



# Village Voice

Special Bumper 24 Page Christmas / New Year Edition!

FREE



Grafton Community Bus drivers Jeff Newsome and David Timbs get into the spirit at the Volunteers Christmas Party.

## INSIDE:

- Decorating queen ..... 3
- Trainee in care ..... 4
- Anniversary on menu ..... 5
- Record-breaking birthday ..... 9
- Big days out ..... 10-15
- Our busy bees ..... 16-17
- Festive wreath to eat ..... 18
- Remembering our friends .... 19
- 2023 outlook ..... 20-21

## ‘Tis the season for giving back to community

If there was ever a bunch of people that reflected the true meaning of giving at Christmas it would be our volunteers who give up their time and energy to help others all year round.

Dougherty Villa recently hosted a special Christmas party to thank our valuable village volunteers with a special morning tea.

Village Voice chatted to a few of the lovely folk who were there on the day and found out more about how and why they volunteer.

Meet them all in our special tribute to our volunteers on pages 6-7.



# A note from the Village CEO

And so, it is Christmas again, rolling around like clockwork but somehow still surprising us with its presence. I write this from my house where I'm working my way through a family-wide bout of covid. The children have returned to health quite quickly; the parents are dragging the chain. Much has changed in the past few years – what would've once been a highly stressful and heavily coordinated event is now something much more familiar and less threatening.

As I think about words to write for the end of this year, reflecting on 2022, I think about how language has been applied in our society over the last couple of years. The words “unprecedented” and “tireless” have been so heavily used as to have become meaningless, conveying nothing of the experience we've had together as we've navigated our way through this pandemic despite being peppered through every piece of communication.

Because these times are entirely unprecedented. There have been many pandemics in history, even in recent history, though few that have enjoyed the scale of COVID 19 in its worldwide reach. The fact that we'd forgotten the lessons and experiences of the past is an expression of human nature – though perhaps the ability to forget is one of our survival mechanisms? As we move on, the challenges of the past mellow and we adapt to our new futures. We get there in our own messy way.

Tireless is another word produced a lot in end of year wrap ups. I'm sure I've been guilty of employing this platitude along with everyone else. But the truth is my team and I are tired. Especially for aged care workers, the last three years have seen a step-change in the intensity of work and planning required, whether that be for COVID or floods. The fact that the threat of COVID has eased significantly has not been



accompanied by a reduction in this workload. I'm sure I speak for our entire team when I say this has been an exhausting period. It's important to acknowledge the reality of this fact for our team.

Every role in our organisation plays an important part in keeping our residents safe and well. I'd like to thank our entire team for their efforts this year – battling fatigue, illness and natural disaster. In the same way the definition of bravery is not the absence of fear but pressing on in spite of it, I thank our team for showing integrity by overcoming their challenges to do what's right, not what's easy. We've gotten the big things right for another year and I believe we're still learning and getting better.

We look forward with hope and anticipation of the renewal of energy and goodwill that comes from time with our families. I'd particularly like to thank all the staff of Clarence Village who will be working over the holiday period to make sure our residents are touched by the Christmas spirit.

I wish you all the very best for Christmas in 2022 and a safe, healthy and happy 2023.

Kind regards,  
*Duncan McKimm*



*Overnight Team Leader Sue Hartman and her helpers have turned Dougherty Villa into a Christmas wonderland.*

## Bringing some overnight Christmas magic



Can you believe there's an open fire in the middle of Dougherty Villa's courtyard right now?

Well that's the magic of Christmas time when you have decorating fairies like the night shift team to lend a helping hand.

We all know Santa does his best work at night and his helpers from Dougherty Villa have gone all out again with some fantastic decorative displays in the foyer, courtyard, Bluebell and Men's room, Magnolia wing and more nooks and crannies than you can point a candy cane at.

Leading the festive charge is Sue Hartman. To call her mad for all things Christmas would be an understatement. Her collection is extensive enough to fill a shipping container and she

loves nothing more than sharing it with people.

"I just love to see the joy on people's faces. Last year when we did the candy lane theme one of the ladies wheeled out in her chair gasped when she saw it and said oh, it's just magic."

Sue said she now has 21 Christmas trees on rotation, several on display at the Vila and "one in every room at home".

Her love of Christmas decorating started about 10 years ago when her granddaughter was 3.

"I had two snow globes and she called them my treasures and started to ask me if I had any more treasures. It started from there. She's now 13 and I'm still buying things."

# Future of caring in Giselle's hands



*Trainee Giselle Child has been learning on the job at Dougherty Villa as part of her Cert 3 studies.*

Besides its highly regarded aged care services, Dougherty Villa is also a training ground that helps educate future aged care workers.

Trainee Giselle Child was a week and half into her 120 hour stint at Dougherty Villa when Village Voice roped her into a festive photo and quick chat in between tasks.

Giselle is studying her Cert 3 in Aged Care at CHS South Grafton, a six month course that will see her graduate next March.

She said she was only 12 years old when she decided personal caring was what she wanted to do.

