

## Fete raises \$2400

THIS year's autumn fete raised \$2400. While club president Anne Murray's target of \$10,000 was probably over-optimistic, the result was nonetheless disappointing, and inadequate reward for the enormous effort by club members. [Anne Murray discusses the outcome, and speculates on future fetes and future fund-raising efforts on page 3.]

Putting aside the disappointing financial return, the fete was successful in that it provided enormous fun for participants and visitors alike, demonstrating again the strong fellowship within the club.

The fete was opened by Chief Minister Jon Stanhope, who was introduced by Graeme Hellyer, who said that the club continued to undertake considerable improvements as it implemented its Master Plan. Graeme thanked the ACT Government for substantial grants it had made in the past, although clearly the club would need to continue seeking to identify ways to raise money.

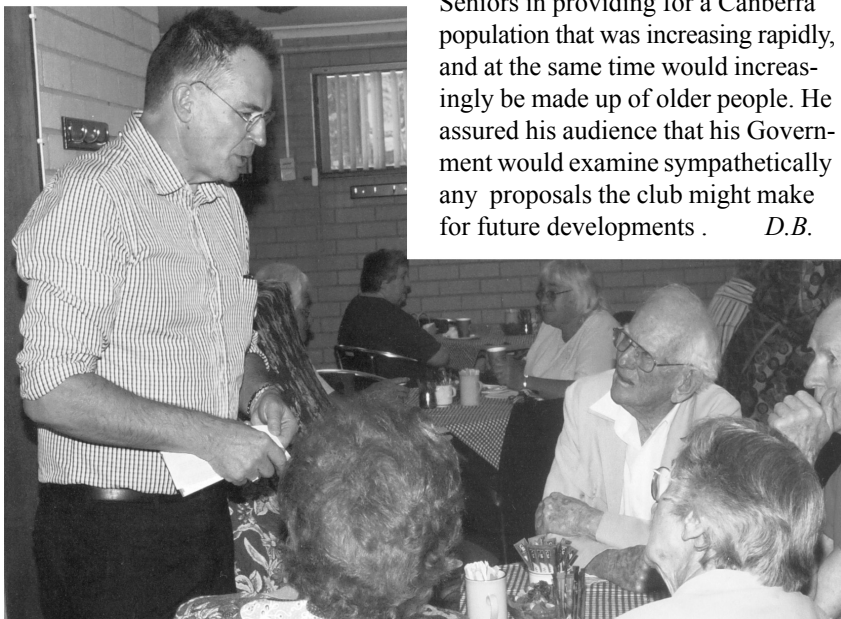
Mr Stanhope said he was pleased to be invited to open the fete. It was



*Club Vice-President Barry Hogan has his face painted by artist Anna Birch. Well done, Anna! A distinct improvement!*

the fourth consecutive year that he had done so, and he considered the club a model for how seniors' clubs should be conducted. He commended club management for its initiative and far-sightedness, and congratulated members for the enthusiastic way they supported events such as the fete.

Mr Stanhope re-emphasised the importance of clubs such as Woden Seniors in providing for a Canberra population that was increasing rapidly, and at the same time would increasingly be made up of older people. He assured his audience that his Government would examine sympathetically any proposals the club might make for future developments. D.B.



*ACT Chief Minister Jon Stanhope, who opened the fete, chats with members.*

## Meet Noel and Marcia

Printing and distribution of *Meridian* is paid for by the club's sponsors, the Hellenic Club being particularly generous. We now welcome new sponsors, Noel Lane and Marcia Delander, real estate agents who have formed a partnership under Richard Luton Properties. Noel and Marcia will advertise in *Meridian* for at least a year.

"Mature" people themselves, Noel and Marcia have increasingly found themselves specialising in helping older clients who have reached "decision time" - "Our house is too big for us. The garden is becoming onerous. We'd like to move, but it seems so complicated these days. And where do we go?"

Noel and Marcia don't pretend there are easy answers. But it is a situation familiar to them, and one they are experienced in overcoming.

Noel enjoyed a successful career in the Public Service before becoming a real estate agent ten years ago. With a background in finance, economics, accounting and management, Noel is an ideal choice for anyone wishing to sell, or buy, a home.

Marcia has a background in the building industry and can be particularly helpful advising on maintenance and sprucing up your home prior to sale. Marcia worked in the non-government health sector prior to becoming a real estate agent three years ago.

