

NOTICEBOARD

NOVEMBER 2022



Lane Cove Historical Society Inc
(Affiliated with the Royal Australian Historical Society)

We acknowledge the traditional custodians of Lane Cove the Cammeraygal and show respect to Elders past and present.

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2021-2022

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Karen Aubrey
Jenny Quirke
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Caretaker: Terry Eakin
Editor: Karen Aubrey



This is the last Noticeboard for 2022. There will be no Speaker at the Podium in December, and things are winding down now for us. We will resume in 2023, when the first Speaker at the Podium will be in February. As this year draws to its close, we have some items of pleasing news for our members.

First, however, I want to thank a number of people for their support. Thanks to Karen Aubrey who has edited this Noticeboard, ensuring it has been ready to go out to members every month. Thanks too, to Pat Madson, our tireless Secretary, who looks after many matters, including managing the archives, in which task she is assisted by Toni Dixon. Thanks to Ajaya Jayarao, our Treasurer, who has managed the finances well this year. Thanks to Kay Leiper who, among many other things, manages the monthly Open Days at Carisbrook, which have become a success. Thanks to Clio Wallace, who works closely with the Care and Presentation Committee, involved in the maintenance of Carisbrook House. Thanks to Denis Smith for assistance in identifying Speakers at the Podium. Thanks to Margaret Bergomi, who, as an architect, keeps a careful eye on various development applications in Lane Cove. And thanks to Catherine Briggs and Jenny Quirke, both of whom joined us only recently. The Committee members have worked well together. I have been grateful for their support this year.

And now I have three items of news to report this month. The first of these is that this has been the first year in three years when we have managed to run for the full year with a regular monthly meeting and Speaker at the Podium. This is grounds for celebration and it augurs well for the new year.

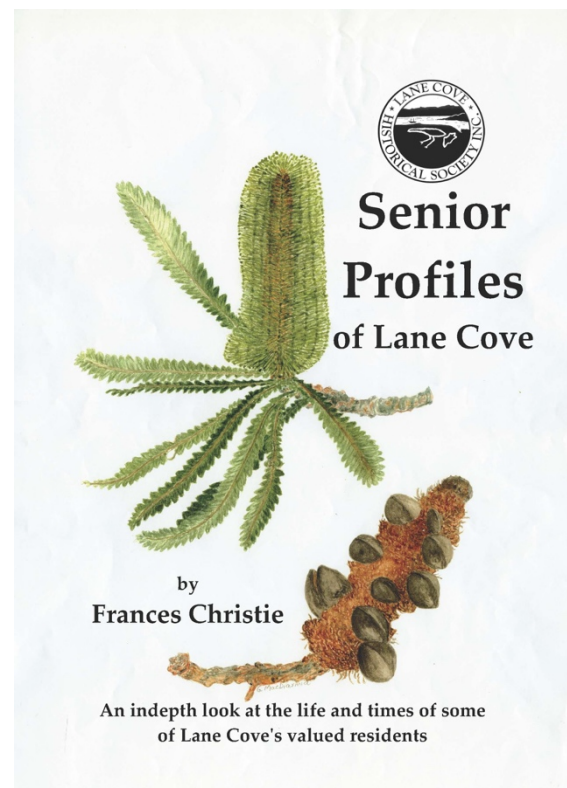
The second important item is that the Lane Cove History Prize was again awarded this year, having been abandoned in 2021. It was awarded to Ruth Benfield at a ceremony on 25th October at which the Mayor, Councillor Andrew Zbik presented the Prize. Ruth Benfield's Prize-winning entry provided an affectionate and sensitive account of Ruth's family connections with Carisbrook Historic House in the 1950s and 1960s. The entry involved both a recorded interview with her mother, Leah, talking about Ruth's two uncles, Wes and Jim, and an associated written account. Wes and Jim lived together as life partners at Carisbrook, where they lovingly managed and maintained the house. The entry will appear in the LCHS Journal in the new year.



Pictured above are Ruth Benfield accepting her award from the Mayor of Lane Cove Andrew Zbik.

