



# Village Voice

Your monthly Clarence Village community newsletter

FREE



New Dougherty Villa resident William Blair enjoys a mini beef burger with Grafton Midday Rotary's Ray Smith at the men's monthly barbecue gathering.

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## The burgers are better at Dougherty Villa

Making the most of the last days of summer, it's been barbecues galore at Dougherty Villa.

With both the ladies and gents of the villa receiving their own special gatherings recently — sausage sizzle with wine for the gals and burgers with beer for the guys — there will be more where that came from over the cooler months too according to our lovely leisure and lifestyle team.

Check out our social snaps including the awesome ice-cream room service run on pages 5-9.

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# A note from the Village CEO



The year has gathered pace rapidly, with footy season now underway and Easter just around the corner. As we bid farewell to what was a long, hot summer I'm sure everyone's looking forward to some cooler weather.

My focus as we finish this financial year is to move forward with our development of more housing for seniors at 95 Armidale St. To do this Clarence Village is being registered as a Community Housing Provider in a few weeks' time, which will allow us to access some funding sources that we've been ineligible for to date.

We're also lodging an application through the Federal Government's Housing Australia Future Fund in the next few weeks. This would help us provide 32 social housing units for seniors, which would be terrific news for the 50+ people waiting for an independent living unit at Clarence Village.

Kind regards,  
Duncan McKimm



## Time to play it cool

It's officially autumn, my favourite time of the year, and boy am I looking forward to some cooler weeks, so pack your bags El Niño and let Grafton enjoy some of the best weather in the country.

March is also when things start to pick up socially after the Christmas/New Year's lull and the last of the summer heat is behind us.

Clarence Village and Dougherty Villa have hit the ground running with its events and activities so there's no reason to feel left out if you are hankering for some social interactions.

Whether it's cooling off with an ice-cream or an aqua aerobics class, or prefer a friendly chat over a cuppa, choices abound around the Village and Villa.

Outings for our independent residents are coming thick and fast too especially thanks to the Grafton Community Bus. Their regular Wednesday lunch trips are almost as popular as Taylor Swift tickets so book your seat early folks. You can find the latest timetable in our special spread on pages 10-11.

Happy autumn,

*Lesley*

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





Clarence Village kitchen team: Tracey Schulte, Anne Perry, Sue Donnelly, Sean Wrench and Neil Darragh, at back.

## New kitchen set-up, recipe for success

Having the Queen Street and Dougherty Villa kitchen staff working closer together makes a lot of sense.

Not only will the staff benefit from working in different kitchen environments, residents will also enjoy more choice and variety when it comes to the menus on offer across both sites.

Dougherty Villa kitchen manager Neil Darragh said streamlining operations between both sites would provide more flexibility when it comes to shifts and help to provide more consistency across operations.

“We are still in the early stages of transitioning the first few staff into training to work across both kitchens but eventually everyone will be able to rotate between the Dougherty Villa and Queen Street when needed.”

With former manager of Queen Street site Darrel Kliendiest moving into a finance role, cook Sean Wrench will be stepping up as team leader at Queen Street taking feedback from residents about any upcoming changes.

“Most of the new processes will involve looking at Queen Street menus and training procedures so we can streamline with

Dougherty Villa team more,” Sean said.

Sharing produce, menu ideas, recipes, and cooking duties are just some of the benefits from working more closely together.

“If anyone at one site has time they will be able to cook something for the other site and vice versa”, Neil said.

“Sean might knock up a couple of cakes for Dougherty Villa because he’s really good at baking. Or he can call up and say we’ve got a bunch of zucchinis in our garden so we can do a zucchini slice, and we will work on that recipe together.

Neil said Queen Street was also a good stepping stone for any new cooks joining the team.

“They can start here where it is a little more scaled back regulation-wise so they can learn the basics before moving into special diets and the more regulated food service of Dougherty Villa.”

“It’s all about helping to bring us all together as one Clarence Village kitchen team and improving food and services where we can.”



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## What is Carer Gateway?

Do you look after a family member or a friend who is ill or has a disability? Many people don't see themselves as carers, they are children, parents, partners, or friends who care for someone close to them.

