September 2023



Your monthly Clarence Village community newsletter

FREE



Darragh, Anthony Woods.

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Our kitchen rules at the Villa

Forget Masterchef, the Dougherty Villa kitchen team looks like they should have their own cooking show thanks to the smart new uniforms in the classic shade of village purple.

And uniforms aren't the only new thing to arrive in the kitchen. This issue we meet the new catering manager who did his training in Australia's most famous 'home' and catch up with the one of our favourite cooks, now leading the talented kitchen team.

These catering whizzes are also about to do some training with one of the county's best loved foodies. Check out all the kitchen news on pages 6-7.

A note from the Village CEO



CEO Duncan McKimm wears a special tie to work made for him by daughters Nora and Lucy for Father's Day.

As we approach Christmas (!) there's still plenty on the go at Clarence Village. Late September sees us in the Land and Environment Court fighting the Clarence Valley Council sewer connection charges. Meanwhile, we're also finalising documentation to lodge a DA on our 95 Armidale Street property, and this week we began the process to become a registered Community Housing Provider.

Over the last two years the Village Voice has been a really valuable way to communicate some of the things we do at Clarence Village that go beyond the everyday provision of housing and care for seniors. I'm very proud of the team we have at Clarence Village and as you see in each issue of the Voice, wherever you direct your attention in this organisation you find people working hard to create a community that cares. More than that though, the Voice has helped show that wherever you look, there are terrific people living in and working on Clarence Village.

I'd particularly like to thank Lesley and Tanya for pulling together the Voice each month – well done ladies!

Kind regards, Duncan McKimm

Two years of finding our voice

Can you believe it's been two years since the Clarence Village launched the Village Voice.

The monthly publication has gone from strength to strength since then, kicking its goal of bringing the village community together through stories and insights from the across its diverse footprint.

It's been great to be along for the ride. Meeting lots of new people — residents, staff, volunteers — listening to their stories, and sharing in their wins.

Although it's only been a couple of years (much of it navigating a pandemic), it's been a privilege to record all the wonderful things the village has been doing, from revamped veggie gardens and grand openings to diverse cultural events and celebrating milestones.

Of course, at the Voice's core are the village's residents and staff who are championed each month.

Whether they are new arrivals or well known faces, this issue is no different.

Happy 2nd birthday VV.

esley

Email me: news@clarencevillage.com.au





Warm reception for latest arrivals

You may have noticed something has changed in the Dougherty Villa foyer.

And it's not our cheery RN Chris Henderson thankfully, who kindly jumped into the photo to pose with the latest arrivals.

The two artworks behind him are on loan from the Grafton Regional Gallery and by long-time local artist Pam Fysh, both with birdlife themes.

The drawing on the left is Sea Gulls, 2005 and on the right is The Birds and the Bees, 2015.

Pam is a prolific producer of art. She has four works in the Gallery's regional collection including these two, but her association with the institution goes way back to its beginning.

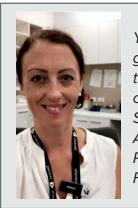
Pam became a member of the Jacaranda Art Society in 1963 when she first arrived in Grafton and was instrumental in setting up a regional gallery here in 1988 through her tireless volunteering and campaigning to secure funding and the support from the then Grafton City Council.

The Grafton Regional Gallery is now one of the city's most popular attractions.

Pam is still actively involved in the gallery and continues to help fundraise and pursue her love of creating art.

Four key steps to access aged care support available to you

My Aged Care is the Government department responsible for providing government funded aged care support for Older Australians, both in home support, and residential aged care.



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

There are four key steps to accessing Australian Government funded aged care services:



Learn about the different types of care you need: Are you wondering if you can get some help with day-to-day tasks around the house? Maybe you need some respite care while your family or carer is away? Or perhaps it's time to look into aged care homes. There are many services that can help you maintain a good quality of life as you get older.

Get assessed for aged care services: Before you can access government-subsidised aged care services for the first time, you need to apply for an assessment.





