

Editor: John Firth

Unit 2

September 2025

Email: mbfveditor@gmail.com

#802

No:137

From the Chair:

*When you're weary....
When tears are in your eyes
I'm (we're) on your side
When times get rough.*



These poetic words of Paul Simon and the whole song reflect on difficult times. Yet, amid all this trauma he offers a solution by providing a "Bridge Over Troubled Waters". Like a bridge over troubled water I (we) will ease your mind.

The committee has drafted a bridge of policies whereby current and future residents can avoid troubled water and provide activities without angst. An integral part of this is that lines of communication are developed amongst and between each group undertaking activities. Where feasible or practical delegate to others within a subcommittee or outside of that committee. When we may have periods of working at cross purposes to each other we need to look to building a bridge over these troubled waters by standing on the bridge, look down on the troubled waters and cross over to the other side where we'll work side by side. If you are willing to be involved in any of the committees, please put your name on the respective list on the notice board. This will help save a little time at the forthcoming village AGM.

As people often say, where else would you want to live!

By saying this, it acknowledges the invisible bridge in the village, the bridge created by keeping an eye out for each other. This bridge eases our mind.

When Vicki Stokes from ARAS spoke to us, she certainly pointed us in the direction of a bridge to get us over troubled water. As Suzanne Schubert suggested, place an ARAS brochure in the front of your contract so that your executor or next of kin can refer to them if they need help. What she also highlighted was the growing trend of elder abuse and ageism. The need for dignity and respect by which elderly people should be treated based on international human rights policies. The extended code of conduct in the new regulations will reflect many of these values. That's when Vicki emphasised the fact that we should stand up for these values and that we should be prepared to push back against any unreasonable requests or policies made by operators.

She could see the forthcoming changes to the Code of Conduct being beneficial for residents. A pile of ARAS brochures and business cards have been left by the notice board.

Other sites you can access for help are COTA, EAAA (Elder Abuse Action Australia) highlights the categories of abuse - Physical, Emotional, Financial, Sexual and Neglect. Similarly, the sites also cover Ageism. Use these bridges.

At the recent SAVRA AGM, Vanessa Clarke from the Office for Ageing Well, informed us that the Retirement Village Act 2025 has been proclaimed. Operators will have until 2/02/26 to make the necessary changes to their business model in order to comply with the Act and the supportive regulations. SAVRA and invited village representatives attended a second meeting to fine tune the Code of Conduct section of the regulations. This process will be completed in time to be included into the regulations by February's deadline.

At our stage of life, many of you have already created your own bridge for coping with the troubles that life has thrown at you.

I will always remember Mary Glover walking from her house with her frame to look at the little, varied faces of the Johnny Jump Ups. She was always delighted.

Mary epitomised the saying, *"find a pocket full of happiness each day"*.

Similarly, find joy in the little things in life.

"If you want to be happy, be". Leo Tolstoy

"Realise deeply that the present moment is all you have". - Eckhart Tolle

Ivar

From the Editor's desk:

Please be careful where you park on the narrow roads in the village, don't park next to the Fire Hose Reel Cabinets, in case access is required.

Checked the Village Information TV Channel lately? One way to keep up to date!

Also, village information/activities are posted on the Community Hall Notice Board.

Thanks to our Delivery girls, Meredith & Monika, and thanks to Lynne for producing the monthly Events Calendar.

We welcome any submissions for the Newsletter, subject to the Editors discretion.

John Unit 2 #802

Mount Barker Village Events

Sharing some sad news - for those who knew Jean Thomas. Jean (former resident) sadly, recently passed away peacefully in Hahndorf. For those who may like to attend & wish her a fond farewell, Jean's funeral will be held next Tuesday 2nd September at 10am at Adelaide Hills Funerals. Kleemann Family, 1 Morphett Rd Mt Barker.

Annemarie's art classes have been very well received, to the extent that the knitting group now will meet in the Lounge. Don't forget Monday afternoon is the time to have a paint or a draw and some fun in the Bowling Club.

Knitting is a [timeless hobby](#) that people of all ages can enjoy. Like many hobbies, it offers a wide range of health benefits aside from entertainment. Most hobbies foster [social connection](#) and a sense of community, in addition to promoting cognitive sharpness as we age. But knitting, in particular, goes above and beyond in reducing stress by helping your body enter a relaxing state, boosting your overall mood, and engaging multiple parts of your brain simultaneously to [promote cognitive function](#). To better understand how knitting affects the brain and supports overall well-being, we spoke with licensed psychologists, psychotherapists, and art therapists. We share the health benefits of knitting and the positive effects it can have on your brain. Go to this website: <https://www.marthastewart.com/benefits-of-knitting-11784172>



- This is just following on from the very successful event supplying warm knitted clothing to the local suburbanites who required a little extra this winter.
 - And remember the Knitting Group are **now meeting in the lounge** to continue clicking with everyone! *Thank you, Ann Penny Unit 42 #842*
-

7 RULES of LIFE

1. Make peace with your past so it won't screw up the present.
2. What others think of you is none of your business.
3. Time heals almost everything, give it time.
4. Don't compare your life to others and don't judge them.
You have no idea what their journey is all about.
5. Stop thinking too much, it's alright not to know the answers.
They will come to you when you least expect it.
6. No one is in charge of your happiness, except you.
7. Smile. You don't own all the problems in the world.