Carers Gateway is a government-funded organisation which provides free emotional and practical support for carers in all types of situations.

Some of the ways Carer Gateway can assist carers include:

- In person or online peer support groups.
- Tailored support packages to help with accessing planned respite, transport services, and more.
- In person and telephone counselling.
- In person and online self-guided coaching.
- Online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role.
- Access to emergency respite if you suddenly find you can't provide care, for example if you become ill or injured.

I always encourage clients who are looking after a loved one, to telephone Carer Gateway to talk about their circumstances and find out what support may be available to them if and when they need it.

For more information phone 1800 422 737 or find them online at [www.carergateway.gov.au](http://www.carergateway.gov.au)



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



Dougherty Villa residents Shirley Tees and Isobel Beckman enjoy an ice-cream cone.

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## Residents enjoy their cones of silence

Dougherty Villa residents were recently treated to a visit by the ice-cream trolley which made its way around to all the wings offering yummy vanilla ice-cream cones on demand, just like the good ol' days when the ice cream van used to do the rounds of the local neighbourhood and you would come flying out of your house to hail them down the minute you heard the Greensleeves tune



Waratah Wing residents Bruce Wicks and Len Wadling enjoyed a visit from the ice-cream trolley.



Resident and avid Eels supporter Harry Layton loves his ice cream almost as much as his footy.

# Social gathering



The not-so-secret men's and women's barbecue business was in full swing in the Jacaranda room recently.

While the men are seasoned pros at having their monthly barbecue gatherings, the women felt like that need to get the girls together too on occasion so recently enjoyed sausage sandwiches over wine and fruit punch followed by a yummy dessert.



*Leisure and Lifestyle crew members Gail Timmons and Greg Learmonth ready to serve up lunch for the ladies of the Villa.*



*Doreen Sheehan and Rita Battye eagerly await their sausage sandwiches at the special ladies barbecue lunch.*



*Clarence Village resident and volunteer Michlene Matthews enjoys a refreshing wine at the ladies barbecue gathering.*



*Dougherty Villa residents Pat Connor and Marlene Deleiuen enjoying the ladies lunch gathering in the Jacaranda room.*



*Resident Elsie McFarlane enjoyed the ladies barbecue lunch with her daughter Nancy Johnston.*



*Dorothy Tarrant and Ellen Mulherin catch up at the ladies BBQ lunch.*



*Residents Claire Smith and Fairlie Slater looking forward to their special barbecue lunch.*



# a sizzling success

The men followed suit a few days later with a special burger and beer meet and greet with the local Midday Rotary gents who regularly sponsor the support the monthly barbecues. This time the menu of mini beef burgers and seasoned potato wedges was prepared by the Dougherty Villa kitchen team and promptly washed down with a refreshing schooner of ale or fruit punch.



*Dougherty Villa resident John Wright with his brother Keith Wright and Grafton Midday Rotary's Philip Ledingham at the men's burgers and beer gathering in the Jacaranda room.*



*Big Greg Learmonth mans the burger trolley with Rotary's Michael Hagar.*



*Dougherty Villa resident David Morgan is ready to tuck into his mini burger and wedges prepared by the wonderful kitchen team.*



*Resident dynamic duo Charlie Husking and Ernie Really enjoying the beer and burger gathering in the Jacaranda room.*



*Grafton Midday Rotary's Don Cardow brought along his daughter's five-year-old toy poodle Mitzy to the men's monthly gathering.*



*New residents Laurie Baker and Reg Uren enjoy their first men's gathering with Leisure Lifestyle team's Greg Learmonth.*

# Out & About



Just some of the amazing prizes on offer for this years mega Easter Raffle.



ABOVE: With all those Easter raffle prizes to bundle up and wrap the office had to purchase a rather large roll of cellophane which was incredibly heavy and hard to use until the very clever maintenance man Pez constructed a timber stand to hold the enormous roll and make it easier for Community Connections officer Ros Houlahan and her helpers to cut off the sheets needed for wrapping. Thanks Pez, it's works a treat.



Ros shows off the makings of a scarecrow. While the initial attempt to get the village behind the Grafton Show's Scarecrow competition may have been a bit of a flop, they are still hoping a few more residents will get involved ahead of the April event.



