

Planned redevelopment of club premises

By Anne Murray and Noel Lane

ON site construction activity on Stage 1 of the Club's redevelopment program should become a reality soon.

- Plans are approved;
- Tenders have been called;
- The bank loan will be processed;
- A program is under way to establish Friends of Woden Seniors, to help fund the project;
- Other dedicated fund raising activities are programmed.

The Stage 1 project will greatly enhance the design of the building to make it much more functional and add another room to provide needed space and flexibility. The current estimated project cost is \$270,000. Plans are available for viewing at the club.

Project funding will include an allocation from accumulated club funds, a proposed bank loan, funds raised from dedicated events and activities, and funds and other resources donated by Friends of Woden Seniors. Future dedicated funds raised and donations will be applied to service the loan interest and repayments.

Responses from parties approached to become Friends of Woden Seniors have been very warm and generous. The names of parties who have accepted invitations to be Friends and the nature of their contributions to date are detailed in another article in *Funding for redevelopment program - the way forward!* (see pp 2-3).

In brief, the main means of support so far from the Friends are their goodwill in agreeing to be Friends, Friends and club members donating to the club a percentage of the sales made by Friends to members, cash, and the offer to provide services or other resources of value to the club.

Examples of such services and resources are the provision of entertainment facilities, auctioneering, musical presentations and introductions to prospective Friends.

Our recent application to the ACT Government for public funding assistance for Stage 1 was unsuccessful. The Committee of Management feels that there is a sound case for public funding and will continue to press the club's case.

The authors of this article are leading the fund raising program and Judy Henderson is managing the role of liaison with Friends.

In discussing options to ensure our club progresses to meet the needs of members and remains financially viable a number of suggestions have been made, a few of which are:

- Encourage all members to be active in matters to do with sustaining and enhancing the club, having in mind that the energy devoted in this way involves synergy between club members and leads to extra strength and a more interesting life for those involved. The more members contribute their energy to make our club a great club for its members, the more positive buzz there will be in the club.
- Include *Buy a Brick for Woden Seniors Club* in our fund raising activities. This could be done across Woden and Weston Creek. It is worth a thought that if each member bought a brick for only a moderate amount (say \$10) it would raise over \$7000 for the building fund.

Many club members have numerous enjoyable times at the club. For some the club is clearly a lifeline to improve their quality of life. These members, in particular, know how valuable the club is to the community. With this in mind, members are invited to make a direct donation to the club's Building Fund at any time. This could include a legacy to the club in their will. Anne is always available to discuss these matters with any Woden Senior.

Members, of course, would be able to take advantage of the provision for deductibility for taxation purposes of appropriate donations to the club.

We look forward to bringing you more news on this exciting event in our club's development in the next issue of the *Meridian*.

Cost of activities to rise - slightly

By Ian Cleaver (Treasurer)

FROM 1 April 2008 new fees for activities at the club will be:

- First activity - \$4 (up from \$3)
- Second different activity (on the same day) - \$2 (up from \$1.50).

(As an example, if someone played bridge in the morning and then played table tennis in the afternoon he/she would pay both activity fees - a total of \$6. However, if he/she played bridge in the morning and bridge again in the afternoon, only one activity fee would be paid - \$4.)

This is the first rise in activity fees for over three-and-a-half years. The Committee of Management made this decision at its regular monthly meeting on Monday 25 March 2008 based on:

- The need to continue to raise money for the regular operation of the club;
- Research showing that many activities in similar circumstances outside of Woden Seniors cost between \$5 and \$8;
- Recognition that people using the activities provided by the club are the main beneficiaries of its goods and services.

As we all know, inflation is a problem for the operation of any organisation. In our case, the two major areas of expense are maintenance and staffing. Together, these added nearly \$8000 to our costs between Financial Years 05/06 and 06/07, with maintenance increasing from \$12,780 to \$16,587 and staffing from \$37,217 to \$41,379. Year-to-date figures indicate that there could be similar increases in 07/08.

In addition, profits from our main sources of income—hiring and activity fees—have been falling. Although hiring dropped by only about \$600 from \$39,139 to \$38,511 in the same period, activity fees

Continued page 4

Funding for redevelopment program - the way forward

By Anne Murray and Noel Lane

THE club's Committee of Management is continually considering appropriate options for funding the club's redevelopment program.

