Terry Ryan

Joseph Cindrič

Monograph – 261107 (05)

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Purpose of the monograph is to acknowledge Joseph Cindrič, an eccentric contributor to Sydney's heritage during 1948-1994 and provenance for his beloved trolley now part of the Parramatta Power House Museum collection.

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Joseph Cindrič, Trolley Man
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Notes Bibliography
1.Homeless. 2. Immigrant.
3. Trolley. 4 Heritage.

After all these years, I now know the name of a man who pushed a heavy trolley along Sydney's busy streets. His bent body, helmeted head, unshaven face, intent stare, steady shuffle and meticulous maneuvering of a four-wheel trolley that looked like an engineering contraption, told a story of a man, a trolley and their journey.

Joseph Cindrič was known for pushing a complicated looking trolley around Sydney's streets for decades during 1960-1980s. He was much a part of the city as the Town Hall or Archibald Fountain where he often rambled or slept during the day or night.

As a public figure, Joseph attracted observers with artistic license, some with allegories and others with theories for his journey – this is just another story about a courageous homeless man with a journey only he knows.

Dedication

Joseph Cindrič

Wandering trolley, each and every day.
Avoiding curious eyes on the way.
Rolling along Sydney streets,
humming, buzzing crowded beats
Getting through, straight and narrow,
handling my trolley, isn't a barrow.[1]

[1] Dedication: Joseph Cindric, *"Each and Every Day"*

Joseph Cindrič

Where was he going ... where did he come from?

After all these years, I now know the name of a man who pushed a heavy trolley along Sydney's busy streets. His bent body, helmeted head, unshaven face, intent stare, steady shuffle and meticulous manoeuvring of a four-wheel trolley that looked like an engineering contraption, told a story of a man, his trolley and an extraordinary journey.



IMAGE 1: The Trolley Man: Joseph (Josef, Joso, Joe) Cindrič, 1906-1994.

Source: Internet

Joseph was known for pushing a trolley around Sydney's streets during 1960-1980s. He was much a part of the city as the Town Hall or Archibald Fountain where he rambled past or slept during the day. IMAGE 1 shows Joseph in Hyde Park adjoining Elizabeth Street heading north towards underground entrance to St. James Railway Station, opposite Market Street. The photo captured Joseph's face with a quizzical expression, looking straight at the camera. Perhaps, the photo was staged for a newspaper article. However, it revealed Joseph's twinkling eyes and maybe, proud his trolley made an impression.

The 1960s awakened new horizons, shedding off remnants of two world wars and deep depression; it was the beginning of fresh opportunities, liberation of thoughts and a growing national confidence.

It is easy to imagine Joseph travelling around the world. His appearance suggests his journey began in Europe. Thought to be a time when people were persecuted or maybe a time, better left behind. Perhaps, it was the loss of everything he loved and too much to bear. Fleeing a beloved homeland, leaving behind memories was a likely spark to travel and possibly his *raison d'être*.[1] Why Joseph arrived in Australia is not known. One theory claimed he was travelling for reasons to stay rather than finding a place to settle. For Joseph, his oversized trolley and contents were too valuable to leave behind. Perhaps, Joseph's journey was simply fulfilling a promise. Whatever the reason, Joseph kept it to himself.

Joseph was an enigmatic figure. For some, a reminder of a past that needed to be forgotten. Joseph's solitary appearance involved a trek to *who knows where*. Watching him tip and raise the large wheels of his trolley over George Street gutters portrayed a delicacy that comes from care of something precious. The mysterious contents of the metal trunk and antiquated four-wheeled trolley raised public inquisitiveness. Pushing his trolley around Sydney's streets attracted increasing attention from those who believed there was an ulterior motive. While others thought, he was a lonely person with a strange looking trolley. His movement around Sydney struck a tone of humility reflecting on simple reminders of things that really matter. It seems, Joseph's persona seemingly provided a protective cocoon that kept his privacy and people at bay. His sublime humbleness was evident in his daily routine, appearance and carriage of a mysterious trunk on an over-engineered contraption of a trolley. (IMAGE 2).



