



# Village Voice

Your monthly Clarence Village community newsletter

FREE



*Dougherty Villa residents Doreen Sheehan, Fairlie Slater and Miriam Collison getting a sneak peak at the first edition of the Voice.*

## INSIDE:

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## Welcome to your monthly dose of village news

Just because COVID-19 is causing us to physically separate, it doesn't mean we can't stay connected. The Village Voice newsletter comes along at a very testing time for the world, where the things we used to take for granted, like catching up with family and friends and visiting places, are privileges we hope to see restored soon. In the meantime the Village is doing what it can to foster in-house community connections. Enjoy this first 'made in lockdown' issue.



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# A note from the CEO



Welcome to the very first edition of what I hope will become an essential part of each month at Clarence Village – the Village Voice newsletter.

While newsletters are nothing new at Clarence Village, the Village Voice will be the first newsletter to go out to residents and families across all parts of the Clarence Village, from independent living to Clarence Village on Queen and Dougherty Villa.

Our mission is to create a community that cares and to do that, we need to be able to communicate with each other. Since the unfortunate demise of the Daily Examiner, I've had a lot of feedback from old and young that they've lost a valuable way to keep connected to what's happening in the community. This is our answer to that call.

I'm happy to introduce Lesley Apps, whom many of you will know from her time at the Examiner, as the journalist pulling this together each month. No doubt you'll see Lesley around.

So welcome to this, the Village Voice – where we'll endeavor to keep you informed of what's happening around the Village and more widely. If you have suggestions for things you'd like to see in the Voice, please email [news@clarencevillage.com.au](mailto:news@clarencevillage.com.au).

Kind regards,  
Duncan McKimm

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## Only journo in the Village

Hi, I'm Lesley Apps, writer and journalist from the Clarence Valley. If you have lived in Grafton for a while you may recognise my name from The Daily Examiner across 25 years as a journalist there.

While I'm no longer working at the paper, I am still writing and will be including Clarence Village in my rounds.

These special stories will be exclusively for the village's new publication the Village Voice which will be distributed to all Clarence Villagers so if you have any hot tips or a story to tell, you can email me at [news@clarencevillage.com.au](mailto:news@clarencevillage.com.au).

Anyway, you might start seeing more of me around so come and say hello. Look forward to chatting soon.



# Board welcomes two new members



## Clarence Village Board Members

- Chairman Geoff Shepherd
- Deputy Chair Mark Dougherty
  - Neil Payne
  - Chris Wheelahan
  - Taya Straw
  - Allan Gough
  - Libby Shearer
  - Lyn Harris
  - Arthur Lysaught

### Arthur Lysaught

Arthur Lysaught has had more than 40 years association with Clarence Village, serving as a board member “a long time time ago when Bill Dougherty was president”.

He was recently reappointed to the role and considered it a “pleasure” to be able to be involved with the board once again.

“Clarence Village is a pretty precious organisation to the community as I see it, so if I can in some way do a little bit for them more than happy to do so.”

Soon to be retiring from his role as Clarence Valley Councillor, Mr Lysaught admitted that experience was probably the most frustrating of his life.

“I intended to take 12 months off but when (board president) Geoff Shepherd mentioned the vacancy “I thought that’s one I can’t not put my hand up for.”

### Lyn Harris

Lyn Harris was “delighted” to accept a position as Clarence Village board member and said she was looking forward to the challenge.

Mrs Harris was the work, health and safety co-ordinator for the Grafton and Maclean hospitals and felt she could contribute to the board in those aspects.

“Many members have strong financial backgrounds, which is not my area of expertise but risk management and the well being of staff and residents is something I’m very familiar with.”

Mrs Harris said her late mother’s experiences with aged care was another reason she decided to accept the position.

“I was very pleased with the care my mother received at her facility in Sydney and had always heard positive and good comments about the care extended to the residents in Clarence Village.”



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## Tonia joins the Village team

One of the newest faces to arrive at Clarence Village, albeit mostly hiding under a mask at the moment, is quality manager Tonia Fitzcosta.

