

June 2022

Grapevine

♥ Sid Wooby & Leon Wilksch

♥ Tips for the Chilly Weather

♥ Recycling at Barossa Village

Welcome



Corporate, Community & Retirement Services

Barossa Village
14 Scholz Avenue
Nuriootpa SA 5355

The Residency

9Atze Parade
Nuriootpa 5355

Postal Address

PO Box 531
Nuriootpa SA 5355

The Grapevine is printed
on 100% recycled paper.

Read the Grapevine online:
www.barossavillage.org
We're also on Facebook

On our cover:
Regional photo
Credit: Mr John Day

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Did you know that you can receive
the Grapevine by email each month?

Earlybirds are emailed their Grapevine
before copies are delivered to mailboxes.

If you're interested, send your details to
enquiries@barossavillage.org

Do you have a story to share?

A favourite recipe?

An interesting photo?

Know someone in the Barossa Village community
with a special skill or talent?

We would love to hear from you!

Send your submission for consideration in an upcoming
issue of the Grapevine to enquiries@barossavillage.org

Hairdresser

Tuesdays at The Residency

Thursdays at The Lodge

Contact Irene Rickards for an appointment
or she can come to you.

Phone **8564 2195** or **0414 607 135**

Barossa Christian Family Centre

We welcome everyone to our services.

Held each Sunday, 10.30am

Joy Rice Centre, Nuriootpa

Phone **0408 194 740**

The Village Op Shop

Open Wednesday to Friday, 9.30am-3.30pm

Arthur & Gladys Reusch Community Centre,

Nuriootpa (next to the Vine Inn)

We're always looking for volunteers!

Phone **8562 0300**

COVID-19 Resources

SA Health

www.sahealth.gov.au

08 8226 6000

SA COVID-19 Mental Health

Support Line 1800 632 753

(8am-8pm, 7 days a week)

Australian Government Department of Health

www.health.gov.au

Coronavirus Health

Information Line 1800 632 753

Don't wait, get vaccinated

Book your COVID vaccination
or booster at:

www.sahealth.gov.au

Regular COVID updates
are available at
www.barossavillage.org
and our Facebook page.

Mask wearing, QR Coding
or signing in on entry is
mandatory at the Residency,
The Lodge, Joy Rice Centre
and Arthur & Gladys Reusch
Community Centre.

Proof of vaccination is
required for entry into the
Residency, The Lodge and
Joy Rice Centre.

From the CEO



What a week it has been in regards to the Federal election. Even though there was no real surprise that the Liberal party was voted out, it was the surge in voting to new independents that was unexpected.

There was a clear mandate that the community wants more action on climate change, equality for women in the work place and better anti-corruption measures in government. Whether you agree or disagree, it has fundamentally changed the political landscape with voters leaving both the Liberal and Labor party in droves. Hopefully there will be better outcomes delivered through having a more diversified government.

Whether your party won or lost, we are lucky to live in this great country as there will be very little impact on our daily lives.

I am also hoping that the Labor government delivers on their pre-election promise of providing an extra \$2.5b funding for aged care through lifting wages for our fantastic

staff and to ensure the ongoing funding delivers a sustainable future so we can continue to provide quality and affordable services to the elderly in our community.

The Grattan Institute advised that an extra \$7b per year is required by the sector to deliver the one in a generation opportunity for real reform. This will not happen, however any extra funding we receive will be very well appreciated and will be invested in the provision of high quality care services that the community expects and demands from us. Fortunately we have strong revenues from many income streams that underpin our spending and will continue to support the residents and clients well into the future.

What is abundantly clear is that we need to continually grow very quickly and we are now planning for this through our annual budgeting and resource utilisation. With the extra 19 beds at the residency near completion, another eight ILUs being built or in planning stage and the expected increase in Home Care and Home Support over the next eighteen months, we have already started planning our recruitment strategies to ensure we attract high quality staff on an ongoing basis to meet the demand we will experience.

This is not easy and some of the discussions we are having include traineeships, scholarships and flexible working hours to help attract the right people to Barossa Village. Fortunately we have a great name and a great organisation that will help get people through the door. Increasing staff will be our priority for the next twelve months

We also have other projects we are investing in. These include our Lifestyle programs, hydrotherapy services, Village Op Shop, just to name a few.

Through all the funding challenges over the last five years, then the Royal Commission and then the COVID -19 pandemic, we have still managed to invest \$22.9m into our property infrastructure and \$1.8m into our IT systems to increase our residential care, retirement living, allied health, supported accommodation and hydrotherapy services. Fortunately we have been successful in applying for and receiving \$8.6m in government grants that has allowed us to expand to support the elders in the Barossa region.

We will continue to expand and have some really exciting projects on the go in the not so distant future. Whilst the government funding remains inadequate for residential care and the ongoing difficulty in attracting workers to support our home care clients due to the ongoing growth over the last 12 months, there are opportunities through our diversity and innovation to ensure our continued growth and financial sustainability. I am predicting an operational surplus for this year for the fifth year in a row with strong cash surpluses.

It will be a nice way to end my term as CEO at Barossa Village and enjoy my retirement.

As always, if you have any issues, please contact myself on 8562 0300.

Cheers,

Simon Newbold,
Chief Executive Officer

COMMUNITY LIFESTYLE PRESENTS

TUESDAY MARKET STALLS

Ria Art Creations
Sharon's Crochet Toys
June's plants and Produce
Ladka Fabulous Fittings (bras)
Antonietta Giftware



Tuesday, 19th July, 2022 | from 10 am
Joy Rice Centre

**BOOKINGS ESSENTIAL - HALF DAY OR
FULL DAY WITH LUNCH**
CALL LIFESTYLE TEAM ON 8562 0300



Independent Living Community Bulletin Board



The importance of backing up your computer

Last month we covered how important it is to keep your computer, laptop and other devices updated. This month we are going to focus on backing up your data.

