

October 2009

The Carrington Courier

Volume 15. Issue 9.

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

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Hello From The Village Manager

Another month has gone just as quickly as the last one and only a few months till Christmas. May all your preparations leading up to the festive season be fun and joyful!

As we are leading into hot days please be mindful of your fluid intake for the day. We all need to make sure we drink enough at any time as we lose more fluid in the heat of summer. Also, please attend the pool with a friend. Use of the pool increases in the summer months and a pool card can be obtained from Sue or Pat at reception on the first floor level of Carrington House.

If you use the privileged bar fridge in the Recreation Centre socially, please consume your beverage on the premises of this recreational facility. Phil and Margaret Crocker keep the fridge stocked. Thanks to them for giving the self-care residents a cool drink on that hot bothered day.

As a continuation from last month's *Courier* in regard to self-care residents' gardens, this should alleviate residents' concerns that have been raised since the statement from maintenance was made.

If a family member **cannot** help you to maintain your garden, Dave Mulley has assured me that a maintenance-free garden can be made for you.

The reason for the report last month was that some residents are continually requesting pruning, weeding and moving pots. Some are asking the boys to do it without submitting a requisition. There will be a polite "No" to your verbal request and you will therefore need to put in an official requisition. Please do not take offence at this, as the maintenance department has to report to me each month in regards to residents' requests for maintenance in the village.

Maintenance requests should be placed with Pat Hunter on 4659 0361, Sue Reeves on 4659 0358 or Naomi Delaney on 4659 0344. Requests will be prioritized by emergency need.

Dave Mulley, the maintenance supervisor, will be reporting from next month onwards about maintenance matters, so we welcome Dave to *The Courier* in future editions.

Blessings, Carole Cleminson, Village Manager.

Premier's Christmas Gala Concert

We are hoping to be successful in receiving 18 tickets for the Premier's Christmas Gala Concert on Tuesday, 8th December, so we can take the Carrington bus in for the show. It will be a free day and I will inform you about our success. Please keep this date in mind for your diaries, as it is a great day and is very professionally run.

I will send a memo out with final details if we are allocated the tickets.

Carole Cleminson, Village Manager.

The copy deadline for the November issue is

**Thursday,
22nd October**

(More details on Page 4)

Grasmere Terrace Editorial

Hello again everyone. The countdown to Christmas is about to begin. How scary, I'm still recovering from last year.

This month has been fairly busy. We had Ron Ashton come to entertain us after everyone enjoyed a barbecue lunch for Fathers' Day. I hope everyone had a lovely and relaxing day.

Sing-a-long still occurs bi-monthly, and the residents here just love it. Thank you to the volunteers who make this event possible.

There have been many activities throughout the month, including the all-time favourite Bingo. Everyone in Grasmere Terrace will be pleased to know that Bingo will now be run every week.

Church services from all denominations are still very popular and the residents here enjoy going to the different services.

This month we have been on three bus outings, one to Wollongong for a picnic on the beach, another to Warragamba Dam for a barbecue and one to the Carrington coffee shop for lunch. As always the bus outings are very popular, but you must get your name on the list early.

Therese and I are constantly thinking of activities and events that we can run up in Grasmere Terrace. If you have any ideas we would appreciate your input. We are still looking for volunteers in Grasmere. If you are interested, please contact me.

October is when we will be running the second annual Service of Remembrance in the Recreation Centre. It will be held on Monday, 26th October, at 11 a.m. For more information please refer to the separate article in this *Courier*.

Next month is proving to be busy as always, so here is a sneak peek of what to expect next month.

Men, Where Are You?

As you are aware (we hope) the "men's happy hour" is held on the first Wednesday of each month.

Up until the last couple of months your response has been great, around 20 to 25 men attending. But we are now down to 10 or 12.

So come on men and join in this great get-together. There's no need to imbibe in the strong stuff as tea and coffee are available.

Bring along all your tall tales and share them with your mates. All who attend have a great time.

The next meeting will be on Wednesday, 7th October, from 3 till 5 p.m. Notices are put in letterboxes each month.

Margaret and Phil Crocker.

October Programme:

- Monday 5th: Labour Day (no therapy staff).
- Tuesday 6th: Barbecue Lunch for both high and low care.
- Thursday 8th: Falls prevention presentation.
- Friday 9th: Sing-a-long.
- Thursday 15th: Rookwood Rockers.
- Saturday 17th: Camden Valley Music.
- Tuesday 20th: Bus outing.
- Monday 26th: Service of Remembrance.
- Tuesday 27th: Bus outing.
- Wednesday 28th: Seymour Entertainment.
- Wednesday 28th: Monthly birthday celebrations.
- Thursday 29th: Friendship group.
- Catholic visits every Wednesday.
- Every Monday, Tuesday, Wednesday, Thursday and Friday, the Carrington bus departs from Grasmere Terrace at approximately 8.40 a.m.
- The hairdresser is in on Tuesdays and Wednesdays every week.
- A church service is held in the chapel on the first, second and third Thursday of the month.

