June 2023

Village Voice

Your monthly Clarence Village community newsletter

FREE



Clarence Village residents Max Murray, John Sullivan and Ernie Really got together to talk about their artistic endeavours.

INSIDE:

Sign for what's right	3
Welcome Robyn	4
Doctor on call	5
100 good reasons 1	0
Flourless favourite	12
Hitchcock Quiz	14
Celebrating our volunteers '	16

The art of connection

Last month's cover featuring Dougherty Villa resident Ernie Really's wonderful bird painting was not only a hit with Village Voice readers — it also went national in an unexpected way.

It was also the catalyst for three creative fellows (and cover stars) from different parts the Clarence Village to get together for the first time for an artist afternoon of show and tell. You can read more about these lovely encounters on pages 6-7.

Connecting the Clarence Village community is what the Village Voice is all about. To see it happen across local footprint as well as garner some national attention, is a wonderful thing.

Let's keep it going.

A note from the Village CEO



The onset of winter is a time of year to consider those less fortunate than us. As our economy battles inflation and interest rates rise, there's a lot of people feeling the pinch as the days shorten and nights cool.

Clarence Village currently has almost 50 people on the waiting list for independent living. That's an almost 8 year wait for these people who are currently in homes that are either unsuitable or unaffordable. We're working hard to try to build more affordable housing to meet the need, but the challenges to doing so are significant.

The mathematics are very much against affordable housing, but unfortunately we also have the added handicap of Clarence Valley Council's astonishing increase in sewer access charges for our properties. CVC has refused to meet with us and regrettably we're now headed to the Land & Environment Court to try to get sense to prevail.

I don't think it's right that our residents get charged almost twice what the average ratepayer is per person to access sewer services. If we fail in our action, the most vulnerable will suffer and the waiting list will grow. We need your support – please see page 3 for more information.

Kind regards, Duncan McKimm

Easing into winter with warm new friendships

The Village Voice got a little louder last month and resulted in some fabulous new friendships forming from across the village community as showcased on this month's front page.

There was more of that at the annual Biggest Morning Tea, which certainly lived up to its name with one of the largest attendances for months raising much need coffers for the Cancer Council.

Speaking of money. Who wouldn't want to turn \$1 into \$50. The new Clarence Village 100 Club might just make it happen for you and the community bus service.

Another win for Grafton aged care is the wonderful local GP who specialises in looking after elderly clients. You can meet Dr Anselm, and his lovely young family, inside.

Have a great June, and stay warm.

esley

Email me: news@clarencevillage.com.au



Time to make our voice heard

As you read in last month's edition of the Village Voice – Clarence Village is battling Clarence Valley Council's attack on seniors living in affordable housing. We're going to court to challenge last year's charges, but my focus is making sure this doesn't happen again when CVC sets charges for the coming year later this month.

The operational plan presented by Council officers for this year uses the same wording as last year's plan. Unless fixed, it will again see that instead of being charged \$120 per person, residents of Clarence Village will be charged over \$1,200 per person for sewer access. This is more per person than the average ratepayer.

Clarence Village can't legally (and won't morally) increase rents on current residents to cover this cost. But we have an obligation to manage our finances responsibly for the long term. If these costs become an annual reality, we'll have to cut the amount of units we provide at affordable rents in half.

There are 47 people on our waiting list for independent living alone. Some are paying half their pension in rent, some are couch-surfing, others are living in units that require them to climb 18 stairs to get in or out. Clarence Valley Council is planning to force these people to stay in unsuitable, unstable or unaffordable accommodation by making it impossible to provide affordable homes to them. We can't let this stand.

Why are Clarence Valley Council doing this? Their 2023/24 plan says they want to pay a dividend of \$1.5m from the sewer fund to the general reserve.

We think targeting vulnerable pensioners to address Council's many failures of financial management over the years is wrong. We've started a petition to present to Councillors at CVC's June meeting, which I'm asking you to sign and send to your friends and family. Let's demonstrate to Councillors that our community cares about seniors living in affordable housing.

