



# Meridian



Volume 3 Issue 9

The monthly newsletter of the Woden Senior Citizens' Club

September 2001



Overheard in the Bridge Room

*"What's that dumb husband of yours been up to lately?"*

*"He's been trying to figure out why, on average, women live six years longer than men. Its simple, I told him - it takes that long for us to clean up after you when you've gone."*

## PRESIDENT's REPORT

This is my final report written for the Meridian before the Annual General Meeting on Monday 24th. September. At its final meeting on Sept. 13th., the Committee considered a number of important issues. These included:  
Public Officer. We were very pleased to appoint Mrs. June Healy as Public Officer, who will take up the position immediately following the AGM. June has made significant contributions to the Australian community, and has served as President of the Council on the Ageing both at National and Territory level. Thank you Dennis Glanville for temporarily filling this role following Eric Chalmers' resignation.  
The Social Planning Committee is developing an interesting programme for the remainder of the year and is identifying priorities for next year. I believe this programme will be of much benefit to members; it will emphasize the values of caring and sharing in a very practical way. Jean Glanville and the team Elsa, Sue, Vi, Margaret and Marion got us off to a wonderful start with the luncheon held on Monday 3rd. September.

Car Park. We can now identify a positive plan of action for our car park development (at last! I can hear you say!). There will be re-surfacing of the car park in the very near future; premium gravel will be supplied by Total Care. The Club will pay for cartage, spreading and levelling. Urban Landscapes will regenerate our garden beds, weed, mulch and plant free of cost to the Club.

Volunteer Recognition. I urge you to consider names of individuals who have made, or who are making, valuable contributions to the Club. We have a wonderful opportunity to acknowledge these members and others at a party on November 14th. The Club has received a grant from the Dept. of Family and Community Services for this purpose, as part of the International Year of Volunteers. Dr. and Mrs. Hollingsworth (the Governor General and his wife) will attend the event.

Thank you all for your support of the Club this year. We have had, within the Club this year some tensions and stress from which I hope we have all emerged with strength and good will. The Club will continue to have a wonderful future if we plan and act in ways which are constructive and caring. I look forward to seeing as many of you as possible at the AGM on the 24th.

Anne

.....  
● *Thought For The Month:*  
● *Don't think of it as a problem - think of it as an*  
● *opportunity for achievement.*  
● .....

### FROM THE RECORDS CLERK

This month I am seeking help from the members to locate a few Parking Permits which have somehow slipped through the recording system. If anyone is holding (or knows who is holding) any of the following Permits, issued in late July and early August, would they please let the Office Manager know? The numbers are:

212, 214, 216 and 227

So far this financial year 250 Permits have been issued. The current membership stands at 467. All the changes of address, next-of-kin etc. of which the Office have been notified have now been recorded (says he, keeping his fingers crossed!).

The Committee has yet to make a decision on whether to retain the card index of members or dispense with it, as foreshadowed in last months Meridian. Perhaps the decision should not be made until after the Annual General Meeting, since any new Records Clerk appointed by the next Committee will require input into the decision.

#### *ROUND THE BOARDS*

*Doesn't this Club produce some surprises? A notice asking for expressions of interest in an informative talk (free of charge) on guide dogs for the blind, mentioned in last months Meridian, still has only one name on it after a month, whereas a quite costly day trip to look at some flowers was over subscribed in a few days! And yet consider the outcry any time an increase in Club fees is even rumoured!..*

*This month your attention is drawn particularly to the notice about the Sing Alongs on Monday afternoons. Those who attended the Birthday Lunch will have heard a sample so why not come and recall those good old songs of yesteryear.*

### YOUR

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

### COMPUTER GROUP

It appears that some of the people who come to our Monday afternoon meetings have never taken the lid off their computer to see what makes it tick. So one of our projects for the very near future will be to dissect an old machine which is no longer needed and re-assemble it - perhaps with one or two improvements, but mainly just to show that there is nothing inside which bytes! So if anyone out there has an old computer sitting in the garage waiting to go to the dump, we could certainly use it.

One of our regulars, Bill Gynn, has successfully devised a method of keeping track of a changing investment portfolio, greatly easing the workload at tax-return time. He uses a cunning arrangement of interlinked Excel spreadsheets, and I'm sure he would be glad to help anyone with a similar problem.

Bill also has copies of WORD and EXCEL which he is prepared to donate to a good home. They are not the latest versions but have the advantage that they will run on very simple computers.

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.,*

### FROM THE GROUPS.

The FOLK DANCE GROUP reports that they have now fulfilled 10 out of 14 engagements for which they have been booked so far this year - and it looks as though the rest of the year will be just as busy. Performances by this group are much appreciated at the venues at which they are staged, as evidenced by the fact that they are re-invited year after year; and the favourable publicity which the Club receives as a result should not be overlooked.

The TAI CHI GROUP (who perhaps get more exercise than they bargain for just extricating their equipment twice a week from behind other gear in the storage cupboard!) wish to draw attention to a new book "Tai Chi: Physiological Characteristics and Beneficial Effects on Health" by Dr. JX LI et al. The book is an in-depth analysis of the cardiovascular and musculoskeletal effects of Ti Chi, intended primarily for health professionals but of interest to all who participate in, or are contemplating taking up, this form of exercise. The book is reviewed in *British Journal of Sports Medicine* 35; 2001; pp 148-156. See also [www.bjsportmed.com](http://www.bjsportmed.com).