A third newsworthy item is that this month all members will receive a copy of our new publication, *Senior Profiles of Lane Cove*. This publication, which I wrote, constitutes a new venture for us. The volume documents the lives of some local people who have contributed to Lane Cove and the wider community in many ways. They were selected because they are senior citizens, and have lived in Lane Cove for significant parts of their lives. All have contributed to the unfolding social history of Lane Cove and its environs. They are part of the social fabric that gives Lane Cove its character

and its strength as a lively, rewarding and safe place to live. This was an exercise in local social history. All nine senior citizens were interviewed initially and the interviews formed the basis upon which the written accounts were researched and written up. Extensive revisions followed in most cases until the final written version was reached. It was a pleasure to interview, research and write the various life stories that emerged. I hope you enjoy reading the volume. I should also acknowledge that the project that led to the production of the book was funded by a Community grant from the Lane Cove Council.



The Cover of 'Senior Profiles'

Finally, I must draw attention to our last Speaker at the Podium on Tuesday 22nd November. We will be joined by Chris Schofield, already known to some as President of the Hunters Hill Historical Society. Chris is a long-time resident of Hunters Hill, and a former Councillor. Born in England, he worked in radio and television journalism. His topic is "A 'Saint' from All Saints, Hunters Hill". Chris has researched the life of an early resident in Hunter's Hill, and he will recount her remarkable life journey.

I wish all members a very merry Christmas and a happy new year! Elsewhere in this Noticeboard you will find some notes about traditional Christmas foods and parties. I wish you all an enjoyable and happy festive season.

Until next time,

Frances Christie President

Don't miss the next meeting in November

At the Podium
Chris Schofield



A SAINT FROM ALL SAINTS

The remarkable story behind a commemorative plaque
in the nave of All Saints, Hunters Hill

7pm Tuesday, November 22

Lane Cove Library

Enquiries: 0418 276 365



www.lanecovehistoricalsociety.com.au/at-the-podium

Focus on a Member

Nancy Michal

Nancy Michal is an active member of the LCHS, who is a regular attendant at general meetings to hear the Speaker at the Podium. Before she retired her work involved working in the provision of study materials for students at both the University of Sydney and Macquarie University. A friend introduced her to the LCHS some years ago and she enjoys the work of welcoming visitors to the House, as well as being a member of the Care and Presentation committee, whose members maintain a high state of cleanliness and order at Carisbrook House.



2022 Lane Cove Historical Society
History Prize Presentation Night
Highlights October 25th



PRESS RELEASE following the presentation night:

The Lane Cove History Prize for 2022.

Frances Christie

It's good news that the Lane Cove History Prize was awarded on Tuesday 25th October, organized by the Lane Cove Historical Society. It had been abandoned in 2021 due to Covid. The Prize was presented by the Mayor, Councillor Andrew Zbik, who is Patron of the Society, and it was awarded to Ruth Benfield, for an affectionate and sensitive account of Ruth's family connections with Carisbrook Historic House in the 1950s and 1960s. Her entry involves both a recorded interview with her mother, Leah, talking about their two great uncles, Wes and Jim, and an associated written account. Wes and Jim lived together as life partners at Carisbrook, where they lovingly managed and maintained the house. Wes ran a bootmaker's business in Crows Nest, while Jim was a renowned milliner, famous in the city of Sydney as a skilled and creative man. They were artistic, hospitable and generous with their home. Uncle Wes organised the wedding of Ruth's parents in 1959, and this included a wonderful celebratory dinner at Carisbrook prepared by Jim, who was a skilled cook. Wes and Jim had a large number of artistic friends and they introduced Ruth's mother, Leah, to a world of theatre and ballet.

Leah still has vivid memories of the times she spent with Wes and Jim and she can also recall the many beautiful objects they made, such as the lovely vase displayed here.



The interview between Ruth and Leah makes clear the great affection they felt for the two men. Ruth wanted to pay tribute to two generous men who once lived in, and loved, Carisbrook Historic House.

