

July 2009

The Carrington Courier

Volume 15. Issue 6.

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

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**The copy deadline for
the August issue is**

**Thursday,
16th July**

at 3 p.m.

(More details on P4)

From The Desk Of The CEO

I thoroughly enjoyed the residents' meeting held on Monday, 15th June. At that meeting we discussed the self-care budget for 2009/2010. As I outlined at the meeting, the percentage increase to your maintenance charges will be applied either as a CPI increase or CPI for Sydney (as stipulated in residents' contracts) or as the agreed percentage of single or couple pensions, i.e. 30% of a single pension or 25% of couples' pension.

I was also pleased to know that many residents enjoyed the presentation made by Eric Hiam explaining the financial aspects of being in aged care facilities. Eric has agreed to participate in an afternoon session where residents could have a free 15-minute private interview with him. I will attempt to arrange this soon. In the meantime if any resident is interested in having a discussion with Eric he could be contacted on his mobile, 0434 109 470, or at his office, phone 8814 7307.

The construction of additional car parking will commence soon. The area opposite the services building and the Recreation Centre is ear-marked for the additional parking spaces.

As you are all aware, Carrington has a strong partnership with the University of Western Sydney. Our involvement includes placement and training nursing and medical students at Carrington and also involvement with research activities.

Dr Betty Gill, who is the Associate Dean, Academic, in the College of Health and Science at UWS, will be conducting a major study entitled "End of Life Decision Making". The study aims to identify key factors that determine the kind of decisions people make about the appropriateness and acceptability of treatment options when contemplating the prospect of serious illness in later life.

Factors such as the ageing population, rising health care costs, the ever increasing technological capacity to intervene and a shift to greater patient autonomy, have made end-of-life decision making of significance in Australia and the world. Dr Gill will be looking to involve a group of people over the age of 60 to participate in this study through a survey. Any of our residents interested in participating in this study should contact my office and register your interest. There will be no identifying information gathered from the respondents.

This is very worthwhile study which will provide information and attitudes that have not been explored before.

Until next time, take care.

Raad Richards, Chief Executive.

Baptists Say Thank You

On behalf of the ladies of Camden Baptist Church I wish to say a very big "Thank you" for all the materials donated following my request in the April issue of *The Courier*. They were thrilled to receive so much, but it's an ongoing need, so they will still want more!

Two sewing classes have been held at the church so far, teaching homeless young women to use sewing machines, which were also donated by Carrington residents. The girls made cushions (the ladies providing the inserts) and were delighted to take with them something that they themselves had made. Three of them took machines home so that they could practise.

Unwanted doyleys are also being asked for—any kind, crocheted or material—as Jenny Evans is incorporating them in the quilts she makes for Chisholm Refuge for abused women and their children at Campbelltown. She and other church ladies have made and donated over 200 quilts starting in April 2008. The quilts are given to the women and their children to keep and take away with them, so there is also an on-going need for materials.

So you see there is a lot going on at the church, along with our op. shop—Mother Hubbard's Cupboard.
Joyce Sheppard, Unit 180, Phone 4655 1620.

Grasmere Terrace Editorial

Hello again everyone, I hope you are all well. I would like to start this edition with a warm welcome to all the new residents at Grasmere Terrace.

Firstly, I would like to clear a few things up that seem to be causing some confusion. Even though I (Erin Martin) have been relocated to Grasmere Terrace I am still the Diversional Therapy Coordinator. If there are any issues or concerns or even if you just want to ask a question about diversional therapy in any area, please contact me. I am here between 9 a.m. and 2 p.m., Monday through till Thursday.

Members of the diversional therapy staff have been busy over the past month with celebrations, barbecues and regular activities.

Our bus is back and we were able to take the residents on outings. On Tuesday, 16th June, we took a mix of both high and low care residents for a drive down to Wollongong and had a picnic lunch by the beach. Everyone who attended enjoyed the outing and were excited about the prospect of the next trip. On Tuesday the 23rd the low care residents went to Campbelltown City Bowl and had a couple of games of ten pin bowling followed by a light lunch.

Sing-a-long continues to be very popular in Grasmere Terrace. This month we were fortunate enough to have the Carrington Singers join in with the Melody Makers. We are all looking forward to the next time they are able to come in and entertain us.

Regular activities continue to occur every day. The introduction of some new activities, such as playing the Nintendo Wii, have been enjoyed by all.

