

BARUNGA VILLAGE  
**Lifestyle**

**Light Up  
Barunga brings  
Christmas joy to  
the community**

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

**Social scene  
Page 12**



**BARUNGA**  
VILLAGE INC.

**BARUNGA**  
BY THE SEA

*Life begins at  
Barunga*



# Welcome to the 2019/20 summer edition of BV Lifestyle.

In this edition, Merrilyn Hewett, Director of Nursing shares a brief overview of the organisation with a focus on the current needs of our consumers.

Christmas joy continues to be sprinkled across Barunga Village, with everyone celebrating Christmas in style.

The third annual Light Up Barunga event was a success, and some great pictures are included for you to enjoy.

The social scene pages are jam-packed, which will certainly bring a smile to your face.

As the year comes to an end, we wish you all a very Merry Christmas and a prosperous New Year!

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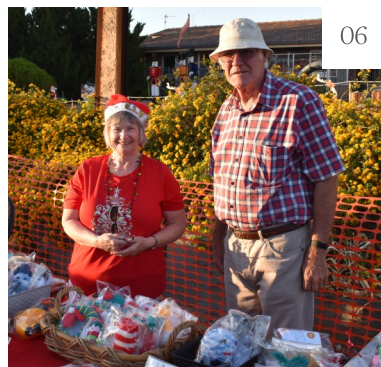
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# Welcome

MERRILYN HEWETT  
DIRECTOR OF NURSING

Welcome to the summer edition of our newsletter.

Although the year is coming to an end, our core business at Barunga Village does not. In fact it is busier than ever as we continue normal operations and celebrate Christmas with all of our consumers and staff.

Our Christmas celebrations commenced with 'Light Up Barunga' - it was a superb night enjoyed by many community members and consumers. A special thanks to the Light up Barunga committee who worked steadily throughout the year to bring you this night of enjoyment and ongoing display of lights.

We have had numerous Christmas functions to celebrate with our consumers, staff and volunteers and it would be remiss of me not to acknowledge the superb work of our Hotel Services staff who have provided beautiful food for each function.

At the Board of Directors Christmas function we farewelled long standing Board Member Howard Daniel and recognised his many years of valuable service. We will miss Howard's words of wisdom but will never forget the commitment he gave to Barunga Village. We welcomed Jan Tod to the Board and look forward to her contribution - we have already witnessed her energy and desire to make a difference.

Engagement and working in partnership with those we serve are integral components of the new Aged Care Quality Standards.

We are endeavouring to find new and innovative ways we can do this to ensure we are listening and being responsive to our consumer needs.

Recently we engaged House Members from Barunga Homes and clients from Barunga Community Care to join staff interview panels to enable them to assist us in choosing staff who they want and who meet our culture.

We all know that food is an important part of daily life and House Member representatives from each house at Barunga Homes have been invited to be more involved in menu planning.

The Board of Directors are more actively engaging with House Members joined them recently for afternoon tea. Although on this occasion they were specifically consulting as

a part of the current strategic planning process, regular visits to the Homes and other areas of our operations will become part of their endeavour to understand the needs and feelings of the people we support.

Next year the findings of the Royal Commission into Aged Care will be announced and we stand prepared and ready to act on any suggestions and recommendations that will improve quality outcomes for older people.

We look forward to 2020 and anticipate it to be another busy year. A new Butterfly Home is on track to be opened late March and renovations will commence to build a new, larger Gloria's Coffee Shop. Although Gloria's will need to close while work is being undertaken, it will be worth the wait to see the new

refreshed coffee shop. We will keep you updated on closure dates.

I wish to publicly thank our fabulous staff, volunteers and consumers families, all of whom have one common goal of providing the best life for the people we care for. An extra special thanks to the people who have chosen to use our services – it is our greatest privilege to support you.

On behalf of the Barunga Village community, I wish everyone a Merry Christmas and happy New Year.

**Pictured** Board of Directors (L-R) Brenton Rosenthal, Juan Elliott, Georgie Simmons, Ken Bone, Roger Nottage, Julie Norman, Merrilyn Hewett, Maureen Coffey, Trevor Kirk and Jan Tod.



