

The Carrington Courier

Volume 17, Issue 2.

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

Contents:

A Great Day at Picton.....	6
AAADD.....	10
Activities Calendar	11
Activity Group.....	5
Art Group.....	5
Australia Day Buffet.....	1
Australia Day Pictures	10
Bowlers.....	8
Buggy Update	6
Calendar Girls.....	6
Cat Fish.....	10
CEO's Message	5
Chess Club in Camden.....	6
Computer Club News	3
Day Trips to Central Coast	8
Garden Club.....	2
Golf Course Chatter.....	7
Hair Salons	8
History of Croquet Club	2
Maintenance Mutterings	7
Mary MacKillop News	9
Mini Market.....	3
Miss Saigon	3
Musical Moments	8
Nursing Home News	9
Pastoral Care.....	8
Thank You All.....	3
Thank You.....	3
The Olden Days	10
Thought for the Month.....	5
Toastmasters	7
Village Manager	4
Wayward Umbrella.....	8

Australia Day Buffet

Oh what a night we had on Wednesday, 26th January. Everyone joined in the fun and I have had great feedback, which was pleasing. The night passed so quickly I did not have time to acknowledge the people who helped to make it such a success.

The entertainment was one of the better ones we have had. Irene arranged it all before she went on holidays and I think the entertainer made the night! To see everyone dancing and singing in response to the music was great. It brought back memories of our youth!

Phil Crocker was the master of ceremonies and helped everything run smoothly. Thank you Phil. Noelene and Colin Gay ran the trivia quiz, but I can't remember who won (just put that down to old age). Congratulations to everyone.

Keith and Anne Bullock, Noelene Gay, Doreen Garnam and Anne Bruckard helped to set the tables and prepare the salads, etc. Thank you; you were all a big help and I could not have done without you.

Les Langston was our intrepid photographer and did a great job also. The photos are on display in the coffee shop for all to see and to take one as a memento of a good night. My thanks also to Laurie Giles for saying grace.

My Darrell and Allan Garnam collected everything from the shops and anything I had forgotten. They were run off their feet! So you see a lot of people helped to make the night such a success. And, of course, my thanks to all for your support.

There were 78 residents, 10 Wongawilli Colonial Dancers, one entertainer (Des Sampson, our Scotsman—oh what an entertainer!) and three waitresses who did an excellent job. So overall there were 92 people in attendance—not a bad turnout! Keep well and happy.

Fay.



Clive Pickup, Dorothy and Arthur Lang, Hazel Chown and Lois Morgan at the Australia Day function.

The copy deadline for the April issue of The Courier is

**Friday,
25th March**

(More details on Page 4)

History Of Carrington Croquet Club

Les Langston, with the assistance of the flagging memories of various present and past players, is endeavouring to compile a record of the Croquet Club's history. It would seem the club was loosely formed some time in 1984/5, despite its 20th Anniversary being held on 16th April 2008. Unfortunately, no known records are available for the period prior to year 2002, when the club was semi-formalised with the holding of its inaugural annual general meeting.

Here is the information we have managed to gather and assemble so far.

- Bess Margrave, Ida Whiteman and Jean Scott were very much involved in those early years, but the actual period is unknown. That's not to say there were not others equally involved, for whom we have no record.
- A George Allen was an early promoter of the game, as demonstrated by a brass plaque dated 1993, now mounted in the new Leo Probert Pavilion, in honour of George's contribution.
- The original club shelter shed was built in 1987 by Camden Rotary. It was located on the western side of the croquet green and was about half the size of the current Leo Probert Pavilion, now located at the southern end of the green. Bob Fowler built the storage cupboards in that original shed. It is believed some time later its front alignment was extended forward to form a verandah. During 2004, the rear end of the shed was partitioned off as a safety precaution, due to the ravages of white ants, with the shed being finally abandoned in early 2005.
- Morning and/or afternoon tea was often considered a hazard as water had to be boiled on a rather anti-

quated propane gas stove and dish washing was done in a plastic basin.

- In the early 2000 period at least, only six players were accommodated on the green at any one time. Currently, a new playing layout, adopted in 2010, accommodates up to three groups of six players (even seven if necessary) at any one time. With an additional set of balls, we could even play four groups, although it would be congested to say the least (perhaps we could do with a larger green). As an average we generally field about fifteen players each playing day.
- Over time it seems the green has seen at least three different playing layouts.
- The croquet group semi-formalised themselves as a club some time in 2001, possibly with the influx of new residents moving into Carrington North.
- The only available written record of club activity is a meeting minute dated in mid 2002 with Leo Probert as president and Gwyneth Fail as secretary. The minutes of that meeting refer to the occasion as the first annual general meeting.
- In addition to Leo Probert, Gwyneth Fail was a driving force in an on-going effort to secure a replacement shelter for the original shed, then literally falling apart from the white-ant infestation. With support from Carrington management, Camden Rotary and local cupboard maker and plumber, it finally reached fruition in early 2005.
- The new *Leo Probert Pavilion*, equipped with lighting, electric jug, kitchen sink and storage cupboards, was commissioned on 20th April 2005.
- Apparently, right from the outset the club has operated in a highly social mode, abandoning the formalised and complex rules of official croquet in favour of what is termed "Carrington" rules, a friendlier, have fun, approach. Up until early 2010, those rules were promulgated by word of mouth, where upon an attempt was made to document a somewhat rationalised set of procedures. In the main they are observed, but such is the relaxed nature of our group, they may be modified simply from a hastened impromptu green-side discussion.
- No doubt, enjoying the twice weekly company and enjoyment is the prime driving force behind the club's almost 25 years existence.