Morning Tea, Thursday 14th August was a sell out success! Terrific turnout with over 65 residents attending to hear a great presentation by Vikki Stokes from **aras** - Aged Rights Advocacy Service. Check out Ivar's report. I think that even with the technical hitch Vikki did a great job, and we should ask her back for another appearance to continue with the/our education. Let the committee know if you feel this is required.



All the **aras** information is available on the table within the Community Hall.

And again, on **Tuesday 26th August**, Morning Tea was highlighted by Sue's scones, with jam & cream. Thank you, Sue.
Also, Annemarie brought a special cake along to share, just because it was Martin's Birthday! Happy Birthday, old chap!
Again, special thanks to all, who continue make the Morning Teas a success.

On **Wednesday 27th August** at 1:00pm the Games room was overrun with players keen to participate in the inaugural Village Snooker Championship.

That may be a little exaggerated as 6 residents faced off against all odds. Luckily Martin had to leave early, so at least the remaining 5 had some fun playing and finding out that their skill set may have been lacking somewhat. Well, I certainly did! Thanks to the players, Graham, Henry, Martin, Ivar and "the hustler", Don!

Also, special thanks to the large spectator crowd that sat,
cheering us on thanks, Rosemary!



However, there was a plus to come from this, it was decided that we (the Men's Group) should continue with a bi-monthly daylight competition on the last Wednesday of the month. So, looking ahead we'll book in for Wednesday 26th November at 1:00pm. That way we keep December clear and give those who need to upskill time to practice. No entry fee – it's free!

-
- Fridays' Happy Hours of course continue despite the bad weather with varied attendances. And there are Raffles and prizes, all good.
 - These events are important for us to embrace some social interaction.



Great to see a couple of our residents devoting their time to assist others, especially organisations like the Cancer Council.

They were representatives of the Macclesfield Young & Heart Keep Fit group who have been donating to the Cancer Foundation for some years now and have raised over \$290,000 for Cancer Research.

Great effort.

Well done Janet and Carole.

Thank you, both.

Thursday afternoon 28th August had the Village host the Victorian Ladies Fashion Parade. Lots of terrific historic ladies' fashion on display. The Hills Victorian Ladies enjoy presenting Fashion Parades showcasing the amazing collection of gowns made by Jessie Ratledge. Around 15 residents enjoyed the parade of a variety of clothing, including men's and children's items, followed by tea & coffee. Some excellent funds were raised for their charity 'Hungry No More'. Thanks go to Sue G for organising this special event.



**Sad news - the inventor of
auto-correct collapsed in the
street yesterday evening.
He was taken by ambulance to
the nearest horse piddle.**



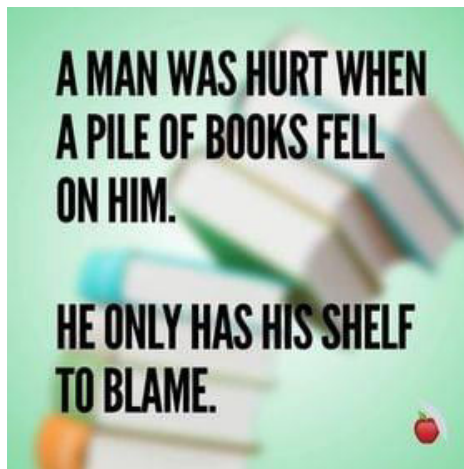
A library update.

I asked our new Librarian Suzanne S, to inform us of her intention and vision for our great library, following the strong foundation laid by Wendy & Tony Cobiac.

"Our vision for the library. We have put a request in for bookshelves to be put in on the wall between lounge and Billard room. This will give us a lot more space to have special sections i.e. large print, history, autobiographies, fiction, etc.

Also is there any interest in audio books?

We are endeavouring to bring new books in so if you haven't been in the library, check it out. We also have new jigsaws. If you borrow one, can you please write in book so we can see if they are being used. Thank you". Suzanne and Marlene.



Important: THE AFL TIPPING COMPETITION RESULTS

'Congratulations to the winners Ann Penny, Dianne Kemp and Mike Sarson. We all had some good days and some not so good, but it was fun. Thank you to all who participated'. Suzanne

I was hopeful that residents who may have an interest in photography, would be keen to meet on a regular basis to interact on all things photographic.

I'm pleased to say that we have a small (small) group of residents who gathered in the Lounge the other day to discuss their cameras & skill level.

So, we have decided to meet monthly on the second Monday at 1:00pm in the Lounge. This enables us to utilise the TV to show images & software.

