

# The Carrington Courier

Volume 15. Issue 5.

The Carrington residents' newsletter produced by Carrington Computer Club for Seniors.

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## Oh, What A Beautiful Morning, Oh, What A Beautiful Day!

The words of the song could not have been truer! Garden club members who went on the excursion to the wattle garden at Mount Annan Botanical Gardens on the first Monday of last month voted the outing a most enjoyable time and one that should be repeated.

It was a typical autumn day (isn't it the best time of the year?), the sun was warm and there was no wind to spoil things. Although the wattle was not out in flower, it being a little early in the season, it didn't matter as the perfect weather more than made up for that.

Plenty of vacant seats in members' cars meant all were transported in comfort. A "cuppa" when we arrived seemed the logical way to start proceedings and a battery of thermos flasks provided the hot water.

The two male members of the group were seconded to look after cooking arrangements when time came around for lunch. One was the sausage cook, the meat having been picked up from the butcher on the way, and the other cooked the onions, with instructions that they be brown but not burnt!

Doreen Wilkinson, the club president, and her willing helpers were warmly thanked at the end of the morning, the general opinion being that we should do it again soon!



The onion cook, Gordon Stewart, being supervised by Doreen Wilkinson and Olive Fowler.

The copy deadline for  
the July issue is  
**Wednesday,  
17th June**

# Hello From The Village Manager

Sorry I missed *The Courier* in May due to my mother passing away. It was a happy release for her and as I have said to many, she had a beautiful nurse lay with her and pray with her. I could not have asked for anything else, particularly when I have not got a large family and there was a two hour trip to get to the nursing home.

Management and the entire village have been very understanding to my up and down work schedule, but I have no regrets and thank everyone. I am now back on deck, Monday to Thursday, from 8 a.m. to 2.30 and look out, I am trying to catch up on some home visits.

I am endeavoring to ring all self-care residents to check on you all and then do a home visit if required.

## **YWCA Encore:**

The NSW YWCA Encore Breast Cancer Recovery Programme group is back in our village till Wednesday, 17th June.

They will be using the pool from 10 a.m. till midday on those Wednesdays unless otherwise informed. Signs have been put on the pool doors to this effect.

## **Village News:**

Bailey's Fashion Parade attended Carrington and thank you to all who have supported the great afternoon.

It was such a privilege to be involved in the Combined Devotional Morning organized by Jean Olsen, John Giles and the dedicated committee. We missed Myra, but what wonderful fellowship and an inspiring morning it was. We had beautiful singing by our Barbara Handley and the talented Carrington singers and a warm welcome back to Jean's nephew, Carl Olsen—what a voice!

New residents have recently moved into the village in the persons of Mrs Heather Sandman in bed-sit 61A and Mrs Shirley Curtis in self-care unit 134. Please make them welcome.

We will now place a vacant sign on empty units and this will assist our volunteer mail sorters. I often forget to acknowledge these dedicated people and I don't always hear when one retires. Thank you to all and please assist our mail volunteers by asking friends to clearly print your names, particularly if you know of other

people in the village with similar or the same names, and always put unit numbers clearly on all correspondence.

There has been concern again in regards to parking on the grass, particularly in the wet weather. Please encourage all staff, care workers, family and friends to park in the parking bays around the village. We allow drop off and pick up at units but do ask everyone to help by not parking on the lawns for extended periods.

## **Rest A While!**

I would like to thank Ian MacFeters of Unit 34 in Paling Court for the kind donation of the beautiful sandstone seat, which has been placed by the



lake near the John Southwell Bridge.

The little dedication sign reads "*Rest A While. Marie 29-12-07.*"

If you are walking around or near the lake and need a rest, sit a while and enjoy this wonderful memorial.

## **The Fair—It's That Time Again!**

I now have the raffle tickets back from the printer and they will be distributed to staff and self-care residents. We will have several prizes this year for ticket sales, so I encourage you all to do your best to support the 2009 Carrington Fair.

In the next edition I will list the people who have donated money and prizes this year so we can support them throughout the year.

I will also need volunteer help in Camden and Narellan for community raffle ticket sales. If you are able to help the committee and volunteer

(Continued on Page 3.)

## **Hello From The Village Manager**

(Continued from Page 2.)

some time, please ring or leave a message on 4659 0305 (or mobile 0433 885 529). I will be completing a date and time table shortly and will send a memo around in the near future.

