

# The Carrington Courier

Volume 16. Issue 6.

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

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## Popular Hairdresser Retires



Lyn Sorensen has been connected with Carrington for 30 years. Originally she was employed by Matron Ellis to work in the Nursing Home and then she worked in Paling Court for 18 years. Lyn has been attached to Mary MacKillop Hostel for six years.

When the hair dressing salon in the hostel was enlarged and refurbished some time ago, Lyn had a great deal of input into its design and decoration.

Lyn is pictured here working on a permanent wave on Friday afternoon, 25th June, only a week before her departure.

We understand her replacement in the salon will be a young lady by the name of Annie, who also is no stranger to Carrington. Lyn will be missed by her salon clients and all wish her happiness in her retirement.

**The copy deadline for  
the August issue is  
Friday, 23rd July  
(More details on Page 4)**

# From The Desk Of The CEO

Greetings. The Self-Care Budget for the financial year 2010/2011 has been developed based on the 2009/2010 budget with some minor adjustments including a 3% CPI increase.

By the time this edition of *The Courier* is published you would have received the Budget and hopefully it would have been discussed at our residents' meeting.

The plans for the redevelopment of the Recreation Centre have been submitted to Camden Council for approval.

The plans include a restaurant, residents' lounge and a coffee shop, a gym connected to the swimming pool, a barbecue area adjacent to the restaurant and a number of activity and meeting rooms underneath the restaurant. These rooms are designed as multi-purpose, including a room as an extension to the computer club as a training room and an office.

It is very pleasing and exciting for Carrington to be able to provide these much needed facilities for the use, enjoyment and benefit of our residents.

I will be making a presentation of the plans at our next residents' meeting to share with you the concepts and the landscape of our upgraded Recreation Centre.

On 8th and 9th June our Nursing Home was the subject of a two-day Accreditation Audit.

The feedback received from the auditors was extremely positive, including the excellent emotional support given to our residents, the good lifestyle and leisure programmes provided by our recreation officers, which cater for the range of residents and the residents felt included through the activities, family forums and open communication.

Excellent comments were also received about our robust systems and processes which demonstrated consistency through staff ability to use the systems and operate within a high standard of care delivery.

I would like again to pass on my congratulations and appreciation for the clinical leadership displayed by our Director Residential Care, Sue Adamczuk, and Care Managers Michelle Warwick and Phil Brown and their respective teams.

I am pleased to advise that I have received a verbal communication from Camden Council indicating that Council is about to give consent to Carrington to construct the new access point on to Werombi Road from the new Grasmere self-care units.

I am awaiting the written approval to be received within the next two weeks.

Grasmere Terrace is proving to be a very successful and sought after facility within the Macarthur region.

It is filling up quickly with only three rooms not yet taken up.

I have received and continue to receive lots of positive comments from our Grasmere Terrace residents, particularly around the quality of care and activities provided to our residents.

Our excellent staff in Grasmere Terrace are doing a splendid job.

Despite the not-so-good results for the "Blues" so far I trust that residents have enjoyed the activities organised by the residents' social club for the state of origin football. Hopefully we will experience a "WIN" in the third and final game.

Until next time, keep smiling and take care.

*Raad Richards, Chief Executive.*

## Breaking News

A number of women from Carrington are doing a fund raising "event" for cancer research and Carrington.

The number of women involved will be 12 and the "event" will be over 12 months. Have you guessed what it is yet?

We would appreciate the support of all residents, families and relatives for this worthwhile "event". The project is proving to be lots of fun and a rewarding experience.

All will be revealed at the Carrington Fair.

## Aquarobics Change Of Time

Aquarobics is held twice a week at the Carrington Pool—on Mondays and Thursdays. Please take note that the commencing time on Mondays has changed. Instead of 1 o'clock the activity will start at 12 mid day. However, the starting time on Thursdays remains at 1 o'clock.

## Thank You, Ladies

When one no longer has a car, the weekends with no transport into the village seem endless. However, three lovely ladies, Betty, Doreen and Millie, decided to do something to entertain us.

In May they showed a film down stairs in Paling Court. Very few attended, but those who did passed on the word and on Sunday, 13th June, there were about 20 from self care and the hostel.

The afternoon commenced at 1 o'clock and was full of beautiful music from Andre Rieu.

A delicious afternoon tea was served and all voted the occasion a most welcome and enjoyable occasion. Thank you ladies and we look forward to next month.

—N.B.

## Reflections From The Pastoral Care Team

A few months ago I was invited to a barbecue with some old friends who I haven't seen in quite a few years. The gathering was held as a sort of memorial to a friend of ours who had taken his own life at the age of 41 some six years ago.