To remind members, we are currently focusing on Stage 1 of the redevelopment program which will greatly enhance the design of the club building, make it much more functional and add another room to provide needed space and flexibility. The current estimated project cost is \$270,000.

The normal sources of club funding will not support the project and so far our applications for government financial support for the project have been unsuccessful.

The club has a good deposit on the project from its accumulated funds. Further funds will be raised by bank loan and from special events and activities, including two entertainment events programmed to be presented in the near future (see details elsewhere in *Meridian*).

Currently the club is establishing a group of people called Friends of

Woden Seniors. These are people who have goodwill towards the club and are prepared to support it with direct financial support, the provision of goods and services, and other means.

At this early stage, progress in establishing this group of Friends has been very positive and encouraging. The program of fully establishing the group will be a work-in-progress for some time.

Persons and their firms who have accepted the club's offer to be Friends are listed below. Their donations to the club include cash, vouchers for services, discounts on purchases, provision of venue for the club's events, and provision of auctioneering, playwright and musical services.

Friends of Woden Seniors as at 29 February 2008

Mary-Anne Alvaro
Melrose Automobiles

Rodney Clancy
Canberra Youth Music

Paul Fleet and June Copeman
The Foot Clinic

Ken Cox
Australian Pharmacy Group/Priceline

Peter Dinn and Janine Toscan
Toscan Dinn Funerals

Paul Donoghue
Magnet Mart

David Dudderidge
Chill

Raymond Hayley
Bendigo Bank Calwell/Wanniassa

Richard Luton
Richard Luton Properties

Greg Mitchell
Canberra Southern Cross Club

David Rolfe
Rolfe Motor Group

Peter Taylor
Autoco

Haisong Wang
Health Way Developments

John Yu
Office Essential

At this early stage of the program for establishing Friends there are still strong club supporters who have yet to be approached to formalise their position as Friends. Once this is done, details of these Friends will be

Continued opposite page

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The way forward

From opposite page

included in the *Meridian* for members' information.

In approaching prospective Friends, the club makes the points that seniors are a growing economic force in our local community and that Friends will be promoted with Woden Seniors. This of course is an application of the simple community notion, 'You help us and we will help you, for a win win outcome'.

Accordingly, members are invited to support Friends by doing business with them or otherwise supporting them when they can.

Several Friends have agreed that discounts will be applied to goods and services that members purchase from them and the amount of the discounts donated to the club. In these cases, any discount to which the member would be entitled will become part of the donation. Members have the potential to make these arrangements a great source of donations.

Cards are, or soon will be, available from our office manager to all members to enable them to access the discounts for the club. Friends with whom we have the discount arrangements are:

- Ken Cox, *Australian Pharmacy Group/Priceline*
- David Dudderidge, *Chill*
- John Yu, *Office Essential*.

Health Way Developments has kindly donated a limited number of \$100 vouchers for massage and other health services that members can purchase from the club and present at Health Way to receive services. With

the purchase of each voucher the club member receives a great service and the club receives the entire \$100 per voucher. Please purchase your voucher from our club manager.

Magnet Mart is donating vouchers. These can be purchased from the club manager and used at the several outlets of Magnet Mart.

All members are invited to make direct donations to the building fund.

Members can make donations in cash or other forms, including through a legacy to the club in their will. Members are invited to discuss these matters at any time with Anne Murray.

Members are reminded that direct cash donations of over \$2 to the club are tax deductible.

All funds raised for the building fund will be clearly accounted for and used for the purpose of the planned redevelopment.

Our assessment is that the club is progressing with financial arrangements that will ensure the financial viability of the current redevelopment project.

Members are invited to be active in the emerging arrangements, activities and events, not only to help make their club reach an ideal of user friendliness and vibrancy, but also for their own well being. We write this in the clear knowledge that many very wonderful things are going on in our club, but we believe with the capacities of our seniors there is an almost inexhaustible potential for more wonderful happenings and outcomes.

We look forward to bringing more positive news about the club's funding initiatives in the next issue of the *Meridian*.

Farewell, and thanks - from David Temple

What a great 19 months I had at Woden Seniors.

I would like to thank everyone for the time I had at your club. I was so happy to see so many people come to see me off. It really was very nice of you to have a party for me, and I would like to thank the Management Committee for initiating it.

Over the next couple of months I am starting up my client base as a personal trainer and I am going to be busy but I hope to drop into the club to say "hi" to you when I can.