## OBITUARY

### Vale Win Barnes

MEMBERS will have been saddened to hear of the passing of Win Barnes.

She died on 20 March just a few months short of her 86th birthday.

Win had been a member of Woden Seniors for many years, and was the conductor of the choir (the Woden Senior Singers) from 1991 to 2001. Even after "handing over the baton" to Joyleen Litherland, she continued to be involved as Music Director, until ill-health restricted her activities.

Her husband Ron still continues his involvement with the choir. Win was a very special lady who went out of her way to help people.

Her home was always like a drop-in-centre with visitors welcome, coming and going at all times.

She was very involved with the Baptist Church at Hughes and the Mirinjani Hostel at Weston. She will be missed and remembered by all.

Vale Win! God Bless.

*Gail Giuliano*

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\*until end 2007

## Wanted! Women prepared to make a difference

THE club has received funds through the ACT Women's Grants Program to run a one-day leadership workshop for women members.

The workshop will be run by Grahame Hellyer and Alan Hodges on Monday 28 May.

Participating in the day will give you a better understanding of your work style and how you relate to other people. It will also help you understand other people and how to get the best out of them (ever wondered why other people niggle you, or you have difficulty working with someone?). In summary, it will:

- Increase cooperation
- Build self-esteem
- Reduce conflict
- Solve people problems.

The day will also include sessions on subjects such as how to work effectively in committees.

We hope that women who take part will be happier playing a more active role in the Club, and we are sure it will also help participants in other aspects of their lives.

The day will run from 9.30 to 2.30 and lunch will be provided. We can

### New membership deals

As from 1 July 2007 new members joining the club will find their membership fee (and car parking) goes from their date of joining - that is, if you join in October you will be due for renewal the following October. (At present all memberships end on 30 June each year.)

This change is now going to be possible with the magic of e-mail sending you a reminder in the month prior to your renewal. So if you have e-mail and have not let us know *now is the time*.

Send your email address to us at [admin@wodenseniors.org.au](mailto:admin@wodenseniors.org.au)

Members not on e-mail will be contacted through the post, so don't worry, we haven't forgotten you. It is also very important that members notify us of any changes to their details - that is, changes to phone number, address, emergency contact, etc. Eventually this system will save the bottleneck that occurs when all members are trying to renew in July.

assure you that anyone who attends will have a fun day and that it will make a difference to your life. And remember it is FREE.

The club is allocating some of the places to the Canberra and Belconnen Seniors Clubs.

Anyone who is interested or wants to discuss it further should contact Anne Murray at the club (6282 2573), or leave your name with David Temple, at the office.

## And the lesson to be learned is . . .

Wealthy old lady goes to Africa, taking her aged poodle, Cuddles.

One day Cuddles becomes lost, and sees a leopard heading towards him with the intention of having lunch. Cuddles thinks, "I'm in big trouble now!", and then, noticing bones on the ground, he settles down to chew on them with his back to the approaching leopard. Just as the leopard is about to leap Cuddles exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

The leopard, terrified, halts in mid-stride, and slinks away. "Whew!", he says, "That was close!"

A monkey, who had been watching from a nearby tree, figures he can trade his information with the leopard for protection, hares after the jungle cat, spills the beans and strikes a deal.

The leopard is furious at being made a fool of and says, "Here, Cheetah or whatever your name is, hop on my back and see what's going to happen to that conniving canine!"

Now Cuddles, who had seen the monkey head off after the leopard and guessed he was up to no good, sees the vengeful leopard returning.

Instead of running, Cuddles sits down with his back to the leopard and his passenger, pretending he hasn't seen them. When they get close enough to hear, Cuddles complains, "Where's that damn monkey? I sent him off an hour ago to bring me another leopard!"

Moral of this story: Don't mess with oldies. Age and treachery will always overcome youth and skill!

## PRESIDENT'S MESSAGE

# Where to from now?

**W**E began our fund-raising program this year for the ongoing operation of the club and for its development with a fete and a concert, both held during Seniors' Week, in March.

The fete was enjoyed by all - those who came to buy and the many people who participated and contributed in so many ways. Thank you so much.

The concert, too, which took place at the Canberra Southern Cross Club, provided immense enjoyment to all who attended, and Margaret Wright (*see page 5*) captures the occasion for us splendidly. We are most grateful to the CSCC, and in particular to its Chief Executive Officer Greg Mitchell, for providing such a splendid venue, "Top of the Cross", with its superb lighting and sound, free of charge.

