

# The Carrington Courier

Volume 18, Issue 1.

The Monthly Newsletter for the Residents of Carrington.  
90 Werombi Road, Grasmere NSW 2570.

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## Construction Site at Carrington



The construction site photographed on Thursday, 16th January, showing the Recreation Centre fenced off and therefore out of bounds to the general public for the duration of building.

## Message From Glenn Thorpe

Hello to everyone and a Happy New Year to all our residents. I hope that you had a peaceful and pleasant Christmas and I wish you health and happiness for 2012.

Thank you to Keith Simpson and the staff of Support Services for catering for all our Christmas functions. As usual the standard was high in both food quality and service. We appreciate their support.

So off and running for another year! This will be a year that sees a number of changes particularly for the self-care residents. The Recreation Centre has now been closed and the builder occupied the site from 9th January. The contract for the work will see completion in late September depending on the weather.

The builder is Denham Constructions and they are located in Smeaton Grange. They have had extensive experience in building aged care services and retirement villages. We will keep everyone informed as the work progresses.

During this period we have temporary access for clubs in the downstairs area of Paling Court and we have the temporary café in the old Community Care Cottage. Thank you to the various club leaders for working with me to accommodate all needs and thank you to the staff and residents of Paling Court for your hospitality.

In regards to the relocation of our café I would encourage residents and staff to give it a try. The cottage provides a lovely atmosphere for having lunch or just a coffee. Menus are available from the café and you can order by phone or just turn up.

The downstairs area in the heritage building has been completed and you are welcome to pop in and have a look around. We are in the process of setting up the GP clinic at the moment and I will keep you informed of progress in this regard.

Goodbye for now.

Glenn Thorpe, Operations Manager.

The copy deadline for the March issue of The Courier is

**Wednesday,  
22nd February**

(More details on Page 4)

# Village Manager's Message

Happy New Year and we are in February—how scary. Welcome back to all who have been on holidays.

We welcome into the village over the last two months many new people.

Mr Brian and Mrs Val Lomath moved into self-care unit 30 at Paling Court; Mrs Margaret Thomas into Hillview Apartment 9; Mr Michael and Mrs Barbara Antalffy into Hillview Apartment 11; Mr Geoff and Mrs Francis McAleer into Hillview Apartment 14.

We send blessings to Dorothy Brumfield and to Jack Hurst who have moved into Mary MacKillop Hostel. We, therefore, have vacancies in Units 79 and 82. We wish Mrs Anne Carden a happy life with her family and we now have a vacancy in Lakeland Apartment 5.

I also had the pleasure of celebrating with our beautiful Marjorie Fryer, from Mary MacKillop Hostel, her special 102nd birthday on 17th January.

Marjorie has an amazing faith, positive attitude and does not say a bad word about her fellow man. She has been a volunteer in our village for many years. Well done, Marj, and we send blessings and love from the village.

## Tunstall News:

All reports from Tunstall and residents who have used the system over the last few months have been positive. Please do not turn off the power on the Tunstall unit if you go away because the battery will go flat.

If you are going on holidays please inform Tunstall as this generates a report to the village manager and they can advise you if the phone needs to be unplugged. When you come home please inform them and I will receive a report about your return. This will save self-care residents leaving notes for the vil-

lage manager or going up to the hostel, as the hostels only pass it on to me and I inform Tunstall.

## Home Visits:

I have been endeavouring to attend as many home visits as possible when people come back from hospital. I will ring first and then attend the home if required.

Please do not hesitate to ring and leave a message if I am not at my desk, particularly when you need a home visit or have any concern. Putting your concerns, improvement suggestions or suggestions of any kind to me in writing is greatly appreciated.

## Residents' Meeting Dates:

Residents' meetings will be held on Monday, 19th March, Monday, 18th June, Monday, 17th September, and Monday, 17th December. The downstairs hall at Paling Court will be the venue and the meetings are timed to commence at 9.30 a.m.

Please put these dates on your calendars and in your diaries. I will inform you if any of these dates change. The minutes of the previous meeting are posted on village notice boards.

## Snakes:

Please be aware of the hot summer weather approaching and lizards and snakes looking for shade around our village. If you have 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. The 000 number will not respond unless the snake is captured. Our maintenance boys will also help if needed.

## The Bus:

If you are not going back on the village bus because you are meeting family or a friend, please inform the volunteer bus driver as you are getting out and please remember that all our drivers are volunteers and provide their services freely. If they are sick at any time there will be a delay as Jo-Anne or I or maintenance needs to find a replacement driver.

The bus does not operate on public holidays and the next day there is a double run to compensate for the holiday.

## First Fair Meeting:

The first Fair committee meeting for the year will be held on Thursday, 16th February, at 11 a.m., in the training room upstairs in the administration building.

Any new resident who would like to support this wonderful fund raiser for Carrington can come to this meeting. Normally it takes about an hour. How pleased I am that Jean and our wonderful committee are all back on deck for 2012. *(Continued on Page 3.)*

## GARDEN CLUB

The next meeting will be on

**Monday, 6th February**

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

Guest Speaker: Paul Nixon (Waratahs).

