

The Carrington Courier

Volume 16. Issue 11.

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

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Calendar Girls' Donation To Carrington

Recently the Carrington Calendar Girls were able to give to Carrington some of the money raised from the sale of their 2011 calendars. The sum of \$4000 was handed to Carole Cleminson, Village Manager, who accepted the gift on behalf of Carrington. The money will be put aside until next year when the new building is on the way to completion. Then it will be used to purchase suitable items for the new venue and a plaque will be attached to tell the tale!

The balance of the money will go to Australia Cancer Research Foundation. It has been many months of hard work, but what a wonderful outcome for a very worthwhile cause.

We thank all our sponsors and supporters who helped us achieve this result and remind everyone that there are still calendars available and we hope to sell them by the end of December. What a great Christmas present a calendar would make for that special relative or friend!



Ten of the 12 Calendar Girls are pictured at the Recreation Centre recently to hand over \$4000 to Carole Cleminson, village manager, representing Carrington. Those in the photo are (top row): Irene Warwick, Barbara Bradshaw, Carole Cleminson, Barbara Handley, Jenny Kennedy, Shirley Curtis and Jeannette Middlemiss. Seated are Margaret Crocker, Fay O'Bree, Marlene Paton and Nell Winters. Margaret Hunter and Gwen Morton were not available for the photo.

The copy deadline for the February issue of The Courier is

**Friday,
21st January**

(More details on Page 4)

News From The Nursing Home

Hi everyone. This will be our last news for 2010. We have seen many positive changes happening around the nursing home this year.

We sadly say farewell to our manager, Michelle Warwick, who moved on at the end of November. We would like to acknowledge the wonderful contribution Michelle has made to the Nursing Home over the past 12 months. Staff and residents alike will miss her smiling face and caring manner. We wish her all the best in future endeavours and look forward to her returning for a visit.

We welcome Janet Fletcher, who will manage the Nursing Home until a new manager is appointed.

A letter from Michelle:

I was privileged over the last week to say farewell to staff, relatives and residents alike, something that I consider very precious. For this I thank you all most sincerely.

My hope for you all is that you continue to develop as the organisation reaches prominence as The leading aged care provider in the Macarthur and surrounding regions.

I was privileged to have experienced much development and growth during my time here and to see the benefits in achieving care standards of which we can all be proud.

This continued growth will take you through new experiences and challenges as well as provide you with the greatest of benefits along the way. This is the privilege of change.

Most sincerely, may you all appreciate the experience of your hard work and dedication over the last months; may you enjoy the role of serving the most vulnerable members of our society and most of all be proud of your achievements thus far, and may you continue to remain focussed towards achieving the mission, values, and goals of the organisation.

Farewell and Best Wishes.

Michelle xx

What is happening in December:

- 1st: The Oaks School Christmas visit, 10 a.m., in Day Care.
- 3rd: Woodlands Road School choir and band, 10 a.m. in Day Care.
- 4th: Country Plus, 10.30 a.m. in Day Care.
- 5th: Residents' family day, 3 p.m. to 6 p.m., in Day Care.
- 8th: Rose House party.
- 8th: Residents' rep. from 10.30 in Day Care.
- 9th: Cawdor Public School visit, 10 a.m. in Day Care.
- 11th: Marcail King, 1.30 to 2.30, in Day Care.
- 14th: Residents' Christmas lunch party.
- 16th: Anglican Service, 10.30, in Day Care.
- 21st: Combined bus trip.
- 22nd: Residents' Christmas barbecue.
- 23rd: Friendship Group, 1.30, Day Care.
- 24th: Sing-a-long, 10.30, in Day Care.

Catholic Service weekly on Wednesdays at 10.30.

Management and staff welcome all new residents and their families to Carrington and trust you have settled in. We hope you will join the activity programme as your input is important.

December Birthdays:

We have two ladies on the same day (3rd): Mrs C. Swift and Mrs L. Ellams. We wish you both a happy birthday and good health.