Tonia started her position in July and said her role was all about maintaining quality across the village footprint so it continued to be a people-centred organisation that sees residents as individuals not just as their condition.

One of the ways she will do this is by developing a therapeutic model of care that the whole village can use.

“I’m a real believer in training staff in the same model of care, so we’re all coming from the same place,” Tonia said.

She will also support the personal care team leaders and oversee staff development so they can provide the best service they can to residents.

“There are great staff here. I’ve only been here

a short time but I’m really impressed with how they respond and interact with residents. Many of them have been here for a long time and that says something. I’ve also spoken to a lot of the residents and they are happy. They love it here.”

Hailing from the UK, Tonia came out to Australia backpacking in 1997 when she “fell in love with her dive instructor and Australia.”

After 20 years working here and raising a daughter, Tonia decided to return to the UK a couple of years ago because she “missed her family dreadfully” and to work out if she should move back there permanently.

“It didn’t take long, when I woke up in the dark and came home in the dark when it was only two o’ clock in the afternoon, I thought ‘I’m going back to Australia’. Luckily, that all happened at the end of 2019, just before COVID arrived.”

# Olive's athletic legacy

The village and the wider Clarence Valley recently lost its champion of the track and field Olive Webb.

Olive had been in her element recently thanks to much anticipated broadcast of the Olympic Games in Japan.

While she never competed at the Modern Games, she did compete all over the world in track and field events at the Masters Games including USA, Puerto Rico, Scotland and Switzerland.

A veteran of the Clarence Valley sporting arena, Olive won the coveted Daily Examiner Sports Star of the Year in 2000, a big year for sport with the Sydney Olympics also underway.

Her impressive track record gave her the chance to participate in the Olympic Torch Relay, Olive carrying the iconic flame through Maclean as part of its long journey from Greece to the cauldron in Sydney.

Olive started running at school, her favourite distance “probably the 800m.”

“I always ran long distance. I did the City to Surf three times. That was 14kms and I improved my record each time.”

For many years she would train every day: up at 5.30am to do 8kms and another 12kms after work.

She ran her best races when most people were retiring and putting their feet up. Even at 92, Olive's preferred footwear was her joggers.

Olive spent the last couple of weeks of her life enjoying her beloved Olympics, especially the track and field events which brought back many memories.

“That's the trouble with it being on. I'm always late getting to the dining room. I'm not as fast as I used to be.”





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## Teddy has left the building but made sure he took a milestone with him

Village resident Ted Newberry recently passed away but not before he reached the exclusive centenarian club on June 25. Teddy was able to celebrate the milestone moment with the village and enjoyed reading his VIP congratulations from the Governor General, Prime Minister Scott Morrison and of course, her Majesty the Queen who is five years away from her own 100th. The Village crew will miss Teddy and sends his family the warmest of condolences.

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## Dusty's bird's eye view of Clarence Village

Residents at Clarence Village on Queen may get the feeling someone is watching them while out and about.

Well, they wouldn't be wrong and a quick glance to the roofline might just reveal who that purveyor is .

'Dusty' is the alpha male of the Village and loves to keep an eye on the comings and goings in the community.

According to sources most villagers love having him around, casually prowling the neighbourhood and minding his own business.

And while he often enjoys his bird's eye view of the Village from atop the roof, he doesn't bother the birds as he gets very well fed by his mum Shirley.

"He's more interested in cuddles," a Dusty fan said.



# Calling all contributors State your piece!



If you'd like to contribute a piece to the Village Voice we'd love to hear from you. You can email yarns to [news@clarencvillage.com.au](mailto:news@clarencvillage.com.au) or give Lesley a call on 0435 602 164

## Life's pretty peachy for these day-trippers

Before lockdowns returned, the Clarence Village Independent Living Unit, Queen St and Gardens Residents enjoyed a bus trip to popular Lower Clarence attraction The Peach Farm.

The working farm has a cafe and shop as well as a menagerie of cute critters to get to know including sheep, goats, pigs, dogs, chooks, ponies, turkeys, alpacas, and peacocks.

