

# NOTICEBOARD

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OCTOBER 2021



**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.

**PATRON:** The Mayor of Lane Cove

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**VP, Secretary & Public Officer:**

Patricia Madson

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**Treasurer:** Ajaya Jayarao

**Convener- Friends of Carisbrook:**

Jenny Harper

#### **Committee**

Bill McLaughlin

Denis Smith

Clio Wallace

Karen Aubrey

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#### **Carisbrook Historic House**

334 Burns Bay Road

Lane Cove 2066

9428-1364

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

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

**Caretaker:** Terry Eakin

**Editor:** Karen Aubrey



## President's Message

I want to start this newsletter by thanking all those members who completed the survey we sent out in the last newsletter. The data provided in your responses will help the committee review and plan our activities for the new year when, hopefully, Carisbrook will be open again and life will return to normal. For the information of those members who are interested in the survey results, you can view them [HERE](#). Any further comments members would like to pass on after reading the results will be welcome.

Since we produced the last newsletter, I am pleased to note that we have made two changes to the executive of the LCHS. Margaret Bergomi is now one of the two Vice Presidents. In addition, Ajaya Jayarao (known as AJ) has become our Treasurer. I am sure they will both make good contributions to the work of the committee.

The good news for all of us is that from 11<sup>th</sup> October shops will be open to start trading and a great deal else will be slowly picked up around Lane Cove. Life will soon pick up at Carisbrook as well. Among other matters, we plan a Plant Sale at Carisbrook, to be held on 4<sup>th</sup> December at Carisbrook. (See the advertisement elsewhere in this newsletter.)

One of the innovations we want to introduce in this newsletter is a *Focus on a Member*. From time to time we will identify a member whose background and contribution are worthy of acknowledgement. The first such Focus appears below.

In the meantime, it has been suggested to me that I should display a photograph of me as not all members may have met me. Accordingly, I include a photo of me taken in the grounds of Carisbrook last year, when I was still able to get my hair cut unlike during the lockdown, when it grew longer and longer!

Good wishes to all for the coming weeks and months.

Frances Christie  
President



## Focus on a Member

Ajaya Jayarao (known to all as “AJ”) recently joined the LCHS. He has been an IT professional for 40 years. He has extensive international experience having worked as a Transformation Program Manager for large Organisations including IBM. He retired from full-time employment a few years ago and has since been involving himself in volunteering roles across Sydney.



## GIANT PLANT SALE AT CARISBROOK

SATURDAY 4TH DECEMBER

10AM - 2PM

LOTS OF PLANTS FOR SALE INCLUDING:

**Clivia seedlings** from South Africa, China, Australia & New Zealand;

**Veltheimias**      **Hippeastrum Papilla**

**...and other plants**

334 Burns Bay Road Lane Cove NSW - plenty of parking off Waterview Drive

For more information call Terry on 94281364



## Cross Word Puzzles by Frances Christie

In a recent newsletter, we looked at jigsaw puzzles and where they came from. But what about crossword puzzles? Like jigsaws, they seem to be popular in these days of the lockdown, providing entertainment for many, as they wait for the time they can again visit friends and family.

In 1913, Athur Wynne, editor of the *New York World*, devised a new word game for his readers, by creating a blank grid into which readers might follow clues and write letters. The new puzzle he thus made became known as the "Cross Word". Throughout the years of World War 1 cross words became very popular and other newspapers apart from the *New York World* needed to introduce them, to ensure they kept their readers. Only *The New York Times* refused to print cross words because the editor thought such things were not appropriate in a serious quality newspaper. In fact, the paper ran several articles over the years mocking cross words. However, in 1942, his attitude changed after the attack on Pearl Harbour. *The New York Times* then introduced cross words as a way of supporting readers, for whom the general war time news in the paper was very grim. Cross words also appeared in the UK in war time. Apparently, the first Australian newspaper to print a cross word was Sydney's *Evening News* (Hurkett, 2014). On 10<sup>th</sup> December 1924, the paper declared that it would regularly print cross words, and it even provided advice about how to fill it in.

