

B.S.L.

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The

Park

Clarion



St. Laurence Park, Lara,
A retirement Village
providing accommodation
for 200 elderly people.

"CRUISING DOWN THE RIVER"

Paddle steamers and the Murray River have been partners ever since William Randell and his brothers made their trial trip from Mannum in February 1853.

For decades the steamers provided transport and news for the river communities, towns and sheep stations. But the coming of the railways eventually made the paddle boats uneconomic, and in the first half of this century many of them were left to rot away in the reeds and shallows.

Some, like the "Wanera" (pictured on the cover of this "Clarion" issue) made the transition into passenger or pleasure steamers. Today nearly all the major Murray River towns have at least one paddle steamer in action or on display as a tourist attraction.

Personally, this makes me very happy indeed, for I have been fascinated by the old steamers all my life. As a lad, my father used to take me trips on the paddle boats working out of Mildura and Wentworth.

What a joy it is now to go aboard the "Industry" at Renmark, the "Melbourne" and "Rothbury" at Mildura, the "Marion" at Mannum, the "Gem" at Swan Hill, or the "Pevensey" at Echuca.

My long term goal (and it will take a long time) is to photograph every steamer on the Murray. In the meantime, many excellent books and maps are now available to help with the necessary research.

God bless,
Brian Giddings.

TRAVELLER'S TALES :

On my fifth trip to New Zealand recently to see my daughter and five grandchildren, all born there, I was accompanied by Mary my daughter-in-law, who hadn't been there before. We flew direct to Christchurch in the South Island and arrived there in heavy rain. Next morning the sun was shining again for the beginning of our coach tour, across the Canterbury Plains, through Geraldine to Fairlie in McKenzie country, over Burke Pass to Lake Pukati before arriving in Mount Cook National Park where we stayed overnight. Next morning more rain which cancelled the Ski-Plane flights over the Tasman Glacier, but the snow-covered mountains were beautiful to see and I took many snaps. After lunch on to Lindis Pass to Lake Wanaka. They are doing tremendous work there, linking the Lakes and extending the dams for electricity. A town has been built especially for the workers on this scheme. We followed the mighty Clutha River to Cromwell, an old mining centre, through the rugged Kawarau Gorge to historic Arrowtown. There we had a visit to the Museum which was very interesting. Next on to Coronet Peak, a lovely climb by coach through the snow, right up to the chair-lift. We all left the coach to go on the chair lift to the very top, but wouldn't you know it a sudden snow storm and windy conditions, forced them to cancel and we all slipped and slid our way back through nine inches of snow to the Coach again, under a hail of snow-balls from the young enthusiasts. We had a young couple from Singapore, about nine Americans, a couple from Canada and even a couple from Geelong (in their seventies) who were on their honeymoon.... Married the day before we left. Next a visit to the Cattle-Drome for a display of prize cattle, sheep skins and the usual souvenirs which are on show everywhere. Late afternoon we arrived at lovely Queenstown for two days stay, we had sunshine once again and after doing the town and shops went by minibus to join the crowds boarding helicopters which took us for jet-boat rides on the river. It was very thrilling skimming around on four inches of water at break-neck speed.

Arriving back at Queenstown we decided to go in the little cabin being pulled up by cable to the very top of the cliff, which gave us a wonderful view of the whole town. After a "cuppa" we descended again and had a wander through the local cemetery looking at lots of very old graves.

Continuing on our merry way we crossed the Kawarau Dam, rounded Lake Wakatipu to Kingston over lovely green countryside with an abundance of sheep, New Zealand carries in excess of six million sheep. At TeAnau we boarded a launch to go and see the Glow Worm Caves, but the highlight of our trip was the launch trip on the fiord at Millford Sound with its Mitre Peak rugged snow clad mountains and bountiful waterfalls. The boats go right under these and in spite of warnings, many were soaked, cameras and all. My late husband and I had spent three months touring New Zealand, even to Stewart Island and I still love it.

