



Meridian



Volume 3 Issue 4

The monthly newsletter of the Woden Senior Citizens' Club

April 2001



APOLOGIA

It is regretted that two errors crept into last month's Meridian.

Firstly, the contribution on behalf of the Indoor Bowls group was wrongly attributed to Audrey Bonwick. In fact, the article was contributed by Audrey Williams.

Secondly, the list of persons responsible for opening the Club during the week contained an error. The correct list is as follows:

- Monday: Morna Deeble
- Tuesday: Santo Giuliano
- Wednesday: Doreen McKie or Werner Freidrich
- Thursday: Sue Murray
- Friday: Umar Bourke

The Editor apologises for any embarrassment or inconvenience caused by these errors, which he attributes to

- (a) temporary insanity
- (b) having to operate the computer from a standing position
- (c) Jupiter being in the ascendency
- (d) any or all of the above.



Overheard in the Bridge Room:

"My advice is this: if you have to choose between two evils, choose the one you've never tried before - it could be more fun."

THE PRESIDENT REPORTS:.....

The major program being addressed at this time is the preparation for Woden Wool 2000. Members are responding very positively in accepting raffle books to sell, and the Committee very much appreciates this cooperation, as well as the support of members who are purchasing tickets from their colleagues. The roster for the sale of tickets in the Woden Plaza will be completed this week.

We will be selling goods for seven commercial wool businesses on May 5th.

The Centenary of Federation has been very helpful in advising us on our program which is officially accredited as a Centenary of Federation Project. In the next week or two we will have material published in their official newsletter.

Now to other matters: we were delighted to receive a \$500 donation from the Woden Tradesmens' Club for our car park development. We are confident that the Hellenic Club will also make a contribution. We are now waiting for the list of plant species to be identified by the Society for Growing Australian Plants consultant before re-submitting our Development Application for the car park to the Department of Urban Services. You will have noted that there has been a general clear up of cupboards and spaces! Thank you for your assistance, and thanks to Werner Freidrich, Doreen and David McKie, Robin Eaton and Pat Gould for their hard work in cleaning up. Evidence of "unwelcome guests" in the Club, for example silverfish and cockroaches, was very obvious at clean up time, and the Committee, at its recent meeting, decided to have the building fumigated by a Flick agent. This will be carried out on Friday afternoon, April 27th. at about 4.00 pm. We are advised that the building needs to be kept closed for 6 - 7 hours. We will open up windows and doors early on Saturday morning. Please note that the substances used are considerably more environmentally friendly than in the past.

Anne Murray

THE WRITING GROUP

The recently re-formed Writing Group meets every second Tuesday in the Committee Room. For details of the next meeting see the notice on the board in the foyer. If you are interested in writing (or hearing what your fellow Club members have written) why not drop in at our next meeting? When asked for their feelings about the group, the following were some of the comments received from our regular attenders:

"If you like a challenge, enjoy good company in a relaxed atmosphere, the Writing Group is for you"
 "The Writer's Group has given me the incentive to start writing"

"Potential group members - we are not into literary criticism, we just like to write out our feelings & findings, and we love to listen to others."

So far the Group has prospered with the help of Joan McGilvray and it is hoped that the A.C.T. Writers may have members willing to give guidance and keep us on track.

Incidentally, even if you have no aspirations as a writer yourself, we would be very glad of your suggestions/comments as to what you would prefer or expect us to do. (*A Club history for example? Or, even more useful, a Club Diary?- Ed.*)

Origins

Ever wondered about the origins of some every-day phrases and customs? In most case we can't know for certain, but there are some very plausible theories, derived from conditions in England in the 16th. century. We'll try to bring you an example each month - courtesy of Morna Deeble

The Bridal Bouquet

In the 1500's most people got married in June, because they took their yearly bath in May, when the worst of the winter was over, and were still smelling pretty good by June. However, "pretty good" is relative, and to be on the safe side, brides carried a bouquet of strongly scented flowers to hide the body odour.

