



Meridian



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The monthly newsletter of the Woden Senior Citizens' Club

August 2001



Overheard in the Bridge Room

*"How can you soar like an eagle
when your partner is a turkey"*

*"Well now, eagles may soar, but turkeys don't
get sucked into jet engines."*

PRESIDENT'S REPORT

This month I would like to let you know about some of the social events which are planned for the Club in the next few months.

A social planning group has been established, the initial membership being Jean Glanville, Marion Ferguson, Elsa Martinsen, Sue Murray and myself. Birthday lunches will be re-introduced on Monday September 3rd. at 12.30 pm. The second will be held on Monday October 8th. So we need to know if you have a birthday in September, October, November, or December, and you will be our guest in the appropriate month. The rest of us will pay \$5 for a two-course meal. There will be a lucky door prize and entertainment. A number of members are having a sing-along on Monday afternoons, so perhaps they will entertain us at the birthday lunch! The garden party to be held in early November to celebrate the significant contribution of volunteers is now being organised. This event is being funded by the Commonwealth Department of Health and Aged Care. We have heard from Government House that the new Governor General will be our patron, and we will invite him to attend the party. Finally, we are arranging a Club Christmas

Lunch, which will be held on Tuesday December 4th. Please try hard to keep the time free so we can all be together. Further details will be available next month.

With best wishes to you all,

Anne

Looking for something a little different to wear for that special occasion?

The WSCC Boutique, under the management of Elsa Martinsen has a range of attractive pre-loved quality garments at very reasonable prices. Contact Elsa and arrange a browse among the collection, or just turn up on any Thursday to see the display - you're sure to find something to suit.

And not only clothes - Elsa's table has a number of useful and decorative items worthy of your attention

FROM THE RECORDS CLERK

I'm happy to say that the membership figures are creeping up again as new members join and former members re-join. My thanks to the activity group leaders who have responded to my request to include surnames in their lists - it is a big help.

A couple of changes in the way membership records are kept have been proposed. The first suggestion is that the card index system should be dropped (are you listening Norma Jackson?) and that instead information will be extracted from

the computer as and when required. This will certainly streamline the record keeping process. However, it is a radical departure from current practice and the pros and cons must be carefully weighed.

The second (and less controversial) suggestion arises from the large number of unreported changes in members' circumstances which have come to light recently. It is proposed that distinctive forms should be made available on which members can record changes in address, vehicle rego, next-of-kin etc.. This proposal is currently being trialled, and you will no doubt have seen the orange coloured forms in the foyer. If your circumstances change, please use one of the forms and drop it into the Office.

Records Clerk

ROUND THE BOARDS

The outstanding item on the notice board this month is the announcement of the Annual General meeting to be held on 24th. September. The A.G.M. is your opportunity to nominate someone (or be nominated yourself) for a position on the Committee. So please check out this important notice, which also tells you what you need to do if you wish to place a Notice of Motion under "Any Other Business".

Although it has not yet appeared on the notice board, it is probable that a questionnaire will soon be posted seeking your views on the revival of Travel as a Club activity. Older members will remember how, under the enthusiasm and energy of Jean Manley, this formed a substantial part of the Club's social life, cutting across the boundaries of the specialised activities. Preliminary approaches have been made to a local firm called Bush Tours, and if any members have had experience of this firm, the Committee would be glad to hear from you.

YOUR

- ◇ LETTER TO THE EDITOR
- ◇ ADVERTISEMENT
- ◇ DRAWING
- ◇ ANNOUNCEMENT
- ◇ NEWS ITEM
- ◇ OR WHAT-HAVE-YOU
- ◇ COULD HAVE GONE HERE IF ONLY YOU HAD REMEMBERED TO SUBMIT IT!

COMPUTER GROUP

Through the good offices of Ingrid and Joe Halank, and the generosity of one of their neighbours, the Club has received a 486 computer to replace the old 386 which for several years now has been in the Committee Room for general use by the members. The Computer Interest Group has been testing the new machine. It is able to run Windows 95 (albeit slowly) and has Word and Excel from the Microsoft Office 97 suite installed. It has a CD-ROM drive which the previous machine lacked, as well as loudspeakers, so that the Encarta encyclopedia which came with it can be used; (the CD is in the drawer below the computer). The donation also included a small laser printer. The printer appears to be in need of a new electrostatic drum unit, but if sufficient members show an interest in using it I'm sure the Committee would agree to obtaining one, if possible. There are a few games installed also, but note that if you want to use the loudspeakers you must supply your own batteries (4 C cells).

Dennis Glanville

Articles, letters to the Editor, etc. for inclusion in the Meridian

should be addressed to the Editor and left with the Office Administrator. Items may be submitted at any time, but to make the next edition should reach the Editor before the 7th. of the month.

TAI CHI GROUP

Both our early morning and afternoon groups continue to flourish, and the following article, taken from the March issue of Sweet Talk, may help to explain why.

Why Tai Chi?

