



Welcome to our winter edition of Macleay Valley Village newsletter.

I would like to take this opportunity to thank all of the residents for the kindness & generosity shown to one another during the floods.

We had residents checking on their neighbours who do not drive, ensuring they had enough milk, bread and supplies. It is these kind neighbourly gestures that make the community of Macleay Village such an enjoyable place to live.

As always, we would like to take this opportunity to welcome all our new residents who have made Macleay Valley Village home over the past three months.

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

Marj celebrates her 95th Birthday



“Resident Marjorie Woodfield blowing out her Birthday candles with daughter Barbara at her party”.

Resident Marjorie Woodfield celebrated her 95th Birthday at the community centre surrounded by friends, family and fellow residents. A great time was had by all, celebrating Marj, who is just adored by everyone at the village. A big Happy 95th Birthday Marj, you truly are an inspiration to all you meet.

Macleay Valley Village Cancer Council Biggest Morning Tea



We are hosting a biggest morning tea to raise funds for the Cancer Council on Monday 28th June in the Community Centre from 10:00am.

Please bring a plate of biscuits, slices or cake to share. A gold coin donation or more if you wish will help the Cancer Council raise essential funds for people impacted by cancer. Unfortunately, COVID-19 caused a \$9.6 million shortfall of funds raised from Australia's Biggest Morning Tea in 2020, meaning less funding for cancer research, community prevention programs, and vital support services for people with cancer. But because cancer doesn't stop, neither will we! Please join us for a fun morning and help raise much needed funds for the Cancer Council. We hope to see you there!



Very best wishes to Residents celebrating Birthdays!

June Birthdays

Judy Raymond
Barry Walls
Mary Pipes
Roger McAlister

July Birthdays

Ken Reckless
Paivi Ranta
Elva Bailey
Phil Hope
Jen Hayes

August Birthdays

Rita Sinclair
Mary Micallef
Eric Bailey
Irene Rudder
Ted Gendle

Return & Earn

Residents wishing to recycle their bottles using the “Return and Earn” program can leave them out the front of their villa in a bag for Greg to collect Tuesday mornings. All money raised will go back into various activities for the residents.



Meet the Staff

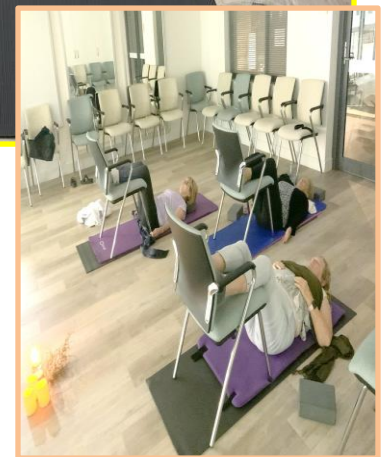
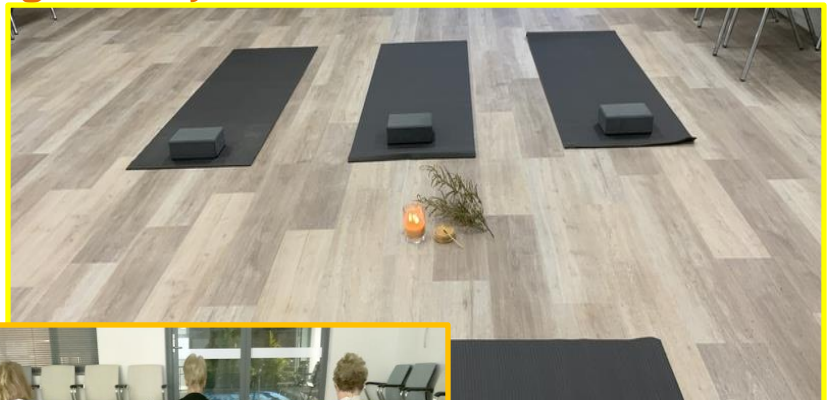
Name: Steve

Role: Maintenance

Steve has been working as a Maintenance Supervisor for over 10 years.” I love the diversity of Maintenance, every day brings something different. I am really excited to start my role at the Village & Nursing home and look forward to getting to know all the residents”.



