



Village Voice

Your monthly Clarence Village community newsletter

FREE



Ernie Really's wonderful painting of Six Australian Birds in a Tree won first prize at the Grafton Show in the Open Section for a Drawing, Painting or Collage by an individual.

INSIDE:

- Lynn's fragrant farewell 3
- Anzac Day at the Gardens .. 4-5
- Dougherty's dance troupe 7
- Out and about 8-10
- Around the village 11
- Monthly puzzle 14

Ernie's Australian birds fly off with first prize

Dougherty Villa's artist in residence Ernie Really has done it again, this time taking out first prize in one of the very competitive Open Sections of the Grafton Show with the wonderful painting you can see on our cover this month.

This deserved to be front page news as Ernie was up against many much younger artists to claim the top prize. The former Grafton Art Club member has been painting most of his life and is still churning them out today at 88.

Read more about our show winners on page 13.

.....

A note from the Village CEO



The Federal Budget on Tuesday night delivered much-needed funding towards a pay rise for aged care workers. This is terrific news for our staff, who work very hard to provide great care for residents. The staffing situation across aged care as an industry has been very difficult over the last couple of years and an increase in pay will certainly help attract and retain good workers.

Other financial pressures persist – perhaps the most disappointing being those closer to home. In last year’s rates notices Clarence Valley Council increased the sewer access charges levied on Clarence Village by \$190,000 without consultation. We’ve been attempting to discuss the matter with Council to find a better solution but are unfortunately being left with few avenues other than legal ones.

If this issue isn’t addressed, it will render our proposed affordable housing project at 95 Armidale St unviable and will make the task of maintaining our existing properties that much harder. I address this issue later in the newsletter in more detail, but Clarence Village needs your help to ensure this change in charges is not allowed to stand in the way of Clarence Village constructing much-needed affordable housing.

Kind regards,
Duncan McKimm

.....

It’s all systems go, go, go

It’s been activity-central recently around the Village and Villa and this issue highlights a few of the things we’ve been getting up to.

Dougherty Villa residents recently enjoyed some dance classes with some of Australia’s best ballerinas, while our village day-trippers ticked another item off their bucket lists with a visit to the impressive Shannon Creek Dam.

Out at the Gardens, there was a special Anzac Day service and scone-fest, while the Villa’s talented arts and crafters attracted more blue ribbon attention at the Grafton Show.

We also farewelled a long time staffer, welcomed some impressive new hot water systems, and celebrated the Coronation of the King with a mega crossword.

You can’t complain life is dull around here.

Lesley

Email me:
news@clarencevillage.com.au



Lynn follows her nose to retirement

There's change in the air at Dougherty Villa as its long-time aromatherapist Lynn Maunsell has retired after almost 15 years of helping residents feel better.

The registered nurse began working with essential oils in the mid 2000s, completing a diploma in aromatherapy back before the digital classroom was a thing.

"I drove to Port Macquarie for 19 weekends through the year to do the course. Now you can do it all online."

The RN was already working in aged care when she brought her specialist treatments to residents' routines at various Grafton facilities over the years, finishing off her final years of service at Dougherty Villa assisted by personal care staffer Annie Hackett who is currently studying for her diploma in the same field.

Lynn retired from nursing in 2012 but has enjoyed continuing to work in the care industry as an aromatherapist.

"I like the interaction with the residents. Aromatherapy is really beneficial to the elderly for all kinds of things, on an emotional mental level, and also the physical stuff."

"Probably about 90% of residents at Dougherty Villa were using the service. We have about 20 different blends that help everything from sore knees and shoulders to memory loss and anxiety. It helps them sleep and with circulation issues like puffy ankles."

Lynne said the most popular mix was the joint blend that contained a combination of lavender, juniper, black pepper, marjoram.