At the time Richard was married to his second wife and had a 10-year-old daughter from his first marriage. His daughter (now 16), his sister and his first wife were among the guests at the luncheon.

As it happened, a group of his best friends from school had been thinking about Richard a few months before the barbecue and felt that it was important to do something to remember their friend.

Six years had passed and each of the mates had continued on with their busy lives, at times giving thought to the friend who had died too early in life. They realised that they had not really caught up with Richard's family since his death and were compelled to find a way to remember and honour their buddy.

Each wrote a poem or story that was significant for them and read it out at the barbecue. Needless to say there wasn't a dry eye in the house that afternoon, combined with reminiscence and laughter. Richard's young daughter cried openly as she began to know her father through the eyes of his friends.

It was such a healing and therapeutic day. Here we all were drawn together by the special influence of our deceased friend, finding solace and comfort in our shared grief.

This incredible day was enormously significant for me as I was again reminded that grief is not something that we experience for a short time and then it's all over. Grief is a lifetime of healing and special moments. Sharing our memories with others provides a gentle and gradual healing of the heart and soul.

*Donna Barnard, Pastoral Care Coordinator.*

## Men's Happy Hour

What a beating New South Wales had in the last state of origin match, but what a good time the men had with their dinner and the great camaraderie.

It was wonderful to meet the newcomers from Grasmere North and as this section grows, hopefully we will see more men join in the men's happy hour.

There will be no men's happy hour in July as the state of origin match falls on 7th July, the same day the men's happy hour would have been.

Notices will have been sent re the men's state of origin dinner night, so if you have not already replied would you please do so.

*Margaret and Phil Crocker, 4655 5490.*

## Carrington Fair

The Fair this year will be staged on Saturday, 14th August. Thank you to residents and staff who have volunteered to help by donating items for sale or to assist at the Fair, either for the whole day or part of the day. We still need a few more to help on the clothing stall, the plant stall and Devonshire teas.

Please contact Carole Cleminson or Jean Olsen if you or a member of your family can assist. Jean can be found at Unit 64 in Carrington East and her phone number is 4655 6978.

A reminder is given that books, clothing and white elephant items should be dropped off on a Friday morning between 9 and 11 o'clock at the down stairs hall at Paling Court. The cut off date for receiving items is Friday, 30th July, to give the volunteers time to sort and price the goods.

Notices have been placed on the door and window of the downstairs hall at Paling Court.

## Show Cancelled For Now!

This is just to advise you that the English farce being prepared for the Picton Theatre Group's presentation in August, has had to be cancelled. Two of the roles in the production could not be filled, and it was pointless going on further.

However, it is planned for it to be staged in May next year, and hopefully those who had taken agreed to take on parts will be available next year. We can only hope so.

Residents will be advised when it is happening and we will be offering tickets to Carrington people.

*Anne Bruckard.*

## Be Polite

Working as a paediatric nurse, I had the difficult job of giving immunisation shots to children. One day I entered the examining room to give four-year-old Lizzie her needle.

"No, no, no!" she screamed.

"Lizzie," scolded her mother, "that's not a polite way to behave."

With that the girl yelled even louder, "No, thank you! No, thank you!"

## Calling All Singers

If you are a new resident in the village and have a "voice", Carrington Singers would love you to join them. The singers hold their practices at 2 p.m. every Friday in the Recreation Centre.

*Nothing too serious—it's lots of fun.*

**Phone Marguerite Giles on 4655 2860 for further details.**

## Grasmere Terrace News

We are half way through the year already! Can you believe how fast this year is going?

Grasmere has experienced a very cold start this month. There have been no morning walking groups because of the cold bite in the air. Vanessa and I have noticed a lot more knitting is in progress.

Congratulations and a big thank you is in order for the great support and assistance that all staff and residents contributed to *Australia's Biggest Morning Tea*, as Grasmere alone raised \$250; wow what an effort!

High Care enjoyed a perfect lunch out at Campbelltown Catholic Club where residents' family members also joined in and helped out.

Low Care residents were blessed with lovely weather when enjoying a barbecue lunch down by the sea at North Wollongong.

Heather Honey took the residents back in time with old songs and reminiscences when playing the guitar and keyboard. The audience tapped and sang along.

Cooking up a storm in Grasmere with lamingtons and pancakes has brought a sense of home cooking and memories of residents' own recipes.

### July dates to remember:

1st: Ron Ashton Entertainment.

3rd: Camden Valley Music Entertainment.

6th: High Care bus trip (ten pin bowling).

14th: Ma and Pa's Fashions.

16th: Carrington Singers.

22nd: Christmas in July luncheon.

27th: Low Care bus trip.

