

Spring  
2018

BARUNGA VILLAGE

# Lifestyle

**Ed Ebsary  
presented  
with RSL  
Meritorious  
Award**

STAGE 1A OF HOMES  
EXTENSION COMPLETE

**SEASON SPECIAL  
NOW AVAILABLE AT  
GLORIA'S COFFEE SHOP**

**Social scene  
Page 14**



**BARUNGA**  
VILLAGE INC.



# Welcome to the 2018 spring edition of BV Lifestyle.

In this edition, Director of Nursing, Merrilyn Hewett shares a detailed update on all the exciting changes that have been taking place at Barunga Homes.

Our Education and Quality Officer provides the latest details on our seven new trainees and what they've been up to and learning!

We also share the news that one of our house members, Ed Ebsary was awarded the RSL Meritorious Award.

There are some great celebrations within this edition including another house member who won first place at the Crystal Brook Show for her creativity!

Finally, we share some happy snaps from the recent public tour of Barunga Homes new extension in the Social Scene pages!

We hope you enjoy this edition of BV Lifestyle whilst soaking up this lovely spring sunshine.

[barungavillage.com.au](http://barungavillage.com.au)  
[facebook.com/barungavillage](https://facebook.com/barungavillage)

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Cover photo provided by Caroline Phillips



MERRILYN HEWETT  
DIRECTOR OF NURSING

# Welcome

Welcome to the spring edition of our newsletter.

Congratulations to Mr Ebsary who features on our front cover. He is a worthy recipient of the Meritorious Service Medal and we feel very honoured to have him living at Barunga Homes.

It's been a busy few months at the Homes and everyone has certainly had a 'spring' in their step as we move house members into the new extension.

We proudly welcomed the public to tour the new houses and thank the many community members who either showed their interest by attending or sending messages of support.

Stage 1A has certainly been a mammoth task. Imagine building a new home, then times it by four, and you can begin to understand the complexities of this project. The amount of furniture, equipment and supplies needed to fill the houses has been unprecedented.

In addition to this, we have conducted approximately 70 interviews and employed a further 20 staff - bringing the total amount of staff employed to 140. This includes staff for our residential, retirement and community sectors.

I have had the privilege of speaking to multiple families over the last two months and very pleased to say that all rooms upstairs in Evelyn House have been allocated. These house members will be moving in during the first three weeks of September. Those living in the new Dale and Eyre Houses have already moved in and we have full occupancy.

We are currently refreshing Spencer House and once painted, will begin moving house members in.

We only have a limited amount of vacancies for this area and I expect them to go very quickly.

We are very grateful for the thoughtful donation of patchwork quilts for each bed from the Rainbow Quilters. These ladies are very generous with their time and their quilts always brighten up the environment.

We have commenced a new meal service experience in each house at Barunga Homes. Instead of ordering 24 hours prior to a meal (when it is unlikely that you know what you feel like), the new service promotes independence and choice with a variety of food options being delivered to each house. This allows house members to visually see the choices and choose what they like, in whichever portion they desire.

Morning, afternoon tea and supper are prepared and cooked in the individual houses where house members

are encouraged to participate in the preparation. Food is available 24/7 and can be eaten in the privacy of a house member's room or in one of the dining rooms.

I can't thank our amazing staff and volunteers enough for their patience, understanding, resilience and support. The amount of time people have volunteered to assist with moving and attending to the final touches is testament to the unique spirit that exists amongst our staff and volunteers. Through the challenges that occur with change, the team has grown stronger and closer than ever before.

Finally, sincere thanks to our new house members for placing their faith in us by choosing to live at Barunga Homes - we are committed to providing you with the lifestyle you deserve.

I particularly like the photo in this edition of Ruth Nadebaum and her new gopher trailer.

The innovation and creativity that exists within a Home Care Package is quite refreshing and anything that assists a person to stay at home and maximise their independence should be applauded.

There still remains a long waiting time on the national queue before the Government release eligible people with a Home Care Package so please encourage people who require this service to start the process as soon as possible. The Community Care Coordinator's at Barunga Village will assist you along every step and aim to make this as easy as possible for you.

The team at Barunga Village wish all Broughton/Mundoora netball and football teams in the finals this month the very best of luck.



# Education

PAIGE ALDENHOVEN  
EDUCATION AND  
QUALITY OFFICER

As we welcome the beautiful spring weather, we also welcome our new trainees to Barunga Village with the traineeship program officially commencing in past weeks!

