

MACLEAY VALLEY VILLAGE NEWSLETTER WINTER 2022



Welcome to our winter edition of Macleay Valley Village's newsletter. Congratulations to our newly elected members who will represent the Village as our resident committee. On behalf of the residents of the Village, thank you for volunteering your time to represent your community.

I would like to take this opportunity to thank all of the staff at the Village for their hard work, commitment and compassion they all show. The comments and praises received for all of our staff members, from the recent resident satisfaction survey were so lovely to read. We have a fantastic team of village staff and wonderful, caring residents that together make this such a beautiful community to be a part of. Let's hope moving forward, we can all continue to show this kindness to one another and continue to make the Village an even better place for residents to call home.

Emma Ford- Macleay Valley Village Manager

Macleay Valley Fashion



Put on your best outfits and come and enjoy a well deserved night out and support local. Everything at Macleay Valley Fashion is from the Macleay Valley. Designers, Artists, Boutique shops, Models, Local Celebrities, DJ & Restaurant. Held at the Old Cheese Factory, Frederickton on Saturday 4th June from 6:00pm. Tickets available from www.eventbrite.com.au

Macleay Valley Village Cancer Council Biggest Morning Tea



We are hosting our Biggest Morning Tea to raise funds for the Cancer Council on Monday 20th June in the Community Centre from 10:00am.

Please bring a plate of biscuits, slices or cake if you are able to. A gold coin donation or more will help the Cancer Council raise much needed funds for people impacted by cancer. Apart from funding the critical work of cancer researchers, funds also go towards helping cancer patients with transport to treatment, accommodation, information and support telephone service with dedicated cancer nurse and a wig service. One Australian is diagnosed with cancer approximately every four minutes, the length of an average tea break. This year we hope to raise \$500 and beat last years tally of \$325; so please join us for a fun morning of games & raffles and help raise much needed funds for the Cancer Council. We hope to see you there!



Very best wishes to
Residents celebrating
Birthdays!

JUNE

Judy Raymond
Barry Walls
Wendy Baldwin
Mary Pipes
Roger McAlister

JULY

Ken Reckless
Paivi Ranta
Elva Bailey
Phil Hope
Barry Collins
Jen Hayes

AUGUST

Rita Sinclair
Mary Micallef
Kerry Donnelly
Max Bailey
Irene Rudder
Ted Gendle

Home Care Package Presentation

Kristy, from EACH, came to the Village on Tuesday 19th April to deliver a presentation on Aged Care and Home Care packages. Items that were discussed were types of aged care assessments, requirements for respite and permanent care and support and services for older people to remain living independently in their own homes. It was a very informative presentation and was well attended by 33 residents. There were lots of questions from residents and guidance from Kristy about these complex but important services.



Line Dancing

Residents have been really enjoying our weekly Line dancing classes, a big thank you to Shirley and her guests for offering such a fun and interactive activity at the village. If you would like to join in the fun and try something new, come along to the recreational room on Fridays from 10:00am to 11:00am. Please wear comfortable clothing and shoes and bring along some water. We hope to see you there!



Morning Magic

A poem by resident Adeline, written about the billabong she overlooks from her villa.

The stillness of the billabong
Has mirror surface reflections
In morning sunshines calm
As gum trees quiver in a zephyr.

Fish jump about playfully,
Tiny birds skim the water as
Egrets beautiful wings reflect
Gliding across so gracefully.

Kookaburras greet the morning
Their laughter far away,
While crows raucous call lingers
Across lush green paddocks,

Streaky white clouds float,
As grey ones buffet mountains.
Swallows mingle, flying high and
Willy Wagtail chatters in grass.

Later, magpies melodious call
Fills the cool of the morning as
Ripples on the billabong
Run away from paddling ducks.

Then two pelicans glide in
Circles, white winged beauty
Against a lowering filled sky,
Before landing by the billabong.

-Adeline 2022-



Trivia Afternoon & BBQ



Another Trivia afternoon is being organised by the committee for late June. At the completion of the trivia, a sausage sizzle will be provided. There will be no cost for the sausage sizzle as the bottle collection money will pay for this. Residents wishing to recycle their bottles using the 'Return and Earn' program, can leave them out the front of their villa for Greg & Bill to collect Tuesday mornings. All money raised will go back into various activities for the residents. Dates and further details for this event will be provided to the residents shortly.