Thank you again to the committee, all the people making jams and craft, and all the unnoticed activity that goes into planning the Fair. This is greatly appreciated.

It is 35 years since Carrington Fair has been a special event on the community's calendar. To assist in preparing an article in the local press, I would appreciate information that relates to how the Fair has grown, etc. Please ring and I will talk to anyone with information that could assist in the preparation of this article.

Several people have moved into hostel care, resulting in vacancies, particularly in Paling Court. We sincerely thank Betty Hines, late of Unit 49, for her years of volunteer help and wish her well in her new home in another village.

Mrs Jean Dodds, from Unit 34, has also gone to another hostel to be close to her daughter and family and we send blessings to her. Mr and Mrs Hodges have moved from Unit 38 into Grasmere Terrace and again from all in the village we send our kind thoughts and particularly pray that they settle quickly and enjoy their new home.

Thank you to maintenance staff as they catch up with all maintenance enquires.

Blessings to all.

*Carole Cleminson.*

## **Jean's Bible Study**

Owing to the Queen's Birthday holiday on Monday, 8th June, Jean Olsen's Bible study, set down for that date, has been transferred to Wednesday, the 10th.

The starting time of 10.30 remains the same.

## **Thanks A Lot For Those Bags**

The volunteers who work in the kiosk at Mary MacKillop Hostel wish to thank all those who have given spare plastic shopping bags for residents' purchases. Your assistance is greatly appreciated.

*Jean Olsen.*

## **Self-Care Social Club**

One hundred and twenty residents enjoyed the music and buffet dinner on Wednesday, 13th May, despite the slightly delayed meal, because one of the caterers did not arrive. This put a heavy burden on the two chefs. I thought they managed very well, considering. The musicians were highly praised and many residents are hoping that they make a return visit. Our grateful thanks to the residents who helped clear up afterwards, which involved collecting glasses, cups and saucers, plates, etc. We would have finished much later than 10.30 otherwise!

The club will be in recess for a while now, as we would like to have a winter holiday, and there are some other club functions planned for June and July.

Please remember men's happy hour on the first Wednesday of every month except August and Bailey's Summer Fashions in September.

Hopefully the \$190 raised from the last fashion show will be used to buy some lace curtaining for additional pretty table covers for residents' functions.

We will be showing one or two films over winter. Notices will be delivered to every mailbox in plenty of time.

So, for now, it's as usual, stay well and stay happy.

*Irene Warwick.*

## **Aquarobics**

From Monday, 1st June, Marie, our instructor, will not be available on Mondays for the time being. However, if anyone wishes to continue on Mondays, Jenny and Laurel will conduct these sessions. Cheers for now.

*Jenny and Laurel.*

## **Thought For The Month**

### **A Guide for Living:**

Our thought for the month comes from a Psalm of David. It is No. 139, verses 1 and 2, then 23 and 24:

*"O Lord You have searched me and You know me. You know when I sit and when I arise. You perceive my thoughts from afar.*

*Search me O God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*

*Hal and Flo Anderson, Unit 167.*

# From The Desk Of The CEO

On Tuesday, 12th May, the Federal Government handed down its budget for 2009/10. As is customary, the budget yet again has neglected aged care. Apart from adjusting the weekly pension rate, none of the challenges currently facing aged care, particularly the funding issue, were addressed.

Meeting future aged care demands and rising cost of goods and services is becoming a major challenge for aged care providers like Carrington and lobbying Governments should be at the forefront of our thinking.

Against this background Carrington has been preparing next year's budgets both for the organisation as well as the self-care village with one objective in mind, to ensure that optimum quality services are provided to our residents.

The self-care budget for 2009/10 has been built on the same basis as the 2008/09 budget with CPI adjustment which is currently at 3% to the end of June 2009.

The self-care budget will have been forwarded to all residents on Friday, 29th May.

Our development plans, however, continue to happen:

- The extension to the Support Services building (kitchen and laundry) has been completed and the widening of the road leading into maintenance and the kitchen is currently under construction.

- Plans have been developed to establish an additional 40 car parking places opposite the Support Services building and the Recreation Centre. Quotations for the work are currently being

sought and hopefully I should be able to advise of the commencement of this work soon.

