

Your monthly Clarence Village community newsletter

FREE



Village residents are diving into the new weekly aqua aerobics classes held at the South Grafton Pool every Wednesday morning. From left: Carmel Newsome, Christine Calder, John Sullivan, Connections Officer Ros Houlahan, and Libby Shearer.

INSIDE:

Iris clocks up 303	}
Official honour4	4
BYO bucket list6-7	7
Villa's new deputy 9)
Pathway party10-11	l
Wheels to meals16	ò

Diving right into 2023

Clarence Village residents are already making a splash in 2023, particularly in the activities arena.

The weekly water aerobics classes held at the South Grafton pool every Wednesday are a fun way to stay active and enjoy a social outing with your fellow Villagers. It's just one of the wonderful new opportunities for residents to get involved in this year.

Read more about the classes and other happenings around the village and make 2023 the year of giving something new a go.

A note from the Village CEO



Welcome to the first newsletter of 2023.

The Village Voice now marks the milestones of our year and links our little community together better than I had hoped it would. I hope you had an enjoyable Christmas and new year period – thankfully almost everyone I've spoken to managed to have a nice break.

This year will have a somewhat reflective start, as we work to bed down some large technological changes that we implemented over the summer. It's also a year where we address some longer-term plans and agreements that are due for renewal.

This year marks the final year of the strategic plan our Board developed in 2019. Naturally at that time we could not have foreseen the challenges that we would face in the coming years. Nevertheless, we've been able to make good progress against our strategic objectives and I look forward to updating and sharing our next plan.

I wish you all the best for the coming year.

Kind regards, Duncan McKimm

Fresh new year, fresh new outlook

Welcome back class. It feels like that after the Village Voice took an extended break over Christmas/New Year. But it's back, and this issue is full of lots of new things — events, ideas, and people.

Which is how you want to start a new year, with a fresh outlook and lots of great plans and opportunities to explore.

In this issue, we're talking bucket lists, and exercise classes, and new faces, as well as acknowledging the people whose longtime contributions have helped to shape the community here.

With all these inspiring new ideas and the wisdom of experience in our midst, you can't go wrong.

If there's anything you would like to see in the Village Voice this year get in touch.

Email me: news@clarencevillage.com.au





Iris West celebrates 30 years at Dougherty Villa.



Dougherty Villa kitchen team member Iris West receives recognition of her 30 years of service by Village CEO Duncan McKimm. Over the three decades Iris has worked in various roles including personal cares, activities, and the night shifts.

Another day, another milestone for our kitchen

There must be something good cooking in the dining room at Dougherty Villa because that's where you will find two of the organisation's longest serving staff members.

You may recall Margaret Kleindiest reached the impressive 30 year milestone in the last edition: well, hot on her heels is fellow kitchen queen Iris West, who also clocked up her three decades at the organisation just before Christmas.

"Margaret started two weeks before me," Iris said remembering some of the foundation staff members at the time. "I think we're the only two from backthen, that are still here."

Iris began her career path at Dougherty Villa on Christmas Eve 1992 as part of the cleaning team."It was one shift a month to start, then my boss Alan asked if I'd done my Certificate 3 and I said yes. He was like 'okay, off you go' and I started doing personal cares from there."

Iris worked in that role for about five years including the night shifts as well as another two years in activities.

"I couldn't do nights anymore. I had a young family, so I eventually started in the kitchen with Margaret and have been here ever since."

Iris went to TAFE with Margaret and was then offered a chance to take on a cooking role, something she still enjoys today.

The former Kempsey girl had always been involved in the care industry, beginning her working life at the Grafton Base Hospital as a 16-year-old.

"I started as a cleaner there too. I used to clean the nurses' quarters then they put me into the wards. I always like the idea of looking after people."

While keeping the residents of Dougherty Villa nourished and happy is Iris's favourite part of her job, she was only a couple of inches off going down a completely different career path.

"I really wanted to be a police officer but I was too short. You had to be minimum of five foot two and I was only five."

Peter's community spirit honoured with OAM

There might just be enough space on this page to cite the number of things Peter Dougherty has been involved in and contributed to the Grafton community that culminated in him recently being honoured with an OAM.