Morning Tea: Olive Fowler and Winsome Bellamy.

### 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: John Hodge, President, Phone 4655 8117.

## Village Manager's Message

### The Buggy:

(Continued from Page 2)

The self-care buggy is now housed down at the maintenance department near the Carrington buses. We have two permanent people using the buggy on a weekly basis. Please contact the village manager to book the buggy.

### Volunteer programme:

Many families have thanked the volunteer residents and say they appreciate the support of our 12 volunteers visiting self-care residents. Each person is a representative of Carrington and the Board. I also meet regularly with our volunteers to update needs within the village. This programme also supports me and brings to my attention needs of individual residents. I then follow up with a home visit when it is required.

### Coffee Machine:

The residents' coffee machine has been relocated to the new coffee shop in the old Community Care building. You will find it on the right of the cash counter and in the first room on the left. Please support our coffee machine as we have nearly paid for it outright. Jean and I will do a financial update for the *March Courier*. All funds go to the Fair committee and from a \$2 cup we receive \$1 profit.

### Wasp Nests:

Please be aware that wasps are breeding in unusual places, like underneath letter boxes and outdoor furniture. One of our residents was stung last month. I asked maintenance to check all the letter boxes in the village. Please check around your unit.

### Christmas Functions:

We all had a wonderful Christmas get together. Thank you to Irene Warwick for organizing the lucky door prizes. I have never laughed so much; Stephen Wheatley is a real gentleman and comedian, as well as a great artist. Thank you to all the musicians, singers and residents who supported our special Christmas events.

I am considering having night events in future because our daytime event last year was small compared to the night one. If you would like to comment on this, please let me know or leave a message on my phone, which is 4659 0305.

Till next month, kind regards.

Carole Cleminson, Village Manager.

## Art Group Resumes

Carrington Art Group will resume on Friday, 3rd February, 9 to 11.30 a.m. If you are interested in any form of art you are welcome. Come and have a "cuppa" with the group in the downstairs hall at Paling Court.

## Mary MacKillop News

As I sit writing this news letter, it doesn't seem all that long ago since I came back from holidays. Just imagine how quickly the rest of the year will go!

During the month of December we had lots of entertainment and social events for our residents. Some attended the Seniors Christmas celebrations at Cawdor and also the Premier's Gala Concert in Sydney.

Mary MacKillop also held its own special *Thank you* afternoon tea for all of our special volunteers.

Camellia and Grevillea held their yearly family Christmas day, which was a great success. We were all entertained by our very own Carrington Singers and of course our other residents had their Christmas party and received a Christmas gift from Carrington.

During the month of January we had a very special birthday celebration, as one of our lovely residents turned 102 years old. Happy birthday, Marj!

Mary MacKillop would like to welcome our new residents and we hope you all settle in and enjoy your time with us.

There have been some great improvements at Mary MacKillop. A big thank you to Ben, who has been such a great asset to us. We now have a water feature and some great plants to make our residents feel relaxed.

### February Programme:

4th (Friday): Country Plus.

7th (Tuesday): Ma & Pa Fashions 20% off sale.

14th (Tuesday): Anglican Service.

14th (Tuesday): Bill Malcolm entertainment.

16th (Thursday): Residents' forum.

23rd (Thursday): June on the piano.

24th (Friday): Bus trip to Vaby's at Picton.

Every Wednesday at 10 a.m. there is a Catholic service.



Marj Fryer on her 102nd birthday with Georgina, Joyce, Peggy and Dora.

## Garden Club Outing



Carrington Garden Club held its Christmas meeting on Monday, 5th December, in the Wattle Garden at Mount Annan. Those who attended are pictured above and are: John Hodge (president), Vera Boardman, Winsome Bellamy, Olive Fowler, Georgina Watts, Joyce Ziliano, Joan Newell, John Sinclair, Doreen Wilkinson, Julie Nealon, Marlene Paton and Laurel Charles. Inset, Dorothy Brumfield.



Ashlea, Ben and Emma, grand children of Colin and Noeline Gay, of Unit 209, with Santa, a.k.a. Jim Marshall.

### Copy Deadline for the March Issue

The cut off date for the March issue of The Courier is Wednesday, 22nd February, and the editor's email address is:

**nodrog777@bigpond.com**

Phone 4655 7525

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

This mail box can be used 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. **PLEASE READ THIS NOTICE!**

## Thought for Month

We welcome Meg Tredinnick to the *Thought for the Month* panel on Page 5. Meg has taken over the monthly task from Hal and Flo Anderson, who submitted their final contribution in the December issue. We thank Hal and Flo for their dedication over several years and wish them well in their "retirement".

## Activity Group

Welcome to 2012 and a Happy New Year to you all; hope you had a great Christmas with your family and friends.

Our Christmas function held on Saturday, 26th November, turned out to be a great night and was attended by 55 of our members. The entertainment provided by the Kelly Gang was excellent and enjoyed by all.

