



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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[www.lanecovehistoricalsociety.com.au](http://www.lanecovehistoricalsociety.com.au)

[www.carisbrookhouse.com](http://www.carisbrookhouse.com)

**Caretaker:** Terry Eakin

**Editor:** Karen Aubrey

# Noticeboard JULY 2023

## President's Message



We are now well into winter, having already passed the shortest day and the gardens and grounds at Carisbrook House are reasonably quiet, though preparations are already in hand for a fine spring display by September/October. The house continues to be opened on the third weekend of each

month, when Kay Leiper and her colleagues provide excellent morning or afternoon teas. A Jazz Event at Carisbrook is already now planned for August.

Our Speaker at the Podium in June was Ron Besdansky, who provided a well-illustrated history of the tramways on the North Shore from their inception in 1866 till their closure in 1958.



*Pictured above is Ron Besdansky and some guests at the meeting*

7pm Tuesday July 25

Lane Cove Library



At the Podium  
**Trevor McAlister**



Enquiries: 0418 276 365  
[www.lanecovehistoricalsociety.com.au](http://www.lanecovehistoricalsociety.com.au)

It was a lively and entertaining account of the heyday of trams in the northern side of the city and had many of us recalling travel in the trams, including of course travel over the Harbour Bridge. The talk was a useful reminder of days gone past in Sydney and its suburbs. Ron Besdansky said of himself in an email after the talk, "It was a great honour and pleasure to address your very receptive audience!"

Our next Speaker at the Podium, Trevor McAlister, will also revisit many aspects of Sydney's past when he talks of "Exploring Hidden Sydney" on Tuesday 25<sup>th</sup> July. Trevor has made a



*Sydney GPO*

photographic study of Sydney and Parramatta's past, and his talk will be illustrated, as he moves through the streets of Sydney, looking at the Tank Stream, the GPO and the old markets, among other things. We hope to see all our members there.

By very long-established tradition August is the month that the year for the Lane Cove Historical Society ends. We will hold our Annual General Meeting on Tuesday 22<sup>nd</sup> August in the Lane Cove library, starting at 7.00pm, when all office bearers will need to be elected. With some exceptions, members are asked to renew their membership by 22<sup>nd</sup> August 2023. The exceptions are those members who have joined, or renewed, since April 2023. These people have been members for less than six months and we don't ask them to renew.

Please make a note of the AGM in your diaries. After the business of the meeting is completed, we will have another Speaker at the Podium, this time Bridget Kennedy, the Deputy Mayor of Lane Cove. Bridget is an Independent member of the Council and she will speak about one of her passions: "Rubbish, it's not what you think it is!" It promises to be a lively presentation.

President  
*Frances Christie*

FRIENDS OF CARISBROOK

**SEPTEMBER 4TH**

**10.30AM**

OPEN THE DOOR ON LANE COVE'S PAST  
JOIN US & MAKE NEW FRIENDS  
THERE'S LOTS TO DO



PHONE: 0434 757 300

[WWW.CARISBROOKHOUSE.COM](http://WWW.CARISBROOKHOUSE.COM)

*Focus on a  
Member*

*Alex Mattea*

I, reprehensibly, only joined the Lane Cove Historical Society after retiring a few years ago - having marvelled at the advertised lecture topics for years prior.

Though I studied and worked in anthropology and medicine, my life-long abiding interests are in photography - as an art and a documentary activity - and heritage. I grew up in Rome, and it isn't much to ask that in Australia we hang on to what little is left of historic significance. Economic laissez-faire, highly UNconservative ideologies pushed by our politicians notwithstanding. If the French, British and Italians can do it, it is very possible.

Unfortunately, photos are much of all that's left of our architectural history, as the multiple exhibitions on "demolished heritage" by the Historic Houses Trust (then Sydney Living Museums, now Museums of History NSW), have over the years demonstrated. Having seen a further wave of redevelopment coming in the 1980s, I photographed every building in sequence, along several of the main streets of the Sydney City CBD. Some were scanned and published (and this archive commented on) a decade ago by architect Charles Pickett, then the Powerhouse Museum's Curator of the Built Environment. And one (the first of the 13 shown in this link) used by Sydney Living Museums in its 2016 "Demolished Sydney" exhibition at the Museum of Sydney.

<https://mhns.w.au/whats-on/exhibitions/demolished-sydney/>

Ultimately one keeps coming to LCHS meetings as much as anything else for the good company. The remarkable work done by its stalwarts to keep its activities going, and Carisbrook as ever relevant to Sydney history, is quite admirable.



*Photos from a film industry exhibition at Fendi's HQ in Rome - the "Square Colosseum (Colosseo Quadrato)" so called, formally the Palazzo Della Civiltà Italiana, built as part of the new (late 1930s) hypermodern Rome suburb E.U.R. for the intended 1942 "Universal Expo, Rome" (which never took place).*



# Visitors to Carisbrook by Margaret Bergomi



*Devonshire Teas served at the Devonshire Tea Weekends will remain at \$12! Phew!!*



*If you look closely, you'll see a happy bee or two feasting on the flowering gum outside Carisbrook.*



About to enjoy a Devonshire tea on a sunny wintry day is our long-term member Tricia Darton with friends Mandy and Carol.