Ruth gave a talk at the Award night when she received her Prize certificate and a cheque for \$1000

*May your Christmas be full
of wonder and light,
happiness, love
and everything bright.*

Christmas Traditions

Frances Christie

One of my earliest memories in life is eating Christmas dinner, which always consisted of roast turkey, with lots of roast vegetables, green peas and gravy. The dish was often supplemented with ham or roast pork. Then, after a reasonable interval during which we allowed the food to settle a little, we proceeded to eat the second course, which involved a slice of Christmas pudding (complete with silver threepenny pieces of a kind you can no longer buy) with custard and/or ice cream. Today my family still eats turkey and Christmas pudding, though other dishes, such as salads, salmon, prawns, quiches and pavlovas are often found on the groaning Christmas table. While the newer dishes are always welcome, the old turkey and pudding remain the enduring items. They go back a long way, at least in the English-speaking tradition. So how did the traditions emerge?

Turkeys came from North America originally and they were brought to England in the sixteenth century, when the New World was beginning to open up. There is a story told that in 1526 a Yorkshireman called William Strickland bought some turkeys from American Indian traders and he started to sell them in Bristol for twopence each. Whether the story is entirely true is not quite certain, but William Strickland was sufficiently proud of his connection with turkeys that he put one on his family coat of arms. As the birds became better known, they were often brought to England from America, via Turkish traders in the Mediterranean, so it is suggested that because of this connection, English traders started to call these large birds "turkeys"!

King Henry VIII (1491-1547) liked turkeys

so much that he declared them the main staple for the festive feast at Christmas. Over the years other English kings regularly ate them but geese were also considered good to eat, while sometimes the peacock was considered a bird fit for the royal table. King Edward VII (1841-1910), son of Victoria, so liked turkey that he made it fashionable for royalty and the wealthy classes. However, it is doubtful that the poorer classes could manage to afford turkeys at Christmas or any other time!

In fact, in Queen Victoria's time in the nineteenth century, very few families could eat turkey or chicken. In northern England, the middleclass families ate roast beef, while in London people ate geese, but the poor made do by eating rabbit. The custom of eating turkey for Christmas came to Australia after white settlement, at least among the better off people. However, in nineteenth century Australia people often ate roast lamb, while beef was later added to the table, as was fish, while kangaroo and even emu were apparently also eaten. Today turkey is still eaten in Australia at Christmas, as well as chicken and other seafood.

The English invented the Christmas pudding in the fourteenth century and it was a kind of porridge or "frumenty", made from beef or mutton along with raisins, wines, spices and currants. It was in fact a very substantial dish. By the sixteenth century, the dish had changed from savoury to sweet, with the appearance of dried fruits which had become more common.

Amazingly, in the seventeenth century the English Puritans thought Christmas pudding to be "sinfully rich" and "unfit for God-fearing people". They actually tried to

ban it in 1664, and it was not widely eaten for a time. By the early eighteenth century, King George I tasted Christmas pudding and liked it. He therefore declared it should be reinstated as part of the Christmas Day meal. Henceforth it became part of English Christmas traditions.

Why was it called plum pudding? This dates from the Victorian practice of putting all sorts of dried fruits in the pudding and the name “plum” was used to refer to all of them, though none really was a plum.

So, whatever you eat for Christmas dinner, do enjoy it!

LITTLE FRUITY FUDGE PUDDINGS - thanks to Robyn Ward

Ingredients

- 1 cup raisins
- ¼ cup (40gm) currants
- ½ cup (60gm) dry roasted almonds
- ½ cup firmly packed CSR brown sugar
- 1/3 cup dark rum / orange juice
- 300gm Madera cake, crumbed
- 2 tsp finely grated orange rind
- 200gm Plaistowe dark cooking chocolate, melted

To decorate

- 2tbs (20gm) pistachio nuts, chopped
- 125gm Nestles White Melts, melted
- 2 1/2 tsps vegetable oil
- 125gm Nestles White Melts, extra, for bases