THE COMPUTER INTEREST GROUP

By the time you read this, the "Introduction to the Personal Computer" classes will have started, all the positions for the Sunday classes having been filled and sufficient support received for the Saturday classes. Regretfully, this series of classes will almost certainly be the last, as the computers used have been earmarked for other purposes. Besides, conditions have changed - when the classes were first started, almost no one in the club owned a computer, and there was much curiosity about these strange beasts. But now there is one in almost every home, and the different uses to which they are put are as the grains of sand in the desert. What a change in such a short time. Despite that, it seems people still have problems, and our usual Monday afternoon sessions, where solutions can be found (usually!), will continue as normal, so come along if you have something to discuss.

Dennis Glanville

INFORMATION EXCHANGE

If you are thinking of having a wooden fence replaced or constructed, and intend to choose a contractor for the job, you may be interested in my recent experience. Give me a ring on 62812607.

Dennis Glanville

EDITORIAL

It is now about a year since the decision was made to install a paid Office Manager, and a meeting was held recently, chaired by an office management consultant, to assess the impact of that decision. Your Editor was unfortunately unable to stay for the whole of the meeting, and hence cannot comment on the findings, but it was surprising to note how often, in discussing the difficulties associated with the office tasks, the phrase "the spirit of the Club" turned up. The opinion seemed to be generally held that the spirit (of unity and mutual support and consideration among members) has been adversely affected by the segregation of the membership into different activity groups, with little or no interaction between them, or thought for the needs of other groups. We all know of

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THOUGHT FOR THE MONTH:

No matter how old you are today, you're younger than you'll ever be again.

Articles, letters to the Editor, etc. for inclusion in the Meridian should be addressed to the Editor and left with the Office Manager. Items may be submitted at any time, but to make the next edition should reach the Editor before the 7th. of the month.

The following article is made available by **HEART SUPPORT AUSTRALIA.**

CPR ON YOURSELF

To stop a heart attack when ALONE

Let's say its 6.17 pm, and you're driving home (alone of course) after an unusually hard day on the job. Not only was the workload extraordinarily heavy, you also had a disagreement with your boss, and no matter how hard you tried, she just wouldn't see your side of the situation. You're upset, and the more you think about it the more upset you become.

All of a sudden you start experiencing severe pain in your chest that starts to radiate out into your arm and up to your jaw. You are only about five kilometres from the hospital nearest your home, but unfortunately you don't know if you'll be able to make it that far. What can you do?

You've been trained in CPR, but the guy that taught you the course neglected to tell you how to perform it on yourself.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Many people are alone when they suffer a heart attack. What can you do?

Without help, a person whose heart stops beating properly begins to feel faint and has about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated every two seconds without letup until help arrives, or the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain normal rhythm. In this way, heart attack victims can get to a phone, and between breaths, call for help. You'll be giving yourself CPR with this technique.

Tell as many people as possible about this. It could save their lives.

The original article appeared in HEART RESPONSE, published by The Mended Hearts Inc., and was reprinted in WINGS - SUMMER 2000 by the RAAF Association, p.53. This additional comment in WINGS says it all:

"There you have it. Simple to remember, not complicated to do. While ABSOLUTELY NOT a substitute for seeking immediate help, when there is no other alternative this could just save a life - your life."

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people who come to the Club, rush straight into their activity and dash off again as soon as it is over, without even a glance at the Notice Boards to learn what else is going on in the Club. One reason may be that the inter group activities which threw members of different interests together, such as extended coach trips, Beetle Drives etc. are no longer frequent events. If so, perhaps members would care to offer

the Committee suggestions as to how this can be rectified. Of course, we can't go back to the "good old days" when the Club was open only one afternoon a week, and everyone took part in whatever activity was arranged for that week. But surely we do not have to be quite so compartmentalised as we are now?

Editor