While the 91-year-old is humbled to be awarded with the prestigious medal, he does know one thing, he could not have done it without the assistance of his wife Pam.

"She's the most important person in my life. She is half of the team."

In amongst a lifetime of working, volunteering, donating, and fundraising, Peter and Pam raised a family of six children, which has grown to include "16 grandkids, four great grandchildren and another on the way".

And while Peter's list of achievements compiled by Pam and their son Mark are extensive, a hat tip to Pam for her own contributions in the community transport realm should not slip under the radar — the donation of a vehicle to Grafton Community Buses (christened the Lady Pamela) plus another to McAuley Catholic College, are the gifts that keep on rolling.

For Peter Dougherty OAM, his contributions have touched countless community organisations over the decades many from their establishment phase continuing to today:

- Grafton Community Bus foundation member and driver (since 1986) and president (since 2011).
- St Vinnies volunteer since 1970s.
- Reader for the Talking Daily Examiner for visually impaired.
- Helping Hands fundraiser.
- Mercy Works and Jesuit Ministries Timor Leste and Cambodia.
- Member of Meals on Wheels committee.
- Founding member Stroke Victims support group.
- Member U3A and chair of Key Employment.



- St Mary's Grafton and Clarence Valley Catholic Parish work including:
- Former chair Pastoral Council and Finance Council. Member Bereavement Committee.
 Mass reader and parishioner for more than 60 years.
- Land donor for the establishment of St James School in Yamba and McAuley Catholic College, Grafton.
- Sporting contributions include organising Schoolboy Knockout Rugby League Comp (Kempsey to Lismore) in the 1950s.
- Professional contributions include founding director of Westlawn Finance and Insurance in the 1970s.
- Awarded the Papal Knighthood Order of Saint Gregory the great, Vatican in 2020.

Peter will officially receive his OAM at a ceremony at Government House later this year.



Medal of the Order of Australia (OAM)

The Medal of the Order of Australia (OAM) is awarded for service worthy of particular recognition.



Join the village's movers and shakers

It's one of the newest weekly outings for Clarence Village residents and possibly one of the most beneficial for your health.

And it explains why you might see Village Community Connections officer Ros Houlahan walking around in her swimmers and towel every Wednesday morning.

Ros has been taking a small group to the South Grafton Pool at 8am to join in the aqua aerobics session called Movers and Shakers, especially designed for seniors.

The gentle workout is a lot of fun according to Ros and the attendance is growing with every passing week.

"We started with two, then four, five and next week we'll have a full bus load."

Ros is happy to do a second run if she gets enough interest for the class.

"I start picking up at 7.15am for the 8am class. We get there about 10 minutes early to get into the water and then you are back home by 9.30am for any appointments."

The class goes for an hour but flies by according to Ros "as it's lots of fun."

"They have great music and you can still chat while you do it. We were guessing the year the songs came out. The Beatles, Johnny Cash, we were all singing along."

Ros said the class offers different activities each week.

"We've used balls and kickboards. It's great for improving motor and cognitive skills and when you get out of the pool you feel it in your legs, so it is a good workout."

She said besides the health benefits, the aqua aerobics class is great chance to socialise with other villagers and members of the public who are also welcome.

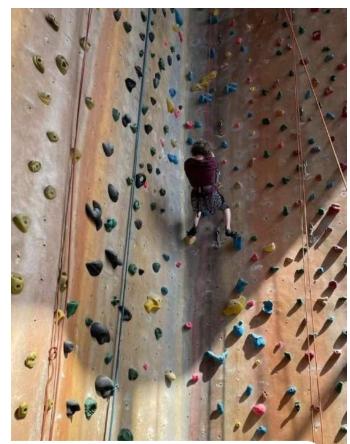
"Last class there were 24 people. It's been such a nice experience for the residents. One lady told me it's been 20 years since she's done any exercise. Others were buying swimmers for the first time in many years.

"They said who would have thought people our age could exercise like this for an hour and enjoy it."

If you would like come along to the next aqua aerobics class give Ros a call on 0478 228 838 or email: rosh@clarencevillage.com.au



Clarence Village resident Jacqui Lancaster with her rock climbing guide James.



Seventy-year-old Jacqui scales the huge rock wall as part of her bucket list ambitions.