"We used more earthy oils, sandalwood, patchouli, woody scents for the men whereas the women had more florals in their blends, rose lavender ylang ylang. The creams have



Aromatherapist Lynn Maunsell recently retired after almost 15 years at Dougherty Villa.

helped a lot of painful joints and the staff would often say how much calmer and relaxed the residents were feeling."

Lynn is now looking forward to doing some relaxing of her own now she is "officially retired".

"I turned 70 at Easter and thought that's long enough. It will be great to spend more time in the garden, do some spinning, knitting and embroidery. We'll also do some travelling. We've got a cruise booked and will test out the new caravan at some stage. I've also got five grandsons and a granddaughter (in various locations) so will be able to see them a lot more."

Anzac Day at the Gardens

More than 30 residents and visitors gathered at Clarence Village Gardens for a moving Anzac Service organised and emceed by resident David Morgan.

Those who served for their country in some capacity wore their medals while family members of those no longer with us held their medals proudly.

The program included some moving dialogue presented by David, including an Anzac address to remember those who served their country during conflict and the John McCrae poem In Flanders' Field.

Musical accompaniment came courtesy of David's CD player including the hymn Abide with Me, The Last Post, and the National Anthem.

After much reflection and the flag-raising, refreshments followed as stories, and some good humoured tales, were exchanged. Thank you David for organising this important gathering.

Lest We Forget.



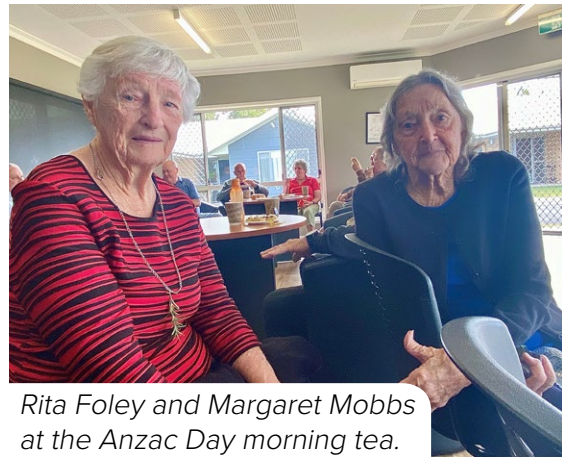
David Morgan conducts the Anzac Service at Clarence Village Gardens.



Paying their respects at the Anzac Day service were Gardens residents Keith and Teena Sydenham.



Bob and Trish Cuming joined other residents for the Clarence Village Gardens ANZAC Day service.



Rita Foley and Margaret Mobbs at the Anzac Day morning tea.



Gardens residents Fred Yager and Joe Manahan catch up at the Anzac gathering.



Lola And Howard Connor enjoy the Anzac Day morning tea at Clarence Village Gardens hall.



Lest We Forget.



Zeta Want proudly displays her late husband Bob's World War Two medals: the France Germany Star, 39-45 Star and the Burma Star of which only 1000 were awarded.



Gardens residents Miriam and Peter Sinfield enjoy the morning tea after the Anzac Day service.



Gardens resident Athol Green with visitors Jeff and Mary Spillane at the Anzac Day service.



Arthur Hunter and David Morgan raise the flag on Anzac Day at Clarence Village Gardens.



Clarence Village Gardens resident David Morgan organised and conducted the special Anzac Day commemoration at the community hall.

Secret scone business

Clarence Village Gardens resident and scone master Ray Evans always attracts a crowd whenever he comes bearing a freshly baked tray of those famous Devonshire tea treats.

The recent Anzac Day service at the Gardens was no different given the number of people lined-up eager to taste his latest batch.

Fellow Gardens residents already know how

moreish Ray's scones are, and now you too can find out what all the fuss is about as he kindly shares his scone recipe with Village Voice readers this month.

"I'm not sure where I got the recipe from," the legendary scone man confessed. "I can't remember back that far but I used to make them for the Red Cross morning teas for a lot of years."