# Education

**PAIGE ALDENHOVEN**  
EDUCATION AND  
QUALITY OFFICER

What a wonderful and productive year we've had! It's this time of the year that I like to reflect on the year that was and prepare for the new year ahead. This year we have undertaken a range of training and information sessions, including:

- New aged care standards and charter of rights training for staff, volunteers, consumers, families and the wider community.
- Successful completion of the 2018 traineeship program and commencement of the 2019 intake.
- Diabetes and pressure area/skin care information sessions for nursing and care staff.
- Ten mandatory training sessions for all staff and volunteers, including emergency procedures, manual handling and the new Code of Conduct Policy.
- Eight training sessions for the Board of Directors on various topics.
- Training for nurses on the changes to clinical practice.
- Information sessions for staff on a new quality document system.

At Barunga Village we feel that 'what' we do is important, but it's 'how' we do it that truly matters. We pride ourselves on delivering a feelings-based model of care, so in 2020 one of the areas of training we will

be focusing on is providing a great customer experience.

Our 2020 training plan will be guided by feedback from our valued consumers, the Australian Aged Care Standards and the results from the Royal Commission, and I am excited about what these training opportunities will bring to Barunga Village in the new year.

In the meantime, thank you for you're ongoing support to Barunga Village — I would like to wish you a very Merry Christmas and happy New Year!



# Volunteers report

STACEY MESCHEDI  
VOLUNTEER  
COORDINATOR

Another wonderful year is wrapping up, and what a busy one it has been!

We've recently celebrated Christmas with our volunteers, where we enjoyed lunch and games that brought a lot of laughter and fun!

In November, we enjoyed our annual Volunteers Day Out where we visited Ardrossan, Port Vincent and Stansbury for shopping and lunch.

This year we increased our time at Barunga Homes to provide more social support to those House Members who have less visitors and interaction with the wider community.

We've had many concerts, days out and about and many more activities throughout the year, with extra events on the calendar during the festive season.

Anne Webb and Jane Birrel managed the Christmas pageant float for Barunga Village. With the help of Ken and Raelene Bone, Rodney Webb, and some House Member's, this was a great group activity that created an amazing float.

I look back and I am amazed at the impact our volunteers have on the daily lives of our consumers, the laughter and joy they bring is priceless.

We welcomed three new volunteers this year, and I encourage anyone who is interested in volunteering to reach out, as we'd love to have you!

I look forward to being a part of our volunteer team in 2020 - a very special thanks goes to all of our volunteers for the time you contribute to our organisation.

Wishing you all a relaxing break, filled with love, laughter and happiness in the New Year.



## Light Up Barunga brings Christmas joy to the community

On Friday 22 November, Light Up Barunga hosted its third annual opening to celebrate the beginning of the Christmas festivities.

The atmosphere was joyful, as both children and adults dressed in Christmas attire.

The evening was hosted by Trevor Kirk, Board Member at Barunga Village, and he and Marilyn Hewett, Director of Nursing ran a spinning wheel which helped raise funds to purchase additional decorations.

There were many games for everyone to enjoy and face painting to add to the excitement .

The Light Up Barunga committee organised the Golden North van and some additional stalls including home grown strawberries, and hand crafted goods for sale for additional interest.

The free sausage sizzle was very popular to fill those grumbling tummies, in anticipation for the sun to go down.

The light display turned on after dark through our solar panel initiative, and everyone witnessed the beautiful display that the committee has worked so hard to achieve!

The Christmas light display will continue early into the new year.

A huge congratulations goes to the Light Up Barunga committee for hosting another wonderful opening night.







WINNER OF  
**GUESS THE NUMBER  
OF JELLY BEANS**

GUESS 290  
TOTAL AMOUNT 279

**Cath Hall, Adelaide**



## Mr Ebsary celebrates his 100th birthday

On 15 October 2019, House Member, Ed Ebsary celebrated his 100th birthday.

Born on the family farm at Barunga in 1919, Mr Ebsary was one of five children.

Mr Ebsary attended school at Barunga and Wokurna, where he then left at 13, to work on the family farm.

In May 1940, Mr Ebsary enlisted in the second Australian Imperial Force.

After serving in the Infantry 2/27th Battalion, seeing Egypt, Palestine, Lebanon and Papua-New Guinea, Mr Ebsary discharged in 1945.

In 1947, Mr Ebsary married Vida Jean Noble, and then became a father to June, Peter, Jennifer and Allan.

