



Village Voice

Your monthly Clarence Village community newsletter

FREE



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South Pacific visitors music to residents' ears

Residents of Dougherty Villa were recently treated to a singing group that hails all the way from Fiji.

The musicians are in Grafton as part of the seasonal blueberry picking team from Costa farm at Corindi and the workers are staying at the Clarence Village owned City Centre Apartments while they are here.

The group jumped at the chance to perform for Dougherty Vila residents (*continued page 3*)



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A note from the Village CEO



It's not over but it's much improved

I write this note from several thousand feet in the air on the way to a family holiday in Tasmania. It's the third attempt we've made to visit close friends in the Apple Isle – each of the previous attempts scuppered by Covid restrictions.

Having made it onto the plane this time I'm reflecting on the past 30 months and how much our world has changed due to Covid. It's astonishing that we've managed to return so quickly to something approaching normality, and a reminder that despite our challenges, our civil democratic society is really quite something.

Covid isn't "over" in the sense that nothing ever really is, but its impact on our lives is certainly dramatically reduced. Looking back on the stress experienced by our management and care teams as we scrambled to keep residents safe, I'd say that, like society at large, while we didn't get everything right, we managed to get the big things right – and that's something to be proud of.

Kind regards,
Duncan McKimm

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Festive seasons almost upon us

With the jacaranda trees almost ready to bloom and kick off a festival, you can feel the year rocketing towards Christmas. With so much going on in and around the Village, Santa will be here before we know it.

These pages capture a little of what's been happening lately, from maintenance works, to social events and activities, as well as a few new inclusions like yummy recipes to try.

This month we also remember The Queen through a resident's poem and another who met her. We only recently marked HRH's 70th Jubilee in these pages before her extraordinary reign came to an end last month

aged 96.

Despite Queen Elizabeth II being the longest serving Monarch in British history, there are a few Village residents who can still lay claim to have lived under five UK Monarchs — George V (1910-1936), Edward VIII (1936-abdicated), George VI (1936-1952), Elizabeth II (1952-2022) and now King Charles III. That deserves a royal wave of acknowledgement.

Lesley

Email me:
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(continued from page 1) performing an eclectic mix of music from traditional Fijian songs and hymns to some country music classics like Take Me Home Country Road.

Organiser Tash Timoti from Costa said the workers loved singing and sharing their culture with the local community. “They bring their guitars and ukuleles, even their own (sound) speaker.”

The workers formed their singing group while here in Grafton and were a huge hit with residents.

“It was great feedback. The group members went around and said hello to the residents after the performance. One of the gentlemen said it was the best entertainment he’d had all year. So sweet. Everyone was absolutely wrapped, the residents and the workers. It was a beautiful experience for everyone”.

Tash said the Fijian visitors loved doing service work for the community.

“They reside in Fiji in villages but they bring that village mentality with them — where they help the community. They do what they can. They have done a lot of charity work for other organisations in Grafton as well. It’s all in their own time or days off.”

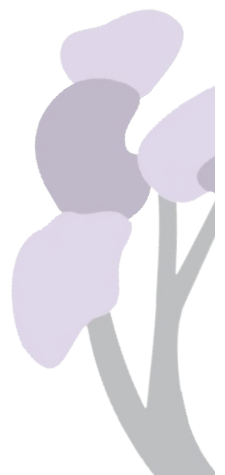
The singing group are planning to come back for an encore before they return home to Fiji so stayed tuned.



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

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

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



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Ode to her royal highness

Clarence Village resident poet John Sullivan penned this lovely tribute to HRH Queen Elizabeth II upon her recent passing.

Her Majesty, the Queen

For all but five years of my life
she's been our reigning queen,
a source of welcomed calmness
of the likes that's rarely seen.
A constant in the ever-changing
world in which we live,
in 1947 pledged that she
would serve and give.

Sixteen times she's graced our land
and I recall the first,
Waving flags with others
'til the crowd around dispersed.
Barely six years old I was,
the recollection hazy,
the significance was lost on me,
on why the crowd seemed crazy.

She's a granny, she's a mother
and a great grandmother too,
and as such took an interest in
what each of them could do.
She always did conduct herself
in a proud and regal manner,
and as a princess she was deft
at how to use a spanner.

From the Castle at Balmoral,
which was where tenure ended,
her significance of being,
surely how she'll be defended.
As Republicans and Monarchists
admire what she has been,
so forever may she Rest in Peace,
Her Majesty, The Queen.