“I’ve always loved caring for people. My dad was in a bad motorcycle accident so I was caring for him a lot.”

Giselle grew up on the Gold Coast and only moved to Grafton last August but she is certainly going to be a great asset for the area especially given her chosen field.

“I hope I get a role somewhere here. It’s a really nice place, the residents are lovely and everyone’s very friendly.”

## 2022: and that's a wrap

It's been an interesting year of events. Maybe that's why it seemed to fly by.

The pandemic's still hanging around, there were devastating floods, an election changed the government, and a lot has been happening around Clarence Village.

Thankfully, the Village Voice has been here to record some of the action, including its own first anniversary back in September.

This bumper 24-page edition is full of a latest news and a wrap up of the year so you might

need two cups of tea to get through this one. We look forward to doing it all again in 2023.

Merry Christmas to all our readers and we'll see you again in February.

Lesley

Email me:  
[news@clarencevillage.com.au](mailto:news@clarencevillage.com.au)



Dougherty Villa's own MasterChef Margaret Kleindienst celebrated her 30-year work anniversary in December.



Margaret receives heartfelt thanks and a gift from Clarence Village CEO Duncan McKimm for her incredible contributions to the organisation across three decades.

## On the menu for three decades

Margaret Kleindienst can really call herself part of the foundations of Dougherty Villa because she was there when it was being established 30 years ago.

In a masterstroke job offer by Bill and Dot Dougherty, Margaret left Ozanam Villa to be a part of the then new Dougherty Villa to help set up and run the kitchen, and she is still keeping the meals coming, three decades later.

Margaret said despite the distance she has come, 30 years “has flown”.

“Being extremely busy, like everyone else here, you don’t notice time. A lot has changed since I started here in the kitchen but we’ve adapted and it’s still going really well.”

Margaret said working in the one place for so long means Dougherty Villa is like her second

home.

“The residents here are like my extended family. It’s why I love my job.”

Which is evident when you find out just how much Margaret has contributed to the organisation.

CEO Duncan McKimm presented Margaret with a gold watch (which was on route hence the facsimile pictured but it did arrive safely) and calculated she had probably prepared around 1.5 million meals during her time at Dougherty Villa.

While that must be a record-breaker somewhere, Margaret said she will keep adding to that number for a little while yet.

“I might not be here for another 30 but we’ll see how we go.”

# Celebrating our volunteers - the gifts that keep on giving

Dougherty Villa hosted its annual Volunteers' Christmas Party recently to thank all their volunteers for everything they do. Facility Manager Mandy Stark reminded the volunteers that they were "valuable and valued" members of the village community sharing these lovely quotes to express the Dougherty Villa team's gratitude.

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."*

— Audrey Hepburn.

*"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."*

— Dr Seuss.

## Meet some of our volunteers:

### Carol Williams, 9 years

Carol is a trip companion and helper on the village bus tours and stand-by for Connection Officer Ros Houlihan. Carol loves volunteering and has done it for many years, her longest run at Dougherty Villa.

### David Timbs, 8 years

David is one of the drivers for the Grafton Community Bus chauffeuring residents around town and on a number of outings valley-wide. His late dad Ron Timbs resided at Dougherty Villa for a while and loves to be able to give back the residents.

### Jeanette Solomon, 7 years

Jeanette helps out with the weekly knitting group and does regular visitations. She finds it very worthwhile. "It's an important thing. Everyone needs attention and friendship. I enjoy the socialising too."

### Michaelene Matthews, 2 months

New to volunteering at Dougherty Villa, village resident Michaelene helps out with the knitting groups and says she got involved to help fill in her time and be there to help other people when they need assistance.

### Mike Hagar, 15 years

Mike loves helping out with the monthly men's

lunch and visitations staying in contact with as many people as he can. "I know 100 in the joint and try to keep in touch with as many as possible".

### Colin Robinson, 3 years

Colin is a regular fixture around the Waratah Wing where his wife Heather lives. He helps with the lunches everyday except Sunday. He also keeps the residents entertained with his cheerful banter and enjoys the interaction.

### Darol McClymont, 10 years

You can normally find Darol in a red suit and white beard this time of year but when he's not helping Santa he's doing one on one visits with the male residents. "We chat and I torment them and stir them up. They love it and I love doing it. You can't let people feel lonely."

### Keith Wright, 2 years

Midday Rotary member Keith was invited along to help out with the men's monthly barbecues and have a chat with the guys and enjoyed it so much he's here to stay.

### Robert Booth, 2 years

The men's barbecue instigator from Midday Rotary, Bob said it's been a worthwhile and rewarding activity for the residents. "You see them brighten up. Having this interaction brings some variety into their lives."

### Sue and Steve McKimm, 4 years

The McKimms are the flower power couple, responsible for all the lovely floral arrangements around the Villa and for special events like the monthly morning teas at the Joan Muir Centre. Sue has always loved flowers and enjoys seeing the residents' reactions. "They go bananas over them. They brighten up and love to talk flowers and I've made a lot of friends along the way."