Both Lynsey and Judy would like to acknowledge and thank Tara and Rosa for the great job they did when we were both on leave recently. Well done girls.

The Nursing Home therapy team would like to thank management and staff for the support given to us in 2010, and to all the family members who support us throughout the year.

We wish you all a very Happy Christmas and safe New Year.

GARDEN CLUB

The next meeting will be on

Monday, 6th December

The Garden Club Christmas Party will be held on Monday, 6th December, at 10.30 a.m. in the downstairs hall at Paling Court.

Please bring any table decorations that you have to help make the area look Christmassy.

All members welcome.

Enquiries: Doreen Wilkinson, President, Phone 4655 4847.

PALING HAIR SALON

Kim and Mechelle would like to wish everyone a Merry Christmas and a Happy New Year.

We would like to thank all of our customers for their loyalty and support in 2010 and hope to see you in 2011.

The salon will be open on different days during the school holidays so we can have some holidays too.

Opening dates are Thursday, 30th, Friday, 31st December, 6th and 7th January, Wednesday, 12th and 19th only, then 27th and 28th January.

Sorry for any inconvenience.

For appointments please phone 4659 0369.

Croquet Club Chatter

Hello to all members and our many croquet friends. As this month's news is being written, Coral Gaunt is having some day surgery, the prospect of which has caused her some worry. So please spare a thought for her rapid recovery.

It's good to see Elsie Rice and Beale Williams back behind mallets, with varying success.

Attendances of late, while not spectacular, have been fairly consistent. About the middle of the month, with only a small turn-up of equal number of females and males, we decided to try something quite different. The men played against the women. I don't think we'll do that again—the ladies won seven to three!

We are pleased to note that true to his word, head gardener Joe gave our playing lawn a treat with both fertiliser and top dressing. That Joe is a pretty smart fellow; he managed to arrange for a worthwhile drop of rain to follow immediately behind his work.

Apart from a minor glitch, rapidly rectified, we were rewarded with 13 "hoops-in-one" on the next playing day. Joe has promised a second treatment of the green before Christmas, but he can't guarantee following rain.

Speaking of "hoops-in-one", our daily competition is providing a good deal of interest with about four participants vying for the lead, with another four or so not far behind them. The winners (gross, average and booby), will be announced at the club's Christmas dinner. We should also mention that Margaret Commins almost made the daily record by gaining a score of four during the month.

From this month Les Langston is going to assist me in writing the croquet news article. I'm having some difficulty getting my mind and aging fingers to work together. When approached, Les agreed to help only if I continued to be involved. So together we will come up with ideas, then Les will put words to them.

As we approach the festive season, our ladies will be busy organising what is usually a very successful Christmas dinner. So don't let us forget to thank them for their efforts. Oh, we should mention, the function is to be held on Wednesday evening, 15th December, with a 5.30 arrival time.

In the meantime have a very happy and healthy Christmas.

Leo and Lango.

Simple Enough!

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

Agatha Christie Mystery

Picton Theatre Group is delighted to announce a production in February next year of the Agatha Christie mystery-thriller "And Then There Were None". This wonderful play is based on the nursery rhyme known alternatively as *Ten Little Indians* and people keep getting bumped off.

A bus will be organised to go from Carrington to the 2 p.m. matinee of this wonderful play on Saturday, 12th February.

You would need to be at the Recreation Centre no later than 1 p.m. The cost will be \$20 per person, which includes the bus.

If you would like to go, please put your name, unit number and number of tickets required on the front of an envelope with \$20 per person inside.

Bookings for the Agatha Christie play must be in by 30th December.

Please leave bookings in self-care letterbox No. 76 (Bruckard). Any enquiries, call Anne on 4655 2702.

Activity Group

Is there anyone out there who can play Cribbage, Solo or 500? If so we'd love you to join us on Tuesday mornings at the Recreation Centre at 9.45 for a 10 a.m. start.

The Saturday afternoon Canasta group is also looking for more players. If you want to learn, come along. We have some good teachers who are happy to help you. Contact Doreen on 4655 3254 or May on 4655 6989.