- The construction of the 70 independent living units is progressing well and has generated a lot of interest in the community. The project is still on schedule for completion in 2010.

- Plans for the refurbishment of the ground floor of Carrington House and also for the refurbishment of the Recreation Centre are currently being developed for submission to Camden Council.

- Plans for increasing illumination and street lighting around the village have been completed and will be implemented progressively over the next two years due to the huge amount of cost involved.

On the resident care side, Carrington has been fortunate to attract good calibre staff with excellent past experience to work in our new facility, Grasmere Terrace, and also in the other residential facilities.

New care initiatives such as pain management and control have been implemented in our facilities to ensure that our residents remain comfortable despite the chronic and complex health issues they experience.

I am aware that a number of our residents have experienced bad TV reception in the past few weeks in some parts of the village. Although we have been responding to individual concerns, we have arranged for an MATV specialist to prepare an analysis of our current system in the village and to recommend changes which will improve the quality and reliability of our TV reception. I will keep you informed of the progress made.

Finally, a survey of residents and staff was recently conducted with regard to the installation of an ATM machine. Unfortunately the survey has identified a lack of support for such a facility. I would like to thank all our residents who took the time to respond to the survey.

Until next time, keep well and take care.

*Raad Richards, Chief Executive Officer.*

## July Copy Deadline

*The cut off date is Wednesday, 17th June, and the editor's email address is:*

**gordon.stewart1@bigpond.com**

*His mail box is 120 on the wall to the left of the main entrance to Mary MacKillop Hostel.*

**Please note that the drop-off point in the Community Cottage is no longer used.**

Anthropologists tell us that in prehistoric days men used to scream and beat the ground with sticks to relieve their frustrations. Today it's called golf.

# Leo's Views And Croquet News

There is not a lot to write about this month. Further to our barbeque held last month. Les Langston took some photos, which I lost for a while. I found them though after a time. Guess where they were? In my pocket!

However, I will ask my editor to use the group photo in this issue. *(And he did!)*

We are still getting good turn outs to our games and there is no limit to the laughter and enjoy-



ment everyone has. The green is very good, but I think some of the hollows and bumps could do with a levelling out.

But on the whole the area around the pavilion is being well cared for. This is probably due to the fact that the members of the gardening staff having completed the new work up the hill at Grasmere Terrace and they now have time to catch up with work around the rest of the village.

Mothers' Day has been and gone. I went down to the cemetery the day after as it was too crowded on the official day.

The place looked great with flowers everywhere. I think Mothers' Day is one of the nicest days of the year, a day of remembrance for us all.

I went with Coral over to her son's place and had a great lunch with them and Beryl and her family.

I am reminded of a funny little story I recently heard. Just before the funeral service, the undertaker asked the very elderly widow: "How old was your husband?" "98," she replied. "Two years older than me."

"So you are 96," the undertaker replied. "Yes,"

she responded. "Hardly worth going home is it?"

Here's one for all the oldies who wear hearing aids or try to. Two elderly women were eating breakfast in a restaurant when Ethel noticed something funny with Mabel's ear. "Mabel," she said, "did you know that you have a sup-

pository in your left ear?" "Have I?" Mabel said and pulled it out.

Then she said, "Ethel, I'm so glad you saw this thing. Now I think I know where my hearing aid is!"

Well, I did say there wasn't much to write about this month, but just before I go, let us all remember our sick friends and say a little prayer for them. While you are at it, say a big one for me!

Cheerio and God bless.

*Leo Probert.*

*A motto to live by:  
Don't take life so seriously;  
it's not permanent.*

*Kathy Holder.*

# News From Mary MacKillop Hostel

Hi everyone. As I write this the month of May has just about finished; where did it go? I imagine Ros is still holidaying with Ollie, her dog.

She will have returned to us at Mary MacKillop on 25th May, all relaxed and raring to go!

In the month of May we enjoyed:

**Saturday 2nd:** Camden Valley Country Music Club entertained us once again. All the residents and visitors enjoyed the time with them. The Music Club visits us on a volunteer, regular basis which is very much appreciated by us at Mary MacKillop.

**Wednesday 6th:** Julia sang old time favourites for us and we must thank Butler's Funeral Service, as they provided the entertainment free.