Thought for the month:

The whole of life is but a moment of time. It is our duty, therefore, to use it, not to misuse it.

Until next time, keep safe.

Erin and Therese.

Carrington Baptist Services

The Baptist community holds a friendship morning on the fourth Thursday of the month at 10.30 in the Day Care Centre in Carrington House. As well, a friendship afternoon, at 1.30, is conducted in the hostel section of Grasmere Terrace, also on the fourth Thursday of every month.

In Grasmere Chapel every other Thursday of the month (that is the first, second, third and fifth) a non-denominational service is held at 10.30 a.m. and the Rev. Bob King conducts this.

Gwyneth Fail, in Unit 11 in Paling Court section of the village, can answer any questions regarding these Baptist activities and she can be contacted by phone on 4655 6419.

Thanks To Volunteers

Thank you to all our volunteers who sort the mail, help in the kiosks, help throughout the year for the Fair, are leaders on committees, pastoral carers, swimming pool helpers, volunteer bus drivers and so on. You know who you are! What would Carrington do without you?

Carole Cleminson, Village Manager.

News From Carrington Nursing Home

Hello from everyone in Parry, Rose and Rothbury Houses. Spring—what a great time of the year, warmer weather coming, longer days and walks in the garden.

Residents have enjoyed bus trips to the club and country drives. A spring barbecue was a great hit, both with residents and families and Vanessa and I would like to thank those who gave a hand on the day.

Entertainment by Camden Country Music on Saturday was successful, residents and family enjoyed a sing-a-long as they took a trip down memory lane. Our thanks to them and we look forward to them coming back soon.

This month we'll see Mrs Doreen Kemp celebrate her 100th birthday. Congratulations and best wishes from all the staff at Carrington.

A little story is about Doreen's life:

Doreen Masie Stuckey was born in Camden on 30th October 1909. She is the eldest of four children born to Lou and Abbie Stuckey, who lived in Hill Street, Camden. Lou and Abbie then had three sons, Frank, Alan and Victor, all of whom are deceased.

Doreen's great grandfather, Elgar Stuckey, who was born in Summerset, England, arrived in NSW in 1854. His son, Henry, married Ruth Doust, daughter of David Doust, a prominent storekeeper in the early days of Camden.

The village Camden known to Doreen in the early part of the 20th Century, was very different to the Camden of today. Horse-drawn vehicles and pedestrians dominated the thoroughfares. Telegrams were delivered even on Saturday afternoons. Doreen and her three brothers were taught to swim in the Nepean River by their father Lou.

During her high school years, Doreen travelled by train to Parramatta for her secondary education. She then travelled daily to Sydney to complete a secretarial course at Metropolitan Business College. However her interest was really in hairdressing. Consequently she then boarded at the YMCA in Sydney and completed a course at the Academy of Hairdressing and Beauty.

After working in two hairdressing salons in Manly, Doreen returned to Camden in 1940, where she set up business upstairs in the Stuckey building in Argyle Street.

The second world war proved to be a very significant time for Doreen and her family. Two of her brothers, Alan and Victor enlisted in the army and air force respectively. Frank, who was engaged in an essential food industry, was required to remain in the

bakery to assist his father and uncle. Sadly, Victor was shot down and killed in a Lancaster bomber during a daylight raid over Germany in 1944. Alan returned to Camden at the end of the war in 1945 and established a vineyard and orchard at Elderslie.

Even though Doreen continued to run her busy hairdressing salon during the war years, she had time to meet and marry in 1942 Norman Kemp, a flying officer in the RAAF. In 1949 she moved, with Norman, to "Moomya", a sheep property at Muscle Creek, just outside Muswellbrook. There she spent her married life involved in farm work, CWA, Red Cross and local church activities, including teaching scripture in schools.

When asked a few years ago, what advice she would give to young people about life, Doreen gave the following reply, "So many things have changed in the world, I don't like to give advice." However, she did say that her faith in God has never changed.

What does Doreen value most about turning 100? She values faith in God, the relationship she had with her parents, her late husband and three brothers, as well as other relatives and friends. A positive outlook on life and the will to do certain things have contributed, and continue to contribute to her wonderful and worthwhile life. Congratulations Doreen on 100 well lived years. Happy birthday!

October Programme:

- 1st: Pre-school visit.
- 6th: Public holiday.
- 6th: Bus trip, Parry House.
- 7th: Catholic service.
- 10th: Barbecue lunch.
- 13th: Bus trip, Rothbury/Rose.
- 14th: Entertainment, "Seymore".
- 15th: Anglican service.
- 15th: Footy tipping presentation.
- 16th: Sing-a-long.
- 17th: Camden Country Music.
- 22nd: Friendship morning.
- 26th: Remembrance Service and Pink Ribbon Day.