Medical Alert Presentation

On Tuesday 8th March we had a medical alert presentation by Christine, from safeTwear, followed by morning tea. A few residents have taken advantage of the medical alert pendant and have found reassurance and comfort in knowing that they can get help immediately in case of a fall or accident, no matter where they are. If you were unable to attend this presentation and would like more information on this service, please ask Gail or Emma at the office.



Rain, Mud and Flood

We started off the month of March with plenty of rain, (like we needed more!) and 71mm was recorded on the first day. This resulted in a moderate flood in the Macleay.



(Photo taken March 1 2022)

Mother Nature then decided that we hadn't had enough rain, so to bookend March, we got 113mm of rain on the 30th, which resulted in another moderate flood. Despite the flooding and saturated fields and gardens, the total rainfall for March 2022 was substantially less than for March 2021 (526mm vs 822mm) when our last flood occurred. The Village residents were treated to enhanced water views.



(Photo taken March 31 2022)

Throwback photo to January 2020, the below photo was taken in January 2020. Kempsey was in drought at this time. The total rainfall for January 2020 was 0.6mm!



Anzac Day

A big thank you to our very clever residents Annette & Judell who made the wreath for the village for Anzac Day.



They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.



Lest we forget.

Annual Emergency Evacuation Exercise



Our annual emergency evacuation exercise was held in the Community Centre on Monday 14th March. The evacuation was well attended and residents were introduced to the village fire wardens. Mark, from North Coast Fire & Security, spoke to the residents regarding the emergency procedures and the roles that the fire wardens play in that situation. Residents were all given a copy of our "resident emergency handbook" and were briefed on what to do and where to go in the event of an emergency. Thank you again to our fire wardens; Greg Field, Phil Hope & Bob Lamborne for volunteering their time and skills to help keep our village safe. Whilst the meeting was underway, the smell of sausages and onions cooking on the BBQ was wafting through the dining room. Steve & Gail did a great job on the BBQ. The sausage sandwiches were eagerly devoured by then hungry residents. Thanks to Paul Huggins for his assistance with handing out the drinks.

NRL Footy Tipping Competition

We are halfway through the footy tipping rounds for 2022 season. We have 23 enthusiastic tipsters this year and competition is fierce. There have been some great scoring weeks and then some doozies, eg. Magic round was not so magical for some! If only the teams could stick to the plan that would make tipping a whole lot easier; but upsets are all part of what makes it fun to watch each week. Our current leader is Di Lamborne sitting on 100 points, but the pressure is on and anyone can still win. So time to get serious and study the form guides. Good luck everyone and may the best (luckiest) tipster win!

Tech Savvy Seniors Introduction to computers



Tech Savvy Seniors is a learning initiative that will assist seniors who have limited or no experience in using technology to learn new skills, access information online and stay connected with family & friends. The next workshop is an introduction to computers session on Thursday 9 June, being held at the Kempsey Library from 10:00am-12:00pm. Participants will need to bring their laptop fully charged and ready to use. Morning tea is provided. For more information, or for anyone who is interested in attending this workshop, Please call Kempsey Library on 6566 3210 to register.

Hand Craft



A reminder to residents that hand craft is held in the craft room fortnightly on a Wednesday from 10:00am to Noon. If you are interested in doing an array of different hand craft activities such as knitting, crochet and cross stitch, please come along and join the ladies for some crafts, cuppa and a chat!

Winter Recipe Ideas

Easy Beef Curry

It is best to prepare curry a day before required, to allow the flavours to develop.
Curry can be frozen for up to 4 months.

Serves 2-4

INGREDIENTS

- 400g rump steak
- 1 large onion, sliced
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- 2 teaspoons malt/brown vinegar
- 2 teaspoons light soy sauce
- 1/4 teaspoon chilli powder
- 2 teaspoons mild curry powder
- 1 tablespoon tomato paste
- 1 cup water
- 1 small beef stock cube, crumbled
- 2 teaspoons cornflour
- 2 tablespoons water, extra



METHOD

Step 1

Cut steak into cubes. Combine steak, onion, garlic, ginger, vinegar, soy sauce, chilli and curry powders, tomato paste, water and stock cube in saucepan.

Step 2

Bring to the boil, reduce heat and simmer uncovered for 45 minutes or until steak is tender.

Step 3

Blend the cornflour with the extra water and add to curry. Cook for a further 1-2 minutes until it thickens. Serve with rice.

Recipe source: Australian's Women's weekly