**Thursday 7th:** Presbyterian Church Service. We have begun to hold another church service at Mary MacKillop Hostel due to requests from some of our residents. The Presbyterian minister, Warren Hicks, is holding these services once a month in the main lounge room.

**Friday 8th:** Mothers' Day morning tea was held for Camellia and Grevillea residents in the Grevillea lounge room. Some family members joined us for the morning. The food looked great! Everyone enjoyed themselves and even the men helped us celebrate Mothers' Day.

**Friday 8th:** Mothers' Day afternoon tea was spent in the Mary MacKillop main dining room for our mainstream ladies. Cakes, biscuits, chips, soft drink, wine, tea or coffee were on offer for everyone. All of our ladies were given a potted flower from Carrington to celebrate Mothers' Day.

**Our Mother's Day raffle** was also drawn at the afternoon tea. Congratulation to all of our winners, who were Elma Quinnell, Kathy Geer, Doreen Barwick, Erin (Support Services), Vera Gray, Berylyn (Support Services) and Pat Dalton.

**Thursday 14th:** June once again played some old favourites on the piano, which were enjoyed by all residents.

**Friday 15th:** Carpet bowls went well with everyone. Some of our lawn bowlers had to pace themselves to play indoor bowls, but they soon got the hang of it!

**Monday 18th:** The Combined Devotional Morning was held in the Recreation Centre and residents of the hostel attended. Thank you to all the people who helped with transport and assistance.

**Monday 18th:** Mary MacKillop held a fashion parade in the main dining room. The models were ladies from The Lionesses Club, who generously gave of their time to parade for our residents. The clothes were on loan from Miller's and Katie's. Hopefully they will be returning in about six months to show us the new summer lines.

**Wednesday 20th:** Our bus trip was for Grevillea residents and we decided to sight-see around the Warragamba/Luddenham area. We arrived back at McDonalds for our usual ice cream cone. I think for some it is the best part of the trip!

**Thursday 28th:** Rookwood Rockers entertained us in the morning. It was a great morning for everyone. Our "Biggest Morning Tea" was also held in the morning and thank you to everyone who donated.

**Friday 29th:** 17 residents wine and dined at the Campbelltown Catholic Club for lunch. It was good to see everyone enjoying themselves.

## Coming Up in June:

3rd, Bus Trip for Camellia; 4th, Presbyterian church service; 9th, Anglican church service; 12th, carpet bowls; 13th, Camden Valley Country Music Club; 17th, bus trip for Grevillea; 18th, entertainment with Ron Ashton; 22nd, Ma & Pa's Fashions (sale); 25th, entertainment with June playing the piano; 29th, bus trip and luncheon (to be confirmed).

Catholic Church services are held every Wednesday morning. We also have Red Cross nails on the 11th and every fortnight thereafter.

All these dates are changeable depending on circumstances.

## Congratulations

Edith MacDonald became a great grandmother for the first time. Her great grandson was born on 4th May at Sutherland Private Hospital and he weighed 4lb 7oz. Both mum and baby are doing well.

I'll speak to you next month. In the meantime, take care.

*Rhonda.*

## Activity Group

This issue of *The Courier* will be the last opportunity to remind members of our Christmas in July get together. It is to be held on Thursday, 16th July, in the Recreation Centre and it is hoped that all Activity Group members will attend.

The cost of the dinner will be \$24 per person. Bring your own drinks, although some juice will be provided.

Please place your money in an envelope with your name and unit number and leave either with Rita Ray in Unit 171, Doreen Steer in Unit 187, or Barbara Bradshaw in Unit 131.

The function will start at 5.30 p.m. ready for dinner at 6 o'clock.

It should be a very enjoyable night, so please make every effort to come and join in.

Attendance has been good for our activities, although indoor bowls numbers have been down a little of late. We have a steady core of card players, but we would really like to see more, especially those who play 500.

For a fun morning of Uno, Euchre or Rummie-Kub and indoor bowls, please come along.

Don't forget, it's 9.45 a.m. for a 10 o'clock start in the Recreation Centre each Tuesday morning and new members are always welcome.

It was good to see May back on her feet again recently, albeit a bit wobbly, and Richard is now home and recuperating nicely from his recent operation. Our best wishes go to them.

That's it for now. Best wishes to all.

