

Keeping seniors' needs high on government agenda

A working party made up of representatives of Canberra's seniors clubs has been formed to ensure that the needs of the clubs remain high on the agenda of the ACT Government.

The working party was formed following a recent meeting of representatives of Woden Seniors, Canberra Seniors (Turner), Belconnen Seniors and the Communities at Work (Tuggeranong).

The meeting was called on the initiative of Woden Seniors President Anne Murray.

Anne told *Meridian* that two years ago the then Minister for Ageing, Katie Gallagher, had tabled in the Legislative Assembly a report prepared by the Council of the Ageing that made a number of recommendations regarding services and assistance for seniors.

"The report strongly urged that seniors' groups act in unison", Anne said. "I believed it should not be forgotten, and that we should discuss what has been done in the past two years, and what might be our common aims in the future".

Anne said she was encouraged by the attitude to seniors' groups adopted by Chief Minister John Stanhope.

"Woden Seniors has received a number of valuable grants in recent years and, at a meeting prior to the recent ACT election, Mr Stanhope committed to providing funding for capital works.

"He indicated that money would be made available to Communities at Work this year, and that other clubs would receive capital works funding over the four years of the Government".

Anne said the working party would also consider other issues of importance to seniors, and seek to promote seniors through community events.

"I believe that Canberra seniors clubs have a great deal to gain through acting together. The concept of healthy ageing needs to be constantly brought to the attention of all levels of government", she said.



Roll up, roll up! "Cheap at half the price", says Barry Hogan (see fete, p2).

Chief Minister to launch *The Gallery*

Chief Minister John Stanhope is to officially launch *The Gallery*, which has become a feature of the club's imposing new foyer and attractive sitting room.

Members and guests are invited to the launch, to take place on Thursday 4 June at 11 am.

Refreshments and coffee, wine and soft drinks will be served after the launch.

It was when His Excellency Michael Bryce, husband of the Governor-General, became club Patron and was invited to open the club's new extension in January, that a member of the artists' group, Iris Blewett, who took part in preparations for the opening, suggested that the areas be made more appealing by hanging paintings by Woden Seniors/U3A members. The idea won support from President Anne Murray and the club's Management Committee.

Subsequently it was decided that it would be appropriate to name the entrance foyer *The Gallery*.

Ten per cent (now 15%) of money raised through sales goes to the club's Building Fund. At the same time artists have a superb venue to display their work. So, it is a win, win, win situation.

Since the opening paintings have been greatly admired and there have been a number of sales. This is not surprising, as the groups who meet at the club every Wednesday and Friday include successful and experienced artists whose work has attracted a wider audience. For instance, artists exhibited and sold their work at the recent *Canberra Times* open-air exhibition.

Iris Blewett, assisted by Werner Friedrich, have hung the paintings, and Iris says she hopes to change exhibits every six weeks approximately.

"Members are very enthusiastic, and appreciate the opportunity to show their work in such a splendid setting", she said.

"It is intended that *The Gallery* shows work representative of the work of all our artists".

It was decided also that photographs of Michael Bryce and all previous club Patrons be displayed in the foyer.

Anne Murray said the Governor-General's office had been approached, and had readily agreed to have photographs prepared and provide them to the club.

Fete raises more than \$1100

The autumn fete raised more than \$1100 towards the club's building fund.

Once again, thanks go to enthusiastic club members who gave generously of their time and hard work to make it happen. And thanks to all those who came along, spent their money, and contributed to the festive atmosphere.

Proceeds are likely to be added to as Felicity Davey, who conducted the crockery and glassware stall, and Elaine Waring are planning a garage sale of unsold items at Felicity's home later this month.

Members who have additional items for the sale are invited to phone Felicity on 6281 7234 or 0411 579442.



Maureen Hickman (left) asks stallholder Margaret Kennedy how many raffle tickets she wishes to buy. The more you buy, the better your chances.



"We won't be beaten on price", Gail Murdoch (right) assures Raphaella Stukoff. "Our reputation is your guarantee!"