Find a provider in your area that suits your needs:

If you've been assessed and are ready to set up your new services, you can find a local provider to deliver the service/s you are approved for. You may also have questions about what you've been approved for or if there will be a cost for you when receiving your services.

Manage your services: If you are currently receiving aged care services, there may be times when you need to increase or make some changes to them. Whatever your situation, you can manage your services so that they continue to work for you.



For assistance with any of these steps contact My Aged Care on 1800 200 422, or you can use the My Aged Care website <u>www.myagedcare.gov.au.</u>

If you would like to see a person face to face, please feel welcome to visit the Centrelink office on King Street and make an appointment to see me. My role is to help you to navigate this journey.

Plumb job of a lifetime

If you are a long time Grafton resident and ever had a busted pipe or hot water system, chances are you might have had dealings with John and Edna Wright.

A few weeks into their new journey together at Dougherty Villa, John has spent most of his life in the plumbing game, while Edna was at home raising their sons and taking a lot of calls, sometimes all hours of the night.

"John was in bed by 8pm so I'd answer all the late night phone calls. "Eleven at night, sometimes 2' o'clock in the morning."

The response was mostly the same.

"If it was an emergency burst pipe you'd tell them to turn the water off and the power to the hot water system and I'll be there at 7 o'clock in the morning," John said.

The 92-year-old started in the plumbing trade after he left Grafton High "just before the intermediate exams" after he saw an ad in The Daily Examiner.

"I called in to Englert and Logan on my way to school unbeknowns to my parents. It was in a big shed back then, in the laneway near McKimms. Mr Englert called over to see my father and mother in Cambridge St to offer me the job. This was on a Wednesday, and I had to start on the Monday. I was 15 at the time and left school the following day."

John worked as a plumber and tin smith for nine and a half years (his job included making corrugated iron water tanks and tin chimneys for hot water systems).

"Then I got a job with the biggest builder that this Clarence River has ever seen — by the name of Reg J Want."

Working with Reg took John all over the place. "Tweed Heads, Ballina, Lismore, Casino, Coffs



Longtime Grafton couple Edna and John Wright recently moved into Dougherty Villa together.

Harbour, Nambucca and out west to Moree and Narrabri.

"The first day with Reg there was 18 of us in the back of a truck with a canopy over it. Three in the front. It was a sheep station over the other side of Inverell, we were there three weeks working six days a week."

John's hardworking ethic is something Edna got used to, and also didn't go unnoticed by their two-year-old son, Terry. "John would often get home after being away on a job for days or weeks and Terry would say 'who's that man coming into the house'."

The couple were married in 1954 after meeting at the Tinder of the time, the Grafton Barn dances.

After working for Reg for nearly 12 years, John set up his own business which he ran for the next four decades until he retired at 75.

"I liked the job. We worked with the everyday ordinary person around Grafton. They were good to work for, so I never stopped. I think that's why I'm still here."

From one iconic venue to another

Dougherty Villa's new catering manager brings a pretty special work history with him.

Neil Darragh has been cheffing in his hometown of Sydney for about nine years, specialising in catering for functions and private events.

But when it comes to workplaces, where Neil started his career, is as iconic as venues come.

"My first day on the job was at the Sydney Opera House."

Neil said he always had an interest in food and knew he wanted to work in a kitchen environment, so after studying for his Cert 3 at TAFE he began a dream job with one of Australia's lauded chefs Matt Moran and his catering wing.

"His restaurant ARIA was right next door to the Opera House and was their contract caterer, so I spent the next four and a half years working there."

Neil said during that time he was able to work alongside some the world's best chefs, and the odd famous face.

"A lot of the chefs came from international backgrounds, that was the best part of learning in that environment. The ingredients we used and calibre of chef who were happy to teach me. We did a lot of interesting jobs. Private yachts, things like that. You might walk past someone like Jimmy Barnes but to me it was just another day of cooking. It was pretty full on, stressful work. There wasn't really time to sit back and think about it at the time but I was lucky to have those experiences."

