



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

What's been happening at Macleay Valley Village during the winter months? Well, we definitely didn't go into hibernation! It's a great time of year for our Landscaping staff to prepare the gardens to rejuvenate them ready for Spring. The grounds staff have been very busy catching up after endless amounts of rain and staffing restraints due to COVID-19. The paddocks and gardens around the village are again looking in pristine condition, and just in time for the warmer months. A very big thank you to all the grounds staff for their hard work and commitment!

We have recently commenced our resident outings on the courtesy bus. What a wonderful activity to have up and running at the Village; with different outings scheduled to suit all of our residents. Watch out for our monthly bus schedules and make sure to register your details for the activity you are interested in attending.

Our Pool will be reopening on Monday 5th September for Spring. The pool opening hours will be from 7:00am to 3:00pm, whilst the pool blanket and heaters are being used to retain the heat. The pool covers will be coming off on Monday 3rd October to align with the start of daylight savings; the pool opening hours will then go back to the normal operating hours from 7:00am to 7:00pm.

Happy Father's Day to all the Dad's out there for Sunday 4th September.

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

A Horse is a horse of course.....



"Resident horse whisperer Sharon escorting newly named "Sunny" to safety".

Mad Monday happened at the Village on the 15th August shortly before 9:00am. Emma was fighting with the coffee machine which wasn't co-operating, while Gail was getting organised to take the residents on the first bus outing, when the calls started coming in about a horse on Fourth Avenue! Emma went down to Fourth Avenue on the buggy to investigate and found a Shetland pony happily munching on the grass down near the dam. After many failed attempts to catch him, resident Sharon Wilson, was finally successful putting her many years of experience, passion and love for horses to good use. Sharon thought all her dreams had come true and proudly took Sunny on a VIP tour of the Village introducing him to elated residents. Sunny apparently came from near the Frederickton golf course and is proof that the grass is greener on the other side! Even horses know where the best pasture is – Macleay Valley Village!

Let's get Local....



A dining experience you'll remember, and a view you'll never forget! New addition to the beautiful little village of Gladstone, "Eternal Oak Café & Restaurant" is located behind The Health Lodge, overlooking the Macleay River. Open for Breakfast, Lunch & Dinner. Please call the Café on 0455999181 for bookings.



Australia's Biggest Morning Tea



We held our Biggest Morning Tea, to raise funds for the Cancer Council, on Monday 20th June, in the Community Centre. This was well attended by residents and some visitors to the Village. There was plenty of sweet treats on offer in exchange for a gold coin donation. We also ran a very successful raffle and this was won by a very surprised, but happy, Pat Hassett.

Our fund raising target was \$500 and thanks to our generous community here at the Village; we exceeded expectations and raised \$820! After a successful and enjoyable morning spent socialising and raising money, we look forward to doing it all again next year in the name of cancer research.

Hearing Bus Australia

The Hearing Australia bus came to the Village on Monday 1st August. This is a service provided by the government at no cost to the residents. A free hearing check is offered and residents can get their hearing devices checked and cleaned on the bus, by Lucinda. It is always well frequented by the residents, who enjoy the convenience of having access to this service in the comfort of their own Village.



Resident Monthly Birthday Party



It's Happy Birthday time at Macleay Valley Village. We've started holding our monthly morning tea on the first Tuesday of every month. Our monthly catch ups have been very popular with our residents, giving the opportunity to catch up over a cuppa, whether it is your birthday month or not! Don't count the candles, just enjoy the glow!

Very best wishes to Residents celebrating Birthdays!

SEPTEMBER

Margaret Walls
Geoff March
Adeline Burton
Col Hassett
Meriel Burke
Frances McMillan
Selwyn Farrarwell
Alan Winmill

NOVEMBER

Brian Donnelly
Barry Penfold
Val Bowen
Pat Hassett
Audrey Whyley
Alan Harris
Annette Field
Kaz Smith

OCTOBER

Rhonda Burley
Greg Field
Jill Bishton
Bob Lamborne
Colleen Hope
Julie Harris
Paul Huggins



Tips To Cut the Cost Of Living

If you feel like every time you go to the supermarket or fill up the car with petrol, you have to take out a small bank loan, you are not alone. With the cost of everything on the rise, we have put together some tips to help ease the pain.

Groceries are one of the biggest household expenses, but shopping smart can help cut costs. Sign up to Reward programmes like Woolworths Everyday Rewards – it doesn't cost anything to join, but just by your everyday shopping, you earn points that eventually earn you savings on your shop. Coles has Flybuis which work in a similar way. By using these cards to your advantage, you can save on your grocery shop. Alternatively, Aldi has cheaper prices, but no rewards cards. If you're capable of packing your own groceries, then this is a good alternative. Keep track of weekly specials. Woolworths and Coles both have digital catalogues online and you can make up your shopping list accordingly. Follow the bargains!

Energy bills are rising, but there are ways that you can save in this area: - Only use your washing machine when you have a full load. Try and avoid peak electricity hours, when the cost is higher. Dry your washing on the line if you can, instead of using the dryer. Hot water is a real power guzzler, so try to stick to the cold wash setting for day to day laundry if possible. Consider renegotiating with your power provider, or shop around for a new one. Turn off devices at the wall when you can. Standby power can cost you more than you think. Adjusting the settings of certain appliances within your villa and ensuring you are using your appliances in the most energy efficient way can dramatically decrease your costs. Information has previously been sent out to residents with recommended settings in regards to running your air conditioning and solar hot water systems. If any residents are unsure of the most effective way to be using these systems efficiently please let Office or Maintenance staff know and we will be more than happy to show you. I am hoping that adopting some of these simple steps can help you save costs with the ever growing cost of living!