Our seven new trainee House Carers have already been participating in a variety of orientation activities at Barunga Homes.

The main topics our trainees have focused on include aged care legislation, working safely, manual handling and providing personal care, which has been provided through our training partner SA Learning Centre.

The trainees have also been involved in many on site orientation sessions such as emergency procedures, medication management and learning all about our systems

and equipment to prepare them to deliver the best possible care to the people living in the Homes.

They are settling in nicely and have been well greeted by staff and house members.

In addition, we have recently introduced a House Leader role across all areas of the Homes to support our Household Model of Care. House Leaders oversee the day to day running of their house and provide direct leadership to House Carers and trainees.

The House Leaders recently undertook a Leadership Program where they learnt about differing personalities and how to best get a team working together with those of different personality styles.

The group undertook a team building exercise to learn the models taught so they could practically see how they can implement the models in the Homes.

They also learnt about giving and getting feedback - it is amazing how often your words can be misinterpreted or what you're saying is not what you mean. Particularly as a House Leader who communicates with staff, house members and their families on a regular basis - this training session reinforced the importance of communicating effectively.

Please join me in giving a warm welcome to our new trainees next time you're in for a visit.



# Volunteers report

STACEY MESCHUDE  
VOLUNTEER  
COORDINATOR

The health benefits of volunteering are invaluable—the friendships formed, the positive impact on mental health and general likability of volunteering is the topic I am focusing on in this edition.

It doesn't matter what you have done in life, whether you have been a rocket scientist, a cleaner, a carer, a politician or a gardener, we all have something to offer - whether it be life experiences, knowledge or wisdom.

Sometimes it is friendship, an ear to listen, a hand to hold, someone to spend time with - we all have something to give. The time we give can be big or small, but even the smallest amount of giving adds to the bigger picture.

I have been in this position as Volunteer Coordinator for over six years now and I still enjoy it as much as the first day.

I have been lucky enough to form some lovely friendships

with our volunteers, staff and house members.

The amount of volunteers who chat to me about the friendships they have formed with fellow volunteers and house members is lovely to hear, and the joy and reward they receive back spending time at Barunga Village.

I love being around people - I love having a chat and I love being busy. I get such a heartwarming feeling when I speak to our house members and hear how much they have enjoyed spending time with our volunteers and hear their laughter and chatting when they are doing group activities, having morning tea or walking past their rooms and hearing the conversations—it's a wonderful feeling.

The health benefits of volunteering have been proven to lower stress levels and blood pressure as well as lowering the feeling of isolation and loneliness.

Volunteering is highly associated with greater health and happiness – and sustained volunteering is associated with better mental health.

Not only are the health benefits wonderfully rewarding, but also the contribution to our economy is over \$200 billion annually. I see this as a win-win situation all round! Not only do our volunteers remain socially active, this also includes our house members, which both receive the health benefits, as well as it helping our economy.

I hope by reading my report, you too would also like to join our fabulous team of volunteers, keeping in mind that you don't have to be here every day and that just a small amount of time spent at Barunga Village creates a beautiful picture.

If you would like more information on volunteering, please give me a call on 08 8635 0547.



## House member, Ed Ebsary presented with RSL Meritorious Award

Barunga Village's very own house member, Ed Ebsary has been afforded the Meritorious Service Medal during a recent event at the Bute RSL on Sunday 29 July 2018.

Ed has served a record seventy years with the RSL and this award comes after being a life member of the group for many years.

After enlisting in the army at just 20 years of age, Ed represented Australia in World War II. He fought in the Middle East, New Guinea, Port Moresby, Bougainville and North Solomon Islands – and during these missions, he was wounded numerous times.

At the age of 26, Ed was discharged from the army and went on to raise four children with wife, Vida on the farm at Barunga Gap.

As a well-known community man, Ed is highly regarded, and has contributed to many clubs including the Broughton Football League, the Mundoora/Wokurna Football Club and the Broughton/Mundoora Football Club.

He was also awarded the National Medal in 1989, became Citizen of the Year for Bute, as well as receiving the Order of Australia Medal in 1991.

Ed is also a life member of multiple clubs and groups including the Bute Agricultural Bureau, Broughton Football League, the Mundoora/Wokurna Football Club and the Broughton/Mundoora Football Club and the RSL.

Barunga Village would like to extend its congratulations to Ed, and is very honoured to have a veteran living at the Homes.





## Stage 1A of Barunga Homes extension complete

The first of our house members have now moved into the new extension of Barunga Homes, completing stage 1A of our project.