Obviously the above information is far from complete. Equally obviously, there could be some Carrington residents with an unfailing memory, who could perhaps add to the record thus far. If so, your assistance would be greatly appreciated by contacting me on 4655 1187 or email lango.les@bigpond.com. Lang.

GARDEN CLUB

The next meeting will be on

Monday, 7th March

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

Guest Speaker: To be confirmed.

Morning Tea: Joan Newell and Olive Fowler.

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.

Computer Club News

Unfortunately, of recent time the club has been remiss in not providing copy for *The Courier*, for a variety of reasons. We hope to rectify that in future.

We continue to enjoy monthly meeting attendances in the order of 90 to 100 members, with a regular intake of new members, including new residents to Carrington. Our February meeting, no doubt due to the Christmas break, saw an almost record enrolment of twelve new members. Those twelve take our total membership enrolment for the almost ten years of operation to a massive 676. Current financial membership is 245.

The club is now well down the track to receiving copies of the latest Microsoft software, in order to upgrade some of our present computers. It is a never-ending complex problem to cater for both older and the latest versions of software, as members upgrade their own computers equipped with more modern programmes and seek training from us. The dilemma is exacerbated as the presentation format of later software has undergone a complete change and is generally unrecognisable, compared to earlier versions. It's like a new learning curve.

In February we had the pleasure of an informative address by Margaret Penman, Camden-based audiometrist. Russell Matheson, newly-elected federal MP, is our guest speaker for March. The meeting starts at 1.30 p.m. on Monday, 7th March. Should any Carrington resident wish to come along and listen to what Russell has to say, you're more than welcome, but please be prompt, as it is distracting to have people wandering in once the meeting is under way.

If you are interested at all in computers, you might find this article in our February newsletter of some benefit. It goes as follows:

"Apparently a fresh bout of scam telephone calls has emerged in the local area. A number of incidences have been reported of calls being received from people giving the impression they are from Microsoft and advising that your Computer is about to crash.

They go on to request you type in a number and mouse click on a Run option that will prevent your computer from crashing. To make the calls sound more genuine, they even quote your name and address, which of course they could have readily obtained from the telephone directory.

These calls are a hoax and should be disregarded entirely by hanging up immediately. One recipient asked the caller for their phone number so she could ring them back and verify the call and when she did, surprise, surprise, the number was non-existent."

Until next month, cheers!

Lango.

Miss Saigon

Did you enjoy *Les Miserables*? Come and enjoy *Miss Saigon* as I have 50 tickets available at a special price. The show is on Sunday, 20th March, at 3 p.m. Please note that the time is 3 o'clock and not the usual 2 o'clock. It will be staged in the Clubbe Hall, Range Road, Mittagong, and tickets are \$20. A bus has been arranged and seats will be allocated on a first in first served basis.

You all know what to do. Put your money in an envelope with your name and unit number on the outside, place it in my letter box, Unit 150, Carrington North, and I will do the rest. The closing date for bookings is Friday, 4th March. My phone number incidentally is 4655 5571.

Barb Handley.

Thank You All

Many thanks to all those wonderful people who expressed their concern for me after my recent fall. Your visits, cards and prayers helped greatly. They also reminded me how lucky we are to be part of the Carrington family.

Marguerite Giles.

Thank you

My congratulations and admirations go to Dave and his maintenance team for soldiering on with their normal duties during that recent sweltering heatwave, and all with their usual smiles and friendly words. I don't know how they stayed out in the heat, when most of us were barely coping in our air conditioned units. And let's not forget Chris and his hard work in keeping our lawns trimmed, and Keith's support staff in the kitchens. We are lucky to be so well cared for. Thank you everyone.

Irene.

MINI MARKET

Paling Court Downstairs Hall

**Pre-loved and New Clothing,
White Elephant and Jams.**

Friday, 18th March

12.30 p.m. till 3 p.m.

All proceeds go towards this year's Fair.

Everyone is welcome.