*Activity Group Committee.*

## TOASTMASTERS

**Camden Toastmasters meet on the second and fourth Monday of the month in the downstairs hall at Paling Court at 7 p.m. for a 7.30 start.**

**A cordial invitation is extended to anyone interested in improving his or her speaking skills.**

*Please contact:*

**Jock Wylie on 4655 6979 or  
Ashlea Fisher-Sharpe on 4655 3438**

## Nursing Home News

What a great start to May with the very popular Carrington Singers and Melody Makers once again putting on a great show for the residents. There were lots of smiles as you looked around the room. We send you all a big thank you and we are looking forward to you returning.

The ladies were entertained over lunch with music and song by Graham Rideout to celebrate Mothers' Day. They all received a gift, thanks to management.

There have been no bus trips in May as the bus has been out of action for service. So can we please be forgiven? We will be back in June.

Residents have been given a treat by Vanessa with coffee mornings and her great home-cooked cakes. They were very tasty I have been told.

The Biggest Morning Tea was celebrated and supported by residents and staff. Thank you for your kind donations for a great cause.

Vanessa has started a men's group for the gentlemen of Parry House.

On a happy note, we would like to welcome all new residents and their families to Carrington.

On behalf of management and staff our thoughts are with the families of those who have passed away.

*Judy Bennett.*

## GARDEN CLUB

**The next Meeting is on  
Monday, 1st June  
in downstairs hall at Paling Court.**

*Guest speakers:*

**Lurline and Ken, Bee Keepers.**

*Morning Tea: Nell Weir and Vera Boardman.*

### Competition Table:

- \* Flower, one cut, any variety.
- \* Flower, three cuts, any variety.
- \* Arrangement, own choice.
- \* Vegetable, Fruit or Bunch of Herbs, any variety.
- \* Pot Plant or Hanging Basket.

**Enquiries: Doreen Wilkinson, President,  
Phone 4655 4847.**

# Grasmere Terrace Editorial

Hello again everyone. I hope you all enjoyed reading the first edition of The Grasmere Terrace Editorial! I would like to start this edition with a warm welcome to all the new residents at Grasmere Terrace.

Members of the diversional therapy staff have been extremely busy over the past month with new residents arriving each week, Mothers' Day and Australia's Biggest Morning Tea.

I would like to say thank you to Therase for her tireless work over the past few months in Grasmere Terrace. Most of you would be unaware that Therase is the only recreation activities officer in Grasmere Terrace at this time. Even though I have been relocated to Grasmere to help with the activities, being able to support Therase as much as necessary has been challenging. She has been running activities for both the high care and low care residents.

We are still looking for volunteers in Grasmere Terrace, so if you have ever been thinking about volunteering some of your time, now would be a great time to start.

Friday, 8th, was the first sing-a-long event in Grasmere. The volunteers who run sing-a-long in the nursing home happily agreed to alternate concerts between both areas (nursing home and Grasmere Terrace). Residents from both high and low care areas joined together for this event.

Mothers' Day was celebrated throughout Carrington. The diversional therapy staff surprised residents in Grasmere Terrace with a potted plant. Happy Mothers' Day everyone. To help celebrate Mothers' Day Therase and I cooked a barbeque for all the female residents and it was enjoyed by all who were able to attend.

Australia's Biggest Morning Tea was held on Thursday, 28th. Thank you to all who supported this event and donated time, money or cakes. Your support is greatly appreciated.

Bus trips for Grasmere Terrace have been interrupted this month, due to mechanical issues with one of the Carrington buses. With any luck they will both be up and running shortly.

## June Programme:

- Friday 5th: Sing-a-long in activities room.
- Saturday 6th: Camden Valley Country Music at 10.30.
- Monday 8th: Queen's Birthday, no therapy staff on duty.
- Tuesday 16th: Bus trip for high care.
- Friday 19th: Sing-a-long in low care activities area.
- Tuesday 23rd: Bus trip for low care.
- Catholic visits every Wednesday
- Every Monday, Tuesday, Wednesday, Thursday and Friday, the Carrington bus departs from Grasmere Terrace at about 8.40 a.m.
- The hairdresser is in on Mondays and Tuesdays every week.

Until next time, keep safe.

*Erin and Therase.*

## Carrington Fair

If you have not returned your survey form offering assistance at the Carrington Fair and you are able to help, please return your form as soon as possible. Your assistance is vital if the fair is to be successful.

