

## Relocation 'possibility', but only if demonstrably in club's interests

The Woden Project, whereby Woden Seniors would move to a purpose-built facility 50 metres from the present premises (across the road, adjacent to the library) remains a possibility.

The Project consortium sounded out the club some time ago on the possibility of building modern, spacious premises in return for the club's present site\*.

President Anne Murray and Vice-President Neil Stevenson met last week with principals of the consortium, and were told that managers of the proposed project were in consultation with the ACT Chief Minister's Department, which at this early stage has not indicated whether it is likely to approve it.

Anne said she periodically held discussions with the Chief Minister, and she hoped to further clarify the situation with him at an early date.

## Party in the Park

As the result of a Government grant Woden Seniors is organising a "Grand Party", in Glebe Park, on the first day of Seniors Week 2010.

All four seniors clubs in the ACT are involved, and a senior member of the staff of Communities at Work will be co-ordinator.

There will be games, entertainment, and stalls.

More information will be provided in the next few weeks.

### Seniors office bearers

President: Anne Murray.

Vice-President: Neil Stevenson

Secretary: Mollie De-Bank

Treasurer: Heike Elvers.

Management Committee: Pat Birrell, Judith Caton, Gail Giuliano, Noel Lane, Grahame Hellyer.

Meridian editor: Dennis Blewett

Group leaders and members who attended the club's Annual Meeting last September were made aware of the broad plan.

Anne said then, and repeated after the recent meeting with the consortium, that the project remained no more than a possibility, at this stage.

"However, clearly the club must always be receptive to proposals", she said.

"I assure members that the club will relocate only if it is demonstrably in the best interests of the club to do so, and only after members have been given every opportunity to consider any proposal, and comment on it".

\*See editorial, *Meridian*, Dec. 2009.

## Christmas Fair raises \$4000

Woden Seniors' Christmas Fair, at the end of November, raised more than \$4000 towards the club's building fund.

Once again club members contributed to the Fair's success in many ways, from donating goods, to manning stalls, organising morning tea, the sausage sizzle, selling raffle tickets - and, of course, the less obvious contributions, such as preparing the club, inside and out, and cleaning up afterwards.

Thanks to everyone. A credit to all involved.

And thanks to the people who came along, and spent their money!

## Working bees and volunteers

By Neil Stevenson (Vice President)

Many thanks to Robin Brinton for organising a working bee on Sunday morning December 6 to repaint the parking bay lines and generally clean up the club surrounds. Unfortunately the response to his appeal for volunteers in the form of flyers and personal approaches was met with little enthusiasm and at the starting time of 7am only three people had appeared, one of whom was a paid worker. That situation remained unchanged and, as a result, in spite of a lot of hard work, all the tasks were not completed.

We have some absolutely wonderful volunteers as members of the club, without whose unselfish input and sacrifice of their time, the club could not function. However where working bees to maintain the car park and environs are concerned the turn up is disappointing.

This is not always the case, as when club members were asked to assist in erecting the colourbond shed at the rear of the club on a Saturday

morning, we had a surfeit of expert erectors and the job was done in record time and with great bonhomie.

This raises the question of whether Sunday was suitable for the working bee. I know Sunday mornings are sacrosanct for some people. For instance that's my time to read the *Sydney Morning Herald* from cover to cover and watch *The Insiders* on ABC (I just love Annabelle Crabb!) but if you could just sacrifice one hour between 7am and 12 noon we could knock the whole thing over and not wear out the usual few suspects who do turn up on a regular basis. Unfortunately, early on Sunday morning is probably the best time to tackle these tasks due to a reasonably empty car park but I am sure Robin would appreciate any feedback as to any better ways to arrange things.

Just think of that warm fuzzy feeling that you get from sharing a job with a few mates, having a laugh and a chat, and achieving something you can be proud of!

# Exercising the mind: popularity of club's computer courses

By Judy Henderson

Googling is good for the grey matter. Many older people ask "why should I worry about learning how to use a computer?" Well apart from giving you a means of keeping in touch with family and friends, enabling you to shop and do your banking online, look up answers to questions and do a myriad of other things, it is also very good for the grey matter. A recent study at the University of California, Los Angeles, has found that "googling", that is searching the Internet, is good for maintaining and improving brain function in older people. According to the study Internet searching stimulates brain cells and pathways, making them more active.

