

## OUTWARD BOUND FOR SENIORS

### Get physical for three days and two nights

THE club submitted an application for funds under Round One (August 2004) of the Canberra Community Grants Program for a project called Outward Bound for Seniors.

The application was successful and the club has been granted \$6000 for the project.

The project is to be a pilot program to encourage seniors to participate in controlled physical activities over two nights and three days, devised and supervised by Outward Bound Australia in conjunction with the WSCC.

The program will involve overnight bunkhouse accommodation at Tharwa, with participants travelling to and from Tharwa by chartered bus.

The program is planned to take place in May or June this year.

Members who are interested in being involved in the development of the program and/or participating in the activity should contact the club manager early to register their interest.

George Heron



The cake was provided by Brigitte Kaspar's daughter for her mother's 90th birthday, but Brigitte (left) insisted that Olive Coleman, who was celebrating her 98th birthday, cut the cake. Ethne Webster (right) was another birthday girl. All three are members of the Thursday craft group.

## COMPUTER TRAINING

### World Wide Web opens up a whole new world of knowledge

A NUMBER of introductory courses have now been run, as well as a course on Microsoft Word. The introductory courses have covered the basics of using a computer and how to use the Internet.

Attendees all said they found them useful.

We plan to run some more introductory courses depending upon demand. We will also run

some courses just on the Internet for those who can use a computer but aren't sure that they can make full use of the World Wide Web or email. As anyone who listens to the ABC will have noticed, the rest of the world is starting to assume that everyone can get their information on programs, etc, off the Web. We over-50s don't want to be left out. We will also run

some courses for those who know how to turn on their computer but feel they need a bit more, or who did the introductory course and want to consolidate! Keep your eye on the notice board for course details and timings.

Personal use of the computers

The computers are now available for personal use. Any member can get the key from the office whenever there is not a course in progress (or a committee meeting.) They are permanently connected to the internet so that you can explore

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## Editor's comments

"The raised roof lantern has a lightness and transparency which expresses the intrinsic qualities of the house in its place and time". - One of the many gems from the Canberra Times real estate pages.

### NO EXCUSE

Newcomer to dancing apologises to his partner. "I am a little stiff", he concedes. "Just arrived from badminton". "I don't care where you come from", responds his partner. "You are still a crook dancer".

### MARIE-ANTOINETTE REVISITED

Anyone questioning the "bold plan" for the expansion of Canberra, the "master plan for bringing 23,000 new residents into the city centre", the "strategic initiatives", the "needs of a vibrant 21st century city", on the ground that a secure supply of water for even a city the present size cannot be assured, would no doubt elicit the response from our leaders, "Let them drink café latte".

### LAST RESORT, OF LOSERS

"We can counter that there's more culture between the average working man's toes than there is in Australia, but who wouldn't swap William bleeding Shakespeare for a Darren Lockyer?" - Journalist in Britain (land of culture) paying a (backhanded) compliment after another loss to Australia (this time Rugby League).

### POLITICAL SUCCESS

"What do you think is the main qualification for success in a politician?" Hamer Shawcross, principal character in Howard Spring's Fame is the Spur, is asked. "Why, just this, Jimmy. While appearing to have nothing but his country's interest at heart, he must be an expert at appealing to panic, passion and prejudice. When these do not exist, he must know how to create them at the right moment".

### PARTING SHOT

Doctor and wife argue fiercely. About to leave for work, doctor fires a parting shot. "You're not much good in bed, either!" Later in morning, remorseful, he phones home. Phone rings for a long time before his wife answers. "Where were you, darling?" he asks, in his most conciliatory manner. "In bed", she replies, unappeased, "getting a second opinion".



The Woden Senior Singers presented an outstanding selection to an appreciative audience at last year's Christmas concert at the club. Afterwards afternoon tea was served. This year, the choir will again undertake a full program, bringing enjoyment to audiences throughout Canberra.

### A WELL-PLANNED LIFE

Two women met for the first time since graduating from high school.

One asked the other, "You were always so organized in school, Did you manage to live a well planned life?"

"Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker."

Her friend asked, "What do those marriages have to do with a well planned life?"

"One for the money, two for the show, three to get ready, and four to go."

### EVERYONE KNOWS DAVE

"Everyone knows me", said Dave.