July Programme:

- Friday 3rd: Sing-a-long at 10.30 in the activities area.
- Monday 6th: Ma & Pa's Fashions.
- Friday 17th: Sing-a-long at 10.30 in the activities area.
- Saturday 18th: Camden Valley Country Music at 10.30 in the dinning room.
- Tuesday 21st: Bus trip.
- Thursday 23rd: Christmas in July. Entertainment in the morning followed by a Christmas lunch.
- Thursday 23rd: Friendship Group at 1.30 p.m.
- Tuesday 28th: Bus trip.
- Catholic Visits every Wednesday.
- Every Monday, Tuesday, Wednesday, Thursday and Friday, the Carrington bus departs from Grasmere Terrace at approx 8.40 a.m.
- The hairdresser is in Tuesdays and Wednesdays every week.

Until next time, keep safe.

Erin and Therese.

MINI MARKET

**Pre-loved Clothing,
White Elephant**

50cent SALE

**Jams, however, will not
be discounted.**

Paling Court Downstairs Hall

Friday, 3rd July

10 a.m. till 3 p.m.

(Please note the extended trading hours)

**Residents, Relatives, Staff and
People from Outside are
Most Welcome.**

News From A Pastoral Carer

For some 30 years I have been collecting and restoring ancient wind up gramophones and phonographs. I am sure that most of you who are reading this will either have owned an upright or portable machine of some kind or at least your parents would have had one. I am also sure that you remember changing the needle for each record, too.

Well, some weeks ago I took one of my portables along to Parry House and entertained some of the residents with records that mostly dated from the 1940s and 1950s and a good time was had by all. I also took my 20-year-old son, Thomas, with me as assistant (records are heavy things) and he was more than a lot helpful.

About ten residents were listening carefully and over a period of around 40 minutes I brought back as many good memories as I could. I played records by Mario Lanza, Jussi Bjorling, Al Jolson and Vera Lynn, just to name a few. The morning was so successful that my good friend and all-round nice person, Judy Bennett, RAO, suggested that I do it again, but bigger and in the Day Care Centre. I liked the idea and clearing it with my boss, Donna Barnard, the Pastoral Care Coordinator, was easy and the date was set for Saturday, 6th June.

I arrived at 10 o'clock with three assistants: Thomas again, his pretty girlfriend Julia, who is 19, and my pretty 16-year-old daughter, Alystra. I had two machines, two boxes of records and a packet of new needles. For those of you who are interested, the machines were an American-built disc machine called a Victor 3, of 1906, with its fairly large horn, and an Edison Fireside Model A with its horn and floor-standing horn crane for playing cylinders. Both machines are totally original and performed well.

At 10.15 I started playing records to my audience of three. The first record was a nice, lively war-time rendition of Colonel Bogey and by the time it had finished I had another resident in the audience.

As my official start time was 10.30, I figured that this would be a good warm up and a great time to settle my nerves. The warm up worked but I remained like a cat on hot bricks and by 10.45 I had an audience of 17.

Anyway, between then and 11.45 I played quite a few records whilst my three wonderful assistants met and chatted to as many of the residents as they could.

Records that I played included "Its a Long, Long Way to Tipperary" on an Edison cylinder, "I'll Take You Home Again, Kathleen" (which was Thomas Edison's favourite song), "Que Sera, Sera" by Doris Day (this one REALLY had residents moving),

"Rock Around the Clock" by Bill Haley and quite a few others. It was clear to me from the reaction on the faces surrounding me that everyone was having a good time, which was the sole reason for me being there, and my audience had expanded to its peak of 23, plus staff.

The current plan is for this to be repeated at some stage in the not-too-distant future. If anyone has any particular requests for me to play I can be contacted via Judy or Donna, but please be aware that, although I do have some thousands of records, I might not have the one that you request.

Anthony Sinclair, Pastoral Care Team.

Meals From The Carrington Kitchen

The following is for the benefit of new self-care residents and is also a reminder to not-so-new residents and concerns meals which can be ordered from Carrington's kitchen.

Frozen meals are available and can be ordered through the hostels. For those self-care residents allied to Paling Court Hostel, a blue order form should be filled out. Carrington East residents should use a pink form, which can be obtained from Mary MacKillop Hostel, and Carrington North residents' form is yellow, also from Mary MacKillop Hostel.

Please leave completed order forms with the servery staff at the hostels.

Meals are delivered after 9 a.m. on a Tuesday and you pay for the meals on delivery.

If for any reason you will be away on a Tuesday, ring the kitchen on 4659 0345 well in advance and your order will be cancelled or arrangements can be made for you to collect your meals from the kitchen the next day.