Early History of Frederickton



Frederickton (Macleay Street now Pacific Highway) 1896

Frederickton was named after Frederick William Chapman. He wrote in his manuscript *Early Days on the Macleay 1836-1908*:

'I decided to subdivide a small portion of my property into township lots and call it Frederickton... they sold very well and a nice little village had soon formed. 'He had apparently surveyed the 170 acres several years after his marriage to Jane Agnes Scott in 1853. Before this, the locality had been the site of a ship-building enterprise - a 'river town' based around ship building, timber getting and pastoral pursuits. Sugar cane was also grown here from 1871 until it was found that the climate was unsuitable.

John Gillies had the lease of 50 acres on the riverside. Major Henry Oakes, Commissioner for Crown Land, noted in his log book in 1837 that the settlement was well conducted and the 'proprietor was engaged in ship building'. The name of the settlement was Klywooticka and it was two miles from Yarrabandini Station. In 1843, the ship yard was taken over by Christopher Lawson, a native of Denmark, who named the settlement 'Christopherson'. After the formation of the township, the associated businesses of black smithing, brick making and general merchandising soon followed. Frederickton was famous for its regattas, the first of which was held in 1853. Originally these competitions were between the sailing ships which brought supplies, the crews pulling life boats and farmers in their rowing boats.

Sun Seeking

A poem written by resident Kerry Donnelly, about their recent adventures...

We left freezing cold Geurie
To be on the road made us very cheery

We left the coast after weeks of rain
We knew the sun would shine again
Not at Pilliga we had a camp fire in the rain and
mud

That brought us back down to earth with a
thud

We had many a swim on the great Artesian
trail

The therapy of the pools did not fail
Pilliga, Goodooga, Boomi & Mitchell just to
mention a few.

Loved camping by weirs & rivers
It was soo cold we would shiver
We visited so many places with their claims
to fame and local pubs on main
The average cost of fuel was \$2.18L

From a heater in the morning to a fan at night
From fields of cotton to sugar cane, what a
delight

From the red dirt of the outback to the ocean
on the coast

What a fantastic trip it has been, that we can
boast

Especially with Helen & Pete
Two nicer people you will not meet
Family time with the Davos and Archer & Evie
At Borumba Deer Park Imbil
My heart is full

Roma is looking worse for wear but she
continues to take us there... to places we have
and haven't seen

WHAT A RIDE IT HAS BEEN
"There is always something"



Bus Outings



“Residents out and about on the bus enjoying a shopping trip to Port Macquarie and Bellingen markets”.

Our Resident Courtesy bus activities have officially commenced, with an array of different scheduled activities; such as trips to the markets, lunch outings, scenic trips, adventures to the local zoo and much more on offer! It has so far been a real hit with the residents who have been enjoying the opportunity to get out and about with fellow residents, catching up and seeing new places. Thank you to the nominated residents who have volunteered their time to drive the bus with staff members.

Macleay Valley Business Awards



Congratulations to our Village Beautician, Kirstie and her team, from “Kirsties Skinsational Beauty Therapy”, who won two awards at the 2022 Macleay Valley Business Awards- we only have the best of the best working at the Village!

Time to spring into action With Steve...



With all of the rainfall the soil is heavy and compacted, now is the time to aerate and add fresh soil and organic fertilizer. Pots in the garden beds are a great way to add colour without the worry of wet soil...

Marigolds, Petunias and Alyssum are good performers in pots. Keep an eye out for pests such as aphids and mealybugs on new spring growth. Now is also the time to fertilise your lawn to green it up after winter.

Other Garden maintenance jobs you can expect us to be working on in the Village over the Spring include; removing aquatic weeds from the dam, some new plantings around the country club gardens, and slashing of the grass drainage swales in the back paddocks.

Donna Patterson
Hairdresser

Servicing Macleay Valley Village
Bookings: 0400 140 174
or contact Reception
6561 0900

| | |
|------------------------------|----------|
| Ladies Haircut..... | \$40 |
| Shampoo/Cut & Blow Wave..... | \$45 |
| Shampoo and Set..... | \$40 |
| Men's Haircut..... | \$20-30 |
| Permanent Wave..... | \$95-100 |
| Colour..... | \$50-80 |

Spring Special
Free Wash with every cut.
Call Donna on 0400 140 174
for bookings.

Spring Recipe Ideas

CURRIED HONEY CHICKEN

Super easy, budget friendly and tasty. It's also gluten free.
Quick prep and the oven does the rest.

Serves 4

Prep 10 minutes. Cook 1 hour

INGREDIENTS

- 8 chicken thigh cutlets, skin removed and trimmed of excess fat
- 50g butter, chopped
- ½ cup honey
- 2 teaspoons (10ml) Dijon mustard
- 2 teaspoons (10ml) curry powder

METHOD

Step 1

Preheat the oven to 180°C (160°C fan forced). Place the chicken pieces into a large roasting pan and set aside.

Step 2

Place butter, honey, mustard, curry powder and 1 teaspoon salt into a saucepan. Stir over medium heat until butter melts and mixture comes to the boil.

Step 3

Carefully pour the hot sauce over the chicken and place into the oven. Bake for 1 hour, basting occasionally and then more often in the last 20 minutes of cooking time, until chicken is cooked through and nicely glazed.

Step 4

Serve with cooked jasmine rice and steamed Chinese greens. Garnish with slices of spring onions/shallots if you wish.



Don't forget to put your
clocks forward 1 hour from
2:00am on Sunday, 2nd
October for daylight
savings.