



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:** Mayor Andrew Zbic

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**Committee**

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Clio Wallace

Karen Aubrey

Jenny Quirke

Catherine Briggs

**Carisbrook Historic House**

334 Burns Bay Road

Lane Cove 2066

Mob: 0434 757 300

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

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

**Caretaker:** Terry Eakin

**Editor:** Karen Aubrey

# Noticeboard

February 2023

## *President's Message*



Happy New Year to All.  
We had a busy and enjoyable  
time in the lead up to  
Christmas.

Several successful events  
were held at Carisbrook  
House, including a visit by 45  
members of the Australia  
Society, which is devoted to  
the study and collection of all  
aspects of Australia's  
heritage, its arts and crafts,

antiques and significant historical sites. Members of the group were very impressed by Carisbrook Historic House, its furnishings and other features. Another memorable event on Friday 16<sup>th</sup> December, involved support for the Presentation Day at Lane Cove West Public School, where, as in the past, the LCHS awarded certificates and prizes to two students of history. They were Edward Butcher and William Zbic, whose proud dads, Mr. Tim Butcher, and Councillor Andrew Zbic, Mayor of Lane Cove and Patron of the LCHS, were present to see them receive their rewards. It is wonderful to see young people studying history and the LCHS is proud and pleased to support them. Also present on the day were the Honorable Anthony Roberts, State Member for Lane Cove and the Honorable Ms. Kylea Tink, Federal Member for North Sydney, both of whom presented awards as well. It was a very successful day, bringing credit to the school, its staff and students. Turning to events for this new year, note that the first Speaker at the Podium on Tuesday 28<sup>th</sup> February, will be Bill McLaughlin, known to many of us for his previous role as President of the LCHS. A more detailed statement is displayed below.

## *Focus on a Member*

# *Judy Pointing*

Judy Pointing joined us in September 2022. She is a retired nurse and her last position was as a consultant in the Allergy and Immunology department at RPAH & Concord Hospitals. She enjoys her retirement, for she has plenty to do. For example, she volunteers at Sydney's Botanic gardens, which she finds beautiful. She was originally attracted to the gardens at Carisbrook Historic House when driving past, so she joined us and enjoys the house and its grounds, while she likes to imagine what life was like in the house 100 years ago. She has two adult children and, since she comes from a large family, she has plenty of relatives of all ages and loves their company. She enjoys reading and handcrafts, while she also likes her house, but claims she is a rather untidy housewife, whose house gets rather dusty!



The Committee is already busy planning events for 2023. In February we will join in the Seniors Festival celebrations by offering a glass of bubbly to all seniors who purchase a Devonshire tea at the February open weekend. Plans for other events throughout the year will be forthcoming.

Frances Christie



*Frances Christie with William Zbik and his dad Andrew*



*Frances Christie with Edward Butcher and his dad Tim*



Welcome

New Members:

Alison Bird

Michael Johnson

Simon Myall

Susan Snowden

Anne-Marie Johnstone

Cristany Milicich

Susan Yin Chen &  
Family

We are looking forward to seeing you at one of our meetings or events during the year.

*The next Speaker at the Podium will be  
February 28<sup>th</sup> ~ Bill McLaughlin*

### Stories from the Black Inn

Bill McLaughlin, former President of the Lane Cove Historical Society, has created a two-volume study, drawing on the lives his own ancestors and those of his late wife, Elaine. Bill discovered that he and Elaine both had convicts in their past ancestries. The two volumes, according to Bill “take you on a journey back to the days of sailing ships, of crime, punishment and redemption, stories true and false, through one hundred and one nights of information and entertainment. The stories you are told are based on real events and real people in Great Britain and Australia.” Bill will entertain and amuse us with his tales of the past.





One of our  
websites has  
had a makeover  
so have a peek  
and see what  
you think!

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

## *Food for Thought*

*Frances Christie*

Over the Christmas and New Year period, our thoughts often turn to food. That is because many of us become involved in preparing special meals, while most of us become involved in eating rather more than we would probably eat at other times of the year. We may not perhaps give much thought to the sources of the foods we eat and enjoy, though in practice most have intriguing histories, a few of which I shall explore here. It turns out that a number of familiar foods and/or cooking practices came from the New World.

POTATOES are today almost a fixture on the table for many Australian families, whether consumed as chips, as roasted vegetables with a roast dinner, or as part of a potato salad eaten with cold meats. Potatoes were found in the Americas in the 16<sup>th</sup> century, and it is said that the first potatoes brought back to Europe were brought from Peru by Spanish explorers. A little later, the famous English explorer Sir Francis Drake brought back potatoes from America in 1586. They were introduced to Ireland as well, and in time they were spread round the world.

PUMPKINS are often eaten with potatoes and they also came from the New World. In fact, it is believed that pumpkins and other squashes originated in Northern America about 9000 years ago, some of the earliest evidence having been found in Mexico. Pumpkins were a very important source of food for the many native North Americans. They were also brought to Europe, in the 16<sup>th</sup> century, though by the French rather than the English, and they became very popular in England. It might be thought that the North American Pilgrims invented pumpkin pies but it is said that they were actually created first in Europe and then taken back to North America. Today North Americans tend to claim the pumpkin pie as their own, for it is eaten every Thanksgiving Day in November of each year.

*'Culcha Club' visited us in November and had a ball!! These girls have been friends for longer than I can remember and travel from all over to catch up on a regular basis. We are so pleased they chose to come to Carisbrook for this get together.*



PEAS are popular in many households, and often eaten with roast lamb or perhaps lamb chops. They came from the Middle East, and they are said to have been among the earliest of plants domesticated for human purposes. Evidence for pea cultivation has been found, for example, in Turkey and Iraq, in archaeological sites dating from about 7,000 or 6,000 years BCE. The original legumes were apparently dried for eating but later on they were cultivated to be eaten fresh. The ancient Greeks and Romans also cultivated the garden pea, and from these parts of the world, the plant spread to India and China.