Carole Cleminson, Village Manager.

Thought For The Month

From the Lord Himself, found in His Word, in Lamentations, Chapter 3 and verses 22 and 23:

"Through the Lord's mercies, we are not consumed, because His compassions fail not. They are new every morning. Great is Thy faithfulness."

Then, in verse 24 we read:

"The Lord is my portion, says my soul, therefore I hope in Him."

Hal and Flo Anderson, Unit 167.

News From Mary MacKillop Hostel

Back again for another month's news updates. I thought I would start off with a little inside information with what is happening in Mary Mac.

Ros is back on deck, looking relaxed and happy to be here, she was lucky not to be in the floods which devastated the northern part of NSW and Queensland.

Unfortunately Helene wasn't here to greet her as she has absconded somewhere higher up—we wonder where?

While Helene is away, enjoying her new role, we are fortunate to have Cheryl in our front office, rearing and ready to go.

Dora has also been keeping herself busy; she is working continuously, putting together baskets for our annual Fair.

The enclosed garden for Camellia has begun and soon our residents will be able to benefit from this great effort being made by our maintenance crew.

As some of you may not be aware, I have been working solo for the past three months. Recently Christine Bishop accepted the role as RAO in Mary MacKillop. We all wish her well in her new position.

June was another busy month with concerts, bus trips and fashion parades. Our normal day-to-day activities still continue to enhance the residents' talents.

One of our concerts was performed by our very own talented PCA, Kevin, who sang many songs from musical theatre productions. We hope to have him back again soon.

Our other four concerts were also greatly appreciated by our residents. They were: Seymour Costello (singer), Ron Ashton (singer), June (pianist) and last but by no means least, the Carrington Singers.

We had three scenic bus trips in June. They were for Camellia, Grevillea and Mainstream residents.

Ma & Pa Fashions arrived with some winter woolies. They had some great buys which we all took advantage of.

Our programme for July:

- 1st: Camellia bus trip.
- 2nd: Presbyterian Church Service, 10.30 a.m., main lounge.
- 6th: Food Committee, main lounge.
- 10th: Carpet bowls, main dining.
- 14th: Anglican Church Service, 11.15, main lounge.
- 15th: Grevillea bus trip.
- 15th: Millers Fashions.
- 16th: Entertainment with Stu Best.
- 23rd: Entertainment with June.
- 23rd: Christmas in July, Mainstream.
- 24th: Mainstream bus trip luncheon, to be confirmed.
- 25th: Camden Valley Country Music Club, main lounge.
- 29th: Camellia bus trip.

Catholic Church services are held every Wednesday in Fuchsia lounge, also Red Cross continues to visit fortnightly on Thursdays. All our other day-to-day activities are available from our diversional therapy department in Mary MacKillop.

To make you smile: *Buddy and his wife Edna went to the state fair every year, and every year Buddy would say: "Edna, I'd like to ride in that helicopter."*

Edna always replied: "I know Buddy, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

One year Buddy and Edna went to the fair, and buddy said: "Edna, I'm 85 years old...If I don't ride in that helicopter, I might never get another chance."

To this Edna replied: "Buddy, that helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

The pilot overheard the couple and said, "Folks I'll make you a deal, I'll take the both of you for a ride; if you can stay quiet for the entire ride and don't say a word, I won't charge you a penny!"

Buddy and Edna agreed and up they went.

The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Buddy and said: "By golly. I did everything I could to get you to yell out, but you didn't; I'm impressed!"

Buddy replied, "Well, to tell the truth, I almost said something when Edna 'accidentally' fell out. But you know 'Fifty bucks is fifty bucks!' "

Speak to you next month.

Rhonda.

August Copy Deadline

The cut off date is Thursday, 16th July, 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.

Hello From The Village Manager

It has been another very busy June with lots of planning for next month's Fair. The date is getting closer, so please don't forget to return raffle tickets, sold or unsold. I will send a memo out in regards to parking tickets for pick up in July from Sandra Bruce at main reception or from Pat and Sue in the upstairs office.

Please be careful who you pick up or drop off at Camden or Narellan shops. Recently a self-care resident dropped another resident at the shops. The Good Samaritan then worried that he could not remember the person's name and did not recognise the face, so he reported the incident. Fortunately all was well, but the resident worried that the person he picked up could have been from one of the hostels.

Sometimes we do have hostel residents a little disorientated and I am mentioning this because we would not want to accidentally drop off a hostel resident and then not be able to find them or they are unable to get back. Hostel residents should use the Carrington bus, although some cannot for safety reasons.