Clarence Village Garden residents Zeta Want with daughter Jenni Spencer, and Brian and Shirley Craig try Ray's scones at the Anzac Service held at the Gardens' community hall.

Ray's Scone Recipe

INGREDIENTS

- 4 cups of self-raising
- 1 cup thickened cream
- 1 cup of lemonade
- Pinch salt

METHOD

1. Mix in bowl with broad knife or spatula
2. Knead dough on floured board until even and smooth. Roll until about 1cm thick. Use scone cutter or top of glass to shape.
3. Cook in oven at 180 degrees for 15-20 minutes until lightly brown.
4. Serve warm with jam and cream or butter.





Dougherty Villa residents enjoy a dance class with the Queensland Ballet.

Graceful moves from the comfort of a chair

Normally, when you attend the ballet you remain seated and still while watching the dancers but that wasn't the case recently when the Queensland Ballet arrived at Dougherty Villa — everyone got to join in.

Residents leapt at the chance to be involved in the special Ballet for Seniors Seated Class where no dance experience was required just some willingness to give it a go.

After some patient waiting for the class to start, residents were soon tapping, stretching and pointing their way through the gentle hour-long session.

Ballet company dancers Lauren and Myra lead the group through lots of different moves borrowed from some of the world's most famous ballets including Swan Lake and The Nutcracker.



Dancers Lauren and Myra from the Queensland Ballet Company lead the dance class.



Villa residents strike a move under the direction of the Queensland Ballet.

Dam good day out

The village day-trippers recently enjoyed the much anticipated trip out to Shannon Creek Dam regional water supply for the Clarence Valley and Coffs Harbour regions.

Situated about 30kms south west of Grafton the 30,000 megalitre dam can hold the equivalent of 12,000 olympic sized swimming pools of water.

Clarence Valley Council worker Fred Newman gave residents and some young visitors from Clarence Family Day Care, a tour of the pump house and answered many questions along the way as information brochures were snapped up to find out more about this impressive feat of local infrastructure.

While the dam set up was impressive what really got the residents' attention was the super-sized \$70,000 remote control mower that trims the grassy side of the dam wall three times a year. The special demo provided by Fred was much appreciated.



An aerial of the Shannon Creek Dam west of Coutts Crossing. Village residents visited the dam recently.



Morning tea at the Shannon Creek Dam picnic ground.

Residents check out the super-sized mower.



Fred Newman gives residents a guided tour of the pump house.



Resident Max Murray celebrated his 84th birthday during the Anzac Day morning tea at Clarence Village Gardens.



Residents Val Sheehan and Barbara Fraser check out the pumps.



Fred explains how the system works.



Colleen Donovan is all smiles.



Chrissy O'Farrel is feeling pumped by her surroundings.

100 Club Winners:

- 1st M O'Shea \$30
- 2nd Jeanette Solomon \$15
- 3rd Carol Finn \$5



Val Layton chats with dam man Fred Newman.



Clarence Family Day Care came along for the tour of the dam.



Good ol' community buses got everyone to the dam and back safely.



Grafton Garden Club members recently celebrated their Biggest Morning Tea at the Joan Muir Community Hall.

WHAT'S ON IN MAY

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am

TUESDAY

9

Bingo



TUESDAY

16

Hoi

TUESDAY

23

Craft final preparation for Biggest Morning Tea

TUESDAY

30

Cancer Council Biggest Morning Tea



CLOCKTOWER MORNING TEA

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

SPECIAL EVENT

Thursday 11 May | 2pm | Joan Muir Hall
Free sound meditation. Everyone welcome.



WALKING CLUB

Group walks every Thursday morning leaving Joan Muir Hall at 8.30am for a 30-minute walk.



AQUA AEROBICS

Weekly class at South Grafton Pool every Wednesday 8am picking up from around the Village from 7.15am. Book your seat with Ros.



CARD GAMES

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



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.