Every Thursday there is a non-denominational service in the chapel at 10.30 a.m.

Till next month keep safe and keep smiling.

*Don't frown because you never know who is falling in love with your smile.* *Therese and Vanessa.*

## Plastic Bags Wanted

If you have any spare plastic bags, they are needed at the various stalls at Carrington Fair. The bags can be dropped off at Jean Olsen's place, Unit 64 in Carrington East, for distribution on Fair day.

### Copy Deadline for August

The cut off date is Friday, 23rd July,  
and the editor's email address is:

**nodrog777@bigpond.com**

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

## Croquet News

I have just arrived back in the confines of Mary MacKillop. Sometimes I slip up and call it home. I suppose that's because there are a lot of motherly people around and of course our beautiful carers, most of whom look like my granddaughters.

I am waiting to have my blood pressure taken, but I have been told to sit down for a while until the excitement of my trip to Camden wears off.

I sometimes wonder what would happen if I took up bungee jumping. However, that's life!

Now I must say something about our croquet club. It has been a very good year with good turnouts. In fact last week we had 16 players on the green, which included me! You see, if I'm there it's no messing about. But joking aside, I will say this, they are a very wonderful mob of dear friends and personally they keep me very happy and I get a sense of wellbeing when I'm in their presence.

We are having a frankfurt sizzle next Wednesday. By the time you read this it will be over. It goes without saying that it was a huge success thanks to all our hardworking girls and boys. Thanks to all of you, including the cooks.

Our favourite hostel manager has been away for a nice holiday down in Victoria. She had a wonderful time, calling at places like Beechworth, Halls Gap in the Grampians and had a week in Daylesford. At this time of the year there are no better places to be. By the way, she was not alone, although the caravan is not big—it fits two nicely.

Of course a little dog doesn't take up much room and I would say they get on very well.

Now there is not much more to say. I'm getting a bit lax at keeping notes. So I suppose there are things to talk about, but I forget them. Just one thing, I'm so sorry I missed the men's meeting this month. My apologies to Rhonda and Laurie Giles.

Just before I finish, I would like to leave you with some thoughts about what it is to be happy and bring a bit of pleasure to your life:

*"Laugh often and share your laughter. Try and win the respect of intelligent people and the affection of children. Try to earn the respect of honest people and endure the betrayal of false friends, to appreciate beauty and to find the best in others. Leave the world a bit better, perhaps with a garden patch or a better social condition, and to know that even one life has breathed easier because you have lived."*

Not that these thoughts come from my feeble brain. Most of them I must admit are attributed to the writer, R. W. Emerson, but I thought it was worth repeating them.

That's it for this month thank God and God bless you all. Cheerio for now.

*Leo Probert.*

# Hello From The Village Manager

Hi everyone. We give a big welcome to Mr and Mrs Smith to Unit 208 in Grasmere and to Mr Simms to Lakeland Apartment 4. Peggy Norton, from Unit 105, has transferred to Mary MacKillop Hostel and we all wish her well in her new home. Congratulations are extended from the village and staff to Phil Gartrell, from Unit 4 in the Paling Court section of the village. Phil celebrated 20 years here at Carrington in June.

## Bus Timetable:

The village bus timetable is published in this issue of *The Courier* and you will find it on Page 10. I hope this timetable dispels any concerns residents have had in the past.

## Sincere Sympathy:

Mr. Roy Nicholson, from Self-Care Unit 166, passed away in June. Roy will be greatly missed by his wife Marion, and the village community. Our sincere sympathy goes to his family.

## Tunstall Report:

We had 14 non-medical incidents for the month of May. Most of these relate to battery problems in the Tunstall equipment which maintenance has rectified.

We have had a few falls, so please be careful and wear your Tunstall pendant if you are unwell. I would not like to hear of a resident lying out in this cold weather till morning. Each incident has been followed by a home visit or phone call and all residents are very happy with Carrington's support. They are also happy with the after-hours RN and happy with the Tunstall telephone operators.

## Hospital Admissions:

If you are admitted to hospital while away from Carrington, please inform me of your return so I can ring and visit you at home if required. I get a daily report from Tunstall, who will inform me if they know, but if Tunstall doesn't have the information to pass on to me, I will not know unless you or your family let me know.

## The Fair:

I am continuing with fair preparation and the plans have been completed. All stall holder letters have been sent regarding site numbers. We are sorry that the Lions Club barbecue will not be with us this year. They have double booked an event and have chosen the other two-day function to support this year, but I have booked them for next year.