Today of course cross word puzzles are a regular feature in most newspapers in the

English- speaking world and books of cross word puzzles are on sale in news agencies and some book shops. Incidentally, an English man called Edward Powys Mathers (known by a pseudonym, *Torquemada*) is generally credited with inventing cryptic cross words. He used cryptic clues while working for *The Saturday Westminster* from 1925 and for *The Observer* from 1926 until his death in 1939.

Some interesting evidence is available, from the UK at least, to show that because of the pandemic and the lockdown, people have taken up doing cross words in increasing numbers to pass the time. In November 2020, *The Daily Mirror*, for example, noted: "New research gives a fascinating insight into the online puzzles, hobbies and crafts people have turned their minds to while forced to stay at home. Sitting in first place as the UK's most downloaded category is crosswords and puzzles, up an impressive 125%."

We would like to hear from anyone who has hard evidence about the increased use of cross words in Australia.



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### References cited

<https://time.com/5811396/crossword-history/> (Accessed 1<sup>st</sup> October 2021)

Hurkett, (B, 2014) <https://bdhurkett.wordpress.com/2014/07/23/which-australian-newspaper-was-the-first-to-publish-a-crossword/> (Accessed 1<sup>st</sup> October 2021)

[tps://www.mirror.co.uk/lifestyle/brits-love-crosswords-lockdown-download](https://www.mirror.co.uk/lifestyle/brits-love-crosswords-lockdown-download) (Accessed 1<sup>st</sup> October 2021)

**Did you come up with a new hobby or rekindle an old one during the lockdown? If you did, we would love to hear all about it! Just send your contributions to [carisbrookhouse@hotmail.com](mailto:carisbrookhouse@hotmail.com) for inclusion in the next Noticeboard.**

## Did you know?

Hunters Hill Council has produced a presentation to celebrate the 50th Anniversary of *The Battlers for Kelly's Bush*. It was done with the assistance of Hunters Hill Historical Society and can be found on the Hunters Hill Council website. If you haven't visited Kelly's Bush, it's down in Hunter Hill near Clarkes Point – it's well worth a visit and you can [View the Exhibition Here!](#)

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If you are relatively new to the Lane Cove Historical Society, you may not know about Geoffrey Kiely and why there is a plaque dedicated to him in the front garden of Carisbrook. To be honest, I had no idea either, so I thought I'd do some detective work and find out for myself. I discovered that Geoff (as his friends called him) dearly loved Carisbrook and all things Victorian. He was a passionate teacher, historian, actor and artist. He was an interesting character who left his mark on many of the rooms at Carisbrook and was behind many of the exhibitions which were staged there during his time. He could spot a useful 1880's prop from a mile away, in fact, I was told that he came to know various antique shop owners and market stall holders very well as a result! From what I can gather, Geoff's love for the great dame that is Carisbrook was reciprocated by all those who knew him – he is missed very much - I wish I'd known him too.



The Flowering Gum planted in remembrance of Geoffrey ~ as fate would have it, it was meant to have a red flower!



Geoffrey Kiely's plaque in the front garden of Carisbrook ~ it has morphed into an oasis on the busy thoroughfare that is Burns Bay Road.



Thank you, Geoff, for all you did for Carisbrook Historic House and the Lane Cove Historical Society.  
RIP



Have you ever found a ten dollar note in a library book, or book you grabbed at a white elephant store? No! Well neither have I, but this newspaper clipping was found in one of the books at Carisbrook by Pat Madson. I for one found it very amusing and I hope you do too....

Extract from “*The Australian WOMAN’S MIRROR*” *December 23, 1930*  
**Exercises for the Mature** By A WOMAN PHYSICIAN

There is no doubt that among the almost lost arts is that of deportment. Our grandmothers used to be taught to sit gracefully without any support to the back and not to flop into an easy chair as we do; to walk ‘delicately’ (most of their school hours, it would seem, were given up to this and other deportment studies); even to drop a handkerchief elegantly; and – last but not least – to swoon in an artistic manner.