The Kelly Gang perform for a fee, which they donate entirely to the charity they support, which is Cancer Research.

Once again and due to May's tireless efforts with organising raffles, enough money was raised to donate a further \$100 to the Kelly Gang's charity. Special thanks to you May, for the time you give and the heart and soul you put into this event.

Thanks to Management we have been able to make arrangements for the Saturday card players to use the Coffee Shop each Saturday from 12.15 p.m. Quite a number of people have availed themselves of this opportunity to meet for Canasta and Rummikins.

### Return of Tuesday Activities:

As from 7th February, Tuesday activity meetings will resume in the downstairs hall at Paling Court. The starting time will be 9.30 a.m.

As facilities are limited, it is asked that you bring your own cup for morning tea, but as usual tea and coffee will be available.

### Annual General Meeting:

Our AGM will be held on Tuesday, 21st February, when nominations for office bearers for 2012 will be called for.

Till we meet again on 7th February, Happy New Year to all.

*Activity Club Committee.*

## Bible Study

Bible Study will resume in Erica Court at Mary MacKillop Hostel on Monday, 13th February, at 10.30 a.m. All hostel and self-care residents are welcome to join in or you may just come and listen.

**Letter To The Editor:****Mysterious Egg!**

Dear Sir, There is never a dull moment down our end of the village. We have kangaroos, foxes, a satin bower bird, spiders of all kinds and, of course, snakes.

But I have found an egg in a pile of bark that I had raked up on Friday the 13th, late in the afternoon. This was a fair sized mound under a tree.

The next day I went out to put the pile into a bucket and there to my surprise was an egg.

I could not believe what I saw and picked it up to have a good look. It was the size of a hen's egg, rough, not white and smooth, and heavy. I thought it was a china egg and perhaps someone was playing tricks on me!

Brian wanted to see if it would break and so he took it and broke it. It was not easy to break and the yolk was partly solid. As there was no disturbance in or around the mound of mulch, the mystery was how did the egg get there overnight?

It looks like a duck egg, but as we only have wood ducks and they nest in trees, how would even a fox get one to hide?

Please get your thinking caps on as I would be very grateful to solve this one. I have kept half the egg shell in case someone wants to see it.

Happy New Year to all.

*Beulah Midson, Unit 81, phone 4655 7903.*

**Carrington Fishing Club**

Although this doesn't exist yet, it could become yet another special feature of our already unique lifestyle choices here at Carrington.

We thought the question of whether to form a fishing club might best be addressed by inviting any interested residents to a "consider the possibilities" morning tea gathering on Friday, 10th February, at 10 o'clock. We thought it would be nice to have it at the Fisher-Sharpe Estate behind Unit 78 in Rose Avenue.

We could have a catered morning tea with perhaps a P & C theme (that is piscatorial and crustacean). This might best be expressed as follows: "To hopefully improve participants' chances of catching and enjoying fresh water and salt water delicacies by combining our collective resources and knowledge in the spirit of shared fellowship with like-minded ladies and gentlemen".

If you cannot attend but would like an outline of what is envisioned, please phone Ashlea or Rob on 4655 3438. Hope you can join us. *Rob Fisher-Sharpe.*

**Aquarobics**

Due to the reconstruction of the Recreation Centre, which includes the swimming pool, this year's aquarobics will be held at Durham Green, 153 Menangle Road, Menangle, on Mondays at 9.30 a.m. and on Wednesdays at 11.30 a.m. until further notice. Marie, our instructor, will be with us as usual. Car pooling is available from the gazebo area and for further details, please contact Jenny Kennedy on 4655 2876 or Laurel Charles on 4655 8264.

**Carrington Singers**

The singers resume their practices on the 17th of this month in the downstairs hall at Paling Court and in the Day Care Centre on the 26th. The venue and times for further practices will be advised later. Marguerite Giles is regaining her health and strength, but her voice is still not back to normal.

**A Brighter Look**

Have you noticed the new curtains which have been installed in the downstairs hall at Paling Court? What a difference they make to the atmosphere there and this should be appreciated by those who will be using the venue for the next few months.

**Carrington Social Bowls**

The bowlers enjoyed a good year in 2011 and have arranged a temporary venue while our green is under reconstruction along with the Recreation Centre and we look forward to our new green when completed.

Towards the end of last year we visited Picton Bowling Club for a twilight game followed by dinner. However, the weather turned against us and we missed the game but enjoyed the dinner. Just to show how lucky we were, some 30 people in our group bought tickets in the raffle and didn't win a single prize.

If you enjoy the game of bowls, social or otherwise, come along on Thursdays and Saturdays for a game and social get-together at venues to be advised when we have arranged them. See you somewhere on a green!

*Ron Childs for the Bowls Committee.*

**Thought For The Month**

Let us begin this year remembering our many blessings and give thanks to God.

