

1. Lokacije počivala

1. Blaz u Šetnici - počivalo blizu TZO Krestena, Šođići
2. Počivalo uz Perilo u uvaku Žurkovo
3. Počivalo na ulazu u bašću Žurkovo - motel Lucija
4. Počivalo u Žuknici
5. Bunar Brčevica, Pušća Stema i počivalo u Dujmići
6. Počivalo na putu od Rožmanića prema Staroj vodi
7. Počivalo iznad Stare Vode (Paveki)
8. Počivalo Stara Voda

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Zastanite i odmorite, na pravom ste mjestu!

U ovo je počivalo. Zid na koji bi žene kipe su u 18. i početkom 20. stoljeća u udaljenijih zaseoka smještenih dijelom krestenskih poljotoka dobilele opremljene za izvođenje "stara voda" i na Perilu u Žurkovo odlične treset, ili ba se na ovakvom zidu, visine jednog i četiri dva metra, tek odmahle škambicom za nošenje opranogrublja, kako bi si barem nakratko odložale težak uspon.

Naime, pranje rublja nekada je bio jedan od najtežih, isključivo ženskih poslova! U vrijeme prije vodovoda i perilica, vodu se rublje pralo ručno na potpuno, vjetrova, lukama i javnim zatezima. Rublje se u prosjeku pralo svaka tri tjedna, a cijeli je postupak trajao oko pet dana. Zbog napornog puta i teška tereta, žene su često odlele u paru.

Prvi dan rublje bi se namočilo u hladnoj vodi. Drugi bi se dan potopilo u mlaku vodu i neoparano se potpuno složilo u maštel - drveni ili metalni bašal, koji bi se pretrio krpom od gustog platina i perilo kužinom - vrelom vodom, prokuhanom i puno drvenog pepela. Treći dan skimala bi se kupa s pepelom, a roba bi se sapunala i ribala na dasci za pranje rublja. Žena je bila u pogurnu stavu, davala za pranje rublja i jedne strane bila savijenjena na maštel, a s druge je je žena stiskala truhom uz uporabu velike fizičke snage pri ribanju.

Nakon tog mukotrpnog procesa, nasaunana roba složila bi se ponovno u maštel. Četvrti dan rublje se rekentalo - ispiralo. Žena bi agnila škambicom s još mokrom robnom na leđa i krenula put obale gdje bi ispirala rublje ispod gde i čijedeci, dok se ne bi u potpunosti ispiralo. Ispri bi rublje nastepiralo po plijenama da se malo prosuši, no zmi su uzbrdo nosile tek ocjedenno rublje, dok im se voda cijedila niz leđa. Kako je put do bašće bio izuzetno strm, na svakih 150 do 200 metara bila su sigurnija oprema ovakva počivala. Peti dan rublje se namakulo u čistu vodu s perlicama i bijelim, kako bi se dobila posebno bijela boja. Potom bi se ušlo i šesti dan peglalo bijelom peglom, puranjem ulazavim drvenim ugljenom. Dok se rublje još sušilo na vjetru, često se moglo čuti kako se domaćica usputno traži sapunje. Klaka mi je lipa bela roba došla ovaj put!

Vrijetne Kostrenke ovaj su mukotrpni postupak ponavljale barem jednom mjesecno i vavala dobra domaćica postavio se povučilo (vrtiti, bijeliti, oprati) rublje. Kako i ne bi!

Rest stops location

1. Starting point of the trail - rest stop near Kostrena Tourist Board, Šođići
2. Rest stop at Perilo freshwater spring in Žurkovo cove
3. Rest stop at the exit from Žurkovo port - Lucija Motel
4. Rest stop at Žuknica
5. Brčevica well, Pušća Stema water reservoir and rest stop at Dujmići
6. Rest stop on the way from Rožmanići to Stara Voda
7. Rest stop above Stara Voda (Paveki)
8. Stara Voda Rest Stop

Stop and rest for a while, you're in the right spot!

This is a rest stop. It is in fact a wall that was used for putting down the load carried by women who would back in the 18th, 19th and early 20th century, come from remote villages scattered across the Kostrena peninsula to do laundry at the "stara voda" freshwater spring and at the "Perilo" freshwater spring in Žurkovo cove. They would sometimes just lean against one of these 1 m high and 2 m long walls, with the carrying baskets full of freshly washed laundry still on their backs, for a moment of respite during the arduous ascent. In fact, doing the laundry used to be one of the hardest chores, reserved only for women! At a time before there was running water or washing machines, all clothes and linen were washed by hand, at the side of a river, creek, ponds and using public wells. Laundry was done on average every three weeks, and the entire process usually took five days. Because they had to walk a hard route and carry a heavy load, the women would often work in pairs.

On the first day, the laundry would be soaked in cold water. On the second day, lukewarm water would be added and the laundry soaped. After that, it would be

put into a tub, covered with tightly-woven fabric, and drenched in a lye solution - hot water brought to a boil with plenty of ash added to it. On the third day, the ash-covered fabric would be taken out and the laundry soaped and scrubbed on a washboard. This required the woman to bend over, with the washboard against the tub on one end and her body on the other, pushing down on the board with great physical effort.

Once this painstaking procedure was finished, the soaped laundry would be folded in the tub once more, to be rinsed out the following fourth day. The women would

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then strap a carrying basket on her back and head for the shore, where she would rinse the laundry more thoroughly, beating it with a laundry bat and wringing it until it was completely drained. In the summer, the washer-women would spread the laundry on the rocks to partially dry first, but in the winter they would pack the recently wrung laundry in the basket and carry it back again, uphik, with water trickling down their backs. Because the way back to the houses was very steep, every 150-200 metres there was a rest stop, just like this one. On the fifth day, the laundry would be soaked in clean water with some bluing added to it - this helped to get extra white laundry. Then the laundry would be hung out to dry and on the sixth day it would be ironed using an iron filled with hot charcoal. As the freshly-

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washed and hung laundry would dry in the wind, one could often hear the homemaker boasting casually to her neighbour: «Don't you just love how nice and white my laundry turned out this time!» Handworking women of Kostrena used to repeat this painstaking process at least once a month and every good home-maker took special pride in her white and sparkling clean laundry. And rightfully so!



Turistička zajednica općine Kostrena
Kostrena Tourist Board
51221 Kostrena, Kostrenski brijuni 1a, t: +385 (0)51 781 207
e-mail: tzo.kostrena@tzo.hr, info@tzo.hr, www.tzo.hr



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