Please return raffle tickets, even if they are not sold, and remember that wonderful items are purchased with the proceeds for the benefit of the whole village community. This year we have extended our

support to maintenance and support services. The wonderful TV and video, which was installed in the downstairs hall in Paling Court from Fair funds, has given many residents in Paling Hostel and Paling Court self-care village great movie afternoons. Thanks must go to the girls (you know who you are) for organising such great afternoons. A fellowship knitting group has started up again in Paling Court.

The buggy is going well and I certainly appreciate the use of it. Others in the village have utilized it for appointments when they have found walking difficult.

These are just two examples of money well spent. Thank you to all the Fair committee—we are nearly there. Hallelujah!

## Volunteer Bus Driver Helps Animals:

Mike, one of our bus drivers, diligently picks up shredded paper each week from administration. The paper goes to another gentleman who makes beds for dogs and cats at the animal pound. These animals otherwise have nothing to sleep on and the paper is used as stuffing in mattresses. The outers can be washed and the paper replaced after a dog or cat is adopted. Well done! We can all do our bit.

## Computer Club:

I have had the privilege of seeing the Carrington Computer Club's draft of a wonderful DVD of the computer club, the village and the surrounding community. The club was approached to produce the DVD and they will give copies away as gifts to visiting guest speakers. The DVD runs for approximately 10 minutes and I was quietly surprised at the professional quality. Well done to the committee and members and thank you Les for showing it to me.

Camden Senior Citizens Association Inc. has given me a flyer and leaflet, which have been displayed on the notice board in the Recreation Centre.

(Continued on Page 8.)

## Thought For The Month

A man may go to Heaven without

Health,

Wealth,

Fame,

A great name,

Nor learning, culture, beauty, friends,

Ten thousand other things,

BUT...

He can never go to Heaven without *Christ*.

*For Jesus said: "I am the way, the truth and the life. No one comes to the Father, except through Me." John 14, 6.*

Flo Anderson, Unit 167.

# News From Mary MacKillop Hostel

Hi Everyone. The month of June has kept us all rugged up with it's cold weather. I think it's time I took my knitting needles out of storage and started knitting a few extra scarves!

Our programme at Mary MacKillop has been keeping all our residents busy for the month. We were fortunate to have Country Plus, Ron Ashton, Camden Valley Country Music and June to entertain us.

Our Shoot 'n' Shuffle competition was recently held at Harbison Care in Moss Vale. We have been practicing all through the month of June to tone up our game plan!

Dora has asked us to remind everyone to send items to her to fill her baskets for the Fair in August.

## Goodbye to Lyn

Lyn Sorensen, our hairdresser in Mary MacKillop Hostel, is retiring! Lyn has been working at Carrington for 30 years. She started work in the Nursing Home where she was employed by Matron Ellis. Lyn also worked in Paling Court for 18 years and her last six years have been with us in Mary MacKillop. Lyn will be leaving us on Friday, 2nd July.

Lyn, her husband Phil, their son, daughter-in-law and two grandchildren will be holidaying up at Cape York for the next two months.

A farewell for Lyn has been arranged for Friday, 2nd July, at 10 a.m. in Mary MacKillop main lounge room. If you would like to come and say goodbye to Lyn, you are more than welcome to join us. *(Continued next column.)*

## I Don't Believe It!

*Two women were sitting quietly together, minding their own business.*

## Coming up in July:

- 1st: Presbyterian Church Service, 10.30 a.m.
- 2nd: Lyn's farewell, 10 a.m.
- 8th: Men's Group, Fuchsia, 10.30 a.m.
- 10th: Country Plus Entertainment, 1 p.m.
- 12th: Jean Olsen's Bible Study, Erica, 10.30 a.m.
- 13th: Anglican Church Service, 11.15 a.m.
- 15th: Entertainment, Gerard Café, 1.30 p.m.
- 19th: Carrington Singers, 10.30 a.m.
- 22nd: Entertainment with June, 10.30 a.m.
- 22nd: Christmas in July luncheon, 12 midday.
- 22nd: Residents' and family forum, 1 p.m.
- 26th: Jean Olsen's Bible Study, Erica, 10.30 a.m.
- 30th: Scenic bus trip.

Bye for now.

Rhonda.

## Sale Of Concert Items

A sale of concert items was held recently and about three quarters of the stock was sold at 10, 20 and 50 cents each. We thank all those who came and purchased items at the sale.

Proceeds amounted to \$115, which has been banked in the self-care fundraising account.

## Outgoing Mail

Residents are again reminded that there is no need to make the journey to Camden just to post mail. An outgoing mail box is on the wall of the Mary MacKillop Hostel for you to use and it is cleared every day at 1.30. The mail is taken to the administration office and then it is collected by Australia Post; the driver takes the mail directly to the mail exchange at Minto for sorting and distribution.