After feeling like a break from the high octane world of five star catering, when COVID shut everything down and Neil had three months off, he used the opportunity to re-evaluate things.

"I was working these crazy 15 hour days, six days a week. I had no family left in Sydney. My parents and sister had moved back to Grafton



Leading the Dougherty Villa kitchen team are catering manager Neil Darragh and team leader Sue Donnelly.

(Neil's mum and grandmother grew up here) and Sydney was too expensive."

Neil arrived in Grafton late last year and hasn't regretted a moment.

"I'd always wanted to spend more time with my nephews, and my parents are getting older so I can see more of them now."

After a few months off, boredom set in and when Neil saw the ad for the job at Dougherty Villa it hit him "like a lightning bolt".

"I had a grandmother in Sydney around the corner where I worked. I saw her a lot as an aged care resident. I used to make her sandwiches and take her on a picnic. To me food is basic but anything can be taken to the next level and there are steps and ways to do that."

He said he was really close to his grandmother growing up and always felt we should look out for our elders.

"That's how I was raised. I like doing things for people, especially our older people." *(Continued page 7)* While Neil has only been working in the Villa for a couple of months, he is really loving the change of environment and the awesome kitchen team he gets to work with. when I arrived and that my last name was 'Dougherty', he laughed.

"Who's this out of towner coming up here and why is he asking all these questions."

"They all thought I was the undercover boss

Sue's familiar with legendary Grafton organisations

Dougherty Villa kitchen team leader Sue Donnelly is no stranger to working in iconic Grafton businesses and organisations.

Recently appointed to her new role in the kitchen, she started at Dougherty Villa five years ago and since then has done the aged shuffle, a move that many multi-tasking staff members will be familiar with.

"I've got my Cert 3 so have done cares, medications, laundry and cleaning. But I've mostly worked in the kitchen and did those different shifts to help out."

Grafton born and bred Sue said she had mostly fallen into each of the jobs she has held down since leaving school.

The roll call of workplaces reads like a Grafton history book.

"I worked at the beauty counter at Gerards, the Crown Hotel, Charcoal Chicken and the GDSC. Mostly retail and hospitality jobs."

One of her longest runs was in the kitchen at the Grafton District Services Club where she spent 24 years preparing meals for thousands and thousands of hungry club members and visitors.

Now she's doing the same for our lovely residents at Dougherty Villa where she said her new job as kitchen team leader was making sure everything runs smoothly.

"I'm here five days a week including weekends. It's a great job and a very respectful place to work. I love cooking and interacting with the residents. You really feel appreciated."

Cooking classes by Maggie Beer and friends

The Dougherty Villa kitchen team will be undertaking some pretty special online training in September.

The short course especially designed for cooks and chefs working in aged care, will be delivered by expert chef trainers to enhance the food and dining experience of our elders.

Presented by the Maggie Beer Foundation, Dougherty Villa kitchen staff will join virtual classrooms for three sessions over the month.

The course is designed to build connections with aged care cooks and chefs from this region and give our kitchen team the chance to learn from the Maggie Beer Foundation chef trainer, and each other.

The program will cover a range of topics including maximising flavour, food preparation techniques, texture-modified foods, the dining experience, and more.



Residents treated to bush tucker morning tea

Dougherty Villa residents recently enjoyed a very special morning tea presented by Yaegl-Bundjalung sisters Aneika and Bianca Kapeen who own and operate Bakarindi Bush Foods based in Townsend near Maclean.

The Aboriginal owned and operated not-forprofit business gives back to the community through the Mudyala Aboriginal Corporation based in Grafton.

Sharon and Carmel Monaghan, whose mum and Bundjalung Elder Heather is a resident of Dougherty Villa, helped to organise the event which was very popular with both residents and staff. Aneika had been busy baking a variety a treats using their products and native spices including lilli pilli and rosella jam drops, lemon myrtle and coconut cupcakes, and scones with Davidson plum jam and cream. She also brought in a range of fresh herbs and plants from her garden as part of the display.