Please first ensure that you know the person to whom you are giving a lift. If in doubt, check with reception and ask a few questions before doing the good-will drop off to the shops.

Carole Cleminson, Village Manager.

Where Is The Bust?

For a long, long time the bust of W. H. Paling has been on show in the vestibule of Carrington House at the flag pole entrance. But not any more! Several people have noted that all that remains of his presence is a mark on the floor where his pedestal once stood.

Several concerned people have enquired as to the present whereabouts of the esteemed gentleman and we are pleased to report that all is well.

In preparation for refurbishing work on the ground floor of Carrington House, a safe place needed to be found for the historic bust of William Paling. We are pleased to be able to say that he has been found, and not in some dusty store room, but proudly looking down on proceedings in the board room.

Assistance At Fair

We would still value any assistance from residents or family members to help on the day of the Fair. Jean Olsen is collating the volunteer list, so please advise her on 4655 6978 if you can help.

This would be very much appreciated by the Fair committee.

The Wild Creatures

A plea goes out on behalf of all gardeners in the village. They and management are concerned about the destructive activities of some of the birds which come looking for an easy meal.

In particular, the swamp hens are causing havoc in village gardens, pulling out anything in order to investigate if there is a tasty snack hidden under the plants.

Also, those who have nurtured citrus trees have been worried by white cockatoos. They can strip a tree of its fruit in next to no time, just to get at the seeds.

Therefore, we are asked not to place feed out for our favourite little birds because it doesn't take the swamp hens long to catch on that a free lunch is available.

Activity Group

Well, here we are halfway through the year. Where has it gone? I hear you say. We've been attracting good numbers at our weekly meetings and lots of fun and enjoyment is being had by all. Bowls and cards are very popular and keenly contested.

If you are not already a member of the Activity Group, please come along any Tuesday at 9.45 a.m. and become a member of a very happy team. For \$10 per year it's very good value.

Don't forget Christmas in July on Thursday the 16th at 5.30 for dinner at 6 pm. The cost for the evening will be \$24 per head and we ask that all money be paid by 1st July.

All members and partners are invited and money can be paid to the treasurer (Rita Ray) on Tuesday mornings or pop it in an envelope with name and unit number to: Doreen Steer in Unit 187, Rita Ray in Unit 171, or Barb. Bradshaw in Unit 133.

Our long-awaited snooker table isn't far away and will be an added attraction for our members. So join up and enjoy snooker.

All good wishes to Pricilla, who is having some medical problems at present. Your friends all wish you well, Pricilla.

Quote for the month: "It takes a long time to become young. (*Picasso*).

Cheers for now and see you at Christmas in July!

Activity Group Committee.

Mail Sorters Wanted

Owing to the fact that a few Paling Court mail sorters have retired, some new volunteers need to be recruited for this important task. Please contact me if you can be of assistance.

Carole Cleminson, Village Manager.

Bowls News

The winter months seem to be bringing out the best in the bowlers with some good numbers in attendance. Onlookers have also been along and that is appreciated too.

We were pleased recently to see a photo in the *Camden Advertiser* of The Melody Makers, comprising Lawrie Martin, Dick Eldred and their co-musicians, with an article spelling out the good work they are doing in the community, especially their weekly Friday visits to the residents at Paling Court Hostel. May we add our own compliments on the value and success of their inspiring activities?

Bowlers hold their annual general meeting this month and on this occasion it is being combined with a Christmas-in-July dinner on Saturday, 4th July. As another year of bowling approaches, members are reminded that membership dues of \$10 are now payable.

A "thank you" is expressed to Carrington outdoor staff for their contribution to our activities by sweeping the green on Thursday mornings.

And now for a thought to help us along the way:

*"The world we're living in
Is mighty hard to beat.
With every rose you get a thorn,
But aren't the roses sweet?"* **Bob Thrower.**

Leo's Views And Croquet News

We regret to report that the usual newsy column from Leo Probert is missing from this issue. Unfortunately, Leo is not well and has spent some time in hospital. He apologises, but said he could not summon the strength to lift the pen this time.

We look forward to his contribution in the August edition and wish him a speedy and full recovery.

Village Manager's Report

I apologise for my absence from the self-care residents' meeting on Monday, 15th June last, but I had to attend another family funeral down the coast.

However, this is what I would have said at that meeting.