The year is coming to a close and the activity group will go into recess after Tuesday, 21st December, but will resume on Tuesday, 11th January.

By the time you read this our Christmas luncheon will have been held and we hope you all had a good time.

A note before closing: Our sincere condolences go to Peggy Norton on her recent loss. Our thoughts are with you, Peg.

Cheers for now.

GRASMERE HAIR SALON

**We would like to wish everyone a Merry Christmas
and a Happy New Year.**

Thank you for your support whilst we settle in.

The salon will be closed on public holidays and also Wednesday, 12th and 19th January as Mechelle will be on holidays. Tuesdays as normal.

For appointments please phone 4659 0465.

Maintenance Mutterings

The big wet continues...much to the disgust of our gardening team! Did anyone have the winner in the Cup? There were a few long faces in maintenance and I didn't hear of anyone around the village winning a fortune. Better luck next year.

General:

A reminder. I know I say it every month, but please be aware of the following:

1. Please use a bin liner (garbage bag) in your general waste bin.
2. Don't use a bin liner in your recycling bin and please don't wrap recyclable materials in plastic bags when placing in recycling bins.
3. Don't place green waste in plastic bags, also green waste does not include plastic pots.

If any resident has a maintenance issue that needs attention, please don't leave it until Christmas Eve before asking for assistance. The end of year is fast approaching.

In December there'll be a Christmas light display in the trees surrounding the flag pole adjacent to Carrington House. We hope to have them lit up for the 1st December, so if you're passing by, stop and have a wander through the gardens for a peek!

Maintenance will be working on the 29th and 30th December. So if you have any issues over the Christmas break, please ring maintenance on the 29th for assistance.

If you have any urgent problems over the Christmas public holidays please ring the maintenance "on call" phone number.

Pete and Ben from our maintenance team are participating in Movember this year, so if you see a couple of scruffy looking characters, please give them a few bob for a very worthy cause.

I hope everyone enjoys the festive season with their families and friends, but don't party too hard!

Regards, *Dave Mulley, Property Services Co-ordinator.*

Copy Deadline for February

The cut off date for the February issue of The Courier is Friday, 21st January, 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.

Hand-written or typed copy is acceptable.

Please note that photos should include identification and be sent as separate attachments.

Carrington Lawn Bowlers

After the success of our recent outing to Picton Bowling Club and by popular demand, the president, Jack Warwick, has been able to arrange another trip for Friday, 28th November, for which there will be no shortage of takers. It will be a nice way to celebrate and wind up the year.

It would appear the 9 o'clock start has proved popular with the number of players increasing in the last couple of weeks. With summer almost here the early start seems to have attracted more players, but we will always welcome more. So please come along and see the fun we have.

A word of thanks must go to the members who carried out a cleanup of the green before we commenced bowling on a recent Saturday. They did a great job cleaning out the gutters of weeds, blowing and raking leaves off the green and generally tidying up. It was a great job chaps and thanks from all the members.

Happy bowling to all and see you on the green!

A New Organ

My American Baldwin organ moved to Carrington at the same time as we did. It has been in our rec. hall and given us a lot of good service since, but now it is not able to be repaired.

Lawrie Martin has had a Yamaha organ in his lounge room and has handed it over to me to share with you.

It is indeed a beautiful instrument, safely settled now in our rec. hall and I hope it won't be long before I can master it.

So Lawrie continues to share his passion for music with us.

From everyone who enjoys music, thanks Lawrie.

Myra Gibson.

Men's Happy Hour

What a great attendance for our last Men's Happy Hour—30 in all and it was wonderful to see our new Grasmere residents joining in.

Our final get together for the year will be on Wednesday, 1st December, and there will be no Happy Hour in January, the next being on the first Wednesday in February. Notices will be sent as a reminder.

We would like to wish all residents a healthy and happy Christmas and New Year. See you in February.

Margaret and Phil Crocker.

Thank You From Peg

Peggy Norton wishes to say thank you to the many residents and friends who sent her expressions of sympathy when she lost her son. She was touched by the kindness and support shown to her and her family at this sad time.