Doing a back up copies all of your data, files and information in case your computer /device breaks, gets stolen or becomes infected. Having your data backed up can save you major headaches if something goes wrong as you will have a copy of all of your important information that you can then restore onto a new or repaired device.

If you only need to back up specific data you can use software that will let you pick and choose which files you want to save. To be safe, back up entire folders on a recurring basis to ensure that newly created or updated files get backed up regularly.

There's plenty of free software that will do this for you, including Windows's integrated feature. It can be located via the **Settings > Update & Security > Backup**. It lets

you back up items using the file history, which offers recurring copying of files to a secondary drive as backup.

Then, you can restore only the version of a file you need to recover, when necessary. File History is easy to set up, but it's limited in scope. Windows 10 and Windows 11 can also back up files to OneDrive, Microsoft's online backup and synchronization offering.

Cloud Back Up's

We're in the era of the cloud, so online backup, is now the norm for important files. Unlike the above services, which also include a file-sync option, straight backup products lean toward direct transfer of files from a hard drive to online/cloud storage, with easy restoration options. They may throw in some file syncing, but enhanced security is the most important option.

You would need to install online backup software on a PC, tell it which files/folders to keep backed up, and it does the rest in the background. Because the storage is online, you can typically read files via the browser, or restore the files to other systems, as needed.

External Hard Drives

It doesn't get much easier than this: Plug an external hard drive into your computer and get started. Of course, drives come in all shapes, sizes, and configurations. Almost all external hard drives today use connectors like USB-A 3.0 or USB-C for fast transfer rates.

USB Flash Drives

Small USB drives are relatively cheap, even as their size increases. They are small and easily portable. Some USB drives are even designed for protection from the elements, making them an even safer destination for your data.

There are multiple options available and if you would like more information on how to set this up please let me know.

High Tea Ball/ Information session

Several months ago I had mentioned that we were planning another High Tea Ball and information session. We have been in the midst of preparations and have decided to defer the event until spring 2022. Ill have more news on this soon.

Farewell and Best Wishes

Many of you know Chris and Ross Bassham who have been very active within the BVI volunteer programs and the BVRA. Chris and Ross are moving out of the district and I wish to thank them for all of their efforts in recent years supporting our activities and residents. I hope the future holds great things for you both and best wishes from all of us here at BV.

ILU Social Club May Notes

Kevin welcomed twelve members to the May meeting. Those attending were Judy Clarke, Nita Jones, Jeanne Whitelaw, Bette Kempton, Reg Martin, Jackie Chapman, Kevin Prouse, Vi Mitchell, Judy Richardson, Jean Higgenbottom, Magda Lausberg and new member Pauline Farrell. Welcome to Pauline.

Apologies were sent from Helen Roesler, Bev Reid, Yvonne Wuttke, Rita Jury and Ros Hayward.

Jackie read the minutes from the April meeting. Judy Richardson asked that they be accepted. Jean seconded the motion and all agreed that they were correct.

It was disappointing that our notes were left out of the May Grapevine.

The members then stood for one minute's silence as we lost our member Doug Fisher during the Easter long weekend.

Vi Read the financial report from the previous month and asked that it be accepted. Nita seconded and all members were in agreement.

Business arising: The new cheque written out to the St. John Ambulance has been cashed with the old one being cancelled. The chickens for the July lunch may not be

ready by 12 noon, but everyone is asked to be at the Activity Room by 12 noon anyway. The conversation then turned to the fact that the room was not set up ready for the meeting and afternoon tea. Tom was not available that day, but it seems no-one else was appointed the job which was promised to be done before every meeting. This problem will be followed up either verbally or by letter. Much discussion was held on this matter and the meeting closed at 1.50 p.m.

Jackie Chapman (Sec.)

Doug Venning entertained us with music and song, starting with The Tennessee Waltz, a favourite with everyone. We all had a good sing-a-long singing The Gambler, What a Wonderful World, Smile, Blueberry Hill, Nanna's House and On Top of Ol' Smokey. It was a treat to listen to Doug sing two of his own compositions. One was about Clayton Scott, the Nuri Undertaker and the other was about playing golf called Birdies in the Bush. Very Clever.

We then had a chat and afternoon tea with Doug.

Next Month the meeting will be held on the holiday Monday (13th June). Maybe Coralie Paige will be able to entertain us. If not we can play games of Bugs.

More information can be obtained from reception.

Community Care

Team News

We have had some staff movement and made some positive changes in our Community Care Team over the past month.

Many of you will know Caron, Fiona and Rosie. These ladies have worked here for many years as Care Coordinators doing a wonderful job. All three have chosen to move on from here and pursue new horizons. We want to thank them for their superb service and wish them all the very best for the future.

Although we have changed a little, we still have many of the team members you are familiar with and we now welcome some new faces in our Community Care Team. Katie, Louise, Maria, Vanessa, Jodie, James, Sam, Kate, Julie, Rachel, Matthew, Barb, Jenny and Flora are happy to have Taryn, Mariette, Belinda and Kristy joining us.

The team here at Barossa Village are always looking at how we can better meet your needs.

We are always aiming to improve our service in a way that continues to put you, our clients at the centre of all we do. We want to be able to respond to your calls quickly, can answer your questions and arrange services for you in a professional and timely manner.