At Woden Seniors we have a dedicated and experienced group of teachers who have been running computer courses for several years now.

2009 was a very busy year for the computer teachers. Ninety-seven members undertook a course of either four or six weeks and all in all we offered 28 courses. We started off with quite a long waiting list of members wanting to do classes as a result of the closure of the computer room in the last half of 2008 while the building extension and modifications were being undertaken. We managed to offer places to all those on the waiting list and many more. We closed off the lists for 2009 in late September so that we could try to give everyone on the lists up until then the opportunity of doing a course in 2009 and we largely achieved that aim. Unfortunately there were a couple of people who had put their names down, who despite many attempts and the checking of phone numbers were unable to be contacted over several months – so if you had your name on the list and didn't hear anything maybe that is why. There were one or two people who were not able to be accommodated in a course because the days the classes were offered did not suit them – hopefully the times in 2010 will suit them better.

Page 2

Regrettably we were not able to get any suitable classes together for digital photography. Digital photography is a very broad subject area encompassing transferring photos from the camera to the computer to sophisticated editing. Since demand is relatively low among club members, we do not expect to be offering any courses on digital photography in 2010. However U3A usually offers a range of courses on this subject so if you are interested check with them.

2010 looks like being another busy year with a very healthy waiting list already. All our very experienced and dedicated teachers are happy to continue to volunteer their services. Classes will be offered on Thursday mornings and Tuesday, Wednesday and Thursday afternoons starting from February. We will be offering a six week Beginners' course that assumes no knowledge, a four week course called Brush up on Email, Internet and Word Processing, which is a post beginners' course tailored to the level of the group and courses on Microsoft Word – both Word 2003 and Word 2007.

If you have your name on a list you will be contacted by phone when a place becomes available. Places are offered in the order they appear on the lists - i.e. first in first served - but due to the numbers not everyone will be offered a course starting in February – some will have to wait for the next lot to start, but you *will* be contacted. When you are offered a place be sure you can commit to regular attendance for the duration of the course. If something happens unexpectedly that means you are unable to continue to attend please let us know as we may be able to offer the place to someone else on the list.

Learning any new skill requires practice if you are to make progress. Practice is very important when learning how to use a computer and its software. We try to match the software you use in the classes with what you have at home to make it easier for you to learn. If you don't

have access to a computer at home you need to make a commitment to coming to the club a couple of times a week to practise what you have learnt on the club computers.

We have developed a comprehensive set of notes to complement the classes. One set of notes covers the Beginners and Brush Up courses and separate notes are available for those undertaking courses in Microsoft Word 2003 or 2007. For people wishing to get some help themselves the Customguide Internet site provides some very useful notes on a wide range of software applications called Quick Reference Cards. See [http://www.customguide.com/quick\\_references.htm](http://www.customguide.com/quick_references.htm). These are available to download and print out for free.

The cost of the classes is the usual activity fee of \$4 per session. In addition a one-off charge of \$2 is levied for the notes.

If you haven't yet taken the plunge or if you wish to update your computer skills put your name on the list for classes. The lists can be found on the noticeboard at the end of the main hall. Remember - googling is good for the grey matter! To read more about why check out these sites: <http://news.bbc.co.uk/2/hi/7667610.stm> or <http://newsroom.ucla.edu/portal/ucla/first-time-internet-users-find-111275.aspx>.

For any inquiries contact me, Judy Henderson, on 6286 8693.

## Well, did you ever!

Did you hear about the guy whose whole left side was cut off? He's all right now.

The roundest knight at King Arthur's round table was Sir Cumference.

To write with a broken pencil is pointless.

When fish are in schools, they sometimes take debate.

The short fortune teller who escaped from prison was a small medium at large.

Show me a piano falling down a mine shaft and I'll show you A-flat miner.

The guy who fell onto an upholstery machine was fully recovered.

Bakers trade bread recipes on a knead-to-know basis.

## SENIORS CLUBS' MESSAGE TO GOVERNMENT

### Have we got a deal for you!

The ABC's Alex Sloane presented the 666 Morning Show from Woden Seniors on Remembrance Day, 11 November, thereby continuing the media's recent trend towards "thinking Woden Seniors" when seeking comment or reaction to matters of interest to older people. It is flattering to Woden Seniors, and evidence of the club's high profile in Canberra.