Grasmere Terrace News

Hello Everyone. We hope you have all had a great November as our residents have. We enjoyed The Big Race (Melbourne Cup) and we held a best hat parade.



Nellie Rosso won first prize receiving a Gerbera pot plant to put outside on her verandah.

Well done to everyone who participated and those lucky ones winning in the sweeps.

A huge thank you goes out to Joanne Craik-Cooper, our volunteer coordinator, for all her efforts in organising volunteers to run the Grasmere December bus trips until a permanent bus driver starts next year.

Well, we will be straight into December before you know it, where we have our festive activities and events to celebrate before the end of another year.

Things Happening:

Wednesday, 1st, 10.30 a.m. to 1.30 p.m., in low care dining room: Jean Marsden selling Christmas decorations.

Macquarie Fields TAFE students finish up for the year on Wednesday the 1st until February.

1.30 p.m., low care, Elderslie High School entertainment with approximately 40 kids performing.

Friday, 3rd, 10.30 a.m., low care activity room down stairs, Carrington Singers and the Melody Makers.

1.30 p.m., low care, Woodland Road Public School with 40-50 students entertaining.

Saturday, 4th, 11 a.m., low care dining room: Family day.

Monday, 6th, 10.30 a.m., high care Christmas shopping bus trip.

Tuesday, 7th, 10 a.m., low care shopping bus trip.

Wednesday, 8th, 10 a.m., low care dining room, Ma and Pa's Fashions, clothes sale.

Saturday, 11th, 11 a.m., high care dining room: Family day.

1.30 p.m., low care activity room down stairs, Camden Valley Music Club entertainment.

Monday, 13th, 8 p.m. Grasmere residents will have the opportunity to go out on the bus to look at the Christmas lights around the local area.

Tuesday, 14th, 12 midday, all residents in each area will be enjoying a traditional Christmas lunch.

Wednesday, 15th, 10.30 a.m., low care dining room, Ron Ashton entertainment.

Thursday, 16th, 1.30 p.m. low care dining room, a thank you afternoon tea for volunteers who conduct religious services every Thursday.

Monday, 20th, 10 a.m., high care bus trip out to lunch.

Tuesday, 21st, 10 a.m., low care bus trip out to lunch.

Quote: Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most.

May you all have a very Merry Christmas and a safe and Happy New Year.

Therese McLeod and Vanessa Cassar.

Thank You From Gordon

Gordon Stewart and his family wish to thank the many Carrington residents and members of staff who expressed sympathy when Hazel passed away at the end of October.

We will be forever thankful that Hazel was able to spend her last weeks in the home and village she loved with all her family around her. We resisted placing her in the palliative care unit at the Camden Hospital and are very pleased that we did.

We acknowledge the support given to us by staff at Carrington Community Care and by management.

We will be ever mindful of the caring attention of the palliative care nurses from Rosemeadow who did everything to ease our burden.

Our heartfelt thanks to everyone.

Thought For The Month

Jesus is the reason for the season. So, Santa may make you chuckle, but Jesus gives you joy, that is your strength.

While Santa puts gifts under your tree, Jesus became our gift and died on a tree.

It is obvious, there is really no comparison.

We need to remember who Christmas is all about. We need to put CHRIST back into Christmas.

Yes, Jesus is still the reason for the season.

May the Lord bless and watch over your loved ones this Christmas.

May He prosper and bless the work of your hands in the New Year.

God bless you all.

Hal and Flo Anderson, Unit 167.

Hello From The Village Manager

My sincere blessings to all self-care residents and their families for the Christmas Season and have a healthy New Year.

I do not know where this year has gone and as I reflect back over 2010 the village has welcomed many new families into self-care living. Thank you to everyone for their warm welcome.

Thank you to Irene Warwick for driving some new residents around our village and introducing them to other residents. It is wonderful when I complete a home visit to a new resident and I am told what a friendly and helpful village Carrington is. Well done to all and keep smiling and enjoying life.