We are happy to share with you that as part of our community care team we now have a specialist scheduling team. This means when you call us to change an existing appointment or make a new one, your call will be taken by one of our friendly scheduling team. They have in front of them the availability of all our service providers, the geographical areas they cover and the skill set they each offer. This enables the scheduling team to match your request with a professional who can meet your needs. The scheduling team will make the requested changes and confirm the appointment with you.

This will also allow our Community Care Coordination Team to be more available to you when you call to discuss: your changing needs, conduct annual (or as needed) reviews, arrange Allied Health and Nursing appointments, order your consumables or other needed equipment, arrange respite, respond to any concerns you may have, answer questions about your package and when necessary liaise with your health care providers, advocates and family members.

Our specialist care teams are here for you Monday to Friday 8.30 – 4.30.

We pride ourselves as being a small but valuable part of your team of supports at home.

New Starters at Barossa Village



Over the last few weeks we have seen some movement in the Community Team at Barossa Village with some employees leaving the Village to access roles in Adelaide that are closer to home. While these losses are unfortunate, having to say goodbye to some terrific people, it also provides the opportunity for others to enter our business. One of these people is Belinda Manning who joins us a new Community Care Scheduler.

I sat down with Belinda to find out little bit more about her life's journey that has landed her at the Village. Born in the Queen Elizabeth Hospital she spent her early years living on the Copper Coast as her father was a short haul truckie, shipping grain and food around the peninsula. When asked what it was like to live on the Copper Coast she reflected on the great times she spent eating her Mum's home baked goodies, frolicking on the beaches with family and friends and motorbike riding in the sand hills close to her home. She really loved the community and felt blessed to have grown up in such an amazing place.

Married now and living at Andrews Farm with her husband Carmelo, a student support officer at a local school, and her two young children Maxx (9 years old) and Mia (14 years old). She says being a mum is a great experience as her kids are fantastic.

Belinda joins us at Barossa Village having spent the last 14 months working at a disability support provider as a scheduler, responsible for helping to provide services to people with disabilities in South Australia. When asked why she chose to apply for a role at Barossa Village, she said that when she conducted her research on the organisation she was impressed with the reputation of the business and the types of services we provided.

As a Scheduler for Barossa Village Community Care team, Belinda will be responsible for engaging with our community clients to allocate services that our brilliant contractor team will deliver. She feels really fulfilled when she is able to help people get services that make their lives easier.

Her amazing personality and desire to help others will I'm sure make her extremely popular with not only our clients but also the whole team at Barossa Village.

If you see her around the Village or down the street, give her a wave as I can guarantee, you'll get one back.

Always a Student



I thought this month I would share something about myself. For those of you who I have had the privilege to speak with will know that outside of work I am passionate about only a few things. Firstly, and most importantly is my family. Then I am a devout Disney fan, in particular all things Star Wars and the Marvel Cinematic Universe and finally I am a mature age student of martial arts; I practice Aikido and have recently been awarded my shodan (black belt).

Why did I start martial arts?

I started attending the Kyushin-Ryu Aikido as a chauffeur for my daughter. She graduated to the adult class and she was a little intimidated. I've never seen a need for martial arts, but I initially saw it as a chance to keep her involved and help her to learn self-defence. I said to a friend "it doesn't look hard." He said "imagine getting up and down off the floor 200 times while you watch TV"... a lesson that didn't take long to learn.

My daughter then took up an interest in musical theatre, which left me at the club, but there was something beyond my original motivation that I wanted to better understand.

What is Aikido?

Aikido is a modern Japanese martial art form that blends the energy of an attack to redirect the force in a dynamic, flowing form of defence. It is written in Japanese as three characters "ai" = harmony, "ki" = spirit, mind, or universal energy, and "do" = the way, so it is the Way of Harmony with Universal Energy." It is not a sport, (we don't compete), but it is a cultural practice, a lifestyle that centres on resolving conflict whenever possible and a commitment to self-development and training.

The virtues of Budo

My school is part of the World Budo Kan Association which brings together students who are dedicated to the preservation of Japanese and Samurai Arts including Aikido, Judo, Karate and Jiu-Jitsu.

Budo, literally translated means “the Martial Way” within which there are seven key virtues, as quoted by Ueshiba Morihei O-Sensei (the founder of Aikido); bravery, benevolence, etiquette, justice, loyalty, honour and sincerity – not that different from the values that I was raised with. Each of them is represented in the 7-pleats of the hakama (some call it a skirt) that we wear when we come together to practice.

So why do I now do martial arts

We use the analogy that a black belt has the words, and the students journey can then begin to string them together to form sentences. This is my current stage of practice. I will never be the next Bruce Lee or Van Damme but I’ve already been lucky enough to travel to different countries and meet likeminded people, practice and learn and generally form some amazing friendships – if that’s what I continue to get, I will always be a loyal student.

Ben Hall

General Manager, Service and Delivery



ILU Residents Activity Calendar June 2022

ACTIVITY	DATE	TIME	LOCATION
Games Group	Wednesdays	2.00 pm	Joy Rice Centre Screen end
Happy Hour	Thursday, 14th June	4.30pm	Joy Rice Centre
Movies Alternate Fridays	Friday, 10th June A Dogs Purpore Friday 24th Tommy Cooper & Morecambe and Wyse	6.30 pm	Joy Rice Centre
Art & Craft Group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler Live Shows on Facebook			As per FaceBook page
ILU Residents Social Club Meeting	Monday, June 13th	1:15 pm	Joy Rice Centre
Concert Night Joy Rice Centre	June 18th Jo Brown concert	6.30pm	Joy Rice Centre
Men's Group	Wednesday, June 1st, 15th, 29th	1:30 pm	The Lodge/Outings
Wine Group	Thursday, 16th June	5:00 pm	Joy Rice Centre
Resident Market	Saturday, 11th June	9 am -1 pm	The Reusch Centre

***ALL ACTIVITIES SUBJECT TO COVID RESTRICTIONS**

For more information about these activities phone Reception on 08 8562 0300
or visit the Client Zone at www.barossavillage.org

Barossa Village Residents Association Monthly Report

The April Meeting was held Wednesday 13th April 2022 with President Robin Henry congratulating Ben Hall on his appointment as CEO of the Barossa Village. Secretary Karen advised we had sent a letter to unrepresented clusters (Kreig Street and Second Street) in February advising of the new BVRA management team and offering to table any issues those residents have on their behalf. We also sent a letter to Simon Newbold to wish him well on his retirement.