Rodney Clancy, a young musician and musical director of the ACT Singers and the Canberra Youth Choir, took on the role of our musical director at no cost and did a wonderful job. Thank you, Rodney. Then there were the outstanding performers, whose only reward was our enjoyment and appreciation of their

artistry. Thank you everyone.

Outstanding successes, then. Fete and concert. Measured in terms of enjoyment, and "bonding" that comes from joint endeavour, successfully concluded. However, both events fell well below our expectations for fund raising. The fete raised \$2400 and the concert \$1800, and particularly disappointing was the one hundred vacant seats at the concert.

Ever the optimist, I had hoped that the two ventures would raise \$10,000, and that we would raise \$100,000 in total this calendar year. I accept that my hopes of reaching such a target are now very remote. At the next meeting of the Management Committee fund raising will be the major issue for consideration. Any ideas, or suggestions, from members would be most welcome.

These past two months I have had the great pleasure of playing the piano for our choir at their functions at various nursing homes, playing a supporting role to Dorothy Rafferty. It is rewarding to be part of an activity that clearly brings enormous pleasure to so many people. However, my other

commitments mean that I am not as reliable as is needed, and our wonderful choir director, Joyleen Litherland, is seeking the involvement of another pianist. I am sure there are accomplished pianists in the club, and I urge you to share the role with Dorothy.

The formal application for Stage 1 of the Master Plan has been submitted by our architects Small Quinton Coleman to the ACT Land and Planning Authority. Copies of the plans are available to all members for their perusal. It will take some weeks before an answer is forthcoming.

Best wishes to you all.

*Anne Murray*

## Uxbridge Dictionary

bordello - blase greeting  
cantaloupe - unable to run off to marry  
circumnavigation - a bar mitzvah on a cruise liner  
cockaleekie - prostate problem  
arsenic - having sat on a razor blade  
announce - 28 grams  
angiogram - Irish folk singer  
hobnobbing - casual sex with a goblin  
hullabaloo - how to greet a bear  
hundred - a fear of Germans  
marigold - a way to get rich quick

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## Making the most of the Pharmaceutical Benefits Scheme

If you need a lot of medicine in a calendar year, the PBS Safety Net helps you with the cost of medicine. Once you reach a Safety Net threshold, you can apply for a PBS Safety Net card. Your PBS medicine will be less expensive (or free) for the rest of the calendar year. The PBS Safety Net threshold from January 2007 is \$960.10 or 56 prescriptions for concession and veteran card holders. This year the maximum patient contribution is \$30.70 for general patients and \$4.90 for concession.

When writing a prescription your doctor may suggest a brand that could cost more than the usual patient contribution. When this happens your pharmacy can often change the brand of your medication to improve the price without compromising on quality. Just ask your pharmacy.

Keep a record of your PBS medicine on a prescription record form which you can get from your pharmacy. Each time you have a PBS medicine supplied, hand your prescription record form to the pharmacist so the supply can be recorded. Your pharmacy will also be able to keep an electronic record for you on their computer.

When you are close to reaching the Safety Net threshold, talk to your pharmacist about how you can apply for a Safety Net card. When your pharmacist has issued your Safety Net card, medicines will be cheaper or free for the rest of the calendar year.

Your doctor might give you a prescription for a medicine that is not available on the PBS, sometimes called a private prescription. Your doctor will indicate this on your prescription and you will need to pay the full price for the medicine at the pharmacy. The cost of these prescriptions does not count towards your PBS Safety Net.

If you buy a PBS medicine within 20 days of a previous supply of the same medicine, the cost may not count towards your PBS Safety Net threshold. Even if you have already reached the Safety Net you may have to pay your pre-Safety amount.