IMAGE 2: Journey Goes On.
Joseph (Josef, Joso, Joe) Cindrič, 1906-1994.

Source: Museum of Applied Arts and Sciences
Inside the Collection

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[1] raison d'être *(*French): *a reason for being or reason to exist.*

Immigration records held by National Archives state Joseph was born June 1906. He departed Bremerhaven in Germany on the Charlton Sovereign in 1948 arriving in Sydney 29 October 1948. His nationality was Yugoslavian and classified as a *displaced person*. Joseph was a qualified ships' engineer. Wandering Sydney's streets was regarded as a *loss of political faith*. Another thought, referred to grieving for the loss of a son after Second World War.

In the 1960s, Joseph was homeless. Like most homeless people he slept mainly during the day as it was safer than the night. After he was mugged, Joseph started wearing construction helmets. Joseph became part of Sydney's poverty-stricken people (*least income, unemployed, receiving government aid*) who experienced low security and unpredictable days.

Research suggests psychological welfare decreases with the length of time in poverty. Cognitive functions are often impaired by environmental factors that include poverty.[2] Experience suggests, people with impaired intellectual ability increasingly rely on routine and connection with known events.[3] It would seem, Joseph took comfort with daily routine and practices; it may have also been associated with greater sense of protection and purpose. (IMAGE 3).



IMAGE 3: Joining the Crowd
Joseph Cindrič, 1906-1994.

Source: Museum of Applied Arts and Sciences
Inside the Collection

[2] GROSS, Richard. 2010. *"Psychology – The Science of Mind and Behaviour"*.
[3] RYAN, Terry and Christopher. 2009. *"What About Me – A Guide for Caring"*.



IMAGE 4: The Revelation
Joseph Cindrič 1906-1994

Source: Richard Goodwin, 2018

Richard Goodwin's depiction of Joseph captured the essence of the man and his trolley. (IMAGE 4) The sketch is a valuable rendition of Joseph; it captures the determination and spirit required to take on his journey, despite being bent-over, tired and worn-out. Joseph inspired people, some filmed and photographed him over many years. Without this imagery, Joseph may have become a faded memory.

> *"It was this sketch that identified Joseph's name; it completed a memory of a man and trolley that wandered Sydney's streets in the 1960s."* [4]

It seems, Joseph epitomised the notion of self-realisation and acceptance of life's struggles. Giving up past insecurities and choosing an autonomous life provided another perspective of Joseph. *Getting through the day and night* was a challenge. Night-time perilous involving fear, anxiety and terror of being mugged again. Yet, Joseph continued his journey wearing a construction helmet during the day and maybe during the night. After surviving the night-time terrors, it is easy to imagine Joseph accepting invitations to sleep the night in the local police lock-up. With his trolley in tow, warm blankets and food, Joseph finally slept a peaceful night.

[4] Terry Ryan. 2018

Joseph made many choices in life. Renowned for his regularity and set-routine Joseph continued to walk Sydney's busy streets during the day and find sheltered places to sleep at night in the company of other homeless people. Understanding Joseph's homelessness may have included crises, poverty, life changes, security and survival. The cognitive load is exhausting and debilitating. It is understood homelessness is deeply complex and cannot be explained as an extreme expression of free-will.[5] Joseph's choice to remain homeless is beyond comprehension. To wander Sydney's streets during the day and find a place to sleep at night requires extraordinary resilience and *strength-of-will* to survive challenges. It is thought, Joseph achieved a level of enlightenment free of past severities and courage to fulfill a personal *raison d'être.*

Joseph passed away at the Bennelong Nursing Home, Ashfield in 1994. There were a few mourners at his funeral and burial in the Catholic Section, Rookwood Cemetery. (IMAGE 5) Joseph's trolley now rests with the Parramatta Power House Museum collection as an artefact of Joseph's extraordinary life in Sydney (1948-1994).



IMAGE 5: In God's Loving Care.
Joso Cindrič 1906-1994.
Rookwood Cemetery, Australia.

