



Meridian



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The monthly newsletter of the Woden Senior Citizens' Club

December 2000



Overheard at a recent Literary Lunch :

*"His writing covers many fields
- but then, so does manure"*

EDITORIAL

The trouble with producing a Meridian in December is that by the time the committee meeting has been held, everyone is so busy with Christmas preparations that they have no time to send in material for publication. So I'm afraid this will be a rather sparse edition.

Looking back, the year 2000 has been an unusually eventful one, thanks to your energetic Committee, with several quite revolutionary innovations. It is a great tribute to the flexibility of the members that the changes have (on the whole) been implemented so smoothly. Perhaps the most outstanding change has been the introduction of a paid Office Manager. Congratulations to Umar for the dedicated way he is tackling the responsibilities of the job, and at the same time finding time and energy to coordinate the car park development project - not to mention keeping the weeds down! I think perhaps he is surprised to discover the range of duties previously performed by the volunteer Duty Officers.

There are many other changes that have evoked discussion among members, but I suspect that the President, in her next report, will be saying something about the year in retrospect, so let's not steal her thunder.

By the way, you may be wondering why this column does not adopt the editorial "we", beloved of traditionalists. The fact is, its use would seem rather pretentious in so modest a publication as this, so if you don't mind I will leave it as the sole prerogative of Mrs.E.Windsor, whose right to it is undisputed!

Editor

A MESSAGE FROM THE RECORDS CLERK.

First an important reminder. In accordance with changes to the Constitution, adopted at the last Annual General Meeting, a new member joining on or after 1st. January will have their period of membership extended, free of charge, to 30th. June 2002 (Lapseday = 1461 for those familiar with our database structure). Please note though that this applies only to persons joining **for the first time**. For persons re-joining after a period of lapsed membership the expiry date will be 30th. June 2001 (Lapseday = 1096)

With the help of the Computer Interest Group, the membership card index will be cleaned up over the Christmas break. Those cards which have no more room left on them, or which contain confusing handwritten changes, will be reprinted, and a check made that there is a card corresponding to every member. So January or February would be a good time to call at the Office and check that your card is present and correct. Remember that members are entitled (and indeed encouraged) to do this at any time. Errors or omissions should be reported to the Office Manager who will arrange for the database to be updated.

REPORTS FROM THE GROUPS

With the one exception below, no reports have been received this month, but I happen to know (because I was there) that the Tai Chi group ended their year "al fresco" at the Botanic Gardens, in beautiful surroundings and glorious sunshine.

Editor

Computer Group.

Despite its presence on the notice board for two weeks, the notice convening a meeting of persons interested in another "Introduction to the Computer" course elicited only a small response, so the Sunday course will be dropped and only the Saturday one will be run. This will commence on 4th. February. There is one place left on the course - several people have expressed interest but no-one has as yet definitely committed themselves to it, so it is still open.

Dennis Glanville

The following two exercise are of general application, but are particularly good for anyone who has recently undergone a hip replcement. But of course, check with your physiotherapist first.

20 Side leg raises

Aim To strengthen the upper leg.

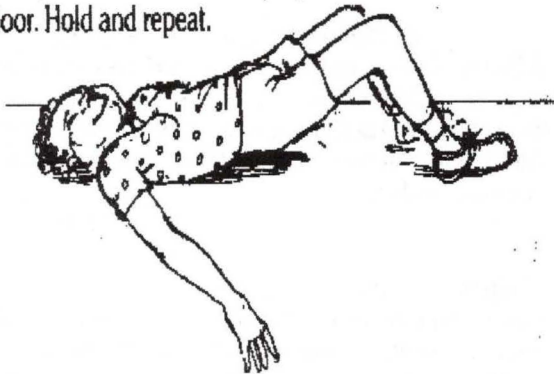
Lie on side with head resting on extended arm. Bottom leg should be bent at the knee to protect the back. Slowly raise top leg to just about shoulder height. Lower the leg, maintaining a straight knee with the ankle pulled forward. Repeat.



21 Pelvic tilting

Aim To strengthen the pelvic region. Very important exercise for women.

Lie on your back. Draw in abdominal muscles and tighten buttocks so that the small of your back flattens. Place fingers behind the back and attempt to push into the floor. Hold and repeat.



*May the joy of the
Christmas Season be
with you.*