### Jeff Newsome, 8 years

Jeff is another of the Grafton Community Bus drivers. It's his way of giving back now he's retired. He enjoys taking residents on outings and has been as far Brooms Head and Woolgoolga with them. "It's great to be able to get them outside and enjoy a change of scenery."

Join our  
volunteer crew.  
Contact  
Dougherty Villa  
on 6643 2377.



Carol Williams - 9 years



David Timbs, 8 years



Jeanette Solomon, 7 years



Michalene Matthews, 2 months



Colin Robinson, 3 years



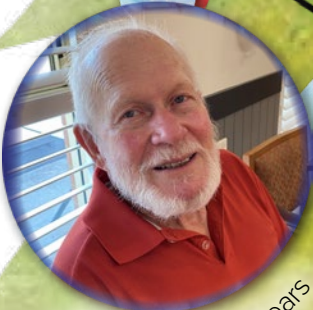
Darol McClymont, 10 years



Mike Hagar, 15 years



Bob Booth, 2 years



Keith Wright, 2 years



Sue and Steve McKimm, 4 years



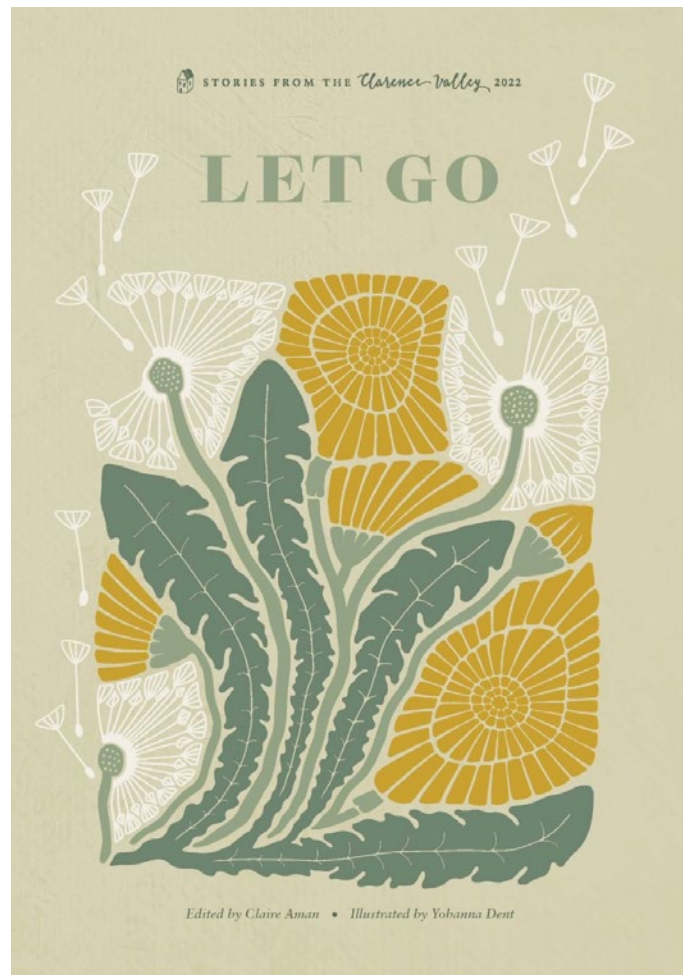
Jeff Newsome, 8 years

**Big thank you also to the volunteers who couldn't make the party:**

Margie Dougherty, Jeannie Crispin, Jill Gill, Cyril Coombes, Bonnie (Flowers by Bonnie), Don Cardow, Julie Taylor, Linda Jackson, Marcia Bateman, Michael Formosa, John Sullivan, Simone McPherson, Colleen Donavon, Joan Want, John Pullinger, Josy & Col.



From left: Village CEO Duncan McKimm with family members Lucy McKimm, Maggie McDade, Nora McKimm.



## Stories from the Clarence Valley

If you are stuck for a Christmas present or stocking filler for someone special, why not give them a book written, designed and printed, right here in the Clarence Valley.

The Long Way Home — stories from the Clarence Valley is an annual writing competition that brings out our best writers from all age groups.

This year's theme was Let Go and the winner of the Open (adult) section has close ties to Clarence Village. Maggie McDade is the very talented partner of CEO Duncan McKimm.

Maggie's story Neighbour was chosen among the many entries received from across the Valley.

This inspiration for her story came from walking her local neighbourhood with her daughters and soaking up all the comings and goings —