Report From The Village Manager

Welcome to new residents, Mr Ken and Mrs Gwen Simmons, to Self Care Villa 221. We have continual movement in the village. Unit 71 is vacant, as is Unit 141. Units 2, 19 and 33 in Paling Court are also vacant. We will have new people moving in soon and I will update in the next *Courier*.

Sympathy:

Our sincere sympathy goes to Mrs Evelyn Harrison's family. Formally from Unit 33 in Paling Court, Evelyn will be greatly missed by Mr Harrison, Paling Court Hostel, and family. May she rest in peace.

Our Tunstall System:

I am proud to report that the Tunstall system has been working extremely well and we have had numerous emergency situations. Please be mindful of tripping hazards and use walking aids in your unit, particularly if you have been unwell. Numerous residents have sought advice on what to do if they go on holidays. It is not necessary to inform hostel staff or administration, as they then have to pass it on to me.

You have a few options for holiday breaks longer than an overnight visit: Leave a message on Carole's land line, which is 4659 0305, or ring Tunstall. This alerts me that you are away by means of a report and it also does your alarm test. Please inform Tunstall when you return. Some residents just drop me a note.

The question has arisen regarding turning off the power to the Tunstall system when residents

go away or vacate the premises. I have spoken to Tunstall about this and this practice could flatten the battery. They have said to leave the power on. However, if you are going away for a long period of time, you can disconnect the telephone line only, leaving the power plug in and turned on. This will prevent any power faults or surges from our end alerting Tunstall that there is a problem with the Tunstall machine.

If you are experiencing a beeping noise or noise from the machine's buttons at any time, Tunstall can tell you what to do. I will also come to your home in my work hours to show you.

Maintenance:

For maintenance requests, please ring Pat Hunter on 4659 0361 or Naomi Delaney on 4659 0387. For any concerns or problems to do with anything in the village, please contact Carole on 4659 0305.

Fair Information:

Donations for the raffle have started to come in and preparations for the next Fair are under way. The next Fair meeting is on 7th April. We are looking for more new volunteers for Fair day in August. Please contact Carole Cleminson on 4659 0305 or Jean Olsen on 4655 6978. New residents are more than welcome.

Telephone Directory:

The self-care residents' telephone directory has been completed and sent to all self-care residents. Thank you to Carole Rigby, my volunteer assistant, and to Jodie Harman who helped with the laminating and distribution. Please amend Doreen Wilkinson's number in regards to the Garden Club. The number printed is incorrect and should be 4655 4847.

We are all looking forward to the new exercise programme with Macquarie Fields Technical College, which will start this month (March).

More information will be sent in a future memo. Till next time, blessings.

Carole Cleminson, Village Manager.

Residents' Meeting

There is a self-care residents' meeting scheduled for Monday, 12th March. It will be held in the Recreation Centre as usual and is timed to commence at 9.30. All self-care residents, including those newly arrived in Carrington, are invited to be there.

Copy Deadline for April

The cut off date for the April issue of The Courier is Friday, 25th March, 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 for hand-written or typed copy.

Please note that photos should include what they are about and who the people are. Photos without identification are only of interest to the person or group submitting them and not to the wider readership. They should be sent as separate attachments.

Note also that this issue you are reading is for March. It is not February and the next newsletter will be published at the end of March and will be datelined April.

From The Desk Of Carrington CEO

Greetings and welcome to 2011. May the New Year be a happy and a rewarding one for all. Over the past few months we have been, among other things, occupied with dealings with Camden Council as we have been working towards receiving approvals for the construction of the new entry point on to Werombi Road from the new independent living units section; the commencement of the refurbishment programme for the ground floor of Carrington House and for the extensions to the Recreation Centre.

At long last I am pleased to report that Council's approval was granted a few days ago for the construction of the new entry point on to Werombi Road. Shortly we will be completing the contract with Hansen Yuncken Construction Company, who had previously developed the new independent living units, to commence the associated civil works.

Our staff at Mary MacKillop and Paling Court Hostels have been very busy, apart from the day-to-day operations, preparing for accreditation surveys. Mary MacKillop had its survey during the last week in February and Paling Court in late March.

We are all confident that both facilities will achieve well in their respective surveys. My thanks and appreciation to our Director Residential Care, Sue Adamczuk, Roslyn Gravolin and Greer Jones, and their respective teams, for their commitment and hard work.

Recently Camden Country Quilters made and donated to Grevillea Court in Mary MacKillop Hostel a very beautiful wall piece for the residents and staff to enjoy. Director Peg McEntee, former director Vicki McRae, myself and staff of Mary MacKillop attended the unveiling of the wall quilt. Thank you to the Camden Quilters for their generosity.

Carrington's relationship with the medical school at Notre Dame University in 2011 is progressing to the next level as we will be hosting on rotation final year medical students on a four weekly basis. These final year students will be supervised by our general practitioners as well as the university. My sincere thanks to Doctors Gray and Arnaudon for kindly accepting the supervisory role.