In Psalm 106, verses 1 and 2, the writer well says:

*Praise the Lord! Give thanks to the Lord, for He is good!*

*His faithful love endures for ever.*

*Who can list the glorious miracles of the Lord?*

*Who can ever praise Him enough?*

*Meg Tredinnick, Unit 58.*

*Letter to the Editor:*

## Our Beautiful Lake

Dear Sir, In the December issue of *The Carrington Courier* I noticed on the last page an article on "Our Beautiful Lake". I can recommend a walk around it.

Last year a few people may have seen me with my easel on the track by the painting platform. Well, for those interested here is a photograph of the painting I did last year. It makes a very attractive setting.



George Sayers, Unit 151, Phone 4655 1809.

## Book Stall Needs Help

We would be pleased to have some extra helpers to sort books into categories and price them. If you would like to come and help we will be commencing on Wednesday, 15th February, from 1.30 to 3.30 p.m. in the downstairs hall at Paling Court.

## The Lavatree

If you are not blessed with a green thumb, but rather have a brown thumb as far as gardening is concerned, this tree might be just what you have been looking for! If you turn to Page 8 you'll find out what we are talking about.

## CAWDOR UNITING CHURCH

Cawdor Road, Cawdor

**Sunday service:** 9.30 a.m. followed by Morning Tea.

**50s Plus:** 9.30 a.m. till 12.30 every fourth Thursday. (Including games and speaker, morning tea, \$5),

*Warm, friendly atmosphere.*

*Traditional Service with the old hymns.*

**You are welcome to come and join us.**

*Any queries, please phone*

*Geraldine Smith on 4655 9703 or*

*Anne Bruckard on 4655 2702.*

## Grasmere Terrace News

Happy New Year to Everyone. We trust your holidays were festive and enjoyable with your loved ones around you as Grasmere Terrace residents did on their family days that were held on the 16th and 20th December when families were invited to join residents for a barbecue lunch and enjoy carols sung by Ron Ashton.

Residents expressed their thanks for the Christmas gifts received from all staff and management at Carrington as Low Care residents were surprised to receive these gifts from Santa himself on the day.

These events, in particular Family Day, could not happen without the support of our volunteers and family members who assisted staff throughout the day. Thank you; you all know who you are.

Residents also enjoyed a Christmas baked dinner with lots of goodies and singing with staff on Thursday, 22nd December.

We would like to thank all the external businesses that came in during December to allow our residents to purchase Christmas presents and something extra for themselves.

Thank you to all those who purchased tickets in our Christmas Raffle as you help support the leisure and lifestyle activities and events. Huge congratulations to all those many lucky winners.

Thank you to all the Rotary volunteers for the invitation and transport to your beautiful Christmas luncheon held on Thursday, 15th December, as those residents who attended have asked that their thanks and gratitude be passed on for such a wonderful lunch and a fantastic afternoon of entertainment. They and staff had a great time.

We are still looking for volunteer bus drivers this year. Therefore no bus trips have been organised until further notice. If anyone is interested in driving the Carrington bus and joining residents and staff on a day's outing, please contact Joanne Craik-Cooper on 4659 0304.

For Australia Day this year Gerald Café came in on Wednesday, 25th January, to entertain us with his "Aussie" acts which made people in the audience laugh, sing and take part.

Michelle Lind from Nutrimetics joined residents in Low Care on Monday, 30th January, for hand massages and pampering. Nutrimetic products were also available for purchase.

Until next month. *Therese McLeod and Vanessa Cassar.*

# Computer Club: A Decade On

On 5th December last, Carrington Computer Club treated members to a luncheon to celebrate 10 successive years of providing computer training for the Macarthur community.

Conceived in July 2001, with an unusual gestation period of only one month, the club was born on 6th August 2001, in the presence of Australian Seniors Computer Clubs Association long-term president, Nan Bosler. Its conception was possible due to the unsolicited practical support of Carrington Retirement Village management and that support continues to this day.

The initial membership in 2001 of 43 comprised 40 residents of Carrington Retirement Village. After registering more than 700 members since then, current membership stands at 223.

Initially, with one discarded computer and little else, a small band of trainers battled to satisfy the demand for knowledge. A short time later, a "leap of faith" caused Carrington's Fair Committee to grant funds for two new computers, enabling a commensurate jump in capability.

It was not until we gained a substantial NSW Government grant that we could commence a structured training programme operating from a dedicated facility. Since then, some 400 training courses, between 12 and 24 hours duration, have been conducted, comprising a total of at least 43,000 training hours.

With actual presentation hours, related preparation work and a massive administration work load, approximately 50 members have contributed more than 45,000 volunteer hours towards the club's successful operation.

President Jim Cook opened the celebration proceedings by welcoming guests and members, at the same time noting some of the club's achievements.

We were fortunate to have Federal, State and Local Government representatives, the CEO of Carrington and ASCCA vice-president, Joan Craymer, in attendance. Joan applauded the club's performance over the years, noting that it was the first seniors' computer club to be supported by a retirement village whilst offering membership to seniors from the surrounding community. Joan concluded her speech by cutting a large appropriately decorated birthday cake.