As you can see in the photos a great time was had by all, including the friendly alpacas.

After a delightful morning at the farm, the Village day trippers made a pit stop at the Brushgrove Hotel to enjoy lunch by the Clarence River.

The day trip was funded by Clarence Village raffles and weekly game of 10 play which is held in the Joan Muir Community Centre on Saturday afternoons.

Great to see the 'fruits' of their labour being put to good use.

*Photos:*

*Top, Chrissy O'Farrell and Sandra McGarry*

*Middle, Peter and Miriam Sinfield*

*Bottom left, Challis McCosker*

*Bottom right, Molly McArthur*



# Former Village CEO running for council

Clarence Valley Council local government elections will now be held on December 4 after being postponed twice — last year and again this month — due to COVID-19 pandemic.

One resident running for a councillor position is former CEO of Clarence Village Phil Belletty.

Mr Belletty's campaign motto is 'Let's build a better future together'.

Here's a shortlist of how Mr Belletty hopes to achieve this.

1. A strategy to manage growth for a sustainable future for the Valley.
2. Plan and attract investment and business.
3. Cut through red tape to make it easier for new businesses.
4. Increase jobs through business investment.
5. Improve social housing outcomes.
6. Improve amenities and access for senior citizens and the public.
7. Maintain and grow the valley lifestyle we love.
8. Revive Grafton's status as a regional city.
9. Preserve our waterways and pristine valley.
10. Create more highway signage to divert travellers into our villages.
11. Improve health services throughout the Valley.

Mr Belletty said we had a unique opportunity for change as several councillors have indicated they will not be standing for re-election.

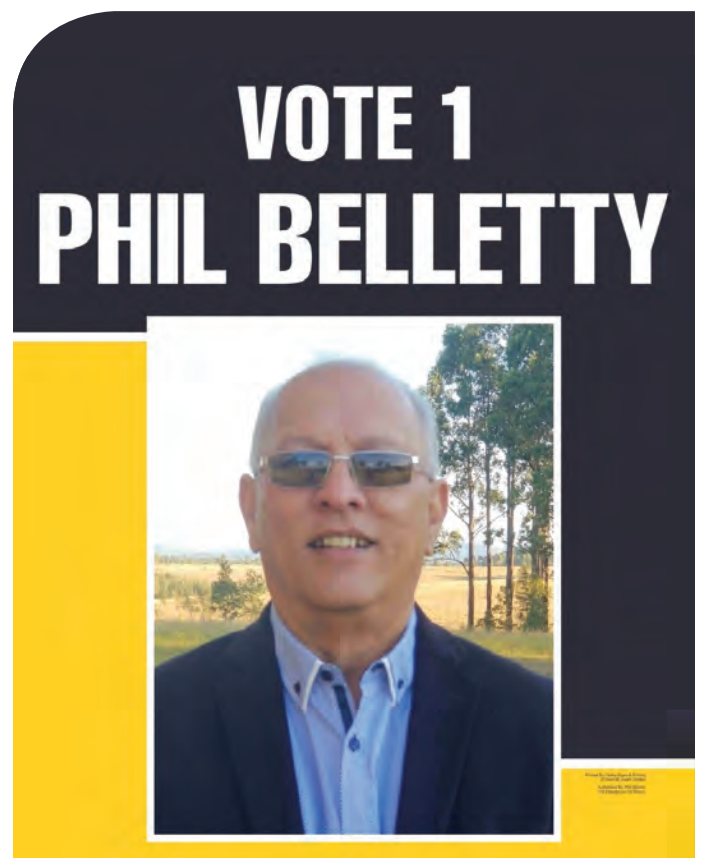
"It is important that people considering being a councillor commit wholeheartedly to the position and have the time and determination to work hard for our community," Mr Belletty said.

"We need to build on the work that has been done by previous councillors and create opportunities for the future."