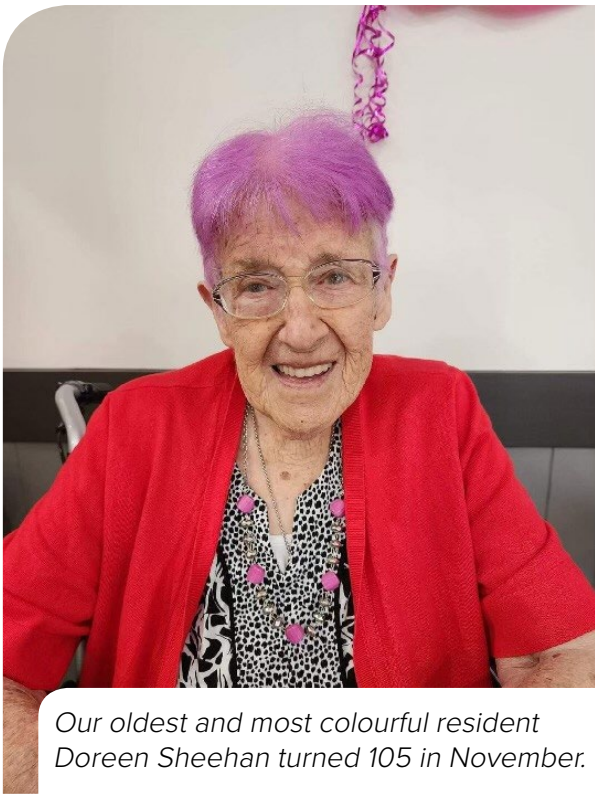
the extraordinary and the ordinary.

This writing competition also attracts some wonderfully imaginative local primary and high school students whose creative stories are also showcased in the book.

All up there are 37 stories by all the winners and finalists in this beautiful little book of around 120 pages. It was designed by local graphic artist Yohanna Dent and printed and bound by Liza Bloomer (YooHoo McPhee Print) in Prince Street, Grafton.

The Long Way Home 2022 — Let Go is available for \$20 each at Grafton Book Warehouse, South Grafton News and Gifts, The Nook in Yamba, Coldstream Gallery in Ulmarra, Grafton Regional Gallery, and at markets in Grafton and Yamba in December.





*Our oldest and most colourful resident Doreen Sheehan turned 105 in November.*



*Doreen at her birthday celebrations with son Colin, left, grandson Tony and granddaughter Heidi via mobile phone.*

## Doreen celebrates another milestone

Every year is a milestone birthday when you reach triple figures and Doreen Sheehan is up to her sixth having turned 105 in November. The oldest resident in the village, Doreen enjoyed a more low-key birthday this year after the previous few that included motorbikes, aeroplanes and fast cars.

This year a family gathering at the GDSC and big cake kept Doreen smiling and laughing along with some family members she hadn't seen for years.

Congratulations on your 105th birthday Doreen from everyone across the Clarence Village.



“ At Dougherty Villa, we believe everyone deserves great aged care, regardless of their bank balance.

We're community-owned and save half our rooms for pensioners because we believe everyone in our community deserves great care.

Don't think you can't afford the best – call us today to discuss how we can care for you.



Clarence Village | Dougherty Villa

Ph: 6642 2377 | 206 Arthur St, Grafton | [www.clarencevillage.com.au](http://www.clarencevillage.com.au)

# Clarence Village Christmas Party 2022

Village residents enjoyed the annual festive gathering at the Clarence River Jockey Club on December 12.



*There was no question who was going to win best dressed at the Village Christmas Party once resident Judy Williams arrived as a Christmas tree.*



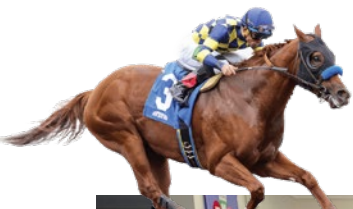


Party organisers Village manager Penny White and community connections officer Ros Houlahan.



Village board chairman Mark Dougherty addresses the party crowd.





# Queen Street Melbourne Cup Luncheon



Christine Calder, Michael Wrigley, Sally Haig, Neville Trass, Ron Clare.



Melbourne Cup Sweep masters  
Ros Houlahan and Sheryl McIvor.



Sarah Dougherty Myrtle Cowan, Hazel Pullen and Lorraine Grayson.



Shirley Weir.



Barb Melbourne, Shirley Davison, Barb Kuczynski, Ron Englert, Debra Adcock.



Queen Street kitchen crew:  
Kerry Kelly and Tracey Schulte.

.....  
Out and about



Clarence Gardens resident Colleen Morgan ready to take a ride in one of the vintage cars that visited the Gardens during Jacaranda Festival.



Resident Ernie Really is all smiles as Annie Hackett serves up the morning tea treats at the Volunteers Christmas Party.



Villa residents May Orr and Doris Holbrook enjoy a cuppa during the Volunteers Christmas Party.



Brother and sister Mavis Yager and Keith Sydenham from Clarence Gardens enjoy some purple ice cream after vintage car drive.



Village residents ready for the night tour to see the jacarandas lit up and the sugar tower art projection.



Gardens residents Ray and June Evans ready to take a spin in a vintage car.



Village resident Chrissy Farrell gets into the jacaranda spirit.

# WE ARE HIRING!



We're building the aged care RNs of the future - if you've just graduated with your B Nursing, we want you! Learn from our experienced team, enjoy salary packaging benefits and a mix of morning and afternoon shifts. To find out more contact Dougherty Villa Facility Manager Mandy Stark on 6643 2377 or email [mandys@clarencevillage.com.au](mailto:mandys@clarencevillage.com.au)

## WHAT'S ON IN DECEMBER

### Joan Muir Community Centre

Free activities Tuesdays from 10am-11.30am

TUESDAY

20

Christmas gathering including food and drink, carols and drawing of the Christmas raffle.