The extension has created an additional 32 rooms at Barunga Homes and we have employed 20 new people in various roles within the organisation.

The new two-story building was opened to the public on Friday 24 August 2018, with more than 200 people walking through for a sneak peek and

enjoying afternoon tea provided by Gloria's Coffee Shop.

The building has been divided into four homes – two upstairs for anyone approved for residential care and two homes downstairs specifically for those living with dementia. All four homes have eight bedrooms and their own kitchen, dining, lounge and laundry facilities.

It is anticipated that stage 1B of the extensions will be another

eight-bedroom house which is planned to be completed within the next 12 months.

Permanent and respite rooms are available in other houses if interested.

If you have any questions or enquiries, please call our Director of Nursing, Merrilyn Hewett on 08 8635 0503.



## Benefits of a Home Care Package

Barunga Community Care offers a range of services to people living in the Mid North, Yorke Peninsula, Lower North, Barossa regions, and anywhere in between. Our services can be delivered to your home to help you... wherever you live!

We are delighted to share with you the benefits a Home Care Package provided by Barunga Community Care has been able to bring our client, Ruth Nadebaum.

Ruth is on a Level Two package and has been able to use the money provided by

the Government in a very versatile way, to give her more independence and help her get around much easier.

Ruth's Home Care Package has enabled her to purchase a new walker, gopher, and their latest initiative, a gopher trailer.

This trailer allows both her and her husband, Brian to go on small holidays and enjoy more activities together.

Each Home Care Package is personalized to suit the individual and varies depending on your needs.

It may include services such as domestic assistance, personal care (bathing and dressing etc.), social support, meal preparation, and much more. It can also allow you to purchase those bigger items that you otherwise could not afford.

To find out more about a Home Care Package and to learn about eligibility, please contact one of our Community Care Coordinators on 08 8635 0541.



# Donations

## Donations in memory of

***Mrs. Gwen Thomas***

***Mr. Phil Kirchner***

***Mr. Humphrey Cowled***

As we extend our deepest sympathies to their family and friends, we also acknowledge that these donations are vital to our work.

Donations are used for a wide variety of support services and projects which enable us to continue to provide quality care to the seniors in our community. Any donation is appreciated.

*Donations over \$2.00 may be tax deductible.*

### **Barunga Homes extension—sponsorship welcome**

Barunga Village invites the community to sponsor goods for the new extension that are not otherwise funded for.

If you are interested in becoming a Gold (\$1000), Silver (\$500) or Bronze (\$250) sponsor, please contact Head Office on 08 8635 0502 or email [headoffice@barungavillage.com.au](mailto:headoffice@barungavillage.com.au) by 24 September 2018 to complete the relevant forms. Recognition will be provided.



# SEASON SPECIAL

at Gloria's Coffee Shop

***Lemon and honey  
chicken salad***

### **Opening hours**

Monday to Friday  
9.30am – 3.30pm

Sunday  
10.00am – 3.30pm



**8635 0579 | [barungavillage.com.au](http://barungavillage.com.au)**

# A tale by M. Butler

MALCOLM BUTLER  
BARUNGA BY THE SEA  
RESIDENT AND VOLUNTEER

## From an illiterate 13 year old to multi-millionaire

### ~ Part 3 ~

The buying of cattle from the Mount Gipps area was getting quite expensive especially when he now had competition and he found his margin for profit was diminishing so he decided to set up his own butcher shop in Cobar. He would rise at 4.00am, slaughter what he needed for his shop, sell the meat from his shop in the morning, then in the afternoon go looking for more stock he could purchase close by. When this got too difficult he decided to spend 2 or 3 days purchasing stock from further afield then spend the other days slaughtering and selling the meat.

Eventually he sold his butchering business for a handsome profit, then bought a bullock team and wagon and travelled to Wilcania and Menindee, bought stores from the merchants then travelled back to Cobar to sell his items for a handsome profit.

In Cobar he could get as much as 1 shilling a pound for sugar, salt brought sixpence a tin and jam two and sixpence a jar. He also received a good price for tea, flour and other essential commodities. Water was also in short supply, so he

purchased another wagon and team and employed someone to operate it for him, making a good profit from this venture as well.

He went into partnership with a man named Bill Emmett who like Kidman had a very good eye for livestock especially horses. Emmett would see what he would consider was a mob of good horses, buy them, then Kidman who by now was very well known and respected in the pastoral areas and mining areas, would take them and on sell them for a very good price and he and Emmett would share the profits.