We welcome all the new residents to Carrington.

Thought For The Month

Needing comfort? We can find it in God's Word, in Psalm 86 and verse 15, which says:

"Thou O Lord, art a God, full of compassion, and gracious, long-suffering and plenteous in mercy and truth."

Hal and Flo Anderson, Unit 167.

A Letter From Hospital

This month I am able to write personally to thank all those who sent loving messages and beautiful cards wishing me well during my sojourn in hospital, and thank you most of all for your prayers.

When my husband, Robert, phoned his older sister to tell her that I had a perforated, gangrenous appendix removed, she told him that when their dad was a little boy he had been hospitalised with the same thing. He was in hospital for eight months and had to be taught to walk again. This was in about 1904.

How different the procedures are today! I was told on the seventh day that I could go home.

I excitedly phoned Rob, only to find he could not talk. He had developed influenza, so I couldn't go home for fear of infection.

We need not have worried—the good Lord had things in hand.

A cat scan disclosed that I had an abscess on my pancreas, so the treatment for that took longer than it took Rob to recover from the 'flu.

Various people came and went in the ward during my time there, but during the last week four of us older ladies were in the ward together and we shared a delightful time together.

One was a Russian lady who has lived in Australia for many years, but cannot speak English. She lives in a Russian retirement village. Imagine the difficulty the medical staff had in trying to convey instructions to her!

The next lady was from the Netherlands, aged 81, and she had many interesting tales to tell of Second World War conditions and hardships and after the war migrating to Australia and the difficulties of settling in a new land.

The third lady migrated from Belgium, aged 67, and she too had many interesting tales to tell.

After a divorce she met and married a German. Neither spoke the other's language, so they had to learn English.

I feel another Toastmasters speech in the making. God's blessings to all in this lovely village.

Ashlea Fisher-Sharpe.

Activity Group Report

Saturday, 12th September, was a day to remember—our first (and hopefully not the last) open day of activities organised by the Activity Group and Self-Care Social Club. The day proved to be an outstanding success with many participating in lawn bowls, darts, indoor bowls, cards, snooker and hoy. It was nice to see so many new faces join in for a day of fun and games.

A light lunch was provided and all for a nominal fee of \$5 per head for the day.

It is hoped that this will become a regular feature of our social life at Carrington and we would welcome feedback on the day.

We have also been asked to advise you all that another small, informal group of residents meet at the snooker room each Monday at 2 p.m. for an afternoon of darts, pool, snooker or any other pastime you might care to indulge in. The group has issued an open invitation to anyone who would care to come along and join in and all are welcome.

Our Tuesday group continues to thrive and many people look forward on a weekly basis to the day. Membership is always open and we always welcome new members.

And, last but not least, on Tuesday, 22nd September, a group of Activity members joined together in the snooker room to honour the late Gordon Evans. Gordon was treasurer of the Activity Group prior to his passing and a plaque was placed on the snooker table in his memory in the presence of his wife Joan and daughter Dianne. A brief moment of silence was held in his memory, led by Carole Cleminson, our Village Manager.

Well, that's all for now so all the best to all from your Activity Group Committee.

Broadband Now A Reality

Those residents who use the internet and email will welcome Telstra's upgrading of phone lines in Grasmere, which includes us in Carrington, to allow connection to ADSL broadband. It is much faster and you can use the phone whilst connected to the internet. You should consider getting your nerdy grandchild to help with the do-it-yourself set-up as it is not as simple as you might expect.

November Copy Deadline

*The cut off date is Thursday, 22nd October,
and the editor's email address is:*

nodrog777@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 editor has a new
email address.**

Leo's views, Croquet News

I don't feel like writing a lot because I'm suffering from the ultimate sickness, old age, but before I leave this green and precious land I have a lot of people to thank.

It's good to have Dave Mulley back on deck again. Thanks for your prompt attention to my plumbing job. I recently bought a shower stool and it's taking a bit of getting used to. I think they should make swivel ones so we can attack all round. I do get some queer ideas.

Now I must mention the state of our croquet lawn. It's fast becoming a major disgrace. I know it's from lack of water and I have had words with Joe, our gardener. I feel very sorry for Joe. He is short of staff and I think that the bigger area and the extra work involved is a big strain on our resources. He cannot plan for a major face lift to our green and that is what it needs. I go down quite often in the evening and put the sprinklers on for an hour or so, but it puts me out a bit; anything physical puts me in the express lane for the hereafter. Joe, if there is anything we can do in the way of voluntary help, let us know. We have the best workers in our club.

However, we are still getting good turn outs at our games in spite of hollows, dry patches and a few other things that put us off. We recently welcomed a new prospective member. Welcome to Dorothy Whatsername and a big thank you to our members who go to the trouble of teaching her the game.