Lorraine Grayson and Challis McCosker enjoy the sights of Ulmarra.

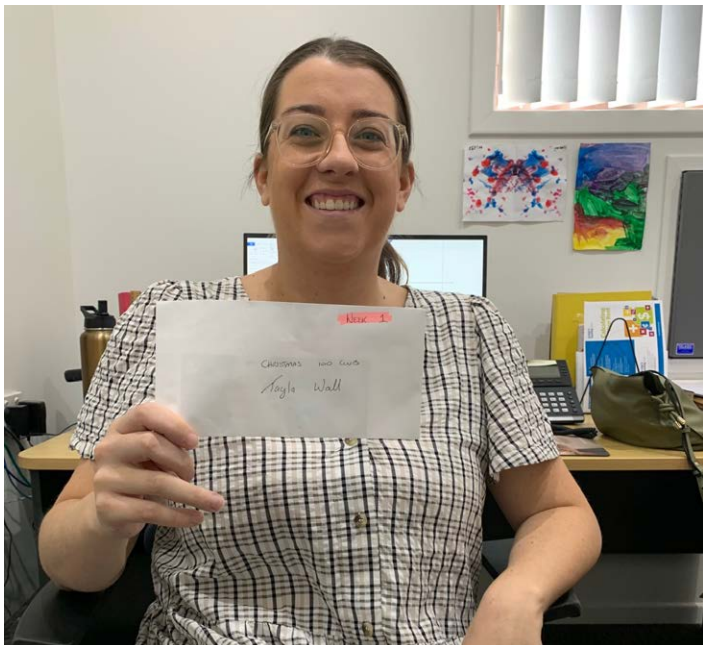


Village residents Libby Shearer and John Sullivan enjoy some sightseeing around Ulmarra village thanks to Grafton Community Bus.



Village resident Roxanne Deece does some window shopping at Ulmarra.





## Tayla's one in 100

Clarence Village's own PA extraordinaire (to CEO Duncan McKimm) Tayla Wall took out Week One of the Christmas Club 100. We are almost halfway through the current 100 Club 10-week competition which will be final for a while as we prepare for other great giveaways like our super Easter raffle which has a growing pool of more than 50 prizes. But don't worry, the 100 Club will return later this year so be there and grab a square. Village Voice will publish all the winners of the current comp after week 10 so stay tuned.

# WHAT'S ON IN MARCH

**Joan Muir Community Centre** Free activities Tuesdays from 10am-11.30am

**TUESDAY**

**5**

**Morning Tea**

Morning tea 10am then wrapping Easter prizes at the Joan Muir Hall.

**TUESDAY**

**26**

**Easter Morning Tea**

Easter Morning High Tea and drawing of the raffle. Lots of prizes you choose from the table if you're a winner. Lucky door prizes.

**WEDNESDAY**

**6, 13, 20 & 27**

**Aqua Aerobics**

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

**TUES | THURS**  
**12 & 19 | 14**

**Home visits**

Contact Ros for home visits.

**THURSDAY**

**21**

**Scenic Bus Tour**

Bus trip around new estates in Grafton area stopping at Ice Cream Haven in Prince Street.  
Leaves Joan Muir Centre at 9.30am return around 10.30am.

Phone Ros to book your seat.

**THURSDAY**

**28**

**Morning Tea**

Clocktower Morning Tea, last Thursday of every month at 10am.

Devonshire tea \$7.50 or coffee/tea with cake \$10. Resident and their guests welcome.

Meet us there or arrange transport with office.

**QUEEN STREET**  
**TUESDAY**

**5, 12, 19 & 26**

**Bingo**

Bingo from 1.30pm at Queen Street.

Contact Ros on 0478 228 838 | email [rosh@clarencevillage.com.au](mailto:rosh@clarencevillage.com.au)

*Hope to see you at an activity soon.*

# Wednesday lunch run with Grafton Community Bus

PHOTO: Grafton Community Bus volunteer drivers John Price and John Pullinger with Clarence Village manager Penny White and CEO Duncan McKimm. The organisation is now based at Clarence Village.