Method

1. Combine raisins, currants, brown sugar and rum in saucepan. Simmer, stirring for 3 minutes. Cool.
2. Finely chop almonds in a food processor. Place in a large bowl, along with cake crumbs, rind and cooled fruit mixture. Add melted chocolate and stir to combine.
3. Roll mixture into 3cm diameter balls and place on lined tray. Refrigerate until firm.
4. Combine melted White Melts and oil. Spoon into a small plastic zip lock bag. Snip a tiny piece from one corner. Pipe a little dot onto an extra White Melt, then secure pudding on top. Repeat with remaining puddings.
5. Drizzle remaining chocolate mixture over the top of each pudding, then decorate with pistachio nuts (this is best done in batches of about 10 at a time, as chocolate sets quickly on puddings). If chocolate in the bag stiffens, microwave for a few seconds. Store puddings in refrigerator.

Makes approximately 40.



“My Little Fruity Fudge Puddings recipe was acquired from somewhere more than 15 years ago maybe Coles. Clio is familiar with this recipe too. I make up presentation trays of 6 little puddings complete with red/green bows as gifts” 😊 - Robyn Ward

Fruit mince for pies - from Robyn Ward

Original recipe from Prospect County Council Christmas entertaining 1972-1973

Measurements converted from original Imperial to metric

Ingredients:

227g raisins
 227g sultanas
 113g currants
 227g beef suet, minced
 (I use butter)
 113g mixed peel
 56g glace apricots, chopped
 56g dates, chopped
 56g prunes, chopped
 56g almonds, chopped
 2 Granny Smith apples, grated
 2 tbs marmalade
 ¼ tsp salt
 1 tsp mixed spice
 1 tsp nutmeg
 ½ tsp cinnamon
 3tbs overproof rum
 2 tbs brandy
 170g sugar
 Grated rind of 1 lemon



Method:

1. Wash thoroughly and dry raisins, sultanas and currants
2. Combine all ingredients and mix thoroughly
3. Place in an airtight jar and store in refrigerator until required. 2-3 weeks if possible
4. Spoon into pastry cases
5. Glaze edges of the pastry, cover with rounds of pastry cut to fit and lightly press edged together
6. Glaze with water and sprinkle with sugar
7. Bake in an electric oven 190 to 200 for 15 to 20 minutes, according to the size of the pies

"This recipe is one Mum got from the Prospect County Council when she did a "Christmas Entertaining" course in 1972. I've converted ingredients to metric. It's a lot of work but always goes down well. Makes about 4 dozen pies from memory. If I get sick of making them / run out of puff I hold the mixture over and make a couple of turnovers when the festive season is over & mince pie memories are beginning to fade" 😊 - Robyn Ward

From the Collection: Victorian Christmas Cards

by Judy Washington

The printed Christmas card was a Victorian innovation dating from the mid 19th century. Their usage spread slowly but was given impetus by the lowering of postal charges in England in 1870. Illustrations were very varied and well known artists were employed in creating them. Few had religious associations. By the late 19th century they were used widely.

In Australia commercial christmas cards were available along with handmade cards which would initially have been much more prevalent. The early commercial cards were nearly all imported and featured the typical northern hemisphere scenes of ice and snow, together with many other decorations such as lace, satin, cut-out tableau. By the 1880s growing nationalism led to the development of cards with an Australian slant such as kangaroos pulling Santa's sleigh and Santa tearing his trousers on a barb-wire fence. In 1881 John Sands held a competition for cards with an Australian design. The cards that became available in the ensuing years featured both Australian designs and themes as well as Australian verse.





Christmas card sent by a parishioner to the rector of St Aidan's Longueville in 1915
 (Lane Cove Historical Society Collection)



A beautiful example of a Victorian Christmas Card

We regret that the Picnic at Carisbrook planned for 13th November, was cancelled. This is disappointing, though we look forward to planning new events at Carisbrook in the new year.

Upcoming Events

Carisbrook Historic House

COFFEE AND CAKES
DEVONSHIRE TEAS

OPEN 2022
THIRD
WEEKEND
EACH MONTH
10am-4pm
NOVEMBER 19/20



www.carisbrookhouse.com
Enquiries 0418 276 365

This will be the last Noticeboard for 2022. Thank you for your continued support and we'll see you in 2023!
From Karen and the team 😊