— John Sullivan



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The Morgans' royal encounters

There are a lucky few Australians who have met Queen Elizabeth and after a quick call out have found a couple of those in our midst.

Clarence Gardens residents David and Colleen Morgan met Her Royal Highness and the Duke of Edinburgh in Broken Hill while David was managing the local radio 2BH back in the 1960s.

While the details are a distant memory they recalled being part of a small group of guests invited along to meet the royal couple.

“We were introduced to her and chatted for a few minutes. There was a line of us but I can't remember the small talk,” David said.

Colleen said they were given instructions about “what one would do when meeting her”.

“She wore gloves and shook our hands and we curtsied and bowed. She was a very intelligent woman and beautifully groomed,” Colleen said. “They were a good looking couple.”

The Morgans enjoyed afternoon tea with the Queen and Duke “before going back to normality”.

As if that wasn't impressive enough, later in the 1980s David received another royal invitation.

At the time he was Federal Director of the Federation of Australia Commercial Television and was invited to meet Prince Charles and Princess Diana at a cocktail party at Melbourne's Government House.

Not only did David meet the charismatic People's Princess he also got to take a whirl on the dance floor with her.

“I was introduced to her and a short while later she asked me to dance,” David said.



Clarence Gardens residents David and Colleen Morgan had the honour of meeting Queen Elizabeth during her 1963 tour.

“I was just standing there talking to other people and she approached me.”

“I wasn't there,” Colleen said chuckling. “Luckily he knew how to dance and didn't disgrace himself.”

David couldn't recall what the Princess was wearing at the time but he did remember she was a good dancer.

“She was tall and we danced for a song or two and then got talking about her accommodation on the plane and how comfortable the journey to Australia was.”

“She was certainly delightful and a fun person to be around.”

Out and about



Waratah Wing resident Fran Hampshire celebrated her 92nd birthday in September with a visit from her husband Bill.

Villa pancakes are flippin' great



LEFT: Dougherty Villa activities officer 'Big' Greg dishes up a yummy pancake to resident Doris Holbrook in the courtyard.

MIDDLE: The always colourful Doreen Sheehan tucks into a pancake.

RIGHT: Peggy Pauling is delighted with her pancake breakfast.



LEFT: Clarence Village manager Penny White meets with residents at the Stage One sausage sizzle to mark the arrival of the new footpaths and canvas ideas and suggestions.

WHAT'S ON IN OCTOBER

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am

TUESDAY
18

Hoi

TUESDAY
20

Bus trip to Shannon
Creek Dam

TUESDAY
25

High tea
Jacaranda theme

BUS TRIP TO SHANNON CREEK DAM

Ros will supply cold drinks but please bring a small plate to share for afternoon tea. Numbers are limited so RSVP to Ros ASAP. Pick up times confirmed upon booking.

CHRISTMAS RAFFLE

Donations for annual Christmas Raffle welcome. Drop off at Joan Muir Hall or Queen St.

WALKING CLUB

Change to route. Thursday group walk leaving Joan Muir Hall at 8.30am to Turf Street Shop or just meet us there at 9am.

CLARENCE ON QUEEN

Bingo every Tuesday at 1.30pm. Everyone welcome.

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.



Village residents Barb Fraser and Marcia Muldoon with volunteer Carol Williams and her special visitor, great granddaughter Charlie, at the August monthly high tea gathering.



August high tea entertainment was served up by Ronnie the singing ambo who has now retired and performs for seniors. Good on ya Ronnie!

Pat and Betty are red carpet ready

Villa residents Pat Farrell (left) and Betty Layton (right) were all smiles after having their hair cut and styled by the talented Leasa Harte in the Dougherty Villa hair salon.



Clarence Village



1st PRIZE

\$30

2nd PRIZE

\$15

3rd PRIZE

\$5

**Tickets
\$1
each**

The 100 Club will continue throughout 2022.

Every completed 100 Club raises \$50 for the Community Bus. Let's see how much we can raise this year.

Get your tickets from Ros Houlahan or Vicki Valja.

Insights from the Dementia Village



Hogeweyk “The Dementia Village” in The Netherlands. Dougherty Villa manager Mandy Stark visited the ground-breaking approach to aged care during her recent trip overseas.

Dougherty Villa manager Mandy Stark recently returned from a month in The Netherlands, and one of the highlights of her trip was a visit to “Hogeweyk”, more commonly known as “The Dementia Village”.

