

BARUNGA VILLAGE  
**Lifestyle**

**Celebrating and  
reflecting on  
2020**

**Social scene  
Page 12**



**BARUNGA**  
VILLAGE INC.







# Welcome to the 2020 summer edition of BV Lifestyle.

In this edition, Acting Director of Nursing, Kate Manser reflects on the past year and the constant changes to daily practices at the homes.

Kate gives an informative update on current restrictions in place.

Education Coordinator, Cathy shares university student Claudia Hatchers placement report.

Volunteer Coordinator, Stacey Meschede thanks the wonderful group of volunteers who enhance the daily lives of our House Members.

The social scene pages are full of Christmas celebrations at Barunga Homes.

As we reflect on 2020 and what an extraordinary year it has been, we thank you all for your continued support.

Enjoy the delicious recipe included in this edition, and challenge yourself to the decorating Christmas crossword puzzle!

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

02

## Welcome

Written by  
Kate Manser

04

## Education

Written by  
Cathy Winen

05

## Volunteers report

Written by  
Stacey Meschede

06

## News

Written by  
Renna Stringer

09

## Fundraising and Donations

10

## Profiles

12

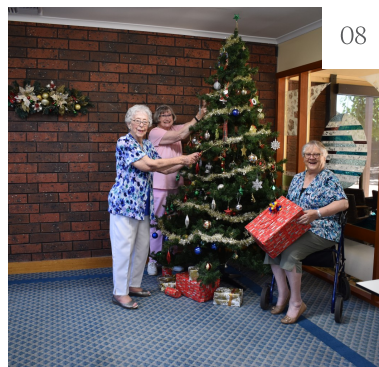
## Social scene

16

## Recipe



07



08



KATE MANSER  
ACTING DIRECTOR OF NURSING

# Welcome

Welcome to the summer edition of the newsletter.

Here we are, Christmas already, and what a year!

Our COVID-19 world continues with constant changes to requirements and our daily social practices are becoming quite the norm.

Life for our House Members at Barunga Homes is still impacted by the social distancing restrictions imposed by the Government but thankfully the face masks and limit to visitors have been lifted. The future is unknown, however we will enjoy the lesser restrictions, especially during the festive season.

We hope that you have all been able to have a look at our new website- the added feature of the digital 'Tell Us What You Think' form has been accessed by some and we encourage more of our community to utilise this feature, whether for a compliment, complaint, suggestion or to identify a hazard. We encourage you to tell us what you think, as your feedback drives our organisation to continually improve.



There are currently no restrictions on the number of care and support visits our House Members may receive each day and face masks are no longer mandatory:

- Upon entry, all visitors must record their name, telephone number, date and time of the visit and departure, and House Member/area of the residential aged care facility visited. These requirements are to assist with contact tracing if an identified case of COVID-19 is confirmed.
- Visits should be conducted in a House Members room, outdoors, or in a specific area designated by the residential aged care facility, rather than communal areas.
- Physical distancing of 1.5m should be adhered to wherever possible.

Sadly Gloria's Coffee Shop remains closed to the public. It

is only open to staff, volunteers and House Members who live and /or work in Barunga Homes. We look forward to the time when our beautifully renovated, social space can be open to all once again.

Our perimeter fence at Barunga Homes is nearly complete with the gates being installed soon. House Members are already enjoying the extended space outside some of their rooms and we await with anticipation on the completion of the landscaping to soften the fence line. It is very exciting to look forward to House Members having a garden space that enables them to sit and view the street, or to play lawn bowls on the grass! Little by little we are approaching a time when we will enter each Home through a front entrance gate and door.

Have you seen the light display in the large window of the Barunga Homes activity room? I think it looks beautiful – a credit to the work of the Light Up Barunga committee this year.

In closing I would like to reflect on the effects for us all this year. Studies have shown that the loneliness caused by social isolation is life limiting. Contact with friends and family is so important to wellbeing and much thanks goes to our staff team and our volunteers for the love and friendship they have shared from behind their masks, in effort to maintain a sense of happiness and belonging for all.

"I will not play at tug o'war.  
I'd rather play at hug o'war,  
Where everyone hugs  
Instead of tugs,  
Where everyone giggles  
And rolls on the rug,  
Where everyone kisses,  
And everyone grins,  
And everyone cuddles,  
And everyone wins"

Poem by Shel Silverstein

I hope you had a wonderful Christmas and enjoy a Happy New Year everyone.