Activities have continued to flourish and volunteers have continued to support the village. Thank you to all our bus drivers, pastoral care volunteers, volunteers who look after our shops in hostels, buggy drivers for self-care resident pickups and particularly the continued production of *The Courier* that Gordon Stewart does so capably.

Volunteers for the Fair have made it another wonderful success and are already working hard for our next Fair which will be held on Saturday, 13th August 2011.

I have attached what is presently being purchased from this year's Fair funds. Thank you to the Calendar Girls' donation of \$4000 and the girls will report on the purchases that will enhance self-care living very soon. Thank you to Jean Olsen and all the staff and residents who make a peaceful committee work efficiently.

I look forward to celebrating Christmas at our self-care residents' Christmas parties and the numerous other functions to which I have received invitations. What a joyous time and what a wonderful community I work in.

I have this on my calendar for 25th December and thought I would share it with you all: "*They shall obtain joy and gladness, and sorrow and sighing shall flee away.*" Isaiah 35:10.

The black, velvety sky was clear and studded with sparkling stars...Shepherds appeared to be sitting idly by their flocks but in fact were keeping a sharp lookout for anything or anyone who might harm the sheep entrusted to their care.

In the distance, the lights from the town could be seen and the noisy commotion could be heard....and somewhere from the direction of the village inn someone slammed a door.

And a baby cried.....

The hope that was born that night continues to radiate down through the years until it envelops your heart and mine.

May all our hearts have great joy and love for our friends and family at this **Christmas** season.

Fair News:

Here is a list of purchases from this year's Fair funds:

A village wish list has been approved and purchases have begun. A massive thank you to Jean Olsen for helping to type and support me in this area to obtain everyone's wish list.

I have the pleasure of purchasing the wish list items at the best price we can get. Both Bunnings and the Good Guys give us wonderful discounts, so please support these stores.

Self-Care Residents:

One large washing machine, that will be used for self-care residents to wash curtains and large doonas, bedding, etc.

Two TVs, with DVDs, mounted on wall (so they can't be stolen) for Grasmere Cottage for the convenience of relatives. Replacement of old broken garden furniture seats, two approved.

Nursing Home:

One sling hoist lifter and 10 padded toilet seats.

Paling Court Hostel:

One sewing machine and table, one wall-mounted vacuum cleaner, one microwave, one shade sail, DVDs and one potting table for plants.

Mary MacKillop Hostel:

One coffee machine for residents and also some cooking appliances, one outdoor garden setting for residents, one residents' laundry trolley, floor to ceiling bubble lamp for Grevillia.

Grasmere Hostel:

Various cooking utensils, two trestle tables, trolley for craft equipment, craft equipment and books.

Service Department:

Six-burner barbecue, gas bottle and tools.

Maintenance:

Two ceiling fans, one ice machine.

Community Care:

Portable oxygen concentrator.

Extras for Village:

200 stackable chairs, one chair trolley, signage for next year's Fair, four walkie talkies.

Well done again to all who participated in this year's Fair. (Continued on page 7.)

Hello from the Village Manager *(Continued from page 6.)*

The coffee machine in the Recreation Centre coffee shop has made \$3,354.70, calculated as at September this year. Thank you to Jeanette, Olive, Margaret, Jean and Irene for cleaning the coffee machine weekly. This volunteer service to staff, visitors and residents is greatly appreciated and please forgive me if I have missed anyone.

Snakes alive:

Please be aware of the approaching hot summer weather and lizards and snakes finding shade around our village. If there are any problems, please ring 000 and ask for the snake handlers who are assigned at fire stations and they will come and remove and relocate the snake elsewhere. Our maintenance boys will also help if needed.

New exciting news for 2011 from Macquarie TAFE:

A few residents from the village and I went to an open day put on by TAFE on 18th November. As Raad Richards has mentioned, TAFE is coming into our hostels to conduct exercises with the residents, who are thoroughly enjoying the experience. Talking to students and staff it is apparent that the students of all ages are so enjoying residents' company.

