

Government support

PRESENTING her sixth President's annual report, Anne Murray said that the results of strategic planning work were now apparent, having "succeeded in gaining the support of government in a very meaningful way".

"We have received over \$150,000 in grants this year, and the Chief Minister has asked his Ministerial Council on Ageing to use our model as a basis for working to strengthen and establish other senior clubs across the Territory", she said.

"I believe that this latter development can only strengthen our position with government. It is very important to note that the Turner club is undertaking the same planning process as we did ourselves and in fact engaged our excellent strategic planners".

Anne said she had considered not standing again, but had concluded that "we have unfinished business in relation to government relations and support" and that it was important that she remain president for another year "as we strive to secure major funding to assist with our master plan for the facility and the administration of the club".

She said it was encouraging that both the Minister responsible for Planning and Health as well as the Chief Minister was expressing support for the club.

Anne thanked the management committee, sub-committees, activity group leaders and the "many members who contribute to the well-being of this organisation".



The club's management committee 2005-06, from left to right: Barrie Clarke, Joy McDonald, Grahame Hellyer, Anne Murray (President), Gail Giuliano (Secretary), Robin Brinton (Vice President), Raphaela Stukoff, Joe Lising, Aleata Johnston and Peter Brady. Absent were Barry Hogan (Treasurer), Trudi Dinn, Werner Friedrich and Helen Duff.

"We have seen fine examples of volunteering, the sub-committee structure is working superbly with more members involved in decision-making and running innovative and significant programs.

"We have discovered that internet training can be fun; the

Meridian is a fine production; fund-raising is as onerous as ever, but more acceptable if shared with others".

Anne said that it was critical that office bearers and all members understood and overcame challenges facing the club in the future.

New bus station - concerns of members brought to attention

THE ACT Government is planning to build a new bus station at Woden Plaza.

Beryl Carthey told the annual general meeting that she had represented the club at a meeting called by the Woden Valley Community Council to discuss likely effects of the relocation, and means by which shortcomings of the existing bus station might be addressed when designing the new one.

"I brought forward some of the concerns of some of our members when waiting for buses", Beryl told the meeting.

"There have been instances of handbags being snatched. I asked if a secure area might be provided, where

elderly people and mothers with young children could wait".

Beryl said she had been told that it was planned to build a lounge and cafeteria area which would satisfy this concern. Public conveniences would also be provided.

"I then asked if a loud speaker system could be provided, to inform passengers of arrival and departure times".

Beryl said she understood the new bus station would be fully enclosed, with enclosed access to Woden Plaza.

"We were told work was expected to take eighteen months to two years, depending on agreement being reached with Westfield, the owners of Woden Plaza".

Proposed site masterplan

THE club has a master plan for future development of the club, prepared by architects Small Quinton Coleman in close co-operation with the Facilities Subcommittee and approved by the Management Committee.

The plan was presented to members at the annual general meeting by architect Ric Small. It is a plan that lends itself to development in three stages, and could be undertaken with minimum disruption to club activities.

Features include a third hall, with a stage; a sunroom near a relocated and enlarged entrance; improved toilet and kitchen facilities, and greater storage space.

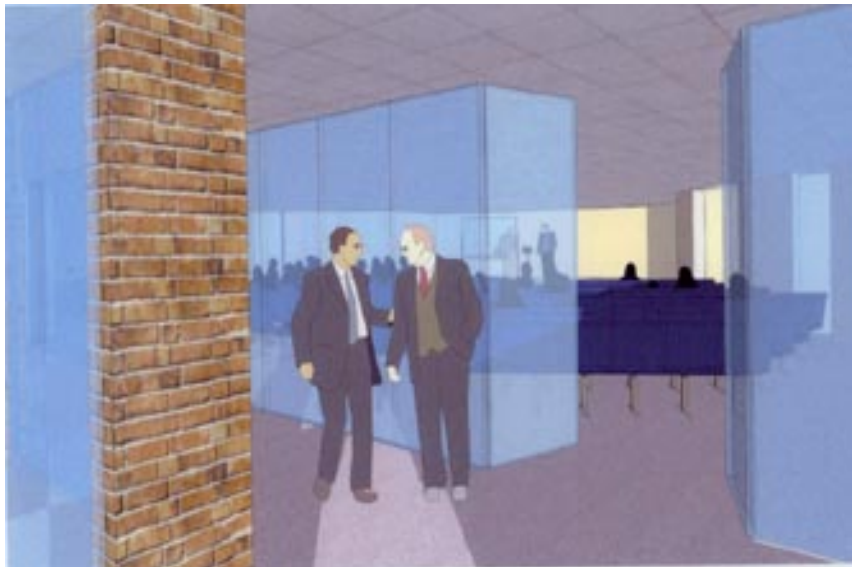
Work could proceed only with financial assistance provided by a business partnership and/or the ACT Government, and the club will press its case vigorously. It is encouraged by financial assistance received this year, and expressions of support made by Chief Minister John Stanhope.

A plus for the club is newly-elected committee member Peter Brady. Until recently Peter was Director of the Office of Ageing in the Chief Minister's Department, and no-one better understands the working of government and its agenda in relation to the ACT's older citizens.