Now there are lots of things going on about the place and I don't intend to go through them. I believe our summer starting time will come to pass on the second week in October. Our secretary, Les, will see that you are all informed.

Thank you all for your help in running the club. I'm not much use just now and I won't get much better in the future. Thanks also to my dear friend, Coral, who puts up with my complaints and change of moods, also to Beale and Bill, who help out with shopping and usually get it right too.

Could I just drop a word to our management? If you could find it in you to employ a few more ground staff it would be appreciated by all residents and the existing staff. I'm sure you are doing your best, but the extra bit would work wonders.

Cheerio for now and God bless. Dear Lord, a bit of rain would go down well.

Leo Probert.

Good Meeting Of Residents

The residents' meeting on Monday, 28th September, was well attended and most informative. The CEO, Raad Richards, outlined new works in the offing, including extensions to the Recreation Centre, refurbishing of the ground floor of Carrington House, landscaping and proposed naming of Carrington's roads.

Bowls News

We all thought the social day during September was well planned with a good outcome and we say thank you to the organisers. Actually, we had one or two prospective members trying out on the bowling rink during the morning period and that was a bonus.

Our membership book shows a reduced listing as compared to other years and maybe some have forgotten to send in the usual dues (\$10). I fell into trouble on this score myself, requiring some fast action. Please check with the treasurer, Lawrie Martin, in Unit 181 if you are unsure whether you are a paid up member.

The few hot days recently made us think about altering our starting times from afternoons to mornings, and at the time this *Courier* was being prepared play commencing times will be 9 a.m. on Thursdays and Saturdays.

The warm weather is not being lost to nature either as someone has recently seen a red-belly black snake near the round-a-bout on the north side of the village.

And here is a joke all the way from Mexico. Come autumn the Indians went to their new chief and asked whether he thought the winter would be very cold as they had to gather firewood. He said "Yes, it might well be."

After a few days he thought he would check with the country's meteorology department and they told him that early indications suggested it might be colder than usual.

When the Indians next approached him he advised them to ramp up their efforts. Another episode of this nature followed. The chief decided finally he would have a serious conversation with the meteorology department. "Are you sure it is going to be the coldest winter on record?" "Yes, absolutely sure. The Indians are gathering firewood like crazy!"

Key Holders For The Pool Room

The pool room (that is the room where the pool table is and not the swimming pool) is situated at the end of the old nursing home across from Paling Court Hostel. Please keep it clean and leave it how you found it.

I have a key and can give it to families on Thursdays before I finish work for the weekend. Just give me plenty of notice. You can ring me on 4659 0305.

Norman and May Yates in Unit 57 (4655 9689), Jack and Irene Warwick in Unit 89 (4655 1119) and Richard and Doreen Steer in Unit 187, Carrington North (4655 3254) also have keys.

Carole Cleminson, Village Manager.

News From Mary MacKillop Hostel

Hi everyone. Well, who would have thought our weather could be so unpredictable—earthquakes, sandstorms, hail. Thank goodness we have lots of glorious weather to counteract all the bad.

Our month has come and gone so quickly and as usual we have had a busy time. Our residents have been entertained by June on piano and serenaded by Stu Best. We have had bus trips, pancake afternoons, socializing with a cuppacino and enjoyed a competitive game of shoot 'n' shuffle with Harbison Care residents who traveled up from Moss Vale for the day.

One highlight of the month was an activity by "Kris and her feathered friends". If anyone doesn't know Kris, she was the lady who was on "Today Tonight" on Wednesday evening, 23rd September, who was letting everyone know that her husband does all the housework, and apparently enjoys doing it!

I wonder where Kris found this one?

Mary MacKillop is planning a day trip to the Blue Mountains on 23rd October. Hopefully all our residents who are coming will enjoy the day. We plan to leave just after breakfast, view Echo point and the Three Sisters, have lunch at Katoomba RSL and a scenic drive to Govett's Leap Lookout at Blackheath.

Mary Mac. is also commencing a new programme for Camellia and Grevillia. It is known as Personal Centred Care. Staff who attended the workshops will be implementing their learnt skill and knowledge. A meeting has been set for October and residents' families of each unit have been invited to attend.

We have special congratulations to Kylie, one of our night shift nurses, who is now a proud mum to Zac.

Also a big thank you to our volunteer, Shirley, and Marlene from Community Care who assist us during activities and make them all the more enjoyable.

GARDEN CLUB

The next meeting is on
Monday, 5th October

Meet at the Downstairs Hall at Paling Court at
**9.55 a.m. (no stragglers please) to be transported
to John Southwell's garden.**

Morning Tea will be served in the garden by
Margaret Walton and Laurel Charles.

There will be no competition table.

Please ring Doreen Wilkinson on 4655 4847 or Olive
Fowler on 4655 9281 to confirm your attendance.