Time flies when you're getting things done

I don't know about you but it feels like another month has flown by and soon we will be in the second half of the year counting down to Christmas again. But there is plenty happening around the Village to take us there, with lots of upgrades and events to look forward to in the coming months.

Village hot water tanks full steam ahead

Stages 5, 1 and 2 have all changed over to the new heat pump systems – the ladies are especially happy that they now have enough hot water to give their hair a good wash.

Most village residents have been upgraded from a 50L system to a 215L tank that uses less power than the old one – it's a big win.

Access all areas

Stage 2 will soon see the completion of its footpaths so each resident will have their own paths from both their front and back doors linking up to the communal pathways.

Fence talks continue

Quotes are in for the Stage 3 fence so we are now up to the negotiation stage with the neighbouring landowners. Hopefully this will be a smooth process and we can get fence construction underway shortly.

Once completed, Stage 3 will be in for some exciting revamping in the second half of 2023 so watch this space.

Have your say

Residents should have received their survey forms in the mailbox recently. It would be lovely to have them completed as this is your opportunity to provide valuable feedback. We are all ears whether the responses are good, bad or ugly.

Please drop the surveys back to Joan Muir Hall office, or feel free to hand them to one of the maintenance crew if you see them out and about.



Eco Alliance team installing the new hot water systems throughout Clarence Village.

Jacaranda fundraising

As Clarence Village is sponsoring Junior Jacaranda candidate Millie Lloyd in her quest to become Junior Queen, we will be selling raffle tickets to help Millie in her quest.

Community Connections Officer Ros Houlahan will be hosting our very own Top Hats and Tiaras fundraiser at the Joan Muir Hall. Entry will be the cost of a \$5 raffle ticket. Stay tuned for more details from Ros.

Moment to Meditate

Get in touch with your inner self with a free Sound Mediation session at Joan Muir Hall on Thursday, May 11 at 2pm.

The seated 30-minute session means you don't have to get on the floor to feel the benefits of meditation, just sit on the chair and enjoy the moment. Hope to see you all there.

— Penny White, Clarence Village Manager.

\$190,000 down the drain each year

Last year Clarence Village’s rates notices included a very unwelcome surprise – our sewer access charges had been increased from \$10,692 to \$196,733. We were blindsided by this news, as nobody from Clarence Valley Council had brought it to our attention prior to issuing the notices.

Since that time, I have been attempting to get Clarence Valley Council to sit down with Clarence Village and discuss the matter to come up with a solution to this issue. I’ve spoken at two Council meetings about the issue and we’ve provided Council with proposals to resolve it, without response.

Unfortunately, we’re now at the stage where lawyers are involved, which is never a good sign. We’ll continue to request that Council negotiate a solution for the community on this issue.

Clarence Village is happy to pay for what it uses, but we don’t think it’s right that our

.....

Here’s how you can help:

You can **send the below message** to every Councillor to voice your objection. Alternatively, if you hover your phone’s camera over this QR code you can also send Councillors this same message.

Dear Councillor,

Clarence Village is a charity that provides affordable housing and aged care to seniors. I don’t think our community should be making Clarence Village’s task harder by increasing their sewer access charges by \$190,000 per year.

I object to Council’s operational plan for 2023/24, which would see these charges levied for a second year running.

I don’t think it’s right that seniors in affordable housing should pay more than residents of a nearby manufactured home estate for the same service.

I think our community urgently needs the affordable housing development Clarence Village wants to build in South Grafton. Increasing sewer charges on that development from \$1,218 to \$39,000 every year will stop it dead in its tracks.