Independent seniors are invited to enjoy an outing each Wednesday for a reasonably priced lunch, some sightseeing, and an ice-cream stop. The bus will pick you up from home from midday and return you there around 4.30pm. Transport \$10pp to help keep the buses running. BYO lunch money and sociable self.

## **AUTUMN BUS SCHEDULE: Every Wednesday | Mar - Jun 2024\*:**

### **MARCH**

- 6th: Coutts Tavern, Coutts Crossing
- 13th: Thai Palace (Thai – Chinese), Grafton Shoppingworld
- 20th: Maclean Hotel, Maclean
- 27th: Australian Hotel, South Grafton

### **APRIL**

- 3rd: Golden Dog Hotel, Glenreagh
- 10th: Village Green Hotel, Grafton
- 17th: Hotel 5, South Grafton
- 24th: Pacific Hotel, Yamba

### **MAY**

- 1st: Jacaranda Hotel, Grafton
- 8th: Indian Cottage (Indian), Grafton
- 15th: Red Rock Bowling Club, Red Rock
- 22nd: Grafton Hotel, Grafton
- 29th: Clocktower Hotel, Grafton

### **JUNE**

- 5th: Idle Inn Cafe, Nana Glen
- 12th: Blue Goose Hotel, Junction Hill
- 19th: Maclean Fish Co-op, Maclean
- 26th: South Services (Chinese), South Grafton

## **TRIPS FILL FAST SO GET IN EARLY! RESERVE YOUR SEAT:**

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

For more information contact Penny at the Clarence Village office 6642 5991.

*\*Venues and dates are subject to change.*

## Come drive with us

**Do you or your family know someone who might like to be a volunteer bus driver?**



The Grafton Community Bus needs drivers to help continue their important transport service around Grafton, South Grafton and the wider Clarence Valley.

The community bus fleet includes three late model, air-conditioned vehicles with wheel chair access.

To drive the 21 and 19-seaters you will need a Class LR, MR or HR licence. If you don't have one the team are happy to help you up-skill and qualify for one. The 10-seater bus only requires a regular Class C car licence.

Drivers are given full introduction training in bus and wheelchair hoist operation.

You can choose to drive as often or infrequently as you like; every volunteer is appreciated.

So what are you waiting for? Come and join our team of friendly drivers and get to know them and our happy, appreciative passengers.

Contact Penny at the office 6642 5991 or volunteer drivers John Pullinger 6642 4542 or 0407 431 967 OR John Price 6644 9541 or 0427 549 914.

## How you can help keep the bus wheels turning

The Grafton Community Bus service was rolled out on 23 October 23, 1990 as a voluntary operation to provide a transport service in Grafton for aged, disabled, incapacitated residents of the area as well as ex-service personnel and residents of retirement villages or nursing homes.

Grafton has very limited public transport and what is available does not cater for people with

walkers, wheelchairs or reduced mobility.

No government transport services are provided for nursing home residents and Grafton has a higher percentage of these residents than the national average.

Older residents should be able to get out and socialise, do their shopping, attend special events and appointments.

To help with this shortfall in services, Grafton Community Bus Inc. operates three vehicles each fitted with hoists and flexible seating to accommodate wheelchair passengers. Two 21/19 seat Mitsubishi Rosas and a 10-seat Mercedes Sprinter.

The service functions on a totally voluntary basis – all drivers and committee members are unpaid volunteers. Grafton Community Bus Inc. receives no funding from local, state or federal government. All revenue comes from donations.

Typically the three buses travel more than 60,000 kms and carry 10,000 passengers each year using thousands of dollars worth of fuel.

To be able to continue providing the service we need to raise funds to meet the cost of fuel and other operating expenses such as insurance, repairs and maintenance as well as funds to replace the buses as they age.

We estimate these runnings costs to be around \$50,000 per year.

Sponsorships, grants, and donations are needed if Grafton Community Bus Inc. is to continue providing transport for our older residents.

In return for donated fuel we would be delighted to offer space for advertising, including logos, on Grafton Community buses to promote your involvement and support of this much utilised service.

