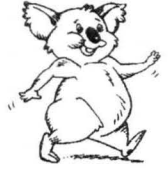




Meridian



Volume 3 Issue 11

The monthly newsletter of the Woden Senior Citizens' Club

November 2001



Overheard in the Bridge Room:

"I reckon husbands are like lawnmowers."

"???"

"Well, they're hard to get started, they emit noxious odours, and half the time they don't work."

PRESIDENT'S REPORT

(The Meridian last month included the President's report to the AGM, but for reasons of space the part relating to the car park project and grounds development was held over. We now include it.)

Graeme Shoebridge of Hughes Truman is a roads and traffic engineer of long experience and has given us much valuable advice and guidance on the upgrading of our car park. Graeme has found us a free supply of 400 tonnes (about 180 cubic metres) of road millings suitable as base layer gravel. This will save us about \$3000. Hewatt Earthworks is a reputable local contractor with much experience in large local projects. Hewatt have quoted \$7,700 to:

- transport the free material from Kambah to Woden;
- prepare the site;
- spread, level and compact the material.

This will give us a well drained firm surface, much better suited to car park use than the uneven surface, alternately muddy and dusty, that we have at present.

Graeme advised us to reposition the exit so as to give more usable parking space and

easier egress. This should cost the Club about \$3000.

Additional gravel may need to be purchased, graded and compacted as a final topping in order to give a surface which can later be sealed, as was the plan in the original car park scheme. This of course will be a considerable further cost, but would give us a long term, all-weather, relatively maintenance free surface.

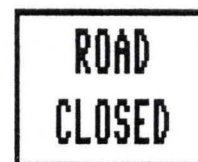
Landscaping on both the street side and the building side of the carpark would beautify the area. We have been very fortunate to find an established and well respected landscaping contractor who has offered to do basic work - weeding, planting and mulching - on our existing garden so that it will look tidy and attractive for our volunteers party. This, as you know, will be attended by our new Governor General and is less than three weeks away (Nov. 14th.).

Before the garden work can be done, the basic resurfacing of the car park will need to be completed. Hewatt Earthworks have agreed that they can manage this, and the committee is committed to going ahead with the work.

The car park will have to be closed for perhaps a week while the resurfacing takes place. We will try to negotiate some space in the public car park opposite.

(As it turned out, this was not possible. Ed.)

Anne



FROM THE RECORDS CLERK

This is one of the quietest times of the year and hence a good time for inducting a new Records Clerk. Most of the procedures for using the new Access database have been set up and the set of guidelines referred to in last month's issue has been prepared. I am pleased to say that Margaret, our dynamic Secretary, is prepared to give it a whirl and is looking forward to making her first entries.

A brief reminder - cases are still arising where changes of address, car rego number etc. are coming to our notice only by accident, suggesting that they may be others that we never hear about at all! PLEASE, if your circumstances change in any respect, use one of the orange forms hanging up in the foyer.

Records Clerk

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

Very little to report this month. The demonstration of making greetings cards, as advertised in last months Meridian, went off without too many hitches, and made the point that you don't need up-market gear to make quite acceptable and highly personalised cards.

Dennis Glanville



THOUGHT FOR THE MONTH

THE VALUE OF A SMILE



A smile costs nothing but gives much.

It enriches those who receive without making poorer those who give.

It takes but a moment, but the memory can last a lifetime.

None is so rich and mighty that he can get along without it, and none is so poor but that he can be made richer by it.

A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged.

A smile is sunshine to the sad, and is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen, for it is of no value to anyone until it is freely given away.

If someone is too tired to give you a smile, give them one of yours, for no one needs a smile so much as he who has none to give.



Cynical Sam Says:

*If at first you don't
succeed, destroy all
evidence that you tried.*

TAI CHI

The following is an extract from an article in the publication "APIA BEYOND 50", describing Tai Chi classes by the Master Han Jin Song. For a copy of the complete article, and information about "APIA BEYOND 50" contact our resident Tai Chi guru Elizabeth Halfnights.

"The physical benefits of performing the graceful movements of Tai Chi are many and varied. Tai Chi is particularly well suited for older individuals because it is a non-impact exercise. It also helps improve physical functioning, and, judging by the looks on peoples' faces at Mr.Han's Saturday morning class, its just plain fun! In all movements, the legs act as a base, the waist as an axis, and the hands and limbs move in fluid motion like strands of seaweed.

Each of the aspects of fitness Tai Chi addresses contributes to overall health and wellbeing. Improved balance can minimise the risk of falling and makes carrying shopping bags less daunting, while flexibility makes it easier to reach up for things. Good leg strength will help you get up from a sitting position, and the controlled breathing practised in Tai Chi means you can walk for longer without getting puffed.

From a psychological point of view, Tai Chi helps release emotional tensions, focusses concentration and decreases physiological reactions to illness and discomfort.

"This is one of the main reasons Tai Chi is becoming more and more popular", Mr.Han said. "It's the best way I know to deal with stress."

WAY BACK THEN

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

Those with money had plates made of pewter. Food with a high acid content caused some of the lead to leech out, and into the food, causing lead poisoning

and death. This happened most often with tomatoes, and for the next 400 years or so tomatoes were considered poisonous. However, most people didn't have pewter plates but had trenchers, a piece of wood with the middle scooped out, like a shallow bowl (did you play "Spin the Trencher" at parties when you were a child?). Not always wood though - sometimes trenchers were made out of stale paysan bread which was so old and hard that they could be used for quite some time. To keep them hard, trenchers were never washed and often worms and mould got into them. One could get "trench mouth" after eating from them.

Bread was divided according to status. Servants got the burnt bottom of the loaf, the family got the middle, and guests got the top or "upper crust".

WANTED - VOLUNTEERS

(I make no apology for including this again this month - believe me, the need is URGENT. Ed.)

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).

POETS CORNER

This month, with Christmas approaching, it seems right and proper to slip in this piece of doggerel, dredged from the Internet and submitted by Margeret Cannons:

A MODERN CHRISTMAS EVE

'Twas the night before Christmas, and all through the house
Not a creature was stirring, except Papa's mouse.
The computer was humming, the icons were hopping,
As Pa did his last-minute Internet shopping.

The stockings were hung by the modem with care,
In the hope that St. Nick would bring lots of software:
The children were nestled all snug in their beds,
While visions of CD games danced in their heads.

"Dark Forces" for Billy and "Doom II" for Dan,
"Carmen San Diego" for Pamela Anne.
The letters to Santa were sent off by Mom
To santa@toyshop dot northpole dot com

But the message was re-routed to the American States
Santa's workshop, it seems, had been bought by Bill Gates.
All the elves and the reindeer have had to skedaddle
To flashy new quarters in downtown Seattle.

After centuries of life that was simple and spare,
Saint Nick is suddenly a new billionaire
With a shiny red Porsche in place of his sleigh
And a house on Lake Washington, just down the way

From where Bill has his mansion. The old fellow preens
In black Gucci boots and Calvin Klein jeans;
The elves have stock options and desks with a view
Where they're writing source code for Johnny and Sue

No more dolls or tin soldiers or little toy drums
Will be under the tree - only compact disk ROMs
With the Microsoft label. So spin up your drive -
As from now Christmas runs only on Win 95.

More rapid than eagles competitors came
And Bill whistled and shouted and called them by name:
"Die Adobe! Die Claris! Die Intuit too
Die Apple and Netscape! You're all of you through!"