Chris Patterson, ex Camden Mayor and now State MP, Russell Matherson, Federal MP, Fred Anderson, Camden Councillor and prior Mayor, Raad Richards, Carrington CEO, Geoff Corrigan, former State MP, all offered their congratulations on our contribution to the community's seniors, with a promise of their future support.

Les Langston, who coordinated the function, thanked the guests for their words of praise and for their undertaking of further support. He particularly applauded Geoff Corrigan for his successful past and continued personal involvement in pursuing grant applications on our behalf—in excess of \$60,000.

*Les Langston.*

## Croquet Club News

It is time now to indulge in some reminiscence about happenings in our Croquet Club. Firstly the competition for the total number of "hoops in one" finished with Keith Hunter the winner. Jeannette had the same number, but Keith got there first!

When we welcomed Beale's return to playing croquet after being absent through sickness, he surprised everyone that day by scoring seven "hoops". That was another record.

Recently we had a visitor in the person of Les Langston's sister, who provided a treat for morning tea—plenty of fresh-made scones, jam and cream. We hope she joins the club later!

Bob Fowler has been a good friend to us again as he mended two of our batons.

Our Christmas party was a happy occasion in the Recreation Centre, with lots of prizes and gifts to the winners.

Wednesday, 25th April, is Anzac Day. So as not to clash with the service that morning, we will hold a twilight game instead. The game will be followed by a sausage sizzle.

Thank you all for helping to make it a special club, but especially thanks to all those who regularly keep the games running smoothly and making our morning tea so enjoyable.

*Coral and Friends.*

*Celebrating International Women's Day 2012*

## TRIVIA NIGHT FOR WOMEN ONLY

**Friday, 9th March, 6.30 p.m.**

Camden Civic Centre  
Corner Oxley and Mitchell Streets, Camden  
\$15 per head; Tables of 10

*Get a team together or we can help you join a team!*  
Dress theme: Purple, White, Green  
*Come along for entertainment, prizes and give aways!*  
*Bubbly and light supper on arrival.*

*Bar available.*

Book early with Camden Council on 4645 5009  
or email [denise.pritchard@camden.nsw.gov.au](mailto:denise.pritchard@camden.nsw.gov.au)

**by Friday, 2nd March.**

## Lakeland Get-Together



Anne Kuyper, Heather Byatt, Joyce Moores, Lo Russell, Rhonda Dorrell, Pat Harrison and Beryl Childs at the Lakeland get-together.

On 29th November residents of Lakeland Apartments enjoyed a pre-Christmas party to meet and greet residents and close neighbours.

A very enjoyable afternoon tea and quality time was spent together and we thank the Carrington Social Club for arranging the sandwiches and cakes.

This appeared to be a great way of meeting and greeting friends.

*Pat and Keith Hunter.*

## Self Care Social Club

Hello everyone! We hope you had a very happy holiday season with family and friends, and welcome to our 2012 programme so far.

9th February: Primestyle Fashions "End of Season" sale in the downstairs hall at Paling Court. There will be no models, off the racks only, with fitting rooms available. Details will be available later in flyers.

20th February: Coach trip to the Royal National Park at Audley for a cold buffet lunch provided by Gale's Catering. The cost will be approximately \$32 per person and details will be available later in flyers.

12th April: Primestyle Fashions Autumn Collection.

22nd April: Four-day and three-night holiday at Ettalong. This trip is fully booked.

Please let us know if you have a particular social day or trip you would like us to consider. The cost of the coach has increased. Depending on the distance, it could be \$20 per person minimum.

We look forward to seeing you soon. Stay well and happy.

*Irene and Fay.*

## Doings At Cawdor Uniting Church

There are a couple of great events coming up at Cawdor Uniting Church, the little cream church down on Cawdor Road, Cawdor, just seven kilometres drive. Please read the list below, and come along.

Tuesday, 28th February, 6 p.m., is pancake night, all you can eat for just \$5. A coach will pick up from the gazebo near Carrington Recreation Centre, departing at 5.30 p.m. If you'd like to go in the bus, write your name and unit number on an envelope, include \$5 per person for the evening and place it in Anne Bruckard's letter box, number 76, under the covered way at Mary MacKillop Hostel.

The bus takes only 45, so book quickly, but you must book by Friday, 24th February. You can take your own car if you wish, there being no need to book, just turn up and pay at the door.

Sunday, 4th March, at 9.30 a.m., is harvest festival. You are invited to bring along fresh fruit and veggies or tinned food. All fresh food is given to the Evangelical Sisters of Mary at Theresa Park and tinned food goes to the Camden Uniting Church Care Programme for distribution to those in need.

If you have any queries, don't hesitate to phone Anne on 4655 2702.

Come along and enjoy the friendship at this historic little church.