*Thank you for your consideration of this matter.
Yours Sincerely,
(insert your name here)*

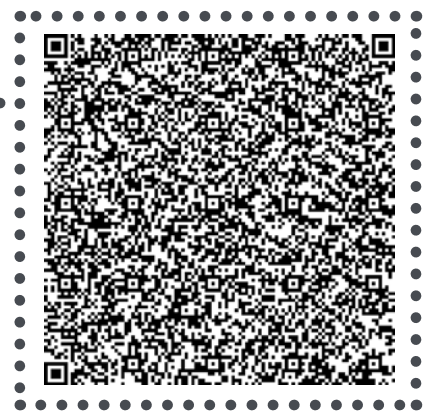
residents should pay twice as much per person as seniors living in manufactured home estates and more than the average ratepayer per person.

This issue is critically important to us, because unless it’s addressed, it will render our proposed affordable housing development at 95 Armidale St unviable.

Instead of \$1,218 per year in sewer access charges that we had planned on, sewer access charges on this development would be \$39,000. This increase would amount to a \$23 per week increase in the rent. Not so affordable after all.

We all know how important and necessary affordable housing is for seniors – we need to act as a community to tell our Councillors this isn’t acceptable.

— *Duncan McKimm, Clarence Village CEO*





Prolific artist Ernie Really and crochet extraordinaire Ellen Mullherin won first prizes at the Grafton Show with their entries. Ernie's wonderful painting is on our cover this month (the tiger is a stand in) and Ellen holds her award-winning knitted slippers and crochet tea towel.

Villa's show stopping arts and craft winners

While Dougherty Villa show entries were low this year, they had an impressive hit rate with both entrants taking home first prize ribbons.

Leading the charge was the Villa's own master painter, Ernie Really, who has entered from the Villa for the past four years and has the ribbons to match.

Ernie has been painting for longer than some of us have been alive and said he couldn't even guess how many works he has produced or show ribbons he has won over the decades.

"I used to be in the Grafton Art Club and I've got paintings all over the world, every country you can think of," the 88-year-old said.

Ernie's award-winning bird painting is framed and takes pride of place at the home of its lucky owner, Villa staff member Kimberley Morgan.

"Ernie wanted to paint me something so I told him I liked birds. He was so happy with the end

result he said he might enter the show."

Kimberley wasn't surprised when it took out first prize. "I think it's amazing; a stunning piece which I'm proudly going to have on display in my lounge room."

Joining Ernie in the winner's circle this year was first time entrant Ellen Mullherin who didn't mess around taking out two out of two in the blue ribbon stakes.