### PHARMACIES

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### FROM DAVID TEMPLE'S DESK

## Exercise programs

Hope you have taken note of the YMCA exercise programs at the club because, unfortunately, unless numbers improve they will be discontinued. Monday mornings, 8 to 9, we have a session for men who want to get serious. Tuesday mornings, 10 to 11, we have gentle exercise for everyone. This is suitable for people who want to remain active, but recognise they move a bit slower than they used to. Wednesday mornings, 8.30 to 9.30, we have what is described as an "ever active group". This is a high impact session, and an opportunity to have a little fun while enjoying the benefits of exercise. Thursdays mornings, 8.45 to 9.45, we have an "ever active" session, followed by a "limited mobility" session. Need to know more? Ask me. **OUR BOWLERS DID US PROUD**

On April 1 (no, the date is not significant!) I joined a group of our members at the Canberra Southern Cross Club bowls day. Four of them competed, while I cheered from the sidelines. You would have been proud of them. They played strong, did good, got in their faces and all that stuff, and won 20 to 4 after seven ends. Carol Greentree went on to play another game but she wuz robbed! Lost by a single bowl. The CSCC was real good to us. Donated \$335 to our club. Thank you, CSCC. **BUY YOUR CLUB PEN FOR \$2**

Seen the club's new ballpoints? Real snazzy, red, with a yellow Smiley face. At \$2 each a bargain. Proceeds go to help the club. Call at the office, I'll sell you one, or two, or three . . . **THANKS, MULCH SPREADERS**

On February 24 we had a working bee to spread mulch. Six members and I turned up early, and moved real fast for two hours, but then slowed down, so that we ended up taking about eight hours to complete the job. Thank you to the members who turned up. It would be nice to see more volunteers, but perhaps we need to do better at making members aware when we are looking for help.

### AND THANKS AGAIN

Finally, thank you to all individuals and groups who helped me when Anne was on holiday recently. Makes doing my job a pleasure, adding to the sense of involvement. Thank you.

# Quality performances delight concert audience at the Cross

By Margaret Wright

**A**N enthusiastic audience thoroughly enjoyed the WSCC's Annual Sunday Afternoon Concert at the Top of the Cross (Canberra Southern Cross Club) on 18 March.

With Anne Murray as the very able and jovial MC, the items moved smoothly along, giving musical variety in a well planned concert. Thanks are due to the Musical Director, Rodney Clancy, who was also the director and conductor of two of the groups.

The Woden Valley Youth Choir's Intermediate Group of fifteen youngsters showed their discipline and skill under the direction of Alpha Gregory, and piano accompanist David Moffat. The young voices were well balanced, and my particular favourites from their bracket were the haunting "Trees" and the unison "Let there be Peace on Earth".

Two members of Andrea Orwin's Studio presented three well known songs. Stephen Hines' rich bass voice gave us Jerome Kern's "Ol' Man River", followed by "I Feel Pretty" sung with verve by Rosemary Loham. The two singers joined in the lovely duet "Bess, you is my Woman Now" by Gershwin. Pip Candy accompanied sensitively on the piano.

The Canberra Youth Choir – formed over forty years ago – displayed its continuing high standard of choral singing. The voices were unforced and well blended, and like the singers in the first choir, were very disciplined and precise in following their conductor's directions. The twenty-four members ranged in age from teens to early twenties, and their "Bless this House" demonstrated a beautiful tone – even on the high fortissimo notes! "Whistle Down the Wind" was less familiar, and it was outstanding with its clear solo vocal introduction and nice articulation. There were only four boys in the choir, and their voices added a richness in the deeper harmonies. Michael Clancy conducted and Anthony Smith ably accompanied on the piano.

Two members of the Canberra Philharmonic Society, Michael Politi and Denise Stephenson, with the beautifully sensitive piano accompaniment of Shirley Cramp, demonstrated their singing and stage experience with solos and duets by Cole Porter, Rodgers and Hammerstein, Johann Strauss, Lloyd Webber, and also "Stars" from *Les Misérables*. W. G. James, composer of the popular Australian Christmas Carols, wrote the wonderfully evocative "Stock Rider's Song". Michael brought it to life with feeling, and with the galloping notes from the piano, made this a memorable item. Michael and Denise (in her gorgeous black beaded 'twenties dress and props of gloves, parasol and stole) were deservedly given a great ovation.

After the interval, the fourteen members of the ACT Singers, conducted by the versatile Rodney Clancy, were next to entertain us. They sang with energy and enjoyment, and managed difficult harmonies and fast words very well, maintaining a fine rhythmic quality. They blended well with their piano accompaniment, played by Dianna Nixon. They sang "One More Day", "Rhythm of Life", "Razzle Dazzle" and I especially enjoyed "If I Had Words" – a beautiful melody, very well sung.

The afternoon concluded with a bracket by the very polished Brindabella Chorus. These are all women, who wear glittery jackets and sway as they sing with obvious joy. They are very ably directed by Glenda Millgate. This is a group whose dynamics, articulation and tonal quality could not be faulted, and the deep female voices gave lovely harmonies. Their final song, "I am Australian", was exquisite, and it was to the delight of the audience (who were invited to join in the chorus) that it was sung again as an encore.