### THE LAVATREE

*This is the tree we alluded to on Page 6.*

*The photo was taken somewhere on a holiday trip which Gwen Moreton, from Unit 20, undertook recently.*

*It looks more like a plumber's paradise.*

# MINI MARKET

**Paling Court Downstairs Hall**

**Clothing,**

**White Elephant and Jams**

**Friday, 24th February**

*12.30 till 2.30 p.m.*

All proceeds go towards this year's Fair.

**Everyone is welcome.**

# Golf Course Chatter



*Edna Wheatley, Colin Gay, Patrick Lee, Steve Wheatley, Adrian Osfield, Jock Wylie, Barbara Bradshaw, Ron Childs, Rob Fisher-Sharpe, Keith Bullock, Doug Loomes and Ian MacFetters on the first tee.*

Early in December, Carrington's intrepid golfers fought out their last championship round for 2011 and might I say there were some very impressive score cards submitted on the day.

At lunchtime we proceeded to our Christmas party venue at Grasmere units barbecue area, where we feasted on sausages, steaks and delectable salads and, of course, a few drinks to lubricate our throats, after a hard round of golf.

After lunch we had our presentation and I am very pleased to announce the winners:



*Men's champion, Ian MacFetters, being presented with his trophy.*

proved player was Patrick Lee, from Lakeland Apartments.

I would like to thank the maintenance boys for all their help in maintaining the course and invite other golfers to come and have a round.

We have a lot of fun and hit off on the first and third Mondays of the month at 9 a.m.

The men's champion was Ian MacFetters, from Paling Court, ladies' champion, Barbara Bradshaw, from Carrington North, points score winner was Jock Wylie, from Paling Court, and the most im-



*Ladies' champion, Barbara Bradshaw.*

# Massage Clinic

Carrington Care has formed a partnership with Macquarie Fields TAFE to provide a massage clinic at Carrington commencing on Monday, 13th February, between 1 and 4 p.m.

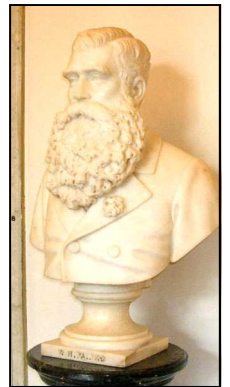
Massages will be conducted by students studying massage therapy and will be provided at a very minimal cost, which will be advised.

Further information can be obtained by contacting Katherine Perkins, Organisational Development Coordinator, on 4659 0363.

Information, including how to book, will be sent to everyone via a flyer as soon as details are finalised.

# William Henry Paling

It is nice and reassuring to see that the bust of William Henry Paling (that's pronounced PARling don't forget!) has been restored to its position in the downstairs foyer of Carrington House.



It was removed to the board room upstairs while refurbishment work was carried out on the ground floor.

William Paling donated his property, which now encompasses Carrington retirement village, hostels and nursing home, as a gift to the government of NSW in 1888, to mark 100 years of settlement in this state. His generosity should not be forgotten and every time we enter Carrington House by the front entrance (flag pole side) we should salute the gentleman who made all this possible for us to enjoy today. I wonder if the gilt wording on the plinth could be touched up?

If you want to read the history of Carrington, a book is available at the Mary MacKillop Hostel kiosk for \$5. It was written by the late Richard Nixon, who was a great local historian and long time resident of Camden.—G.S.

# 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.**

## This Is Probably True

An elderly couple were celebrating 60 years of marriage with their family and close friends. When asked if there was any advice they could pass on to ensure a long and happy relationship, the husband replied "Early in our relationship we decided that I would make all the big decisions." Then his wife added "And that I would decide which were the big decisions and which were not."

## Our Aquabelles

Those lovely ladies who usually do aquarobics in the pool at Carrington have been using Durham Green's pool for their activity while ours is out of service. They report that, although a little smaller, it is filling the bill adequately and car pooling is getting them to and from Menangle satisfactorily.

Jenny Kennedy on 4655 2876, or Laurel Charles on 4655 8264, are the contacts if further particulars are required.

## Gentle Exercises

While a number of activities are now being held in the downstairs hall at Paling Court, gentle exercises, which were conducted in the Recreation Centre, have now been transferred to Grasmere Terrace for the time being.

They will be held at 1 p.m. on Wednesdays and to find out exactly where at Grasmere Terrace, please phone Jenny Kennedy or Laurel Charles on the numbers in the Aquabelles article above.

# GRASMERE HAIRDRESSING SALON

The Salon at Grasmere is now open three days a week from 7th February.

The hours will be:

**Tuesdays, 9 a.m. till 2 p.m.**

**Wednesdays, 9 a.m. till 3 p.m.**

**Thursdays, 9 a.m. till 12 midday.**

For an appointment, please ring the salon on 4659 0465, or Mechelle's mobile, 0417 259 309.

To all new residents of Carrington:

**Yes, we are open to all in the village.**

I hope everyone had a wonderful Christmas and New Year. We trust we will see you soon.

Mechelle.

## Maintenance Mutterings

The maintenance team wish our residents and staff all the best for the New Year. We look forward to working closely with you throughout the coming year.