"Well, it often appears that way", said Joe. "But hardly everyone".

"Name a name", challenges Dave.

"Tom Cruise", says Joe.

"You're on", says Dave.

So, the two turn up at Cruise's place, to be greeted by the great man.

"Dave!" exclaims an obviously delighted Cruise. "Come on in. I was just about to call you, old buddy".

Joe is astounded, and tries again, "George Bush?", he suggests.

"Georgie?" responds Dave. "No problem", and the two turn up at the White House, to be immediately fast-tracked in to see the President.

"Just about to meet the Security Council", says Dubbya, "but let 'em wait. Take the weight off your feet. What can I get you? Remember the old times, you old son of a gun?"

A stunned Joe tries one last time. "The Pope", he says.

So, to Rome they go, arriving in St Peter's Square just as millions gather to catch a glimpse of the Pope as he appears on the balcony.

"Going to be difficult", admits Dave. "Looks like we've come on a bad day. But wait here, while I duck in by a side door".

"Okay", says Joe, confident this time of Dave's failure.

Ten minutes later, two figures appear on the balcony.

Man next to Joe is obviously puzzled.

"Who's that?" he wonders aloud.

"Who is the guy in the white frock next to Dave?"

## End Of Summer Togetherness Lunch

For Members and Friends

A chance of getting to know other members of our club and promote interaction.

Come and enjoy a relaxing luncheon.

Bring your friends with you

Entertainment provided

Monday 14 March, 12.30  
At Woden Senior Citizens Club

Lunch - Asian style cooking

Wine and fruit juice

Home made slices

Tea and Coffee

\$10 per person

Booking and payment by  
Monday 7 March

# Social activities and events - 2005 program

January	February	March
Nil	21 Activity Leaders Forum 25 Meridian 28 Committee of Management	14 Members and Friends Lunch 28 Committee of Management
April	May	June
Seniors Week 3 Celebrating Seniors Concert 18 Committee of Management 29 Meridian	6 Picnic for Members 30 Committee of Management	15 Recorder Group concert 25 Meridian 27 Committee of Management
July	August	September
18 Committee of Management 25 Christmas in July	22 Activity Leaders Forum 27 Meridian 29 Committee of Management	5 Guest speaker 19 AGM 26 Committee of Management
October	November	December
22 Fete 29 Meridian 31 Committee of Management	1 Melbourne Cup 28 Committee of Management	5 Christmas Lunch 9 Meridian

## President's Report

**B**Y the time this report is published all groups will have recommenced their activities and new programs will be underway.

On the first Tuesday morning in February new members joined the bridge group and the YMCA exercise group could barely fit into the space available in the hall.

I arrived at the club early on Wednesday and the Tai Chi group was completing a strong session, again with an increase in membership.

From the business side of the club, all our sub-committees are in place and working with lots of energy. You may wish to contact the appropriate members:

June Healy - Finance.  
Anne Murray or Joe Lising - Events and Activities.

David Griffith - Information Technology.

George Heron - Hiring.

Anne Murray or Barry Allen - Facilities.

From time to time we make specific reports which relate to sub-committee work.

We are planning a number of social activities this year and will advertise them in advance so that members will be able to attend many or all of them.

On Monday 14 March a members and friends lunch will take place. The cost per person will be \$10.

Joe Lising is taking a leadership role in the planning of this event and will in fact be the chef who prepares the main courses. The entertainment is being finalised as Meridian goes to press.

We are most grateful for the assistance given to our manager,

George Heron, particularly by members who are giving regular time in the office.

I wish you all a happy, peaceful and constructive year.

Anne Murray

Woden Senior Citizens Club and the YMCA of Canberra

together, present  
**Pryme Movers**

Tuesday and Thursday  
10am-11am

a YMCA physical activity program for older adults who value their independence, want to improve their mobility skills and prevent falls

It's safe, it's fun, it's effective!

Woden Senior Citizens Club

Corinna Street, Woden

Free parking available

\$6 person per class

No need to book

Wear comfortable clothing

and flat-heeled shoes

6162 0991 or 6282 2573

# Huckleberry Finn revisited

WHILST doing helicopter training in the United States in 1962 I undertook a cross-country navigation exercise from Dothan, in Alabama, to Daytona Beach, in Florida, with one stop to re-fuel.