Mandy provided some background on this amazing place.

The village opened in 2009, with just four homes, a supermarket, a theatre, and a café.

In 2018 another four houses were built, and a few more ‘village shops’ were added including a post office and restaurant. That part of the development was funded by the Dutch government at a cost of just under 20,000 euros (that’s about \$30,000 in our money).

Hogeweyk is indeed a village within a village. Weesp, the surrounding town, is picturesque and the whole community embraces the philosophy of inclusion and familiarity that is essential to Hogeweyk.

Within the housing, six to eight people reside with three to four carers (usually). The houses

function as closely to a regular household as possible.

Residents are involved in cooking, meal planning, cleaning, shopping, entertainment and social activities.

The carers are often students who receive reduced rent for the hours they provide in supporting the ‘home’.

Throughout the day ‘villagers’ (as they are known) are supported to go shopping, run small errands, have coffee or lunch at the café, attend social activities (the theatre is rented out by many groups for productions or programs) and generally be engaged in the life of the community.

“You see such joy in the simple pleasures of choosing their own fruit at the shops, or chatting in the street”, Mandy said.

Each home had a theme that reflects the residents who live there.

(Continued page 11)

Time out for some of the maintenance crew

After a big month of maintenance in August, September was a little quieter on that front with a few of the team taking well-earned break.

Pez and Darrel are off for a few weeks while Ros recently took some time off for the wedding of her daughter.

Gardening gurus

After the call out for some gardening help last issue, Stage 1 resident James Riley has kindly offered to adopt the gardens at the front of the Joan Muir Hall.

Village gardener Terrence is also going to be busy planting a range of citrus trees in each Village stage so residents will be able to reap the benefits in fruiting season.



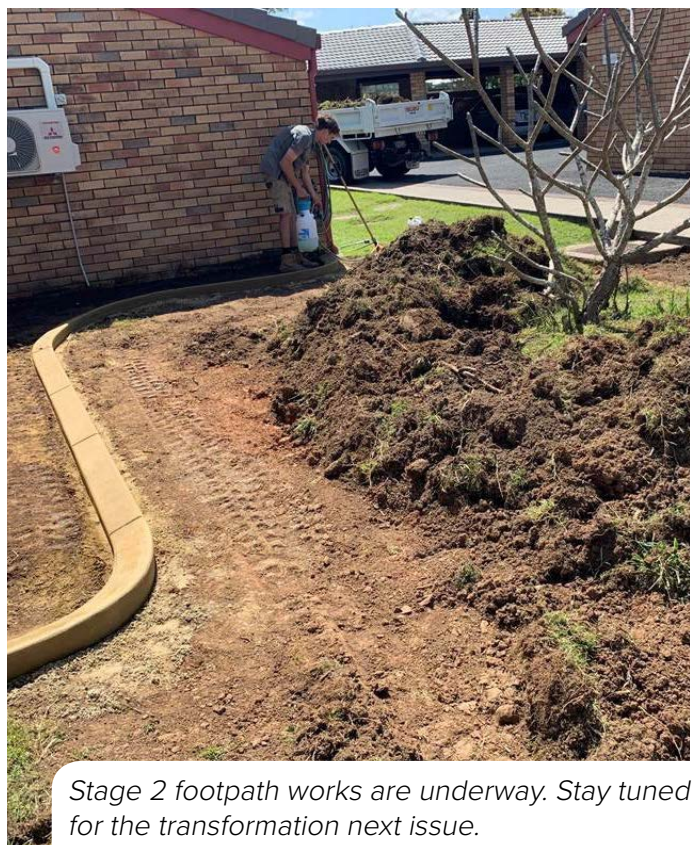
Stage 1 resident James Riley has volunteered to look after the gardens at Joan Muir Hall. Thank you James.

Exciting developments

Stage 2 landscaping has commenced. While it doesn't look so pretty at the moment, when completed, our gardening guru Ryan will plant and mulch the area. The umbrellas and seating will also be in place to make a new communal gathering area. A new clothesline will also be included in the revamp.

The new footpaths from the front and back of each unit will make it much safer and accessible for residents coming and going.

Stay tuned for photos of the completed project in next month's edition.



Stage 2 footpath works are underway. Stay tuned for the transformation next issue.

(Continued from page 9)

One is designed specifically like an old Dutch farmhouse (with a wood fire stove in the kitchen). There is a traditional 'apartment', a 1960's retro apartment, and perhaps Mandy's favourite — the "Posh" house.