Mr Belletty said while he was currently retired from full-time work, as a Clarence Valley Councillor he would draw from his considerable government and private sector experience in infrastructure planning, management, aged care and social housing to serve the people of the Clarence Valley.

Some of the recent community initiatives Mr Belletty has been involved with include improving social housing, pushing for Grafton Hospital upgrade and development of transport hub in Grafton, and the future of the old Grafton jail site.

If you would like to get in touch with Mr Belletty you can reach him on  
Mobile: 0419 884001  
Email: philb.aps@gmail.com







*Community Connections Officer Ros Houlahan with Clarence Village Gardens residents Lola Connor, Marie Murray, Mavis Yager, Shirley Craig at the Wednesday craft group get-together.*

## No knit picking, just a lot of fun

You'll find a crafty bunch in the hall at the Clarence Village Gardens every Wednesday.

Not only are they enjoying each other's company, they are also lending their creative hands to help others.

The group of women look at the craft group gatherings as an opportunity to take some time out — that's code for 'away from their husbands' — for a couple of hours each week where they can indulge in relaxing pursuits like knitting and crocheting while engaging in some entertaining conversations.

"A knit and a natter," regular attendee and Clarence Village Gardens resident Shirley Craig said.

While there's usually about eight ladies who make up the group, the day the Village Voice paid them a visit numbers were about half that.

The women make all sorts of things but knitted squares, trauma teddies and bed socks are high on the agenda.

The squares are sent to another local group who use them to make blankets which are distributed to people in need as well as police and ambulance stations.

"A few of those go up to families in the Tablelands," Shirley said.

Their handiwork also goes into the Christmas boxes that Community Connection Officer Ros Houlahan co-ordinates for delivery to third world countries.

The women said anyone can come along and join in the fun and social occasion which also includes some afternoon.

"We all just bring some biscuits and cake to share."

The Clarence Village Gardens craft group meets every Wednesday 2pm-4pm in the community hall.



*The love of horseracing runs deep for village residents Kevin Burns and Phyllis Daniels.*

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## Phyllis is no. 1 when it comes to picking a winner

Phyllis Daniels is an omen bet extraordinaire when it comes to picking winning racehorses.

When she moved into Dougherty Villa her daughters looked after the admin and every time they checked in with Phyllis about a particular part of the process, her response was always ‘whatever you think’ entrusting them to make the best choices for her. She said that quite a few times over that weekend.

On Monday she picked up the paper to have a look at the form guide and there was a horse. No. 12 ‘Whatever You Think’.

“So I backed it and up it got,” Phyllis said.

That’s pretty much how the Dougherty Villa resident has been choosing her horses since she first started punting as a young woman.

Her late husband Cecil loved a punt, his father Carl, a well known bookie.

The first horse Phyllis ever backed was called Phil’s Star. “It was my name, so I asked how to put a bet on. I was working full time so had \$10 each way. He got up and won. That was that. I

learned from there.”

Phyllis’ preferred style of bet is a trifecta or duet and one of the biggest tips she learned from her husband was to “never leave no. 1 out”.

“Doesn’t matter if it’s 200-1”, Phyllis said, “It’s rated the top horse in the race.”

Phyllis’s reputation for backing a winner was noted by the establishment.

During one July Carnival a bookmaker made her an offer she couldn’t refuse.

“I was there to put my money on the favourite and the bookmaker said if you pick another horse but the favourite wins I’ll give you what you would have won anyway. So I couldn’t lose.”

Phyllis checked out the rest of the field and going on her omen instinct there was only one choice. “It was a roughie, but I have one son and there was this horse called One Son.” Needless to say One Son “got up” and beat the favourite.

“It was the most I’ve ever won, over \$3000.”

More recently, a horse called Jule’s Spirit won twice for Phyllis, a melancholy choice in honour of one of her children.

“My daughter Julie died when she was 30 but in my books she’s an angel so when I saw that horse’s name I knew.”

## Kevin’s carnival days over but the memories live on

Retired Newcastle-based trainer, Kevin Burns now calls Dougherty Villa home but his connection with Grafton and its racetrack goes back to 1965.