I would like to thank everyone who sent maintenance Christmas cards and gave us biscuits, beer, etc., which came in very handy at our Christmas bash on the Friday before Christmas. The boys work hard during the year in all sorts of weather conditions, so it's nice to receive these gifts to thank them for their work, it is very much appreciated.

Team member profile this month is Steve.

*Name:* Steve MacDonald.

*Position:* Carpenter

(completed his apprenticeship at Carrington).

*Status:* Single with on-again-off-again relationship happening; stay tuned!

*Children:* None.

*Years at Carrington:* Seven and a half.

*Interests:* All sports—participating in, as a spectator and punting on, also a tragic Eels supporter.

*Born:* Dubbo, raised in Camden from the age of one.

*Resides at:* Grasmere.



- In order to reduce their power costs, some residents are turning off the power to their Tunstall alarm units, which creates a few problems! Please leave the Tunstall unit on at all times; you'll find it uses very little power.
- So far it has been a very cool summer, but we have already seen a few snakes around. Please be aware of your surroundings and make sure you don't leave any external doors open.
- Our previous mowing contractor, Chris, has headed off to the mines in North Queensland. Anthony has taken over the mowing contract and has had a few teething problems which he is sorting out.
- By the time you receive this month's *Courier*, all the minor TV problems we've been having will have been resolved. Some major components of the system have been replaced, which should ensure you receive a better quality picture.
- The spraying for webbing spiders should have been completed in the last week or so, if we didn't receive any wet weather!
- As you can see, the Recreation Centre is now fenced off. Please don't enter this area during the construction period.

Terry, our former carpenter, called in to see us on the Friday before our break. He had a smile from ear to ear and looked very relaxed. Regards,

Dave Mulley, Property Services Co-ordinator.

*This month we are giving you something different to get your teeth into! Gwyneth Fail, who lives in Paling Court, has written a short story in the "Who Done It" vein which we will serialise, giving you a little bit of mystery to get you off to sleep at night! It has been submitted by the Pastoral Care team.*

## **What's In A Name?**

By Gwyneth Fail.

### CHAPTER 1

"The table looks beautiful," commented James, admiring the floral decorations.

"James dear, don't waste time. They will be here," Kate warned. "Do you think they will have altered?"

"Possibly not. I wonder if the wine is ready?" James' mind strayed to their guests for the evening, David and Claire Johnston, whom they met on a world cruise some years ago. David had not been the most likeable of people, brash and supercilious, who took a great delight in demoralising anyone whose lifestyle was different from theirs. Claire was beautiful and sophisticated and enjoyed the attention she received, even though there was a hardness to her personality that James could not overlook.

He and Kate had come from a country upbringing, and they became the butt of everything mean and spiteful that David could contrive, but it was the hurt shown by Kate when Claire's snide wit was directed at her that left a burning feeling of hatred in James' easygoing mind. His Kate had a soft gentleness about her that he was not prepared to let anyone destroy at any time. Over the last three years his feelings had never dimmed and tonight he, with Kate's help, was going to make sure that the Johnstons would never, ever hurt anyone again. Madness had grown into his reasoning and he knew the plan was perfect, down to the last inst.

Kate brought him back to the present with a chiding, "James, stop daydreaming," as she straightened his tie. Checking her lipstick, she felt a feeling of apprehension. "Why should I be feeling this uneasiness?" she thought.

As the doorbell rang they looked at one another and Kate clutched James hard as though something frightening was outside the door.

"Steady darling, it's going to be all right." He whispered, and went to the door with a firm step.

"Hello and welcome," was his greeting, then he paused. Was he mistaken or was the couple standing there strangers? He realised that some time had passed since their last meeting, but he knew he had sent the invitation to the right address. Was his memory playing tricks? He put the thought out of his mind and held out his hand.

"Good evening", came in a voice he didn't recognise.

"Hello, this is a lovely surprise, I'm Claire."

Then James knew they were not the Johnstons, they were total strangers. Could the evening Kate and he had planned be carried out?

"No, be careful", said a small voice in his brain, but the obsession James lived with, day and night, overcame the thought. These strangers were not going to spoil this plan he had worked at for so long. If they had inadvertently received the invitation by mistake, that was their problem.

James glanced at Kate and thought, "This can be a practice for the visit of the real David and Claire Johnston—and come they

will—I know." There were no more doubts in his mind and he knew what he had to do.

Kate touched his arm and with an outstretched hand (could she read his thoughts?) welcomed their guests into her home with warmth.

The house was named "Cliff-side". It was a 19th century homestead with panelled walls and high ceilings. It had been restored by James and Kate Hardy, turning it into a showplace of the countryside. The gardens and outer grounds had been lovingly landscaped, gradually sloping down to the cliffs which surrounded a sheltered bay, and James hoped the success they had made of their lives and style of living would put David Johnston in an inferior position.

Obviously this could not be the night they could put their plan into motion—not with these strangers, or could it be carried out anyway? A little voice of resentment said, "Why not?"