Yoga with Lyn



“Residents enjoying our weekly Yoga class with Lyn”.

Yoga has a variety of positive benefits for mind, body and soul. Yoga can help to reduce certain chronic health symptoms, can improve balance and flexibility and can also provide a positive form of relief from stress and anxiety. Our instructor Lyn has tailor made her classes to suit over 55’s, focusing on a broad range of movements to suit all involved.

Classes are held each Wednesday in the Recreation room in the community centre from 4:45pm – 5:45pm. Bring your own yoga mat & drink bottle the cost is \$15.00 per class. Come along and try your first class for free. Please register your details on the community notice board for classes.

Slim Dusty Kempsey Festival

The festival will be held over four days and is a celebration of Australian music and culture as inspired by the legendary Slim Dusty. The event will include musical performances by a range of artists, speaking sessions 'In Conversation', Bush Poetry, a new and emerging talent competition called "On the Horizon", songwriter's workshops, whip cracking demonstrations, whip making classes, a Bush Balladeers showcase and more. In addition to the activities held at the Slim Dusty Centre, a number of musical performances will also be held in venues such as hotels, clubs and halls across the town of Kempsey.

The festival will be held at the Slim Dusty Centre, 490 Macleay Valley Way, Kempsey from Thursday 2nd September to Sunday 5th September. Please contact 0402 034 904 for further information.

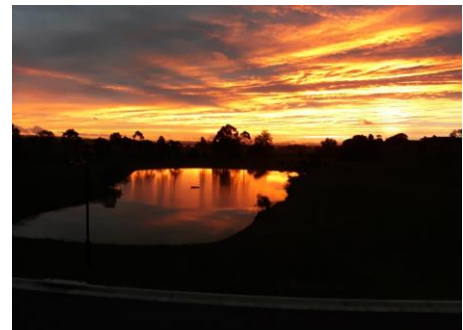


Community Notice Board

Our Community Notice board is now located at the coffee shop in the community centre, which displays activities and events taking place in the community; please check to keep up to date with what is happening within the village.



Sunsets at the Village



Photo's courtesy of resident Colleen Hope; taken from her terrace on Fourth Avenue

That's me the label by Margo Mott

Every woman looks for a practical wardrobe that will take her anywhere at any time. When shopping for fashion and that one special piece stands out... We say that's me!

You are invited to a new and exciting view of the future of fashion, through the range, "That's me". Residents and their guests are invited for a fashion show followed by a delightful morning tea in the community centre on Thursday 17th June at 10:00am. Please RSVP by Tuesday 15th June – Bookings are essential. Please register your name at the coffee shop.

*That's
me*

BY MARGO MOTT

2021 Floods



Just when we thought that the worst was behind us, after a horror 2020; we were hit by another natural disaster in the Macleay Valley - a large flood! In just over a year we have experienced drought, flood, bushfires and now another flood, all while coping with the repercussions of the Coronavirus pandemic. This flood was mainly a result of heavy localised rain; and flash flooding occurred because the catchment areas were already saturated from earlier rainfall.

Kempsey recorded 225mm of rain on Friday 19th March. The total rainfall for March was 822mm. The local government area was declared a natural disaster zone and a lot of infrastructure in the Valley was washed away, homes flooded, families displaced and livestock lost.

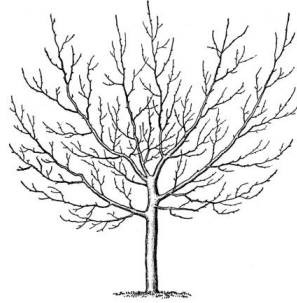
Whilst our Village was cut off on Macleay Valley Way, we were still able to get into the CBD of Kempsey, via the bypass. The CBD was ordered to evacuate as the possibility of moderate to major flooding was predicted. Outlying towns and villages like Crescent Head, South West Rocks, Hat Head, Gladstone and Smithtown were completely cut off from the rest of the community.