Our Programme for October:

- 1st (Thursday), 10.30 a.m.: Presbyterian Church Service, main lounge room.
- 1st (Thursday), 9.15 a.m.: Red Cross Nails,– Boronia lounge room
- 6th (Tuesday), 1 p.m.: Food committee, main dining room.
- 7th (Wednesday), 9.15 a.m.: Bus trip, DSU.
- 12th (Monday), 10.30 a.m.: Jean Olsen's bible study, main lounge room.
- 13th (Tuesday), 11.15 a.m.: Anglican Church Service, main lounge room.
- 15th (Thursday), 9.15 a.m.: Red Cross nails, Boronia lounge room.
- 21st (Wednesday), 9.15 a.m.: Bus trip, DSU.
- 22nd (Thursday), 1 p.m.: Entertainment with Ron Ashton, main dining room.
- 23rd (Friday): Bus trip to Blue Mountains, main stream.
- 26th (Monday), 10.30 a.m.: Jean Olsen's bible study, main lounge room.
- 26th (Monday), 11 a.m.: Remembrance Service, Recreation Centre.
- 27th (Tuesday), 2 p.m.: Happy Hour with Christine and John.
- 29th (Thursday), 9.15 a.m.: Red Cross Nails, Boronia lounge room.
- 31st (Saturday), 1.30 p.m.: Camden Valley Country Music Club, main dining room.
- Catholic Service every Wednesday morning, 10 a.m. in Fuchsia lounge room.
- All other activities are displayed around the hostel. Take care everyone and we'll speak to you again next month.

Christine and Rhonda.

Service Of Remembrance

Carrington will be holding a Service of Remembrance in the Recreation Centre on Monday, 26th October, at 11 a.m. This service will be a small dedication to those who have passed away in the past 12 months.

It will be a short service followed by the planting of a shrub in remembrance, after which a light lunch will be provided. Everyone is welcome to attend this service. However, *it is imperative that you reply to either Erin Martin on 4659 0450 or Donna Barnard on 4659 0418 by 12th October.*

Residents, staff and management of Carrington are looking forward to seeing you there.

Christmas Dinners For Self-Care Residents

Christmas dinner for self-care residents this year will be held in two sessions on two separate nights. The dates are Thursday, 3rd, and Thursday, 10th December.

Book a table with friends and enjoy a night of fellowship. Music will be provided on both occasions and there will be lucky door prizes as well. The venue, as usual, is the Recreation Centre and starting times are 5 p.m. on each occasion.

The cost this year is set at \$15 per person and tickets will be available from Sandra Bruce at the front reception desk of Carrington House from Thursday, 1st December.

The menu will include a baked dinner of pork, ham, harvest vegetables, gravy and apple sauce. Sweets will be plum pudding with brandy custard or fruit salad. If you are diabetic you should inform Carole of that fact. Lollies, chips, orange juice, lemonade and water will be available on each table, with Christmas cake platters at the tea and coffee stations.

Carole Cleminson, Village Manager.

Daylight Saving

Residents and staff are reminded that daylight saving commences at 2 a.m. on Sunday, 4th October. This means the loss of an hour's sleep on Saturday night/Sunday morning, unless you go to bed an hour earlier than usual! It's better to set clocks back one hour before going to bed on the Saturday night and make sure the alarm is set appropriately.

Sydney Harbour Cruise

A Sydney Harbour jacaranda cruise will be held on Sunday afternoon, 22nd November, from 1 till 4 o'clock.

Graham Ross, from the 2GB Garden Show, and Tim Pickles, from Campbelltown Nursery, will be giving commentaries on the gardens to be seen and some historical facts as well.

The cost of the cruise is \$59 (\$49 for pensioners) and is being conducted to raise funds for the African Aids Foundation. Doctor John Schwartz is the founder and chairman of the foundation.

Anyone interested in joining this cruise can book at Dr. Schwartz's surgery (Schwartz Family Practice) at 37 Hilder Street, Elderslie.

Golf Chatter

Good day, fellow residents. As you may know, the Fisher-Sharpes haven't thought of golfing much for the last month or so, the main focus being on restoring dear Ashlea to good health again after her awful experience. It really drained her usually enviable vitality.

If you ladies were ever going to challenge Ashlea for her golf title, now is your chance. You'll win by forfeit for sure. But don't leave it too long!

Congratulations to Peter Kennedy for becoming men's champion in July. Sorry, Peter, that we had to forego the official presentation, but at least you have the trophy for six months.

Just a reminder to all would-be golfers, particularly to any new Carrington residents who may be unaware of the absolutely unique features of our golf course:

We have no green fees. Admittedly we don't have real greens either, just yet. But we make do for now.

All equipment is available free, that is sticks, balls, tees, buggies and score cards, even pencils. Simply phone Rob on 4655 3438 to book them.

If you have mobility problems, you can use your vehicle as a golf cart—there is no difficult terrain.

Have you noticed that one opposition village is currently promoting their village with a major selling point being their "planned" golf course on site?