He was heavily involved with the district, where he fulfilled

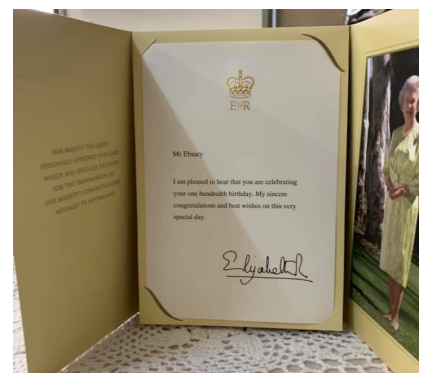
multiple presidency roles and was a dedicated member of community over the years.

To celebrate the wonderful life Mr Ebsary leads, he and his family celebrated at the Port Broughton Hotel on Sunday prior to his birthday, he also enjoyed an afternoon tea on his birthday with family and friends.

On 15 October, family and friends gathered at the Port Broughton Sporting Club for the major celebration—Mr Ebsary's 100th birthday party.

To conclude the celebrations, Mr Ebsary joined with fellow House Members at Barunga Village.

On behalf of the Barunga Village community, we wish Mr. Ebsary a very happy 100th birthday!



# Fundraising and Donations

## Handmade pillows

Lyn Brown has kindly donated a large variety of beautifully hand made neck pillows for House Members to use, available at Barunga Homes reception.

These pillows bring much comfort to our House Members— we are very grateful to Lyn for her kind donation.



## Donations in memory of Mrs. Vida Lodge

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.*



# SEASON SPECIAL

at Gloria's Coffee Shop

*Turkey and Avocado Salad with cranberry dressing*

### Opening hours

Monday to Friday  
9.30am – 3.30pm

Sunday  
10.00am – 3.30pm



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# A tale by M. Butler

**MALCOLM BUTLER**  
BARUNGA BY THE SEA  
RESIDENT AND VOLUNTEER

## Letters from the Bush: Nobby Buckley

In this era of Political Correctness this would never have happened, but if it had, some bureaucrat would have had a field day finding a reason to sue somebody.

In 1938 my mother, with me in tow, had to fly to Adelaide to see her sick father. In those days Guinea Airways was the regular plane service between Broken Hill and Adelaide. They flew Broken Hill, Mildura, Renmark and ended at Parafield.

The chief pilot of Guinea Airways was a young man called Nobby Buckley. My mother had flown with him before and knew him personally.

On this flight another young pilot flew them to Mildura. He got off and Nobby Buckley got on. My mother (with me on her lap) was sitting just behind and to the right of the pilot's seat. On board were two nursing sisters who had never flown before. When Nobby entered the plane, he saw my mother and showed no recognition at all.

My mother wondered what she had done to upset him. She soon worked it out. He started looking under the seat, in any cavity on the flight panel and even under the co-pilot's seat.

He then turned to my mother and said "Excuse me lady, you didn't see a little blue book that the other pilot would have had?".

My mother said "No!".

"Pity" he replied, "I only got my flying license yesterday and I've never flown one of these planes before. The book would tell me what to do".

My mother glanced at the two nursing sisters and she could see they were looking rather apprehensive.

After a lot of rummaging around, he suddenly took a notebook from his pocket and said "here are some rough notes I wrote down yesterday, I hope I got it right".

He started up and taxied for a takeoff. The plane was a twin engine De Havilland Rapide, a wood and cloth type aircraft, which was very noisy when in flight.

After they had taken off, he turned to my mother and yelled "excuse me lady, have you ever flown this route before?"

My mother yelled back, "yes I have".

"Good" he said, "which way do I go?"

My mother pointed in the general direction of Renmark and he said, "thanks, that's a big help".

When they reached Renmark and they were circling the airfield, he turned to my mother and yelled "excuse me lady, do you remember; do I land the way the windsock is pointing or do I land away from it?"

My mother said she didn't know.

"Never mind" he said, "I will take potluck".

When they landed at Parafield, they let mum off first and it was then Nobby winked at her and said, "those two nurses will have a tale to tell about the idiot pilot that brought them to Adelaide".

Little did they know that they had been flown by one of the best pilots this country has ever seen. During the War he was senior test pilot for the aircraft factory in Victoria.

# Barunga profiles



## GEORGIE SIMMONS BOARD MEMBER/RESIDENT AT BARUNGA COTTAGES

### Family tree

**Parents** - Darcy and Anne Payne.

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

**Siblings** - Two sisters; Valda and Barbara.

**Spouse/partner** - Husband, Garth Simmons (deceased).

**Children** - Three; Sharon, Tracey and Michael, and raised Granddaughter, Rebecca.

### Activities

**Sport** - I used to play association netball and tennis, and at school I enjoyed hockey and softball.

**Hobbies** - Reading.

### Occupation

I am now retired, however I am on the Board for both Barunga Village and Port Broughton District Council.