On one of his many buying trips to the south he spent some time in Kapunda where he met a young school teacher called Isabel Wright. Sid who was now 23 years old was very taken with Miss Wright. She was intelligent, knew lots of things about the world at large and showed a lot of interest in what Sid was on about.

While Sid had very little formal education (this didn't worry him one bit), this personable young woman told him about other languages such as

French, German and Latin. Sid decided English was good enough for him, but she was able to show him how to write a business letter and other things that would be a great help to Kidman in the years that followed.

Eventually Miss Isabel Wright became Mrs. Sidney Kidman and they set up home in Kapunda. Meanwhile Sid had heard about the exploits of Harry Redford and his group, (Captain Starlight of Robbery under Arms fame) and realized that to do what they did meant that there was good country for travelling livestock near the Diamantina and Cooper Creek area.

Kidman decide that one day he would try and buy country in this area. It became known as the Channel Country and in the years that followed Sidney Kidman was to be its king.

*To be continued...*

# Barunga profiles



## ELISE BORMANN STAFF

### Family tree

**Parents** - Helen and Brenton Stringer.

**Place of birth** - Queen Victoria Hospital, Adelaide.

**Siblings** - Three; Carmen, Kyle and Madlen.

**Spouse/partner** - Husband, Matthew.

**Children** - Two; Sophie and Makenzie.

### Activities

**Sport** - Netball.

**Social** - Meeting with friends.

**Hobbies** - Yoga.

### Occupation

Finance Officer at Barunga Village.

### Favourites

**Event** - Christmas.

**Place** - Canada, North America.

**Holiday** - Fiji.

**Food** - Fish and Chips.

**Drink** - Apple cider.

### What is your dream in life?

To raise happy and healthy children.

### If you were stranded on an island and could choose three things to take, what would they be?

A radio, some yummy food and a bunch of magazines.



## BILL KERRY VOLUNTEER

### Family tree

**Parents** - Samuel and Elena Kerry.

**Place of birth** - Adelaide, South Australia.

**Spouse/partner** - Wife, Diane.

**Children** - Two; Caroline and John.

### Activities

**Sport** - I used to play football, basketball and tennis.

**Social** - Playing cards, gardening and reading.

**Hobbies** - Volunteering and growing my Orchid collection.

### Occupation

I was the Maintenance Supervisor at Barunga Village for 14 years.

### Favourites

**Event** - Going to watch the football live.

**Place** - Noumea, New Caledonia.

**Holiday** - Any kind of cruise makes a great holiday!

**Sports team** - Adelaide Crows.

**Food** - Steak.

**Drink** - Apple cider.

### If you were stranded on an island and could choose three things to take, what would they be?

A carton of cider, chips and a cow!



## RACHEL IRELAND HOUSE MEMBER

### Family tree

**Parents** - Thomas Hickey and Margaret Hornby.

**Place of birth** - Port Broughton, South Australia.

**Siblings** - Four; Margaret, Ian, Denis and Joan.

**Spouse/partner** - Husband, Darrel.

**Children** - Three; Cherre, Michelle and Andrew.

### Activities

**Sport** - I enjoyed playing and umpiring basketball and netball.

**Hobbies** - Patchwork, quilting and cooking.

### Occupation

Nurse.

### Favourites

**Place** - Port Broughton, South Australia.

**Holiday** - Bute Buses tour to New Zealand.

**Food** - Choc chip cookies.

**Drink** - Coffee.

### If you were stranded on an island and could choose three things to take, what would they be?

Towel, crab net and a book.

### How has moving into Barunga Homes changed your life?

It's magnificent - I feel safe and content living here.

# Celebrations

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House Carer, Taylor Thomson married Dillan Capurso at Utopia, Waterfall Gully on 7 July 2018.



House member, Vida Lodge was awarded first prize at the Crystal Brook Show for her knitted sweet treats that her and her daughter Marion crafted together.




House Carer, Jane Hughes won the Port Broughton Golf Club 'Ladies Championship' for 2018. She also played in the Champion of Champions for the Northern Districts and came gross runner up.

Barunga by the Sea residents Rex and Kay Smith celebrated 60 years of marriage on 16 August 2018. They were married in Kay's hometown of Redcliffs in Victoria in 1958.