On the edges of the Everglades in Florida travelling at 4000ft in nice sunny weather and navigation going to plan, I heard a "bang" behind my head and a change of feeling in the tail-rotor pedals.

I immediately put out a Mayday call and looked for a forced landing area. The area below me was good and I selected a grassed four acre paddock with a farm house at one end.

I then checked my engine instruments, which all showed normal and made me wonder if I had been premature in putting out a Mayday. However, I was unable to increase the main rotor revs, and went ahead with the landing, touching down near the farm house.

The radar system throughout the United States had pin-pointed my position and a full recovery team reached me within two hours. The problem I had experienced was a "short shaft" failure, which is the drive shaft between the engine and transmission. Due to my relatively short helicopter experience I had not immediately identified the problem.

What was really interesting was the two hours I spent on the ground waiting for the recovery team.

Eight children, brothers and sisters, ranging from about 12 to two, sat on a log and watched me, without saying a word. I tried to make conversation, but for a long time could not extract one word.

Then a boy of about eight asked if I would like to see his blueberry bush. Breakthrough. On reaching the bush I ate some of his ripe blueberries, thanked him, and returned to my helicopter.

Another long silence. Then the same boy asked if I'd like to see his swimming hole. Past the blueberry bush he took me, a further 50 metres, and there was the swimming hole. I admired it, thanked him, and again returned to my helicopter.

I thought I should go to the farmhouse and introduce myself to the parents, so off I went, with the children tailing behind me.

When I got to the house the parents were there, not hostile, just totally uncommunicative. I found myself thinking of my school days, when I read Huckleberry Finn. The house was weatherboard, unpainted, and no glass for windows. For curtains they had hesian bags, and there was no linoleum or mats on the floor. There was no electric lighting or phone, of course.

It was all a contradiction of what I, an Australian, had believed prosperous white America to be.

Laddie Hindley



*Good Times*

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3 RESTAURANTS • 8 BARS • 2 COFFEE SHOPS  
DEDICATED STATE OF THE ART SPORTS LOUNGE  
TRITON ENTERTAINMENT LOUNGE  
THE LATEST GAMING FACILITIES • FUNCTION ROOMS

HELLENIC FUNCTION, ENTERTAINMENT  
AND CONVENTION CENTRE

**H**

Tel: (02) 6281 0899 Fax: (02) 6282 4487  
Matilda Street, Woden ACT 2606 for the reservation of members and guests



## They don't make 'em like they used to!

AS readers receiving their TV pictures on Broadband will know, one has "free" access to old films - Turner Classic Movies. Mostly absolute "dogs", although there are occasional true "classics", such as Dr Zhivago and Gone with the Wind.

Old movies do, however, provide an interesting time capsule.

Men are clean-shaven, and wear suits and hats, even in the home.

Women are always dressed immaculately, and even go to bed wearing make-up, and wake up with it still in place. This clearly gives wives time to get up first and cook breakfast, which their husbands rarely eat, as they must "rush off to the office".

Single beds, of course, and chastity before marriage. Profanity is out, and nudity only hinted at.

Americans apparently had a love affair with college movies, and "putting on a show" was a standard plot, as in Judy Garland-Mickey Rooney movies. This theme was further developed in countless musicals, climaxing in a road show arriving on Broadway and, overcoming all setbacks, being a "smash".

Smoking was a valuable, and glamorous, "prop", with actors such as Robert Mitchum and Bogart rarely without a cigarette. Fifty years ago smoking was permitted in British cinemas, and one wonders how many millions of impressionable youngsters, and their elders, instinctively "lit up" in unison. Ah, to be as one with Bogie, if only for 90 minutes!

White Americans had black servants. They treated them "kindly", addressing them by their first names. Blacks did not understand anything mechanical (Glenn Ford good humouredly starts a vacuum cleaner for his black house boy), show the whites of their eyes, and are fearful of the dark. Blacks also played entertainers, often themselves, rather than have roles integral to a film. So it was that the stunningly beautiful singer Lena Horne played "bit" roles, supporting white performers lacking even a fraction of her talent.

