



# Meridian



Volume 3 Issue 3

The monthly newsletter of the Woden Senior Citizens' Club

March 2001



Overheard in the Bridge Room:

*"Do you think on-line news on the Internet will eventually replace the newspaper?"*

*"Nah! Have you ever tried to swat a fly with a rolled-up computer?"*

## THE PRESIDENT REPORTS:.....

I apologise that we had no February Meridian, but thank goodness Dennis is back at the Club after surgery and is as energetic about his activities as ever.

It was a great pleasure to meet twenty five of our new members on Monday afternoon. A number of group leaders were also able to attend to explain details about specific activities.

We hope to establish a positive relationship with the Canberra Mothercraft Society. This may lead to some joint enterprises.

At the March committee meeting considerable time was taken to discuss Woden Wool 2001. We have had to reorganise our original plans but feel positive about the new approach. The components of Woden Wool 2001 are now as follows:

1. A wool based raffle. Prizes are worth \$3000, and we hope members will respond as enthusiastically as was the case last year. Tickets will be sold at the Woden Plaza for a week, and at Cooleman Court for two days. 10,000 tickets are being printed.
2. A Wool Expo to be held at the Club on May 5th. We will sell quality woollen goods on commission. Our Craft Group will sell products in conjunction with the Boorawa Craft Group. We will have demonstrations of, for example, hat making, machine knitting and felt making. And of course there will be refreshments and competitions.

3. A dinner at the Cafe Cosmo (Southern Cross Club) on Monday April 30th., for \$15 per person. We will be given 10% of the total takings. So you can see we have a busy and exciting time ahead.

We are applying for various grants for the development of the grounds and to celebrate the International Year of Volunteers.

The contract with Woden Community Services has been varied slightly. This means that WCS will no longer be responsible for opening the Club on Wednesdays and Thursdays. Our arrangements for opening the building during the week are as follows:

Monday	Morna Deeble
Tuesday	Santo Giuliano
Wednesday	Sue Barrett Doreen / Werner
Friday	Umar Bourke
Thursday	Sue Barrett

Significant opportunities for revenue raising through the hiring of Club facilities are being explored by Umar. I will report on some good outcomes next month.

It is with regret that we have accepted some Committee resignations. Shirley Kelly, Doreen Jones and Marion Ferguson have been unable to continue. Werner Freidrich graciously accepted the position of Vice President, Robin Brinton has been appointed to the Committee and Peter Witting will join the Committee next month. Doreen McKie has done an excellent job in preparing the minutes of our meetings. As usual this month's minutes will be on display in the main hall - I hope you will have time to read them.

With lots of good wishes,

Anne

PS. I hope you can enjoy the new activities which have started recently.

**YOUR ADVERTISEMENT OR  
LETTER TO THE EDITOR  
COULD BE HERE!**

INDOOR BOWLS

One of our bowlers had her 80th. birthday recently, and a celebratory lunch was held in her honour at the Yamba Club. Congratulations Carmel, and many happy returns!

Mind you, there must be something about this great game of ours which promotes healthy ageing, because next month we will be doing the same thing for another of our regulars who will turn 90. So why don't you join our happy band? - 12 noon on Wednesdays and Fridays. Never played before? - no problem. There are plenty of experienced players willing to show you how.

Audrey Bonwick *Williams,*

FROM THE RECORDS CLERK

I reported in the December issue that it was planned to replace all those membership index cards which were in poor condition. This has now been done, and the invitation to members to call at the Office and check that their card is accurate is still open. It is now several years since the membership records were computerised, using the programme dBase 3+. Several factors, including the limitations of that programme, the fact that it is increasingly difficult to find people who know how to use it, and changes in the information we are required to record, all suggest that it is time for a complete re-think of the system. It has been proposed that the programme Access should be used, and preliminary work is being done on the size of the task of conversion. Access is widely used in the Public Service and our membership should, as time goes on, include an increasing number of persons familiar with it. Incidentally, much time has had to be spent recently repairing damage to the system apparently caused by

unauthorised access. To the persons concerned I would say PLEASE - IF YOU ARE NOT EXPERIENCED IN dBASE, AND IN THE WAY THE CLUB IMPLEMENTS IT, LEAVE IT TO SOMEONE WHO IS!