Jacqui's bucket list reaches new heights

Village resident Jacqui Lancaster is an avid fan of the bucket list.

She has had one for years, ticking things off, adding new ones. It's a work in progress for the recently turned 70-year-old.

One of the latest and more ambitious achievements she can now proudly cross-off is rock climbing.

"I mentioned my desire to do that to a friend. I was going to Melbourne to see my son for my 70th birthday and Christmas, and my friend arranged an experience at a rock wall climbing centre as a surprise. So I had to do it."

While she was "a bit nervous" her climbing guide James was wonderful.

"He was so patient and nice. The first wall I climbed up wasn't that big (the beginners' wall is the height of a house) but I did it."

After a rest, Jacqui faced the next wall, this one a lot greater in height and scaleability "like a cathedral".

"I got about a third of the way up and then came down. I had another attempt. I wanted to get past that third. When I got just over that I said I'm done. I have arthritis and those walls are very high and my legs are short."

But she did it. And that was the purpose of the exercise.

"When I walked out of there I was on a real high. I thought, I've done it. It felt really good."

Not all of Jacqui's bucket list entries involve that level of effort. "Some of them are long term but some can be done tomorrow."

These include in no particular order:

• Ride a horse on water's edge on a beach

at sunrise or sunset. "I'm scared of horses so that's an important one for me."

- Write something that would be published.
- Eat Beef Wellington.
- Be an extra in a film
- Be a matron of honour instead of a bridesmaid "I've been one of those three times".
- Eat lobster thermidor in a posh restaurant "I actually have done it once in my life, I just want to do it again".
- Watch Casablanca the film. "I've never seen it."
- Go to a tapas bar "there's one in Ballina."

- Dance Bollywood Style.
- Win a trophy "I've never won one for anything in my life."

Jacqui said she started with 50 and has 37 on there at the moment. "I've done a lot them already."

"I like bucket lists because they give you something to aspire to. One day soon I will get the video out of Casablanca and watch it."

Make 2023 the year of the bucket list



All this talk about bucket lists with Jacqui has Community Connections officer Ros Houlahan excited.

No only does she have her own list "60 things to do before I'm 60" (Ros has two years to go and has already done most of them), she is very keen to see more Village residents share their secret ambitions.

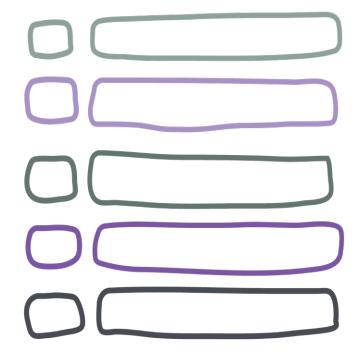
"I know how much it inspires me to do things so we thought there might be others in the Village with something they've always wanted to do and we can help them do that."

Ros has already found residents who have shared something they really want to do or see happen, while others can help with fulfilling other people wishes.

"Someone has already said they can cook Beef Wellington when we were talking about Jacqui's list. Learning to crochet is on my list and another lady here also wants to learn so things are being discussed which is great."

Ros said another resident who writes plays would like to see it performed at Joan Muir hall. "They were so excited just talking about the prospect so we'll see what we can do. It's just about putting the idea out there."

"We may not be able to do everything, like a trip to India, but we can enjoy Indian food and watch a Bollywood film."



WHAT'S ON IN FEBRUARY

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am

TUESDAY

14

My aged care information session (see below)

TUESDAY

21

Hoi

TUESDAY

28

No activity

MORNING TEA WITH THE MAYOR

Wednesday 8th

Morning tea with Mayor at the Grafton Library. For transport contact Ros.

MY AGED CARE INFORMATION MORNING TEAS - 10am

My Aged Care information sessions and morning tea with Rachelle from Services Australia. Please reply to the Village office or Ros for catering purposes.

Tue 14th: Joan Muir Community Centre | Wed 15th: Clarence Village Gardens Hall

THURSDAY WALKING GROUP

Leaves Joan Muir Community Centre on Thursdays at 8.30am.

WEEKLY AQUA AEROBICS - WEDNESDAYS 8am

Cost \$8. Ros will pick up from: Clarence Gardens 7.15am; St Francis carpark, 7.30am. Please bring towel, water, and swimmers. Call or message Ros for more information.