Life Member Barbara Sutcliffe may be forgiven for doubting the old adage that there is no such thing as a free lunch! In addition to qualifying for the September Birthday Lunch she was also the guest of 20 members of the CARPET BOWLS GROUP at a lunch in her honour at the Yamba Club on Sept. 6th.

*PS. How come that only two or three of the activity groups regularly submit copy to The Meridian? Surely something interesting happens in the others now and again? Come along now you group organisers - as the drill sergeant said to the tongue-tied second lieutenant as the platoon marched towards*

*the edge of the cliff:*

*"B\*\*\*\*\* well say something, sir - even if its only goodbye!"*

### 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".*

Apart from the bedrooms, unmentionable things dropping from the thatch didn't matter much, because in the homes of the poor (and that was most people) the floor was dirt. Only the wealthy had anything other than dirt. Hence the expression "dirt poor". The wealthy usually had slate floors, but these could get very slippery when wet, so to help keep their footing, and for a bit of warmth also, they spread thresh on the floor (thresh being the stalks left over from threshing corn). As the winter progressed, more thresh was added, to the point where it began to fall outside every time the door was opened. To keep it in, a piece of wood was placed in the entryway - hence a "thresh hold".

POETS CORNER

Gloria Walker, who submitted that evocative poem "Come Fly With Me" in last months Meridian has also sent in another short verse (not her own this time) with which I'm sure some readers will identify:

BEING SEEN IN CANTEEN

Now any Mum who's worth her salt  
Can generally be seen  
At Mothers' Meetings, P and C,  
And helping in canteen.  
So according to my children  
I really ought to try  
To be engaged more fully  
In sandwich, drink and pie.

I told them that I'd ring the school  
And volunteer my name.  
The roster supervisor said  
"On Wednesday Mrs. Lane."

Then came The Day. My children said  
"Remember it's Canteen.  
Please look your best and curl your hair  
Because YOU WILL BE SEEN.  
Stilletoes are a must, you know,  
Your false eyelashes too;  
And don't forget" they said to me  
"Our friends will know its you."

So off I went with crippled feet,  
My face looked like a clown,  
With all those bits of jewellery  
I never wore to town.  
My kids said "Mum, you're pretty,  
You look just like the Queen."  
While corns and bunnions shrieked at me:  
JUST SMILE, YOU'RE BEING SEEN.

THE EDITOR'S WOFFLE*After the Lord Mayor's Show.....*

It was most heartening to see so many members swing quietly and spontaneously into the task of clearing up after the Birthday Lunch on the 3rd. With this willing support, it was surprising how quickly the hall was cleared, the windows closed, the tables returned to their proper places and the dishes stacked for washing. The catering team have asked me to say how grateful they were for this support after so many hours on their feet.

*Lead balloon department.....*

Well, I didn't expect to be exactly overwhelmed with entries for the Canberra Suburb poetry competition, but I didn't expect to be quite so underwhelmed - zero contributions in fact. Nil desperandum however - let's give it one more go. So here is another attempt to spark some response, even if its only groans and rude noises:

There was a young fellow from Conder  
Whose hands often tended to wander;  
But the girl in the shop,  
it turned out, was a cop;  
And now he has six months to ponder.

Surely someone can do better than that?

The Editor



**Cynical Sam Says:**

*This is probably as bad as it gets. But don't count on it.*

## VOLUNTEERS FOR ISOLATED STUDENTS EDUCATION (VISE)

Most readers of Meridian will know about this nation-wide organisation which sends out volunteer tutors to remote properties to assist children whose only access to education is via correspondence and radio. (What is less well known is that the organisation also sends out "angels" to help hard-pressed Mums at times of sickness, bereavement or other crises.)

To help raise funds for this invaluable work, VISE puts on a dinner and show once a year at the Southern Cross Club in Canberra, and the 2001 show, called

### STARS ON PARADE

is on

**SATURDAY 20 OCTOBER at 7.15 pm.**

For only \$15 you can enjoy an excellent meal and a full evening of entertainment by

**Ted Eagan**

and a talented supporting cast including

**Greg Champion**

**Michael Fix**

**Chantelle Delaney**

In addition you will have the satisfaction of knowing that you are supporting a most deserving cause (which, incidentally, has strong Canberra connections, having its origins here many years ago).

Be warned however - the show is very popular and always heavily booked, so it is advisable to book soon.

**BOOKINGS: 62837288**

About the stars:

You all know Ted Eagan and Greg Champion.

Michael Fix took out the Sunny Award for Best Instrumental Album ("Transfixed") at the Queensland Music Awards, as well as the award for Best Instrumentalist.

Chantelle Delaney is believed to be the youngest ever recipient of the Order of Australia for services to the music industry.



## *The Birthday Boys and Girls*

Back row: Rae Billingham, Dorothy Bertram, Dorothy Rafferty, Bill Davey, Barbara Sutcliffe, Marjorie White.

Front row: Thi-Nha Tran, Val Lazarus, Katherine McCarthy, Ron Brown.