We are very excited at Carrington as this level of relationship with the university will move Carrington closer to becoming a teaching aged care facility of the University of Notre Dame.

I look forward to our next residents' meeting and until then keep well and keep smiling.

Raad Richards, Chief Executive.

Activity Group

Attendance at the Activity Group is continuing to grow with over 40 at the last gathering. It's nice to see more of the new residents coming along and joining in. Welcome to you all. Indoor bowls is very popular as are cards, rummy and more recently we spotted a couple of people playing chess. This is great as the more games and activities introduced the better.

It's good to see John and Pat back safe and sound from their cruise and as this goes to press, Barbara McC is winging her way to Bali for a well earned holiday. Barb hasn't been too well in recent weeks and this may be the tonic she needs.

We gather each Tuesday at 9.45 a.m. for a 10 o'clock start and don't forget coffee and tea is only \$1 for a bottomless cup. See you at the Recreation Centre hall.

Cheers from the Committee.

Art Group

The Carrington Art Group has recommenced weekly from 9 a.m. to 11.30 in the downstairs hall at Paling Court. Residents who are interested in different forms of art are all welcome and help is given if required. It's a social morning too, with chatting over morning tea.

Enquires should be directed to Jean Olsen on 4655 6978, or just come along.

Thought For The Month

In the book of Isaiah, chapter 55, verses 6 and 7, we find this thought for us all:

"Seek the Lord, while He may be found, call on Him while He is near.

"Let the wicked forsake his way, and the evil man his thoughts, let him turn to the Lord, and He will have mercy on him and to our God for He will freely pardon."

Hal and Flo Anderson, Unit 167.

A Great Day At Picton

A big thank you to all those who travelled on Saturday, 12th February, to see the Picton Theatre Group's production of *And Then There Were None*, written by the great Agatha Christie. A pity it was such a hot afternoon, but with the doors open we all survived. From comments I heard you all had a great time.

The next production at Picton will be the play which is advertised on the brochures you picked up from the tables in the Recreation Centre hall. This is the very funny English farce *See How They Run*, set in an English country vicarage at the end of WWII. There are lots of shenanigans and mistaken identities and great characters—and laughs from the first page to the last. If you love a good laugh, this play will be for you. I have already begun rehearsing with my cast for this and I know you're going to love it. Notes will be going out around the village some time in March. Of course next up is Barb Handley's production of *Miss Saigon* in the Highlands and I know many of you will be going to that. Thanks for your support.

Anne Bruckard.

Chess Club In Camden

A chess club commenced at Camden Library in February and offers a chance to develop skills in this interesting and challenging game. The club will operate every Wednesday morning from 10 o'clock until 1 o'clock in the Camden Library.

Beginner or advanced chess players are very welcome to join. No bookings are necessary, just turn up and enjoy a game of chess. More information can be obtained by phoning 4654 7951 or 4645 5039.

Calendar Girls

The fundraising project of our calendar has come to an end. After six months of constant selling we have reached the grand total of \$11,900, \$4,000 going to the residents of our village to purchase items for the new lounge area in the Recreation Centre hall and \$7,900 to ACRF (Australian Cancer Research Foundation). We are assured the complete sum will go to research. The story and a photo to thank us for our contribution will soon be on their web page.

Special thanks must go to the following sponsors: *Gorgeous Photography and Design of Camden, Camden Florist, Maria A Salon, Camden, Village Coffee Shop, S. and A Robinson, PC Solutions, Macarthur Lions Club, R. and D. Warwick, Funnell's Electrical, Camden Lions Club, Bailey's Fashions, Lioness Club, Camden.*

Thank you also to local business houses for agreeing to help sell our calendars in their shops, plus various outlets here in our village.

Thank you to everyone who purchased a calendar. The support from all has been tremendous.

Our calendars have gone worldwide, to the UK, America, Chile and Spain, to name a few, and Australia wide. A great number were bought for birthdays and Christmas gifts.

We, the girls, agree we have had an interesting six or seven months with lots of laughter, togetherness, lunches and morning teas along the way to ease the effects of the hard work put into this very worthwhile cause.

Special thanks are due to Suzi and Jodi, from Gorgeous Photography and Design, for their involvement in the photography and design of our project. Their encouragement and support was invaluable and without their help the calendar would not have been possible. Best wishes to all.

Shirley, Barbara H., Jeannette, Jenny, Barbara B., Irene, Marlene, Gwen, Margaret H., Fay, Nell and Margaret C.

BUGGY UPDATE

Confirming Buggy Drivers

A few residents seem to have difficulty in contacting us for bookings.

The volunteer drivers are:

ALASTAIR 4655 7092

KEITH 4655 7035

BARBARA 4655 5571

If you can't contact us, please ring any of the other volunteers, and make your booking one or two days ahead, unless you have an emergency.

Usually, it is very difficult to help at 10 minutes' notice.