If you have ideas as to how we should spend the profits, please write your suggestions on the form. Do not include maintenance items or items that are normally provided by Carrington.

Donations of books, craft, second-hand clothing and white elephant items should be delivered to the downstairs hall at Paling Court Hostel on a Friday morning between 9 and 11 a.m. when members of the art group are there. Items can then be packed away.

Baskets or items for baskets should be delivered to Gwyneth Fail in Unit 11 or to Dora Dykstra at Mary MacKillop Hostel. Perhaps you would like to make up a basket to be donated.

*Jean Olsen, for Fair Committee.*

## MINI MARKET

*Pre-loved Clothing, Jams,  
White Elephant*

**Paling Court Downstairs Hall**

**Friday, 5th June**

*1 p.m. till 3 p.m.*

**For residents and staff of Carrington.**

## Golf Course Chatter

Hello again. I hope all have had as good a month as the Fisher-Sharpes. Along with our many other blessings, we had so much enjoyment on our golf course that we want to encourage you to have a go.

Let's remind you of some of the unique features of Carrington's "geriatrics" course.

- You don't have to walk the course if you have difficulty—you can be driven.
- Rounds are free, unlike any other course.
- All equipment is available free if needed, thanks to donations of sticks and balls, the most recent donor being Tony Boyle—Thanks Tony.
- Provided you mark your balls with your unit or room number, Chris, our faithful mower man, will return those he finds when mowing.
- This course is really close to home and beers cost only \$2 at the 10th hole.

Special advance notice—July Championships: The biannual challenges for the treasured ladies' and gents' trophies will be held on Saturday, 4th July and/or Saturday, 11th July, depending on the number of entrants and their availability. Please phone 4655 3438 to register or to arrange to borrow equipment, or to arrange transport around the course if you, like me, need it.

I hope to see you enjoying this great facility soon.

*Robert Fisher-Sharpe.*

## Residents' Meetings

Residents' meetings are held every quarter during the year, the next being on Monday the 15th of this month at 9.30 a.m. in Carrington Recreation Centre.

The other meetings for this year will be held on 28th September and 14th December.

## Bowls News

Good numbers continue to play each Thursday and Saturday. Some also come to watch and I must say it is often a lot of fun to do just that. I'm not sure that any team game played in any sport can have so much importance placed on the last ball as happens in bowls. Fortunes continue to fluctuate throughout the play. But that last bowl! And that's one of the reasons it is exciting. (Mildly, did you say?)

Our year ends on 30th June and we intend to celebrate the occasion by holding a Christmas in July dinner on Saturday, 4th July. There'll be plenty of good fun, also the election of officers. There's more information on the way to members.

One of our players who we keep in our hearts is Yvonne Walsh, who has been ill for a long time. Michael tells me that Yvonne is now making some good gains, which delights us no end, and we all sincerely hope improvements keep on coming.

I said in an earlier report that I have but one bowls joke left. So here it is and it will dispel for ever any latent thought in your head as to when and where bowls started.

"Historical evidence has been found that William Tell and his family were avid bowlers (known as lawn bowling at the time). However, all the league records were unfortunately lost to antiquity. Thus we'll never know for whom the Tells bowled." Sigh.

*Bob Thrower.*

## JETSET CAMDEN

is happy to help Carrington residents with all their travel arrangements.

*No matter where you want to go, Jetset will be able to help with all the arrangements.*

**You will find them at 56A/B John Street and the phone number is 4655 8618.**

The manager, Carmel Foti, has been associated with the firm for 35 years and is active in fund raising and other community activities, including the Carrington Fair.

## JETSET CAMDEN

**4655 8618**

## Paling Court Hairdressers

*Present hours of business are:*

**Mechele**, Tuesdays, 9 a.m. to 2 p.m.

**Kim**, Wednesdays and Fridays.

*We wish to extend our salon hours and days, so if you want to try someone new, give us a call on 4659 0369 (salon) or leave a message on mobile 0417 259 309.*

**New customers should mention this advertisement and receive a free treatment when you book a hairdo.**

*We also want to thank all our existing customers.*

# **Anzac On The Wall**

*By Jim Brown*

I was wandering in a country town 'cos I had time to spare;  
So I went into an antique shop to see what was in there.  
Bikes and pumps and kero lamps, but, nearly hidden by it all,  
A photo of a soldier—an Anzac on the Wall.