### Favourites

**Event** - My wedding.

**Place** - Arno Bay.

**Singer** - Sean Connery.

**Food** - Fish.

**Drink** - Cowboys.

### How has Barunga Cottages impacted your life?

It has made it easier as there is not much house maintenance, I enjoy the company of my neighbours and I feel safe.



## KIM OSBORNE STAFF

### Family tree

**Parents** - Joyce and Paul Koidos.

**Place of birth** - Melbourne, Victoria.

**Children** - Two daughters; Rebecca and Isobelle, and four grandsons and one granddaughter.

### Activities

**Sport** - Golf.

**Hobbies** - Babysitting my grandchildren and gardening.

### Occupation

Kitchenhand/cook at Barunga Village.

### Favourites

**Event** - Melbourne Cup Day.

**Place** - Sydney

**Holiday** - Vanuatu.

**Food** - Pasta.

**Drink** - Champagne.

### How has working for Barunga Village impacted on your life?

I have met lots of new people—I have so much more empathy and I enjoy the interaction with House Members.

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

Blanket, pillow and water.



## PAUL O'DONNELL VOLUNTEER

### Family tree

**Parents** - Joy and Mac O'Donnell.

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

**Siblings** - One sister; Kerin.

**Pets** - One; Cornish Rex Cat, Thorvald.

### Activities

**Sport** - Swimming and soccer.

**Hobbies** - Reading and learning about the South Arabian history and I am also fluent in Arabic, Korean and Chinese.

### Occupation

Before retiring, I taught Physics and Computing, among other things.

### Favourites

**Event** - World Cup.

**Place** - Port Broughton.

**Holiday** - My three Round the World trips.

**Food** - Indian.

**Drink** - Decaf coffee.

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

My cat, my library and water.

### How has volunteering for Barunga Village impacted on your life?

The people at Barunga Village have become my family.

# Social scene

Melbourne Cup was celebrated at both Barunga Homes and Barunga by the Sea.

Barunga Homes hosted two events—one in the Activity Room and another in the Butterfly Homes. It was great to see the House Members dress up for the fun occasion!

Barunga by the Sea enjoyed a luncheon to watch the race that stops the nation!



Our volunteers kicked off the Christmas festivities as they gathered in the Barunga Homes Activity Room to celebrate the year that was!

On Wednesday 27 November, our volunteers worked in teams to create human Christmas trees and played games that had everyone in stitches!

It is a time where we celebrate the festive season, but also to celebrate our volunteers on all the hard work and dedication they give to our organisation.



It is our pleasure to provide support to people living in their own home, and on Wednesday 4 December, we enjoyed the company of many In Home Care clients at our Christmas morning tea.



# Social scene

On Wednesday 4 December, the Kindergarten children joined the House Members in an end of year celebration with lots of singing, dancing, laughs and smiles. Lunch was enjoyed and then a very special visitor popped in. The bond our House Members have made with the children is incredibly special, and very rewarding for all.





On Wednesday 11 December, Barunga by the Sea and Barunga Cottage residents celebrated Christmas with great joy at the BBS Community Centre.



Our 'Sewing with Lois' group enjoyed a Christmas lunch in the Rendezvous Room on Thursday 12 December. This wonderful bunch of ladies come to Barunga Homes every week to sew with House Members.



Our House Member's Christmas celebration was on Wednesday 18 December with special treats delivered by Father Christmas.

We also drew the Barunga Village Christmas raffle—congratulations to our four winners — 1st prize (Brenda Smith), 2nd prize (Sudar Klingner), 3rd prize (Jenny Ferme) and 4th prize (Margie Boothey).

Our wonderfully handcrafted Barunga Village float in the Port Broughton Christmas pageant on Saturday 14 December.



# Recipe

## Peaches and cream cheesecake slice

### Serves 16

Preparation time: 20 minutes

Cooking time: 1 hour

1/3 cup (80ml) boiling water  
50g butter, chopped  
1 cup (150g) plain flour  
1/4 tsp bicarbonate of soda  
1/3 cup (80ml) buttermilk  
1 tsp finely grated lemon rind  
1 1/2 cups (330g) caster sugar  
3 eggs  
500g cream cheese, softened  
1 cup (240g) sour cream  
1 tsp vanilla extract  
3 medium just-ripe white peaches, stoned, cut into wedges  
1/3 cup (75g) caster sugar, extra  
1 tbs lemon juice  
300ml thickened cream



**1** Preheat oven to 180 degrees. Grease a 20cm x 30cm lamington pan and line the base and sides with baking paper, allowing the sides to overhang.