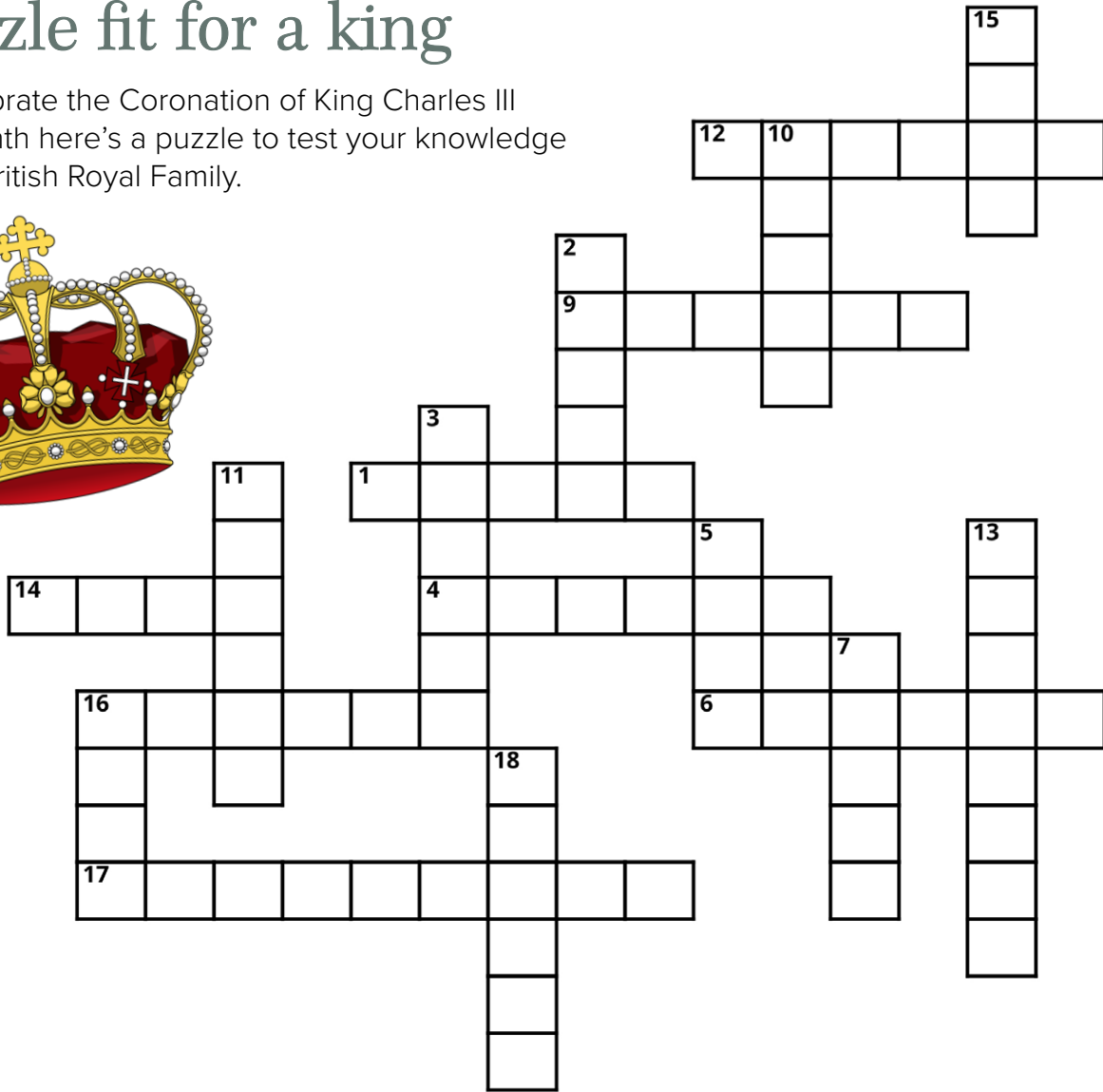
Ellen received a first prize for her knitted slippers and another for Best Crochet Edge Tea Towel in the Aged Care Section.

Ellen said it was the first time she had entered the Grafton Show but had been knitting and crocheting "since I was 12".

"I was taught by my old neighbour Mrs Davis. I was off school for 12 months when I was sick and she invited me around for morning tea and taught me how to knit and crochet and I've been doing it ever since."

Puzzle fit for a king

To celebrate the Coronation of King Charles III this month here's a puzzle to test your knowledge of the British Royal Family.



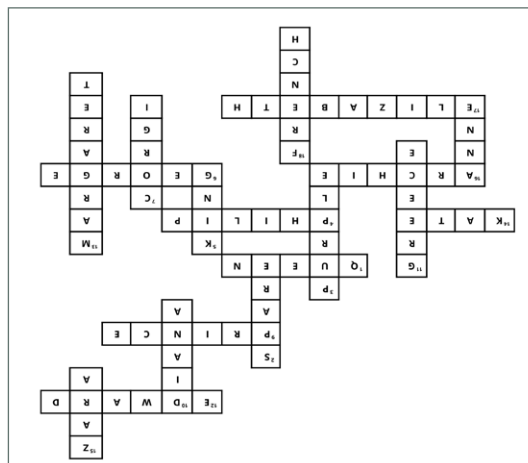
Across

1. Camillas title Consort (5)
4. Queen Elizabeths husband (6)
6. Kate & Williams firstborn (6)
9. Charles title before he was king (6)
12. Who abdicated the British throne (6)
14. Charlottes mother (4)
16. Harry and Meghans firstborn (6)
17. She was 27 at her coronation (9)