The men in black. The Chordsmen entertaining visitors to the fete. The Chordsmen are a popular attraction at many club functions.

Trips organiser anyone?

In the previous issue of *Meridian* we reported that the club was considering making greater use of its community bus.

Organised trips to the theatre and other forms of entertainment for groups of 10 people were envisaged.

Is there anyone out there prepared to become the club's entertainment director/trips organiser? The task would involve keeping abreast of what is going on - or about to go on - in Canberra, ascertaining members' interest (largely through the notice board and website), and making block bookings.

Stephanie Tolson, a staff member of Woden Community Services, is available to drive the bus in the evening. Participants would be picked up and returned to the club.

Anyone interested should talk to Anne Murray.

Bus put to good use

Our community bus was put to good use when members dined with Annette Ellis, Federal Member for Canberra, at Parliament House.

Annette visited the club recently and, after most people had drifted away, Annette stayed on to chat with a small group. Impromptu, Annette invited them to dinner, an invitation they were happy to accept.

Members went in a group in the community bus, and enjoyed both the company and the excellent dinner in the Members' Dining Room.

Membership renewals

If your membership subscription (and parking permit if you have one) is due to expire at the end of May, June, or July 2009 you will have received a membership renewal form with this edition of *Meridian*.

Renewal forms for memberships expiring at later times will be sent to the members concerned closer to their respective expiry dates. Your membership expiry date is printed on your *Meridian* address label in the form *mm/yyyy* where *mm* indicates the month of expiry and *yyyy* the year of expiry.

To use the club facilities and participate in club activities you must be a financial member (and have a current parking permit if you want to use the car park). You can renew your

membership for either one or three years at a cost of \$10 per year. You can also apply for a new parking permit if you need one valid for one or three years at a cost of \$10 per year.

To renew your membership subscription and apply for a new parking permit:

- (a) complete the membership renewal form in CAPITAL letters;
- (b) enclose the completed form in an envelope, endorsed with your name, together with your payment; and
- (c) leave the envelope in the membership renewals box at the office or mail to the club.

Your receipt and parking permit will be available for collection from the office one week later. If you

require your receipt and parking permit to be sent to you by mail you should include a stamped self-addressed envelope with your renewal form.

Changes to membership details

If, during your membership year, your postal address, email address, telephone number, or vehicle registration number(s) change please notify the office so your membership record can be updated.

Please help us keep in touch with you

In an effort to overcome errors in email addresses we request that email addresses be written in capital letters rather than script or lowercase when completing membership application and renewal forms. Despite this we continue to receive addresses mostly as illegible script or lowercase.

Because the user name part of an email address (i.e. before the @) is often unrelated to the member's actual name it is difficult to guess the address when it has not been printed clearly, requiring considerable time by our volunteers in clarifying addresses by phone.

Although it is conventional to use lowercase addresses in practice it doesn't matter as email addresses are not case sensitive and will be delivered regardless (try sending one to yourself in uppercase if you wish to check). Despite this we do, as explained on the forms, record email addresses in the membership database in lowercase and follow convention by using the lowercase version of the addresses when sending messages to members.

So when renewing your membership please assist us by providing all information, including your email address, in capital letters in the boxes provided. If you do not wish to receive communications from the club by email please do not provide your email address. - *Richard Henderson*

Events calendar

The club is completing its events calendar for the remainder of 2009. Among events to look forward to are a "welcome to new members", and a Christmas fair, as well as the traditional lunch. The calendar will be available shortly, and will be posted on the website.

Computer classes

Computer classes are going very well. Up until April this year we have been able to offer 29 members a course of either six sessions (for beginners) or four sessions (for post beginners), that is 256 student hours. We have five volunteer teachers – all with formal teaching qualifications, good computer skills and significant experience in working with adults.

A comprehensive set of training notes has been developed. All students receive a set of notes relevant to the course they are doing and teachers use these notes as well as the outline documents when delivering classes.

We are fortunate to have up-to-date computers as a result of a grant from the ACT Government last year and donated software from Microsoft.