# Education

CATHY WINEN  
EDUCATION  
COORDINATOR

Lifelong learning is defined as the ongoing, self-motivated and voluntary search for knowledge for either professional or personal reasons. With a focus on personal development through formal or informal education, we become self-sustainable and self-sufficient.

Claudia Hatcher engaged in such a process when she joined our staff team recently:

"Hello, my name is Claudia Hatcher and I recently completed a 4-week placement as part of my university study of the Bachelor of Nursing at Barunga Village.

Growing up in the small country town of Moonta, I have always had an aspiration to care and help people in need. Throughout school, I loved learning about the body and all the amazing things it is capable of, this is when I knew I wanted to work within the health industry.

It wasn't until the last two months of year 12 when I decided to apply to study a Bachelor of Nursing at the University of South Australia. I chose nursing because of the broad field of work, the opportunities it offers and the ability to take you anywhere.

The Bachelor of Nursing is a 3 year degree and consists of 4

placements for student nurses like myself to gain experience of the roles of a Registered Nurse within different specialities.

I feel extremely privileged to have completed my placement at Barunga Village during this challenging time. I have gained experience to successfully become a Registered Nurse.

First arriving, I was incredibly nervous and did not know what to expect. Instantly, everyone at Barunga Village made me feel part of the team and gave me consistent support, helping me out with anything I needed. I felt comfortable to ask questions and go outside my comfort zone to gain greater knowledge and truly make the most out of my placement. Over the past 4 weeks I have learnt practical skills to support my university learning.

The Registered and Enrolled Nurses have all taught me valuable lessons that I will remember throughout my career. I appreciate everything that Barunga Village has done for me, especially the lovely House Members for allowing me to learn and help bring me closer to my dream of becoming a Registered Nurse.

This placement has been a wonderful experience, opening

my eyes and making me realise that studying a Bachelor of Nursing was the best decision I have made. I'm extremely excited for the future.

Thank you, Barunga Village, for an amazing first experience as a Registered Nurse. I am extremely grateful for an amazing 4 weeks."

We loved having Claudia here with us and are looking forward to upcoming nursing placements. With our students and new staff additions to the team we are constantly teaching and learning. Mandatory training and COVID-19 training will continue into the new year along with the informal learning that each of us encounter and engage with along the way.

Our volunteer drivers are now required to be trained in basic first aid and a complimentary accredited ActFas Training Course has been arranged. With the venue being Port Pirie on Wednesday 13 January 2020, a bus will be leaving Barunga Village at 8 am, for a 9 am to 2 pm training session.

Seasons greetings to all, keep safe and we will pick up our endeavours to better ourselves next year.



# Volunteers report

STACEY MESCHEDE  
VOLUNTEER  
COORDINATOR

As we near the end of a very unusual year, I look back over 2020 and realise how lucky we are to have so many wonderful volunteers in our community.

The Barunga Village Volunteers enhance the daily lives of our House Members especially during this trying time. Our volunteers assist our House Members to live their best life possible.

I feel very blessed to be able to work so closely to so many caring and giving volunteers who choose to spend their

time volunteering for Barunga Village.

Our volunteers have been involved with the everyday activities as well as lots of other activities taking place in preparation of the festive season. One popular activity has been wreath making for our House Members doors and decorating the numerous Christmas Trees that are throughout Barunga Homes.

I would personally like to thank all of our volunteers for donating their time to Barunga

Village. Our volunteers are truly a wonderful bunch.

On behalf of the House Members, staff and myself, thanks again. We are looking forward to seeing you all in 2021.

Wishing you all a very merry Christmas and a happy new year.

If you would like to be a part of our volunteer team, please call me 8635 0529 and I would love to meet with you!



# News

## Remembrance Day

Remembrance Day 2020 was commemorated at Barunga Homes with each house hosting their own events.

House Members came together to watch the Remembrance Day National Ceremony and paused to remember the service men and women who had served and those who continue to serve our nation. House Members put together a beautiful display of memorabilia celebrating their loved ones and shared prayers, poems and stories.

Judith Winen conducted a thoughtful church service for Stanley House Members.



## Colin Smith receives VP day 75th

Barunga by the Sea resident Colin Smith, attended the Remembrance Day service at Crystal Brook where he received a Certificate of Gratitude for his service, which marked the day WWII ended 75 years ago.