The morning began with President Anne Murray and Vice-President Neil Stevenson outlining services Woden Seniors provide and its importance in the community. As ever, Anne went in to bat for the club, stressing the well-documented minimisation of older peoples' demand for health and community services as a consequence of activity within seniors clubs.

Then, after acknowledging the government support that the club *does* receive, and the assistance provided by "friends" of the club, Anne pointed out that the club is essentially self-supporting, and argued that on-going funding of \$50,000 a year was a not unreasonable expectation. Undoubtedly the Government would receive a good return on its investment.

Anne also took the opportunity to stress that seniors could do a great deal better if ACT seniors' clubs formed an alliance. She went further, saying that an alliance of seniors' clubs throughout Australia could present a united front difficult for governments to ignore.

Alan Hodges, who as well as being an enthusiastic club member is chair of the ACT Ministerial Council on Ageing, broke off from participating in an exercise class to say that he had been coming to the classes for two years, and found them invaluable. He pointed out that many accidents and deaths resulted from older people falling, and classes emphasised stability, thereby reducing the incidence of falls. He went on to say that seniors' clubs challenged people intellectually and physically, encouraged social interaction, and provided opportunity to learn new skills.

Joy Burch, Minister for Aged Care in the ACT, told Alex that there were about 51,000 seniors in the ACT and, as Minister, she wanted to help them remain active and part of the wider community. When Alex told the Minister that Anne Murray had suggested an annual grant of \$50,000, and added "That does not seem like an unreasonable amount of money",

the Minister responded "It doesn't". And then, "Formally, as Minister, I will look at it; it is something we need to consider".

Moving hastily on to safer ground, the Minister pointed out that the Government *was* investing in seniors' welfare, instancing capital grants for a new seniors' club at Tuggeranong and adding that, aided by the Federal Government's stimulus package, the ACT Government was investing in public housing and supportive aged care accommodation. She acknowledged the role of seniors clubs in keeping people healthier for longer, thereby reducing the demand for GP and other health care services.

We then heard from Dr Nicholas Sherburn, from the ANU research unit into ageing, who told us that a study of 7500 participants, now at its third stage, was identifying factors involved in dementia.

"What are they?" asked Alex, not unreasonably. "Well, 100 articles have been published", Dr Sherburn responded, adding that contributing factors *had* been identified.

"What are they?" persisted Alex. "Many", said Dr Sherburn, listing hypertension, poor diet, anxiety, depression and alcohol - all factors manifesting themselves in people in their 30s and 40s. Prevention is always better than later intervention, he opined. He assured us that the unit was reporting to the Federal Government, and failed to surprise when he told us that more money needed to be invested in research.

The next guest was the ANU's Professor Laurie Brown who mused on how older Australians might be funded in the future, pointing out that currently there are 2.7 million Australians over 65, and that there will be 6.3 million in 30 years' time. Governments were faced with the unpopular task of devising means of ensuring that Australians provided for their own retirement and, in the case of those better paid, also helping provide for those less fortunate. She pointed out that 50% of the wealth of older Australians is tied up in their homes, and she suggested "reverse mortgages" as a potential means of helping to provide for one's old age.

Club members taking part in various activities - watercolour, table tennis, dancing, music - were then interviewed. Enid Niven told of leaving a farm to come to Canberra to be closer to medical services. She and

her husband - who subsequently died - joined the club to meet people. "I have never looked back", Enid said. "Particularly since my husband died I have joined in activities, and people have been so friendly and supportive, friendship extending to going for coffee and lunch".

Winifred O'Brien told of arriving in Canberra four years ago having previously lived all her life in England, the 22 years preceding her move to Australia in Wiltshire. The daunting task of settling in a new country far from former friends was made considerably easier when she "stumbled across" the club, having been directed to it by a library assistant. "I particularly appreciate the friendship and support I have found at the club", she said.

Alan Kerr, who has been "calling" square dancing for 30 years, spoke of the mental and physical benefits of dancing, and the valuable social interaction. He also provided us with an entertaining "call" - "*... now join hands, and circle to the left, up to the middle, dosie doe and make those ladies run ...*" (apologies, Alan, I doubt I've got it *quite* right!).

Chris Redmond, Director of Home and Community Services, told us that they currently had 500 clients - people anxious to stay in their own homes but who required assistance to do so. Clients are managed by a case manager, who identifies and organises services required. Assistance extends to beyond the home, as transport is arranged not only for appointments with doctors and other health care workers, but for shopping and recreational activities. The service is funded by the ACT Government. Chris paid warm tribute to the volunteers who make it possible and, not surprisingly, said that more were required, and made very welcome.