Ben's Report

Ben provided an update on the budget which he said was cost neutral and on track to finish the year on budget and showed photos of the construction underway at the Residency to highlight the progress being made.

COVID is still causing problems for the maintenance and other staff at Barossa Village and there have been some staff changes with Chris Feibger resigning and Jason Golder joining the team. Maintenance issues, he said, are being prioritised on urgency and safety.

There has been confusion about the cancellation of the Home Care After Hours Service, **but there is no change to after-hours Maintenance calls procedure.** The phone number provided still enables after-hours urgent maintenance issues to be attended to.

Tom's Report

Tom presented a cross-section of the results of the recent Wellbeing Survey and explained how Barossa Village will implement responses to issues it raised. The survey outcomes will be presented to the Board of the Barossa Village after which a detailed report will be published for residents.

CLUSTERS AND OTHER BUSINESS

Chris Bassham, Penrice Road - asked that a tree in the maintenance depot be trimmed so residents' vehicles are not damaged by over-hanging branches when moving their caravans in and out of the depot.

Sandra Johnston, Amstberg - Stated that her neighbour Coralie Page has asked that a fencing panel be removed to allow for better access to her driveway.

Inge Fimmel, Heidrich Court - Asked for general maintenance issues for two residents, which were noted but need to be reported through reception next time.

Ben has noted all requests to be actioned.

Tom Falconer advised the meeting of past President Bob Sandercock's passing and tabled a motion that the new library be named "The Bob Sandercock Library" as recognition of Bob's work to get the library idea off the ground. The motion was carried unanimously and a letter will be sent to the CEO of Barossa Village recommending the naming.

Karen Davidson, Secretary BVRA

Mobile: 0423 444 014

The BVRA is the independent voice of the community

Keeping The Chilly Weather At Bay

tips from our community

Winter has well and truly hit our lovely area.

The frost and the fog create some awe inspiring sights, we are so lucky to be surrounded by such beauty.

But, with that beauty comes the bone chilling cold.

We went to the experts - you our community and asked for your top tips for keeping warm during our chilly Barossa winters.

Here are some of your replies ...

- **Dress for the weather**, layers of clothes are more efficient than one big coat.
- **Flannel sheets and pyjamas**
there is nothing better than the feeling of snuggling into a nice warm bed
- **Dance when you can**
we like this one a lot in the office, we are all guilty of a dance at home alone
- **Having a flask of hot tea by your side**, so you don't have to keep getting up to get a warm drink... *and a few biscuits too?*
- **Keeping doors and windows closed**
- **Heating only the room you are in**
- **Getting up and moving around when you can**
- **Thick socks and good slippers**
- **A small brandy or a glass of red**
well we are in the Barossa after all
- **A nice bowl of soup** *lovely dubbly*
- **Eating well to fight the cold and flu ...having a flu shot**
- **Putting a blanket over your knees**
- **Draft proofing your windows and doors and closing air conditioning vents**
- **Cats and dogs on laps** *came up a lot too, a favourite in the office too*
- **Take a coat and an umbrella with you whenever you go out**

There have been some advances in technology advances in keeping warm also.

Did you know about ...

Heated blankets – plug in throw rugs to keep you toasty warm

Battery powered gloves - thin and warm

Insulated mugs – keeps hot drinks warm for hours

Jacket heating systems - they are rechargeable and make your jacket heat to your desired temperature

Hand and feet heaters are on sale at Chemists – they stay activated for up to ten hours and only cost a few dollars.

Some great ideas thank you all.

A few of us in the office keep slippers under our desks and so far none of us have forgotten to change out of them when we do a home visit! (Yet)

Keep warm, keep happy.

Katie Hill & the Community Team



Resident Profile

Leon Wilksch



I was born at the Angaston Hospital on August 3rd, 1935, to Albert and Albina, and grew up in Moculta. My name is Leonard Wilksch but I usually get called Leon. I have 2 brothers, Ron and John who were both Pastors, and 4 sisters, Edna, Gladys (both Dec.) and Vera & Melva who live in Gawler.

I worked in the construction trade and built my own house in Nuriootpa. It took 2 years just to make all the concrete bricks - 21 thousand of them all mixed by hand. I would put the cement into the moulds, let them dry and then turn them out.

I married Loris at the Gnadenfrei Lutheran Church, Marananga and we had 2 daughters together - Leanne and Kathy. They have given us 4 beautiful grandchildren. Sadly, Loris passed away on 10th May, 2021.

Outside of work I have kept busy with family and volunteer activities. I was in the Barossa Districts Rotary for 30 years where I was President for 3 different periods and also helped with Meals on Wheels for many years. My wife and I did that together. I was the Treasurer for the Marananga Lutheran Church for 30 years and during this time I was also Secretary of the Greenock Parish for 28 years. Both Loris and I were members of Probus and I was responsible for starting the second Probus Club in the Barossa. I was also Secretary of the Lutheran Men of Australia which was a men's fellowship group, every 3 years we would have an interstate conference.