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# Berry tasty snacks to go

*Why buy those supermarket muesli bars when you can bake your own healthier treats at home. These berry bars are a great way to keep the energy levels up or impress the grandkids.*

## BERRY OAT CRUMBLE BARS

### INGREDIENTS:

- 1- 1/2 cups plain flour
- 3/4 cup self raising flour
- 1/2 cup brown sugar
- 1/2 cup caster sugar
- 1 tspn ground cinnamon
- 185g butter, cut into 1cm pieces
- 1 cup rolled oats
- 1 free range egg
- 300g mixed berries
- 1/4 cup caster sugar
- 1 1/2 tbs corn flour

### METHOD:

Preheat oven to 180 degrees.

Grease a 20cm x 30cm slice pan and the base and sides with baking paper allowing sides to overhang.

Place the flours and sugars and cinnamon in a food processor and process until combined. Add the butter and process until mixture is crumbly. Add the oats and the egg and pulse for 10 secs until mixture is just combined.

Spoon two-thirds of mixture into prepared pan and use back of spoon to press down evenly.

Bake for 15 mins or until golden. Set aside for 5 mins to cool.

Place the berries, sugar and corn flour in bowl and toss to combine. Spoon the filling evenly over the base in the pan and sprinkle remaining oat mixture over berries.

Bake for 25 to 30 minutes or until the top is golden. Set aside in the pan to cool completely.



# Village updates

## Sizzling events ahead

When the weather cools off a bit Clarence Village will start holding monthly sausage sizzles at each stage.

While we are having the sizzling event we will run through a few annual housekeeping issues that need to be discussed including our fire drills and evacuation plans as well as our Elder Abuse Policy. If anyone has any further points they think would be of benefit to have brought up annually, please let me know and we can add it to the list of topics for discussion.

## More Ros for you

Recently there has been a need in our village community to have Ros out and about more to check in on everyone. As we have upwards of 130 residents across the village footprint for Ros to look after, we have put Tuesday morning Bingo on hold for a while so she is free to offer more support across the village where she is needed.

If you are still keen for your bingo, you can join the Queen Street crowd on Tuesday afternoon or venture out to the GDSC for a game. We have a courtesy bus available for anyone that doesn't drive.

## Hop to it

The Easter Bunny is just around the corner and on March 26 at 10am we will be hosting an Easter High Tea in the Joan Muir Hall and drawing our Easter raffle.

So far, we have wrapped a whopping 46 prizes with more to come. Lucky door prizes and lots of fun is in store and everyone is welcome. BYO friend if you like. Please RSVP Ros or call the office. Hope to see you there.

## Maintenance upgrade

We will be having some new maintenance software rolled out over the next few weeks, which will make it easier for everyone to make requests. If you prefer to continue flagging your requests over the phone that's perfectly fine too.

## Funding watch

No further update on the stage 3 funding application but hoping to hear back soon. Stay tuned.

- Penny White, Clarence Village Manager.

## Volunteer Bus Drivers Wanted

The Grafton Community Bus need volunteer drivers to continue their important transport service around Grafton, South Grafton & the Clarence Valley.

Drive as often or as infrequently as suits your lifestyle. Join a friendly, happy team of volunteer drivers, full training is provided.

To drive, you will require:

**Standard Car Licence:** 10 seater Hi-Ace



**LR, MR or HR Licence:** 19 & 21 seat buses  
We can help you get the appropriate licence if you don't have one.

If you can help or want to learn more, please contact Penny White on 6642 5991.

# Village stargazers - March horoscopes



## ARIES

The first half of March will either be quiet or all-out. If your life is too busy, consider this your invitation to take it easy. Your important relationships may also be going through a turning point. Recuperate early so you can show up rejuvenated for important conversations.



## TAURUS

For the first half of the month, get out there and spend time with people you consider a part of your bigger community. Have fun while you help uplift causes or people. As the month unfolds, you'll want to wind down and spend some hermit time.



## GEMINI

March is a dynamic month where all eyes seem to be on you. Visibility and recognition are yours for the taking. If you're more of a behind-the-scenes kind of person, this is an opportunity to practice grace while receiving the praise you rightfully deserve.



## CANCER

Are you in the process of learning something? Whether officially through educational institutions or through other ways of learning (like travel), this month will prompt you to want to explore unfamiliar places and get out of your comfort zone.