Last year classes were suspended for six months while the building work was being done so we had quite a backlog of people listed for classes from that time. That backlog has now been cleared and most people now only have to wait a couple of weeks to get into a course.

We offer a Beginners Course of six two-hour sessions, a post beginners course called *Brush up on Email, Internet and Word Processing* over four two-hour sessions, and separate courses on *Word 2003* and *Word 2007* over two or three two-hour sessions.

We will offer classes on other subjects on demand and if there is sufficient interest.

If you are interested in doing a computer course check out the

Computer Activities notice board and put your name down for the course that interests you.

Computer room

The computer room is available for the use of members when not required for classes, a gold coin donation being requested. Class times are listed on the whiteboard in the computer room so you can check to see when the room will not be available.

When using the computers please follow the instructions on the screen and on the information sheet located on each computer desk.

In particular:

Do not switch the computers off. The shutdown option on computers has been intentionally deactivated and their operating times are automated. This is necessary to ensure computers are available to receive important system and antivirus updates and complete other scheduled maintenance tasks afterhours without inconveniencing users. It also ensures computers are always available during the day. If forcefully shutdown/switched off damage to the system and/or hardware may occur, scheduled maintenance will not be completed and computers will not be immediately available when required. Two computers have been seriously damaged so far this year requiring several hours of repairs to each.

Do not take food and drinks into the computer room. Spilt food and drinks may damage the computers and it is inconsiderate of other members. - *Judy Henderson*

Living a healthy life with long-term conditions - 2009 course schedule

Do you have a chronic health condition? If the answer is "yes" then a new course being offered in Canberra may be the key to helping you manage your condition.

The course is being conducted by ACT Health, in partnership with Arthritis ACT and SHOUT Inc.

It is designed to assist people of all ages living with conditions such as diabetes, asthma, heart disease, arthritis, back pain or any condition lasting longer than 6 months.

The course includes topics such as pain and fatigue management, cognitive symptom management, dealing with negative emotions, communicating with health providers, physical activity and nutrition, action planning and problem solving and peer support.

The course will run two and half hours a week for six weeks and will be offered at a range of venues across Canberra commencing from February. The course leaders include a health professional and a person with a long-term condition who has completed leader training.

The *Living a Healthy Life with Long-Term Conditions* course was developed by Kate Lorig of Stanford University, California.

The prevalence of chronic illness in the ACT is increasing significantly, as it is nationally and internationally. Self management is a partnership between people with long-term conditions and health professionals to manage treatment regimes, lifestyle issues and the physical, social and emotional adjustment to living with a long-term condition.

Club members may consider attending one of the following:

Belconnen Health Centre

May 4, 11, 18, June 1, 15, 22 (Mondays) 10-12.30pm.

August 14, 21, 28, Sept. 4, 11, 18 (Fridays) 10-12.30pm.

October 23, 30, November 6, 13, 20, 27 (Fridays) 10-12.30pm.

Erindale College Community Education Program

May 5, 12, 19, 26, June 2, 9 (Tuesdays) 6.30pm-9pm.

October 20, 27, November 2, 9, 16, 24 (Tuesdays) 6.30-9pm.

Phillip Health Centre

May 22, 29, June 5, 19, 26, July 3 (Fridays) 10-12.30pm.

Tuggeranong Health Centre

May 4, 11, 18, 25, June 1, 15 (Mondays) 10-12.30pm.

August 10, 17, 24, 31, September 7, 14 (Mondays) 10-12.30pm.

October 16, 23, 30, November 6, 13, 20 (Fridays) 10-12.30pm.

Weston Creek, Holder

(phone Arthritis ACT 6288 4244)

March 11, 18, 25, April 1, 8, 15 (Wednesdays) 12-2.30pm.

Sept 23, 30, October 7, 14, 21, 28 (Wednesdays) 12-2.30pm.

SHOUT Office, Pearce

(phone 6290 1984)

August 3, 10, 17, 24, 31, September 7 (Mondays) 10-12.30pm

To register for courses, or discuss course details please phone :

*Community Health Intake,
6207 9977 between 8am-5pm
Monday-Friday.*

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Are You Staying Young . . . ?

