



Welcome to our Autumn edition of Macleay Valley Village's newsletter.

We hope you will enjoy the review of our activities and events held over the past three months.

Thank you to all the residents who took part in our annual resident survey. Macleay Valley Village is committed to continually improving the service we provide. We believe the best way to improve our performance is to regularly seek the opinion and satisfaction of our residents. A summary of the results from the survey and a plan of how we will implement improvements resulting from the survey, will be presented at the next resident meeting which will be held in the community centre on Tuesday 5th April at 11:00am with morning tea provided. This will be a great opportunity for everyone to come together to discuss various activities, upcoming events and voice their ideas. We hope to see you there.

I would like to thank all residents for their patience and understanding during the last few months while we dealt with staffing constraints due to COVID-19. A special thanks to the residents on Fourth Avenue who helped out down the back. It was very much appreciated by the grounds staff. The maintenance and landscaping staff have been working hard to catch up around the village and it looks like things are back on track!

If you would like to share information that you think our readers might be interested in, please email me at emma@macleayvillage.net.au

Emma Ford - Macleay Valley Village Manager

Annual Emergency Evacuation Exercise



Our annual emergency evacuation exercise will be held in the Community Centre on Monday 14th March from 11:00am. During the exercise residents will be given a copy of our 'resident emergency plan' and have an understanding of the emergency procedures and what roles the fire wardens play in an emergency. Mark, from North Coast Fire, will be conducting the exercise for residents and staff, followed by a BBQ lunch for all attendees. Practising scheduled evacuation exercises will help ensure residents & staff know how to evacuate the retirement village in the safest & most effective manner. This practice can help reduce residents' stress & confusion in an actual emergency.

We welcome all residents who can attend the exercise to take part; the greater the participation, the more prepared the Village will be in an emergency. I hope to see you all there.



Very best wishes to
Residents celebrating
Birthdays!

MARCH

Di Lamborne
Lloyd O'Dell
Rhonda Sykes
Sharon Wilson
Yvonne McCready
George McCready
Brian Whyley
Geoff Lawrence

APRIL

Barrie Bishton
Darryl Gibbs
Christine Winmill
Marlene Penfold
Marina Trudgian

MAY

Val Gendle
Peter Wilson
Loretta Cobourn
Marion Fry
Sheena Huggins
Norma Sinclair
Rod Swadling
Marj Woodfield
Brenda Akister
Kelly Chalker
Robyn March
Coralie Eades
Merle Dawe
Marlene Eades
Bill Parton

Residents Christmas Party 2021



'Twas 5 days before Christmas and the biggest social event in the Village calendar was set to take place. The excitement was mounting and the conversations in the Village were centred around;- what to wear, what to drink and most importantly, the food!

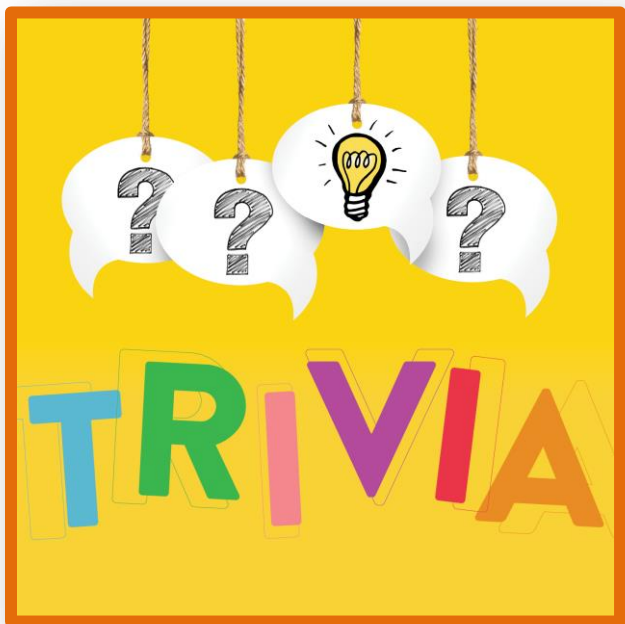
The day arrived and the caterers were already hard at work preparing lunch. Gail and Emma were doing last minute checks to ensure everything was perfect. The dining room was decked out with Christmas decorations and the tree was looking especially lovely, (thanks to Sharon Wilson).

The nibblies were quickly demolished and it was time for the main course to be served. We were spoilt with tender meats, vegetables, salads and scrumptious desserts. There were many comments on how good the food was.

We were entertained by the music of Barry Noble in the background, while residents enjoyed the atmosphere and the company of fellow residents. There was much talking and laughter!

It was a wonderful way to wrap up 2021.

Trivia Afternoon



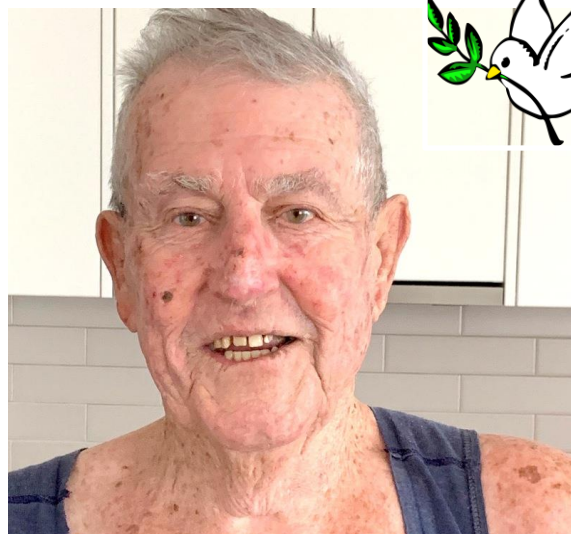
Our very first Trivia afternoon will be held in the dining area of the community centre on Thursday 3rd March from 2:00pm. There is no entry cost and each winning team member will win a prize. Feel free to bring along nibbles to enjoy for the afternoon. Please register your details on the community notice board if you wish to attend.