As many of you know I got a chance to do a weight loss competition late 2006 which launched me on the awesome ride to where I am today, a personal trainer!

Thank you for all the support and care that you all have offered me.

Computer classes

February saw the computer classes start again, with three classes being run per week. Another three classes per week will be run in March including a beginner's course. All March classes are full.

Planning for April classes will begin soon. We offer a range of courses. Computing for Beginners assumes no knowledge and is for real beginners. Brush up on Email, Internet and Word Processing and Microsoft Word for Beginners are for those who have done Computing for Beginners or are reasonably competent at using a computer. Other courses can be arranged if there is a demand.

Please check the notice board and put your name down on the appropriate list. There will be lists for scheduled classes as well as a waiting list. At present classes are being conducted on Tuesdays, Wednesday afternoon and Thursday afternoon.

We are always interested in increasing the number of instructors for this activity. So if you are a retired teacher or someone with an interest in teaching computer classes please leave your name and contact details with Allan in the office.

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"HAVE CLIPPERS, WILL TRAVEL"

Activity fees increase

From page 1

dropped almost \$4000 from \$40,311 to \$36,269. Expectations of offsetting this downturn with increased fundraising were not met, with fundraising falling from a net of \$6000 for 05/06 to only \$2500 net for 06/07.

The activity fee increases are expected to bring in an extra \$7000 to \$8000 over a full year period, which does not fully cover the deficit described above. A better outcome could be achieved if we could maintain, or even increase, our participation levels in club activities. It behoves each member to consider how they can help in achieving this aim.

While a renewed emphasis on raising money for the development of the Woden Seniors facilities—the Friends Program—means that we will be able to pay building contractors and service our proposed Phase One mortgage, it is quite obvious that increased fundraising for the on-going operation of the club is necessary if we are to move forward with confidence into an uncertain future of higher interest rates and inflation.

A DAM good night!

Support the club's building fund and bring your friends and family to **A DAM (dinner, auction, music) GOOD NIGHT**

at the Canberra Southern Cross Club Woden, on Friday 2 May 2008

The night will commence at 6.30 with a 2-course dinner, followed by a musical performance by the Canberra Youth Music Big Band (an 18-piece swing band) and the Canberra Youth Music Children's Choir.

Then there will be an auction of quality items conducted by one of Canberra's leading auctioneers and Friend of Woden Seniors, Richard Luton. After that you can swing along to the music of the Big Band.

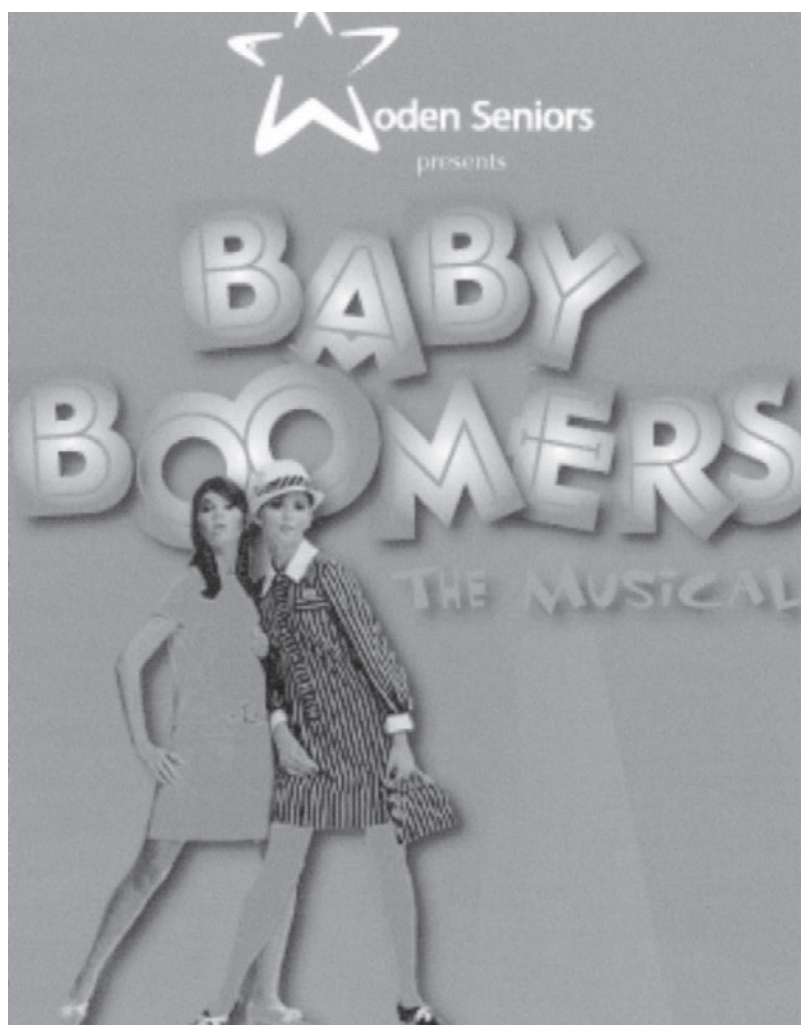
The MC will be Phil Lynch.

