involved with Clarence Village before she jumped at the chance to be able to contribute.

“It’s good timing really because I’ve been increasing my community involvement and like representing and promoting different organisations. With this new role I’ll bring experience from different parts of the community, not so much in hospitals and aged care, but from outside the industry. I feel really honoured to be given his opportunity.”

Donna said she has had an interest in the process of running aged care facilities after her own mother went into care and she began to appreciate the processes involved.

“I had a really good tour of Clarence Village, seeing the different assets and things they do. I was really surprised. I didn’t realise how much was involved and all the services and things they offer. It was very interesting and a real eye-opener for me.”



Newest Clarence Village Board member Donna Layton.

Being a longtime local Donna already knew a few faces on the board and while she had only been to two meetings at this stage, she is loving the opportunity to be actively involved in the aged care industry.

“At this stage I’m listening and learning. The board members are a really nice group of people, really friendly and welcoming. Hopefully I will be able to make some valuable contributions in the near future.”



Financial support for a reoccurring issue



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

Cost of living concerns are impacting everyone at the moment so it might be a good time to remind readers about the Federal Government's Continence Aids Payment Scheme (CAPS), which can help reduce the costs of buying continence products from a supplier of your choice.

More than 4.8 million Australians have a bladder or bowel problem, so this is a benefit many people may be eligible for.

Continence Aids Payment Scheme is a yearly non-taxable payment to cover some of the costs of managing incontinence. The 2023-24 payment rate for CAPS is up to \$676.50 per person.

This payment doesn't impact taxable income or receiving other payments from Services Australia.

If you are receiving a home care package, and already have continence aids provided through that package, you cannot also claim the CAPS payment.

(NSW) Department of Health is responsible for CAPS policy and communications. Services

Australia administers CAPS by processing your application and making the payments.

Services Australia is unable to provide recipients with their specific payment dates. Recipients and/or their nominee will receive a statement confirming their payment details.

Services Australia doesn't supply or sell continence aids products. You can use your CAPS payment to buy them from any seller you choose. You don't need to save your receipts or show proof of purchase.

To be eligible for CAPS you must:

1. Be an Australian permanent resident or citizen for as long as you get the payment;
2. Have permanent and severe incontinence, confirmed by a registered health professional.

CAPS can be paid into your choice of Australian bank account. The account can be in your name or your legal or authorised nominee.

You have the choice of an annual or bi-annual payment from Services Australia. If you choose an annual payment, you will be paid at the beginning of each financial year. Bi-annual payments will be split into two equal payments paid in January and July.

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NSW SES emergency preparation presentation

In July, the local SES unit held presentations at Joan Muir Hall and at Clarence on Queen St about evacuation warnings and what to do in an emergency situation.



Pictured left is Queen St resident Barbara Melbourne, SES coordinator Scott McLennan, lifelong volunteer Roy Ford, and SES co-ordinator Lyn Hayman. The morning was so informative they managed to sign up resident Christine Calder as an SES volunteer.



Scott McLennan addresses village residents at Joan Muir Hall.

Financial support for a reoccurring issue

(Continued from page 6)

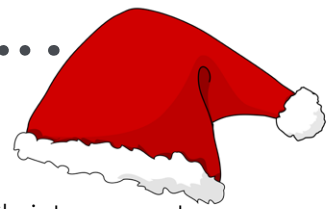
How to apply:

1. Fill out your application form. You can download one from Services Australia or the Department of Health and Aged Care website, or phone the CAPS team on 1800 239 309 to have one posted out to you.
2. Have your registered health professional complete their section of the application form, including their details and information about your condition. Registered health professionals who can confirm your condition include:
 - general practitioner
 - continence nurse
 - registered nurse
 - physiotherapist
 - occupational therapist
 - Aboriginal health worker
3. Submit your application. You can return it to Services Australia (Centrelink) in Grafton at King Street or using the postal address on the form.
4. Await approval. If your application is approved Services Australia will pay direct to the bank account provided on your application form. If your application is unsuccessful Services Australia will provide that information in writing. You can appeal the decision by contacting our CAPS team on 1800 239 309.

For more information on CAPS call the Services Australia team between 8.30am to 5pm (AEST) Monday to Friday. 1800 239 309.

The National Continence Helpline 1800 330 066 is staffed by a team of continence nurse advisers, and is available to anyone in Australia. It operates from 8am to 8pm (AEST) Monday to Friday.

Jolly good time had at Christmas 2.0



In Australia it makes sense to have a hot baked meal in July rather than December, and Dougherty Villa went out with all the Christmas in July trimmings recently to soak up some of the festive winter spirit.

Residents enjoyed a roast turkey and vegetables and a delicious pavlova dessert to

mark the occasion while the Christmas party continued in the Jacaranda room with festive treats and live entertainment from Darol and Steve.