Thank you for your co-operation.

KEEP THESE NUMBERS FOR REFERENCE

Irene and Jack, 4655 1119.

Golf Course Chatter

Well, the February Men's Happy Hour was enhanced by the attendance of the two very lovely golfing ladies—Anne Bullock, who is the new ladies' champion, and Ashlea Fisher-Sharpe, who graciously surrendered the trophy to Anne. Our thanks go to Glenn Thorpe, who officiated at that transfer.

Glenn also presented the new men's champion, Steve Wheatley, with his trophy. Both trophy holders will be open to challenges on the first Monday in July, which is the 4th. Meanwhile, you are all invited to join us on the first Monday of every month till then for the regular monthly round, commencing at 9 a.m. on the first tee.

Just roll up and remember there is no cost involved. All equipment, including balls, is provided free. Transport is available if, like me, you have difficulty walking between shots.

The March date is the 7th and this will be followed by a sausage sizzle and post mortems at the 10th hole, which of course is the Recreation Centre.

Hope to swing with you. Till then have a good life!

Robert Fisher-Sharpe.



Anne Bullock, the new ladies' champion, with Ashlea Fisher-Sharpe, who relinquished the trophy, with Glenn Thorpe.



The new men's golf champion, Steve Wheatley, with the runner-up and former champion, Peter Kennedy, who appear to still be mates.

Maintenance Mutterings

A warm welcome to the new residents in the village, I hope you have or are settling in well. Remember, if you have any teething problems regarding maintenance issues, please contact us and we'll try to solve the problem as soon as possible.

- If you need assistance after hours, please ring our maintenance *On Call* number, which is 0412 321 655, remembering that this service is provided for urgent matters only, such as a **Security or Safety issue**. In an **emergency** situation, please don't hesitate to call me on my mobile.
- Hansen Yuncken tradesmen will be on site at various times over the next few weeks to finish off any minor defects in the new ILU's. The handover from the builder to Carrington will take place shortly.
- Superior Air Conditioning will be carrying out repair works to the drainage system for the AC units in both Hillview and Lakeland apartments over the next month. All residents of these apartments have been notified by letter.
- The residents' pool table has been moved from the Colin Clark room and has been positioned in the old archive room below the Grevillea wing of Mary Mac Hostel.
- Some of you have probably noticed that there's been a fair bit of activity at our Paling Court sewer tank over the last week or two, the problems being associated with the different types of non-perishable waste being flushed down the toilet. Please dispose of sanitary items, rubber gloves, cloth products, etc., in the appropriate way and *not down the toilet*. As you could appreciate, this non-perishable waste does not break down and therefore fouls the sewer pumps and creates no end of problems. The hostel staff and residents have been notified of the need to be vigilant when disposing of this type of waste.
- NOTE: Maintenance doesn't look after personal gardens, but if you are having difficulty maintaining yours, please ring Joe to discuss the option of putting in a low maintenance garden. Regards,

Dave Mulley, Property Services Co-ordinator.

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.

Carrington Bowlers

It was hard work during the recent hot weather but we still managed to get enough bowlers to roll up each Saturday and Thursday for an enjoyable morning of bowls. Games commence at 9 a.m. on each day, but it would be appreciated if you could arrive 15 minutes before that time.

Starting sheets are on the notice board in the Recreation Centre coffee shop. Please put your name down so that the starter can form teams for the day's play. Happy bowling.

Barb Bradshaw, Secretary.

Day Trips To The Central Coast

Three flyers from "Diggers at The Entrance" were received by Carole Cleminson last month inviting a bus load of people to visit there and enjoy lunch at their club.

The meals are reasonably priced, but it seems a long way to go for lunch. If anyone feels inclined to organise a bus load of people, see Carole about the details in the flyers and take it from there!

Wayward Umbrella Back!

The wayward umbrella is wayward no more. With the help of *The Courier* the dear lady to whom it was lent one rainy day was able to return it to me the very next day following *The Courier* being delivered.

Accompanying the umbrella was a lovely card with roses (my favourites) on it. Thank you very much and God bless you.

Georgina Watts.

HAIR SALONS

We want to introduce our new beautician.

Her name is Nerida and she came to Paling Court and Grasmere in February and we had a good response.

She will be in attendance at Paling Court salon once a month, the next date being Tuesday, 15th March.

Some of the things you can have done are waxing, facials and massage.

Nerida will be at Grasmere on Wednesday, 16th March, again only once a month.

Anyone here at Carrington is welcome and home visits can be arranged for facials and massage.

Please call Paling Court, Tuesdays, Thursdays or Fridays on 4659 0369

or Grasmere Salon on 4659 0465 for appointments.

If anyone is having trouble catching us at Grasmere, we want you to know that you can leave a note under the door or call Mechelle on 0417 259 909 at any time.