Source: Internet.

Joseph fascinated observers with an artistic licence, some with allegories and others, with theories about his journey. This monograph is a personal story that acknowledges Joseph's contribution to Sydney's heritage.

> *A silent, persistent presence attracting prejudicial views, perhaps, that was Joseph's journey?*

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[5] GROSS, Richard. 2010. *"Psychology – The Science of Mind and Behaviour"*.

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Terry Ryan

Since 1982, Terry has been an advocate for people with disability and their families as Office Bearer and President of ACTION for People with Disability Incorporated; Chairperson of Manly-Warringah Family and Friends of People with Disability. He is father of two daughters and son with an intellectual disability and has four grand-children.

Terry's advocacy included the 1990s Blythe Report reforming NSW Department of Community Services; improved disability practices in respite and group homes in Manly Warringah Area; chaired public forums; led parent delegations to NSW Ministers for Community Services; raised issues with NSW Department of Community Services; held monthly meetings with parents and friends; supported families involved with lifelong care; influenced policy and procedures with disability services, training and publications.

Terry's experience with disability care and stroke recovery emphasises the importance of *big picture* care involving: personal care,[1] brain regeneration (*plenty of sleep, 10+ hours/night*), fresh unprocessed food, targeted physiotherapy, sensory brain stimulation (*vision, auditory, tactile, taste, smell*), stressless environments (*stress, anxiety*), regular cognitive exercises (*isometrics, low-intensity interval training*) and positive mindset (*emotional triggers*).

Terry together with his son Christopher, authored *What about me… A Guide for Caring* (2008) and *FamilyCare Workshops* and *Presentations* held in metropolitan, regional and rural NSW venues (2005-09) involving nearly 5,000 attendees. FamilyCare workshops addressed lifelong care strategies through practical mentor support including publications, presentations, public forums, radio and national conferences attracting international attention and local acclaim by participants, agencies and service providers.

> *FamilyCare Workshops* involved partnerships with Disability Service Providers: Action for People with Disability, Cerebral Palsy Alliance of NSW, The Sunnyfield Association, Wesley Mission Disability Services, Disability Macarthur, Achieve Australia, Tamworth Regional Council, Broken Hill City Council, Eastern Respite and Recreational Services, Giant Steps School, Interaction Disability Services, AFFORD, CentaCare Broken Bay, Lower Hunter Temporary Care and Bradfield Park Community Centre.

Terry has been continually dismayed by families struggling with lifelong care; desperate caregivers who gave their best only to fall short; continuing medical tragedies and misunderstandings requiring further training.

Terry's publications and advocacy focus on the *big picture* of lifelong disability and stroke care. Sadly, the big picture of related care is often passed over, disregarded as outside their area of practice or lack practical training or don't have *people skills*. Particularly, relationship management skills for reacting to vulnerable (*special needs*)

[1] RYAN, Terry & Christopher. 2009. Loving care: P 246. *"Personal commitment to patient's wellbeing."*

people who depend on a trustworthy rapport being established well before embarking on set medical procedures. Trust is synonymous with cooperation. Without a workable level of trust, it often results in physical restraints leading to traumatic outcomes for care professionals, patients and families.

Terry's Publications:

What about me… A Guide for Caring,
Understanding needs of parents providing lifelong disability care,
FamilyCare – A Partnership Making a Difference,
Conflict of Caring Cultures,
What is it, if it's not grief?
FamilyCare Workshops:
- *Who Really Cares?*
- *Making Changes*
- *Getting Through the Day*
- *Supported Living*
- *Planning for Tomorrow*
- *Taking Care*
- *Brothers and Sisters*
- *Inclusion*
- *Vulnerability*
- *Learning to Cope*
- *Peace of Mind*

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Joso Cindrič 1906-1994

Rest in peace

Hope has many faces,
turning from reality,
seeking fantasy.

Searching new horizons,
believing better times.[1]

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[1] RYAN, Terry. 2021. *"Poetica"*. Manuscript. Oatley, Australia.