CLARENCE ON QUEEN

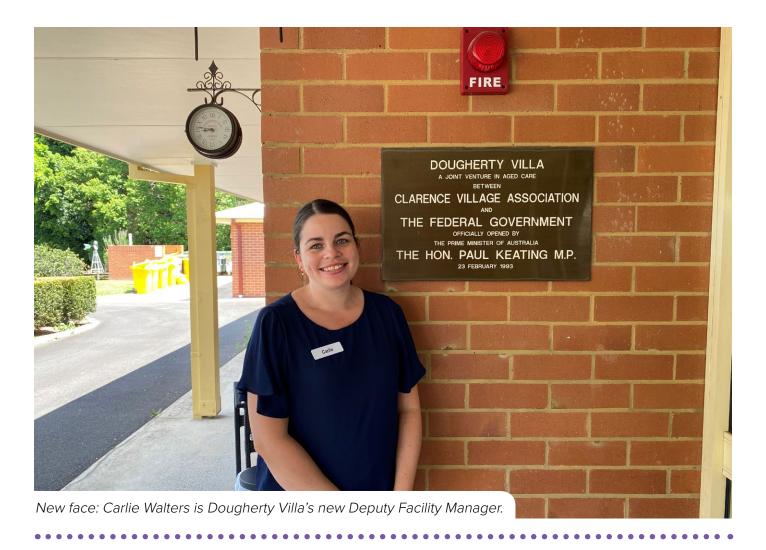
Bingo every Tuesday from 1.30pm

EUCHRE - EXPRESSIONS OF INTEREST

Let Ros know if anyone is interested in playing euchre (cards) at Joan Muir Community Centre on Tuesday or Thursday afternoons.

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.



Carlie's early start in aged care

Despite being in her early 30s, Carlie Walters has already dedicated more than half her young life to working in aged care.

The new Deputy Facility Manager of Dougherty Villa started in the industry while she was still a student at Grafton High, juggling school work, TAFE (training), and aged care shifts.

"I helped to look after my elderly grandparents (at home) so I knew that's what I wanted to do. I went straight to St Catherine's at 16 to do a traineeship and I've been working in aged care ever since."

Carlie spent the next 15 years there, starting on the floor in personal care before moving into the administrative side of the organisation.

"I was deputy at St Catherine's before coming across to Dougherty Villa. I was ready for a change when I was offered this role so I didn't have to go too far to get that."

Carlie started on January 23 but hit the ground running as the roster chief having to juggle the intricacies of staffing shifts during a pandemic.

"Everyone thinks I'm mad but I love rostering. It's a challenge in its unpredictability and forward planning but I'm a list maker. If you ever come into my office you'll see one because I love making lists and checking it off as things get done."

Married with a one-year-old son and two dogs, when she's not at work Carlie likes to spend her down time doing family things.

"Going to the beach and the park, or for a drive. Enjoying experiences with our son. I'm not someone who likes to sit at home all the time."

Grand opening a right royal occasion

After months in the waiting, the grand opening of the Stage 2 landscaping and umbrella -- or as resident John Sullivan calls them, Alice in Wonderland and Wally the Brolly -- took place in January.

Never one to miss an opportunity to put a creative spin on things, John also penned a poem (which you can read, opposite) for the official opening invitation to the muchanticipated transformation.

As part of the proceedings, John assumed the title of King Charles while fellow resident Lorraine Beckers rose to the occasion as Queen Consort Camilla.

King 'John' Charles addressed the residents of Stage 2 with an amusing opening speech.

Ever reliable Village jester Pez was in charge of cooking a sausage sizzle fit for a village while ladies-in-waiting Libby Shearer and Judy Williams had been busy baking sweets, which went down a treat at the royal gala event.

A great day was had by all with many other colourful suggestions for the yet-to-

John Sullivan (King Charles), Lorraine Bekkers (Queen Consort) ham it up while Ron McClymont looks on in amusement.

be christened Wally the Brolly, including Jacabrella, The Parasol, Perkey, Sombrero, and High Top.

Our villagers are a creative bunch.