TUESDAY

27

No activities

### Christmas lights tours with Ros and Steve

Limited seats so bookings essential. Pick up 7.30pm. BYO drinks and nibbles.

TUESDAY

20

Queen Street

WEDNESDAY

21

Arthur Street bus stop

THURSDAY

22

Richards Close

## WHAT'S ON IN JANUARY

### Joan Muir Community Centre

Free activities Tuesdays from 10am-11.30am

EVERY TUESDAY  
IN JANUARY

Bingo

TUESDAY

24

High tea with Australia theme

To book a seat please contact Ros on 0478 228 838 (voice or text messages fine) or email [rosh@clarencevillage.com.au](mailto:rosh@clarencevillage.com.au)

*Wishing you a happy and safe Christmas. Enjoy the festive season and look forward to more fun activities next year.*



All aboard the impromptu bus trip to Toormina.



Kmart shopping at Toormina? Yes please.



Having a ball at Toormina shopping centre.



Refreshments at Sawtell RSL after a big day of shopping.

## Big day out for the bingo crowd

What started as a standard parcel pickup in Toormina ended up being an all-out shopping extravaganza for Community Connections Officer Ros Houlahan and a handful of lucky residents and volunteers who climbed onboard the bus at short notice.

Hair appointments were cancelled and the regular Tuesday bingo was thrown to the wind as the one-off opportunity to get some retail therapy and Christmas shopping done beckoned.

Community Connection Officer Ros Houlahan

drove the smaller bus down which required some clever rearranging to cater for the passengers, wheelie walkers, and shopping, not to forget the parcel pick up, the original reason for the trip.

After the shopping, the crew enjoyed refreshments at the Sawtell RSL and some Coffs Harbour sight seeing before heading home after a big day.

Ros said they will be looking at doing some more trips like this given its popularity. "Everyone is still talking about it."

# Exciting changes and more to come

**Clarence Village manager Penny White reflects on her first six months in the role, what the maintenance team have achieved, and what's ahead in 2023.**

Since starting with Clarence Village in the middle of the year, it's been a busy but wonderful time.

Lots of big improvements have happened over the past few months including the working bee at Clarence on Queen, new footpaths in stage 1 and 2, and the new landscaping in stage 2.

We have also started to implement fruit trees into each stage. This will enable Clarence Village residents to source foods from their own backyard.

We have also welcomed "the girls" back to Clarence Village, our lovely chickens that will keep the Queen Street kitchen supplied with fresh eggs.

Thankfully, we have faithful residents who have offered to look after "the girls" and maintain the hen house.

Stage 2 gardens have been completed with the landscape planting and final piece of the puzzle — the garden umbrella — installed, and the results are stunning.

All sorts of entertainment for both the residents and maintenance men around the Village ensued around that construction, from its initial life as pole dancing apparatus, to Hills Hoist and finally the impressive umbrella.

Stage 1 also has new path lighting and seating installed near the letterboxes a "very impressive" creation that Pez has cleverly handcrafted.

This year the Village also took over responsibility of the Grafton Community Bus fleet, and what a wonderful team of volunteers we have been lucky to take on as ours.

It has been such a privilege to be able to work with such knowledgeable men who are willing to donate so much of their time to enable not only Clarence Village, but the wider community.

Whether it's social bus trips, or assisting the community in day-to-day activities like shopping and school outings, without these wonderful men, the community would be at a loss.

Looking ahead to 2023, we have lots of exciting things on the horizon.

We will be changing over Clarence Village's hot water systems to energy efficient models.

The new heat pump systems will provide our residents with more hot water at a lower cost to them. Watch this space for changeover updates next year.

There are a few more projects in the pipeline, which we will be excited to share with residents in the new year (we have to have a few surprises up our sleeves).

Last but not least, I would like to take this opportunity to thank all our wonderful residents, families, staff, volunteers and contractors, who work together to ensure Clarence Village residents enjoy the best, affordable living with a wonderful sense of belonging and community.

Christmas can be a lovely time for families, a chance to make wonderful memories and reminisce about special times spent together. However, it can also be a very lonely and sad time for some people so, this Christmas, take the time to check in on each other.

You may not realise just how much joy, a smile and little conversation can bring to someone's life.