## August Concert

A stroll through the 20th century in song  
with Louise Butler, Andrew Symes and Stephen Wheatley.

*Featuring songs from The Merry Widow, Showboat and Desert Song through Oklahoma, South Pacific and My Fair Lady to Phantom and Les Miserables.*

## Sunday, 22nd August

at 2 p.m.

in Carrington Recreation Centre.

**Price is \$10 per head, including coffee and cake.**

Please place money in an envelope with your name on it and how many tickets you require.  
Place in the letter box of Unit 150.

# Maintenance Mutterings

Hello to all and welcome to the latest group of new residents living in the Grasmere self-care units. I hope you're taking advantage of the fine days by taking long walks around the grounds, checking out the excellent work our gardening team have been doing over the last few months.

## After hours maintenance issues:

Maintenance staff will attend the site after hours in situations where it is deemed that there is:

1. A **security** issue. Will the breakdown or malfunction of equipment affect your safety?
2. An **operational** issue. Is the breakdown or malfunction of equipment essential in providing a service that you can't perform elsewhere or delay in using until repairs are carried out?
3. A **safety** issue. Is the breakdown or malfunction of equipment a safety concern where the risk can't be controlled until the next working day?

The after-hours maintenance phone number is **0412 321 655**. Once you have phoned the after-hours number, the maintenance on-call staff member will assess the situation over the phone. They will attend the site if they determine there is a need to. If they are in doubt they will call Dave for confirmation.

For any other general maintenance items, please ring Sue on 4659 0358, Pat on 4659 0361, Naomi on 4659 0387 or Dave on 4659 0344. Please don't ring Dave's mobile for general maintenance issues.

## General:

Hopefully everyone who has received the 60-litre yellow recycle bin, has also had the extension handle installed. If not, please ring the maintenance department and installation of the handle will be organised.

## A reminder:

If your pick-up day for waste happens to occur on a public holiday, we'll pick up on the next working day. Please use a bin liner (garbage bag) in your general waste bin, but don't use a liner in your recycle bin and please don't wrap recyclable materials in plastic bags when placing in recycling bins.

Green waste will continue to be picked up on Mondays and Fridays. Please **don't place green waste in plastic bags. Also, green waste does not include plastic garden pots.**

The cabling for the digital TV in Paling Court self care and hostel has been installed; the contractors took a little over a month to complete the job. Thanks to all residents for their patience during this period.

Coverings to the letter boxes in Self-care North have been installed. Mail had been getting wet in the letter boxes, so hopefully this will solve the problem.

## Update on the residents' buggy charger:

Hopefully by the time you receive this edition of *The Courier*, the buggy battery charger will have been repaired. I won't bore you with the details, but if you see me pulling my hair out in the next few days (not that there's much to pull out), you'll know it has not been repaired!

*Dave Mulley, Property Services Co-ordinator.*

## GARDEN CLUB

**The next meeting will be held on  
Monday, 5th July**

**at 10 a.m. in the downstairs hall at Paling Court.**

**Guest Speaker: Renier Smyman,  
Wine Grape Grower.**

**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.

**A special welcome to all new residents to attend.**

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

Quota International 24th Annual

## Camden Antique Fair

**Camden Civic Centre**

**Oxley Street, opposite Woolworths**

**Friday, 6th August, 6.30 till 9 p.m.**

**Cost: \$12 per person, including light supper.**

**Saturday, 7th August, 10 a.m. till 5.**

**Sunday, 8th August, 10 a.m. till 4.**

**Admission: Adults \$6, Children under 12 free.**

**Mr. Hugh Arthur, Valuer, will give verbal valuations of treasured items on Saturday and Sunday from 10 a.m. till 3 p.m. at a cost of \$3 per item, in addition to admission. Limit of two items per person.**

**PROCEEDS TO CAMDEN HOSPITAL PALLIATIVE CARE, GUIDE DOGS AND OTHER CHARITIES.**

A fundraising initiative of Quota International of Camden Inc. ABN 31 891 371 409. Reg. No. Y024 5202.

**All items are for sale.**

## Macarthur Anglican School

The head master of Macarthur Anglican School at Cobbitty, Dr. David Nockles, has brought to our attention two events at the school in which he would like to see Carrington residents involved.

We have been invited to be the audience at the dress rehearsal of the school's annual concert. This will take place on Thursday, 29th July, at 11 a.m. Carrington's buses, as well as the school's bus, will be available to transport Carrington people to the school and back.

The second activity in which Dr. Nockles invites our participation is to engage residents as supervisors during the school's examinations. No dates for the exams have been communicated at this stage.