Tricia regularly brings her friends to Carisbrook for our Devonshire tea weekends (3rd weekend of each month beginning with the Saturday).

Tricia commented that she loved being a guide at Carisbrook for many years. And we know that she charmed many visitors. One visitor posted his snap of Tricia guiding on Instagram and entered the pic in a photographic competition.

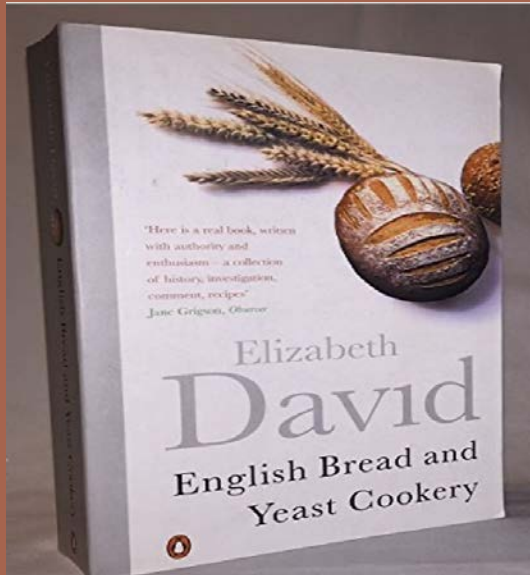
A reminder to members, tours of the house are free for you and your friends!  
Even nicer with a cuppa and scones in the sunny courtyard!

**2023 Entry Fees to Carisbrook**

Family	\$30
Individual	\$12
Concession	\$10

Members are always free

The manchet, shown on Elisabeth David's cook book cover, looks not unlike the lovey crusty bread rolls and loaves we can still buy today. Eating nice bread is an old pleasure for many of us.



### *Who invented the sandwich?*

The story goes that in 1762, John Montagu, the fourth Earl of Sandwich, invented the sandwich. He liked playing cards at the gambling tables in the London clubs and he became so engrossed in the game that he didn't want to stop to eat, so he called for a slice of roast beef to be put between two pieces of bread. He then went on playing cards while he ate. It wasn't considered a very elegant way of eating, but his cronies apparently copied the practice and started talking of eating a "sandwich". The practice stuck, and who doesn't like a nice fresh sandwich today? There, is by the way, still an Earl of Sandwich today, though it's not known if he eats sandwiches himself!

# *Food for Thought*

## *By Frances Christie*

We take so much of the food we eat for granted, not thinking about how our dietary patterns evolved, yet food has an interesting history.

### *Who invented bread?*

It seems that human beings invented bread a very long time ago, presumably not long after they had mastered how to make fire. Archeologists have found evidence of bread crumbs dating from Neolithic times (about 10000-12000 BC) in Europe and the Middle East. The first bread was made of coarsely crushed grains mixed with water, and the dough was laid on heated stones covered with hot ash. By 8000 BC bread was being made in Egypt using a grinding tool, and the bread pieces produced were a little like the chapatis of India or tortillas from Mexico.

Such bread was unleavened and it is probable that some form of unleavened bread emerged in most parts of the world. Australian Aborigines, for example, made breads, or "dampers" as they were called by white settlers. They were made by crushing native seeds, mixing them in some water, and baking the bread in the hot coals of a fire. The first yeast is said to have originated hundreds of millions of years ago, and it proved useful in bread making, causing the bread to rise in the attractive way we all enjoy. The value of yeast probably emerged by accident. Yeast is a very simple fungus which reproduces by budding, and it emerges in fermentation. One can imagine early humans using the various grains available to them to make flour, mixing it with water and then observing the rising of the bread, due to the fermentation. In time the use of yeast was mastered. Today modern Baker's Yeast is the common name given to the yeasts used in making modern bread.

Elisabeth David, a famous English food expert of the mid 20<sup>th</sup> century, was passionate about restoring good foods and eating patterns to the English, especially after World War II, during which they had been obliged to eat badly. Among many other things, she extensively researched the emergence of crusty bread rolls and loaves in England and Europe in medieval and early modern times. She found evidence of an elegant crusty bread loaf known as a *manchet* (though it had other names), made from the finest wheaten flour. This was small and, because it was made from only the finest flour it was expensive to make. It was known as the "lord's bread" because only the lord at the head of the dining table could eat it. The lord's server would cut off the crust, which was considered the best part of the bread to eat, while the rest was given to less important persons. This custom was the origin of the term "the upper crust", sometimes still used to refer to the upper social classes.