Merry Christmas and God bless,  
*Penny W.*

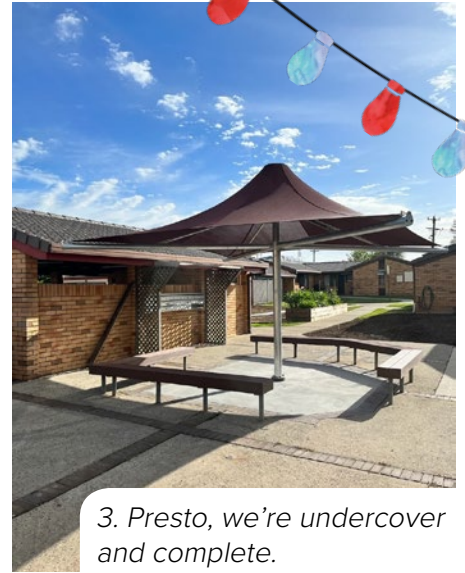




1. Getting in some pole dancing.



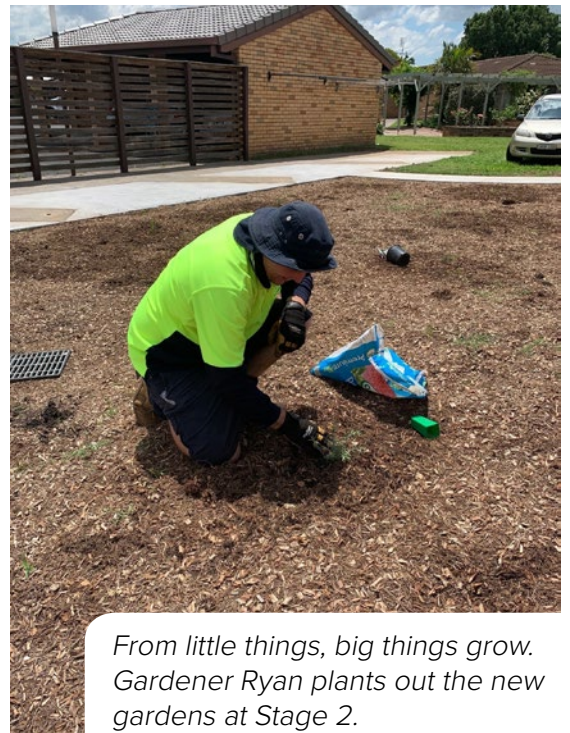
2. Drying it out.



3. Presto, we're undercover and complete.



Maintenance man Pez strikes a pose on his new garden bench seat. Maybe a Maintenance Men of Clarence Village calendar might be in order for next year?



From little things, big things grow. Gardener Ryan plants out the new gardens at Stage 2.



## Maintenance team takes the cake

We all know the Clarence Village maintenance team are a legendary bunch of hard workers so as a special thank for their dedication and the wonderful work they do, resident Libby Shearer baked them a delicious carrot cake. The village office has received a number of letters from residents on behalf of all the stages expressing how thankful they are for all the new footpaths and other upgrades that has left everything looking beautiful and tidy. Thanks to our maintenance super troopers for everything they do. We hope you enjoyed the cake.

# Christmas recipes from the Village

This colourful pavlova wreath is the perfect Christmas dessert. It was made by Village resident and board member Libby Shearer who is kindly sharing the recipe with Voice readers. A lucky few at Clarence Gardens were fortunate enough to eat Libby's yummy creation pictured here. According to residents and Community Connections Office Ros Houlahan, it was very delicious.

## Raspberry Swirl Pavlova Wreath

225 mls egg whites (about 6 egg whites)  
*Measure egg whites carefully. Use room temperature eggs.*

1 ½ cups caster sugar

1 ½ teaspoons white vinegar

2 teaspoons cornflour

## Topping

375 mls cream whipped

250g fresh raspberries

## Raspberry Swirl

½ cup (75G) frozen raspberries

2 tablespoons caster sugar

1 teaspoon vanilla

## METHOD

To make the raspberry swirl, place raspberries, sugar and vanilla in saucepan over medium heat stirring occasionally, for 3 to 4 minutes or until slightly reduced. Strain to separate seeds, discarding seeds. Refrigerate to cool.

Preheat oven to 150c.

Place egg whites in bowl and whisk on high speed until stiff peaks form.

Gradually add sugar 1 tablespoon at a time, waiting 30 seconds between each addition. Definitely worth the time this takes.

Once all the sugar has been added scrape down the sides of bowl with a spatula and whisk a further 6 minutes until mixture is stiff and glossy.



Mix vinegar and cornflour together and then add to egg white mixture and whisk for 2 minutes or until glossy.

Draw 22cm circle on non stick baking paper, then place pencil side down on large baking tray. Fold circle into four to help space out meringue spoonfuls evenly.

Place 12 heaped spoonfuls of meringue mixture evenly around inside of circle to form a ring.

Drizzle raspberry swirl mixture over each meringue and use a teaspoon to swirl.

Place in oven and reduce heat to 120c and cook for 1 hour.

Turn oven off and allow pavlova to cool completely in oven.

Serve topped with whipped cream and fresh raspberries.

Serves 6 - 8



*Dougherty Villa resident Arnold Matthews places a star on the Christmas tree at the memorial service for much loved resident Jim Armstrong who recently passed away.*



*Christmas stars to remember the friends we farewelled in 2022.*

## Remembering those we farewelled in 2022

The wider Dougherty Villa community gathered on November 24 to remember the residents who had passed away during the course of this year.

Family members, staff, residents and visitors attended the short service of remembrance where the opportunity to light a candle and place a star in their loved one's name on the foyer Christmas tree, was embraced.