Colin served in the Pacific as an Airman Mechanic. When the war ended, Colin travelled to Japan where he stayed for two years working for the British Commonwealth Occupation Force (BCOF)

Colin has been a proud member of the Crystal Brook RSL Sub-Branch since 1947.





## 2020 School Awards



Samuel Meschede was recently awarded 'Middle School Student of the Year 2020' at Port Broughton Area School. This award is presented to a student who demonstrates outstanding academic achievement throughout middle years and upholds the values of the school.

Many House Members will know Sam as he volunteers at Barunga Homes in his spare time. Sam is the son of Carsten and Stacey Meschede who both work at Barunga Village.

A fantastic achievement, well done and congratulations Sam!

Bute Early Learning and Primary School, School Values Award recipients Shayla Bettess (middle school), Pippa Krieg (upper primary) and Brody Green (junior primary).

The school award, sponsored by Barunga Village, is awarded to the most improved students displaying a positive attitude.

Congratulations to Shayla, Pippa and Brody!



School Values Award recipients at Port Broughton Area School

Back row – Jordon Townsend, Teagan Schell, Zac Noble, Zali Kerley and Lucy Turra

Middle row – Amber Cameron, Karsha Ireland, Indie Sims and Jaida Hewett.

Front row - Tarquin Wilden, Indi Ervin, Asha Hewett and Tanner Barclay.

The school values award, sponsored by Barunga Village, is presented to students displaying values of respect, resilience and success.

Congratulations to all recipients!

## Light Up Barunga—light display only



The Light Up Barunga display is a little smaller than previous years due to new fencing and landscaping under construction at the front of Barunga Homes. Unfortunately, due to COVID-19, the opening event was cancelled, however Barunga Village's group of dedicated volunteers created a bright and cheery display in the window of the Barunga Homes activity room. Thank you to Maureen, Merrilyn, Jodie, Dave, Jane, Ken, Paul, Raelene, Brenton and Ann for all their hard work.

If you have not already seen the display, be quick to check it out!



Barunga Homes is looking very festive, thanks to the wonderful work of our House Members.

In particular, Dot, Margaret and Lorene who have been very busy spreading Christmas cheer.

They have decorated three Christmas trees around the Homes. The tree pictured to the left is located in the entrance foyer for all to see.

They have beautifully decorated their own doors as well as making wreaths for other House Members to hang on theirs. They have also lined the hallways with tinsel and baubles.



# Fundraising and Donations

---

## Sylvia's Shoe Boxes

Barunga by the Sea resident, Sylvia, together with staff of the Port Broughton Op Shop filled 100 shoe boxes with donations for the Samaritan's Purse Operation Christmas Child.

Operation Christmas Child is a hands-on way to bless children in need across the world by filling shoeboxes with toys, hygiene items, school supplies, and fun gifts.

Samaritan's Purse collects the boxes and distribute them to children living in vulnerable situations.

A wonderful initiative bringing the spirit of Christmas to those in need.



---

## Christmas Stockings

Shirley, Pauline, Kaylene, Janet and Kay have been busy hand-making and decorating Christmas stockings. These donated stockings have been filled with gifts and distributed to families in need during the festive season.



---

## Donations

As we extend our deepest sympathies to our consumers family and friends as they pass, 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*

We sincerely thank the family and friends for donations in memory of their loved ones.

Special thanks to the family and friends of

**Mr. Ron Hewett.**



# Barunga profiles



**COLIN SMITH**  
BARUNGA BY THE SEA RESIDENT

**Family tree**

**Parents** - Joseph and Ivy Smith

**Place of birth** - Crystal Brook, South Australia.

**Siblings** - Three; Ayleen, Ronald and Jeffery.

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

**Children** - Four; Trevor, Helen, Wayne and Ann.

**Activities**

**Sport** - Football, golf, tennis and bowls.

**Social** - Playing cards and fishing.

**Hobbies** - Gem cutting—noodling.

**Occupation** - Carpenter.

**Favourites**

**Event** - Favourite birthday party is 'the 90's'.

**Place** - Crystal Brook

**Holiday** - Fisherman Bay.

**Singer** - Love music in general.

**Food** - Everything.

**Drink** - Beer.

**What is your dream or something you've strived for in life?**

To make it to 100! And have a big celebration.

**What has been the impact on your life since being a part of Barunga Village?**

Plenty of Friends, playing cards and being close to my son.