TRAVELLER'S TALES : (cont'd)

Leaving for our long trip to Dunedin we arrived in glorious weather, toured the city by day and again at night to see the dancing, colourful fountains, all timed to music. A visit to a beautiful old Trust home full of antiques and I was asked to play on the lovely old grand-piano valued at \$35,000 which was "quite something". We visited the lovely old Presbyterian Church before moving on to Christchurch once more. Our many hotels and motels had been charming and the meals excellent, it was sad to say goodbye to our overseas friends as quite a few left us at this stage of the tour. Next day we flew to windy Wellington in the North Island. Here we were met by my eldest daughter and three grand-daughters, after a tour of the city they spent about 1½ hours with us at a smorgasboard lunch, and after saying our goodbyes on to Palmerston North and through to Taupo, New Zealand's largest lake. The countryside was different here, not as many beautiful wild lupins as in the south, all colours pink, lemon and mauve were there. Moving on to Thermal country now with steam coming through everywhere. We were taken over the Wairakei Power Station running entirely on underground steam, then on to Rotoroa for two days. A visit to the Maori church with its lovely carvings and the village with its boiling mud geisers and lovely colors, displays by the Maoris of carving and basket weaving. At night a lovely concert followed by a band of four playing for a disco, this was a "little loud" so we left it for the younger ones. Next day we visited Rainbow Springs to see the hundreds of trout, then on to the Agrodome to see pedigreed sheep and dog trials afterwards. One other highlight was a flight in a five-seater plane over the craters and volcanoes. Another Mauri concert after a Haki dinner all cooked in the earth with steam - very interesting if somewhat strange to the palate. Another visit to the glow-worm Waitomo caves which were very good and then through Hamilton, rich dairying country and on to Auckland where we left for home the following day. A wonderful holiday with many happy memories. (Tasma Power)

SMILES.

Now who can tell what a smile will do ?
It can warm a cold heart, through and through
It can change a very wretched day, in a
gracious, unexpected way.

Sure, a smile can make a friend for life
Or win for a man a loving wife
A flashing smile says a lot of things
And lends to a broken spirit - wings.

So because this life is full of care
Keep a pocket full of smiles to spare. (contributed)

PARK NEWS :

PARK SHOP :

TREASURER'S REPORT

Balance in bank and cash in hand as at 31.12.78.	624.08	Cheques	1673.21
Sale of plants	95.85	Cards	36.90
Shop sales	1528.71	Wool	41.12
Sale of jam	47.45	Sundries	5.90
Library	31.03	B.B.Noveltyies	17.39
Donations	13.00	A.W.Allen	18.22
Bank interest June	15.93	Milk	84
		Bal. in bank 31.12.78.	541.46
		Cash in hand 31.12.78.	21.01
	<u>\$ 2356.05</u>		<u>\$ 2356.05</u>
	=====		=====

1978. Jan./Dec. Total cash received from office : \$ 636. 59.
(D. Watt)

Park Shop Report - Mrs. Brierley. On behalf of the shop committee I would like to thank all who have helped in the shop during the year, whether on the roster or donating goods for sale. The sales for the year (\$1,528.71) are down \$210. on the previous year, but we did not have as many visiting groups. 865 Christmas Cards were sold and many thanks to all who purchased them.

During the year \$411.69 was donated towards the plant nursery, \$200. towards the P.A. System in the Community Hall and \$700. to the Extended Care Fund. At the February Residents meeting the sum of \$500. was promised to the Extended Care Fund and thanks again to all those who help in any way with the Park Shop.

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VISITING GROUPS : Several Church Groups have replied to the Brotherhood invitation to visit St Laurence Park and the first of such groups will be coming to the Park next week. We look for continued support from residents to act as guides and hostesses to make these visitors feel really welcome at the Park.

*It's a recession when your neighbour loses
his job.
It's a depression when you lose yours.*

GO TO THE ANT YOU SLUGGARD - CONSIDER HIS WAYS AND BE WISE :

Ants, Ants, Ants and Ants
Little ones, big ones, red and black
I find them here, I find them there
But never can I trace their track.
I spray and spray, but every day
They reappear in a most unexpected way
I am sure they are useful to the ecology
Or is that a myth from Grecian Mythology?
You beat them there and you beat them here
But they come in their thousands year by year
They come in the warmth, they come in the rain
They seem too small to have a brain
But they certainly have amazing leaders
And they certainly are amazing breeders
How many eggs can one ant lay?
One thinks it's about a thousand a day -
Big and little ants PLEASE go away
And leave us in peace for just one day. (T. Crawford)

(Just for the record, I have a chest of 7 drawers and
it took me a full day to clear them out..)