Aren't we Carringtonians blessed?—We already have one! Enjoy it.

Rob Fisher-Sharpe.

Last Minute Changes

As last month's *Courier* was ready for printing, some late changes were asked for. These included the inclusion of two letters to *The Camden Advertiser*, one from Warren Eggins and the other from Jock Wylie.

These letters were in response to adverse publicity about Carrington that *The Camden Advertiser* had previously published. The sentiments expressed in the two letters we are sure echoed those of the majority of Carrington residents and staff members.

It is a pity that more people were not moved to have also written to *The Advertiser* in similar fashion and swamped their mail box to show our support for Carrington and try to counter the damage that was done.

These late alterations and inclusions had the effect of making the table of contents on the front page not as accurate as it should have been. The editor missed updating the table and he apologises.—*Ed.*

Urgent— Tunstall Pendants

Please put your Tunstall alert pendant around your neck, particularly if you are unwell or unsteady on your feet. I had a recent incident where an unwell resident fell and couldn't get up. It took an hour for someone to hear the resident calling for help. If the alert pendant had been around the resident's neck and had been activated, it would have taken only a short time to attend the unit to render assistance.

Carole Cleminson, Village Manager.

Two Surveys

I have had a letter from the 1st Camden Scout Group and they are organising a 95-year reunion in the next few years and are asking Carrington if anyone is interested in filling out a survey. I have the copy, so please inform me and I will put one in the mail with the letter. They are also looking for photos and information. So, if you are an old Scout or whose husband or brother was involved, please ring Carole for further information 4659 0305.

Have your say on Camden's Future

I have also received a letter from Jenny Franke, corporate planner of Camden Council, asking the question: *What do you want Camden to be like in 30 years?*

Council is seeking the thoughts and opinions of all people who live, work, or play in the Camden area.

The best way to have your say is at www.camden2040.com.au. Council staff will be out and about during September and October talking to people in the community. If you do not have access to the internet, you can contact Jenny on 4654 7810.

Carole Cleminson, Village Manager.

MINI MARKET

**Pre-loved Clothing and
White Elephant**

50 cents to \$1 Sale

PLUS

Jams at Normal Prices.

Paling Court Downstairs Hall

Friday, 30th October

1 p.m. till 3 p.m.

Everyone is welcome.

Self-Care Residents' Social Club

Hello everyone. On Saturday, 12th September, we had an open day at the Recreation Centre to enable people from all the various social groups to see the activities that are available in the village.

With Irene's organizing skills and the support of the activity club committee it was a successful day, so much so that we have been requested to have another similar day in the new year.

Special thanks go to the bowling and croquet clubs for introducing and showing new and interested people their game and making them feel welcome and to join in a game at any time. You don't have to be a champion to enjoy.

What a delight to see so many residents of Carrington, including Paling Court, Mary MacKillop, Grasmere Terrace, and self-care enjoying each other's company. Their laughter told the story.

A morning tea was served and later a light lunch of soup and a bread roll. Afternoon tea was enjoyed by 70 residents and it was truly a social day made successful by your support and the hard work of Irene, Margaret, Jeannette and the activity club committee.

A breakfast will be held on Saturday, 10th October, so we are looking forward to seeing you all then.

Thanks once again to Irene and all the clubs that participated, as a great day was had by all. *Fay O'Bree.*

It's Snake Time Again!

If you see a snake in or near your unit, do not attempt to catch it or kill it yourself. All these snakes are protected, but if they are a danger to you they can be destroyed by the appropriate people.

Brown snakes are the most deadly snake in our vicinity. Do not go near it. If it is brindled, black/grey or brown/grey and it has a mottled under belly, it is a brown snake. They are actually the second most deadly snake in the world and browns are very aggressive.

Black red bellies are black and are venomous also. On advice from Bob Gleeson, expert snake handler, please ring 000, then fire and the snake handlers are dispatched to the snake problem.

Bob suggested that you do not leave doors open and if a snake is found in a unit, the Recreation Centre, etc., leave it, go away and call 000, then fire, and ask for the snake handler. We need to be wary and we should not attempt to remove the snake or kill it.

Importantly if you do get bitten, call Tunstall and have emergency first aid of a pressure bandage going from the tip of the limb to the top and down. Then repeat with a second pressure bandage and stay calm.

Carole Cleminson, Village Manager.

From The Desk Of The CEO

Hello to everyone. On Saturday, 26th September, we hosted an open day with a barbecue for the new residents of the village who will be joining us in February next year.

The day provided the new residents with an opportunity to inspect our new additions to the independent living units, including the two apartment buildings. A huge positive feedback was expressed and a big tick was given to the generous size of the new construction.

A big thank you to Glenn Thorpe, Dave Mulley, Brenda Mullins-Jackson and Margaret Thorpe, who joined me for the time we spent with our future new residents. Also a big thank you to the Hansen Yuncken team led by Ben Daley, the site manager.