All are welcome to join us on the afternoon of the second Monday of the month.



- I would like to welcome to our Village, Linda Scholz who has been with us for a week or two. Linda is residing in Unit 122.
 - And a more recent arrival is Frances Shapter who has moved into Unit 100. Welcome Frances.
 - Please say hello & make them both feel at home when you see them.
-
- Don't forget that an updated resident's phone list is available in the lounge table drawer. And one can be delivered to your letterbox if required.

More of More

Lawn Bowls Report for August 2025

Last month the keen players of the bowling club found a few nice mornings to have a roll on the green. So, activities have continued as usual.

Please be advised that on Saturday 23rd August the green was sprayed by our contractor. These sprays are fairly strong, so if you are an allergy sufferer it might be best to stay off the green for a while. If you do play on the green, it would be advisable to wash your hands afterwards.

The surrounds of the bowling green were also sprayed with Roundup. There has been a heap of rain lately, so this has probably diluted the poison somewhat.

Enjoy your bowling.

Grant Bell U31 or #831



We should feel special that an Olympic size pool has been provided by the Rain God!

Grant, fear not, the poison is now diluted!!

Upcoming events.

Important Residents AGM, 4th September at 2:00pm.

- Village Residents AGM, **Thursday 4th September** at 2:00pm.
 - Main Hall, Community Centre.
 - Important to attend, to hear from the Committee.
 - You can have your say.
 - Vote for the next set of Committee Members.
 - If you have not received your voting papers and information, please contact Sue Gear on number 808 or at Unit 8.
 - If you would like to attend and need help with transport, please let Sue know.
 - Afternoon Tea will be provided.
 - It is essential to have your say & your vote. Please attend.
-

And on that **same day in the morning** there is a fashion parade.

- **Thursday 4th September** at 10:30am, *Jadees Fashion* will present their latest fashion items for your viewing & purchase.
 - Morning Tea provided.
 - Past Jadees parades have been well received.
 - All welcome.
-

- Watercolour lessons are underway, come along and join Annemarie Williamson, #146 as she shows you how to paint in watercolour, **Monday afternoons**.
 - All materials are supplied this includes paper, brushes and paint. Cost is \$10 per person (allows for replenishment of materials). Lessons are from 2pm until 4pm and are held in the Bowling Club.
-

- Movie afternoon, **Wednesday 10th September** at 2:00pm, in the lounge. Movie: "*The Good Liar*". Looks like an interesting movie.
 - Was to be shown in August but someone interfered with the TV setup!.
 - BYO refreshments.
-

- Don't forget BINGO on **Wednesday 17th September**. In the Community Hall.
-

- Ivar has confirmed that the local Commonwealth Bank Manager Luke Tulloch will give a presentation titled "Staying Safe On-Line" at **Tuesday's Morning Tea 23rd September**, around 25-30 minutes after the normal start time of 10:00am. This is an important topic, and everyone should be attending to stay up to date with this subject. There is so much pressure to use everything electronically these days, so this is a must-see presentation. **Bring your questions!**
-

Consult the attached Village Monthly Planner, for more activities

Of course, many of the regular Village activities continue during September.

* Lawn Bowls, * Morning Teas, * Croquet,
 * Book Club, * **Indoor Bowls**, * Snooker, * Cards,
 * Art & Craft, * **Stretch & Balance**, * Bingo,
 * And more, check out the Calendar attached.

- **Early heads up: - Tuesday 7th October** at 3:00pm there will be a meeting in the Lounge, to welcome those interested in joining the S&E Committee. (Social & Events)
 - An informal discussion & introduction to activities and events generally undertaken will be covered.
-

- Forward notice: Lunch booked for Mount Barker Village Widows Group at Aston Hills Golf Club.
 Date: **Tuesday 7th of October**. 12:00pm.
 Notice will be in letterbox as usual.

BIRTHDAY LIST FOR THIS SEPTEMBER



Peter Mosey
Prue Herringe
Suzanne Schubert
Bev Bowman
Kath Bowman
Lynne Cavanagh
Diana Mitchell

01st September
02nd September
04th September
11th September
16th September
20th September
22nd September

- Please let me know if you would like to be on this list, I may have missed you!

REMEMBER BACK WHEN WE
USED TO EAT CAKE AFTER
SOMEONE BLEW ALL OVER IT?

MAN, WE WERE WILD...

Extra, extra.....There is an opportunity for one resident, to join the bus trip to the **Monarto Safari Park**, due to a late cancellation. See the new elephants! Please contact Kevin or Sharon Folland U20 or #820 to secure your place.

Should anyone like a copy of a photo from these Newsletters please email me, and conversely, should anyone NOT want their photo taken or published in this Newsletter let me know, please.

This newsletter's production is funded via the various Residents' activities, thank you.

- *Disclaimer: Opinions expressed in this publication, editorially or by contribution, are printed in good faith and without liability. They do not reflect the views of Lifestyle SA, the Residents' Committee or the Editor.*