## RESIDENTIAL REAL ESTATE Selling a property

By Marcia Delander and Noel Lane

*Selling a Property* is the first article of a proposed series on residential real estate topics in *Meridian*.

We intend to address over time a range of matters, with the aim of presenting material that readers find interesting, if not valuable.

Most members have bought and sold properties. Many continually consider their real estate options. Should we move to our next home now, or should we wait until it is more opportune?

An owner's decision to sell a home or investment property triggers a multi-faceted process, generally involving seller, buyers, solicitors, Australian Capital Territory Planning and Land Authority (ACTPLA), real estate agent, financial provider and property inspector. All these as they proceed must have regard to the relevant legislation.

Initially key decisions by the seller include the selections of appropriate agent, solicitor and property inspector. Other early considerations are how to market the property and how much can the market be expected to pay for the property. Is it better to auction the property, put it on the market at a price, or adopt some other method of marketing?

Other questions need to be resolved. What will be the most effective marketing program and an appropriate marketing budget? What is the best way to present the property to maximize the return to the owner? How can the chosen standard of presentation be attained?, and what is the best arrangement for buyer inspections?

The better the communication and consultation between parties the more likely matters will flow smoothly. A little reflection will show that it is very easy for things to go off the rails if not carefully managed.

Because a role of the agent is to optimize the return for the seller, and having regard to the multi-faceted process for marketing and selling a property, the value of an excellent seller-agent relationship cannot be over-emphasised. Not the least, strong teamwork between the seller and agent provides a sound basis in negotiating the optimum price for the seller.

# When does my TV get turned off – permanently?

By Grahame Hellyer

THE TV broadcasts that we have been watching since TV was first introduced are now referred to as "analogue", to distinguish them from the new "digital" broadcasts. All the traditional TV channels are now broadcast in both analogue and digital.

Analogue TV will cease. When the commercial channels went to the expense of introducing digital transmissions, the Government told them that after seven years they would be able to stop the analogue transmissions – that meant that the old TV sets would stop working! This deadline has been extended once but in a few years the analogue broadcasts will stop and we will only be able to watch TV if we buy a digital set (or a Set Top Box, STB, which is an add-on to our old TVs to receive a digital transmission).

What is the difference with digital TV? In some ways there is not much difference. There are only two extra channels at the moment and one of those is SBS's foreign language news broadcasts. The other is ABC2 which is mainly repeats of ABC current affairs programs or children's shows which have already been broadcast on the main ABC channel. The ABC has two "radio" channels (pop and jazz) which can be received on digital TV sets, and SBS also has two "radio" channels.

The major difference at the moment is that most digital programs are broadcast in wide screen. The picture quality will also be better on a digital set or using a set top box, but you may not notice any difference on a smaller TV. You may have already noticed that some channels are sending wide screen pictures over the existing analogue broadcast, which means you get black bars at the top and bottom of the picture on a standard screen and the actual picture looks quite small.

What will you have to do? The minimum you will have to do before the analogue signal is turned off is buy a Standard Definition STB. This is not a major problem now, as they can be bought for as cheaply as \$60 (although a good brand will cost twice that and a High Definition one will cost twice that again). With a STB you plug the antenna into the box and plug the box into the TV just as you plug in a VCR or DVD player (on older sets you may find you do not have enough input plugs on your set – or on really old ones no inputs at all). You then use the remote which comes with the STB to change channels.

You may, however, decide to get the full benefit of digital television (and incidentally of your DVD

player – films certainly look more cinema-like on a wide screen) by buying a wide screen TV. (You would be foolish now to buy a new TV which was not wide screen. Wide screen TVs have been dropping significantly in price every 6 months. A 42 inch plasma screen which cost \$9000 3 years ago is now well below \$2000.) If you do decide to buy you have a choice of LCD or Plasma screens. (There are also conventional wide screen TVs, but fewer and fewer of them.) You don't have to know how these differ except that plasma are not made smaller than 104 cm, also called 42 inch (confusingly both measurements are used for TVs), and, for a given size, plasma are cheaper and at least as good. Both LCD and plasma are flat and also quite thin, unlike conventional TVs, which stick out the back nearly as far as they are high.