Such an honest open face, a young man in your prime,  
And it seemed that when I looked at you, your eyes locked onto mine.  
An image proud and confident inside a wooden frame,  
I felt myself drawn to you in a way I can't explain.

“Does the Anzac have a name?” I asked. The old man answered “No,  
The ones who could have told me mate have passed on long ago.”  
The old man kept on talking and, according to his tale,  
The photo was unwanted junk from a clearance sale.

“I asked around,” the old man said, “but no one knows his face,  
He's been on that wall for years, he deserves a better place.  
Some one must have loved him, it seems a shame somehow.”  
I nodded and said quietly “Alright, I'll take him now.”

So you came home with me mate—too long you've been alone.  
I don't even know your name mate, but you're welcome in my home.  
Did you fight at Flanders, or perhaps Gallipoli?  
I'll never know the answer, but I know you fought for me.

I wonder where they sent you, when you answered the call;  
Were you killed in action? Did you come home at all?  
You must have had a family—will you be claimed one day?  
To be honest, I hope not mate—'cos I want you to stay.

People come to my house, and they question me  
And I tell them a white lie, and say you're family.  
They say “You must be proud of him.” I tell them one and all,  
That that's why you've got pride of place—my Anzac on the Wall.

*This poem was printed in the April/May issue of “Outback” magazine  
and submitted to The Courier by Coral Gaunt.*

# VILLAGE ACTIVITIES CALENDAR FOR JUNE

## Monday, 1st

10.00 a.m. Garden Club, Paling Court.  
1.00 p.m. Aquarobics, Pool.  
1.30 p.m. Computer Club, Rec. Centre.

## Tuesday, 2nd

9.30 a.m. Craft, Mary MacKillop.  
10.00 a.m. Activity Group, Rec. Centre.  
1.30 p.m. Dr. Arnaudon, Paling Court.  
3.00 p.m. Dr. Arnaudon, Mary Mac.

## Wednesday, 3rd

10.00 a.m. Croquet.  
10.00 a.m. Informal Bowls Practice.  
10.00 a.m. Catholic Service, Mary Mac.  
10.00 a.m. Catholic Service, Paling.  
10.30 a.m. Catholic Service, Day Care.  
10.30 a.m. Catholic Service, Grasmere Tce.  
1.00 p.m. Tai Chi, Recreation Centre.  
3.00 p.m. Happy Hour for Self-Care Men:  
Coffee Shop.

## Thursday, 4th

8.40 a.m. Camden/Narellan Bus.  
1.00 p.m. Lawn Bowls.  
1.00 p.m. Dr. Ban, Mary MacKillop.  
1.00 p.m. Aquarobics, Pool.  
3.00 p.m. Dr. Ban, Paling Court.

## Friday, 5th

9.00 a.m. Art Group, Paling Court.  
2.00 p.m. Carrington Singers, Rec. Centre.

## Saturday, 6th

10.00 a.m. Croquet.  
1.00 p.m. Lawn Bowls.

## Sunday, 7th

9.15 a.m. Anglican Communion, Paling.

## Monday, 8th, Queen's B'day

Jean Olsen's Bible Study moved to Wed.  
1.00 p.m. Aquarobics, Pool.  
7.00 p.m. Toastmasters at Paling Court.

## Tuesday, 9th

9.30 a.m. Craft, Mary MacKillop.  
10.00 a.m. Activity Group, Rec. Centre.  
1.30 p.m. Dr. Arnaudon, Paling Court.  
3.00 p.m. Dr. Arnaudon, Mary Mac.

## Wednesday, 10th

10.00 a.m. Croquet.  
10.00 a.m. Informal Bowls Practice.  
10.00 a.m. Catholic Service, Mary Mac.  
10.00 a.m. Catholic Service, Paling.  
10.30 a.m. Catholic Service, Day Care.  
10.30 a.m. Catholic Service, Grasmere Tce.  
10.30 a.m. Jean Olsen's Bible Study (in lieu of Monday Public Holiday).  
1.00 p.m. Tai Chi, Recreation Centre.

## Thursday, 11th

8.40 a.m. Camden/Narellan Bus.  
1.00 p.m. Lawn Bowls.  
1.00 p.m. Dr. Ban, Mary MacKillop.  
1.00 p.m. Aquarobics, Pool.  
3.00 p.m. Dr. Ban, Paling Court.