There is a tendency as we age to say we *feel* old because we *are* old. The real issue is: when we are 80 will we feel like a 90- or a 70-year-old? It would be a pity if we feel old before our time.

Perhaps the most important activities run at the club are the physical activities. The club offers a variety of exercise activities: Ever Active and Gentle Exercise (run by trained YMCA instructors); Tai Chi; and Hydrotherapy at the Canberra Hospital pool.

As these are run specifically for our members you won't have to worry about keeping up with 20-year-olds; the instructors will ensure that you are not working above your level; and you certainly won't have to wear a leotard!

If we are to maintain an active lifestyle as we get older we need:

- Healthy heart and respiratory system
- Strong muscles
- Strong bones (broken bones can be disastrous for seniors)
- Good balance.

If we do nothing else, we should try to do 20 minutes of walking a day to help our heart and respiratory system.

However it is also important to do exercises which strengthen our muscles, as this also helps to keep our bones denser as well as making us less susceptible to falls. (It is interesting to read the books by Miriam Nelson, such as *Strong Women*, *Strong Bones* and *Strong Women Stay Young*.) Exercises which help balance are also important in helping reduce the likelihood of falls as we get older (Tai Chi puts a lot of emphasis on balance.)

As we get older it is easy to let our posture slump. Exercises which strengthen our abdominal and back areas help us to sit and stand straighter without even realising we are doing it. This alone will make us look and feel younger. While some forms of exercise, such as Pilates, concentrate particularly on this area, Ever Active, Gentle Exercise and Tai Chi will also work on these muscles.



You too can look this fit and healthy! Back (left to right) Loris Howes, Margot McGinness (YMCA instructor), Judith Henderson, Alan Hodges. Front (L to R) Beverly Hackett, Margaret Bourke.

Here are the summaries of these activities:

Hydrotherapy (Saturday 10-11 am). Hydrotherapy provides all the benefits of "water healing" by relieving fatigue and preventing stiffness. The Canberra Hospital offers its hydrotherapy pools for the use of Woden Seniors members. Hydrotherapy is beneficial for soothing the nervous system, easing arthritic aches and pains and improving circulation.

Gentle Exercise (Tuesday 10-11 am). The YMCA of Canberra holds gentle exercise classes at the club, specifically designed to improve mobility, strength, balance, coordination and agility. This low-impact, fun activity is run by instructors of the YMCA, who include "warm ups" and "warm downs" in every session.

Ever Active (Wednesday 8.30-9.30 am). The Ever Active class is also conducted by a YMCA instructor and covers "warm ups" and "warm downs", strength development with hand weights and exercises using mats to improve flexibility and stability and to develop important muscle groups. Fun activities with balls and small bean bags help improve coordination.

Tai Chi (Wednesday 7.30-8.30 am, Thursday 2-3.30 pm). This gentle and relaxing martial art encompasses multiple physical

benefits as well as inner healing. Members work to their own capacity to improve balance, muscle tone and breathing patterns. There are two forms of Tai Chi, Yang and Sun, offered at the club. Sun Tai Chi was developed by a medical practitioner to assist with mobility, arthritis and circulation.

And we should not forget that table tennis and dance activities also provide healthy exercise.

Why not come along to one of the exercise groups, have look and talk to the instructor?

Or do you really want to feel 10 years older than you are?

Grahame Hellyer

Woden Seniors dancers

Many members of Woden Seniors will be looking forward to the Canberra Old Time Dance Club's Annual Ball (Friday 5 June) at Queanbeyan Conference Centre.

The ball marks the 29th anniversary of the formation of the COTDC, and it will precede an After-Ball Dinner Dance (6 June), and a luncheon at the Woden Tradesman's Club at 12 noon on 7 June.

Details: Bruce Radcliffe 6241 3341.