I would like to introduce and welcome Gwenda Evers, who is a community volunteer who will be giving us 30 hours per fortnight of volunteer help. Gwenda is going to coordinate the Grasmere Terrace shop, as well as help me and the Fair committee prepare for next month's Fair.

The Fair is progressing well. Stall holders are slightly down due to markets closing and the economic climate. This will not greatly affect us as we are able to give other stall holders double sites.

It is sad that we will not have the self-care residents' glass painting and porcelain stall this year. We wish to express our appreciation for their past support.

Please return sold or unsold raffle tickets to Sandra Bruce in main reception and not to the Community Cottage.

Paling Court Units:

The sale of vacant units in Paling Court is a little slow. I have saturated the viewing and will continue to do so until they are both purchased. I ask all self-care residents to contact me if you have family, friends or neighbours who would like a Paling unit or are on our waiting list?

I am tediously ringing those people on the large waiting list. These beautiful units want new family, so if you can help with the process, please ring me on 4659 0305.

Winter And Damp Grass:

I have been kept busy with an increase of hospitalisation and a few falls have occurred in the grounds outside units.

On home visits and in a memo I have encouraged residents to use walkers or walking sticks and to make sure that they wear their Tunstall alert pendants.

Those few who had falls outside their units were not wearing their Tunstall pendants or using their walking equipment. (See separate article on Tunstall alarm pendants.)

Movements In The Village:

Mrs Baker, from Self-Care Unit 189, has moved over to Grasmere Terrace and we would like to wish her blessings in her new home. Mrs Mary Clarke, from Self-Care Unit 56, has moved into the hostel at Mary MacKillop and we wish her blessings in her new home also.

Carole Cleminson, Village Manager.

GARDEN CLUB

The next Meeting is on

Monday, 6th July

in the Downstairs Hall at Paling Court.

**As this is the Annual General Meeting
there will be no show table
or guest speaker.**

Morning Tea: Lorna Jeffery and Thelma Mudford.

Enquiries: Doreen Wilkinson, President,
Phone 4655 4847.

Golf Course Chatter

G'day fellow residents. Opportunity knocks! Ladies and gentlemen, you could become the latest bi-annual golf course champions, with a trophy, by lining up at the first tee at 10 a.m. on Saturday, 11th July, to play a round.

Please disregard the previously stated days and times, as printed in the June issue of *The Courier*, as the above revised times appear to suit most players. We hope to see you there. Remember, all equipment and transport will be available on the day if needed. All you have to do is let us know on 4655 3438.

Robert Fisher-Sharpe.

Items For The Fair

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 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. Both Gwyn and Dora would appreciate small to medium-sized baskets which can be suitably priced. Perhaps you would like to make up a basket to be donated.

To be fair to those residents who have to sort donated items, the cut-off date for receipt of these items will be Friday, 17th July.

Self-Care Social Club

Hello everyone. We had a very enjoyable last minute film afternoon on the June holiday Monday. Some residents were disappointed that we would be in recess for three months, so Jack and Irene decided to show "The Gold Rush", by Charlie Chaplin. We laughed and chuckled all through and enjoyed every bit of it. A lovely afternoon tea was followed by another requested short film starring Eric Sykes. Congratulations to Irene and Jack for a great idea.

Many thanks also to Ruth and Peter Allen for their special assistance, and to all those who set to and put away the chairs for us; we really appreciated it.

Don't forget the men's secret business meeting and you will find a reminder in your mail boxes as usual.

We are going to Queensland at the end of the month to celebrate our son-in-law's 50th birthday, our grandson's graduation as an electrician and our great grand daughter's first birthday. Darryl and I are so lucky to be able to enjoy these little bonuses in life. Keep well and happy.

Fay O'Bree, 4655 7348.

Camden Toastmasters

A fun time was had on the evening of Monday, 8th June, when our *Tall Tales* competition was held. Members allowed their imagination to fly with their introductions, even before the competition began. For example, one member was out of breath—she had just flown in from Mars!

The first contestant told the story of a lady who made 120 dozen scones to be sold at the Camden Show, but they were so light that a zephyr wind under the cardboard box she was carrying caused her and her scones to waft skyward.

Her tale told of the difficulties she encountered whilst attempting to return to earth.

Another contestant was supposedly an agent for a low budget travel agency. She was attempting to sell the idea of the wonderful holidays to be had in places like Iraq and Afghanistan!

There were tales of cats and bears, but the winning tale was told by a Toastmaster who had only become a member last May.