**ROBERT LOCKE**  
VOLUNTEER

**Family tree**

**Parents** - Joan and George Locke.

**Place of birth** - Nottingham, United Kingdom.

**Siblings** - Three; Patricia, Gillian and Josephine.

**Spouse/partner** - Partner, Julie Norman.

**Children** - Two; Zoe and Samuel.

**Activities**

**Sport** - Golf.

**Social** - Boating, fishing and travelling.

**Hobbies** - When I get time print making and lead lighting.

**Occupation**

Building Designer and Teacher (art/design).

**Favourites**

**Place** - Greece.

**Food** - Laksa.

**Drink** - Good wine and single malt whiskey.

**What is your dream or something you have strived for in life?**

A healthy, happy family and peace in our world.

**If you were stranded on an island, what are 3 things you would take?**

My dog Indi, water and a good book.



**NEIL DAVID**  
BARUNGA COMMUNITY CARE CLIENT

**Family tree**

**Parents** - Albert and Eva David.

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

**Siblings** - Two; Ronald and Ian.

**Children** - Two; Kingsley and Anthony.

**Activities**

**Sport** - Football and cricket.

**Social** - Watching local football and cricket. Happy hour at the pub and attending motor neurone disease events.

**Hobbies** - Reading and crossword puzzles.

**Occupation**

Real estate agent.

**Favourites**

**Event** - Scoring for cricket grand final.

**Holiday** - Tumby Bay.

**Food** - Any Seafood.

**Drink** - Scotch with coke.

**What is your dream or something you have strived for in life?**

Good health.

**What has been the impact on your life since being a part of Barunga Village?**

I am very lucky to have their support. They are very caring people.

# Christmas Celebrations

---

This year's retirement living Christmas celebrations were again enjoyed by Barunga by the Sea and Barunga Cottage residents.

Although celebrations had to be a little different, it was great for residents to come together and celebrate after such a bizarre year.

Strictly abiding by social distancing restrictions, residents improvised by playing many fun and challenging games that kept everyone 1.5 apart.

One game in particular included using a texta tied to string to draw a snowman. On tables of fours each person held one piece of the string and attempted to draw a snowman. This took concentration and team work. Lots of laugh and fun was had by all.





# Social scene

---



House Members Beryl and Irene with the colourful Christmas decorations in Spencer house.



House Members Judith, Colin, Mavis and Beverly photographed in front of their Christmas display at the entrance of Evelyn House.



Christmas preparations in Butterfly House with House Members, Denise, Dorothy and Hazel baking Christmas cake.



House Carer, Sue helping House Member Rachel and Hazel create Christmas wreaths to be displayed on their doors.



House Members Judith, Kath, Peggy, Merle and Jacie of Evelyn House along with House Members, Margaret D, Dot, Margaret, Michael and Raelene of Stanley House were entertained by The Big Christmas sing-a-long national celebration for aged care famous performers, Johnny Young, Normie Rowe, Kamahl and Ernie Dingo hosted a fun-filled online concert to celebrate the festive season.



House Members, Barbara and Natalie celebrated their birthdays on Saturday 19 December. Barbara celebrated her 91st birthday and Natalie celebrated her 90th birthday.



Christmas eve, House Members hosted a Christmas gopher parade through Barunga Homes — a fun-filled afternoon bringing joy to all.



# Celebrations

---



Barunga by the Sea resident Evelyn, recently celebrated her 90th birthday with family and fellow residents.

Evelyn has had many small celebrations throughout her birthday week, rather than one large party due to the COVID-19 restrictions.



Ann Webb, Lyn Brown, Anne Brown and Helena Ukota receiving a thank you gift from Barunga Village Board of Directors for donating their time and effort in sewing reusable face masks for all the staff and volunteers.

Absent :Jodie Webb, Sue Grey and Pauline Ragless.



Isabella Crane recently took part in Barunga West Council's inaugural lighting of the Port Broughton Christmas Tree.

Isabella is the daughter of Samantha Crane, Accountant at Barunga Village.





On Thursday 12 November, Ros Aitchison finished her last day, Ros started with Barunga Village in 1999 as a casual Administration Officer. She was then promoted to Head of Administration and Finance in 2017.

Farewell and best wishes to Ros in her retirement.



Registered Nurse Kathryn Nicholls and husband John along with their mother House Member Dot Evans welcomed a new granddaughter and great granddaughter, Millicent Florence Cowan.

Daughter to Holly and Jeff, Millicent 'Millie' was born on 28 June 2020, weighing 9lb 8oz and 54cm in length.