In 2006 I received a community service award from the Barossa Council for Meritorious Service to the Community.

We loved our roses, and had 36 bushes in the garden at our first home and 24 in the place we last lived. I have travelled to New Zealand, Tasmania and Queensland.

I enjoy reading the paper daily and weekly magazines.



When things finally go wrong



I've held my breath for the last two years and two months, hoping and praying that we would not get a case of COVID in the Nursing home. As you would have read in my Grapevine article last month I spoke about the difficulty in wanting to, "Get it right." I spoke of the preparedness that we had entered into to ensure that we would be in the best possible position to manage a COVID outbreak. Well on the 7th of May you probably heard the collective sigh as we identified our first case of COVID and had it confirmed with PCR.

This single diagnosis has sprung all the plans into effect. Staff knew what to do, how to Don and Doff, where to find the stores of personal protective equipment (PPE). They all knew just what to do. Yet with all these amazing people swinging into gear and doing what they should the genie was out the bottle. Barossa Village has a fantastic immunization rate, this has probably led to a resident being infected with COVID for several days before it was picked up. COVID is most infectious two days before symptoms appear! So how are you supposed to stop that!

We locked the facility down, again. Keeping residents in their wings, closing the doors again to family and friends. This decision is always hard. Especially hard when you know you have people who may not see another

mother's day or birthdays and we had both of these events during this time for many residents.

Each day there were more cases in both the resident group and the staff. Staff we were used to, because every day we would have a notification of a staff member who had COVID, acquired in the community. So we knew it was only a matter of time. Each day we hoped that there were no breaches which would lead the invisible enemy to another wing of the facility or another one of our residents.

We had kept in contact with SA health and the Commonwealth throughout this. Say what you will about government, they certainly provided assistance in a coordinated and meaningful way. We had additional staffing resources sent to us, additional PPE and people on the phone who were genuinely interested in the wellbeing of staff and residents at the site. One of the best and biggest boosts came with the Australian Defense Force coming on site. We were "deployed" a general duties team and the presence of these men, assisting with the cleaning of the facility and providing some companionship for isolated residents.

I am astounded at the fantastic team here at the Residency, we just pull together, do what has to be done. They have done the double shifts, exposed themselves to people who have COVID and trusted their PPE and training. I feel so lucky that we have such an amazing group of people working with us to deliver amazing care. When things finally go wrong, trust your preparation, trust your people and most of all believe that these times will pass and we will come out of this better than we went in. A little bruised and battered, yes but wiser and more connected to each other and the community than ever before.

Thank you again for all your support!

Resident Profile

Sid Wooby



I feel the need....the need for speed !!!

Motorcycles and Mr Sid Wooby have a long and celebrated history together. It all started when Sid left the army in 1956 and he bought an Ex WD 350 Ariel (meaning Ex War Dept), which he drove for the next year. He then decided that he needed something better and he moved on to a 500 Matchless. It was a comfortable ride and Sid and his brother used to go to the odd race meeting on it. Sid recalls one day having a puncture and having to push the bike home several miles with a flat tyre. He then had the job of having to remove the tyre as the inner tube had crept out while they were pushing it home. Sid joined the local motorcycle club and developed an interest in sporting events and decided to participate in observed trials. Sid bought another Ex WD 350 Ariel and he fitted different wheels on it and he rode this in the observed trials. The trials are an event where riders go through a taped section and they cannot allow their feet to touch the ground or they received a penalty point. Stopping or running out of the section resulted in 5 penalty points.

On one occasion Sid had a mishap where they had to ride around a tree stump, go down into a gully and then accelerate out the other side. Sid made it past the tree stump, into the Gully where he opened up the throttle and the back wheel "bit" and the front wheel flipped up and went over with Sid, injuring his hand between the tank and the handlebar removing a fingernail in the process. Sid continued to ride in these events using several different machines usually lighter bikes with less power. Sid did this for several years and reflects that while he never won anything he was awarded a small cup at the annual club awards ceremony for "Best non-winner."

Sid then decided to build a grass track racing outfit. He got a BSA frame and modified the front forks to cut down the trail on the steering. He couldn't get a BSA engine for it but instead installed a Royal Enfield engine (twin cylinder 500). Unfortunately a lot of the other competitors were riding 650 Triumph's and running on "dope" fuel which made them considerably more powerful. Sid did a couple of seasons before selling the outfit to his younger brother.

He then decided to try road racing. He joined the Vincent Owners Club in 1960, his Vincent was equipped with a sidecar and he raced twice per year at a race circuit called Cadwell Park in Lincolnshire UK. Sid and a mate in the side car began practicing on country roads and soon enough they felt they were doing really well. Sid bought a set of racing leathers and they entered the race meeting at Cadwell Park. The first event they went in they had to race against the clock and the idea was to do as many laps as you

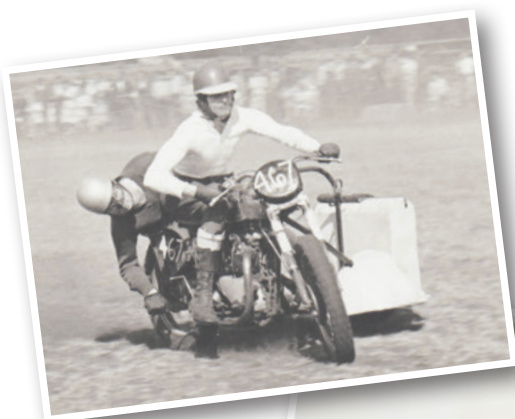
can within a given time. In their first race they received a first class award. Later on the same day they entered the handicap event and Sid achieved 3rd place position.