Some Australian families will celebrate their summers by holding regular barbeques, and it turns out that these also came from the New World. The early Spanish explorers in both North and South America found that the local people used to cook their meat slowly over open fires, so that the meat was suspended on a wooden frame. They were attracted to the cooked meats that emerged and the Spanish word *barbecoa* was used to refer to the practice of cooking meat in such a manner.

### **Sources**

<https://www.google.com.au/search?q=which+English+explorers+brought+potatoes+from+America+to+England&source=> (Accessed 19/12/2022)

<https://www.google.com.au/search?q=where+did+pumpkins+come+from&source=>

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<https://www.phaidon.com/agenda/food/articles/2017/october/31/the-surprising-european-origins-of-pumpkin-pie/> (Accessed 19/12/2022)

<https://foodprint.org/real-food/peas/> (Accessed 19/12/2022)



## HISTORIC HORRORS OF AN 1880s LAUNDRY DAY

**If you think turning on the  
washing machine is a chore,  
just consider this ...**

CARISBROOK, a Lane Cove Council-owned historic house is open to the public every third weekend in the month for tours and Devonshire teas. It is a surprising example of middle-class pioneer life in the Lane Cove River area. The latest restoration, to be completed early next year, is a reconstruction of the scullery, the room next to the kitchen that was used to wash dishes, clean vegetables and do laundry.

In the early 1880s, when Carisbrook was built, doing the family washing was labour intensive. There were none of the public utilities rendered to suburbs closer to Sydney. (For example, the newly inaugurated Board of Water Supply and Sewerage operated the Chatswood Reservoirs (1888) and the first pumping station at Ryde (1891) with only a few streets around Greenwich and Northwood having water mains by 1896. The North Shore Gas Company was still refusing to extend the gas line to the Figtree Bridge in 1911 and there was no electricity supply until the 1920s.)

*In case you missed Kay's article:*

*TWT 16/11/22*

Laundry was done with tank water heated by burning wood. Without a running stream, Carisbrook's water was collected from the roof and stored in an underground cistern. Fuel was collected from trees on Linley Point. Bar soap was sometimes made at home but usually bought from small local manufacturers, though from 1884, you could purchase imported, newly invented, Sunlight soap. The only other requirement was labour. Middle-class women assisted their servant with the washing and it generally took the whole day.

Without running hot water, the copper was filled with buckets of cold water and its wood fire was lit. Sheets, tablecloths, handkerchiefs, cotton underwear and clothing were boiled in the copper with soap. Coloureds were soaked, soaped and rubbed up and down a washboard in a separate tub of boiling water baled from the copper and cooled with a bucket of cold. (If you're thinking what I'm thinking — I hope they did that before the handkerchiefs went in.)

A pot-stick lifted the boiling whites out of the copper and rinsed them several times in what was called the 'tin bath', an oval galvanised shallow bucket. Between rinses, the washing went through a wringer called a 'mangle'. Forwhites the final rinse contained 'blue', a synthetic ultramarine to remove the natural yellowing of white fabrics. Then some items were placed in another tub containing 'starch' (made with cornflour). Into the mangle again and finally lugged to the washing line and hung out. Feeling tired? I know I am. Let's forget about the ironing saga, usually done the next day!

It's not because these people were clean freaks. It's interesting that sculleries have been around from the middle ages, instinctively washing viruses and bacteria from clothes and keeping them away from the cooking pot. Victorians were just developing germ theory and bacteriology, so in the 1880s keeping things clean kept things alive. Childhood diseases were a serious concern.

The restoration of the scullery adds to the educative value of Carisbrook, especially for children of primary school age. They get a glimpse into aspects of the 19th century and grasp the context of how 'things' change over time — an understanding essential to learning history. For adult visitors, experiencing the Victorian period transcends into a lesson in sustainable living in past eras and thankfulness for technology.

Dr. Kay Leiper

Lane Cove Historical Society

curators of Carisbrook Historic House

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

*Another very happy group – The Australiana Society chose Carisbrook for the venue of their last meeting for 2022 in December.*



*The Australiana Society*



## *From the Garden*

If you were lucky enough to wander through the gardens at Carisbrook after the heavy rainfall last year you would have seen these stink flowers ~ we hope you held your nose!!! Pictured left are some of the most foul smelling flowers you would ever want to smell, but they look pretty and it's hard not to come a little closer. Not to worry, they are all gone now.

**CELEBRATE  
THE SENIORS FESTIVAL,  
AT CARISBROOK THIS  
FEBRUARY**

FREE GLASS OF BUBBLY  
WITH EVERY  
DEVONSHIRE TEA  
PURCHASED



CARISBROOK  
HISTORIC HOUSE  
334 BURNS BAY  
ROAD LANE COVE  
0434 757 300

FEBRUARY  
18TH &  
19TH  
10AM-4PM



WWW.CARISBROOKHOUSE.COM

# Upcoming Events

## Carisbrook Historic House

**COFFEE AND CAKES  
DEVONSHIRE TEAS**

OPEN 2023  
THIRD  
WEEKEND  
EACH MONTH

10am-4pm

Feb 18th & 19th  
March 18th & 19th



www.carisbrookhouse.com  
Enquiries 0434 757 300



## **VOLUNTEER NOW** **Carisbrook Historic House**

An interesting way to make a difference

www.carisbrookhouse.com/society  
www.lanecovehistoricalsociety.com.au  
0434 757 300

*At the Podium  
February 28<sup>th</sup>  
7pm  
Lane Cove Library  
Bill McLaughlin  
"Stories from the Black Inn"*