All this for \$52 each (dinner and concert)!! Or only \$12 if you choose to save more money for the auction and have dinner at home first!

Anne Murray and Noel Lane have been busy collecting a variety of very interesting items for the auction from businesses and members. There will be something for everyone!

BOOK NOW! 6283 7288

Page 4



Devised, written and directed by Louise Rostron

Musical Director Lucy Bermingham

Executive Producer Linda Tregonning

Friday 4 and Saturday 5 April

Dinner and show 7pm \$65

Show only 8.30pm \$25

Sunday 6 April show only 2pm \$20

Canberra Southern Cross Club, Woden

Book now! 6283 7288 www.csccl.com.au

Confused? Three lunchtime talks

Are you confused about what is happening with things like TV, cameras, CDs, DVDs etc. We don't want seniors to feel that the world is leaving them behind.

We are holding a series of three lunch-time talks/question sessions at the club on Mondays 1, 14, and 21 of April, 12.30-1.30.

Bring your lunch and your questions. If you know nothing about these things - these talks are for you!

Grahame Hellyer

Early Music Enterprises presents

Take Two at Twilight

A baroque concert

on Thursday 3 April at 6pm in the Great Hall, University House, ANU followed by light dinner at 7.30pm

Concert \$30 (\$25 concession).

Dinner optional \$30 pp (2 courses, incl drinks)

Booking with EME essential

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PRESIDENT'S MESSAGE Maintaining club's viability

WELCOME to this New Year even though three months will have passed when you receive this newsletter.

We were all sad to farewell David Temple, whose warm, friendly very supportive manner made us all feel stronger and happy on each day that we were with him. This personal training business, *Be Sensational*, should do very well!

I believe that we are now extremely fortunate to have Allan Sothinathan managing our complex and varied administrative work. If you would like to see the duty statement you will see the multi-skilled job we expect to have effectively accomplished.

Allan has his undergraduate degree and aspires to attain a Doctorate in Philosophy.

Two major fund raising events will take place in April and May, and I hope that you will support them.

The major purpose of these two events, Baby Boomers and a **Dinner Action Music** night, is to raise funds for the re-development of the facility which will get underway very soon.

We would not be able to have these events without the fantastic

support and generosity of Greg Mitchell, Chief Executive Officer of the Canberra Southern Cross Club; Richard Luton and Noel Lane, from Richard Luton Properties; and Rodney Clancy, from Canberra Youth Music.

Baby Boomers is a wonderful initiative of Linda Tregonning, who is very well known in Canberra's music theatre world and who is a senior manager at Communities at Work. Thank you so very much, Linda.

While confident of wonderful results from these two events, my colleagues and I have been increasingly concerned about raising costs for the club to maintain a safe, healthy, well organised environment for our members. Our fund raising events in the past two years have been very disappointing and the two revenue raising items which provide essential revenue, activity fees and hiring, are not reaching the expected results.

Before the farewell party for David on February 8, I outlined suggestions made by club members and other advisors, for fund raising options.

These included:

- Card parties
- A Mini fete
- Activity fee increase
- A ball
- Fashion show

- Trivia night
- Cabarets
- Other unidentified social events to raise money
- Government funds – although it has been suggested to me that we would be better off “playing marbles” than expecting significant Government support!

We began tackling this list, with our mini fete on 8 March, and a fashion show will be held in October. We will continue to lobby Government for essential funding, and maybe consider setting up a marbles activity group as an alternative!

As outlined by Treasurer Ian Cleaver (page 1) we have decided to increase activity fees in general from \$3 to \$4 and this will take effect the first week in April. This decision was not taken lightly, or without considerable anguish. Please read Ian's detailed assessment carefully.