This is short notice, but anyone interested in either or both of these activities should phone Liz Crowe, Carrington Executive Assistant, on 4659 0306 by 2nd July.

A flyer from Raad Richards covering these two matters was distributed to Carrington residents on 22nd June.

## Activity Group

We wish to remind everyone of our Christmas in July to be held on Tuesday, 13th. Flyers will be distributed shortly and we ask that you reply promptly so that catering numbers can be established.

There is not much to report this month. All activities are going smoothly, although numbers have been down in the last couple of weeks. Could this be the cold weather or perhaps some are a bit under the weather (no pun intended).

Looking forward to seeing you all on 13th July.

*Cheers from your committee.*

# MINI MARKET

**Pre-loved Clothing, Jams**

**White Elephant**

**Paling Court Downstairs Hall**

**Friday, 30th July**

*12.30 p.m. till 2.30 p.m.*

**Everyone is welcome.**

## Hello From (Continued from Page 5.) The Village Manager

If you are interested in joining a club outside our village, they have a lot of activities. Ring 4655 8941 for further information. Senior Citizens operate Monday to Friday at various times.

### Visiting Dogs:

If a dog visits a loved one in one of the hostels or in the village itself, please make sure that the dog is on a leash and if a doggy poo happens please pick up and dispose of it.

### Safety In Cold Weather:

Please do not put a small heater on the floor of the bathroom. All heaters need to be on the wall. Do not leave heating on when you are asleep or you have left your unit and remember to turn off electric blankets.

You can turn off all electrical appliances when you go on holidays, but please do not unplug the Tunstall alarm.

*Carole Cleminson, Village Manager.*

## Senior Driving Moments

Two elderly women were out driving in a large car, both could barely see over the dashboard. As they were cruising along, they came to an intersection. The traffic light was red, but they just went on through.

The woman in the passenger seat thought to herself "I must be losing it. I could have sworn we went through a red light."

After a few more minutes they came to another intersection and this light was also red. Again they went right through.

The woman in the passenger seat was almost sure that she was losing it. She was getting nervous.

At the next intersection, sure enough the light was red and they went on through. So she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!"

Mildred turned to her friend and said, "Oh! Am I driving?"

### And Again...

As a senior gentleman was driving down the freeway, his mobile phone rang. Answering it, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on the F3. Please be careful!"

"Blast," said Herman, "It's not just one car. It's hundreds of them!"

## **We Wuz Brung Up Proper!**

Congratulations to all my friends who were born in the 1920s, 1930s, 40s and 50s. First, we survived being born to mothers who maybe drank while they carried us and lived in houses made of asbestos.

They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.

Then after that trauma, our baby cots were covered with bright coloured lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets or shoes, not to mention, the risks we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags. We drank water from the garden hose and NOT from a bottle...

Take away food was limited to fish and chips, no pizza shops, McDonalds, KFC, or Subway.

Even though all the shops closed at 6 p.m. and didn't open on the weekends, somehow we didn't starve to death!

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We could collect old drink bottles and cash them in at the corner store and buy toffees, gobstoppers, bubble gum and some bangers to blow up frogs with.

We ate cupcakes, white bread and real butter and drank soft drinks with sugar in it, but we weren't overweight because... WE WERE ALWAYS OUTSIDE PLAYING!

We would leave home in the morning and play all day, as long as we were back when the street lights came on (or later!) No one was able to reach us all day. And we were O.K.

We would spend hours building go-carts out of old prams and then ride down the hill, only to find out we forgot the brakes. We built tree houses and dens and played in river beds with matchbox cars.

We did not have Play stations, Nintendo, Wii, X-boxes, no video games at all, no 999 channels on SKY, no video/DVD films, no mobile phones, no personal computers, no Internet or Internet chat rooms...

WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no law suits from these accidents. Only girls had pierced ears! We ate worms and mud pies made from dirt, and the worms did not live in us forever. You could only buy Easter eggs and hot cross buns at Easter time.

We were given air guns and catapults for our 10th birthdays, We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them! Mum didn't have to go to work to help dad make ends meet! Rugby and cricket had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that! Getting into the team was based on MERIT.

Our teachers used to hit us with canes and gym shoes and bully's *always* ruled the playground at school. The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! Our parents didn't invent stupid names for their kids like "Kiora" and "Blade" and "Ridge" and "Vanilla".

We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL! And YOU are one of them! CONGRATULATIONS! You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.—Anon.

## **Social Club News**

Hi Everyone. The social club has been in hibernation during June, but we are going to try to wash away the winter blues with a hot soup lunch, plus a light afternoon tea and a movie in July. More information will be sent to you all at a later date.

Irene and Jack have gone to Darwin to escape the cold weather and to have a relaxing holiday.