Planning a redesign of the Recreation Centre precinct is now well advanced and submission to Council is anticipated within the next few weeks.

At The Proms Afternoon

Barbara Handley advises that the date for the "Afternoon at the Proms" has had to be changed.. Originally set down for Sunday, 11th October, the date is now the **18th**. If you have already paid and the new date does not suit, Barbara is happy to refund your money.

The Carrington bus may be organised for the trip to Mittagong, but as it seats only 21, you will need to get in early to get a seat!

The bus will leave the gazebo at 12.30 in order to get to Mittagong Playhouse for the show at 2 o'clock.

The usual drill is for your \$20 to be put in an envelope with your name on the outside and the envelope then put into Barbara's mail box, which is No. 150 in Carrington North. You should also state if you need to travel in the bus.

Should you require further information, Barbara's phone number is 4655 5571.

Annual Dinner Show

The annual dinner show will be held this year at Carrington Recreation Centre on Saturday, 7th November. Patrons are asked to be at the hall by 6.30 ready for dinner at 7 o'clock.

Again organised by Barbara Handley, the evening will cost \$32 per head and the usual means of getting your money to Barbara is to put it in an envelope with your name on the front and put it in Barbara's mail box, No. 150.

As usual, this evening will be something special and the entertainment will be top class.

The new design will be displayed in the centre, and will turn the centre into a facility which will encourage more activities, including a restaurant/bistro style set up with an outdoor area over-looking the bowling green and an outdoor barbecue area with a large gym area opening into the swimming pool. Below the restaurant there will be a number of rooms, both small and large, which can be used for meetings, or can be used as activities areas such as for pool, indoor bowls or darts. The upper and lower level will be connected via a walkway and an elevator. The current "coffee shop" as it is known will be converted to a residents' lounge for their convenience.

I am pleased to advise that we have also created an additional 22 parking spaces across the road from the support services building extending down to the opposite side of the Recreation Centre. This initiative has increased the parking capacity both for the centre as well as the computer club.

Joe Galea and his team are currently completing the landscaping around the new parking area and also outside the Community Care Centre.

The planning and design of the current ground floor of Carrington House has been completed and will be submitted to Camden Council within a week from now. The refurbishment work will commence as soon as Council consent is given.

Finally I would like to thank all our residents at Carrington for their best wishes extended to me upon my return to work from a period of recovery at home following a hiccup in my general health.

Until the next issue of *The Courier*, take care and stay well.

Raad Richards, Chief Executive.

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Ireland Declares War

The French President is sitting in his office when his telephone rings. "Hallo, Mr Sarkozy!" a heavily accented voice said. "This is Paddy down at the Harp Pub in County Clare, Ireland. I am ringing to inform you that we are officially declaring war on you! We voted to reject the Lisbon Treaty!"

"Well Paddy," Sarkozy replied, "This is important news! How big is your army?"

"Right now," says Paddy, after a moment's calculation, "there is myself, me cousin Sean, me next door neighbour Seamus, and the entire darts team from the pub. That makes eleven!"

Sarkozy paused. "I must tell you Paddy, that I have 100,000 men in my army waiting to move on my command."

"Begoora!" says Paddy. "I'll have to ring you back."

Sure enough, the next day, Paddy calls again. "Mr Sarkozy, the war is still on. We have managed to get some infantry equipment!"

"And what would that be Paddy?" Sarkozy asks.

"Well, we have two combines, a bulldozer, and Murphy's tractor."

Sarkozy sighs amused. "Paddy, I have 6,000 tanks and 5,000 armoured personnel carriers. Also, I have increased my army to 150,000 since we last spoke."

"Saints preserve us!" says Paddy. "I'll have to get back to you."

Sure enough, Paddy rings the next day. "Mr Sarkozy, the war is still on! We have managed to get ourselves airborne! We have modified McLaughlin's ultra-lite with a couple of shotguns in the cockpit, and four boys from the Shamrock Bar have joined us as well."

Sarkozy was silent for a moment and then cleared his throat. "Paddy, I have 100 bombers and 200 fighter planes. My military bases are surrounded by

laser-guided, surface-to-air missile sites. Since we spoke I have increased my army to 200,000!"

"Great Scott!" says Paddy, "I will ring you back."

Sure enough, Paddy calls again. "Top o' the mornin', Mr Sarkozy! I am sorry to inform you, we must call the war off."

"Really? I am sorry to hear that," says Sarkozy. "Why the sudden change of heart?"

"Well," says Paddy, "We had a long chat over a few pints of Guinness and packets of crisps, and we decided there is no bloomin' way we can feed 200,000 prisoners."

Can This Be True?

Last month a world-wide survey was conducted by the UN. The only question asked was: "Would you please give your honest opinion about solutions to the food shortage in the rest of the world?" The survey was a huge failure because of the following:

In Eastern Europe they didn't know what "honest" meant.