Next year in term 1 we will be running a bus to the gym and, after a small health check, programmes will be made for our self-care residents. The gym is world class and students will be our personal trainers. I look forward to participating myself. Students will also attend one day a week for an exercise programme or mild exercise classes at our village Recreation Centre. Dates will be advertised soon and locked into our very busy calendar for self-care residents. Please consider this wonderful valued experience to help health, general well being and strengthen bones.

Driving in the Village:

Please be careful of speed and where you park. I have noticed also many car drivers do not use their blinkers. Please be mindful that we need to be careful in the village, just the same as on public streets.

Carole's Holidays:

I will be on holidays from 25th December to 4th January. Any urgent enquiries should be addressed to Glenn Thorpe on 4659 0308 during this time.

Carole Cleminson, Village Manager.

Merry Christmas and a Happy New Year
From
The Courier.

Reflections from the Pastoral Care Team

A Pastoral Care volunteer reflects on her time at Carrington:

The first resident I was assigned to was a lovely lady who had difficulty with speech. At first we were shy with each other and I was tentative trying to find a way to communicate. We would sit and smile at each other in the garden.

On my next visit I found her listening to music and humming away in tune, so I sat with her and hummed and sang to the tunes I knew. We spent many happy times together enjoying the music and each other's company.

When she was confined to bed and no longer able to enjoy the music I would sit with her holding her hand, gently stroke her face and give her a reassuring smile.

I visit several residents, ladies and gentlemen, and enjoy these visits immensely. They give me history lessons, fishing tips, gardening hints, and much more.

I am honoured by their trust when they wish to share the story of their lives, and blessed to share these precious times with them.

Hazel Hayes, Pastoral Care Volunteer.

Self-Care Social Club

Hello everyone. Melbourne Cup day was a most enjoyable event and we were welcomed by the Crockers and the Kennedys with a glass of Champagne and nibbles. The ladies then decorated the tables. Unfortunately there could be only two winners and the tables of Anne Bullock and Jeannette Midlemis took out the prizes of \$30 each.

Everyone deserved a prize as a lot of effort went into each table. Lunch was then served and it was a lovely menu.

Congratulations to the winners of the sweeps and thank you to the Giles brothers, Lawrie and John, for organising the sweeps.

The Self-Care Social Club would like to wish you all a happy and healthy Christmas and New Year.

Fay and Irene.

CHRISTMAS MINI MARKET

**Pre-loved Clothing, Jams
White Elephant and Craft Items**

PALING COURT DOWNSTAIRS HALL

Friday, 3rd December

12.30 till 2.30 p.m.

Everyone is welcome.

From the CEO's Desk

Greetings. 2010 is almost over and gauging by the feel around Carrington, I am certain that everyone is looking forward to the season of peace and goodwill as we get busy preparing for Christmas.

Whilst 2010 had some challenges I remain positive that it was a good year as we continue to learn from those experiences and keep moving forward with our plans with confidence and optimism.

Carrington always values and recognises the excellent contribution of our staff, our volunteers and our residents. We need to always uphold this value set.

Following the presentation I made at the last residents' meeting about our future plans for the extension of the Recreation Centre and the input received from our residents, we went back to our architects and the design team to incorporate some of the changes put forward.

In this regard the *Club House* will now be the focal point as a meeting place whereby residents and their families can use the club house at any time for a drink or a meal or simply just to sit around in a comfortable lounge suite.

The eating areas of the club house will be run by Carrington so that residents and their families will be able to enjoy a wide variety of meals at reasonable prices. Residents should also be able to enjoy the lounge/bar area watching TV or reading newspapers through a small library and enjoy some beverages.

The *Recreation Hall* will have a function servery attached to it for plating food for a function. There will be a room equipped with kitchen appliances for residents to use for warming up food.

This year we will attempt to decorate a few trees around the campus with Christmas lights. The chosen trees are the four trees in the circular garden (flag pole) in front of Carrington House and a tree on the corner of the Recreation Centre and Mary MacKillop Hostel. We have also arranged for a Christmas tree to be put up near the roundabout in Carrington North (Duck Park). These trees will be lit on 1st December.