We do not bemoan the loss of some of these accomplishments, particularly the last named, but we have only to walk along our city streets and see the slouching gait affected by many modern young women, with sagging shoulders, hollow chests and protruding abdomens, to realise that it behoves us to pull ourselves together if we don’t want to lose our feminine grace altogether. We used to laugh at the old fashion plate figures with wasp-like waists and rounded busts, but we must grant that the anatomical atrocities depicted in our present-day fashion-books are even worse, with their figures which can only be described as looking as though they have been turned back to front.

The young girl can and should have a graceful figure as a result of all the sport she indulges in, so her lack of grace is all her own fault. It is the busy housewife, however, who has our sympathy as she is generally unable to find time to indulge in sport and sees her girlish figure disappearing without knowing what she can do to arrest the onset of middle-aged adiposity. Unfortunately, too, with the loss of figure come a certain amount of ill-health, due to a large extent to faulty habits of posture and deportment – which in their turn are often caused by fatigue and carelessness. It is fatally easy to fall into bad habits of “snack meals”, which cause

indigestion, discomfort and ruination to one’s figure, and to “slacking off” when tired of the incessant domestic round. The results of the latter are sagging shoulders, bent back, lax abdominal muscles, and an increase in abdominal fat. The incorrect posture in its turn aggravates the digestive troubles and completes the vicious circle.

It is not only stout people who suffer in this way. Underdeveloped muscles (abdominal muscles in particular) are met with just as often in thin folk – with the same train of digestive symptoms. Women of both types are improved by the same exercises, as a result of which grace of attitude and movement is required, with a resultant feeling of suppleness and of wellbeing.

Regular exercises – not lengthy ones, only a few minutes need to be given up each morning – are a necessity. It is amazing how little work some of our muscles get to do, so it is quite a good idea while lying in bed for those last delicious few minutes in the morning to employ ourselves by having a good stretch, endeavouring to use every muscle we can think of – neck muscles, fingers, toes, abdominal muscles and all.

One of the most important exercises of all for you to do may also be done while in bed and repeated whenever you think of it at any time during the day, whether you are standing, reclining or sitting. This exercise consists of tightening up the abdominal muscles and relaxing them again alternately without moving the chest at all. Therein lies the secret of the importance of this exercise; most exercises recommended for tightening up the abdominal muscles are associated with the expansion of the chest, throwing back the shoulders, and so on, with the result that the abdominal muscles

are not doing their own work at all, but leaving it largely to the chest and shoulder groups.

Having had your stretch and done your abdominal retraction drill several times, you are then ready to get out of bed and do the following exercises :

To develop shapely arms stand with your arms at your sides, hands clenched and palms facing forwards. Bend your hands backwards hard from the wrists, then return to starting position. Do this ten times.

To preserve the arches of the feet hold onto the back of a chair and lift yourself up as high as possible on tiptoes, keeping the knees stiff. Then (knees still stiff) lower your heels almost, but not quite, to the floor. Repeat this until the muscles of your calves and legs begin to ache. Gradually, after a week or two at most, you will be able, after raising yourself on your toes, to sink into a squatting position – with knees bent outwards and until your thighs touch your calves – then up again on tiptoes and then down into the squatting position again.

For suppleness of the lower limbs lie on your back on the floor and raise your legs at right angles to your body, keeping the knees bent. Work legs in the air, as though riding a bicycle. Do this ten times.

To reduce your waist measurement lie flat on your back with the arms extended above the head and the heels together.

Keeping the legs on the floor, raise the upper part of the body (head between the arms all the time) and touch the toes with the fingers then return to the original position. Do this ten times.

To make the spine flexible lie on your back with the hands at the sides and heels resting on the floor. Raise the legs (keeping them straight) up and over the head, aiming eventually at touching the floor above the head with the toes.