Marketing and Communication Officer, Annabel Freeth, husband Mark and son Flynn welcomed Fletcher Anthony Freeth on 14 November 2020, weighing 3.84kgs and measuring 51cms long.

Fletcher is the newest grandson of Director of Nursing, Merrilyn Hewett and great grandson to House Member, Peggy Gardner.

# Recipe

## Smoked salmon wreath

### Serves 8

Preparation time: 30 minutes

1 large fennel bulb, trimmed, core removed  
3 limes  
2 green shallots, trimmed  
3 large ripe avocados  
250g baby cucumbers, peeled into ribbons  
200g (1 bunch) radishes, trimmed, washed, thinly sliced  
400g sliced smoked salmon  
Extra virgin olive oil, to drizzle  
Crème fraîche, to serve  
Salmon roe, to serve  
Fresh dill sprigs, to serve  
Micro herbs, to serve  
Gluten-free crackers or crusty bread, to serve (optional)

**1** Use a mandoline to very thinly slice the fennel lengthways. Place in a large bowl with the juice of 1 lime. Add a large pinch of salt, toss to combine and set aside to pickle.

**2** Cut shallots into 8cm lengths and thinly slice lengthways. Place in a bowl of iced water for 2-3 minutes or until lightly curled. Drain well. Roughly mash the avocados in a bowl. Add the juice from the remaining limes, season and stir to combine.

**3** Drain fennel. Arrange avocado in a heaped circle around the edge of a large plate. Arrange pickled fennel, cucumber, radish, shallot and salmon over the top. Drizzle with oil and season with pepper. Dollop on crème fraîche and salmon roe. Scatter with the dill and micro herbs. Serve immediately with crackers or bread, if you like.

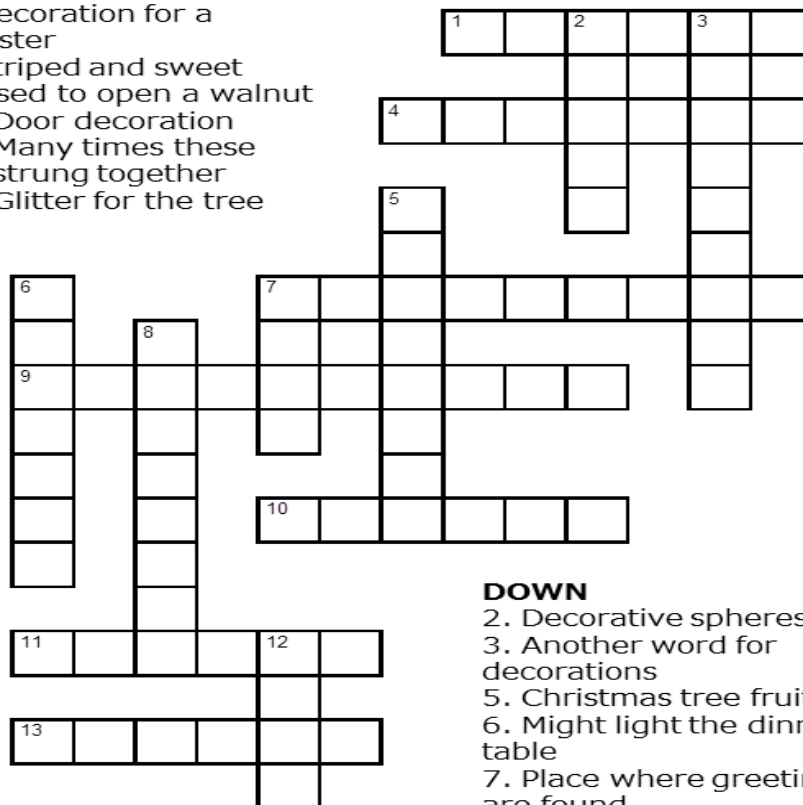


# Puzzle

## Crossword - decorating Christmas

### ACROSS

- 1. Used to wrap a present
- 4. Decoration for a banister
- 7. Striped and sweet
- 9. Used to open a walnut
- 10. Door decoration
- 11. Many times these are strung together
- 13. Glitter for the tree



### DOWN

- 2. Decorative spheres
- 3. Another word for decorations
- 5. Christmas tree fruit
- 6. Might light the dinner table
- 7. Place where greetings are found
- 8. Hung by the chimney
- 12. Might be cedar, fir or pine

### SOLUTION