Finally, ex-ACT Chief Minister Kate Carnell (who will qualify for membership of Woden Seniors next year) came out strongly in favour of urban infill. People did not want to move "halfway to Cooma", she said. They wanted to continue going to their shopping centre, church, and "this wonderful club", and not move away from friends and neighbours.

She said that, with people living longer, "We have to get over this scrimping and saving mindset to keep a nest egg for the kids. We can no longer afford to leave them the house. We've got to say, 'Look, you've had a good education, you've had every opportunity. Now it's up to you'."

Dennis Blewett

# *Images from Christmas Party*





## Frequently asked questions

### Sound quality, and fraudulent emails

By Grahame Hellyer

*Question:* Am I going deaf?

Frequently I can't make out what is being said on TV. Is there any way of improving sound quality?

*Answer:* If you are watching/listening to Scottish detective shows, then nothing is likely to help!

However, something which may be causing problems is poor quality speakers in your TV. Some brands are notorious for poor sound (despite a good picture) and as the sets get thinner it becomes more difficult to put in good speakers. Small sets in particular can sound very tinny (as I have just discovered). Unfortunately if you want to add additional speakers then they have to be powered - i.e. , plugged into a wall power socket as well as into the TV.

The simplest solution, if your room is not too big, is to buy a pair of stereo speakers designed for a computer – something like the Audioengine 2 (\$249) as a minimum – anything cheaper will not make any improvement. These have the amplifier built into the left speaker so you only have two speakers and nothing else.

You can buy packaged surround sound systems which have an amplifier (perhaps with a DVD player built-in), two front speakers, a centre speaker, two rear speakers and a sub-woofer!! However this means lots of boxes and cables. Also, many have tiny speakers which won't help the sound quality in the mid range of frequencies used in speaking. However you will get loud bangs and atmosphere in action movies.

If you want the surround sound effect without lots of wires you can try a "sound bar" which is a long box sitting above or below your TV which gives a surround sound effect. However one with reasonable sound will cost over \$1000. Of course you can buy a tailored surround sound system with a quality surround amplifier and high quality speakers, using just as many as you want, (if you just want quality sound then you still only need two front speakers).

You could start with an amplifier (\$600 - \$2000) and quality bookshelf

speakers (\$600 - \$1000). That would get you very clear sound, but you would still not be able to understand what is said in Scottish detective shows!

### Fraudulent emails - protect your password

*Question:* I hear criminals are very active on the internet. How do I avoid being defrauded?

*Answer:* Emails which attempt to defraud are called "spam". The most important thing is never to act on an email which says: "Click on this link and log on with your password or PIN". Banks or the tax office will never ask you to do this. If you use internet banking then keep the address of your bank in your Bookmarks (or Favourites) and always use that to go to their web site. Some organisations will send you links to their web site, for example EBay, however only if you have registered with them, and then they will use your proper name – if I get an email addressed "dear ghellyer" (which is part of my email address) it is a dead give away that this is spam. Nevertheless, never enter passwords or personal information when going to a web site direct from a link on an email – even if it looks genuine.

There are also aids to telling whether a web site is safe to use. If you use Mozilla Firefox as your web browser it will warn you if it thinks that the web site is one where people have had problems. You can also add a security "Add-on" to your web browser. There is one called WOT which will put a small symbol at the top of the page which is green for safe sites and red for dangerous ones. Clicking on the link will provide detailed ratings for Trustworthiness, Vendor Reliability, Child Safety, and Privacy. (You will find Add-ons under 'Tools', 'Add-ons' at the top of the Firefox page.)

Finally, remember any offer of something "Free", or news of money owed you which you didn't know about, on the internet is targeting the gullible – you just don't get things for "Free"!!

## The man who could do *everything*!

Man walks on to street, just in time to flag a cruising taxi.

"Perfect timing", acknowledges the cabbie. "You're just like Frank".

Passenger: "Frank?"

Cabbie: "Frank Feldman. He's a guy who did *everything* right all the time. Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time".

Passenger: "Things go wrong for everyone, some times".

Cabbie: "*Not* Frank. He could have won the grand slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like Fred Astaire. You should have heard him play the piano. He was an amazing guy".

Passenger: "Sounds like he was something *really* special".

Cabbie: "There's more. He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything".