They raced there several more times and Sid reflects that they did pretty well as Sid won several awards in the time trials. Sid did have one near disaster. He was asked to race a 1000 Vincent and on the practice session Sid was passing another contestant and went off of the bitumen and was thrown over the handlebars at 70 miles an hour. The bike was a mess and Sid escaped, dazed with some minor cuts and bruises and a broken collar bone.

The last time Sid rode in a competition they had set up a speed trap and it recorded that of the other Vincent 500's in the race, Sid's was the slowest going through the speed trap, but he still won the event. This outcome demonstrates that Sid was very good on his racing lines and cornering. Sid believes that races are won on the corners.

Sid went to the Isle of Man to watch the racing numerous times and took his wife

Pat with in the sidecar. Sid & Pat migrated to Australia in 1969 and Sid brought one of his Vincent's with him. Sid sold that Vincent and then began building up a new Vincent which he kept up until 10 years ago. In 1978 he bought a BMW when he was back in England. They left the BMW there in England and when they returned Sid fitted a sidecar and they toured Europe together in it. Sid has always serviced and looked after his bikes himself. In Australia they went to lots of rallies and have ridden the BMW to Canberra, throughout New South Wales and Victoria. They enjoyed attending the Warrnambool Rally for about 20 years. Sid also bought another BMW Solo which Sid rode through the Blue Mountains and at various rallies. Sid joined the local motorcycle club in 1983 and two years ago he was acknowledged as a life member. Sid's all time favourite motorcycle is the M/C 998cc Series C Vincent Rapide. "It's a wonderful machine, relatively high geared and at 100 miles per hour the engine is turning over 4100 rpm, a really great machine to ride." Sid you're a legend Sir.



*Sid in action
in the '60's*

*Some of Sid's
trophies*



Community Development

Recycling at Barossa Village

**“There is no such thing as ‘away’.
When we throw anything away
it must go somewhere.”**

– Annie Leonard

The Barossa Village Residency recycling efforts began a few years ago when the food service team wanted to reduce the amount of packaging that was making its way in to landfill. Lyn Cartwright was particularly passionate about this and has been instrumental in championing the recycling efforts “I was seeing the amount of packaging that was coming in and thinking about where in our community we could recycle some of this.”

This prompted Lyn to go out and speak to different organisation within the community and began to organise with other food services team members a way to recycle.

For Greg Bartch, a member of the food service team, he was inspired by the Co-Op. “I saw what they were doing at Barossa Fresh with the recycling of soft plastics, plastic wrap, coloured bags and thought that was something that we could do here in the kitchen at Barossa Village,” Greg is responsible for collecting all the soft plastic at the Residency and taking them down to Barossa Fresh to be recycled.

The team is always on the lookout for how to reduce waste and recycle what come through the kitchen.

Some of the items that the Residency kitchen are recycling include:

- Vegetable foam boxes, which are taken over to John’s Place
- Gravy powder arrives in large plastic buckets which are also taken to John’s Place and used to sort and store things
- All the glass jars are washed and taken to op shops throughout the Barossa
- Milk lids, which are all taken to Redeemer Lutheran School. You may notice that the shopping trolleys at Barossa Fresh are made from recycled milk bottles

Bread Tags for Wheelchairs

Bread tags are another product that Barossa Village food service team recycle. Bread Tags for Wheelchairs is an amazing story of how the recycling of the humble plastic bread tag has made such a difference to lives of people in South Africa.

Mary Honeybun started Bread Tags for Wheelchairs in South Africa in 2006. Retiring from nursing, she wanted to help others and was also passionate about the environment. Mary was aware that the majority of people in need of wheelchairs in South Africa were unable to afford to buy their own.

She came up with the idea of recycling plastic to raise funds to buy wheelchairs and found a plastic molding company, Zibo Containers, prepared to take bread tags. In South Africa (but unfortunately not in Australia), Bread Tags for Wheelchairs recycle bottle tops as well as bread tags, and early in 2020 funded their 800th wheelchair!

After a while, Australians got wind of the program. People with South African connections started taking tags with them when they visited and some people posted bread tags. Jodie Falco at 107.9 Life radio station in Adelaide promoted Bread Tags for Wheelchairs on air and the tags started flowing in.

The response was amazing, with the network very soon growing rapidly. In February 2019 they engaged with a local recycler, Transmutation, in Robe, SA. Now there are 600+ collection points spread across every state and territory. We are currently

recycling 250kg of bread tags every month, approaching a total of 7 tonnes recycled to date. Recycling of 250kg of bread tags funds an entry level wheelchair, although some cost more, depending on the client's needs. We have funded more than 60 wheelchairs from Australia.

These fabulous bowls are crafted in Robe by Transmutation from bread tags collected all over Australia by Aussie Bread Tags for Wheelchairs Charity and the profits are used to support the purchase of wheelchairs in South Africa.



You can read more about this here:
<https://ozbreadtagsforwheelchairs.org.au/our-story/>

LEFT: Elisna, a recipient of one of the wheelchairs.

Lifestyle

Dorothy's Poem:

When thinking of your Community
and what it means to you,
a sense of belonging are
words that sound so true.

And if that Community together
all unite, to build up new friendships.
Then that will make it right.

But there's much more to offer,
that may interest you.
Eventful days filled with enjoyment,
mystery outings too.

Good company, fun and laughter
and maybe share a meal.

Make your days fulfilling, the better
you will feel.

A sense of Community, a sense of
taking part.

You all are welcoming to join us,
cause you are the
Communities Heart.



Enjoying a day at Monarto Zoo.



Mount Barker Summit.



Visit to the Himeji Garden.



Enjoying the sunshine at Monarto Zoo.