Staff snapped up plenty of the Bakarindi Bush Food pantry items on sale while residents enjoy the homemade treats and got know their native fruits like finger lime and davidson plum and herbs and spices like wattle seed and native river mint.



Bianca Kapeen gave a presentation to Dougherty Villa residents about their business Bakarindi Bush Tucker.



Bundjalung Elder and Dougherty Villa resident Heather Monaghan tries one of the yummy scones with lilli pilli jam and cream.



A selection of native herbs and fruits were on display for residents to see and taste.



Aneika and Bianca Kapeen from Bakarindi Bush Foods with organiser Sharon Monaghan at the special bush tucker morning tea at Dougherty Villa.



Bianca Kapeen shares some lilli pilli jam drops with residents Heather Freeman and Joan Marr.



Dougherty Villa resident Ramon Wilson is keen to try a bush tucker biscuit.



Some of the homemade bush tucker treats residents got to try at the special morning tea.



Muriel Mackie takes in the scent of a native herb Aneika Kapeen grows in her garden.

Celebrating milestones at the Joan Muir Hall

The Joan Muir Community Hall was the venue for a large gathering of family and friends to celebrate the 90th birthday of Clarence Village resident Mary Austin who was born on August 20, 1933. This great photo was sent in by her Mary's daughter Gail Roots who said her mum was very pleased with the number of people who came along to celebrate her milestone. Mary was also overwhelmed with all the birthday certificates of congratulations she received including messages from Mayor lan Tiley, Member of Clarence Richie Williamson, the Speaker of the NSW Legislative Assembly, NSW Premier Chris Minns, and "the icing on the cake" — a card from Prime Minister Anthony Albanese.



"Mum had another gathering on the Central Coast with family but the Joan Muir Hall was certainly a fine place to hold her Grafton celebration. A big thank you to Clarence Village for allowing us to use hall for the special occasion."



Margaret's rugs were so large she needed a helping hand from friends Shirley Craig and Marie Murray to showcase its beautiful pattern.

Rugs will travel the distance

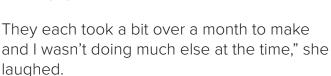
Clarence Gardens resident Margaret Brinkworth has spent the past three months knitting like crazy.

But all the hard work is for a great reason. The three large rugs she has crafted are destined for Colombia, for extended family she is about to meet face-to-face, for the first time.

"I'm going over with my son Chris and daughter-in-law Maria who comes from there," Margaret said.

This will be the first big trip overseas for Margaret "I have been to New Zealand" and making something special for the family to mark the occasion was the ambitious plan Margaret set herself.

"I honestly don't know how I got them done in time. They are all large double bed rugs.



Columbia.

Margaret dived into her stash of wool while following patterns she found online to create the colourful pieces.

"There are two chevron (zig-zag) designs and a triangular pattern, diamond shapes all sewn together."

Margaret flies out in early October and is looking forward to meeting family she has only ever spoken with over the phone in the 10 years they have been in-laws.

"I've been learning Spanish for over two years but I don't know whether they're going to understand me. The rugs are going to be a surprise. I hope they like them."



WEEKLY PRIZE DRAW!

WINNER TAKES HOME \$50

Competition runs every 10 weeks.

All profits go to the Grafton Community Bus. Let's see how much we can raise this year.

Get your tickets from Ros Houlahan or Penny White.



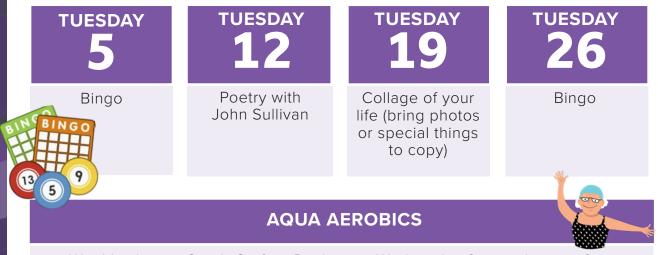
one of the beautiful rugs she has made for family in

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WHAT'S ON IN AUGUST

Joan Muir Community Centre

Free activities every Tuesday from 10am - 11.30am



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

NEW ACTIVITY! RIVERFRONT WALK

Every Thursday 9.30-11am. Bus pick up and transport to Memorial Park to walk along new Clarence riverfront pathway. Bring your own morning tea. Scenic drive home. Please contact office 6642 5991 or Ros 0478 228 838 if interested.