Only five months to go and we can do it all again.



Dougherty Villa leisure and lifestyle staff Belinda Green and Gail Timmons get into the spirit of Christmas in July.



Behind those masks are Dougherty Villa staff Greg Learmonth and Kyah Chalmers.



Katrina 'Santa' Sharman with elf Zac McClymont make a jolly pair.



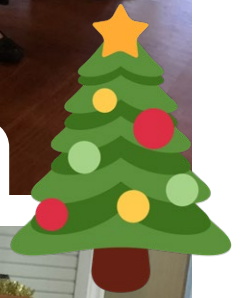
Waratah Wing resident Marian Churchill enjoys the Christmas in July festivities.



Marlene Deleiuen having a jolly ol' time at the Christmas in July event.



Waratah girls: Colleen Thomas, Noela Barnier, Muriel Mackie, and Pat Farrell.



Musicians Darol McClymont and Steve Ludnan had residents smiling and tapping their toes to their festive soundtrack.



Resident Heather Freeman joined the Christmas in July crowd for an entertaining morning.



Waratah Wing's Bob Baynham made a colourful appearance at the Christmas in July festivities.



Resident Len Wadling gets a special visit from Katrina the Elf.

Winners are one in a hundred

If you want a chance to win some cash, join the club. The 100 Club that is. Since expanding its square spaces to 10-week packages, the lucky weekly winners have been coming in fast.

Here's the latest round of successful club members so you can see who's been on the money lately. Remember, you've gotta be in it to win it.

Recent 100 Club winners

- Week 10 Katrina Sharman
- Week 9 Jo Clare
- Week 8 Margaret Adams
- Week 7 Neil Payne
- Week 6 Mark Dougherty
- Week 5 Val Layton
- Week 4 Hepple Family (Ros's daughter)
- Week 3 Gary Joass
- Week 2 Neil Payne
- Week 1 Joseph White



Village resident Val Layton was the lucky 100 Club winner for Week 5.



Village Resident Judy Williams and Ros Houlahan drawing week two of the 100 Club.



Two time 100 Club champion Neil Payne.

Clarence Village

100

CLUB

WEEKLY PRIZE DRAW!

WINNER TAKES HOME \$50

Competition runs every 10 weeks.

All profits go to the Grafton Community Bus. Let's see how much we can raise this year.

Get your tickets from Ros Houlahan or Penny White.



Yee-haw, Steve is back in the theatrical saddle in August

You may remember a recent story in the Village Voice about stage actor and Clarence Village resident Steve North who was back performing recently in a local production at the Criterion Theatre. Well Steve is at it again this month, and this time he will be singing up a storm.

Steve has a leading role in the Criterion Theatre group's production of Rogers & Hammerstein's musical classic Oklahoma. There are performances over two weekends August 10, 11, 12, 13 and 18, 19, 20 including Sunday matinee shows.

Tickets are \$30/\$25 and on sale at www.criteriontheatre.org.au or scan your phone on the QR code in the image and follow the prompts.



Dean with resident Marlene Deleiu.



Dean Loadsman gets the smoking ceremony underway at Dougherty Villa's NAIDOC Week celebrations.

NAIDOC Week at the Villa

Embracing the theme for this year's NAIDOC Week 'For Our Elders' the daughters of Dougherty Villa resident and Bundjalung Elder Heather Monaghan brought her culture to villa's courtyard.

Not only did Heather love the gesture but all the residents who came along to experience special performance had a great time.

They were treated to a traditional welcome and smoking ceremony, didgeridoo playing, songs in language, and story-telling.

The hour performance

seemed to fly by so much Sharon said residents were asking "is that all you are going to do."

"I think they were all enjoying it that much."

Since the cultural experience was so well received the family are organising another event this month showcasing local bush tucker.

"Someone will talk about the foods and there will be some examples to taste," Sharon said.

The bush tucker event will be held in the Jacaranda Room on August 17.

WHAT'S ON IN AUGUST

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am



WEEKLY BINGO

TUESDAY

8

Bingo

TUESDAY

15

Bingo

TUESDAY

22

Bingo

TUESDAY

29

Bingo

ST MARY'S GRAFTON WRITERS FESTIVAL

Friday 11th August from 1pm

Meet authors Zanni Louise, Hakea Hustler-Sweeney and Renee James plus Illustrators Michelle Worley and Emma Ingram.

Special guests Channel 7 Sunrise presenter and Grafton girl Katie Brown and Richie Williamson MP and many other exciting guests.

Held at the school in Turf Street from 1pm.

Please RSVP to Gail or Penny in the Joan Muir Hall office.



WALKING CLUB

No groups walking until Summer.