As we prepare for the Christmas season may I take this opportunity to thank you for your support to Carrington during 2010 and wish you and your families a very happy and joyful Christmas and a rewarding New Year in 2011.

Raad Richards, Chief Executive.

No Courier In January

Readers are advised that *The Courier* will not be published in January. As is usual at this time of the year everyone is looking forward to a break and so it is also with the editor of *The Courier*.

So, we'll be back in February to bring you the news of the village, hostels and nursing home.

Annual Service Of Remembrance

Over 200 residents, relatives, staff and volunteers came together to attend the Service of Remembrance held in the Recreation Centre on Monday, 25th October. The service was a tribute to the lives of our residents who had died in the last 12 months. I would like to thank our guest speaker, Mrs Carmen Karauda (CatholicCare Aged Care Advocate, Wollongong Diocese), for her inspiring and uplifting talk on grief and loss.

Following the service, guests were invited to participate in a special tree-planting ceremony adjacent to Mary MacKillop Hostel. Special thanks go to Joe Galea, Tommy Lo and John Poli for their extra help on the day. Angela Potter and her team did a great job with the catering and Judy Bennett and Therese McLeod organised and arranged the beautiful flowers. The diversional therapy team did a great job helping the nursing home and hostel residents throughout the morning. Thank you to the wonderful staff and Pastoral Care volunteers who participated in and attended the service. The success of this day belongs to everyone who was involved. Many guests joined staff and volunteers for light refreshments and conversation following this event.

I would like to share a poem/prayer that was read during the service. Some of you may have already seen this before. It is called "Footprints":

One day, a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. In each scene, he noticed two sets of footprints in the sand; one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why you would leave me when I needed you most."

The Lord replied, "My precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

*Donna Barnard,
Pastoral Care Co-ordinator.*



Remembrance Day



Relatives giving support to Joe Galea, Carrington’s head gardener, as a tree is planted near Mary MacKillop Hostel as part of Remembrance Day on Monday, 25th October.

Mary MacKillop News

Hi everyone. Well what a fun-filled month we’ve had. All the residents enjoyed our Melbourne Cup day with the ladies and gentleman making stylish hats for the hat parade. First prize went to Edith MacDonald with her hat and matching bag, followed by Norma Mason and Ted Lipscombe third.

We also had a visit from Kris and her feathered friends. What a laugh. Residents had birds on their heads and shoulders.

We had a lovely display of dolls and teddy bears which staff members brought from home showing off their prized possessions. The residents enjoyed that very much. Thanks guys for your time.

Coming up in December:

- 4th December: Camden Valley Country Music Club, 1.30 p.m.
- 4th December: Girl Guides singing, 3.30 p.m.
- 6th December: Kelly’s Belly Dancing, 10 a.m.
- 8th December: Anne, Guardian Funerals, singing, 1.30 p.m.
- 9th December: Men’s group, 10 a.m.



Edith MacDonald.



Norma Mason.



Kris’s Feathered Friends.



Dolls and Teddies.

Paling Court News

Residents, family members and staff celebrated the Melbourne Cup on Tuesday, 2nd November. There were many beautiful hats to be seen and everyone enjoyed drinks and nibbles in the lead up to the big race. We had some happy winners too! Beryl Worsley was named the winner in the hat parade!

Residents also enjoyed a performance from the band “Country Plus”.

All the ladies continue to enjoy their “nail day” with our lovely volunteer, Fay Camm.

We had our footy tipping winners presentation on Thursday, 18th—better late than never!

The winners were: Lulu Batros first; Bruce Brown second; Frank Wood third. Congratulations to the winners and thanks to all who participated.

Residents are all looking forward to the Christmas pageant which they are organising. Many residents are getting involved and excited about this.

Rachel Carson, Paling Care Team Leader.

Melbourne Cup Hat Parade At Paling



Pat and her daughter.