Landscape BBQ

We've been cordially invited to the landscape b.b.q. the christening of the 'brella, and "Pez" is dancing too.
King Charles will not be present or Camilla I've been told, we can't afford Prince Harry he's been banished from the fold

We don't want politicians, with their name etched on a plaque, just a stick of yellow chalk with the 'brella's name on bark.
So! Come on fellow residents, we need help with the naming, surely someone has one, it should look good with framing.

John Sullivan — January, 2023.



Village resident Val Sheehan enjoys a cool drink with gardener Ryan Gudz at the Stage 2 BBQ.



Ron McClymont, Sally Haig, Dougherty Villa Quality Manager Tonia Fitzcosta, Executive Assistant Tayla Wall enjoy the official Stage 2 landscape and umbrella opening.









A challenge for our times





Over the last five years many things have changed in society, from COVID to interest rate and rent rises. Unfortunately, one thing that hasn't changed over this time is the number of seniors in Grafton having difficulty finding somewhere safe, suitable and affordable to live.

The demand for independent living is stronger than it's ever been, with 45 names currently on the waiting list for independent living at Clarence Village. We have been attempting to attract Government funding to construct dozens of affordable housing units in South Grafton for almost five years now. We haven't been successful in these attempts to date.

We haven't given up, and just a few weeks ago Chairman Mark Dougherty and I met with Kevin Hogan MP to discuss our strategy to achieve this goal.

Some people cite the strength of Clarence Village's balance sheet as something that impacts our worthiness for Government support. The assumption being that any funds held by Clarence Village could be used to construct a project like this. The reality is these funds are required to maintain and eventually replace the buildings we operate on behalf of

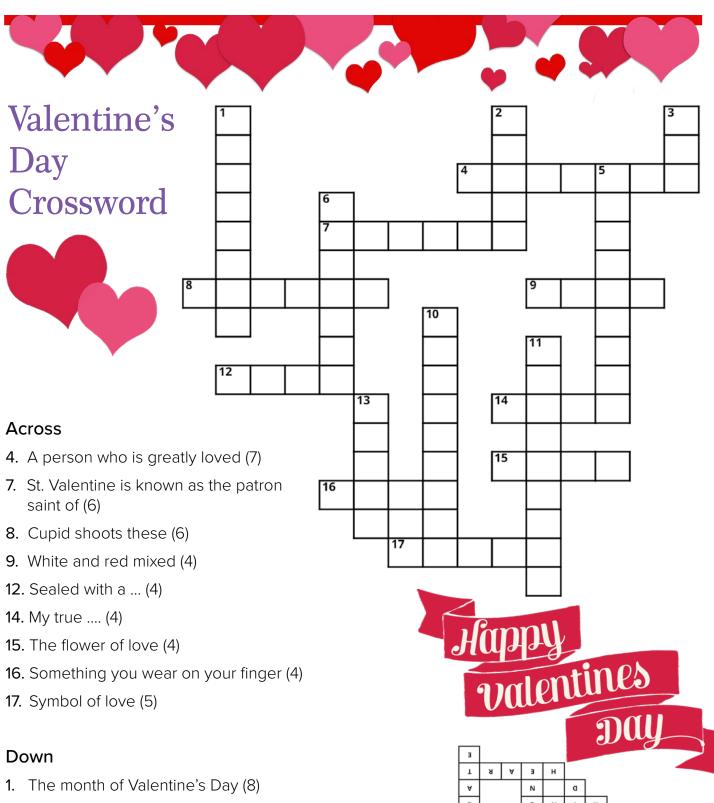
our residents.

The majority of these funds also need to be refunded to them on departure. Investing these funds in affordable housing would take upwards 30 years to return the money invested, impacting on our ability to maintain and replace our existing stock of units. Our organisation has lasted for over 50 years due to its commitment to responsible financial management.

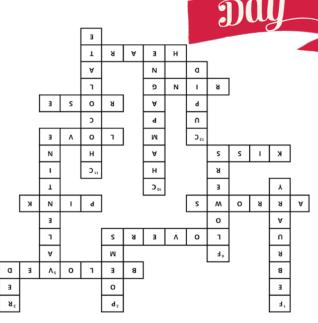
When constructing and maintaining buildings, we try to ensure the financial burden is fairly spread between current and future residents. We believe society more broadly has a responsibility to support seniors by providing appropriate and affordable housing. We'll continue to seek taxpayer support to deliver the fairest outcome for current and future seniors in our region.