"What a beautiful room," commented Claire as she accepted a glass of sherry from James. "Don't you think so David?" "It's a wonderful restoration," David answered in a guarded voice. His inner thoughts were asking, "Why have we been invited? We are total strangers!"

"Yes, Kate and I worked very hard to bring it back to the period of time when it was built, it is a great joy to us." There was a smugness in James' voice that could not be hidden. The conversation that followed was in a desultory, uncomfortable manner, as though there was a barrier between the Hardys and their guests.

"Dinner is ready," called Kate and the two sets of strangers sat down to a perfectly planned meal. James had escorted Claire and David, duly followed by Kate.

David's mind was in turmoil with the needling thought that could not be erased. "Why have we been invited?" Claire and he had discussed it, but couldn't come to any conclusion. He had noticed there was no real recognition from their hosts, but they covered this distant feeling with a gushing friendliness which was baffling.

As he glanced at Claire the look on her face puzzled him; was it a touch of apprehension? Stop letting your mind run riot "was his determined thought" and enjoy the night!

With a jolt his attention was taken by the conversation of Claire and James who was inquiring after her mother—Mrs. Jackson wasn't it?

"My mother? Her name was Turner not Jackson and she has been dead for ten years!"

Looking at Kate very quickly, James replied, "Oh, I do apologise. How could I have made such a blunder? I must have been thinking of someone else! But tell me David, what have you been doing since the world cruise?"

There was a pause, then a blank look came over David's face. "What world cruise? I don't understand. We lived in France for about eight years, and have occupied the house we live in for eighteen months or so."

"You mean you aren't David and Claire Johnston?" came from Kate in a light childlike voice. "You know I was a little confused, you did seem somehow different. This is a surprise!"

*(To be continued next month.)*

## Where Is The Calendar?

The activities calendar, which is usually printed here, is missing this month. As I have said on previous occasions, it is the hardest page to get right. I have threatened in the past to drop it, but have always relented.

However, with all the changes to venues and times due to the building alterations, I find it more difficult to assemble than in normal circumstances. I also feel that no information is better than misinformation.

If objections to the non-appearance of the calendar are so strong and it is apparent that it should be restored, then I ask that sufficient time be given to contacting the editor during February with updated information regarding activities for March, and when and where they are on, so that the page can be correctly rewritten. I ask that all this updated information be clearly submitted in writing. Please do not phone it through. It can be dropped into my letter box (120) or emailed. My contact details are in the panel at the foot of Page 4.

Another thing to keep in mind is that all details for the people in charge of village activities can be found in the residents' phone directory. So, if you want to find out what's on, where and when, the people in charge of village activities are easily contactable and will be able to give you the information you want.

So now for the onslaught. I await the rush of information or abuse!

## Dinner With Old Friends

A group of 40-year-old friends discuss where they should meet for dinner. Finally it is agreed that they should meet at the Gasthof zum Lowen restaurant because the waitresses there have low cut blouses and nice breasts.

Ten years later, at 50 years of age, the group meets again and once more they discuss and discuss where they should meet. Finally it is agreed that they should meet at the Gasthof zum Lowen because the food there is very good and the wine selection is good also.

Ten years later at 60 years of age, the group meets again and once more they discuss and discuss where they should meet.

Finally it is agreed that they should meet at the Gasthof zum Lowen because they can eat there in peace and quiet and the restaurant is smoke free.

Ten years later, at 70 years of age, the group meets again and once more they discuss and discuss where they should meet.

Finally it is agreed that they should meet at the Gasthof zum Lowen because the restaurant is wheel chair accessible and they even have a lift.

Ten years later, at 80 years of age, the group meets again and once more they discuss and discuss where they should meet.

Finally it is agreed that they should meet at the Gasthof zum Lowen. That would be a great idea because they have never been there before.

## Is That Santa In The Village?



*This is the Christmas mailman (a.k.a. Jim Marshall) on his rounds in the beautifully decorated buggy. Jim always manages to dress the buggy and himself appropriately at different times of the year to coincide with special occasions, which is appreciated by his "customers".*

## Retardment

At school, one child wrote the following after the holidays: We always used to spend the holidays with Grandma and Grandpa.

They used to live in a lovely big two-storeyed house, but they got retarded and they moved to a retirement village near Tauranga.

Now they live in a box sort of house and have rocks painted green to look like grass. They ride around on their bicycles and wear name tags because they don't know who they are anymore.

They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well. Sometimes they sneak out to golf but their bits are getting stiff. Also they need operations to fix some of their parts, especially poor old Grandma.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll's house with a little old man sitting in it. He watches all day so nobody can escape.

Sometimes they sneak out, and go cruising in their golf carts.

Nobody there cooks, they just eat out. And, they eat the same thing every night—early birds.

Some of the people can't get out past the man in the doll house.

The ones who do get out, bring food back to the wreck centre for pot luck.

My Grandma says that Grandpa worked all his life and so did she to earn their retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll's house.

Then I will let people out, so they can visit their grandchildren.