"Have no fear of perfection - you'll never reach it" -

Salvatore Dali (1904 - 1989).
 "The difference between fiction and reality? Fiction has to make sense" - *Tom Clancy (1947 -).*

Bicycling in Britain: From Land's End to John o'Groats

By Julia Widdup

Travelling again! Where are you going this year? Are you taking your bikes? These are questions we are frequently asked as the weather grows colder and the days shorter. In 2008 we decided to go from one end of Great Britain to the other, that is from Land's End to John o'Groats, an iconic ride known as the End to End or LEJOG or JOGLE (the reverse).

Numerous people (walkers and cyclists) have done the End to End but there is no continuous long distance route and they travel at least 1400km. A typical fast cycling time for the journey is 10-14 days, but that is not a tourist trip so we decided to take longer, and see the countryside.

There were four of us, and we all took folding, small-wheeled bicycles, three Dahon and one Bike Friday (all with hub gears). John and I took a bike trailer and smaller panniers while Rod and Annemarie took only bicycle panniers to hold their equipment

We chose the western route from Land's End along the coast of Cornwall and Devon, up to Exmoor; along the Welsh border through western Lancashire into the Lake District, then north on to the Isle of Aran and Kintyre (to avoid Glasgow), by the West Highland Way and the Great Glen Way to Inverness and from there north to John o'Groats (a distance of 1600km).

We were prepared for rain and we got it in the form of showers, sea mists, fog and heavy rain. The weather forecast almost every day became a joke as it said "It will be overcast with showers, some falling as rain with possible isolated thunder storms and some occasional outbreaks of sunshine" – that covered everything except snow and ice. We had mainly overcast days with showers or sunny conditions with strong winds. Fortunately, the heavy rain fell at night.

Great Britain is so very green. In the wet June-July -August 2008 the grass and nettles grew tall and the wildflowers thrived. Unfortunately so did the hawthorn hedges on the road sides and enthusiastic hedge trimming resulted in huge thorns lying in wait for passing bicycle tyres.

Perhaps the most impressive differences we experienced were the steep ups and downs on the roads that varied from a mere 12% to 25%-plus. Some climbs were steady but with steep kick-ups as you neared the top making them very "challenging". If the grade was impossible we would walk, but that was just as hard with loaded bikes.

We visited Hadrian's Wall in England (built by the Romans) and part of the Roman Antonian earth wall and fort that ran across Scotland east of Stirling but south of the Firth of Forth. On the hilltop or rocky coastline there were the remains of huge castles where they had guarded the lands of the wealthy lords and had been sites of bloody conflicts.

We camped as we went but camping in Great Britain is becoming difficult. Many campsites are now changing to "statics" (on-site vans) that are sold as holiday homes. You are not sure till you arrive if you can camp. The sites have no undercover facilities for cooking or shelter so when it rains you have to stay inside your tent. In very rainy conditions we used other accommodation and now understand why bed and breakfast and youth hostels are so popular.

We also met the midges. These are small pesky flying insects that descend in hordes upon any piece of exposed flesh and bite. They inhabit the grasslands and woods especially near freshwater streams, lakes or marshes and they leave small red itchy bites that can last for up to two weeks. Fortunately we did not encounter them frequently.

On a bicycle you meet some wonderful and interesting people. At Oban (Scotland) it was wet so we stayed at Jeremy's Hostel. The arrangements there were "interesting"! Jeremy, the owner, had a block of land where he grew flowers and fruit. In summer he would pick flowers and bring them back to the hostels for decoration and to make jam from his fruit as part of the selling point for the hostel.

Each evening guests were greeted with huge bottles of jam and a sink

full of flowers as they came to cook their evening meals. Jeremy's live-in handyman put the flowers in vases or bottles as he cooked his evening meal and did not seem to notice that the dropping petals and sink full of flowers made it almost impossible for other paying guests to cook.

Well we made it from end to end on our bikes and saw some beautiful countryside and met some very friendly and helpful people. After we reached John o'Groats we travelled to the Northern Isles before catching a ferry to Aberdeen and from there riding to Edinburgh. After a couple of days sightseeing and an evening at the famous Military Tattoo we took the train to Darlington before cycling over the Yorkshire Dales.