I encourage you to contact candidates for the upcoming State election (Richie Williamson, Nationals and Leon Ankersmit, Labor) to impress upon them the importance of this issue to the voters of our electorate.

- Duncan McKimm, CEO



- 2. Compositions in verse (5)
- 3. The color associated with this day (3)
- 5. Would you be my? (9)
- 6. Sometimes they come in bouquets (7)
- 10. A dry, white table wine produced in France (9)
- 11. A popular gift on this day made from cocoa (9)
- 13. The ancient Roman god of love (5)



Chinese horoscopes 2023 - year of the Rabbit

2023 is the Year of the Water Rabbit according to Chinese Horoscopes. It commenced on January 22, 2023 and will end on February 9, 2024. Following is the forecast for the 12 Chinese Zodiac animal signs: Dragon, Snake, Horse, Sheep, Monkey, Rooster, Rat, Pig, Dog, Ox, Tiger, and Rabbit. Find your Chinese sign by matching your birth year (listed at bottom of each horoscope) to the animal.



RAT

The Rat has to be cautious in their approach to life and keep their plans to themselves. They can accomplish goals with the expert advice of a guide. All conflicts should be avoided in executing projects. The year is encouraging for expanding social contacts, which will be profitable for taking over new ventures. Your status in society will get a boost because of your activities.

BIIRTH YEARS: Earth Rat: 1948, 2008, Metal Rat: 1960, 2020, Water Rat: 1972, Wood Rat: 1984, Fire Rat: 1996



OX

Predictions indicate that the environment will be peaceful and relaxing. Progress in life will be substantial and along expected lines. You can forget about responsibilities you have and indulge in the hobbies you like. The year may not be perfect but you can expect better things. Investments may be risky and result in financial losses. The demise of a good friend or an affectionate family member may depress you.

BIRTH YEARS: Earth Bull: 1949, 2009, Metal Ox: 1961, 2021, Water Oxen: 1973, Wood Ox: 1985, Fire Oxen: 1937, 1997



The Tiger promises a lucky period for love relationships and commercial activities. You can be successful provided you do not get involved in unnecessary quarrels. Overall, you will be happy with the progress you make during the year. This will allow you to relax and enjoy life because of the peaceful situation you find yourself in.

BIRTH YEARS: Earth Tiger: 1938, 1998, Metal Tiger: 1950, 2010, Water Tiger: 1962, 2022, Wood Tiger: 1974, Fire Tiger: 1986



RABBIT

2023 promises to be a fantastic one for the Rabbits. There will not be any obstacles to life, and progress will be superb. Professionals can expect promotions and salary increases. People in business will prosper in their ventures. Investments will give good returns, and pending loans will be repaid. Love and romance will be excellent, and the family atmosphere will be delightful. Overall, Rabbits will have a beautiful period.

BIRTH YEARS: Earth Rabbit: 1939, 1999, Metal Rabbit: 1951, 2011, Water Rabbit: 1963, 2023, Wood Rabbit: 1975, Fire Rabbit: 1987



DRAGON

The year brings good tidings and tranquility for the Dragon sign. Destiny is on your side, and you will be successful in whatever you undertake. Life with your spouse will be great, and love relationships will prosper. The year is favourable for enlarging social circles. You will be able to start new projects and make plans for a profitable future. Ventures will give sound financial returns, and investments will be lucrative.

BIRTH YEARS: Earth Dragon: 1988, Metal Dragon: 1940, 2000, Water Dragon 1952, 2012, Wood Dragon: 1964, 2024, Fire Dragon: 1976



SNAKE

The Year of the Water Rabbit gives the Snake enough time for enjoyment as the year will be highly profitable and cheerful. The increased expenses will balance the money flow. Family life can be strenuous as the Snake might not be able to devote enough attention due to professional commitments. You should be prepared to face some unanticipated problems during the year.

BIRTH YEARS: Earth Snake: 1989 Metal Snake: 1941, 2001, Water Snake: 1953, 2013, Wood Snake: 1965, 2025, Fire Snake: 1977.