Well, for the first time in my life I have nothing to say. I know it is hard to believe, but it happens from time to time. So, while you're saying, "I can't believe it," I will put on my slippers, light the fire and sit and contemplate what to say next time. I might even rest my eyes. Until next time keep well. *Fay.*

## **The Bathtub Test**

On a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer the person a teaspoon, a teacup and a bucket to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No," he said. "A normal person would pull the plug. Do you want a bed near the window?"

Some people try to turn back their odometers. Not me! I want people to know why I look this way.

I've travelled a long way and some of the roads weren't paved.

The older we get, the fewer things there are that seem worth waiting in line for.

## **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.**

## Thursday Chapel Service

It has been decided that the non-denominational service, which was conducted in Grasmere chapel on the first, second, third and fifth Thursdays be now held every Thursday of the month.

When the fourth and fifth Thursdays came around there was some confusion as to whether the service was on or not. Having the service every Thursday should get over this problem.

Don and Grace Jamieson have agreed to take charge of this service from now on.

The friendship group on the fourth Thursday in the dining room at Grasmere Terrace at 1.30 p.m. will continue as usual.

If anyone requires further information, Don and Grace can be contacted on 4655 4141.

## The Older Crowd

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'No Repeats'."

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

Just before the funeral service, the undertaker came up to the very elderly widow and asked, "How old was your husband?"

"Ninety-eight," she replied. "Two years older than me." "So you're 96," the undertaker commented.

She responded, "Yes, hardly worth going home, is it?"

## CARRINGTON VILLAGE BUS TIMETABLE

The bus will pick up from all areas in the village daily (Monday to Friday). Bus drivers will drop off and pick up in John Street, Camden. They will also drop off and pick up at the front entrance of Narellan Town Centre on Tuesdays and Thursdays.

Destination	MONDAY (Jim)	TUESDAY (Margaret)	WEDNESDAY (Mick)	THURSDAY (Lena)	FRIDAY (Lena)
<b>FROM CARRINGTON to CAMDEN</b> <i>Please Note: We are not able to give exact pick up times for each section in the village. Please be ready at either 8.30 or 9.30 (second run) at your designated pick up point.</i>	<b>8.30 a.m.</b> No walkers at this time. <i>Please take the 9.30 bus if you are taking a walker.</i>	<b>8.30 a.m.</b> <u>First stop</u> Camden; <u>then</u> Narellan Shopping Centre. Walkers allowed on this bus run.	<b>8.30 a.m.</b> Walkers allowed on this bus run.	<b>8.30 a.m.</b> <u>First stop</u> Camden; <u>then</u> Narellan Shopping Centre. Walkers allowed on this bus run.	<b>8.30 a.m.</b> No walkers at this time. <i>Please take the 9.30 bus if you are taking a walker.</i>
	<b>9.30 a.m.</b> Walkers allowed at this run time.	<u>No</u> Second Bus Run.	<u>No</u> Second Bus Run.	<u>No</u> Second Bus Run.	<b>9.30 a.m.</b> Walkers allowed at this run time.
<b>RETURN from Camden (or Narellan and Camden on Tuesday and Thursday) arriving back at Carrington at</b>	<b>11 a.m.</b>	<b>11 a.m.</b> <u>First pick up at</u> Narellan, <u>then</u> Camden.	<b>11 a.m.</b>	<b>11 a.m.</b> <u>First pick up at</u> Narellan, <u>then</u> Camden.	<b>11 a.m.</b>
	<b>12 midday</b>	<b>Approx. 11.15</b>	<b>Approx. 11.15</b>	<b>Approx. 11.15</b>	<b>12 midday</b>

**PLEASE NOTE:** There is no bus to Macarthur Square unless advertised and pre-booked. Bus drivers will support occasional drop offs at doctors or other appointments.

People are allowed on the bus with their walkers on the second run at 9.30 on Monday and Friday and on the 8.30 runs on Tuesday, Wednesday and Thursday.

Please inform the bus driver if you are not coming back on the bus. Drivers do a head count and will be concerned if someone is missing on the return trip.

## VILLAGE ACTIVITIES CALENDAR FOR JULY

### Thursday, 1st

8.30 a.m. Camden/Narellan Bus.  
 10.30 a.m. Non-Denominational Service,  
 Grasmere Chapel.  
 11.00 a.m. Fair Committee Meeting,  
 Downstairs at Paling Court.  
 1.00 p.m. Dr. Ban, Mary MacKillop.  
 1.00 p.m. Aquarobics, Pool.  
 1.30 p.m. Lawn Bowls.  
 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

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

### Sunday, 4th

9.15 a.m. Anglican Communion, Paling  
 9.15 a.m. Anglican Communion, Grasmere.