In Western Europe they didn't know what "shortage" meant.

In Africa they didn't know what "food" meant.

In China they didn't know what "opinion" meant.

In the Middle East they didn't know what "solution" meant.

In South America they didn't know what "please" meant.

In the US they didn't know what "the rest of the world" meant.

And finally...

In Australia they all hung up because they couldn't understand the Indian accent.

Out Of The Mouth Of Babes

On the first day of Hebrew school the teacher finished the lesson and asked for questions. "I've got one," calls out a boy. "According to the Bible, the Children of Israel crossed the Red Sea, right?"

"That's right," said the teacher.

"And the Children of Israel defeated the Philistines and the Egyptians and they built the temple, and they were always doing something important, right?"

"All of that's correct," agreed the instructor. "So what's the question?"

"Well" demanded the boy, "What were the grown-ups doing?"

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

VILLAGE ACTIVITIES CALENDAR FOR OCTOBER

Thursday, 1st

8.40 a.m. Camden/Narellan Bus.
 9.00 a.m. Lawn Bowls.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel (Rev. Bob King).
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 2nd

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

Saturday, 3rd

9.00 a.m. Lawn Bowls.
 10.00 a.m. Croquet.

Sunday, 4th

2.00 a.m. **Daylight Saving starts.**
 9.15 a.m. Anglican Communion, Paling.

Monday, 5th (Public Holiday)

9.55 a.m. Garden Club, Paling Court.

Tuesday, 6th

9.30 a.m. Craft, Mary MacKillop Hostel.
 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, 7th

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 Court.
 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, 8th

8.40 a.m. Camden/Narellan Bus.
 9.00 a.m. Lawn Bowls.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel (Rev. Bob King).
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 9th

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

Saturday, 10th

8.30 a.m. Social Club Barbecue Breakfast.
 9.00 a.m. Lawn Bowls.
 10.00 a.m. Croquet.

Sunday, 11th

9.15 a.m. Anglican Communion, Paling.
 2.00 p.m. At The Proms, Mittagong.

Monday, 12th

10.30 a.m. Jean Olsen's Bible Study,
 Mary MacKillop Lounge.
 1.00 p.m. Aquarobics, Pool.
 1.30 p.m. Computer Club, Rec. Centre.
 7.00 p.m. Toastmasters at Paling Court.

Tuesday, 13th

9.30 a.m. Craft, Mary MacKillop Hostel.
 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, 14th

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 Court.
 10.30 a.m. Catholic Service, Day Care.
 10.30 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Tai Chi, Recreation Centre.

Thursday, 15th

9.00 a.m. Lawn Bowls.
 10.30 a.m. Anglican Service in Day Care.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel (Rev. Bob King).
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 16th

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

Saturday, 17th

9.00 a.m. Lawn Bowls.
 10.00 a.m. Croquet.

Sunday, 18th

9.15 a.m. Anglican Communion, Paling.

Monday, 19th

1.00 p.m. Aquarobics, Pool.

Tuesday, 20th

9.30 a.m. Craft, Mary MacKillop Hostel.
 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, 21st

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 Court.
 10.30 a.m. Catholic Service, Day Care.
 10.30 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Tai Chi, Recreation Centre.

Thursday, 22nd

8.40 a.m. Camden/Narellan/C'town Bus.
 9.00 a.m. Lawn Bowls.
 10.30 a.m. Baptist Friendship Morning,
 Day Care.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 1.30 p.m. Baptist Friendship Afternoon,
 Grasmere Terrace Hostel.
 3.00 p.m. Dr. Ban, Paling Court.
 3.00 p.m. **Courier Copy Deadline.**

Friday, 23rd

9.00 a.m. Art Group, Paling Court.
 2.00 p.m. Carrington Singers, Rec. Centre.
 7.30 p.m. Wollongong Symphony Orch.,
 Camden Civic Centre.

Saturday, 24th

9.00 a.m. Lawn Bowls.
 10.00 a.m. Croquet.

Sunday, 25th

9.15 a.m. Anglican Communion, Paling.

Monday, 26th

1.00 p.m. Jean Olsen's Bible Study,
 Mary MacKillop Lounge.
 1.00 p.m. Aquarobics, Pool.
 7.00 p.m. Toastmasters at Paling Court.

Tuesday, 27th

9.30 a.m. Craft, Mary MacKillop Hostel.
 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, 28th

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 Court.
 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. RSL Meeting, Rec. Centre.

Thursday, 29th

9.00 a.m. Lawn Bowls.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel (Rev. Bob King).

Friday, 30th

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

Saturday, 31st

9.00 a.m. Lawn Bowls.
 10.00 a.m. Croquet.

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

Tuesday, 3rd November:

Melbourne Cup Day.

Saturday, 7th November: Dinner Show.

Monday, 30th November:

Christmas Devotional.

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