The Dales were "challenging" with steep up and downs so one minute you were crawling along and the next going helter skelter down the hillside. The scenery was spectacular and the ride well worth the effort. Finally it was down to Reading where we camped while we found bike boxes to protect our bikes on the plane.

We rode to the airport and packed the bikes there amid a collection of bubble wrap, masking tape and things to go. Then it was back on Qantas and home to Australia.

Perhaps the trip (3000 kilometres) was not as exciting as changing countries but we certainly travelled through an ever-changing land steeped in history.

Library news

It is obvious to me that many members are enjoying the location of the club's lending library in the new light and comfortable sitting room.

Why obvious?

Because there have been fewer books on the shelves over the past two months!

Once again a big thankyou to those generous people who donate books. Without you the library would not exist.

However, as the library operates on an honesty system, which means records of books borrowed are not kept, it is up to borrowers to return the books they have borrowed so that fellow members can enjoy them too. -

Sue Marks.

“Messages”? We are bombarded with them

When an arm of the Council of Australian Governments said a little while ago that messages targeted at teenage drinkers should be included in scripts for *Neighbours* and *Home and Away* the suggestion drew a generally negative response.

Let's stick to warning labels, and clearly-identified advertisements, was the counter argument. No Big Brother. No playing with the minds of young people.

The reality is that we are relentlessly bombarded by messages. For instance I remember an episode of *Kath and Kim* that was one long “message” about the need to conserve water. Kath takes Kim to task for wasting it; Kel suggests he and Kath shower together to conserve it; and then announces he will install a rain water tank to collect it. So, off they go, the well-known store clearly identified, as is the fuel-efficient car they go in (“product placement”), and we are shown the range of tanks and advised which to choose for our individual needs. When the couple return home the next-door neighbour is watering the garden under cover of darkness, and Kath says it isn't right and the neighbour should be “dobbed

in”. And so it goes on. For instance, Kel does not install the tank correctly, so Kath turns to the camera and delivers a message about the requirement to always hire a licensed plumber.

Some years ago *Country Practice* was a target for messages. And here I put up *my* hand. At the time there was concern that patients living in remote regions of Australia were not accessing the Isolated Patients Travel and Accommodation Scheme, whereby the Federal Government paid for country people to travel to, and stay in, cities for treatment.

Would *Country Practice* help publicise the message, I asked?

Yes, it would, and so it was that I submitted a script which saw a doctor refer a patient to a specialist in the city. “But I can't afford to go to Sydney”, says the patient, “and it is so expensive to stay there”.

“Don't worry”, says the beneficent doctor, producing a form. “Let's fill out this form and the Federal Government will pay for you to go . . .”

So, “messages” can benefit viewers greatly. But perhaps we should be unsympathetic when we read, for example, that in January 2005 British celebrity chef Jamie Oliver admitted accepting £15,000 from Heinz as part of a product placement deal.

Dennis Blewett

Masculine, or feminine?

A teacher was explaining that in Spanish, unlike in English, nouns are designated as masculine or feminine.

“House, for instance, is feminine: *la casa*. Pencil, however, is masculine: *el lapiz*”.

“What gender is *computer*?” asked a student.

Instead of answering, the teacher split the class into male and female groups, asking *them* to decide, and to give four reasons for their choice.

The men's group decided that computer should be feminine because (1) no one but their creator understands their internal logic; (2) the native language they use to communicate with other computers is incomprehensible to everyone else; (3) even the smallest mistakes are stored in long-term memory for later retrieval; and (4) as soon as you make a commitment to one, you find yourself spending your money on accessories for it.

The women's group, however, concluded that computers should be masculine because (1) in order to do anything with them, you have to turn them on; (2) they have a lot of data but still can't think for themselves; (3) they are supposed to help solve problems, but half the time they *are* the problem; and (4) as soon as you commit to one, you realise that if you had waited a little longer, you could have got a better model.



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Frequently asked questions

The future of CDs

By Grahame Hellyer

First of all thanks for the feedback. It is good to know that people are finding these articles interesting and useful. I know there is a lot of technical stuff in magazines and newspapers, but I am trying to tailor the style to the readership – intelligent but not necessarily up with all the technical jargon. Again this month I have taken one major topic which may be worrying a lot of people.