The petition can be signed at **www.change.org/StopCVCsewercharges**.



The QR code on this page will also take you there. Thanks for your assistance – we're a long way from done with this fight.

Duncan McKimm CEO Clarence Village Limited





Robyn's the right recruit for the job

Dougherty Villa recently welcomed Robyn Bale to the team as its new Recruitment and Training Co-ordinator.

Robyn has worked in the aged care industry for the past 22 years more recently working as a community case manager for Uniting.

She said she has always enjoyed the company of the elderly residents and was looking forward to being around them as part of her new role recruiting and training new staff for the organisation.

"I love listening to their stories from the past . It warms my heart to be able to be in their lives and make a positive difference to not only their day but their overall quality of life."

Robyn lives at Lower Kangaroo Creek "the best place on the planet" and spends as much of her spare time as possible with family.

"They are the most important thing in my life. I have nine grandchildren and another one due this month."

When she's not engaged in family activities, you can find her in the garden.

"I love getting outside to do some gardening and that includes mowing the lawn."

Are you a new staff member at Dougherty Villa or Clarence Village? We'd love to officially welcome you to the team and introduce you to the broader village community by sharing your story here like Robyn has. Ask Carlie or Robyn at the Villa office for our easy to fill out story form.



Just what the doctor ordered

Finding a GP that will visit residents living in aged care has been a problem for some years now. Due to GP shortages in Grafton, changing GPs has largely been impossible too, meaning if your GP wouldn't visit you in care, there was no alternative.

Luckily for residents looking for a GP that will visit them in Dougherty Villa, a new Dr and practice is focused solely on residential aged care.

General Practitioner, Dr Anselm-Zixton Ogbujieze has spent half of his medical career looking after aged care patients in places like Kempsey and Port Macquarie. As he now calls Grafton home, he is keen to do more of the same here.

Dr Anselm moved to Grafton two years ago and lives locally with his wife (a lawyer), sixyear-old twins, and nine-month-old baby.

Having recently set up his practice he's now building his book of residents at local aged care homes, including Dougherty Villa.

Dr Anselm provides a very thorough service using a combination of face-to-face visits and telehealth consultations. He said having the two options has proven very effective.

"It's amazing how streamlined it can make

things and it simulates what is almost like a face-to-face consult every time."

By teaming up with the aged care nurses and patients on-site, Dr Anselm said it was a beautiful collaboration between medical staff. "It's like having four eyes on the patient instead of two."

He said the flexibility this service provides means he was practically on-call from anywhere, anytime.

"If it's an emergency, I'm just a phone call away if the nurses and patient need me. Even if I'm on holiday, as long as I have a laptop with connection, I can do that. Not that I want to encourage that during family holidays, but it shows the level of availability possible if required."

Dr Anselm had always dreamt of being a doctor and came to Australia from Nigeria as a Masters' student in 2010 to study and work under one of the best public health systems in the world.

"I got my Master of Public Health from the University of Queensland. I was originally interested in paediatrics and now see some semblance between that and working in aged care, the two extremes of *(Continued page 6)*



life beyond the city

Shop	Subscribe	Instagram



Six birds in a tree by Ernie Really.

If rural life has taught me anything, it's that the simple things are often the sweetest. A great reminder of this came in the form of an Instagram post by writer Lesley Apps this week. Apps wrote about Ernie Really, an 88year-old resident at an aged care home in the NSW Northern Rivers town of Grafton, whose painting Six birds in a tree was awarded a blue ribbon at the local agricultural show. Says Apps: "Ernie makes art every day. His room is full of framed works and there are many hanging around the facility's walls. He also loves to paint for the care staff. The fabulous bird painting came about after one staffer said they liked birds." Really is continuing his avian explorations with a fine pencil drawing of three kookaburras. "Ernie's been painting for a long time; his room looks more like a gallery than an old people's home," says Apps. "He doesn't have a number for his output, but he did say they are 'all around the world, even the USA'." Here's to you and your work, Ernie. May many more blue ribbons come your way.