Passenger: "Wow, some guy".

Cabbie: "No one could ever measure up to Frank Feldman".

Passenger: "Amazing! How did you meet him?"

Cabbie: "Never actually met Frank. He died. I married his widow".

## Tips on how to get along with people

Keep a chain on your tongue, and always say less than you think.

Cultivate a pleasant, persuasive voice. How you say it often counts for more than what you say.

Make promises sparingly, and keep them faithfully.

Never let an opportunity pass to say a kind word to someone.

Be genuinely interested in others.

Keep an open mind on everything. Discuss without arguing - it is possible to disagree, and yet be friendly.

Be careful of the feelings of others.

Don't be overprotective of your "rights".

# Thanks to our good Friends; they deserve our support

Late in 2007, when the club was embarking on its plans to extend the building, it was recognised that additional financial assistance outside the usual channels was needed in order to achieve the club's objective of an improved facility. So the Friends of Woden Seniors program was established. Friends of Woden Seniors are businesses and individuals who have agreed to provide money or services to the club.

Financial donations include monthly donations, annual donations and a percentage of real estate commission from certain properties sold. One Friend, Office Essential, gives the club 12% of sales made to members on production of a card available at the front desk and another, Healthway Developments, has given the club \$2000 worth of vouchers to sell for Chinese medicine packages – these vouchers are available for purchase at the front desk.

The sorts of services provided by Friends include the printing of *Meridian*, the printing of publicity material, painting of the interior,

furnishing the sitting room, the donation of major raffle prizes, and catering.

Some Friends have been supporting the club since the establishment of the program, while others have supported us for a defined period such as one year. Whatever the period, the club is very appreciative of their support as it has enabled the club to improve its facilities and progress in the goal of becoming more relevant to its range of members with their varied interests.

Friends that supported the club in 2009 were:

- Bendigo Community Bank (Calwell/Wanniassa Branch)
- Briquette Jewellers, Manuka
- Canberra Southern Cross Club
- Construction Control, Project Management and Construction Group
- Cusacks, Kingston
- Edelweiss Gourmet Deli, Woden Plaza
- Healthway Developments, Chinese medicine, Corinna St, Woden
- Hellenic Club of Canberra, Woden
- Hindmarsh Living, lifestyle

choices for over 55s

- Office Essential, home office supplies, Altree Court, Phillip
- Richard Luton Properties, real estate
- Rolfe Motor Group, Phillip
- ViiZar Coffee Shop, Woden Town Square

We look forward to continued support from our current Friends as well as engaging new Friends in 2010.

Members can show their appreciation of the assistance provided by Friends of Woden Seniors by choosing to support these businesses when shopping or seeking services.

*Judy Henderson*

## What would *you* say?

The complexities, and deficiencies, of English! What would you say, choice one, two, or three?

1. *Someone has left his umbrella.*

2. *Someone has left his or her umbrella.*

3. *Someone has left their umbrella.*

The first is the traditional way, but doesn't allow for women. The second is all-inclusive, but wordy. The third is all-inclusive, but singular and plural are mismatched.

Could always say, "An umbrella has been left by someone", I suppose.



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# Adult books, films, please!

By Dennis Blewett

I've reread a lot of old favourites this past year or so, largely because I find so little written these days to interest me. *Fame is the Spur* (Howard Spring), *Sorrell and Son* (Warwick Deeping), *Random Harvest* (James Hilton), *Kings Row* (Henry Bellamann), *Bhowani Junction* (John Masters), *Mildred Pierce* (James M. Cain) and *The Caine Mutiny* (Herman Wouk) come quickly to mind.

Inspired by the *Jewel in the Crown* series on ABC 2, I also attempted the *Raj Quartet* (Paul Scott), but I confess that I ended up ferreting out passages relevant to key scenes in the TV series, and giving

up on the rest (the *Quartet* runs to almost 2000 pages).

"So what?" you ask. "What's that to do with anything?"

Well, simply this. I've just about given up on contemporary fiction, just as I've become disillusioned with contemporary film (*Movie Show's* David Stratton sorrowfully regrets that few films these days are made for other than a 'teens audience), and I find that most people my age agree with me, and with David.

Contemporary film (and television) assaults the senses. Rapid changes of scene, hand-held camera techniques, profanity, gratuitous sexuality, unintelligible (and largely irrelevant) dialogue and a cacophonous backdrop of sound leave people (well, people my age anyway) feeling assaulted. And, so infrequently

are characters deserving of sympathy, or likable in any way, it is difficult to care what happens to them anyway.