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LOVE HEALS.

There's healing in a loving word
A loving look, a loving smile,
A loving hand to clasp your own
And help you walk another mile -
Along the road when all seems dark.
Oh, love can do so very much,
A broken life may flower anew,
Through just one small and loving touch.
(contributed Mrs. Power)

A woman interviewing a prospective family cook
asked how much salary she expected. "That all depends,"
answered the cook. "Do I peel or thaw?"

VISIT TO LOCAL HORSE SHOW : Recently one of our residents was invited by a kind neighbour to go with her to Elcho Park to the sixth annual Quarter Horse Show, knowing that the gardening would keep for another day, she readily accepted the invitation and together they had a really enjoyable Saturday afternoon's outing. Having been interested in horses for a good part of her younger days one of the residents thought she knew something about horses but the visit to the show was quite an eye-opener. In a Western "American Style" movie you expect to hear noises of horses hooves and riders voices shouting and a little cursing, but here, the quiet understanding between horse and rider was quite remarkable. Just a quiet word or a slap on the rider's thigh, a sway in the saddle, a word of encouragement was all that was needed to get the "utmost" from these wonderful animals. Although both residents admit to being over the "70" mark they climbed up on the high post-rail fence and sat perched up there to get a really good view of horse and rider but after awhile looked for a more comfortable seat... They found they were allowed to sit on the side of a huge truck from which call announcements were made by a very calm person with a very clear voice. Here they were watching all the action in Ring 1. and even though there were competitions taking part on several other rings they "stayed put" for many hours watching the work of the horses and riders with their efficient "cutting out" as it is called (cutting out a steer) and then preventing it from getting back to the mob in a set time. Amongst many competitions, too numerous to mention, they saw beautiful English Pleasure riding and Western Pleasure riding and what stood out most was the manners of the judges, the riders and the horses and above all the quiet confidence horse and rider had in each other. Already our very keen "young and foolish over 70's" have decided that next year they are going "all day" equipped with thermos and sandwiches and perhaps their sun hats to stop the sun-burnt noses.

"HYMNS FOR THE ROAD" : 80 KM per hour, Highways are happy ways.
100 KM per hour, I am but a stranger here
Heaven is my home.
120 KM per hour, When the roll is called up
yonder I'll be there.
130 KM per hour, Nearer my God to thee.
150 KM per hour, Lord I'm coming home.
(contributed)

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NURSERY : Money for plants is collected at office during normal office hours. If there is a customer in the nursery after the office is closed would any resident who attends to the sale please hand the money in to Mrs. Davies. Thank you.

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THANK YOU : From time to time Mrs Walker of Waverly Road kindly sends along a variety of jam for our Park shop and at Fair time. This is very much appreciated and our thanks go to Mrs Walker for helping B.S.L. in this practical way.

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WHAT DO YOU SEE ?

What do you see? - tell me - what do you see?
Who are you seeing when looking at me
A crabby old woman, not very wise
Uncertain of habit, with far away eyes
Who seems not to notice the things that you do
And forever is losing a stocking or shoe.

Is that what you're thinking, is that what you see
Then open your eyes, for you're not seeing me.

I'll say who I am as I sit here so still,
As I rise at your bidding and eat at your will.
I'm a small child of ten, with a father and mother,
Sisters and brothers, who love one another.
A young girl of sixteen, with wings on her feet
Dreaming that soon her true sweetheart she'll meet.

A bride of just twenty, my heart gives a leap
Remembering the vows I promised to keep,
At twenty-five now I have babies of my own
Who need me to build a secure, happy, home.
A woman of thirty, my children grow fast
Bound to each other with ties that will last.

At forty my grown sons soon will be gone
But my man stays beside me, to see I don't mourn.
At fifty, once more babies play round my knee
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead,
I look at the future, - I shudder with dread.

My children are busy with babies of their own
I think of the years and the love I have known.
I'm an old woman now, grace and vigour depart
But thousands of memories live in my heart.
Inside it you see a girl still dwells
And now and again my tired heart swells -
I remember the joy, I think of the pain
and I'm loving and living life over again.