The flood water rose to 6.22m at the Kempsey traffic bridge, fortunately just below the 6.6 metre level that would break the levee banks. Another day of heavy rain would have been catastrophic for the town. Macleay Valley Village had extensive water views as far as the eye could see; however the villas on Fourth Avenue were not in any danger of flooding. The design, construction and elevation of the Village ensured that the run off of rainwater was swift and got away easily.

During the flood and the recovery effort afterwards, we had NSW Fire & Rescue units from all over the state staying in our display villas. We were delighted that we could help out the emergency services with accommodation during this challenging time. Two months later, the paddocks and surrounding fields are green and lush and the Village is thriving.

New Residents to the Village

Barry & Margaret Walls- Villa 45



Marlene Eades- Villa 12



Kaz Smith- Villa 19

Brian & Audrey Whyley- Villa 44



Irene Rudder- Villa 46



Francis McMillan- Villa 21

Ted & Val Gendle- Villa 41



Selwyn & Judy Farrawell- Villa 15

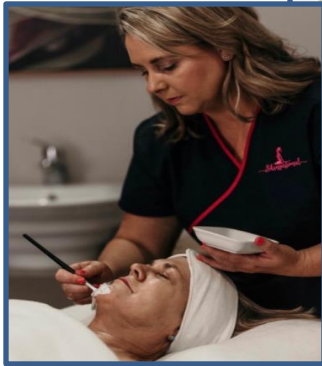


Darryl Gibbs- Villa 17

Ken Reckless- Villa 7



Beautician



Our new beautician Kirstie from Skinsational, has started at the Village to service our residents. Kirstie comes to us with years of experience within the beauty industry and is the proud owner of Kirstie's Skinsational Beauty Therapy located in Kempsey. Kirstie will be at the Village every second Wednesday from 9:00am. To obtain a copy of Skinsationals service menu and for all bookings please contact Reception.

Scrapbooking Class



If you have plenty of photos lying around and would like to turn them into a keepsake to treasure or make a special gift for someone, then scrapbooking is the answer.

You don't need to be creative or arty; there are no rules to follow, you just need some photos, a good pair of scissors and a spare 3 hours to come and enjoy this addictive hobby. The first class will be held in the craft room on Friday 2nd July from 9:30am.

Please register your name on the community notice board.

Puzzle Time

How well did you go with the autumn edition puzzle? The answers are below.

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

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.

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

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

Winter Recipe Ideas

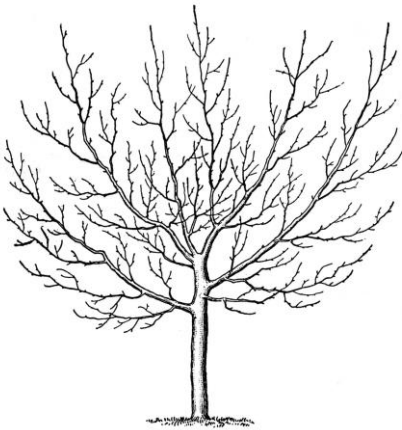
RICH MUSHROOM CHICKEN

This is a quick, easy recipe perfect for those cooler nights!

Serves 4

INGREDIENTS

- 1 tablespoon oil
- 6 skinless chicken thighs, cut in half
- 1 onion, sliced
- 1 packet Continental Chicken Noodle soup mix
- 2 cups mushrooms, sliced
- 1 cup water
- 1 tablespoon Worcestershire sauce
- ½ cup frozen peas
- 1/3 cup sour cream



METHOD

Step 1

Heat oil and brown chicken and onion.

Step 2

Add soup mix, mushrooms, water and Worcestershire sauce and bring to the boil.

Step 3

Cover and simmer for 15 minutes, or until chicken is cooked.

Step 4

Add peas and cook for 5 minutes.

Step 5

Stir through sour cream. Serve with creamy mashed potatoes.