ESTATE PLANNING SESSIONS

26th-27th: NSW Trustee and Guardian will be coming to various Clarence Village locations for presentations (see the back page for details).

CLOCKTOWER MORNING TEA - 28th

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 the office.

ST MARY'S FEAST DAY - 8th

School Mass 9.30am, shared BBQ lunch 10.30am, house challenge 11.30am, at St Mary's Primary in Turf St.

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.

Spring time in a cake

As we head into our beautiful spring season, here's a fruity cupcake combination sent in by resident baker Libby Shearer, perfect for morning or afternoon tea out in the garden. Enjoy.

SIMPLE LEMON AND RASPBERRY CUPCAKES

CUPCAKE INGREDIENTS

- Zest of 2 lemons
- 225g caster sugar
- 125g butter, softened
- 3 large eggs
- 120g sour cream
- 160g plain flour
- 1 ½ tsp baking powder
- 150g fresh raspberries (plus 12 extra for garnish)

ICING INGREDIENTS

- 150g mascarpone
- 150g good quality lemon curd

METHOD

1. Preheat the oven to 190C and line a 12-hole cupcake tin with paper cases.

2. Rub the lemon zest into the sugar then whisk the butter and sugar together until soft and fluffy, about 3 minutes

3. Add the eggs, one at a time and then whisk in the sour cream

4. Sift in the flour and baking powder and then fold. Stir through the raspberries, mixing until the raspberries break up and it creates a nice ripple through the mixture

5. Spoon the batter equally into the cases and bake for 22 minutes. Leave to cool completely before icing

6. To make the icing, combine the mascarpone with the lemon curd and whisk until just combined.



Around the Village

Queen Street gets royal treatment

The Clarence on Queen Street entrance has been given a facelift and revamp. The boys have been busy repainting car parks, hedging, replanting, and mulching the garden and extending the concreted area behind the mailboxes so residents with mobility aids have better access. It's another job well done and a reminder of how fortunate we are to have such a great team.

Baby boom continues

More babies to report this month. Margaret and Darrel Kleindienst have welcomed their second granddaughter this year, Harlow Saige. Both mum and baby are doing well. That leaves us with one baby to go for the maintenance section. Team newcomer Gail Smith is expecting her first great grandchild to arrive in a few weeks time. What a baby booming year it has been for village staff grandparents. Darrel will also be taking a few weeks of leave in September to enjoy his new granddaughter.

100 club going gangbusters

Our 100 Club is still going really well, we are now onto the second sheet of 10 week draws. Squares have been selling for the third sheet which will commence once the second one has finished being drawn.

If anyone would like to purchase a square (or purchase a square to gift to someone as some residents have), please see Ros/Gail or call the office on 6642 5991. All funds go directly to the running of the community buses.



Clarence on Queen Street carparks have received the maintenance team magic.

Potential dust storms ahead

The weather is heating up and drying everything out. With little rain forecast for the remainder of the year, the grass and gardens will not be looking as lush as we would have hoped.

This also means when the gardeners are out and about mowing, dust can be stirred up and can impact any washing hung out and make its way inside buildings. There is not a lot that can be done to rectify this so please be mindful of this when the boys are doing their jobs. Keeping doors and windows closed during mowing times will help and the boys will do their best reduce the impact on the surrounding environment.

Planning for the future

In September, we have invited the NSW Trustee & Guardian in to inform residents and families about the importance of Estate Planning, Powers of Attorney and Enduring Guardianship, what they mean and what it means if you don't have them. This is exceptionally important at any age to have in place. I encourage you all to come along and be informed. Everyone is welcome, please RSVP to the office 6642 5991 as we will also be having refreshments (see the back page for more details).