Lifestyle



Visit to the Barossa Valley Cheese Shop, Angaston.



Monday Angaston Group.



Drumming along to youtube.



Brian and Gayle drumming.



Decorating Shopping bags.



Making cards for Mothers day.



Art Group.

A note from Julie

After almost 8 years with the Lifestyle Team it has come to the time in my life to say goodbye. I will remain with Barossa Village for a short time to assist with some training outcomes.

I want to leave you all with some thoughts of the benefits of the Lifestyle Programs we offer both in residential and community settings.

Providing purposeful and meaningful engagement that residents very much look forward to is always a challenge for the Lifestyle team. We all bring our own talents and strengths to the team and we work closely with them in programming so that we provide a variety of activities for our residents to engage in.

Importantly our programs are designed to reduce social isolation and focus on capabilities rather than limitations. Small groups create a shared interest.

Choice and dignity is embedded in all parts of the programs. We support residents to exercise choice and independence, autonomy and wellness.

We promote a sense of belonging and a safe place for reminiscing, learning new skills (or rediscovering skills) leading improved self - esteem and self-worth.

Through social relationships, connections and inclusiveness - residents interact in new ways.

I will miss the residents and the team but I am leaving them in safe hands as Lisa Ognjanovic takes over my role.

Cheers,
Julie Cartwright
Lifestyle Manager.




Residential Representation Group

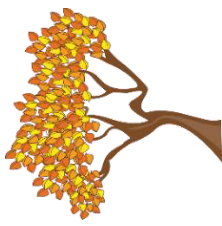
































Agenda of Meeting to be held on 5th May at 10.30am in the Club Room

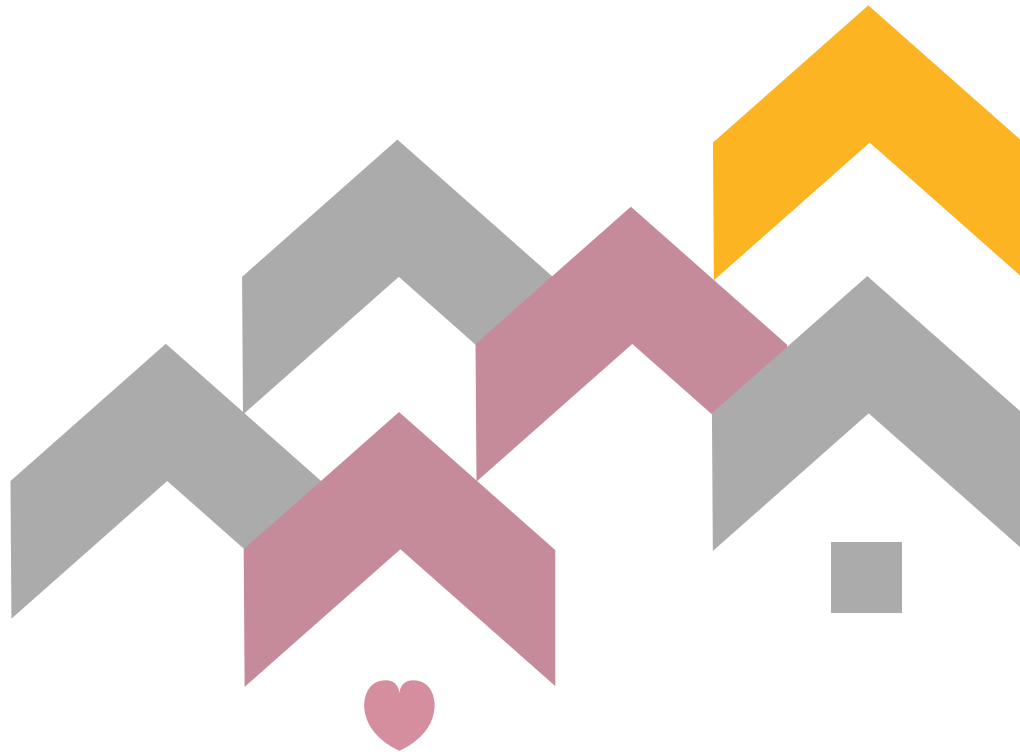
Chairperson: Julie Cartwright Minute Secretary: Maggie Hughes Residents: Jeff Virgo, Marg Kennedy, Trevor Reu, Bob King, Elizabeth Muella, Doris Kubish, Janet Lock, Rae O'Neill, May Carter, Brenton Raven, Sandy Raven, Gordon Weibrecht, Glenda Schultz, Staff: Matt, Lisa, Ben, Adam, Family Members Rhonda Smith. Apologies:	
<p>New roles – Dave Rundle via email: Julie's role will be to review of training requirements - plan developed. The ongoing deployment of existing programs to ensure consistency and effective application of skills - dementia detailing. The development and deployment of new training modules - Evaluation, Assessment and Review program (EARs) for Carers. Relevant to standard 7 that will assess Carer behaviours and skills and support them to continuously improve. Lisa will be The Lifestyle Manager over the next 4 months.</p>	
Business arising from Minutes.	Action:
Residency extension	All going well but still some delays due to COVID restrictions. Practical completion date will now be toward the end of June as scheduled but we have no further contingency. Facility accreditation will occur thereafter
Food Focus Group	<p>General feedback on new menu trials were positive (results distributed) but there are still some personal preference views on the recipe title, temperature of food served, size of meals that will need to be balanced. Plan to gradually introduce new options to general menu. Terminology on the menu to be simplified.</p> <p>Important to note that if 'it's not right' when it's served to you, residents are encouraged to bring their concerns to the attention of the worker so that it can be attended to.</p>
Current Covid restrictions	Matt - Staff having daily RAT tests and all visitors need to have a negative test before entering the facility. Masks still to be worn by staff and visitors.
Hydrotherapy pool trial	Feedback at next meeting.
Several Comments on Cold water in showers	<p>UPDATE POST MEETING:</p> <p>Since the December 2021 failure which resulted in the current system There has been two issues with the Hot Water System:</p> <ul style="list-style-type: none"> • ISSUE 1: Low water temperature in recent weeks • ISSUE 2: Cold water in recent days. • ISSUE 2 resulted as there was a failure in one of the systems two exchange (storage) tanks. This has been fixed. • ISSUE 1- it has been identified that this is apparent as the system relies on a blend of solar heating and gas heating. The onset of cooler weather has meant that the solar is not performing well, meaning only warm water is moving through the building. There are no settings to change unfortunately. <p>INFRASTRUCTURE RESPONSE:</p> <p>INTERIM: currently working with the extension builder to forge a connection between hydrotherapy HWS to supplement Residency Hot Water demands</p>