CARD GAMES

Card games every Thursday from 1.30pm at Joan Muir Hall.



CLOCKTOWER MORNING TEA - 31st

Held last Thursday of each month 10am. Devonshire tea \$7.50 or coffee/tea with cake \$10. Resident and their guests welcome. Meet us there or arrange transport with the office.

To RSVP or contact Ros: rosh@clarencevillage.com.au or 0478 228 838
Please get in touch with Ros if you would like a chat or visit.

Babies, breaks, and surprise trees

It's another exciting announcement for our village grand babies this month with the safe arrival of Pez and Annie's first granddaughter – Caprice Jade. And she is absolutely gorgeous.

In other news, Rob has headed off on holidays for a well-earned break but he will be back with a spring in his step before you know it.

Ros will be back on deck after a month of nanny duties. Luckily for all of us, we have had the very talented Gail Smith run the show while Ros has been away. What a gem she is.

Ryan and Josh have been exceptionally busy trimming lots of trees and uncovering an absolute beauty of a magnolia tree at Stage 3 (Richards Close) that was smothered by other trees. Nobody knew it existed until some hard pruning revealed its majestic presence.

Lots of progress getting made at the entrance to Queen Street carpark. Vehicle spaces have been repainted, with some new plants and mulching bringing the gardens back to their best.

Of course the boys love getting out the chainsaw and trimming the hedges back to a more manageable size but don't panic, they will grow back. (We will put lots of pictures in

next month's edition).

Darrel, Pez and myself are off to attend some educational training on mental health in the community.

Upcoming educational presentations for residents include talks by Australian Unity (October) about what Home Care Packages are and what's available.

The Guardianship Board will also be making a presentation in September covering Wills and Power of Attorney and what you need to know about these legal documents. We will be posting flyers with more details on your notice boards, so please keep an eye out.

To wrap up this month's maintenance news, a little reminder there are lots of nasty bugs getting around the Clarence Valley at the moment, so please be vigilant with your handwashing. If you are feeling unwell — please stay at home, and if symptoms persist see your GP.

If you need any assistance, please get in touch with the village office.

— Penny White, Clarence Village Manager.

First Nations quiz

To complement this month's NAIDOC Week front cover and acknowledge the upcoming referendum for the Indigenous Voice to Parliament, this issue's quiz celebrates our Aboriginal and Torres Strait Islander people and their achievements.

Who do you know?

1. With only a 3rd grade education, he rose to become the first Indigenous Member of Parliament. Leaving the Senate in 1983, he continued to advocate for Indigenous rights until his death in 1999.

2. A celebrated watercolour artist, he dedicated much of his life to raising awareness of the

social injustices imposed on Aboriginal people. He was the first Indigenous person to be granted citizenship.

3. He is best known for his award-winning and premiership-winning antics on the AFL field. It's his community work, including a
(Continued page 14)

First Nations Quiz (continued from page 13)

commitment to helping Indigenous youths in detention centres, for which he was named Australian of the Year in 2014.

4. After working as a servant, bootmaker, bookmaker and book keeper, in 1909 he drew upon his passion for science to develop an entirely new shearing device. This and other inventions — incl. a helicopter rotor inspired by the boomerang — earned him the nickname the 'Australian Leonardo da Vinci'.

5. She is a former sprinter, who specialised in 400 metres events. Her personal best of 48.63 seconds ranks her as the ninth-fastest woman of all time. She won Gold at the 2000 Sydney Olympics in her Nike Suit and also lit the Caldron.

6. A Torres Strait Islands man born in 1936, his efforts were to secure Indigenous land rights. He led a 10-year battle via the legal system, but passed away just months before the courts ruled in his favour in 1992 — paving the way for the Native Title Act.

7. She was shocked to learn that her application to train at RAH was refused on the basis of her heritage. She fought to have the decision overturned and became the first Aboriginal person to train as a nurse at the hospital. She later joined the public service and in 1975 became the first woman to be a regional director of a federal department.

8. In 1966 he led 200 Indigenous stockmen on a peaceful protest to secure fair pay and decent working conditions — this lasted nine years. His efforts to secure rights for Indigenous people were immortalised by Kev Carmody/Paul Kelly in the song, 'From Little Things Big Things Grow'.

9. He was a man of the people at Port Jackson at the time of the first settlement in 1788. He served as an interlocutor between the Indigenous and the British in NSW and the UK.



10. He was born in 1948 in Labertouche, Victoria. He is highly regarded for being the first Aboriginal boxer to win a world title. His career is described as legendary. From 1968 to 1969, he was the undisputed WBA, WBC, and The Ring bantamweight title.

11. He was born in 1750 in Botany Bay and was one of the most famous resistance fighters in the colonial era. He got the Eora, Dharug, and Tharawal people to join his anti-settler movement and in 1790 began a 12 year guerilla war against the colonists, which continued until his assassination in 1802.