So open your eyes, please open and see
Not a crabby old woman - look closer -

"SEE ME."

Could everything be done twice - it
would be done better.

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RAMBLINGS FROM THE KITCHEN AT NO. 7.

Ladies bring a plate ... what for a change ? Try the following slice for a minimum of fuss.

DATE & GINGER SLICE :

5 oza. dates. 4 ozs. butter. 1/3rd. cup castor sugar.
2 ozs. pres ginger. 3 cups cornflakes.

Put chopped dates, finely chopped ginger, sugar and butter in pan, stir over low heat until dates are soft. Add to cornflakes, mix well. Press into tray. Refrigerate until firm. TOPPING : packet choc bits or cake cooking chocolate, 2 ozs copha. Melt and mix, pour over slice and allow to set. (DO NOT ICE WITH ICING SUGAR)

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CHERRY RIPE SLICE :

1 lb.(500g) Malt biscuits. 3 ozs copha. 2 ozs finely chopped glace cherries. 1/2lb coconut. 1/2 teaspoon cochineal.
3/4 cup evaporated milk. 1 tablespoon castor sugar.
1/2 teaspoon almond or vanilla essence.

Grease 11" X 7" shallow tray and place a layer of biscuits in base. Melt copha and mix into remaining ingredients, blending thoroughly. Spread on biscuits. Top with another layer of biscuits and ice with chocolate icing. When set cut into squares.

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A LITTLE BIT MORE SPECIAL - but no cooking - one base with two toppings.

4 ozs butter 1/2cup sugar 3 dessert-spoons cocoa 1 egg
1 teaspoon vanilla 2 cups crushed wheatmeal biscuits
3/4 cup coconut 1/2 cup chopped walnuts.

Combine butter, sugar and cocoa in a saucepan. Stir over a low heat until well blended. Stir in beaten egg and vanilla. Remove from heat and stir in biscuit crumbs, cocoa and walnuts. Press into lamington tin, refrigerate 'till set.

CONTINENTAL CHOC. TOPPING - 2 ozs butter 2 cups icing sugar
2 dess. custard powder. 4 dess. hot water. 4 ozs dark choc.
and 2 ozs copha. Cream butter well, sift together icing sugar and custard powder, add to butter alternately with hot water. Spread over biscuit base, refrigerate to set.

PEPPERMINT TOPPING - (good instead of after-dinner mints) -
2 ozs copha 3 dess. milk. 1 1/2 cups Icing sugar 1/2 teas. peppermint ess.
Sift icing, add melted shortening, milk and essence. Mix well. Top as above with the choc topping using 2 ozs butter & 6 ozs dark choc.

RECEIVE YE WELCOME

The Park roving reporter has just been on holiday - and these lovely words were hanging on the wall at Seacombe House to greet all new arrivals. Port Fairy is full of interesting old history, if one takes the trouble to look for it. Lots of ancient buildings are to be seen, most of them still functioning as they have done for many years. There is evidence of much craftsmanship and skill in the days of our forbears, and we found courtesy and friendship at Seacombe House, where the Proprietor showed us many treasures, and gave us permission to copy this plaque for the Clarion:

"RECEIVE YE WELCOME" :

Let the guest sojourning here know that in this home our life is simple. What we cannot afford we do not offer, but what good cheer we can give, we give gladly.

We make no strife for appearance sake. Know also friend, that we live a life of labour, therefore if at times we ~~separate ourselves~~ from thee, do ye occupy thyself according to thy hearts desire. We do not defer to thee in opinion, or ask thee to defer to us. ~~What thou thinketh~~ thou shalt say, if ye wish, without giving offence. What we think, we also say, believing that truth hath many aspects, and that Love is large enough to ~~encompass them all~~. So while ye tarry here with us, we would have thee enjoy the blessings of a home, health, love and freedom, and we pray that thou mayst find the final blessing of life PEACE.

(contributed - G. Hall)

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THE DIABETIC GRACE

Now I sit me down to eat
I pray the Lord I will not cheat
If I should reach for cake or bread
Guide my hand to meat instead.