### *Who invented the scone?*

Scones, which are traditionally made with flour, butter, sugar and milk, were invented in Scotland, and they are thought to date back at least, to the early 16<sup>th</sup> century. They were made at that time using oats, which were made into a large round ball, and then cut into four or six wedges. These were griddle baked over an open fire.

By the early 19<sup>th</sup> century, the more traditional scones had become fashionable in England, being an essential part of the English "afternoon tea", popularised by Anna, the Duchess of Bedford, who was a friend of Queen Victoria. In different parts of England, customs varied about what should be eaten with scones. In Cornwall, for example, they were eaten with jam, topped up with cream. However, in Devon it was the other way round, so that clotted cream came first, topped up with jam. Eaten at an open day at Carisbrook today, people are given a choice, as the jam and cream arrive on a plate, allowing them to decide which goes first!

Sources:

Bread:

<https://www.google.com.au/search?q=did+Aborigines+make+bread&source>

Bread: <http://lyonbakery.com/the-origin-of-bread/>

Butter:

<https://www.google.com.au/search?q=who+invent+buttert&source=h>

Elisabeth David:

<https://britishfoodhistory.com/tag/elizabeth-david/>

Scones: <https://www.freshways.co.uk/a-brief-history-of-the-scone/>

Sandwiches:

<https://www.historyhit.com/did-the-4th-earl-of-sandwich-really-invent-the-sandwich/>

### *Who invented butter?*

One story has it that in ancient Africa, in about 8000 BC a herder was travelling with a sheepskin container full of milk strapped to a sheep's back. By the end of a day's travel the milk had curdled, creating what became the first butter. The story is no doubt apocryphal, though butter may indeed have emerged in some such way, just as yeast emerged incidentally, referred to above. In one of Elisabeth David's cook books (I did at one time read a lot of her books, but I don't now recall which one) she suggested that in the far past when people were eating bread that had become stale, they dipped it in the cream off the milk to make it more palatable; in this way, she suggested, butter came to be used. Whatever the origin, like bread, butter has been around for a long while, we can conclude, as the word comes from the Old English *buter*, though this in turn derives from Latin, and ultimately from Greek. So we know both the Romans and ancient Greeks used it.

In Europe salt was added to butter to help preserve it. Surprisingly, butter was thought to be the food of peasants for some centuries, though by the 18<sup>th</sup> and 19<sup>th</sup> centuries butter had become acceptable for the wealthier classes in England and Europe. In fact, by the 19<sup>th</sup> century butter became extensively used in making sauces, cakes and puddings. Today, most modern kitchens keep butter, whether used for cooking or for putting on fresh bread or toast.



*A medieval woman preparing butter by churning it.*



JOIN US FOR A LOVELY DEVONSHIRE TEA AT

# CARISBROOK HISTORIC HOUSE

THIRD WEEKEND OF EVERY MONTH

10AM - 4PM

334 BURNS BAY ROAD LANE COVE

0434 757 300



COME TO CARISBROOK  
FOR  
DEVONSHIRE TEA

JULY 15TH & 16TH  
10AM - 4PM

# Upcoming Events

7pm Tuesday 22 August  
Lane Cove Library



At the Podium

Cllr. BRIDGET KENNEDY

# Rubbish

It's not what you think it is

Enquiries 0418 276 365

[www.lanecovehistoricalsociety.com.au](http://www.lanecovehistoricalsociety.com.au)



THE LANE COVE HISTORICAL SOCIETY  
**ANNUAL MEMBERSHIP IS**

**DUE SOON**

DETAILS TO FOLLOW

# Wine, Cheese and Jazz! Featuring Delta Jazz

Sunday September 10

3pm to 5pm

Delta Jazz delivers New Orleans and pop jazz in its original acoustic tradition in a perfect setting for a lovely Sunday afternoon at Carisbrook Historic House.

Settle back in the sunny courtyard with plenty of cheese and wine to enjoy and plenty of atmosphere. All-inclusive price \$40 per person or \$210 for a table of six; \$280 a table of eight.

Bookings:

[www.trybooking.com/1073567](http://www.trybooking.com/1073567)

## Carisbrook Historic House DELTA JAZZ

Classic New Orleans jazz in its original acoustic tradition



# Celebrate

*The Lane Cove Festival*

*this September*

*At Carisbrook!*

## DEVONSHIRE TEA & BUBBLY AT CARISBROOK HISTORIC HOUSE

Saturday 16 Sept & Sunday 17 Sept

Celebrate Lane Cove's own historic house museum with a scrumptious Devonshire tea at Carisbrook. If you prefer coffee and cakes are also served while you chill out in Carisbrook's springtime courtyard. To celebrate the Festival, enjoy a complimentary glass of bubbly.

Entry to the house includes a video and self-guided audio tour at any time between 10am and 4pm.

OR

You can book for special guided tours at 11am and 2pm. For a guided tour book now on:

<https://www.trybooking.com/1073576>

## Carisbrook Historic House DEVONSHIRE TEA & TOURS