NRL Football Tipping Competition

The Village 2022 NRL Football tipping competition will commence on Thursday 10th March, the cost will be \$10 for the season and to be paid to Greg Field from villa 116. All entries are to be in by 6:00pm every Thursday to be eligible. Please see the community notice board for more details.



Condolences from us all



Sending heartfelt condolences to Merle after losing her husband Ron recently. Ron & Merle were our third ever residents to move in to the Village; living here for two years. Ron will be sorely missed by many. Also sending all of our love and support to Ken after saying goodbye to his beloved wife Fay, who resided in Macleay Valley House Nursing home. On behalf of the entire team and fellow residents of Macleay Valley Village, please accept our deepest sympathies.

Meet the Staff

Name: Ben

Role: Landscaping

Ben has worked at various places doing grounds work & landscaping. "I am so far really enjoying the role, both at the Village and the nursing home. I love the satisfaction of seeing the end result and am looking forward to meeting all of the residents."



Bob & Di Lamborne's 50th Wedding anniversary



Residents Bob & Di Lamborne recently celebrated their 50th wedding anniversary within the community centre; celebrating with family, friends and fellow residents. It was a lovely day for everyone who attended. Below is what Di had to say about their special day;

"Many thanks for all your help in making it possible for us to enjoy such a special day here at our home. The venue was just perfect with our guests able to use the entire upstairs area, enjoying the amenities, ambiance and fabulous atmosphere. We exchanged rings; for me an eternity ring and for Bob his very first wedding ring. Most people watched a PowerPoint presentation put together by our daughter and saw the changes in not just us but many of themselves that were with us through the journey and with us on the day. Residents Greg, Annette and Judell, along with my family did a wonderful job making sure everything ran smoothly. The catering was perfect again."



"Residents joining in the celebrations with Bob & Di"

Medical Alert Presentation



Please join us for a medical alert presentation and morning tea on Tuesday 8th March at 10:30am in the dining area of the community centre. A representative from "Emergency Medical Services" will speak to residents about the safeTwear medical pendant, how it works and different offers available to residents. Not to be missed if you are at risk of falls or looking for peace of mind while living independently.

Line Dancing



Come and join in the fun with the Village's newest activity. Line Dancing is being held in the recreation room of the community centre every Friday from 10:00am – 11:00am. The cost is \$5.00; please wear comfortable clothes and shoes.

Let's get Local....



**Ellerslie
FLOWERS**

As a top florist in Kempsey, each of our floral arrangements get the time and personalised attention they deserve. Ellerslie Florist passionately makes all bouquets in house, and personally delivers to your recipient in Kempsey, so they are guaranteed to receive fresh and beautiful flowers every time with an added personal touch. Pick out a gorgeous floral arrangement on our website and order flowers online through our convenient and secure checkout page or phone (02) 6562 8869. Ellerslie Florist will expertly arrange your bouquet of beautiful blooms and can even create a custom arrangement or gift basket for your special occasion.



Library Book Donations

Our library is getting very full with books donated by residents, and whilst we are very appreciative of the donations, we have limited room available and ask residents to please check with reception first before bringing the books up to the library. Please understand that any books donated, could potentially later be disposed of due to wear and tear, having double copies of the same book, no available space or quality control. Mary Pipes is doing a wonderful job of sorting the books when they come in, putting them back in order when returned and generally keeping the library tidy.

Thank you Mary!

Sudoku

Sudoku puzzles are a fun activity. It is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	2	8		3	1			6
						2		8
7		6					4	
	9			1	8			
	8		9	2	4		6	
			7	6			3	
	7					1		3
8		1						
5			1	8		7	9	

Solution to this puzzle will be published in our next newsletter.

Gladstone Quality Markets



Gladstone Quality Markets are held on the third Sunday of every month, along the banks of the Macleay River, Kinchela Street in Gladstone. The market hosts quality, local, hand-picked stallholders featuring artists, ceramics, gourmet/fine foods, local farm-fresh produce and more. There are food stalls, barista coffee and local musicians performing. Come along and enjoy a day full of fun.

Autumn Recipe Ideas

Vietnamese Caramelised Pork Bowls

Serves 4

INGREDIENTS

- 1 1/2 tbsp cooking oil
- 1/2 brown onion, finely diced
- 1-2 tsp ginger, grated or minced
- 2 garlic cloves, minced
- 1 small red chilli, deseeded and finely chopped (optional)
- 1 stalk lemongrass, very finely chopped, white part only (optional)
- 500g pork mince
- 4 - 5 tbsp brown sugar
- 2 tbsp fish sauce



METHOD

Step 1.

Heat the oil in a large frypan over high heat. Add the onion, ginger, garlic, lemongrass and chilli and cook for 2 minutes

Step 2.

Add the pork mince and cook for 2 minutes or so until white all over, breaking up the meat with a wooden spoon. Add the sugar and fish sauce. Stir, then leave it to cook without touching until all the juices cook out and the pork starts caramelizing – about 2 minutes. Then stir and leave it again, without stirring, for around 30 seconds to get more caramelization. Repeat until caramelised to your taste.

Step 3.

Serve over rice, garnished with sliced green shallots and chunks of cucumber and tomato on the side.

Note: Recipe Courtesy of RecipeTinEats



Wishing you and your families a very happy and healthy Easter holiday!



Remember to put your clocks back 1 hour on Sunday April 3rd for the end of daylight savings.