DO YOU WASH LIKE THIS ?

Don't complain next time you do the wash in our modern machine orientated world.

Just a few sights we saw when we stayed with our family in Kuala Lumpur. First thing we saw from our hotel was "the flags of all nations". You may have seen the "flag pole" type lines jutting out from buildings in some Asian photos. Well it's really a sight to see whole buildings like our housing commission flats gaily decorated with the washing. There is no wind so everything just hangs there. They have no sheets or other bedding and wear very little underclothing so the short length is enough.

Then as we travelled down to Singapore what sights. As it rains every day there are ditches all along the road with water in them, so in go the ducks, the kids, and anything else around. One little section kept apart for the wash and it comes out as white as white. No lines of course, everything is draped over the pineapple plants or some such. Nationwide, the girls wear white blouses and blue tunics to school, the junior boys white shirts and blue pants and the senior boys all white. I guarantee we would be hard put to keep them as clean as those.

Down in Singapore much more of the same thing in the out-lying section, "flags of all nations" on all the buildings, even in the suburbs, but I must tell of the laundry we saw near our hotel. As many shops are barely ten feet wide you can imagine how it must have been for this Chinese. There he was, sweat band around his head and wrists, just wearing a loin cloth and mountains of ironing in white bags waiting to be done, piled around him. All he was using was a charcoal iron. The heat and humidity was as much as we could take even for our few days, and there he was, day in and day out.

In Bangkok again much the same, but here we saw another side as we travelled down the Klongs. Every house is over the water and everything not wanted just goes into the water - and I mean everything.. Underneath among the water hyacinths are the ducks, the kids, and perhaps the buffalo being washed and watered, plus hens scratching around on the edge. Only the water for drinking and cooking is caught off the roof, so everything from teeth to clothes is washed in the river. People just walk down their steps into the river. They are extremely clean so we saw people bathing, washing clothes, preparing food and washing dishes everywhere.

After tripping around we came back to Kuala Lumpur. My son had a two-storey home in what would be perhaps the second best suburb. As this deals with washing "Asian style" I'll concentrate on Ah Ling doing the wash. She spoke fairly good English and had been Convent trained so you can see she was up to the best standards. On wash day the "twin tub" was wheeled into the kitchen and put to work. We would drain the suds and rinse water into a tub - but no -

Visit to Kuala Lumpur - (continued)

theirs goes on to the floor, terrazo, and goes down a drain which is similar to our shower. Just when we would be satisfied to hang it on the line, again the surprise.. Outside there is a tap and a very smooth concrete slab, everything was then pounded and slapped around on this and then brought inside again to be spun. We were very Australian as there was a double wire line, no wind again, so everything just hung there without pegs. I might mention that next door was a very high official in the Customs Department and their washing was all done on the slab and then hung over the dividing wire fence - very colourful with pretty sarongs etc hanging there.

As I said before, don't grumble - I know how I'll do my wash..

V. Gray.

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GARDEN NOTES :

Have you tried growing Verbenas for delightful display and fragrance anywhere in your garden? Apart from a tendency to be susceptible to frost, all 200 members of this family do very well if rooted from cuttings and they will last for three years. The plants **which** can be bought in Nurseries are good for large plots, borders and window boxes. If you want to start from scratch, seeds should be sown in Spring or early Summer. The bushy variety grows about twelve inches high and the trailing sort about six inches and they produce clusters of flowers. Verbena can be propagated by cuttings or division.

Ornamental Gourds : These never fail to create amazement and interest, either on a fence or trellis in the garden, or when used as quaint and unusual decorations in the home, especially for parties. The plants grow quickly and cover sheds etc with greenery and attractive flowers, which are followed by quaint and unusual fruits. Sow the seeds now alongside a fence or shed, and before the Summer is over you will have plenty to pull and arrange to your liking.

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BEST OF FRIENDS : PLANTS ARE : Fully housetrained.
Good listeners.
They don't bark or bite
or annoy their neighbours.
They eat only soil and water
They stay calm at all times -
and green
and cool
and faithful ... until death.

(contributed)

Hope is a good anchor, but it needs something
to grip.