It is a common mistake to think that exercises for the abdominal muscles over develop that region. This is not so. The frequent use of muscles in any region causes an absorption of fat, not a deposit of it, in that region.

Having done your physical jerks do not imagine that your duties in this direction are over for the day. Remember all the time you are doing your housework to make a virtue of necessity and try to use your various groups of muscles to the full, cultivating a graceful way of performing the very often dull and monotonous tasks of sweeping, bed-making and the like. It is an excellent idea, for instance, to turn on the gramophone or wireless and perform these tasks to music. If you haven't these mechanical aids sing or whistle your own accompaniment. Don't heed the jeers of your family – you will have the final laugh when your step regains its youthful spring and your figure its youthful suppleness.



## The Game of Monopoly by Frances Christie

According to a recent article in the *Sydney Morning Herald* (September 17<sup>th</sup>, 2021), sales of *Monopoly* have gone up during the lockdown, along with several other board games. Certainly, local bookshops such as *The Bookery* seem to be stocking copies of *Monopoly* and it is likely that people in Lane Cove are playing it at this time. *Monopoly* has been around for a long time, so where did it come from and why does it endure?

*Monopoly* was invented by an American woman, Lizzy Magie. She worked as a stenographer in an office in Washington and she was appalled at the awful sources of inequality she saw in America. Since she held left-wing political views, she particularly disapproved of monopolists who made lots of money. She invented a game she called *The Landlord's Game*, and it was intended to demonstrate how people made money by buying and selling properties, some becoming monopolists.

She designed and drew a board to play on, labelling the various elements such as "Bank" or "Public Treasury". "It is a practical demonstration of the present system of land-grabbing with all its usual outcomes and consequences," she wrote in a political magazine. "It might well have been called the 'Game of Life', as it contains all the elements of success and failure in the real world, and the object is the same as the human race in general seem[s] to have, i.e., the accumulation of wealth." (cited by Pillon, 2015). Lizzy Magie registered her game with the U.S. Patent Office in 1903.

The *Landlord's Game* became popular among many people in Washington by the mid 1930s, when a man called Charles Darrow learnt to play what most people had started

to call "The *Monopoly Game*". Darrow saw the game as a way to make a money, so he developed a version and published it with some enterprising publishers called the Parker Brothers. Lizzy was offered a small payment but no royalty, and her role was effectively erased over time. In fact, after 1934, Charles Darrow was often referred to as the inventor. Lizzy eventually became quite angry when she realised the fortune that Darrow and the Parker Brothers had made.

In 1973 an academic called Ralph Anspeah learned of Lizzy's story and in the course of a court case he was fighting with the Parker Brothers over another matter, he successfully argued Lizzy Magie's role in the invention of *Monopoly*. However, despite the victory in restoring Lizzy Magie's name, the descendants of the Parker Brothers apparently still persist in the view that it was Darrow who invented *Monopoly*. In view of her left-wing views, she might well have thought that the whole saga rather confirmed her rather jaundiced view of big powerful



capitalists and monopolists!

### References.

- Elliott, T. (2021) *Monopoly Behaviour: How a Board Upended My Life in Turmoil* in *Sydney Morning Herald*, 17<sup>th</sup> September <https://www.smh.com.au/lifestyle/life-and-relationships/monopoly-behaviour-how-a-board-game-upended-my-life-in-lockdown>. (Accessed 5<sup>th</sup> October 2021. )
- Pill, M. (2015), 'The secret history of *Monopoly*: the capitalist board game's left-wing origins', in *The Guardian*. <https://www.theguardian.com/lifeandstyle/2015/apr/11/secret-history-monopoly-capitalist-game-leftwing-origins> (Accessed 5<sup>th</sup> October 2021.
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Until next time:

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*Stay Safe & Take Care*

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Karen Aubrey

How good were the irises this season in the front garden of Carisbrook?  
I hope you saw them; they are one of my favourites ❤️