### Monday, 5th

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

### Tuesday, 6th

8.30 a.m. Camden/Narellan Bus.  
 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.

### Thursday, 8th

8.30 a.m. Camden/Narellan Bus.  
 10.30 a.m. Anglican Service in Day Care.  
 10.30 a.m. Non-Denominational Service,  
 Grasmere Chapel.  
 1.00 p.m. Dr. Ban, Mary MacKillop.  
 1.00 p.m. Aquarobics, Pool.  
 1.30 p.m. Lawn Bowls.  
 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

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

### Sunday, 11th

9.15 a.m. Anglican Communion, Paling  
 9.15 a.m. Anglican Communion,  
 Grasmere Terrace Chapel.

### Monday, 12th

10.30 a.m. Jean Olsen's Bible Study in  
 Erica Court (library area).  
 12 midday Aquarobics, Pool.  
 7.00 p.m. Toastmasters at Paling Court.

### Tuesday, 13th

8.30 a.m. Camden/Narellan Bus.  
 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.

### Thursday, 15th

8.30 a.m. Camden/Narellan Bus.  
 10.30 a.m. Non-Denominational Service,  
 Grasmere Chapel.  
 1.00 p.m. Aquarobics, Pool.  
 1.30 p.m. Lawn Bowls.

### Friday, 16th

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

### Saturday, 17th

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

### Sunday, 18th

9.15 a.m. Anglican Communion, Paling  
 9.15 a.m. Anglican Communion,  
 Grasmere Terrace Chapel.

### Monday, 19th

12 midday Aquarobics, Pool.  
 7.00 p.m. Toastmasters at Paling Court.

### Tuesday, 20th

8.30 a.m. Camden/Narellan Bus.  
 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.  
 10.30 a.m. Catholic Mass in  
 Carrington House Chapel.  
 1.00 p.m. Tai Chi, Recreation Centre.

### Thursday, 22nd

8.30 a.m. Camden/Narellan Bus.  
 10.30 a.m. Baptist Friendship Morning,  
 Day Care.  
 1.30 p.m. Baptist Friendship Afternoon,  
 Grasmere Terrace Hostel.  
 1.00 p.m. Aquarobics, Pool.  
 1.30 p.m. Lawn Bowls.

### Friday, 23rd

9.00 a.m. Art Group, Paling Court.  
 12.30 p.m. Mini Market, Paling Court.  
 2.00 p.m. Carrington Singers, Rec. Centre.  
 3.00 p.m. **Courier Copy Deadline.**

### Saturday, 24th

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

### Sunday, 25th

9.15 a.m. Anglican Communion, Paling.  
 9.15 a.m. Anglican Communion,  
 Grasmere Terrace Chapel.

### Monday, 26th

10.30 a.m. Jean Olsen's Bible Study in  
 Erica Court (library area).  
 12 midday Aquarobics, Pool.  
 7.00 p.m. Toastmasters at Paling Court.

### Tuesday, 27th

8.30 a.m. Camden/Narellan Bus.  
 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

8.30 a.m. Camden/Narellan Bus.  
 10.30 a.m. Anglican Service in Day Care.  
 10.30 a.m. Non-Denominational Service,  
 Grasmere Chapel.

1.00 p.m. Dr. Ban, Mary MacKillop.  
 1.00 p.m. Aquarobics, Pool.  
 1.30 p.m. Lawn Bowls.  
 3.00 p.m. Dr. Ban, Paling Court.

### Friday, 30th

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

### Saturday, 31st

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

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

Saturday, 14th August: Carrington Fair.

## The Lost Bagpiper

As a bagpiper, I was asked by a funeral director to play at a graveside service for a homeless man who had no family or friends. The funeral was to be held at a cemetery in the remote countryside and this man would be the first to be laid to rest there.

As I was not familiar with the backwoods area, I became lost and being a typical man, did not stop to ask for directions. I finally arrived an hour late. I saw the backhoe and the crew who were eating lunch, but the hearse was nowhere in sight.

I apologized to the workers for my tardiness and stepped to the side of the open grave where I saw the vault lid already in place.

I assured the workers I would not hold them up for long, but this was the proper thing to do. The workers gathered around, still eating their lunch. I played out my heart and soul.

As I played, the workers began to weep. I played and I played like I'd never played before, from "Going Home", "The Lord Is My Shepherd" to "Flowers Of The Forest".

Closing the lengthy session with "Amazing Grace", I walked to my car.

As I was opening the door and taking off my coat, I overheard one of the workers saying to another, "I have never seen nothin' like that before and I've been puttin' in septic tanks for 20 years."

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