Predictions suggest an excellent year. There will be good progress in various aspects of life without any serious obstacles. Financial investments will yield good returns. Expect windfalls and happiness from unexpected sources. Family life will be harmonious. There will be celebrations and happy get-togethers, with opportunities for leisure travel and quality time with family.

BIRTH YEARS: Earth Horse: 1978, Metal Horse: 1990, Water Horse: 1942, 2002, Wood Horse: 1954, 2014, Fire Horse: 1966, 2026

Expect the year 2023 to be a lucky period. Career prospects will be good. Business people will have a successful year with the help of social contacts. Your social life will be enjoyable. and you will be busy with celebrations and parties. Life at home can be turbulent because of the effects of past events. Health for the Ram will cause some anxiety. However, the last part of the year will be highly promising for the goat sign.

BIRTH YEARS: Earth Ram: 1979, Metal Sheep: 1991, Water Goat: 1943, 2003, Wood Sheep: 1955, 2015, Fire Sheep: 1967, 2027

2023 will be encouraging in all areas. Business people can expand their business and professionals will advance in their careers. The year provides opportunities for a change of job or place. On the home front, peace will prevail. It is crucial for the Monkey to control their arrogance and be careful about their words. You can accomplish more by being attentive and watchful.

BIRTH YEARS: Earth Monkey: 1968, 2028, Metal Monkey: 1980, Water Monkey: 1992, Wood Monkey: 1944, 2004, Fire Monkey: 1956, 2016



ROOSTER

The Rooster is advised not to take any risky ventures during 2023. Seek support from friends and family members for any projects. All speculative investments should be avoided. Consult experts in the field. Expenses tend to overtake income during the year. If the Rooster has to succeed, they should avoid all types of arguments and conflicts. Be diplomatic in dealings with colleagues and seniors.

BIRTH YEARS: Earth Rooster: 1969, 2029, Metal Rooster: 1981, Water Rooster: 1993, Wood Rooster: 1945, 2005, Fire Rooster: 1957, 2017



DOG

2023 promises a period of harmony and tranquility. You will have plenty of time to unwind and enjoy life. If you are thinking of starting a new venture, the year is promising. The Dog can get into love relationships or marriage if inclined. You will progress further by planning your future. Support from others is forthcoming, and you can overcome challenges. Life with your spouse will be fabulous, and the family atmosphere delightful.

BIRTH YEARS: Earth Dog: 1958, 2018, Metal Dog: 1970, 2030, Water Dog: 1982, Wood Dog: 1994, Fire Dog: 1946, 2006



PIG

2023 promises to be an excellent year for the Pig. The only precaution they have to take is to not get into any legal battles. There will be minor problems during the year but they will not hinder prospects. On the money front, the year promises to be profitable. New social contacts will enlarge your area of influence. The Boar will have many opportunities to get into new relationships. Family life will be full of celebrations and get-togethers.

BIRTH YEARS: Earth Pig: 1959, 2019, Metal Pig: 1971, 2031, Water Pig: 1983, Wood Boar: 1995, Fire Pig: 1947, 2007

Join us for lunch: Grafton Community Buses



February

8th: Maclean Hotel, Maclean 15th: Clocktower Hotel, Grafton 22nd: Rest Point Hotel, Copmanhurst

March

1st: Coutts Tavern, Coutts Crossing 8th: Flame Tree Cafe, Grafton 15th: Lawrence Tavern, Lawrence

22nd: Grafton Shoppingworld (Thai, Japanese),

Grafton

29th: Australian Hotel, South Grafton

April

5th: Golden Dog Hotel, Glenreagh 12th: Village Green Hotel, Grafton

19th: Pacific Hotel, Yamba

26th: Brushgrove Hotel, Brushgrove

May

3rd: Jacaranda Hotel, Grafton 10th: Indian Cottage (Indian), Grafton 17th: Red Rock Bowling Club, Red Rock

24th: Grafton Hotel, Grafton

31st: Grafton Golf Club, South Grafton

June

7th: Idle Inn Cafe, Nana Glen

14th: Blue Goose Hotel. Junction Hill 21st: Maclean Fish Co-op, Maclean

28th: South Services (Chinese), South Grafton

TO RESERVE YOUR SEAT

Contact Grafton Community Bus drivers John Pullinger 6642 4542 or 0407 431 967 John Price 6644 9541 or 0427 549 914





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