"This place is affectionately known to accommodate the more 'upper class' residents," she said.

Mandy said all the different houses allow for people of similar backgrounds and cultural understandings to share their experiences.

"The cost of living in this beautiful, homely environment is 5000 euros per month, per resident.



Hogeweyk has its own supermarket for village residents.

"Unfortunately our Australian funding model of care does not support this village-style of care. Until it does, I think many Australian families would struggle to find the \$5000-7500 per month required but it was inspiring to see what can be achieved with adequate resourcing and dedication to quality of life."

Waste watch

A friendly reminder that your household waste should go into the correct bins so it can be recycled appropriately.

Food scraps should be wrapped in newspaper where possible to keep help curb odours.



GREEN = organics YELLOW = recyclables
RED = landfill

GREEN organics bin

YES to:

- all food scraps, including fruit and veggie offcuts, meat, seafood, bread and pasta
- all garden waste, including leaves, grass clippings, pruning offcuts and weeds small timber offcuts (untreated only)

NO to treated timber, plastic bags, disposable nappies.

YELLOW recycling bin

YES to:

- steel and aluminium cans and clean foil
- glass jars and bottles (lids off), no sheet glass
- plastic bottles and containers (rinsed, no lids)
- clean, dry paper and cardboard packaging
- newspapers, magazines, junk mail and window envelopes
- milk and juice cardboard cartons

NO to soft plastics, plastic bags and cling wrap, ceramics/Pyrex, syringes, garden waste and food scraps.

RED landfill bin

YES to:

- plastic bags and wrappers
- disposable nappies
- ceramics/Pyrex
- broken glass

NO to hazardous waste (batteries, gas bottles, chemicals), recyclables, garden or food scraps.

Village recipe exchange

Village manager Penny White thought a recipe sharing page would be a great addition to the Village Voice so please enjoy these yummy recipes from Penny and Ros Houlahan to get things cooking.

If anyone has a recipe they would like included

in the next issue of the Village Voice please let Community Connections guru Ros Houlahan know. For the November issue we would love some old Christmas favourites you may have enjoyed your families. Anything from nibbles to glazed ham is welcome.



Turkish Delight Balls

INGREDIENTS

- 1pkt Chocolate ripple biscuits
- 3 Turkish Delight Bars (55g)
- 1 tin of Condensed Milk
- 1 cup of desiccated coconut

METHOD

Roughly chop Turkish delights

Break apart Choc Ripple biscuits and place in a food processor. Process until well combined.

Tip Mixture into a large bowl, add condensed milk and stir until completely combined.

Pour coconut into a rounded dish. Using a teaspoon of the mixture, roll in coconut.

Refrigerate until set. Store in fridge.



Marshmallow Dip

INGREDIENTS

- 1 pkt pink and white marshmallows
- 2 tblsp milk
- 1 300ml thickened cream
- 1 tblsp brandy
- 1 tblsp crème de cacao
- Fruit in season to dip

METHOD

Melt marshmallows with the milk in the microwave for 30secs to 1min until is all melted.

Set aside to until cool.

Beat the cream with alcohol together until thickened (not firm peaks). Fold the cream, mixture into the cooled marshmallow mix.

Serve dipping your fruit in.



Chicken Risotto

INGREDIENTS

1 chicken breast (diced)
2 rashers of bacon (diced)
1 onion diced
1 tsp minced garlic
1tsp Italian herbs
50gms butter

1 tspn olive oil
Salt and pepper to taste
700ml Chicken stock
1 cup Arborio Rice
Handful of broccoli florets (partially cooked)
Handful of grated cheddar cheese

METHOD

Preheat oven to 180 degrees.

Heat butter and oil in an oven proof dish, add garlic, onion, salt and pepper and herbs, cook until onion softens.

Add in diced chicken and bacon- cook until brown.

Add in arborio rice, broccoli and stock and give a stir – bring to boil.

Add cheese on top and cover and place in preheated oven for 30 mins.

Once cooked- remove from oven and let rest for 15-20mins. Serve with salad.

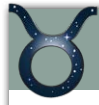
Village stargazers - your monthly horoscopes

October is a blessed month for all members of the 12 zodiac signs. Most aspects of your life will work out for the better because you are not willing to give up.



ARIES

This month great and new opportunities will come your way, make good use of them. Do not let anything hold you back from achieving your highest potential. 2022 reveals you have the resources you need to achieve all your heart's desires.