Don't know what to get Mum or Dad on that special occasion? We now have Gift Certificates available, so just enquire at the Salon and we'll tell you about it!

Reflections From The Pastoral Care Team

From a volunteer Pastoral Carer...

I am writing to share my experience of being part of the pastoral care team. I was fortunate to be accepted for the training programme in June 2009.

After eight weeks of training and guidance from Donna Barnard, our co-ordinator, our group graduated in August 2009.

Our training was a wonderful journey, challenging at times, although we all knew that we had great support from Donna, and our fellow trainees. We received training and guidance from many different people covering communication and listening skills, residents with dementia, grief and grieving, palliative care, and much more. We were also given the opportunity to visit the various facilities, and talk with residents.

Once we had graduated and were introduced to our residents, our real journey commenced. It takes time to build a relationship, but once you can establish a rapport with your resident the fulfilment is amazing.

At times we may meet residents who are feeling lonely and sad, sometimes due to events during their lifetime. It is wonderful to be able to be with them when they reminisce about the good and not-so-good times, and to be there to listen and support them through this.

I have found this role to be life changing and enriching. I would recommend it to anyone who feels that they would care to bring a little joy and comfort into the lives of some of our residents.

Robyn Williams, Pastoral Care Volunteer.

Musical Moments

I have sorted out some of the stops on our beautiful Yamaha organ and would love to share them with you by holding an afternoon with a nice cuppa and cake. This will happen on Sunday, 3rd April, at 1.30 p.m., in the Recreation Centre hall and the cost will be \$5 to cover afternoon tea.

You will hear a varied popular programme of songs from Musicals to Ole' Blue Eyes and the light classics.

Bookings before 25th March are essential. Please put your \$5 in an envelope with your name on the outside and place it in either Barbara Handley's mail box (S/C unit 150 in Carrington North) or mine (S/C unit 65). Don't forget that daylight saving ends on the day of the recital!

Myra Gibson.

Mary MacKillop News

Hello everyone, what a year we've had and it's March already. Easter eggs are appearing on the shelves reminding us to spend more money and watch the waist lines.

Thank you to all our residents, staff and families for their special recipes, some of which have been handed down through generations. You can purchase our \$5 recipe book, which is beautifully presented, in Mary MacKillop administration. The money raised will go towards our fundraising efforts which will enrich and benefit the lifestyle of our residents in Mary MacKillop Hostel.

Our community vegetable garden in Grevillea is going well, thanks to residents, families and staff. Our garden wouldn't survive without the support from the whole care team.

Residents in our dementia units have the opportunity to receive communion from dedicated volunteers, and we thank them so much. Residents love to receive this continuous support and hope.

A big thank you must go to our Tuesday craft ladies who donate their time and experience in creating items for Mary MacKillop. The profits from selling these items are all donated to this hostel. The craft ladies receive no financial benefit from the sale of these items, but they do receive self satisfaction in helping others.

Also, another thank you goes to the Carrington Fair committee for a huge generous donation for our dementia residents in Mary MacKillop. We have recently ordered a bubble column to be placed in our "Sensory Room".

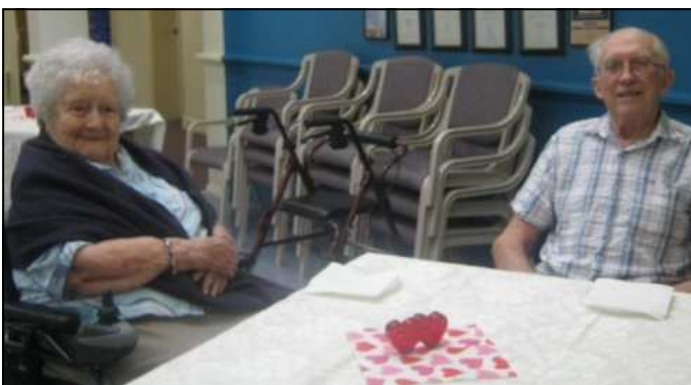
The relevance of the Multi Sensory Environment of the elderly, particularly those with dementia, is gaining rapid appreciation. European and Australian aged care centres are installing these facilities as part of therapy programmes. The column stands two metres in height and is made from safe acrylic.

This visual effect is greatly enhanced by two tall mirrors, also made from safe acrylic, behind the column. This fantastic gift would not be possible if it weren't for the generosity of the people of Carrington. So thank you so much.



Azeta Shingles

Valentines Day in the Nursing Home



Ealse Bellamy and Jack Ellich.

Nursing Home News

Hello everyone, autumn is here and soon we'll see the leaves changing and cooler weather on the way. We would like to welcome all new residents to Carrington, and hope they are settling in well.

Congratulations to Janet Fletcher on her appointment as the High Care Manager for Rose/Rothbury and Parry Houses.

Janet has worked as Acting Manager for the last three months and is already making a wonderful contribution to the Nursing Home. We are looking forward to an exciting year under Janet's direction.