You also have to decide whether to get a set with a digital tuner built-in or buy a separate Set Top Box. Life is a lot easier with a digital tuner built-in and therefore only one remote control! If you are wondering what size to get I would recommend a 42 inch plasma for the living room if you sit about 2.4m (8ft) from the set. But this depends on your eye sight and preferences. It may seem large at first but you soon get used to it. A 32-inch LCD screen is suitable for a smaller room.

Another issue to consider is sound. Some have better sound than others and some have simulated surround sound which makes it sound a bit more like a cinema. (Even though the only speakers are those in the set it sounds as though the sound is around you.)

A couple of other considerations: digital TVs are very complex bits of electronics. You might consider taking out a 5 year insurance policy when you buy one to extend the warranty which comes with the set. Also if your antenna is very old you may have to upgrade it (with digital TV you either get a very good picture or you get nothing at all, your old analogue TV may have been able to give you a poor quality, but liveable, picture from a bad antenna). I also believe it is sensible to buy a good brand, although you may save money by buying a cheap Chinese brand if you are willing to take a risk! Finally don't get taken in by salesmen. The "street price", ie, the price the shop is actually prepared to sell for, is probably 10% below the listed price in the shop – or around the price they show for sales "specials".

I haven't discussed the difference between High Definition and Standard Definition. If you get a set with built-in digital tuner it will almost certainly be high definition. If you are just getting a STB for your current TV you might as well just get a standard definition STB.

I hope to write more in future *Meridians*. Also watch for lunch-time talks on related subjects.



# Images from the Annual Fete



# A barbaric practice resurrected

I MUST have been an impressionable child. I recall incidents as though they occurred yesterday. Take tattoos. I have an abhorrence of them. I remember, on a rainy summer day, standing outside a Blackpool "tattoo parlour" with my father, looking at "designs" displayed in a tattooist's window. Dragons, flowers, and hearts pierced by arrows, that sort of thing. No doubt we were "passing away" the time, waiting for the rain to stop, much as one did when watching "Blackpool" being embedded in rock.

Asked to respond to "tattoo", I would have said "Popeye", and then "forearm" and "anchor". Had I given it further consideration, I would probably have come up with fair-ground "tattooed ladies". Tattoos, I believed, were for freak shows and seamen like Popeye, and pirates.

My father had much to do with my prejudice. He said young men were tattooed on holiday when they had "been drinking" and in response to the urging of other young men, when they had nothing else to do because it was raining (this with a grim look in the direction of the Irish Sea, which could not be seen through the driving rain). They quickly regretted being

"done", and having a tattoo removed "scarred them for life". Being "scarred for life" I should explain filled me with horror, instantly summoning up an image of Claude Raines having a bowl of blue acid thrown into his face in *Phantom of the Opera* and, shrieking with pain, splashing through Paris sewers (brightly illuminated and also an attractive blue, I remember).

"Don't get tattooed", my father advised, thereby adding another "don't" to a lengthening list, headed by smoking and drinking. At that stage in my life he did not think it necessary to warn me off girls: I had made it clear enough that I could not imagine why anyone would want to be bothered with *them*. Come to think of it, my father must not have had the benefit of similar warnings against the deleterious effects of tobacco and alcohol from *his* father. Or, if he did, he wasn't paying attention.

I am reminded of that childhood incident at Blackpool when I see all about me young people - men and women - with tattoos, not just on their forearms, but seemingly all over their bodies. Why do they subject themselves to what I regard as barbarism? Why has a practice been

resurrected that appeared to have become obsolete? Only the other day my attractive hairdresser showed me *her* tattoo, and I will spare my readers' blushes by refraining from telling where it was. "Very nice", I said.

On television and in movies actors take off their clothes to reveal their tattoos and young people presumably reason that if it is fashionable for successful actors to have them, then surely it follows that those who want to live the dream should have them also? Presumably, however, actors wash theirs off (real ones would be inappropriate in the assembly- and bedrooms of *Pride and Prejudice* wouldn't they?), while those who get real ones, are stuck with them. As are so many sportsmen and women, footballers in particular. Perhaps attractive and fashionable on 20-year-old bodies (although I don't think so). But, on 60-year-old bodies? Ugh!!! *They are scarred for life.*

Dennis Blewett

## Ponder on these

The easiest way to find something lost around the house is to buy a replacement.

Never take life seriously. Nobody gets out alive anyway.

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.



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