Now to your weekly regional wrap.

Lucy Munro Galah Weekly Editor

Just what the doctor ordered

(Continued from page 5) life." Anselm also obtained a Fellowship of the Royal Australian College of General Practitioners and a Fellowship in Advanced Rural General Practice.

He said when he was initially studying to be a doctor in Nigeria, he realised medicine was as much about tenderness as it was about treatment. "How the little things can matter a lot to patients. That's the part I like about it. I appreciate the impact of the past, what people have been through and where they have come from."

"I understand that uncertainty can cause a lot of stress, so I hope to reduce that with my patients."

If you or your family member at Dougherty Villa would like to know more about getting Dr Anselm to care for you, please talk to an RN or Facility Manager Mandy Stark.

Ernie's artistic talent goes national

Village Voice editor Lesley Apps recently put up a post on her instagram account (@lesleyappswriter) about Ernie Really's wonderful painting that was featured on the cover of the May issue of the Village Voice.

It was spotted by national magazine GALAH who loved Ernie's painting so much they asked if they could feature it in their weekly newsletter that goes out to more than 15,000 of their subscribers.

Of course we were stoked to share Ernie's talents beyond the Clarence Village. The GALAH people wrote up lovely little piece to accompany the artwork, which you can see here. The pro-regional publication is hugely popular around the country so Ernie is sure to have a few more admirers from further afield. Might be time for Ernie to have his own Instagram!



Max Murray took Ernie Really and John Sullivan on a tour of his garage gallery.

Masterclass in friendship

When Clarence Village Gardens' resident Max Murray saw Dougherty Villa resident Ernie Really's wonderful bird painting on the cover of last month's Village Voice, he thought 'I need to meet this talented man'.

Max, a gun illustrator himself, was keen to have Ernie over to his place to talk artistic endeavours and show off some of his own works.

He mentioned the proposal to Connections Officer Ros Houlahan who jumped at the chance to make it happen.

Stage 2 village resident and poet laureate John Sullivan also caught wind of the artistic pilgrimage to the Gardens' and joined the road trip to Max and Marie Murray's place bringing some of his poetry and pencil portraits from his collection.

Ros said Ernie doesn't leave the Villa very much but was enticed by the prospect of talking techniques and showing off a few of his latest works with some fellow creatives.

Max gave the Ernie and John a tour of his 'garage' gallery and the trio spent at least an hour chatting over the Murrays' dining table which was soon covered in artworks galore.

The men discovered they all grew up in various villages around the Clarence Valley, Max in Coutts Crossing, John in Tucabia and Ernie in Ashby.

Now it's Clarence Village they call home, and as their faces attested at this special gathering, it's a wonderful place to be.

Morning tea a generous affair

Around 40 supporters attended the Cancer Council's Biggest Morning Tea fundraiser at Joan Muir Hall recently.

In between cakes and conga lines there was more than 60 tombola prizes and 10 lucky door up for grabs thanks to residents' kind donations.

Entertainer Peter Johnson also donated his time to provide the morning's soundtrack, which included everything from the Hokey Pokey to King of the Road. It was especially generous of Peter as he was about to head off on a big travel holiday that same day.

Thanks to everyone's generosity, more than \$600 was raised on the day for the Cancer Council.

Cancer Council raffle winners: Pat Pearce, Mary Hunter, Marcia Muldoon and Lola Stewart.



Rita Foley, Carmel Newsome and Lola Sewell.



Having some conga line fun at the Cancer Council Biggest Morning Tea fundraiser.



Marcia Muldoon, Hazel Lawson, Roxanne Deece, Libby Shearer, Val Layton and Barbara Fraser enjoy the morning tea fundraiser at Joan Muir Hall.



Jan Watkins, Lyn Dougherty and Donna Gorrie came along to support the morning tea fundraiser.