## LEO

The month ahead could find you feeling a touch melancholic. If so, and you have the space, find catharsis by leaning into it and feeling your feelings—then let them go. You will feel nostalgic and may even see your oldest friendships and relationships going through major changes.



## VIRGO

Your most important relationships and partnerships are in the spotlight this month. Most of it will be due to joyful occasions but some might be due to a much-needed restructuring of your connection. Change is the only constant, after all.



## LIBRA

Work will be dynamic and busy this month ahead. It may be both pleasurable and, at times, demanding. What's most important is prioritising your sense of wellness. Don't get so lost in responsibilities that you forget to take care of yourself.



## SCORPIO

This month, if you can, prioritise play and pleasure. Despite loss and despair, joy is as essential to being human as sorrow. And if you've been in the presence of heartache, it's even more imperative to cultivate joy. So make room for fun and brevity, even if your life feels heavy.



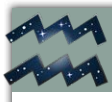
## SAGITTARIUS

Home time is the best time for you this month. That could look like hunkering down and spending as much time at home as you can or perhaps you're devoting time to the process of figuring out where home is. Wherever you are, hopefully, you experience some much-needed fun times ahead.



## CAPRICORN

The larger and more public version of your life is undergoing a major overhaul in the overall direction in which your life is headed. Prioritise spending your days with people you've chosen to grow alongside. Find the simple pleasures in your daily life so you feel better equipped to navigate larger-scale transitions.



## AQUARIUS

The month ahead appears deceptively serene, however there's a flurry of activities. The full moon lunar eclipse is prompting you to question pretty much everything. So nourish your body, mind and spirit and have most of your essential needs met so you're not too disoriented by your worldviews changing.



## PISCES

The first week of March will start off slow, but by the second week you may feel as if you're catapulted in all sorts of directions. Pare back and focus on your overall health. You may trace this back to Oct 23, when a major shift impelled you to action, but the need to make a change will likely feel even more urgent.

# PUZZLE: St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!



Word	Clue	Answer
1. KARCHSOM	Clover-like plant	_____
2. ODLG	What Leprechauns keep in their pot	_____
3. REGEN	Colour of envy	_____
4. ELAPUNCHER	Mischievous elf	_____
5. IDLERAN	St. Patrick is from here	_____
6. ELBRYAN	This stone wants a kiss	_____
7. RHAP	National emblem of Ireland	_____
8. SEBFLAT	Capital of Northern Island	_____
9. KANESS	Slender Reptiles	_____
10. CHARM	Third month of the year	_____
11. TRACKPI	Patron saint of Ireland	_____
12. SKIWHEY	A popular liquor in Ireland	_____
13. RICEMILK	Humorous verse	_____
14. OTTSU	Type of dark beer	_____
15. BUNDIL	Capital of the Irish Republic	_____
16. GLENNDA	St. Patrick was a missionary here	_____
17. SINGESNU	A type of bitter stout	_____
18. RSHII	From Ireland	_____
19. TAPE	Fuel from boggy land	_____
20. BAWINOR	Colourful arc in the sky	_____



## ANSWERS

- 1. Shamrock
- 2. Gold
- 3. Green
- 4. Leprechaun
- 5. Ireland
- 6. Blarney
- 7. Harp
- 8. Belfast
- 9. Snakes
- 10. March
- 11. Patrick
- 12. Whiskey
- 13. Limerick
- 14. Stout
- 15. Dublin
- 16. England
- 17. Guinness
- 18. Irish
- 19. Peat
- 20. Rainbow



Dougherty Villa PC team member Lisa Tanner and resident Arnold Matthews representing the rival codes AFL and NRL which are both up and running in this year's Clarence Village footy tipping season.

## Old rivals set for another big year of tipping

It might not be a sell out but the footy Clarence Village footy tipping competition are off and running with around 16 people signed up across both codes of NRL and AFL including some diehard tippers from seasons gone by.

While it's too early to pinpoint who has the early form, Village Voice will be checking in regularly to see who's hot and who's not.

No pressure punters.



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

HAPPY  
Easter



**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)