## Friday, 12th

9.00 a.m. Art Group, Paling Court.  
2.00 p.m. Carrington Singers, Rec. Centre.

## Saturday, 13th

10.00 a.m. Croquet.  
1.00 p.m. Lawn Bowls.

## Sunday, 14th

9.15 a.m. Anglican Communion, Paling.

## Monday, 15th

9.30 a.m. Residents' Meeting,  
Recreation Centre.  
1.00 p.m. Aquarobics, Pool.

## Tuesday, 16th

9.30 a.m. Craft, Mary MacKillop.  
10.00 a.m. Activity Group, Rec. Centre.  
1.30 p.m. Dr. Arnaudon, Paling Court.  
3.00 p.m. Dr. Arnaudon, Mary MacKillop.

## Wednesday, 17th

10.00 a.m. Croquet.  
10.00 a.m. Informal Bowls Practice.  
10.00 a.m. Catholic Service, Mary Mac.  
10.00 a.m. Catholic Service, Paling.  
10.30 a.m. Catholic Service, Day Care.  
10.30 a.m. Catholic Service, Grasmere Tce.  
1.00 p.m. Tai Chi, Recreation Centre.  
3.00 p.m. **Courier Copy Deadline.**

## Thursday, 18th

8.40 a.m. Camden/Narellan Bus.  
10.30 a.m. Anglican Service in Day Care.  
1.00 p.m. Dr. Ban, Mary MacKillop.  
1.00 p.m. Aquarobics, Pool.  
1.00 p.m. Lawn Bowls.  
3.00 p.m. Dr. Ban, Paling Court.

## Friday, 19th

9.00 a.m. Art Group, Paling Court.  
2.00 p.m. Carrington Singers, Rec. Centre.

## Saturday, 20th

10.00 a.m. Croquet.  
1.00 p.m. Lawn Bowls.

## Sunday, 21st

9.15 a.m. Anglican Communion, Paling.

## Monday, 22nd

10.30 a.m. Jean Olsen's Bible Study.  
1.00 p.m. Aquarobics, Pool.  
7.00 p.m. Toastmasters at Paling Court.

## Tuesday, 23rd

9.30 a.m. Craft, Mary MacKillop.  
10.00 a.m. Activity Group, Rec. Centre.  
1.30 p.m. Dr. Arnaudon, Paling Court.  
3.00 p.m. Dr. Arnaudon, Mary Mac.

## Wednesday, 24th

10.00 a.m. Croquet.  
10.00 a.m. Informal Bowls Practice.  
10.30 a.m. Catholic Mass in Chapel.  
1.00 p.m. Tai Chi, Recreation Centre.  
3.00 p.m. RSL Meeting, Rec. Centre.

## Thursday, 25th

8.40 a.m. Camden/Narellan/C'town Bus.  
10.30 a.m. Baptist Friendship Morning,  
Day Care.  
1.00 p.m. Dr. Ban, Mary MacKillop.  
1.00 p.m. Aquarobics, Pool.  
1.00 p.m. Lawn Bowls.  
3.00 p.m. Dr. Ban, Paling Court.

## Friday, 26th

9.00 a.m. Art Group, Paling Court.  
2.00 p.m. Carrington Singers, Rec. Centre.

## Saturday, 27th

10.00 a.m. Croquet.  
1.00 p.m. Lawn Bowls.

## Sunday, 28th

9.15 a.m. Anglican Communion, Paling.

## Monday, 29th

1.00 p.m. Aquarobics, Pool.

## Tuesday, 30th

9.30 a.m. Craft, Mary MacKillop.  
10.00 a.m. Activity Group, Rec. Centre.  
1.30 p.m. Dr. Arnaudon, Paling Court.  
3.00 p.m. Dr. Arnaudon, Mary MacKillop.

## Diary Dates: Please mark your diaries with these future activities:

Wed., 1st July: Men's Happy Hour.

Saturday, 4th July: Bowlers' AGM  
and Annual Dinner.

Saturday, 8th August: Carrington Fair.

Thursday, 10th September:  
Bailey's Summer Fashions.

Sunday, 20th September:  
Salvation Army Band.

Monday, 28th September:  
Residents' Meeting.



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