Jean Grady and Valda Morrison show off some of the yummy cakes on offer.



Sisters and survivors: Faye Mulley and Carol Williams.



Myrtle Cowan and Lindsay Steadson enjoying the special morning tea fundraiser.



Morning tea amigos: Cheryl McIvor, Colleen Donovan and Judy Williams.



Mary and Arthur Hunter take the cake.



Ellen Harte and Dawn Baker with a cup of generosity.





Carole Finn, Shirley Moremon and Chalice McCosker are all smiles.



Barb Melbourne, Chris Calder, Judy Daniels and Lorraine Grayson.



The Clarence Village crew get ready for their relaxing sound mediation session at Joan Muir Hall.



Meditation teacher Kirsty White warms up the sound bowls.

One in 100 reasons to join the new club

That old saying 'you've got to be in it to win it' is even more applicable to the brand new Clarence Village 100 Club.

Firstly the odds are pretty good compared to other raffles and sweeps.

Secondly, the new 100 Club makeover will give you more opportunities to win.

For a \$10 upfront outlay you will get 10 weeks of chances to take home the weekly \$50 prize.

That's \$1 a week that some lucky 100 Club member will convert to \$50.

Spaces are being snapped up fast so once the 100 squares are sold we will begin 10 weeks of weekly draws.

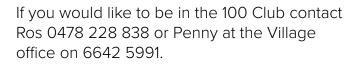
After 10 weeks is up, squares are up for grabs again so it's the perfect opportunity to hold on to your lucky number or get into the action if you're a newcomer.



Charlie Doggett (with his wife Betty) took home third prize.



Val and Richard Boyle were pretty happy about their 100 Club win.



All the profits go to the Grafton Community Bus.

Good luck everyone.

May winners of the previous \$2 100 Club drawn by resident Julie Beasley:

1st prize \$60: Val & Richard Boyle2nd prize\$30: Baby Prugger3rd Prize \$10: Charlie Doggett





Drawing the final \$2 100 Club before it changes over to the mega 10-weeks for \$10 100 Club.



WEEKLY PRIZE DRAW! WINNER TAKES HOME \$50

Tickets 10 weeks for \$10

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.

WHAT'S ON IN JUNE

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am



Recipe of the month: Cake a l'orange

Oranges are back in season so why not try Village resident Libby Shearer's yummy cake recipe this month.



FLOURLESS ORANGE AND ALMOND CAKE

Ingredients

- 2 oranges washed well
- 125g butter
- 1 cup caster sugar
- 5 eggs
- 2-1/2 cups ground almonds
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract

Mascarpone Icing

- 250g mascarpone (cheese)
- 1 cup icing sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon rose water

METHOD

1. Preheat oven to 180 degrees. Line base of two 20cm cake tins with non-stick baking paper.

2. Place the oranges in a saucepan of water and simmer for 30-40 minutes or until

soft. Remove from water and chop roughly removing seeds.

3. Process orange, butter, sugar, eggs, ground almonds, flour and baking powder in food processor until smooth. If you don't have food processor use bowl and beaters until ingredients are mixed and smooth.

4. Spoon the mixture evenly into the prepared tins and bake for 45 minutes to 1 hour until cooked when tested with a skewer. Cooking time varies depending on your oven. Check first at 45 minutes.

5. Set aside to cool for 20 minutes in the tins. Then remove and cool completely.

Decoration

Some ideas but can be whatever you choose: fresh figs, fresh raspberries, pomegranate arils, finely chopped pistachios or edible flowers.

Busy times at the halfway mark

Well here we are half way through the year already what a busy few weeks we have had.

Big shoes to fill

Terrence and Kerry Kelly are off on an adventure in their caravan, which means the Village has a new groundsman to find and someone to join our wonderful Clarence on Queen Team – it nearly sounds like the dream team but we think they are better than that.

We have already had an enormous amount of interest in the groundsman role which is fantastic. It's been a slower start for the Queen St cook/kitchen hand role so if you happen to know of anyone keen to work with the fantastic team at send them our way.