His *Tall Tale* told of when he supposedly jumped into the blow hole at Kiama to see what was down there—the wonders he saw and the dangers he faced! If he had not been assisted by a friendly dolphin he would probably still be down in the blow hole!

Not only did this new member win the competition, he brought along a plate of delicious cakes from his own secret recipe that he had made himself, as it was a "bring a plate" night.

Visitors are assured of a warm welcome; so if you can brave the cold winter nights, come along after 7 o'clock for a 7.30 start on the second and fourth Mondays of the month. Meetings are held in the hall in the lower ground floor of Paling Court Hostel.

Toastmaster Ashlea Fisher-Sharpe, 4655 3438.

ST. PAUL'S ANGLICAN CHURCH COBBITTY

Presents

The Sydney Welsh Choir

at

St. Paul's Church, Cobbitty Road, Cobbitty

on

Sunday, 27th September

2 till 5 p.m.

(Afternoon Tea Provided)

Cost: \$20

Contacts:

Joy Thorn, 4651 2259

Yvonne Whitford, 4651 2466

Marjorie Anderson, 4655 3098

The Birds And The Bees

Not so much the birds, but we learnt something of the lives and activities of bees at the June meeting of Carrington Garden Club.

Ken and Lurline (can't remember their surnames), bee keepers, entertained and educated us with their knowledge of bee keeping and honey, but I don't know whether any of us would be entirely happy in the midst of their bees without cast iron suits for protection. It is possible we may see more of this duo in the near future.

The meeting on Monday, 6th July, will not feature a show table, auction or guest speaker. The reason is that the annual general meeting will be held on that date and all our endeavours will centre on the election of the new committee for the ensuing 12 months.

All present members are urged to be present at that meeting to show their support for those submitting their names to the ballot. Members are reminded that yearly fees are due at that meeting as well.

Machine Knitters' Fashion Parade

The Salvation Army Friendship Group will hold a fashion parade by the Illawarra Machine Knitters on Saturday, 1st August, at 10 a.m. at the Salvation Army Church. You will find the church at the corner of Narellan Road and Exchange Parade (the Narellan Supa Centre).

The cost of \$12 will cover the parade and a light luncheon.

Replies to this invitation should be directed to Captain Joy Morgan (0408 182 395) or Marie Towers on 4655 2359 by Tuesday, 21st July.

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.

We also want to thank all our existing customers.

If Your Phone Goes Out

The Tunstall alarm system now installed throughout the village has attracted a lot of positive feedback. However, residents need to be aware that it will only work while your phone line is operating.

If you need to use the alarm pendant in case of a medical emergency and you find that the phone is out, the alert call will not go through to Tunstall—it needs the phone line to get through.

In that situation you should use your mobile phone if you have one, or ask to use a neighbour's phone to report the fault to Telstra. Telstra needs to be informed that the medical emergency system is vital in our village situation and they should process the complaint as a matter of urgency. Telstra should not request that a medical form be filled out, but if they do, fill out the form and you should then be flagged if you have any future problems.

If the problem is not a Telstra fault but a fault which could be attributed to Carrington, then Carrington should be alerted immediately.

It should also be pointed out that if a resident is wearing the pendant outside, it has the capability to activate the alarm if it is within range. However, if you cannot talk to the operator because your voice won't reach the alarm's microphone, don't despair. Continued pressing of the pendant button will alert the Tunstall operator that you have some sort of a problem and she will immediately get in touch with Carrington.

The pendant alarm won't work either if you are out of range of your base station (for instance if you are walking around the lake or are in town).

Volunteers

With the help of Jean Olsen, I am upgrading the list of volunteers. Please contact me if you are a volunteer but have not had checks done yet. Also my main concern is that some people haven't got volunteer identification badges. It only takes a short time to get a badge made up and it is important to wear the ID when doing any Carrington volunteer work, both inside and outside the village. Please contact me on 4659 0305. *Carole Cleminson, Village Manager.*

Farmers Fred and Luke were fishing on the side of a bridge where they had a sign with the words "The end is near. Turn yourself around before it's too late" and showed it to each passing car. One driver didn't appreciate the sign and shouted, "Leave us alone you religious nuts!" All of a sudden they heard a splash. Fred then said to Luke, "Do you think we should change the sign to say 'The bridge is out'?"

Nursing Home News

Winter is here, but that has not stopped us from having fun. Early in June we had a trip down memory lane with old-time music being played on some very old but great gramophones.