# Upcoming events



A graphic for the 'Light Up Barunga' event. At the top, a string of colorful Christmas lights (teal, orange, red, green) is displayed against a black background. Below the lights, the text 'LIGHT UP' is in white, uppercase, sans-serif font, and 'Barunga' is in a large, orange, cursive font. Underneath, 'SAVE THE DATE' is in white, uppercase, sans-serif font. The event details are listed in white, uppercase, sans-serif font: 'FRIDAY 16 NOVEMBER 2018, FROM 6.30PM' and '11 EDMUND STREET, PORT BROUGHTON'.

**LIGHT UP**  
*Barunga*

**SAVE THE DATE**

FRIDAY 16 NOVEMBER 2018, FROM 6.30PM  
11 EDMUND STREET, PORT BROUGHTON

## Dementia Support Group

*Port Broughton*



### **Topics to be discussed include:**

- What is dementia?
- Effective communication
- Understanding changed behaviours
- Support and services available

**When** Third Tuesday of each month

**Time** 1.00pm—2.30pm

**Where** Barunga Homes Activity Room  
11 Edmund Street, Port Broughton

*All community members welcome*

For further information contact:  
Morna Coats, Dementia Link Worker with  
Dementia Australia on 0476 848 784

# Social scene

## 70 year premiership celebration

*Written by Trevor Kirk*

An amazing piece of local sporting history was celebrated at Gloria's Coffee Shop on Sunday 12 August 2018 as Ed Ebsary and Kevin Kerley, both Barunga Homes house members, celebrated their 70 year premiership reunion with team mates Bill Kerley and Cyril Bowley.

Now all those years on, the four living members of the victorious Wokurna Football Club 1948 premiership side and their families and friends gathered to recognize this unique occasion.

The past players, Ed Ebsary (aged 98), brothers Kevin (aged 98) and Bill Kerley (aged 94), and Cyril Bowley (aged 91), all wore broad smiles as they sat around the table and talked of

this past glory and the amazing feat of still being able to celebrate this occasion 70 years later.

"We were a good side", said Kevin Kerley who played 'tap ruck man' in the side. Both Ed and Bill played across the half back line and Cyril was rover changing in the forward pocket.

Wokurna was a part of the Western Areas Football Association in 1948. The Western Areas consisted of Wokurna, Muntoora, Port Broughton and Bute. That year, Wokurna defeated Muntoora 9-12 to 4-15 in the grand final.

Back in the day, Wokurna was a powerhouse football side, comprising of all local farmers and farm workers. From 1930 through to 1941, when the Western Areas went into recess due to World War II, Wokurna played in six grand

finals for five premierships. For the years after the World War recess, 1945 - 1950, Wokurna played in four grand finals for three premierships.

Lynton Ireland, whose late father Fred also played in the 1948 side, spoke on behalf of the reunion organizers and paid credit to the longevity of these four men and being able to celebrate this milestone of 70 years since the 1948 grand final victory. He then spoke of the great legacy the Ebsary, Kerley and Bowley families have made to football in our area over the years and are still a big part, on and off the field of the Broughton/Muntoora Football Club today. Lynton then presented these past players a photo each of the 1948 Wokurna premiership side.





**Barunga Homes extension public tour**

On Friday 24 August 2018, Barunga Village welcomed the public to tour the new extension of Barunga Homes.

The two-storey building consists of four houses where eight house members reside in each. Upstairs is Evelyn House and downstairs includes Dale and Eyre House (for those people living with dementia).



# Recipe

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## 15 minute chicken, broccoli and cashew stir-fry

### Serves 4

Preparation time: 5 minutes

Cooking time: 10 minutes

450g packet hokkien noodles  
1 tablespoon peanut oil  
500g chicken thigh fillets, thinly sliced  
1 large red onion, cut into wedges  
2 teaspoons minced garlic  
2 teaspoons crushed ginger  
1 head broccoli, cut into florets, stem halved lengthways and thinly sliced  
1/3 cup (80ml) oyster sauce  
1/2 cup (75g) unsalted cashews, toasted

**1** Cook the noodles following packet directions. Drain well.

**2** Meanwhile, heat the oil in a wok or large frying pan over high heat. Stir-fry the chicken, in 2 batches, for 2 minutes or until golden brown and cooked through, transferring to a plate between batches.

**3** Combine the chicken, onion, garlic, ginger and broccoli florets and stems in the wok or pan. Stir-fry for 4 minutes or until broccoli is tender.

**4** Add the oyster sauce with 1/4 cup (60ml) water and cashews. Stir-fry for 2 minutes or until heated through.

**5** Divide noodles and stir-fry among serving bowls. Serve immediately.



# Puzzle

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

## SOLUTION

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



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