Written by Bob Hay

"When the first doctor told me I am diabetic, I went home and spent the next week eating lettuce and baked beans, afraid anything else would plunge me into a coma. Then I snapped out of my depression and found I had three things going for me: (i) I love baked beans; (ii) my dog forces me to walk her for an hour each day; and (iii) I do Taoist Ti Chi."

But why Tai Chi? In May 1998 I developed plantar fasciitis - a common enough sports injury, but I got it from standing on the rung of a ladder in my Ug boots. Unable to walk - just hobble- I rapidly put on weight, my blood pressure went up and apparently (although I was not to discover this until last year), I also became diabetic. A friend suggested Taoist Tai Chi as a low impact form of exercise, and so for the next four or five months I bumbled my way through beginners' class. Feeling like the world's slowest learner, I kept threatening to drop out - until I noticed that I was actually benefiting from the exercise. Pains in my hand, wrist and shoulder, which I have had for years, disappeared. After a decade of not being able to look far enough over my shoulder, I could once more reverse park the car. The down side is that with my back muscles stronger I can no longer excuse myself from vacuuming.

I don't know how or why Taoist Tai Chi works, but for me it does. It is obvious that while doing it you are stretching every muscle in your body. It is also obvious that you are flexing and bending the spine and rotating the pelvis, and that you are constantly lifting the weight of your whole body (which they say strengthens not only the muscles but also the bones of the legs). It is also clear that you work up a sweat and that you soon get genteelly out of breath. And now I am told Tai Chi also helps stimulate an ailing pancreas! But what I cannot understand is why doing all this stuff puts you into an elated and

(Continued on Page 4)

WANTED - VOLUNTEERS

Many of you will be aware of a group called Spiral which provides, through a few volunteers, a weekly "morning out" for frail aged (and some not so frail aged) in the South Canberra area. Unfortunately, with the passing of the years, it is becoming increasingly difficult to distinguish the volunteers from their clients!

The group, which has been providing this service to the aged for many years, may well have to fold unless they can find new volunteers to carry on the good work. They need two things:

1. An energetic ORGANISER to take over the job of finding interesting speakers or arranging other activities each week;
2. DRIVERS to ferry the clients from their homes to Curtin and back each Thursday.

If you, or someone you know, would like to help, ring Sue Murray (62926310) or Jean Glanville (62812607).

WAY BACK THEN

Continuing our suggestions as to how well-known saying could have had their origins in the "good old days".

In addition to the expression "raining cats and dogs", mentioned last month, the thatched rooves of the 1500's houses are also said to have given rise to a feature which seems to coming back into fashion. There was nothing to stop things falling from the thatch to the inside the house. This posed a real problem in bedrooms where people of an overly sensitive nature took exception to having bugs and other unmentionable items falling onto their (relatively) clean beds. Hence a bed with a post at each corner and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

(Contd. from page 3)

almost trance-like state that leaves me, for one, so relaxed I drive home "under the influence"! For me, Taoist Ti Chi is a concentrated form of exercise which comes with the fringe benefitts of relaxation and - because it is usually done in a group - good company. Further, it has no use-by date: even when I'm ancient, or if my feet fall off, it can be done in a wheel chair. Admittedly, we don't get to wear fashion accessories like the gym bunnies, but who cares? - its not every old bloke who is told he looks "graceful" even in his daggy old T-shirt.

Hm? A new criminal offence - Driving under the influence of Tai Chi?Ed.

POETS CORNER

Ever since the Club's members produced that little book of wartime memories for the War Veterans Department it has been obvious that there is a fair amount of literary talent around, and it appears that many of you have a penchant for poetry - both reading it and writing it. Here for example is a short piece submitted by Gloria Walker:

Come Fly With Me

Come fly with me,
Over the trees, over the sea.
Come spread your wings
And follow me - follow your dreams.
Isn't it good to feel free,
Flying amongst the branches so high
Swooping upwards to the sky
And downwards to the earth again.

Oh the moon is staying out late tonight.,
Spreading its beams to give us light
And the stars are shining so bright.
Come fly with me - leave all troubles behind.
Be like a bird on the wing

and come fly with me!

Oh! the moon has gone inside
And the stars are blinking their goodbyes -
Come, lets find a cloud to rest.
Cover your head with your wing
And the gentle wind will help us rest
- peaceful rest.

Come fly with me,
Please, come fly with me.

THE EDITOR'S WOFFLE

All the best magazines run competitions from time to time, and Gloria's poem started me thinking that maybe The Meridian should get in on the act and run a poetry competition, to tap into all that hidden talent in the Club. Searching for a theme, the names of Canberra's suburbs sprang to mind. **So here is the challenge – write a short verse or limerick incorporating the name of a local suburb.**

No prizes are on offer, other than the satisfaction of seeing your magnum opus in print. Names like Conder and Bruce should be pretty easy, but Ngunawal and Gunghalin could be bit trickier!

Having made the suggestion, I felt duty bound to start the ball rolling, and offer the following epic, thereby proving once and for all that I have no literary talent whatsoever!

This is the tale of a python
Who lived with a friend in Bonython
He ran out of luck,
Went under a truck;
And *this* is the tail of that python.

Editor