Pat Browne.



Gayle and staff members, Nadia, Julie and Tina.

Picton Theatre Group News

There are still a very few seats left on the bus for the 2 p.m. performance of *A Christmas Carol* on 11th December. Get your bookings in quickly to make sure of a seat. You would need to be at the Recreation Centre by 1 p.m. on 11th December.

On an envelope write your name, unit number and the number of tickets required. The cost is \$8 per person if going on the bus. Be quick as there aren't many bus seats left. It will be a case of first in, first served! Leave the envelope in self-care letterbox No.76 (Bruckard).

Great Talent

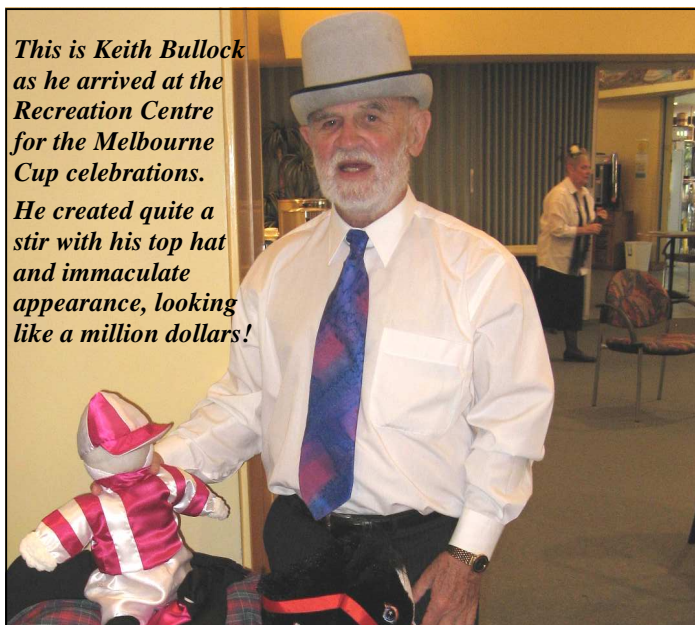
Thank you to everyone attending the Harrow-Smith Family and Friends' concert. The audience was amazed at the talent of the nine children, whose ages range from 28 years old to just seven years. Young Declan stole our hearts!

It was a very enjoyable afternoon, saddened only by the tragic story of the young father, Shane, who has broken his neck. Jacob spoke very eloquently and movingly about his father's accident, and there were quite a few tears shed among those in the audience. The current prognosis is 12 to 18 months in hospital, and the diagnosis an "incomplete quadriplegic".

The concert was not intended as a fundraiser. The profits were to be given to the family who, very generously, had already donated the money proffered by us, to Shane's family. So it was in answer to the questions "where can we make a donation for Shane" that we found a basket for the contributions that amounted to \$588.

Thank you again. This will help greatly towards the petrol costs of the daily hospital trips by Ellie and the children, and our hearts go out to them in sympathy and support.

Irene.



This is Keith Bullock as he arrived at the Recreation Centre for the Melbourne Cup celebrations. He created quite a stir with his top hat and immaculate appearance, looking like a million dollars!

More Melbourne Cup Photos



Above: Don and Rita Ray, Peter Kennedy, Jack Tibbert, Phil Crocker, Zita Tibbert, Margaret Crocker and Jenny Kennedy.

Below: Ted and Margaret Hunter, Jeannette Middlemiss, Doreen Garnam, Elsie Rice, Fay and Darrell O'Bree and Allan Garnam.



Camden Community Band at Carrington on Sunday, 21st November



Our own Lawrie Martin on his saxophone



Versatile band leader, Murray Bishop, turning a solo into a duet.

Christmas Recess

The art group which meets in the lower hall at Paling Court Hostel each Friday will have its final meeting for the year on Friday, 3rd December. The resumption date will be Friday, 4th February.

Jean Olsen's Bible Study, normally held in Erica Court on the second and fourth Monday of the month, will not be held at all in December or January. The group will come together again in February on the 14th.

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.**

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