A regular visitor to the carnival over the years, in 1984 Kevin brought his horse Brigalow up for the event to “give him a run around”.

“I nominated for the Association Stakes (now John Carlton Cup). It wasn’t a strong field so I put Robert Thompson on him and it won,” Kevin said.

“Everyone asked if I was going to go in the Ramornie Handicap but I said no, I’m going in the South Cup which was held the following week in those days.”

If you know the annals of Grafton’s racing history you will also know Brigalow went onto win the South Grafton Cup with Thompson again atop.

“Everything Robert put his leg across won. He also took out the Grafton Cup that year on My Star Sapphire.”

While Brigalow holds a special place in Kevin’s heart, his other horse Moss Rocket was his pride and joy.

The outstanding sprinter enjoyed success at Randwick and Flemington notching up eight wins, 11 placings and earned \$765,770, not bad for a \$35,000 outlay.

Moss Rocket’s most memorable tilt in Grafton at July was in the 1996 Ramornie Handicap, a

While Phyllis recalled some of favourite omen bets she continued to study the form guide ahead of making the weekend’s selections.

“Having a bet is just something I’ve always done. It’s in the family. Even on his deathbed my husband said to me ‘now don’t forget... Any trifectas and duets, never leave out no. 1.”

much-talked about race that saw one of the tightest finishes in its history.

“Every horse was in the photo finish, it was that close. Unfortunately, he ran second by a horse hair (nose) to Cangronde”.

While Kevin was never a big punter he said he’s had a few good, and not so good, bets over the years.

“I haven’t had one for a while but I did recently set up an account. I might have get a few tips from Phyllis.”



*Dougherty Villa maintenance manager Andrew Busch shows off Kevin Burns’ pimped wheels. Kevin’s scooter is named Brigalow after his champion racehorse which won the South Grafton Cup in 1984.*





*Volunteer Brian Lane and Dougherty Villa resident John Barnier enjoying each other's company at a Rotary men's lunch.*

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## Dignity of risk vs duty of care

One of the most difficult balances to strike in aged care is between providing residents with the dignity of doing risky activities they enjoy, while also keeping them safe from harm.

A typical example is falling over. While the physical consequences of falling are easily understood, preventing people from living the life they want to causes harm in other ways.

When the Aged Care quality standards changed in 2019, they moved towards encouraging aged care staff to support older people to take risks with informed decision making. This calls on us to provide information about possible risks to seniors (eg, "If you go for a walk without your walker, you may have a fall and injure yourself") then allow the person to make the decision themselves.

Recent changes to restrictive practice legislation also encourage seniors to make

informed decisions about risks. Striking this balance is particularly difficult when residents have dementia or cognitive decline, as their ability to make an informed decision can change day to day.

At Dougherty Villa we never employ restrictive practices without having exhausted other avenues. I always encourage our team to use our values to make the right decision when things are unclear.

"People first" is our main value. We're lucky that our team form strong relationships with the residents they care for and I feel confident trusting them to make decisions that let our residents live the lives they want to live. We don't always get it right, but we do always try to put people first. That's what dignity of risk means for us.

*Duncan McKimm*

# Village stargazers - your monthly horoscopes

Welcome to your September 2021 monthly horoscopes by Sunsigns.org. You will get an idea about prospects for finance, love, social relationships, health, travel, and education.  
In general: September is a time for happiness and enjoying with family and friends.

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## ARIES

Married people are looking for excellence in partners. Singles will find love during leisure trips. Family affairs can be volatile and children may have problems in their academic activities. Health will not pose any problems.



## TAURUS

Married life is made enjoyable through novel methods of love. Singles may have problems in deciding on their love relationships. Children will thrive in their activities. Health will be exceptional without any hazards.



## GEMINI

Married life will be enjoyable with the support of your spouse in solving challenges. The month is not favourable for singles in love matters. Travel activities are beneficial. Health may deteriorate. Family affairs will be difficult.