"BEAVER BILL"

Beaver Bill, as he was known in the Hazedale district, was a professional fisherman on the Murray. He and his wife lived in a two-roomed shack on the river bank, and Beaver had a reputation as one of the best professionals in that area, and was reputed to be able to catch fish "where there weren't any". When Beaver was some fifty years old, his wife died, leaving him to battle on alone as best he could, and from the day of her death one could see a big change in both Beaver and his neat little house and garden.

He nailed up the back door, gave the garden "back to the blocks", shifted both his wood heap and the junk heap nice and handy to the front door, and parked his old Dodge utility under a tree at the side of the road. As time went by, he gradually lost his love of fishing, the woodheap became larger and more sprawled, with chips right up to the front door, and the junk heap containing old machinery, car parts and beer cartons soared heavenwards, week by week. His stack of beer bottles also grew daily, but, strange as it may seem, these were neatly stacked around the old chimney at the side of the shack. Beaver evidently had his priorities in this respect. His pals at the Boundary Bend Pub became more and more concerned as Bill's trips for beer became daily, more frequent, and his appearance and his health began to deteriorate. While he had access to an unlimited water supply, it was more than evident that, apart from using water for an occasional cup of black coffee, no water was ever used for any other purpose. Bill's old grey flannel shirt became greasier than ever, and his skin looked grey too, to match the rest. His pals then held a "council of war", and came up with the finding that Bill was suffering from malnutrition, and that it was up to them to do something about it.

One suggestion was finally agreed upon - they would buy Beaver a GOOD cookery book so that he could improve on his cooking, not one of those cheap things like you got in cocoa tins sometimes, but a good big book with plenty of pictures and a hard glossy cover so that he wouldn't use it to light the fire.

Beaver accepted the gift in an off-hand manner and said he would "swat her up" when he got time. Two weeks went by, and Beaver's plight became worse than ever and one day one of his pals said "how's the cooking Beaver, have you read that book yet?". "Yep, I sure swatted her up but I can't get goin at all". "How do you mean yer can't get going?", to which Beaver replied - "Well, every bloomin page starts off with "take a clean dish"..... I fancy Beaver's stack of bottles continued to grow, but Beaver just gradually faded away.

(contributed)

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Fun is like life insurance - the older you get,
the more it costs.

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PARK SHOP - WEEKEND DUTY ROSTER

1979.

SAT. MAR. 3. Mrs. Pape. Mrs. Kol.
SUN. " 4. Mrs Hunter. Mrs. Meyer
SAT. " 10. Mrs. Harper. Mrs. Palmer.
SUN. " 11. Mrs. Fowler. Mrs. V. Gray.
SAT. " 17. Miss. Gleeson. Mrs. Jackson.
SUN. " 18. Mrs. Power. Miss. E. Smith.
SAT. " 24. Mrs. DenBesten. Mrs. Schroder.
SUN. " 25. Mrs. East. Mrs. Boyd.
SAT. " 31. Mrs. Watt. Mrs. Taylor.
SUN. APRIL. 1. Miss. Foster. Mrs. Hall.
SAT. " 7. Mrs. Gillham. Mrs. Jordan.
SUN. " 8. Mrs. Rupert Ford. Mrs. Warner.
SAT. " 14.)
SUN. " 15.) SHOP CLOSED - EASTER WEEK-END.
SAT. " 21. Mrs. Timms. Mrs. Stewart.
SUN. " 22. Miss. Grey. Mrs. Neagle.
SAT. " 28. Mrs. Gay Dunn. Miss. Crawford.
SUN. " 29. Mrs. Ottaway. Mrs. James.

RESIDENTS PLEASE NOTE : RESIDENTS WHO NEED ASSISTANCE
MEDICALLY ARE REMINDED THAT OUR WELFARE OFFICER, MRS.
GIDDINGS, MAY BE CONTACTED DURING THE FOLLOWING HOURS :

MON. - FRI. 9 - 12. 1 - 5. PHONE : 821 622

THE NURSING UNIT TO BE CONTACTED DURING OTHER HOURS
AND THEY WILL MAKE FURTHER ARRANGEMENTS IF IT IS FELT
NECESSARY. (RESIDENTS REQUESTED NOT TO CONTACT LARA
COMMUNITY HEALTH CENTRE).