TAURUS

Health prospects for this month are excellent. The stars are aligned in your favour; follow your heart and listen to your instincts before making important decisions. This month will see you become more positive than ever before.



GEMINI

Life is not a bed of roses; therefore, to become better, you need to go through some challenges that might dampen your spirit. In such circumstances, remain strong and confident in your abilities. You have the grace and confidence to overcome all.



CANCER

This month you need to take life one step at a time. Do not be in a hurry to achieve great things. Success comes to those who are patient. Live your own life without comparing yourself and your life to the lives of others.



LEO

October promises quick recovery from weather-related illnesses. With proper care, you will achieve excellent health. For those managing chronic illnesses, take enough time to rest your body. Love and treat yourself to the great things.



VIRGO

You and your spouse might go through a difficult time. Work things out and get on the same page. People who have just come out of relationships will hurt for a while, but things will get better with time. Family will be in good spirits this month.



LIBRA

You will have a positive frame of mind this month. Your mental health will stabilise. Do all you can to ensure that you keep it in check. Libra men will come out of their comfort zones and start interacting with people this month.



SCORPIO

As a Scorpio native, you need to be open to change and embrace it. Positive changes will enable you to live a life you will appreciate and be proud of. Your health will be great with nothing to worry about.



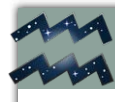
SAGITTARIUS

Live your best life no matter the challenges and hurdles you encounter. Never give up on yourself because your loved ones are not willing to give up on you. You will find happiness and fulfilment in knowing you are in charge of your life.



CAPRICORN

This month will see you opening up to positive changes taking place in your life. You need to embrace changes if you want to make your life better. Listen to your instincts and follow your heart. This way, you will be able to make the right decisions.



AQUARIUS

Great opportunities will come your way this month, and you need to be ready to embrace them. Make things work in your favour because you have the ability to do so. With belief in yourself and your abilities, there is nothing that you cannot achieve.



PISCES

You should not worry about minor illnesses. You have a positive frame of mind to guard your mental health. Towards the end of the month, your immune system will have taken a turn for the better. Some Pisces men should ensure they have their eyes checked.

Word search: Grandparents Day

I M Y A Y A V A C I Q W X R
 B E M C M R M B L I E I G Z
 K X X O O D P U Q C E L R A
 L V Z N N C B E L O T M A Y
 Y F N A Y X F L P O P E N D
 X O R N Y J H A E E V O D E
 N G C A O D P X B P E J P H
 C U V J G G E M K U A J A L
 N A N I S R C E Q M E M E Y
 X D J O P A A N U O X L I E
 I A N A N N A N U H J D O F
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 I A M N T Y A M B A Y M B P
 B U W L T P U V W L D I D O

- | | | |
|---------|-------|--------|
| Abuela | Nanna | Nonno |
| Abuelo | Pop | Nonna |
| Baba | Oma | Nana |
| Dido | Opa | Nani |
| Grandma | Meme | Aja |
| Grandpa | Pepe | Aji |
| Granny | Yaya | Zaydee |
| Grandad | Papu | Zaydeh |





LEFT: The village said goodbye to resident Jim Armstrong in September, Dougherty Villa's stoic Broncos supporter and footy tipping extraordinaire (he came 2nd in the competition this season). Vale Jim. We'll miss your maroon presence.

Clarence Village 2022 footy tipping results:

NRL Winners

1. Duncan McKimm
2. Jim Armstrong
3. Natasha Cook

AFL Winners

1. Duncan McKimm
2. Ros Houlahan
3. Vicki Valja

Tipping a hat to Jim

Now another NRL and AFL season is behind us, the Clarence Village Footy Tipping podium placements can be revealed.

Taking out gold in both codes was our leader D. McKimm. Now given this is Australia and we love to lop our tall poppies, if there was ever a reason to join the ranks and increase participation in the 2023 competition, the chance to bring this reigning duopoly to an end should be encouragement enough to sign up next year.

Sadly, the man who came close to giving the dual gold medallist a run for his money in the NRL division for the past two seasons, recently departed Dougherty Villa and the footy tipping field.

The late Jim Armstrong's dedication to the game of rugby league and his beloved Brisbane Broncos despite the NSW territory he found himself in, will no doubt linger in Village footy tipping circles for seasons to come. Thanks for the memories Jim.



Clarence Village



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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

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