## CANCER

Marital life will be marked by loyalty and passion. Singles should get into love partnerships after fully understanding their partners. Children will have no problem with academic activities. Health prospects are great.



## LEO

Life with your spouse will be congenial and there will be a good understanding of the marriage. The family environment will be cheerful, and children will do well in their studies. Health conditions will be blissful.



## VIRGO

Married couples will have no reason to complain this month. Singles will have many opportunities for getting into love partnerships. Health prospects are fabulous. Family and children will not have a propitious month.



## LIBRA

Married couples are looking for a change of environment. Single persons fail to get love partners due to their suspicious behaviour. The family environment will be pleasant. Health will not create any problems.



## SCORPIO

Married life will be delightful with a few compromises. Single persons will find love during the last week of the month. Family finances will enhance happiness in the family environment. Health will be fantastic.



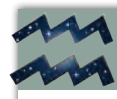
## SAGITTARIUS

Married life will be turbulent during the first fortnight. Planetary support is available for singles to forge love alliances. Family surroundings will be full of peace and harmony. Health will be great without any chronic ailments.



## CAPRICORN

Marriage will become harmonious during the second fortnight. Singles can get love mates during the third week. The family may face turbulent times. Planets will favour you with excellent health.



## AQUARIUS

Married life will be full of love and harmony. Single persons can find love in their friendship circle. Children will do well in their studies. Fabulous health will make your disposition optimistic. Travel engagements may not be beneficial.



## PISCES

Good communication will result in enjoyable marital happiness. Singles can charm the opposite sex into love alliances. The family environment will be a little difficult. Maintain health with regular fitness programs.

# Quiz of Olympics proportions

The Olympic Games are over until Paris 2024 but that doesn't mean giving up on exercising your brain. Here's a fun quiz to test your Olympian strength knowledge.

- Where was the first Olympic Games held?
- What country was the Olympic Games held in 2016?
- How many rings does the Olympic flag contain?
- Which country has won the most Olympic medals at the games?
- What do the five rings on the Olympic flag represent?
- What three words is the Olympic motto?
- An Olympic gold medal is made mostly of what metal?
- What colour are the Olympic Rings?
- Which year did the Munich Olympic Massacre occur?
- How old was the oldest Olympic medal winner?
- Which athletes enter last in the parade at the opening ceremony?
- How often are the Olympic Games held?
- Who is the fastest swimmer ever?
- Which team is first to enter the stadium at every opening ceremony?
- Which sport is known as the oldest in the world and held at every Olympics?
- In which sport do men and women compete as equals?
- What year were women allowed to compete in the Olympic Games?
- Can you name the athlete turned Tarzan actor who won five gold medals in swimming in the 1920s?
- Which city/country will be hosting the 2032 Olympic Games?
- Who is Australia's most successful Olympian?

**Grafton Street Names**

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

<b>Bacon</b>	<b>Prince</b>	<b>Queen</b>	<b>Powell</b>
<b>Victoria</b>	<b>Fry</b>	<b>Fitzroy</b>	<b>Mary</b>
<b>Dobie</b>	<b>Alice</b>	<b>Turf</b>	<b>Villiers</b>
<b>Clarence</b>	<b>Cranworth</b>	<b>Breimba</b>	<b>Oliver</b>

20. Emma McKeon, swimmer with 11 medals. (She claimed this honour after the Tokyo games).
19. Brisbane, Australia.
18. Johnny Weissmuller.
17. 1900
16. Equestrian.
15. Wrestling.
14. Greece (to honour the birthplace of the modern Olympics).
13. Michael Phelps, USA.
12. Every four years (unless there is a pandemic or a world war).
11. The host country's competitors.
10. Age 72 (Oscar Swahn from Sweden won a silver medal for shooting in Antwerp 1920. He won his first medals 2 x Gold and a bronze in 1908 aged 60).
9. 1972.
8. Blue, Yellow, Black, Green & Red.
7. Silver.
6. Faster, Higher, Stronger.
5. The five continents: Africa, Asia, The Americas, Europe and Oceania (the last one includes Australia).
4. USA (current tally 2632 — 1061 Gold, 832 Silver, 739 Bronze).
3. Five.
2. Rio, Brazil.
1. Greece.
- QUIZ ANSWERS**

# Welcome to the team

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The Clarence Village team welcomes some new faces this month – Jennifer Wood, Greg Learmonth, Marissa Ryan and Tara Ferguson.

