



Macleay Valley Village  
Luxury Independent Living • Frederickton, NSW

# MACLEAY VALLEY VILLAGE NEWSLETTER WINTER 2020



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

In recent weeks, there has been a gradual easing of restrictions put in place by the NSW Government in relation to the COVID-19 situation.

We recognise this has been a difficult few months for our Residents and are excited to see life getting back to normal.

We have quite a few new Residents who have moved to the village over the last few months, with 21 residents now calling Macleay Valley Village home. It has been a delight to watch all of our new Residents being welcomed and embraced by our growing community.

Our display office is back open over the weekends from 11:00am – 3:00pm but in accordance with the COVID-19 social distancing restrictions.

If you would like to share information that you think our readers might be interested in, please email me at [emma@macleavillage.net.au](mailto:emma@macleavillage.net.au)

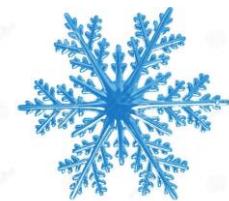
## Community Centre Card Swipe System

Our new card swipe system for the community centre has been installed. The hours of operation will be from 7:00am – 7:00pm. Please see Emma at reception to collect your new swipe card to access the community centre during these hours.



CALL US TODAY

02 6566 8050 | 0417 297 141



**Hair Salon Open Mondays by appointment only**  
**Please call Donna on 0400 140 174 or contact reception to make a booking**

*Donna Patterson*  
**Hairdresser**

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



Ladies Haircut .....	\$35
Shampoo/ Cut & Blow Wave.....	\$40
Shampoo and Set.....	\$35
Men's Haircut .....	\$25
Permanent Wave .....	\$90
Colour .....	\$45-75

**Beautician Open Tuesdays by appointment only**  
**Please call Elly on 0401 272 601**  
**Or contact reception**



Please see Elly for your complimentary gift pack of "skin care company" products for you to try at home. Products will be available to purchase from the salon.

## Meet the Staff

**Name:** Gail

**Role:** Administration

Born and raised in Cape Town, South Africa, Gail studied food service management and worked in the hospitality industry for 7 years managing restaurants. A career change saw Gail working in commercial property management. Gail and her husband owned and operated "Irvine's Jewellers" in Kempsey for 15 years which is where some of our locals may have previously seen Gail's friendly face.

"I love working at Macleay Valley Village, it's a beautiful environment to be in and I look forward to meeting more Residents as they move in."

**Very best wishes to Residents celebrating Birthdays!**



### March Birthdays

Ronald Deighton

Lloyd O'Dell

### April Birthdays

Barrie Bishton

Marina Trudgian

### May Birthdays

Merle Dawe

Bill Parton

Norma Sinclair

Robyn March

### June Birthdays

Judy Raymond

### July Birthdays

Elva Bailey

### August Birthdays

Mary Micallef

Eric Bailey

## New Residents to the Village



### Marina Trudgian- Villa 14

Originally from Queensland, Marina has moved to the area to be closer to her daughter and family. "I feel at home and already have met so many new friends within the Village".



### Bill & Judell Parton- Villa 38

Bill & Judell are locals who have moved to the Village to enjoy the Resort lifestyle, "Less time for maintenance means more time for life".



### Mary Micallef- Villa 24

Mary now calls Macleay Village home along with her two dogs Soakie & Jessie. Welcome to the Village Mary!



### Robyn & Geoffrey March- Villa 114

Fresh to Macleay Valley Village from Sydney, Geoff & Robyn are looking forward to enjoying the beautiful weather and fishing the Mid North Coast has to offer.



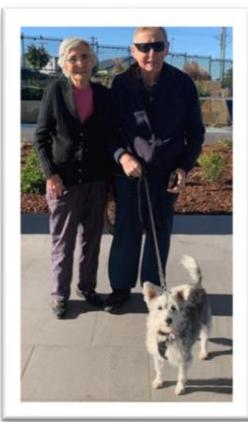
### Ronald & Meriel Burke- Villa 54

New from Macksville, mid north coast, Ron & Meriel are looking forward to settling in to their new home and enjoying the facilities at the Village.