Special mention was also made to Dougherty Villa's beloved cat Sylvester who passed away earlier this year.

Christmas is not always a joyful time for everyone. Those who are grieving the loss of a significant person in their lives, often face this time with some sadness.

Whether our residents have been with us for many, many years, or just a few weeks, their presence has made them part of our story, and

we are grateful to have known them all.

This service is an annual event on the Dougherty Villa calendar and one of the most significant moments within our community gatherings.

### **Christmas Without You**

Christmas brings us peace and joy.  
But it brings us sadness too,  
And just like many others will,  
I'll spend it without you.

I miss you more at Christmas,  
Than any other time of the year,  
My greatest Christmas gift by far  
Would be just to have you here.

But I know you're within a world of light  
Where you softly lie asleep,  
And within my heart will always stay,  
Christmas memories that I'll keep.

# Village stargazers — 2023 outlook

Another year is almost behind us and you know what that means — time to start pondering what 2023 will bring.

While predicting the future is still a relatively hit and miss pursuit, it doesn't hurt to have some fun by turning to the stars for some new year insights. Enjoy these outlooks by [sunsigns.org](https://sunsigns.org)



## ARIES

2023 is a year to revive dormant projects. They will be completed without any major hindrances. The beginning of the year will be encouraging for forming love partnerships. Avoiding all types of disagreements with partners is necessary. Social activities will be in focus during the year.

Health will be excellent as you will have no time to worry because of your engagements.

Though things will work out for the better in your life, you should be cautious not to make mistakes that will have a lasting impact.



## TAURUS

The first quarter of the year will see tension subsiding in your family. Things have not been going completely well because of ideological differences and conflicts that arise every now and then. You will have to watch your temper and how you relate with people. Do not let your emotions and feelings cost you the friendships you have built. 2023 foretells a period of new beginnings. You will make changes that will be in your family's best interest. If and when your loved ones are happy, you are also happy and content.



## GEMINI

It is about time you celebrated your achievements and live a life free from challenges for a while. Changes are making their way into your life, and you should embrace them all. You will create a bigger family by making new friends. You will have control over your spiritual, mental, emotional, and physical health throughout the year. Though you will enjoy good health, you should ensure that you keep your energy levels high by exercising.



## CANCER

This year Jupiter will ensure that you pay extra attention to your family. Ensure that you spend enough time with them.

This way, you will know what is going on in their lives and how best to help them. Cancer natives will command good health for the better part of the year. Nothing will bother you save for some minor illnesses resulting from change of weather. However, you should still monitor your health. This is a good year to meet new people and make friends. Expand your social circle to include people you have not known since childhood.



## LEO

You and your family will celebrate great milestones this year. Leo zodiac sign natives will be happy to finally have peace and harmony reign in familial relationships. It will be a plus for you because you always diplomatically solve disputes in your family. You are fair in your judgment, and you never take sides. Health can be maintained by relaxation to soothe your tensions.



## VIRGO

Jupiter will help you to do fantastic things in life this year, and you will have the capability to excel beyond expectations. Love will play an essential role in life this year. You will be able to save plenty of money at the beginning of the year. The family environment will be pleasant after April. You are not inclined to exercise and stay fit but, it is crucial to remain healthy and build up strength.



*In general: 2023 promises significant transformations in the areas of profession, love relationships as well as business ventures. You may reach great heights, But, at the same time, be equally as ready to face more significant challenges.*

*While changing your destiny may not be possible, at least be geared up to face the eventualities.*



## LIBRA

The year 2023 promises to be a year of relationships and social activities. It is essential to retain your individuality and not to be manipulated by others. Contacts will play a critical role in your accomplishments during the year. During the second quarter of the year, Mars will force you to put all your energies into projects. You can do this with the support of friends. You might be pervaded by a sense of negativity this year. Socialising as much as possible is essential.



## SCORPIO

Some months things will work out for the better, and in other months, things will be challenging. Always remain strong and believe that you can face any situation that comes your way and succeed. The family atmosphere might be spoilt by negative attitudes of some family members. You will be required to learn how to accept people's opinions. It is not all the time that you will be right. Health can be made fabulous by resorting to a strict exercise and the right diet pattern.



## SAGITTARIUS

This year you will thrive with so many good things happening. You will finally go ahead with the plans you have shelved for a long time. Appreciate your efforts and always celebrate your achievements no matter how small you deem them to be. Relaxation and simple exercise will benefit your health. There is a feeling of peace, happiness, and joy in your family life. All the misunderstandings that were there will come to an end. Brace yourself for an abundant and prosperous year.



## CAPRICORN

Relaxation will help you to remain positive and enjoy life with family and friends. You will have no problem expressing your thoughts and ideas because you know that you will be heard. You find ways of solving the disputes that arise before things get out of hand. The relationship you have with your friends is impressive. Nurture the friendships in your life and appreciate the positive impact they leave on you. You will also be of service to others because you do not like seeing people suffer.