There may be times or circumstances when members will be unable to pay \$4. If so, speak to me. You may be assured of an understanding, and confidential, response.

When next I write, Stage 1 of the Master Plan should be underway, and our financial position should be looking much more positive.

Good wishes to you all.

Anne Murray



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Tackling the Kokoda track

By Greg Mitchell*

IT sounded like a good idea at the time. Ten days away from Canberra's winter; nine days of solid exercise; and I might even learn something of what took place on the Kokoda Track in World War II.

I arrived at Port Moresby on a Monday, along with my fellow adventurer, Michael. In the evening we met our leaders from Adventure Kokoda and fellow trackers, who ranged in age from their 20s to their 60s, with most in their 40s. We enjoyed an excellent dinner, and an equally good breakfast the following morning, before assembling at the southern end of the track, preparatory to setting out on the nine-day trek.

We were introduced to the forty-odd porters who were to carry the tents and food, and also the back packs of nine of our party of 18. Nine of us had opted to carry our own packs. Everyone was eager to start, undeterred by the mountains that dwarfed us, seemingly going on for ever.

So began three hours of climbing, and falling, before we reached our first camp site, by a lovely creek. By the end of the trek I was sick of the sight of creeks. Every camp site was next to a creek, which meant that we had to scramble down to the site, and then scramble up again the following morning.

Then there were the creeks we encountered during each day's walk. So many to cross, some ankle deep, some waist deep, some crossed by means of logs forming a precarious bridge. I am uncomfortable with heights, and admit to welcoming a steadying hand provided by our ever-helpful porters. Amazingly, the only fall occurred when an ex-Army bloke lost his balance and fell from one of these makeshift bridges, fortunately escaping plunging into the fast-flowing stream and, apart from a few bruises, injuring only his pride.

The second day saw us up at 5.30, breakfast at 6.30, and on our way by 7.30. Even though most of us had "turned in" the previous evening by 8.30, we were still tired, not having slept well after our first day's walk. We trekked for three hours, before stopping for morning tea. I gratefully dropped my back pack, and took off my boots and shirt, which had been saturated with sweat within ten minutes of setting out. After an all-too-brief respite we were off again, trudging for two hours before stopping for lunch - fish, beans and biscuits - a brief respite before the afternoon's trek.

We were now toiling up a mountain side, the going made hazardous by mud. I started to cramp in the hamstrings, and with the summit still a few hundred metres away I had to give up my pack to a porter, who was already carrying someone else's. From the summit we still had two hours walking to the camp site, but now it was downhill, so I took back my pack.

I was not looking forward to the next day. Michael scrambled down to the stream to refill my water bottles and another trekker produced tablets to ease the tightness in my hamstrings. I decided, too, to lighten my pack, discarding items I considered unnecessary, including a diary, that had become saturated in sweat. I don't need to write, I thought; I would remember every painful moment. I also had pencils and writing pads for the children at the village we were to stop at the following night, and the head porter took them, promising to distribute them to the children for me.

The cramping I was experiencing was a real concern, not helped by the prospect of an early start the following day, and at least ten-and-a-half hours hard walking - or, rather, scrambling. I don't normally put salt on my food, but I did salt my mashed potatoes and meat stew that evening, in the hope that it would help.

It did too, or something did, as I was mercifully free of cramp the following day, although I was suffering hot and cold shivers by the end of the day's walk. I ate dinner, because I felt that I had to, and after dinner lay down in my tent, falling asleep to the sound of the villagers singing.

I was not alone. By now two more trackers had had to hire porters to carry their packs, and another member of our party was clearly struggling to keep up. Our mood was not lightened when we were told that the next day's walk was particularly demanding.

So we progressed, and after lunch on the fourth day we tackled the last mountain before reaching a village where we were to enjoy a little respite. Michael and I had agreed that we would take the lead in turn, making it a little easier for the one behind. We had to watch our footing carefully, but despite this we both experienced falls. We also found it was better not to look up, searching for a glimpse of the next peak, as this was discouraging, the track stretching endlessly ahead.

Some of our companions increasingly stopped to rest. Michael and I

pushed on, largely because we thought if we stopped we might never start again. Then Michael seemed to gather strength and draw ahead, so I called out to him to push on, and blow his whistle when he reached the top. After what seemed like hours I and the other trackers heard the welcome sound, giving us encouragement to complete the climb.