To return to books, it seems to me that modern authors are largely lazy and superficial, above all lacking in scholarship. So many books are formulaic - rather than write a dozen books authors write one book a dozen times. How many times do you take a book from the library shelves and read that it is another novel about someone "introduced" to us in a previous book (and who clearly will be reintroduced in another)? Or read "Move over Martina Cole (or whoever), you've got serious company!" Or read about a tough (and beautiful) cop, or a talented (and handsome) surgeon, or a world-renowned (and beautiful) concert pianist (who in all likelihood gets it off with the aforementioned handsome surgeon).

Where today are authors such as J. B. Cronin, J. B. Priestley, Somerset Maugham, Graham Greene and John O'Hara? (We'll put aside the true giants of literature, the Steinbecks, Lawrences and Faulkners.) Authors with a story to tell, and complete mastery of the English language.

Occasionally - just occasionally - a book comes along that is well-written and has something to say. One such was *Bonfire of the Vanities* (Tom Wolfe). Readers (if I still have any at this point) may think of others.

Perhaps it is just that I am growing old, and intolerant, and maybe (to return to my problem with films) I don't hear as well as I did once. But then, I don't have a problem understanding, hearing and becoming involved with older films. And I find the sexuality in films such as *Ryan's Daughter* and *Breaking the Waves* beautiful and essential to the telling of the story, just as the violence in a film such as *The Unforgiven* or *The Proposal* integral to the screenplay.

I flatter myself that what I want and enjoy, whether it is the books I read, the films I see, or the shows I see on TV, is *quality*, for *adults*, and I find so much today to be tawdry and predictable, and unable to "engage".

I believe that many (most?) of my contemporaries share my frustration. Or have I got it wrong?

## Melbourne Cup day again a club highlight



Last year's Melbourne Cup cards and games day again proved to be a great success, with the big race shown on television in the lounge.

## Benefits of Chinese remedial massage demonstrated at Christmas Fair

Visitors to the club's Christmas Fair late last November had the opportunity to experience the beneficial effects of Chinese remedial massage, courtesy of Dr Haisong Wang, who set up a temporary treatment area in the verandah room.

Haisong was one of the club's original Friends, offering members treatment at special rates at his Corinna Street clinic.

*Meridian* recently took the opportunity to find out more about traditional Chinese medicine, and about Haisong himself.

Haisong and his brother, Dr Haidong Wang, established the Capital Health Centre at Woden 10 years ago, and so successful has it been that the brothers opened a second clinic at Belconnen five years ago, and are about to open a third, in Civic, later this year.

Haisong explained that Chinese medicine emphasises a holistic approach to health care - that is it seeks to promote and maintain good

health rather than simply treat the symptoms of illness.

Main weapons in the armamentarium are distinctive Chinese massage, acupuncture, and the prescription of traditional Chinese herbal medicines, but lifestyle change (including, importantly, sensible diet) are discussed with patients, and considered vital to good health.

"Many people - probably most of us - do not eat as we should, and at the right times", Haisong said. "In China we say eat breakfast like a king, lunch like a prince, and dinner like a peasant. In the western world we tend to get it the other way round - and that applies to young Chinese coming to Australia!"

Haisong and his brother belong to a "medical-oriented" family. It was the brothers' mother, who is an experienced senior nurse, who urged Haisong and Haidong to establish their first clinic when they came to Australia.

The brothers graduated at

Liaoning University of Traditional Chinese Medicine, in Shenyang City. Having served his hospital internship, Haisong was recruited by the CIT here in Canberra to teach Chinese medicine, and it is only recently that he has discontinued teaching there. "However, there is every likelihood that I will be asked to return to the CIT in the future, so great is the demand for training in this field".

Brother Haidong is currently in China, where he has established a practice in his home city. "We find the interchange of ideas invaluable", Haisong said. "Certainly, here in Canberra we feel we are able to keep up with the latest developments in China".

Haisong, who lives in Lyons and is married with two children, makes time to go to the gymnasium two or three times a week, and enjoys martial arts.

He says he looks forward to maintaining, and improving his relationship with Woden Seniors. "In China we say, 'No seniors, no future'." he said. "We say that our senior citizens are the repository of wisdom and experience".



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