## AQUARIUS

The family environment will be full of cheer and happiness, and you will discover more about their personalities in 2023. You will have to face minor health issues but a good fitness routine, coupled with relaxation is all it should take to get your life ahead. New opportunities will come into your life and luck will smile upon you. It is up to you to use them to elevate your life and the lives of the people around you.



## PISCES

This year will be one of mixed prospects. Things will improve in aspects of your life, but you have a long way to go to achieve stability. Grab every opportunity that comes your way. Health will be tentative with low energy levels, so make sure you relax sufficiently. This is a good year to tone down on the responsibilities towards your loved ones. You can take on too much and feel overwhelmed. Do what you can handle and leave the rest to other family members. Some good news like the birth of a child might be likely in 2023.

# Christmas Word Scramble

LELBS \_\_\_\_\_

ISENTPIOTA \_\_\_\_\_

CLEAND \_\_\_\_\_

GIGABRNDEER \_\_\_\_\_

TEWHAR \_\_\_\_\_

SCRALO \_\_\_\_\_

EDINERER \_\_\_\_\_

GOSTINCK \_\_\_\_\_

ESOKOCI \_\_\_\_\_

GNGEGO \_\_\_\_\_

GLISEH \_\_\_\_\_

TENESSRP \_\_\_\_\_

SOTTLEMIE \_\_\_\_\_

LEGAN \_\_\_\_\_

STRANEMON \_\_\_\_\_

CREDEMBE \_\_\_\_\_

WOMANNS \_\_\_\_\_

DANCY ENCA \_\_\_\_\_

SLITEN \_\_\_\_\_

SATNA CSLAU \_\_\_\_\_

GSGENTIER \_\_\_\_\_

RSNIBOB \_\_\_\_\_

YMFAL PSUPRE \_\_\_\_\_

LAGRAND \_\_\_\_\_



- Answers**
1. Bells
  2. Candle
  3. Wreath
  4. Reindeer
  5. Cookies
  6. Sleigh
  7. Mistletoe
  8. Ornaments

9. Snowman
10. Tinsel
11. Greetings
12. Family supper
13. Poinsetta
14. Gingerbread
15. Carols
16. Stocking
17. Eggnog
18. Presents
19. Angel
20. December
21. Candy cane
22. Santa Claus
23. Ribbons
24. Garland

# Did you know?

To celebrate Australia Day 2023 here are some fun facts about our country:



1. Australia is the only English-speaking country to have made voting compulsory in federal and state elections resulting in a regular voter turnout of 95 per cent.
2. The Great Barrier Reef is the longest coral reef in the world, extending over 2,012.5 kilometres.
3. Until 1966 Australia produced no nickel at all. Now we are the fourth largest producer in the world. Most of it comes from the Kalgoorlie region in Western Australia, especially Kambalda.
4. Victoria was the first state to make seat belts compulsory in all Victorian registered motor vehicles in 1971. The rest of Australia followed in 1972.
5. Australia's cattle dog has Dingo blood as well as Dalmatian and smooth-coated Collie.
6. Australia is the six largest country in the world, slightly smaller than Brazil.
7. One fifth of Australia is covered by 11 deserts.
8. More than 80% of Australia's population lives along the coastline.
9. The world's longest fence is the dingo fence in Australia. It is 5.531 kilometres long. It was built to protect sheep from the dingo.
10. It is possible that more beer is drunk per person in the Northern Territory than anywhere else in the world. Peak consumption has been estimated at 236 litres per head per annum.
11. Australians have a reputation as gamblers. This was backed up by a worldwide survey in the mid 1970s which found that we gambled more per capita than any other nation.
12. The largest state in the world which covers one third of Australia is Western Australia. It spans 2.5 million square kilometres (1 million square miles).
13. South Australia's capital Adelaide was settled by free people, which means no convict history.
14. Strangeway Springs in South Australia is the largest cattle station in the world, slightly smaller than Belgium.
15. Australia produces 95% of the world's precious opals and 99% of its black opals.
16. The world's opal capital is the town of Coober Pedy in South Australia.
17. Australia's 85.7 million sheep (mostly merinos) produces most of the world's wool.
18. Koala facts: Koalas are not 'bears'; they are marsupials. The closest relative of the koala is the wombat. John Price was the first European to describe koalas in 1798. The koala was given a scientific name in 1816 "Phascolarctos cinereus" which is Latin for 'ash grey pouched bear'.
19. In 1994, a tree thought to be extinct was found in New South Wales, Australia. David Noble, a National Parks and Wildlife Services officer was bushwalking when he came across a strange group of ancient looking trees with fern-like leaves. After taking a sample to be identified it was revealed that the trees were a member of the "Araucaria" family which existed at the time of the dinosaurs. Scientists gave the name 'Wollemi Pine' after the Wollemi National Park where they were discovered.
20. Uluru (Ayers Rock) is located in the middle of Australia, in fact very close to the geographical centre.



Clarence Village would like  
to wish all their residents,  
staff and families a very

Merry Christmas

and Happy New Year.

See you in 2023!



**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

[www.clarencevillage.com.au](http://www.clarencevillage.com.au)