The track gave way to a plateau, with an airfield, and 20 minutes later we reached the village, our tents, and a cold shower. Bliss! The cold water revived me, and for the first time in four days I felt hungry, and almost looking forward to resuming our trek. Not so our companion who had struggled to keep up. He asked to go home. The tour guide arranged for all his pack to be carried, and for a porter to accompany him on a shorter route to our next scheduled stop, rather than take the longer route that the rest of us took, which took in interesting, historical sites.

From then on things became easier for us. On day six we actually concluded the day's walk by lunchtime. Day seven I had a fright, after hours of walking realising that I had lost touch with Michael and the rest of the party. Had I taken the wrong track? Taken a wrong turn? I checked my supply of water, wondered how long a banana and two biscuits would last, and then decided to stay put until I was found. It seemed like a long time, but in fact it was not long before a porter found me. I pretended a nonchalance that I didn't really feel!

We were now beginning to enjoy ourselves. The village people in the mountains made us most welcome, the views were spectacular, and at other times we found ourselves above the cloud level. I found that I was really enjoying the local food.

The final three-hour walk to Kokoda was over flat ground, and we were all buoyant, congratulating each other, and experiencing a sense of fulfilment. And then, as we completed our walk, we all became increasingly aware of why we had chosen to walk the Kokoda track. We thought of those Diggers who had fought their way along it, carrying their heavy packs, contending not only with the heat and humidity and treacherous terrain, but also the ever-present threat of an enemy bullet.

Not for them a dry bed and plentiful, nourishing food every day, and the certainty of a comfortable flight out of Port Moresby after ten days of walking. What a debt we owe, a debt that we can never adequately repay.

**Greg Mitchell is CEO of the Southern Cross Club - a good Friend of Woden Seniors.*

Shopping on the internet: Risks? Savings?

By Grahame Hellyer

MANY seniors are worried about the risks of internet shopping, even if they are comfortable using their computers for other purposes. You may be interested to know that the internet can save you a lot of money even if you never buy anything over it!

How? Read on.

The risk of fraud when buying over the internet has been exaggerated. It is no more risky, in fact probably safer, than handing your credit card to a salesperson in a store, or, more particularly, to a waiter who disappears out of your sight with it. Buying from an established company carries little risk and companies like Visa (who are the ones who generally stand to lose) are introducing measures to make it even safer. PayPal is another safe way of making payments to on-line merchants that use it. However for the casual user a credit card is easier.

How can we use the internet for saving money?

Perhaps the first step might be to find the product which best suits us and save wasting money on an unsuitable purchase. There are many web sites offering reviews of products. Most people have heard of *Choice* run by the Australian Consumers Association. For a small quarterly fee you can read their reviews on line. Other sites provide free reviews. If you are buying a camera the site www.dpr.com has amazing camera reviews. <http://www.cnet.com/> or <http://www.cnet.com.au/> offer reviews of all sorts of electronic equipment. (Note, the .au means it is an Australian site.) In addition to these reviews there are forums where people post their comments. Sometimes the two are combined, with reviews followed by users' comments and ratings. Retail sites such as Amazon, <http://www.amazon.co.uk/>, or its US site, also have users' comments on books, music, language courses, etc. These are a very useful resource even if you don't buy from the site.

The next step is to compare prices.

If you have decided on a particular model of, say, a camera, and do a Google search you will find one or more of the comparative shopping web sites, such as 'Shopbot' or 'Myshopping', appear, as well as on-line retailers. These sites show the prices at a large number of on-line retailers. The amazing thing is the range of prices for the same article. And these prices will be well below the 'list price'.

If you are worried about buying over the internet you can now go to a retailer and ask him to sell you at a price within the range of prices you saw on the internet. He won't match the very cheapest, but will undoubtedly take 10 -15% off the list price without blinking.

If you do go ahead and buy "on-line" you will find postage costs in Australia are very cheap. Cheaper in fact than making a special trip to town. If you are buying books or CDs, and similar small items, it may cost about \$5 postage for one and nothing, or a smaller amount, for additional items. If buying from overseas, prices are generally much less, but there is often a higher "packaging & processing" cost for the first item, plus a smaller postage charge per item. If you are ordering texts for a U3A course it may be worth getting together with the other students and putting in a bulk order to reduce the average post and packing cost per book.