Residential Representation Group

	<p>ONGOING: A complete replacement HWS has been designed and is currently being costed for install ASAP installation will be subject to availability of products and materials. This process has been underway for the last couple of months.</p> <p>Additionally discussions continue regarding flexibility in care arrangements to change shower times and locations to reduce the morning burden on the system.</p>
Feedback Forms	Regular return to admin is essential for prompt solution. Raise the issue with your carer as soon as a problem occurs.
Federal Election	Postal Votes as for State Election. How To Vote information to be available at reception.
Silver Memories	Experience varies from room to room and channel used. If problems continue maybe ask advice from John.
General Consumer Feedback	
Spiders and mosquitoes in several rooms.	Air curtains – Contractor has been engaged for the supply and installation of an air-curtain in the EF dining room to trial the effectiveness of the technology. Installation will be subject to availability of products and materials and further the lapsing of current lockdown requirements.
Excessive noise late at night	Adam to address with staff. Work on the legs of furniture has commenced and will be progressively implemented amongst other priority works
Menus on tables	Residents wish to have the Menus on the tables for reference.
Continued parking issues	<p>Disabled car parking bays need to be a required width – so while we may gain two, we would actually lose 4. If you are parking at Atze Parade, please be sure to leave at least 5 meters from the edge of our driveway. Please also think about our neighbours and their driveways as well. This helps make sure that for motorists leaving the facility, there is a clear line of sight along Atze Parade.</p> <p>Please leave at least 5m from the edge of the Driveway</p> 
Heaters in Bathrooms	In floor heating is always on.
New Business	
Maintenance requests	Please direct these to admin as soon as you can.
Doors open	Residents are happy that the doors are open again. (At time of writing these minutes the doors are closed again due to a Covid outbreak in CD wing).
Ladies Aux	Father's day raffle and afternoon tea in planning stage.
Op shop scholarships	Opportunity for scholarships to be funded through the Op shop profits.
Acknowledgement	RRG members acknowledged the hard-working staff and whilst it may sound like they are 'complaining', they truly love being part of the Barossa Village and the high quality care that they receive.
Next Meeting Thursday 2nd June	The Club Room

Community Connections Calendar

Monday	Tuesday	Wednesday	Thursday	Thursday	Friday
 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm BV Machinery Preservation Society 13 Queen's Birthday  Public Holiday	 9.00am Silver Screening Downton Abbey Lunch Gawler Cinema	Tinker Shed  1 Tinker Shed	Joy Rice Centre Exercise for Fun 10.30am 1:30pm Travel Through New Zealand  2 10.30am Eudunda Ward St Exercise for Fun 1pm Client presentation 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  3 10.00am Circle of Friends Friday Café Lunch  10 10.00am Circle of Friends Friday Café Lunch 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  17 10.00am Circle of Friends Friday Café Lunch  23 10.30am Eudunda Ward St Exercise for Fun 1pm Museum of Natural History- Virtual Tour 
St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers 27 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers	9.00am Silver Screening Operation Mince Meat Lunch Gawler Cinema	Tinker Shed  15 Tinker Shed	Joy Rice Centre Exercise for Fun 10.30am 1:30pm DOUG VENNING SINGING  16 10.30am Eudunda Ward St Exercise for Fun 1pm A Sweet High Tea Tasting 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  24 10.00am Circle of Friends Friday Café Lunch 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  30 10.30am Eudunda Ward St Exercise for Fun 1pm Brain Teasers 
St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers 27 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers	9.00am Silver Screening Operation Mince Meat Lunch Gawler Cinema	Tinker Shed  22 Tinker Shed	Joy Rice Centre Exercise for Fun 10.30am 1:30pm Button Art  23 10.30am Eudunda Ward St Exercise for Fun 1pm Museum of Natural History- Virtual Tour 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  24 10.00am Circle of Friends Friday Café Lunch 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  30 10.30am Eudunda Ward St Exercise for Fun 1pm Brain Teasers 
St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers 27 St Hugh's Anglican Church 10.30am Exercise for Fun 1pm Brain Teasers	9.00am Silver Screening Operation Mince Meat Lunch Gawler Cinema	Tinker Shed  29 Tinker Shed	Joy Rice Centre Exercise for Fun 10.30am 1:30pm Coffee, tea or chocolate  30 10.30am Eudunda Ward St Exercise for Fun 1pm Brain Teasers 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  24 10.00am Circle of Friends Friday Café Lunch 	Circle of Friends 10.00am BOWLS Competition Friday Café Lunch  30 10.30am Eudunda Ward St Exercise for Fun 1pm Brain Teasers 



Barossa Village
people at our heart