Sounds relaxing

We enjoyed our session of Sound Meditation with Kirsty White at the Joan Muir Hall recently – we even managed to get CEO Duncan McKimm to take a break and get in touch with his inner zen.

It was lucky we were sitting up in chairs for the session as I am sure we would have all been asleep if we were lying on the floor. It was truly relaxing and an amazing experience I hope to try again.

Looking good Stage 2

The final installation of paths in Stage 2 is underway. The soil has well and truly been turned and things are starting to come together. The new gardens that were planted last year are really starting to take off and become established. Well done to all our garden fairies that have been helping them along.



On the home straight: the NJS Construction team Rio Grieves, Nat Sewell, and Jason Skinner are nearing completion of the Stage 2 footpaths.

Show us your talent

As we had some wonderful entries from residents for the Grafton Show this year, it dawned on me that next year will be the 150th Show.

That's a pretty impressive milestone and to mark the occasion, I thought we should all try to tap into the hidden talents we all have, and showcase just how clever and crafty our Clarence Village residents are. I've been stumbling across all kinds of skilful people so I'm looking forward to seeing all the creativity over the next year in preparation for the 150th Grafton Show.

- Penny White, Clarence Village Manager.

Quiz: Test your Alfred Hitchcock knowledge

- 1. Can you name an Alfred Hitchcock film that starred Grace Kelly?
- 2. True or False. Alfred Hitchcock appeared in almost all the films he directed?
- 3. Which Alfred Hitchcock suspense film introduced audiences to the crazed motel owner Norman Bates?
- 4. Alfred Hitchcock directed a film about a former police detective who suffered from a fear of heights. What's the name of the movie?
- 5. In which Hitchcock film does actress Doris Day sing the Oscar winning song Que, Sera, Sera?
- 6. In which of Alfred Hitchcock's films would you hear the words 'Mother is not quite herself today!'?
- 7. Where was Alfred Hitchcock born?
- 8. How many Academy Awards has he won?
- **9.** Who played the lead role in "The Birds" (1963)?
- **10.** Which Hitchcock film takes place primarily on a lifeboat after a ship is sunk by a U-boat?
- In "North by Northwest" (1959), which famous American monument is used as a setting for one of the movie's iconic scenes?



- **12.** Who played the lead role in "Vertigo" (1958)?
- **13.** In which Hitchcock film is the lead character accused of a murder he didn't commit?
- **14.** Which Hitchcock movie is based on a real-life case involving the notorious British killer John Reginald Christie?
- **15.** What is the title of the 1963 film about a wealthy San Francisco socialite who loves playing practical jokes on people until it all goes terribly wrong?
- **16.** Who played the lead role in "Notorious" (1946)?

50. Psycho

19. North by Northwest

17. Dial M for Murder

14. 10 Rillington Place

13. The Wrong Man

11. Mount Rushmore

12. James Stewart

18. Joan Fontaine

16. Ingrid Bergman

12. The Birds

160 Lifeboat

- **17.** What is the title of the 1956 Hitchcock film that takes place entirely in one room and follows the investigation into a murder that takes place there?
- **18.** Who played the lead role in "Rebecca" (1940)?
- **19.** What is the title of the 1959 Hitchcock film in which a former tennis pro is hired to kill a man but decides to double-cross them?
- **20.** What is the title of the 1960 Hitchcock film that features the iconic shower scene?
 - 9. Tippi Hedren
 - xi2 **.8**
 - uopuoj Z
 - 6. Psycho
 - ЧэрМ
 - 5. The Man Who Knew Too
 - **4**. Vertigo
 - **3**. Psycho
 - **2.** True
 - Window and Dial for Murder
 - 1. To Catch a Thief, Rear

SAEWSNA

Village stargazers - your June 2023 horoscopes

M

ARIES

Aries people will be dynamic partners in relationships. The family environment will be enjoyable. Health prospects are fabulous without any severe problems. Travel plans will not be beneficial for all activities.