Question: I built up a collection of LP records and then along came CDs. Is something coming which will make my CD collection obsolete?

Answer: I should preface this answer by saying that I don't have a crystal ball and this is only my opinion. When LPs came in they were a marvellous improvement on 78s. The fidelity of the sound was good, they had 20 minutes of music a side and they soon introduced stereo which made the instruments and singers stand out spatially as well as by tone. However they quickly developed lots of clicks and noises which distracted from the music.

When CDs came in they offered over 60 minutes of music and they didn't develop extraneous noises. While not indestructible, a 10 year old CD will still sound exactly as it did when it was new, if looked after reasonably. Some of the initial ones sounded a bit harsh, but few would now argue that LPs sound better than CDs. Also, being digital, you can jump tracks almost instantly with the press of a button on the remote or the player. The case is big enough to hold a booklet with details of the music (if provided by the publisher). The only thing the designers did not allow for was the encoding on the CD of the name of the album and the tracks. The player will only show "Track 1", etc.

An improvement on the CD was the SACD which looks the same but provides even higher fidelity sound and, in some cases, surround sound, for people with a surround sound system and SACD player. Sales of these haven't taken off, as they are always more expensive, and most

people don't have a good enough sound system to notice any difference.

Now mp3 (and similar) digital formats have been developed, and people are downloading music onto their computers, transferring it to portable players (even their mobile phones) without ever buying a CD. Music recorded in mp3 does also have the details of the music, so music titles appear on the player while the music is played. Many music stores are now selling the same music as either CD or downloadable over the internet as mp3. It is also possible to just buy certain tracks of a CD rather than the whole. However if you have all your music on a computer you had better have a 'back-up' for the day when your computer dies.

Does this mean that CDs will disappear? CD sound is still better than mp3 and some people, like me, still like to have the physical CD, and the booklet which often comes with it (even if we have all the CDs copied on a computer as well). A CD can be converted simply to mp3 on a computer, which will also automatically download details of tracks to show up on your mp3 player.

In future music may also be sold on memory cards the size of postage stamps, but then they will still have to be sold in a largish package for buyers to read the details! It is also worth noting that DVD players can play CDs, so it will be a long time before your CD collection will be obsolete or unplayable. I expect to be playing mine for the rest of my life!

If you have any queries just call me, Grahame Hellyer, on 62302480.

Hold your breath

Mahatma Gandhi walked barefoot most of the time, which produced an impressive set of calluses on his feet.

He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him (are you ready?):

A super-calloused fragile mystic hexed by halitosis.

Bridge classes well attended

Bridge classes at the club are proving to be a great success.

Val Hopwood, an experienced teacher and player, has been conducting the classes, catering both for beginners and for players with varying degrees of experience and skill.

Classes are co-ordinated by Margaret Kennedy, who has also indicated that she will organise "supervised play", if there is sufficient demand.

Supervised play sees a teacher move from table to table, advising on bids to make and cards to play, when asked to do so.

Bridge is a stimulating and challenging card game.

Enquiries should be directed to Margaret, or ask at the office.

You couldn't buy that sort of service

Members will have noticed a shed out the back. Not the traditional out-the-back refuge for Aussie males, but to provide the club with additional storage space.

Thanks go to a willing team of shed builders, who largely avoided bruised thumbs and sore backs in its construction.

The hard work didn't stop there for our volunteers. *Clean-up Australia Day* saw Robin Brinton, Ian Cleaver, Neil Stephenson, and Lee and Gordon O'Connell back at the club clearing away fallen debris from the car park, cleaning the gutters and re-painting parking lines. You couldn't buy that sort of service.

New chairs of sub-committees

Two of the club's sub-committees have new chairs.

Beverley Porteous becomes chair of the Activities sub-committee, and Neil Stevenson has become chair of the Facilities sub-committee.

Both Beverley and Neil are very active in club activities, and bring to their new roles a wealth of experience and commitment.