In February, Rose/Rothbury residents enjoyed a scenic drive and morning tea at Burragorang Lookout, and Parry residents had a delicious lunch at Campbelltown Catholic Club. All residents had a wonderful time and enjoyed being out and about. We celebrated Valentine's Day with a morning tea where we discussed love around the world and enjoyed a cup of tea and cupcakes.

On 23rd February we held our first residents and relatives' forum/focus group for this year. We received some valuable input from residents and families which will help us plan our activity schedule for the year. The forum and focus group will be held monthly, and we encourage you to attend as it is a great way to keep up to date with what's happening. Check the notice boards in each unit for the meeting dates for this year.

A big thank you must go to our nursing staff for helping transport residents to and from activities, and to the staff who have assisted with therapy while Lynsey has been on leave. This is greatly appreciated.

We would like to extend our condolences to the families who have lost loved ones during February.

March is a special month as we celebrate Seniors Week, providing us with an opportunity to give something back to our residents. We will begin the week with entertainment by "Twice as Good", and an outing to the senior's concert in Camden. The week will conclude with a special afternoon tea and entertainment by puppeteer Steve Chard.

In late February, the exercise group led by the TAFE personal trainer students recommenced. Both residents and students enjoyed the sessions last year. Residents found it beneficial in maintaining their agility and mobility and the TAFE students were socially enriched by interacting with the senior population. Both students and residents are looking forward to this year's sessions.

Also coming up in March are our regular bus trips and activities:

Friday 4th: Sing-A-Long, Day Care, all welcome.

Tuesday 15th: Rose/Rothbury Houses bus trip.

Saturday 12th: Country Plus, Day Care, all welcome.

Thursday 17th: Anglican Service, Day Care, all welcome.

Friday 18th: Sing-A-Long, Day Care, all welcome.

This starts a week of celebration for our seniors.

Monday 21st: Entertainment by "Twice as Good", in Day Care, all welcome.

Tuesday 22nd: Parry House bus trip.

Wednesday 23rd: Concert at Civic Centre.

Wednesday 23rd: Residents/Rep Forum and Focus Meeting, Day Care, all welcome.

Thursday 24th: Friendship Group, Day Care, all welcome.

Friday 25th: Entertainment by Steve the puppet man, Day Care, all welcome.

Tuesday 29th: Combined bus trip for Parry/Rose/Rothbury Houses.

Wednesday each week: Catholic service in the chapel.

AAADD

Know the symptoms? Then please read on...

Thank goodness there is a name for this disorder. Somehow I feel better, even though I have it! Recently I was diagnosed with AAADD (Age Activated Attention Deficit Disorder). This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start towards the garage, I notice mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys on the table, put the junk mail in the garbage bin under the table and notice that the bin is full. So I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mail box when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table and see that there is only one cheque left.

My extra cheques are in my desk in the study. So I go inside the house to my desk where I find a can of Coke I'd been drinking. I'm going to look for my cheques, but first I need to push the Coke aside so that I don't accidentally knock it over.

The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head towards the kitchen with the Coke, a vase of flowers on the counter catches my eye—they need water.

I put the Coke on the counter and discover my reading glasses that I've been searching for all morning. I decide to put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realise that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor. So I set the remote back on the table, get some towels and wipe up the spill. Then I head down the hall trying to remember what I was planning to do!

At the end of the day: The car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers don't have enough water, there is still only one cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all damn day and I'm really tired! I realise this is a serious problem and I'll try to get some help for it. But first I'll check my e-mail!

Cat Fish from the river here!

Hey Raad, you don't have to leave Carrington to get a good feed of fish! Robert Fisher-Sharpe with his catch, though it's a little smaller than yours, or is it?



The Olden Days

*Ah! The olden days of years ago
When blood through your veins would easily flow
And youth was a drink we all did sip
Before that heart bi-pass or replacement hip.*

*When the mind was sharp as a steel trap
And you didn't need a nanny nap,
When there was nothing to stretching and bending
And you could go and go without ending.*

*Twenty-twenty vision—no need for glasses;
Oh how quick the time it passes,
When the bladder was strong and the hearing great
And no glass at night for the dental plate.*

*When death seemed as foreign as men from Mars
And you didn't have any sun spot scars,
When you could dance all night and work all day
And your hair was thick without any grey,*

*When remembering was easy and life was a breeze
And you could walk uphill without a wheeze,
My memory goes back and often strays
To a life I call The Good Old Days.*

Charles Dunn.

Charles is the Camden Toastmasters' Poet Laureate.



Five of the Calendar Girls with the entertainer, Des Sampson, at the Australia Day function on 26th January.

From the left: Margaret Hunter, Shirley Curtis, Jeanette Middlemiss, Margaret Crocker and Fay O'Bree.