Down

2. Harrys book released in 2023 (5)
3. What colour was the official Platinum Jubilee emblem (6)
5. Charles title (4)
7. What breed of dog is commonly associated with Queen Elizabeth II (5)

10. William and Harrys late mother (5)
11. Where was Prince Phillip born (6)
13. Queen Elizabeths sister (8)
15. Which Royal won an Olympic medal for horseriding (4)
16. The Queens only daughter (4)
18. What foreign language did Queen Elizabeth II speak fluently (6)



Village stargazers - your May 2023 horoscopes



ARIES

Though this isn't the most romantic month, it is an emotionally supportive one that promotes responsibility where you can feel supported and protected. Communication delays and misunderstandings, especially regarding money, begin clearing up.



TAURUS

You can feel especially revitalised this time of year as the sun is illuminating your sign to increase vitality, creativity and celebrations. Your confidence and magnetism are boosted, and it's an exciting time to make introductions and seize new opportunities.



GEMINI

It can be a peaceful time of year for you, so long as you don't overbook your schedule. This period is all about rest, relaxation, and carving out room in your routine to catch up on quality time alone. Your worldview may be altered.



CANCER

This can be an exciting time of year for your social life. You're making new friends, joining new groups or communities, and reconnecting with people. You may be exploring a new hobby or diving deeper into one you're already fond of. New wishes for your future come into focus.



LEO

Disappointment may be in the air, but this can also be a powerful time to be honest about fears and insecurities, and to connect with people who've proven themselves to be true friends. Make time to reconnect with what's real in your life.



VIRGO

This is a brilliant time of year for you. It's an exciting period for travel and big changes might also be made in your daily routine. You could be rearranging your schedule in a major way, starting a new regimen, or kicking an old habit. The way you organise your time could radically change.



LIBRA

You may find yourself contending with drama in your social life. Power struggles could become apparent, and an issue may come to a head. In general this month bodes well for teamwork; you and a group could accomplish a lot together but some changes need to take place first.



SCORPIO

There are plenty of opportunities to connect with people in a deep and meaningful way. There might be an intensity in the air, and the energy within your trusted relationships is one where people want to be real, raw, and vulnerable.



SAGITTARIUS

This is a busy and productive month. Finding yourself hard at work tackling your to-do list, taking care of chores, and focusing on wellness won't be a stretch. You might come to an important realisation about a project you're working on or about yourself and your habits.



CAPRICORN

Reconnecting with something—or someone—you really love is on the radar this month. You may be realising something important about what's valuable to you but be careful not to fill in the blanks with what other people say. Your take could be too pessimistic, optimistic, or out of touch with how they feel.



AQUARIUS

It's a cozy time of year for you. This month is all about peacefulness and comfort, and you're in the mood to enjoy some chill time. It also lends itself to reconnecting with the past and because you are in a nostalgic mood. A much more sensitive side of you may surface as a result.



PISCES

It's a busy time for communications, but things are moving slower so conversations may get confused or delayed. This is a great opportunity to unplug and meet an old friend in person to catch up. Read a book, or simply wander around your neighbourhood. You might discover things previously missed or unexpected.



Stormy skies over Grafton.

This month as we move from autumn into winter, we share a lovely, reflective poem written by John Sullivan in summer, at the beginning of this year.

Wednesday Morning: January 4

The first three days have passed us by,
it's twenty twenty three.
The fourth day full of promise,
what potential do I see.
Cookie said it's going to storm,
with a casual skyward glance.
And she bases her prediction,
on the movement of the ants.

Nature shows us many things,
if we're prepared to look,
like Cookie does do in between
the pies she has to cook.
Nature is a power source,
she takes care of her seasons.
And despite conflicting dialogue,
she welcomes us for many reasons.

— *John Sullivan, January 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