Evening jackets were common - Edward G. Robinson rarely wore anything else - and dressing gowns

## Hi there! Come and join us!



Tai Chi classes are held at the club during the school terms, on Wednesday mornings at 7.30-8.30am and on Thursday afternoons at 2.15-3.15pm. Fitness, a sense of well-being, and convivial surroundings are yours to experience. Elizabeth Halfnights is your highly experienced instructor. Beginners are made most welcome.

were worn throughout the day. The "good" cowboys had white hats, pearl-handled guns and splendid white horses.

The "transatlantic accent" was common. Actors had learned to speak through a stage apprenticeship, and it was difficult to define whether such actors as Walter Pigeon, Greer Garson, Robert Donat, Ronald Colman and Louis Hayward were English or American (Hayward was South African).

British films adhered strictly to class. The heroes spoke southern English; supporting actors sought to speak as it was imagined all Scots, Cockneys and Yorkshiremen spoke.

But at least I was able to hear what actors said. These days I often fear that I am going deaf, so badly do actors speak (it is argued, of course, that real people do not speak like Olivier's Heathcliff (Wuthering Heights), and I readily concede that this is so).

Anyway, in the absence of a good book, and when there is "nothing on the box", and you are not yet ready for sleep, Turner Classic Movies may provide an answer. On a good night you may even be moved to reflect, "They don't make 'em like they used to!"

Dennis Blewett



### SENIORS CARD

If you are 60 years or older, a resident of the ACT and no longer working full time, you may be entitled to an ACT Seniors Card.

Apply at any Public Library, Government Shopfront or the COTA National Seniors office at Hughes.

Start enjoying concessions and discounts on goods and services now!

For more information call 6282 3777.

# The Boxer recalls the past

RECENTLY, late at night, TEN screened *The Boxer*. Made in 1997, the film won critical acclaim, but was less successful at the box office.

*The Boxer* is a savage examination of the seemingly insoluble conflict in Northern Ireland. Boxing provides a powerful metaphor, with its bloody violence analogous to that perpetrated on each other by unionists and republicans.

It is also a love story. Daniel Day-Lewis, released from a British prison after serving 14 years for "crimes" committed as an 18-year-old IRA member, and Emily Watson (my favourite actress) are as ill-fated as any *Romeo and Juliet*, for Emily's IRA husband is also in prison, and under the IRA code the wives of "soldiers" are "protected" while their men are in prison. Emily is off-limits to anyone who wants to keep his kneecaps.

Perhaps the most sickening scenes are in a London "sporting" club, where gentlemen in evening suits and their bejewelled women flirt and dine as young men fight to entertain them. Even as a waiter is serving champagne at a ringside table, the referee is instructing fighters to "box on" when one is clearly defenceless.

I was reminded that, many years ago, I was given a ticket for a ringside seat at a fight for an area championship. The closest I'd been before to boxing was a television screen.

I found that being close to the action one sees, and hears, so much more. One is spattered with sweat and blood, and shares the protagonists' vacillating emotions of beckoning triumph and impending defeat.

The championship bout featured a heavily-muscled, fit young man who appeared to be on the point of winning at any time throughout the ten rounds if only

he could land a decisive blow. He couldn't. He was kept at bay by a taller, more skilful opponent who lacked a knockout punch, but landed many damaging ones. So, for ten rounds, a brave, frustrated fighter walked up, ever optimistic, into a barrage of blows, and was decisively outpointed.

I was not there to write anything. I know little about prize fighting. But one does not have to be an expert to be emotionally affected by a swollen, bloodied face and the hurt of the vanquished. So I wrote, I like to think, as Hemingway wrote about bull fighting. My published story sought to be an indictment of a cruel sport, but also a celebration of courage. A man had been tested as few are tested: and not found wanting.

Time passed. And then, one day, I received a phone call. Mike Somebody - I forget the surname - editor of *Ring* magazine. "Great piece", he said. "We reprinted it. Hope you don't mind?". And then, before I could decide how to respond, "Where shall I send the cheque?"

Mike was talking the talk. So I asked how much, and then told him my address.

He went on, "You know the fight game". It wasn't a question. Rather a compliment. I liked that.

I wondered how Humphrey Bogart would have played it in *The Harder They Fall*, Schulberg's definitive boxing opus. Probably have tipped back his hat, drawn cigarette smoke into his lungs, and said something smart out of the corner of his mouth.