All four will be working at Dougherty Villa – say hi if you see them around!



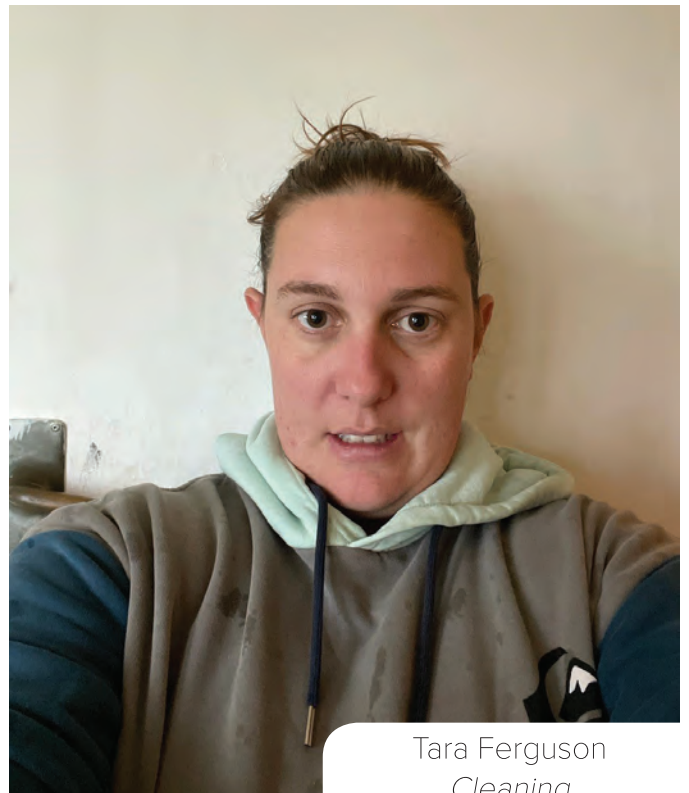
Jennifer Wood  
*Care Staff*



Greg Learmonth  
*Cleaning/Maintenance*



Marissa Ryan  
*Care Staff*



Tara Ferguson  
*Cleaning*

# Footy tipping brings out village competitiveness

No Aussie organisation is worth its salt unless it has a footy tipping competition, right?

So naturally the Clarence Village has its own hotly contested leader board where Dougherty Villa residents and staff try to out do one another every weekend in a bid to be the NRL's top tipper.

The competition has been running for a number of seasons, this year 22 women and men have put their money where their team is to be a part of the fun.

Leisure & Lifestyle Coordinator Danielle Elliot said there's always a lot of excitement building each weekend ahead of the games.

"There's a lot of camaraderie between staff and residents. Most watch the games in their room given the time of day but you hear them the next morning talking about it 'ooooo did you watch the game' and 'that was a good one'." Danielle said she prints out round sheets which go up on the wall and everyone's tips go into the green ballot box in the dining room.

"The care staff go around and help some of the residents with their tips and Connie and Susie



DOV Maintenance Manager Andrew Busch with footy fanatics Kevin Burns, Ernie Really and Jim Armstrong.

(staffers) go through and tally up the points"

Occasionally, displays of competitiveness go into overdrive, especially if you happen to barrack for certain teams across the border.

"There's a bit of friendly rivalry and heckling especially for anyone who dares hold a torch to any of the Queensland teams," Danielle said.

"Resident Jim (Armstrong) is a Queensland supporter. Once I visited his room there was a NSW Blues banner stuck across the door and more stuff inside. Even the cart he drives around had NSW colours plastered on it. Someone had sabotaged him, but he thought it was pretty funny."



## Clarence Village

### 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)