If buying electronic equipment from overseas bear in mind that the local distributor may not honour the manufacturer's warranty. If buying DVDs from overseas you need to note whether they are made for America (Region 1 and NTSC) and if so check whether your DVD player and TV will play them.

Much on-line purchasing is done over EBay, the on-line auction site, however this would require another article.

If you have any queries feel free to write to the editor and we can address them in the next issue.

A personal memory of RL's Frank Hyde

By Dennis Blewett

Frank Hyde, who died late last year at the age of 91, "called" 33 Rugby League grand finals for radio station 2SM, following a distinguished playing career. What the obituaries didn't tell us was that Frank was the first commentator to "call" a game in metric units! It was something *he* would have not wanted to be remembered anyway!

In 1973 a colleague and I visited Frank at his 2SM office and persuaded him to "call" a game to take place the following Saturday "in metres" instead of "in yards". Frank refused initially, but when we pointed out that he would be the first Australian commentator to do so, he relented, somewhat reluctantly.

"Everything is an estimate anyway", we pointed out. "Twenty yards could be 21, or 19; just say 'metres' instead of 'yards'. 'Inches from the line' becomes 'centimetres from the line'." So Frank agreed, with one proviso. As "insurance" he wanted a conversion chart. Reluctantly we agreed. Big mistake.

The following Saturday - I think it was an Easts v St George game - Frank began well enough but, inevitably perhaps, in the heat of battle, "40 metres out" reverted to "40 yards out . . . er, that's 36.576 metres", and "tackled on the 22 yard line - er, that's 20.1168 metres".

Frank abandoned the experiment at half-time, and would not come to the phone the following week!

Risk Management Plan for the club

The committee is developing a Risk Management Plan to help us reduce risks faced by the club and its members. The risks covered range from physical injury to financial mishaps.

The draft will be displayed around the Club when ready. Please read it and jot down any suggestions for improvement and leave your comments at the office. The more brains applied to the plan the better it will be.

Grahame Hellyer

Time to realise dreams: artists draw inspiration from each other

THROUGHOUT our working lives there are things that many of us "put off" until later. Secret interests in train spotting, fixing up old tractors, dancing or reading the complete works of Jane Austin have been shelved, but provide solace for the future.

They are hidden hopes, kept in a place of dreams until we have time to re-awaken them.

In the meantime there are shoes for the children, bills to pay and hugs to give and receive.

After our paid working years, if we're lucky, the world opens up in retirement so we can develop our neglected talents or passions. Many turn to U3A where members share their expertise freely, and for free, in more than 170 ongoing adult education courses.

Several of these groups have found homes at Woden Senior Citizens Club.

One of the most popular activities is painting. On Wednesdays and Fridays enthusiastic groups attend the club, under the guidance of Anne Baker (Wednesday) and Bronwyn King (Friday).

Bron King told *Meridian* that artists who attended benefited from the stimulus of meeting, and exchange-

ing experiences and information with others.

"We all help each other, and interchange of ideas is very encouraging", she said.

"In fact, the standard is high, with painters showing at exhibitions throughout Canberra and district, winning awards and selling their work".

Venues and events where artists have successfully exhibited include:

- Gib St Café, Bungendore
- ABStech



- WOT Exhibition, Belconnen Gallery
- Canberra Outdoor Art Show
- M16 In the Studio
- Open Art Program Mask Canberra Contemporary Art Space
- Woden Library History Exhibition - curated by our groups
- Southern Cross U3A Conference exhibition 2007 curated jointly with other art groups

Bronwyn said work ranged from watercolours of local scenes, to portraits and still lifes.

The artists experimented with many media: watercolour, oils, pastels, acrylics and drawing media.

"The Friday group often looks at art history for inspiration, discovering there important ideas and techniques from the visual arts.



"Participants enjoy each other's company outside the club, perhaps lunching after a session, or visiting exhibitions as a group".

During the summer Norma Donaldson organised guided tours to the National Museum to see the *Papunya Exhibition* and the National Gallery to see *National Indigenous Art Triennial 07 - Culture Warriors*. From those visits participants have been encouraged to look at symbolism in Aboriginal and Western art.

Plans for 2008 include continuing and expanding an on-line gallery where participants' work is posted; regular visits to galleries, and monthly guided tours to the National Gallery to extend knowledge, and gain further inspiration.