I couldn't think of anything smart to say, but I did instinctively put my feet up on my desk top, and did the best I could. "I've been around".

Encouraged, Mike went on, "There's a Commonwealth title fight coming up. It would be great

if you'd cover it for us".

So, to cut to the chase, I duly turned up at ringside for the second - and last - time in my life, and for the second time was featured in *Ring*. Four pages, with photographs.

I did write a third story. Also published. A couple of days after the fight, on impulse, I phoned the defeated fighter at his home, and was invited to call on him. When I got there, his wife was at work, the children at school. Rain beat against the living room window, and he made tea, which we drank out of china cups, which he served with biscuits.

His face was bruised, and his hands tender. He seemed to enjoy talking. It was the end for him, he said, without rancour. Just one more fight, one more pay-day, a defence of his national title, and then he was through.

I sought clarification. "Win or lose?" I asked.

He avoided a direct answer. "Just one more fight".

A couple of months later he went down. In the fifth, I seem to remember. I wasn't surprised.

The good news was that he returned home looking a great deal better than he had after the Commonwealth title fight. And considerably better than the loser of the area title fight.

I was pleased for him. I liked him.

Dennis Blewett

## Not much of a man

Joe was a truckie. Travelled the roads for many years; been there, done that. One day stopped at a wayside eatery for lunch. Was joined almost immediately by a dozen bikies, leather gear, aggressive. Picked on Joe. One poured a beer down Joe's shirt as he ate his pie. Joe didn't respond; just finished his pie and left, to the accompaniment of jeers. One bikie finished his beer, and ordered another. Said he to the barman, "Not much of a man, that truckie". "Not much of a driver, either", responded the barman. "Just drove over a dozen bikes".

# Traditional Chinese Medicine

**A** PROPOSAL for sharing resources with the aim of improving the health and fitness of club members, and providing a venue for teaching Traditional Chinese Medicine (TCM) courses is currently under consideration.

The proposal, if adopted, would involve a working arrangement between the club and Capital Health Centre of Traditional Chinese Medicine (CHCTCM). The Woden clinic is located at 18 Corinna Street Phillip, across the road from the Woden library and very close to the club. There is also a clinic in Belconnen.

Benefits to the club arising from a working arrangement with CHCTCM could include:

- 1 Support for special events by way of free 10-15 minute Chinese massage sessions.
- 2 Discount for any club member using the Health Centre services.
- 3 A program of free talks on health issues, with a focus on those relevant to older people.  
Talks on health issues and/or

activities to be conducted at the club could include some of the following:

- 1 Tea therapy
- 2 Tai Chi
- 3 Therapeutic gymnastics (Five Animal Mimicry)
- 4 Diet therapy
- 5 Keeping fit in the Eastern way
- 6 Chinese language for travellers
- 7 Meditation - gentle breathing exercise
- 8 Simple massage at home to keep fit
- 9 Chinese culture, food, habits
- 10 Longevity, beauty and health – presentation on Chinese medicine.

In considering the proposal for a working arrangement between the club and CHCTCM, it would be very helpful to have some indication of the interest, and therefore support that might come from club members.

You are accordingly invited to indicate any interest by completing the following format and lodging it with the Club office.

**Woden Senior Citizens Club**

**Possible program based on traditional Chinese medicine**

Name .....

Contact number .....

Topic/activity of interest .....

.....

.....

.....

**BROULEE**  
House to Let

3 bedrm house, 60 metres from beach, shops, newsagency.  
Would take 3 to 4 adults only.  
Linen supplied if needed.  
Fully furnished and equipped.  
**Smith Street**  
3 minutes walk to beach.  
Between Broulee and Mossy Point, 12 minutes drive into Moruya shopping centre.  
**Available in February and March 2005**  
Deposits taken. Street map available. Nice and clean.  
**Bookings, talk to Val on 62816914**

## RED CROSS APPEAL Annual door-knock

Red Cross Calling is Red Cross' annual national door-knock appeal, and our most important fund-raising campaign.

In 2005 we are inviting Canberra community groups to help raise funds to fund the 17 community and disaster preparedness programs we help support here in the ACT.

We are inviting community groups to register as area organisers for the door-knock and to recruit collectors from groups. Each community group will be given an area in which to conduct the door-knock based on the number of collectors the group is able to recruit. The group will also be given posters to help recruit collectors and kits for each collector.