A member of our pastoral care team, Anthony Sinclair, his son and daughter gave up their Saturday morning to entertain nursing home residents for an hour or so. Some residents remembered playing old gramophones as children, but others had never seen these old models before. It was evident that listeners enjoyed the presentation immensely.

You can read the details of the old machines and the Saturday entertainment on Page 3.

A day out to Wirrimbirra Sanctuary at Bargo was a big hit. On arrival we were given a hot "cuppa" beside the warm fire, then a great lunch. On a walk around the sanctuary we saw all kinds of wild life and voted the trip was well worthwhile.

Also during June we were entertained by Keith Glover on the piano and by Harold Johnson singing some old favourites and our thanks to both of these gentlemen. Parry residents enjoyed a trip to the club for lunch last month as well.

What's on in the nursing home in July:

- Tuesday 7th: Rose/Rothbury bus trip.
- Saturday, 11th: Camden Valley Music in Day Care.
- Thursday 14th: Parry House bus trip.
- Thursday 16th: Anglican service in Day Care.
- Thursday 23rd: Friendship group in Day Care.
- Table games every Monday in Day Care.
- Catholic service every Wednesday at 10.30 in Day Care.
- Sing-a-long every second Friday in Day Care.

Cakes For The Fair

We are in urgent need for residents to make cakes for the Fair. If you have not submitted your form indicating that you are making cakes, please contact Jean Olsen so that a price list can be forwarded to you.

Please note that a label showing ingredients is to be attached and all cakes must be wrapped and sealed. Ingredients can be obtained through Carrington by contacting Carole Cleminson, Village Manager, on 4659 0305.

Different Roads

Which way? What way? Left or right?

None present their end in sight.

Some look stony, some smooth and straight,

Some are open and plain, some hidden behind a gate.

If I choose one, the other is left behind.

If I take the straight, it may begin to wind.

Fellow travellers on the way advise,

But how can I tell if they are wise?

I have a Book that shows me daily where to go,

To solve the problems I need to know.

It introduces me to the Heavenly Guide

Who will direct my path and help me decide.

Which way? What way? No problem now.

He has been before me and He will show me how.

He knows the way, for He is The Way

And by my side He'll forever stay. *Phyllis Fox, Leumeah.*

Financial Crisis Hits Japan

Following the problems in the sub-prime lending market in America and the run on Northern Rock in the UK, uncertainty has now hit Japan.

In the last seven days Origami Bank has folded, Sumo Bank has gone belly up and Bonsai Bank announced plans to cut some of its branches.

Yesterday it was announced that Karaoke Bank was up for sale and will likely go for a song, while today shares in Kamikaze Bank were suspended after they nose-dived.

While Samurai Bank is soldiering on following sharp cutbacks, Ninja Bank is reported to have taken a hit, but they remain in the black.

Furthermore, 500 staff at Karate Bank got the chop and analysts report that there is something fishy going on at Sushi Bank where it is feared staff may get a raw deal.