12. She was contestant in the fourth season of Australian Idol in 2006. The Darwin-born singer was the runner-up but her career never faltered. She's released four albums, and starred in two films (Bran Nue Dae and The Sapphires) and a hit TV series (The Secret Daughter).

- ANSWERS**
1. Neville Bonner
 2. Albert Namatjira
 3. Adam Goodes
 4. David Unaipon
 5. Cathy Freeman
 6. Eddie Mabo
 7. Lowitja O'Donoghue
 8. Vincent Lingiari
 9. Bennelong
 10. Lionel Rose
 11. Pemmily
 12. Jessica Mauboy

Village stargazers - August 2023 horoscopes



ARIES

This time of year is a joyous one filled with celebration and excitement but don't forget to take a step back from to have a breather. If you've been spending a lot of time with a certain social circle, you may find you need a break.



TAURUS

If there's something (or someone) you want, this can be an exciting time to go after it, however, communications might move slowly. You could be reconnecting with the past or feel the urge to focus on the future. People in your social circle could be a bit grumpy too so watch out.



GEMINI

A conversation that has been building may come to a climax and result in a breakthrough. This new perspective may change your point of view. Shake-ups are possible so this could be a great opportunity to break out of a pattern you no longer want to participate in.



CANCER

It is a great time to reflect on how to create more abundance and security in your life but be mindful that people might make promises they can't keep. Be cautious about celebrating wins that haven't actually taken place yet. Surround yourself with grounded, trustworthy people who don't indulge in negativity.



LEO

There is an emphasis on your health this month. Tend to yourself and make sure you're taking care of what your body needs—is it rest, is it specific kinds of food, is it movement? Take stock of your emotional and mental baseline and focus on what feels necessary.



VIRGO

Sleep is a big theme this month and you may find yourself having intense dreams and brilliant creative insights. This is a powerful time to explore your psyche and go on an inner journey. You could perhaps be feeling introspective and shy about this but secrets could be shared with positive outcomes.



LIBRA

It's an exciting time of year for you to explore new friendships, enjoy your hobbies, and bring a productive energy to teamwork. People are coming together to accomplish shared missions, and there's a feeling of hope and possibility in the air.



SCORPIO

This is a powerful moment for expansion, though it's also important not to over-indulge. A bit of moderation can go a long way. The more open you — and those around you — are to change, the more exciting things could be. A new goal, something you're excited to work toward, can arise.



SAGITTARIUS

Be honest about your heart's desires. Living life to the fullest means knowing who you are and making choices that are in alignment with what's right for you and your goals. Sometimes, we can be distracted by what society or our loved ones want or expect from us but the urge is to get back on track.



CAPRICORN

You could find yourself enjoying an unexpected creative breakthrough this month. You might also randomly run into a crush or receive an unexpected invitation to a celebration. This is month of the unexpected, so plans may suddenly shift—stay flexible.



AQUARIUS

You can find you busting free from a dynamic you have outgrown. Shake-ups may take place at home or in your personal life, and while change can be confusing, it can also be liberating. In the process you could meet new people or connecting more deeply with those you already know.



PISCES

It's all about rest and relaxation for you. Setting limits around your availability is a big theme. You may be taking a step away from something. The break could rejuvenate you and help you complete it in a bigger and better way. You might also be walking away from a situation you don't want to be part of, leaving a task, or ending a routine.

Cake that's boiled and baked

If you enjoy a rich fruit or chocolate cake then you'll enjoy the best of both worlds with this month's recipe sent in by village resident Libby Shearer.

CHOCOLATE RAISIN CAKE

Step One

INGREDIENTS

- 1-1/2 cups of water
- 1 cup caster sugar
- 1 cup raisins
- 250g butter
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground clove
- 3 tablespoons cocoa (heaped)

METHOD

Place all ingredients into a saucepan, mix well and bring to the boil. Simmer for five minutes. Allow to cool.

Step Two

INGREDIENTS

- 1 teaspoon bicarbonate of soda
- 1/4 boiling water
- 2 cups plain flour

METHOD

Dissolve bicarb into boiling water and add to cooled saucepan mixture. Slowly add sifted flour into mixture and combine well.



Pour mixture into greased lined 23cm cake tin (or a greased and floured baba tin (as pictured)). Cook in a moderate oven (180 degrees) for 45 minutes or until skewer comes out clean.

Dust with icing sugar.

Serve with strawberries and cream; or cream combination of whipped cream, mascarpone with icing sugar and vanilla to taste.

Can be also be served as a dessert (pudding) cake.



**Clarence
Village**



CarePage QR Code.
*Scan this code to take
you directly to our online
feedback form.*

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