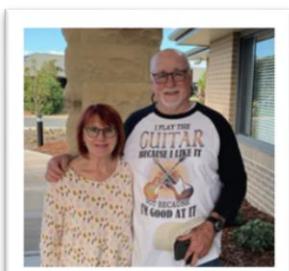
### Gregory & Annette Field- Villa 116

Just arrived from Cootamundra, Greg & Annette are looking forward to settling into their new Courtyard Villa, welcome to Macleay valley Village.



### Elva & Max Bailey- Villa 20

You will see Elva & Max walking most afternoons with their dog, Mandi. Welcome Max & Elva we know you'll be very happy here.



## Meet & Greet Afternoon



Residents are invited to join me at the Community centre on Thursday 25<sup>th</sup> June for happy hour from 4:00pm. Complimentary refreshments and canapes will be supplied with entertainment provided by Trevor Riley. This will be a great opportunity to meet your neighbours and friends informally over a drink and nibbles, I look forward to seeing you there.

## Village Gym Opening Hours

Great news, the Village gym is reopen seven days a week from 7:00am until 7:00pm. It's really important to exercise and stay physically active as you get older. Exercise can lower your risk of developing a variety of health conditions, including heart disease and dementia. It can also help to reduce your risk of falls. No matter what your age or health condition, there are plenty of ways to add more physical movement to your life. It's never too late for exercise to have a positive effect.



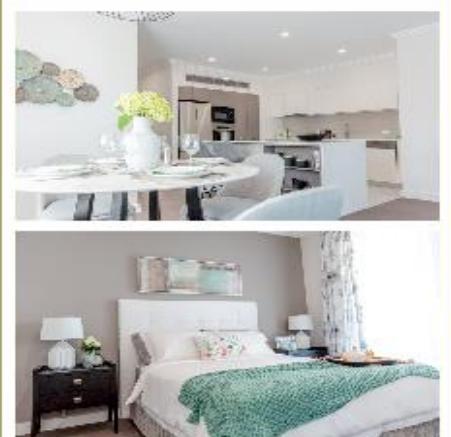
"Resident Judy making the most of the Village gym facilities"



## Discover Macleay Valley Village

Offers quality constructed, brand new homes in a purpose built village. Each modern villa is cleverly designed over one level offering stylish easy living.

A stunning location with lifestyle to match



Open for inspection

**7 days a week**  
11:00am-3:00pm

Call Emma  
today to book your tour  
**(02) 6561 0999**  
**0439 999 497**



# RECIPE IDEAS

## Sticky date puddings with burnt caramel sauce

### INGREDIENTS

- 2 cups pitted dates, finely chopped
- 1 cup boiling water
- 1 teaspoon bicarbonate of soda
- 125 g butter, softened
- $\frac{3}{4}$  cup brown sugar
- 3 eggs
- 1 cup self-raising flour
- 1/2 cup plain flour
- 1 teaspoon ground cinnamon
- Double cream to serve

### BURNT CARAMEL SAUCE

- 1 cup caster sugar
- 300ml pure cream
- 1 teaspoon sea salt flakes
- 50 g butter



### METHOD

**Step 1** Preheat oven to 180C/160C fan-forced. Grease 8 holes of 2 x 6 hole,  $\frac{3}{4}$ -cup-capacity Texas muffin pans. Line base of each hole with a round of baking paper.

**Step 2** Combine dates, boiling water and bicarbonate of soda in a large heatproof bowl. Set aside for 10 minutes to soak.

**Step 3** Using an electric mixer, beat butter and brown sugar until light and fluffy. Add eggs, 1 at a time, beating well after each addition until just combines. Stir in combined flours, cinnamon and date mixture. Spoon evenly among prepared holes. Bake for 20 to 25 minutes or until a skewer inserted into the centre of 1 pudding comes out clean. Set aside for 10 minutes to cool.

**Step 4** Meanwhile, make Burnt caramel sauce Place caster sugar in a large, deep frying pan over medium-high heat. Cook, stirring constantly with a wooden spoon, for 6 to 8 minutes until sugar melts and caramelizes to a dark brown. Remove from heat. Carefully pour in the cream (mixture will splatter at this stage). Add salt and butter. Return to low heat. Cook, stirring, for 5 minutes or until toffee dissolves and sauce thickens slightly.

**Step 5** Transfer puddings to serving plates. Drizzle with hot caramel sauce. Serve with double cream.

*Notes: Allow additional time for cooling. Recipe can be found on Taste.com*