TOASTMASTERS

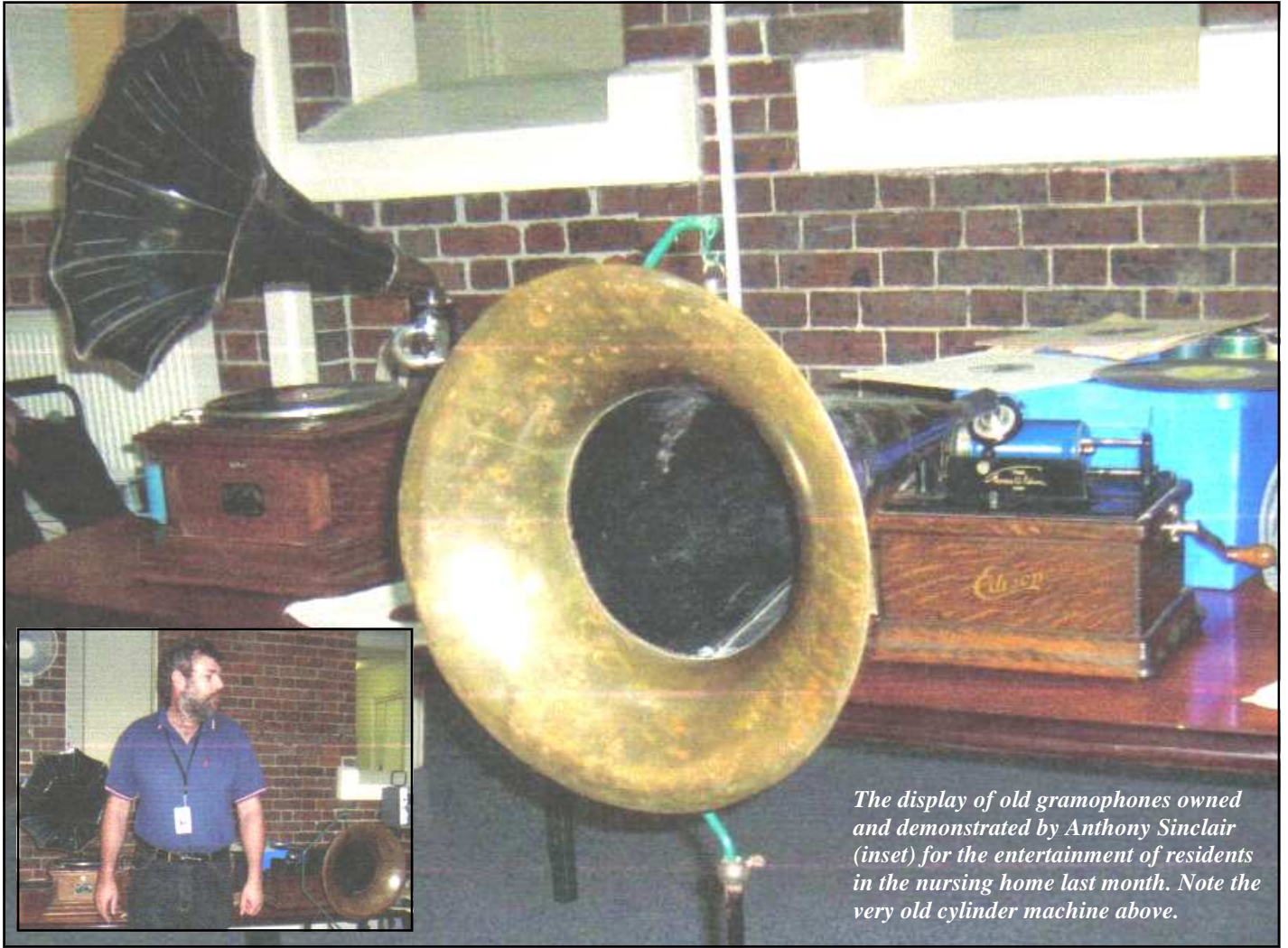
Camden Toastmasters meet on the second and fourth Mondays of the month in the downstairs hall at Paling Court at 7 p.m. for a 7.30 start.

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**

Old Gramophones On Show In The Nursing Home Last Month



The display of old gramophones owned and demonstrated by Anthony Sinclair (inset) for the entertainment of residents in the nursing home last month. Note the very old cylinder machine above.

You're Never Too Old!

Jacob, aged 92, and Rebecca, aged 89, are excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a chemist's shop.

Jacob suggests they go in and Jacob addresses the man behind the counter, "Are you the owner?" The pharmacist answers, "Yes." Jacob: "We're about to get married. Do you sell heart medication?" Pharmacist: "Of course we do." Jacob: "How about medicine for circulation?" Pharmacist: "All kinds." Jacob: "Medicine for rheumatism, scoliosis?" Pharmacist: "Definitely." Jacob: "How about Viagra?" Pharmacist: "Of course." Jacob: "Medicine for memory problems, arthritis, jaundice?" Pharmacist: "Yes, a large variety—the works!" Jacob: "What about vitamins, sleeping pills, antidotes for Parkinson's Disease?" Pharmacist: "Absolutely!" Jacob: "You sell wheelchairs and walkers?" Pharmacist: "All speeds and sizes. Why do you ask, is there something I can help you with?"

Jacob says to the pharmacist: "We'd like to nominate your store as our bridal gift registry."

What Are Seniors Worth?

Remember, old folks are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a little older since I saw you last and a few changes have come into my life.

Frankly, I have become a frivolous old girl. I am seeing five gentlemen a day. As soon as I wake up Will Power helps me out of bed. Then I go to see John. Next it is time for Uncle Toby to come along, followed by Billy T. They leave me, and Arthur Ritis shows up and stays for the rest of the day. He doesn't like to stay in one place very long, so takes me from joint to joint. After such a busy day I am really tired and glad to go to bed with Johnny Walker. What a life. Now I'm flirting with Al Zymer.

PS. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. "Oh, I do all the time. No matter where I am, If I am in the parlour, Upstairs, in the kitchen or down in the basement, I ask myself 'Now what am I here after?' "



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