TAURUS

The good aspects of Jupiter and Saturn assure progress in life. There will be no harmony in the family environment.

Health can be affected by chronic diseases. Finances will be inadequate. Travel activities fail to produce desired results.

5

CANCER

You should make the right decisions to progress in life. Singles will get love partners through their dynamism. Planetary help is available for good family relationships. You will be blessed with good health. Speculations will be profitable in investment.

Ω

LIBRA

Married life will be highly cordial. Harmony will prevail in the family atmosphere. Stars will ensure that health is excellent. Professionals will get promotions and monetary rewards. The month is not beneficial for business expansion.

LEO

Married life will be delightful, and love will be on the cards for singles. There can be stress in the family environment. Health will be excellent with no health problems. Finances present a bright picture. There will be good benefits from travel activities.

SCORPIO

Jupiter and Saturn will ensure a comfortable life. Love will be highly passionate. Avoid conflicts. The family environment will be very demanding. Problems with health are expected. Finances will face turbulence. Benefits from travel will be substantial.

CAPRICORN

Capricorn people will achieve their targets with the help of Jupiter and Saturn. Married life will be excellent after the first week. Singles will get their partners in love. Harmony will prevail in family affairs. Hardly any problem with health is expected. Finances will be pretty tough to handle.

AQUARIUS

Aquarius people should be confident about their actions. Love life will be interspersed with happiness and problems. Singles will be lucky in love. Conflicts will disturb peace in the family atmosphere. Chronic ailments will spoil health conditions. Travels will bring in more progress.

GEMINI

Love life will be exciting after the second week of the month. There will be severe conflicts in the family environment. Health will be excellent without any significant problems. There will be good prospects for new ventures.

VIRGO

Jupiter will ensure plenty of action during the month. Relationships might be affected by a lack of confidence. Planetary assistance will be missing for harmony in family affairs. Health will not pose any problems. Finances will make excellent profits.

SAGITTARIUS

Mars and Venus will help in the execution of the projects. Pleasure trips with a spouse are predicted. Singles will get perfect life partners. Family life might present difficulties. Health will be pretty fabulous without any severe problems.

Jupiter will help you to accomplish your ambitions. The attitude of others helps love. Singles will get good partners. Family finances will be problematic—no problems

PISCES

on account of health. Professional growth might be stunted. Nothing much can be expected from investments.

Poetic thanks and morning tea for our team of Village volunteers

It was National Volunteer Week in May and Clarence Village recently took a few of theirs to the Clocktower Hotel for the monthly morning tea where they were presented with cards and gifts by Ros Houlahan to thank them for everything they do.

After a lovely morning tea there was plenty

The Clocktower

Morning tea with village people, The Clocktower was the venue. a coffee with a single scone, the best choice on the menu. A chance for Ros to say thank you to the village volunteers, To show appreciation; they've been doing this for years.

Ros was at the table, as was Carole with an e, Chrissy, Rita and Wendy, Caroline, and also me.

Balloons were filled with helium, there was Sandra and Roxanne. Last Thursday every month, enjoying coffee is the plan.

John Sullivan, May 2023

of clapping and cheering after Ros read this wonderful poem about our volunteers by John Sullivan, which we share with our readers this month.

Big shout out to all our volunteers around the Clarence Village and Dougherty Villa. We couldn't do it without you.



The volunteer squad at their thank you morning tea at the Clocktower Hotel.



Sharing the volunteer love is Carol Williams, Wendy Vidler, Ros Houlahan and Roxanne Deece.



Aged Care

Dougherty Villa

206 Arthur St, Grafton

6643 2377

Supported Living

Clarence Village on Queen 166 Queen St, Grafton 6642 5991 CarePage QR Code. Scan this code to take you directly to our online feedback form.

Independent Living

Clarence Village & Clarence Village Gardens

194 Turf St, Grafton

6642 5991

www.clarencevillage.com.au