- Penny White, Clarence Village Manager.

Word Search: Aussie Women Sporting Champions



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Cathy Freeman (athletics) Ash Barty (tennis) Michelle Payne (horse racing) Sam Kerr (soccer) Ellyse Perry (cricket) Steph Gilmore (surfing) Dawn Fraser (swimming) Betty Cuthbert *(athletics)* Anna Meares *(cycling)* Shane Gould *(swimming)* Karrie Webb *(golf)*

Louise Sauvage (wheelchair racing)

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Village stargazers - September horoscopes

ARIES

It's a good time to pick up projects that have been put on the back burner, or simply take a break. You can feel creatively invigorated with a desire to make art. Fun and celebration are also a theme as this month encourages you to party.

TAURUS

This month see you moving forward with a decision regarding your home, family, or personal life. Romance and creativity is heightened making it a fun time of the year for you. You might enjoy a new crush or quality time with the people you love.

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CANCER

Discussions might move slowly and miscommunications could take place. An important conversation may also be revisited. You could be running in to old friends or revisiting a local spot you haven't seen in a while, and your neighbourhood may be in the middle of a big change.

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LIBRA

It can be a quiet time of year for you. This month is all about connecting with your inner voice and being smart about how you spend your time and energy. You may want to help everyone or feel pressured to stay busy, but creating time to rest and catch up on time alone is key.

CAPRICORN

There are exciting journeys ahead. Perhaps you're literally traveling the world, or intellectually diving into an engrossing subject that impacts your understanding of the world. This season can also find you publishing your work or sharing an important message.

LEO

Finances might be a big theme for you. You could be reorganising your belongings, rethinking your budget, or reconsidering how to build wealth and security. You might also feel forgetful, so be sure to keep track of your keys or phone while you're out and about.

SCORPIO

It's an exciting time to connect with people. This is also a great moment for teamwork, as you and a group come together

to work toward a common goal. This season puts you in a contemplative mood: You're thinking about the future, how different things could soon be.

AQUARIUS

Money is a major theme this month. You may be settling a debt or working out a financial

issue with a partner. It's all about clarity and organisation, so if your bills are stacked in a messy pile, it might finally be time to take care of business.

GEMINI

Home and family may have weighed heavily on your mind and you could be reconnecting with the past in some way. You might see people from the past or revisit a place that was special to you. The atmosphere is easygoing and friendly, perfect for sharing big ideas.

VIRGO

It's your birthday season. You don't always love lots of attention but the spotlight is on you — so use it. Get yourself out there, share your ideas, and make a scene. You may feel creatively reinvigorated. It's a powerful time to assess where you want to put your energy and attention.

SAGITTARIUS

The inspiration you give others can feel especially gratifying—it's wonderful to know you're making a difference. If you've been stuck in a rut, you might realise how important it is to get out of your comfort zone and see new places, meet new people, and experience new things.

PISCES

You might have found a new wellness routine in your personal life, felt more valued, or gained clarity on an issue. Time has been a major theme for you. How and with whom you spend your time, how you manage schedules, and how your time is valued. You're beginning a new cycle regarding these themes.

Estate planning education sessions

Clarence Village will host three free sessions presented by Maria Grew from the NSW Trustee and Guardian.

These sessions will focus on Powers of Attorney, Enduring Guardianships, and Wills — what they mean for you, what their individual purposes are, and what happens if you don't have them.

Have your questions answered by coming along to one of the free events:

Tuesday 26 September 9.30am Joan Muir Hall *followed by morning tea*

Tuesday 26 September 2.00pm Clarence Village on Queen *followed by afternoon tea*



Wednesday 27 September 9.30am Clarence Village Gardens *followed by morning tea*

Everyone is welcome to attend. Please RSVP to Penny in the office 6642 5991 by September 18.







Dougherty Villa 206 Arthur St, Grafton

6643 2377

Supported Living

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

Independent Living

Clarence Village & Clarence Village Gardens

194 Turf St, Grafton

6642 5991

www.clarencevillage.com.au