The door-knock collections can take place any time during March. Once the collection is completed, you can deposit the money at the Commonwealth Bank with the supplied deposit slip and return the kits to the Red Cross.

If your community group is able to help please contact Gemma Dunn Cross on 6206 6051 or email [gdunncross@redcross.org.au](mailto:gdunncross@redcross.org.au).

Ian Rentsch (Executive Director)

# Are you on the missing list?

It is with some embarrassment that I have to report that a document has gone missing before the two pieces of data it contained could be entered onto the database.

The document in question contained the name of the gentleman who kindly offered to be the reserve database administrator.

It would be much appreciated if this person could contact me again on 6281 2607.

The other missing information is the names of two or three persons who have recently asked to be removed from the Meridian distribution list.

# Computer training

From page 1

the Web or send and receive email (you can set up a free email account if you do not have one.) There is a small charge of \$1 per half hour and 20 cents a page for any printing.

There is a typing program on the right-hand computer for those who want to improve their 10 finger typing skills.

For members who are not confident about using a computer on their own we will try to have an instructor in attendance between 11.30 and 1.30 on Wednesdays, starting 14 February.

## Volunteers

We are still looking for volunteers to manage the club's web site or look after the computers in Dennis Glanville's absence.

Our current list of such persons is as follows:

Catherine Bradfield  
 Gladys Fearn  
 Graeme Harmer  
 Lydia Frommer  
 Alison Stewart  
 Dennis Carthey  
 John Flowers  
 Lee O'Connell  
 Robert Wigram  
 Norma Donaldson.

If you believe your name ought to be on this list but isn't, please give me a reminder on 6281 2607 or by leaving a message at the office.

While on the subject of missing data, a few Meridians have been returned to us marked "Not at this Address" or "Return to Sender" or the like. Thus it appears that a small number of members may have changed their

address without letting the office know, or have not stated their address on their membership application form. Since it is a legal requirement that the club records the residential address of each member, it would be much appreciated if anyone knowing the current address of the following members could let the office know:

Joan Kuntelj  
 John Shedding

Finally a reminder to those good souls who assist by entering data. The anticipated change to Paragraph 9 (3) of the Constitution has not yet been effected, so please remember that for any new member joining between January 1 and July 30, the expiry date must be entered as 30/6/06, NOT 30/6/05.

Dennis Glanville  
 (Records Clerk)

# Regular activities

Group leaders should inform Meridian of changes to their programs

Monday	Solo	10-11.45am
	Mahjong	10-12 noon
	Choir practice (Woden Senior Singers)	10.30-12 noon
	Singalong - songs around the piano	12.30-1.30pm
	Computer interest group (2nd Monday)	1.30-4.30pm
Tuesday	Table tennis	2-4pm
	Gentle exercise (YMCA instructor)	10.30-11am
	Australian history (WSCC/U3A)	10-12 noon
	Duplicate bridge	10-12.45pm
	New Vogue dancing	1-4pm
Wednesday	New Vogue and modern sequence dancing	7.30-10.30pm
	Tai chi and gentle exercise	7.30-8.30am
	Water colour painting group (WSCC/U3A)	9-12.30pm
	Table tennis	9.30-12.45pm
	Carpet bowls	12-1.30pm
Thursday	Recorder classes (WSCC/U3A)	12.30-1pm
	Recorder orchestra (WSCC/U3A)	1.30-4pm
	Sequence dancing	7.30-10.30pm
	Play reading group (WSCC/U3A)	9.30-11.30am
	Craft group	10-12.30pm
Friday	500 (card game)	10.30-3pm
	International folk dancing	12.30-2pm
	Duplicate bridge	12.30-4pm
	Tai chi and gentle exercise	2-3.30pm
	Table tennis	9.30-12.45pm
Saturday	Carpet bowls	12-1.30pm
	Round dancing (intermediate)*	6.30pm
	Round dancing (advanced)*	7.45pm
	Hydrotherapy (Canberra Hospital pool)	10-11am
	Duplicate bridge	1-4.30pm
Sunday	Round dancing (beginners)*	2.30-5.30pm

(most Fridays and Sundays, but ring Santo Giuliano 6288 1911)