The Membership Application form filled in by new members and and former members requests a date of birth and it appears that some people are coy about supplying this information. If so, it is quite permissible just to put "over 50". But be aware that you will then not automatically be notified when you become eligible for age-related benefits.

You may be interested to know that as of March 23rd. the Club has 515 members.

INFORMATION WANTED

*If you have had a bathroom or kitchen renovated recently and would care to recommend (or otherwise!) the firm responsible I would be glad to hear from you.*

Dennis Glanville

62812607

COMPUTER GROUP

The "Introduction to the Computer" course which had to be postponed in February for medical reasons has now been re-scheduled to start on the weekend following Easter. A notice calling for enrolments has been posted. As usual, the numbers are restricted to six on Saturdays and six on Sundays. (One intending participant is already attending our Monday afternoon meetings just to familiarise herself with the keyboard. Now that's what I call keen!) All those who nominate for the course will be contacted for confirmation prior to the starting date.

Dennis Glanville

THOUGHT FOR THE MONTH:

*If you have a closed mind, make sure your mouth matches it.*

TAI CHI & GENTLE EXERCISE

Firstly, just a reminder that we now run a second Tai Chi session on Wednesday mornings at 7.30 am. for those who like to start the day right.

Secondly, I understand that posture (“deportment”) is no longer taught in schools, so I thought you might be interested in the following article on the subject which I came across recently. The bit of doggerel in the next column is from the same source.

Elizabeth Halfnights

Our posture is one of the clearest examples of the bodymind effect and says more about us than we realise. Our spine, or back if you prefer, is one of the major connectors of the body. It affects how we move, walk, stand and sit, and how we look and feel. We literally do “walk the talk” as it is through our postures that we communicate to the world our feelings, from confidence to despair! We can even turn our psychological mood around by improving our posture and the way we hold our body. This effect is a good example of how much we can control what we think, do and become.

While our spine carries us through our lives, like good health, we tend to take it for granted until something goes wrong. Most of the time we don't even realise how well our spine works, or how the different parts of it move in relation to each other as we carry on with all the activities of living. Often it's not till we have pain or discomfort that we start to even think about our backs. Simply becoming actively aware of our posture can make a huge difference in what we have to tell the world about ourselves. More importantly, it can help to keep us in control of the quality of our lives and the lifespan of our backs.

PERFECT POSTURE

I've discovered perfect posture  
or did it discover me?

For suddenly I've been quite ironed out  
and I walk tall, floating and free.

I found that I'd gone in the middle  
all soft, unsupported and slack,  
and the muscles that should hold my spine up  
were just lazing around on my back.

As for my chin, well it poked out  
sort of idly leading the way,  
while my neck concertinaed down gently  
and my head sort of dropped back all day.

It wasn't surprising my back ached  
and I looked quite a fright from side on,  
with a stomach that hung from my waistline  
and a figure that somehow had gone!

Then a wonderful miracle happened,  
I discovered I still could walk tall  
if I lifted and lengthened and ironed out  
all those back curves that made me look small.

If you think you are one of the slouchers,  
gone all soft in the middle and slack,  
just say to yourself “lift and lengthen”  
- and you'll find you've got twenty years back!

*Fellow walks into a pub in England, and at the bar finds himself standing next to a guy with a newt on his shoulder.*

*“Excuse me, do you know you have a newt on your shoulder?”*

*“Oh yes. He's my pet”*

*“Indeed? What do you call him?”*

*“I call him ‘Tiny’”*

*“Why is that?”*

*“Because he's my newt of course”*