**2** Place the water and butter in a large heatproof bowl. Stir until the butter melts. Add flour, bicarbonate of soda, buttermilk, lemon rind, half the sugar and 1 egg. Whisk until just combined.

**3** Pour into the prepared pan. Bake for 15 minutes or until a skewer inserted in the centre comes out clean. Remove from oven. Reduce oven to 160 degrees.

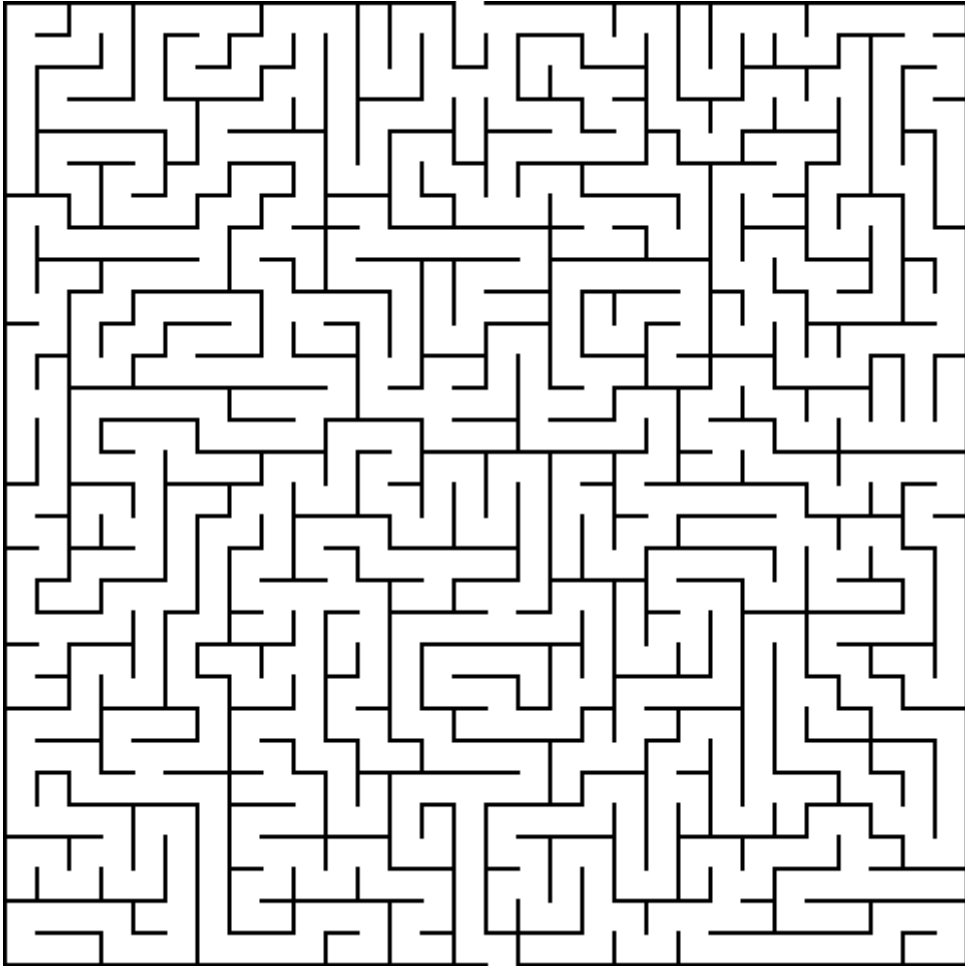
**4** Use an electric mixer to beat the cream cheese, 1/2 cup (120g) sour cream, remaining sugar, remaining eggs and vanilla in a bowl until smooth and well combined. Pour over the base in the pan. Smooth the surface. Bake for 30 minutes or until just set. Set aside in the pan to cool.

**5** Meanwhile, increase oven to 220 degrees. Line a baking tray with baking paper. Combine peach, extra sugar and lemon juice in a bowl. Place on lined tray. Bake for 12-15 minutes or until caramelised. Cool.

**6** Use an electric mixer to whisk cream and remaining sour cream in a bowl until firm peaks form. Spoon on top of cheesecake. Top with peach and syrup.

# Puzzle

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SOLUTION