Eight members of the Wongawilli Colonial Dancers, who entertained on the evening of Australia Day in the Carrington Recreation Centre.

VILLAGE ACTIVITIES CALENDAR FOR MARCH

Tuesday, 1st

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, 2nd

9.00 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.
 10.15 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Gentle Exercises, Rec. Centre.
 2.00 p.m. Aquarobics, Pool.
 3.00 p.m. Happy Hour for Self-Care Men.

Thursday, 3rd

8.30 a.m. Camden/Narellan Bus.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 4th

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

Saturday, 5th

9.30 a.m. Croquet.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Salvation Army,
 Grasmere High Care.

Sunday, 6th

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

Monday, 7th

9.00 a.m. Golf, all welcome, buggy available.
 10.00 a.m. Garden Club, Paling Court.
 12 midday Aquarobics, Pool.
 1.30 p.m. Computer Club, Rec. Centre.

Tuesday, 8th

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, 9th

9.30 a.m. Croquet.
 10.00 a.m. Informal Bowls Practice.
 10.15 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Gentle Exercises, Rec. Centre.
 2.00 p.m. Aquarobics, Pool.

Thursday, 10th

8.30 a.m. Camden/Narellan Bus.
 10.00 a.m. Lawn Bowls.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 11th

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

Saturday, 12th

9.30 a.m. Croquet.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Salvation Army,
 Grasmere High Care.

Sunday, 13th

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

Monday, 14th

9.30 a.m. Residents' meeting, Rec. Centre.
 10.30 a.m. Jean Olsen's Bible Study,
 Erica. Court.
 12 midday Aquarobics, Pool.
 7.00 p.m. Toastmasters at Paling Court.

Tuesday, 15th

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, 16th

9.30 a.m. Croquet.
 10.00 a.m. Informal Bowls Practice.
 10.15 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Gentle Exercises, Rec. Centre.
 2.00 p.m. Aquarobics, Pool.

Thursday, 17th

8.30 a.m. Camden/Narellan Bus.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Anglican Service in Day Care.
 10.30 a.m. Non-Denominational Service,
 Grasmere Chapel.
 11.00 a.m. Fair Committee Meeting,
 Training Room, Administration.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 18th

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

Saturday, 19th

9.30 a.m. Croquet.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Salvation Army,
 Grasmere High Care.

Sunday, 20th

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

Monday, 21st

12 midday Aquarobics, Pool.

Tuesday, 22nd

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, 23rd

9.30 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.
 10.15 a.m. Catholic Service, Grasmere Tce.
 10.30 a.m. Catholic Service, Day Care.
 1.00 p.m. Gentle Exercises, Rec. Centre.
 2.00 p.m. Aquarobics, Pool.

Thursday, 24th

8.30 a.m. Camden/Narellan Bus.
 10.00 a.m. Lawn Bowls.
 10.15 a.m. Non-Denominational Service,
 Grasmere Chapel.
 10.30 a.m. Baptist Friendship Morning,
 Day Care.
 1.30 p.m. Baptist Friendship Afternoon,
 Grasmere Terrace Hostel.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 1.00 p.m. Aquarobics, Pool.
 3.00 p.m. Dr. Ban, Paling Court.

Friday, 25th

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

Saturday, 26th

9.30 a.m. Croquet.
 10.00 a.m. Lawn Bowls.
 10.30 a.m. Salvation Army,
 Grasmere High Care.

Sunday, 27th

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

Monday, 28th

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

Tuesday, 29th

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, 30th

9.30 a.m. Croquet.
 10.00 a.m. Informal Bowls Practice.
 10.15 a.m. Catholic Service, Grasmere Tce.
 1.00 p.m. Gentle Exercises, Rec. Centre.
 2.00 p.m. Aquarobics, Pool.
 3.00 p.m. RSL Meeting, Rec. Centre.

Thursday, 31st

8.30 a.m. Camden/Narellan Bus.
 10.00 a.m. Lawn Bowls.
 1.00 p.m. Dr. Ban, Mary MacKillop.
 3.00 p.m. Dr. Ban, Paling Court.

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

Monday, 30th May: Devotional Morning.
 Saturday, 13th August: Carrington Fair.

Science Café

The first Science Café for 2011 is to be held in the Camden Senior Citizens' Centre, John Street, on Thursday evening, 10th March, at 6.30 for a 7 o'clock start. Parking is down the lane behind the centre.

The guest speaker at this meeting will be Dr. Ian J. Lean, SBScibus, Australia, Adjunct Professor of Veterinary Medicine, University of Sydney, and his subject will be "Agriculture into the Future."

Many questions are being asked about food availability and security and also the best use of available agricultural land.

It is essential to let Helen Lanyon, on 0412 364 939, or Mala or David, on 4659 6682, know if you will be attending so that catering can be organised.

It will cost \$6 a single or \$10 a double, which will include a light supper.

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