The club will argue that governments have a responsibility to older citizens, just as they have in education, health and other areas. A government may well consider it less expensive to build on the existing foundation provided by the Woden Senior Citizens' Club and similar clubs in the ACT than it would to put into place a new, government-initiated facility.



If the club's ambitious three-stage development wins support from the ACT Government, this is what it may well look like. Above, the view from an enlarged dining room space.



View into the proposed new community theaterette from circulation space. The theatrette would be included in the third, and final, stage of development.



View into new sunroom/lounge space.

TREASURER'S REPORT

Sound financial footing

The club's auditor had noted that the club was "on a sound financial footing" with a modest deficit of \$639 for the 2004-05 financial year and \$124,664 in current assets over and above grant monies held in trust, treasurer Barry Hogan told this year's annual general meeting.

"Activity attendances have fallen, minimally, while membership has increased, minimally".

Fund-raising had fallen in the first half of the financial year, but had been excellent in the second. Hiring had "bounced back", largely through the efforts of manager George Heron, and donations had been excellent.

"Staff expenditure increases are attributable to an early termination payment to our past Administrative Officer and a higher pay rate for our present Manager. Supplies and utilities were about the same as last year. Maintenance has been low mainly due to grant monies being used".

The setting-up of the new computer facility was the main cause of the increase in purchases.

Barry paid tribute to president Anne Murray. Although she had received stellar support from committees, outside organisations, consultants and others in acquiring grants of more than \$200,000 in 2004-05, "it is my opinion that without the president's continuing, single-minded commitment to acquiring these grants the sum total would have been miniscule in comparison to the grants actually received.

"Anne's efforts have been above and beyond the expectations of a person in her position".

Barry said that the club still had to be able to "run its own ship".

"Membership, activities, donations and fund-raising still account for two-thirds of our income and these categories require the participation of members. Activity attendances are about one in four members per week. It is therefore obvious that if a larger proportion of members attended the club activities on a regular basis, the club would be better-off; more

PRESIDENT'S REPORT

Management Committee, sub-committees working towards strong 2006 performance

As 2005 comes to its conclusion the Management Committee continues to work through its priorities and goals consistent with our Strategic Plan.

Having seen the photograph on page one of this issue you will be aware of the changes to our management group. We have a wonderful mix of members who have been on our committee for some time, together with new members who will bring new ideas and new approaches to our work.

It was with much regret that we farewelled George Heron at the end of October. However, I am delighted to now have Rupali County working as Club Administrator.

Not all members will have seen our Master Plan for the re-development of the club. An artist's impressions on page two of this issue show what we are aiming to achieve, and the Plan is available at the club to all members who wish to study it in greater detail. We plan an official launch to coincide with the twenty-fifth anniversary celebration of the opening of the club. We will provide details of this event in the next issue of Meridian, early in the New Year.

The Management Committee has undertaken a review of our sub-committees' terms of reference, and has introduced a new sub-committee - the Publicity Sub-committee.

The Activities Sub-committee is planning a series of excursions outside the club, and will discuss interactive events with other seniors' clubs.

We plan to have an Open Day in the first half of next year, when we will demonstrate our skills and interests. We will require good publicity to attract the wider community to this event - a task for our new Publicity Sub-committee.

I would like to express my warmest appreciation for the support I have received this year from members.

Best wishes to you all for Christmas and 2006.

Anne Murray

self-sufficient.

"I would like the group activity leaders to encourage their members to attend more regularly and increase their base numbers. Members who enjoy their activities and consider the club their club is what we are looking for. Such members will improve the general atmosphere of the club and will actively support anything that will move the club forward".

Barry thanked members and committees for their support, and acknowledged the help received from Peter Witting with internal audits and from the club's auditor Hal Hickey with accounting matters and financial audit.

They said it

I am a marvellous housekeeper. Every time I leave a man I keep his house. - Zsa Zsa Gabor.

HONESTY

I'm no actor, and I've got 64 pictures to prove it. - Victor Mature.

ADVICE SELDOM TAKEN

It is better to keep your mouth shut and appear stupid than to open it and remove all doubt. - Mark Twain.

KEEP MIND YOUNG

Anyone who stops learning is old, whether 20 or 80. Anyone who keeps learning is young. The greatest thing in life is to keep your mind young. - Henry Ford.

Only two in five have rebuilt homes

Only two families out of every five who lost their homes in the January 2003 bush fire disaster have rebuilt.

The predominant reason is under-insurance. A shortfall of \$100,000 is common-place. In many cases, the shortfall is considerably more.

Members who attended this year's annual general meeting were told this by Richard Arthur, a Canberra barrister who is president of the Phoenix Association, an ACT residents' action group formed after the fires destroyed more than five hundred homes.

Phoenix aims to make people aware of the danger of under-insuring

their homes. Mr Arthur said it was likely that the vast majority of homeowners throughout Australia were under-insured. Annual increases in premiums, in line with the Consumer Price Index, were insufficient to cover the cost of replacing homes, especially when builders were in short supply and able to dictate prices.

Mr Arthur said that Australian insurance companies should have a responsibility to value homes, charge realistic rates, and guarantee to replace homes. This was the practice in some other countries.

He described grants to people who had lost their homes made by the ACT Government as bordering on insulting. Government imposts were far greater than aid provided.

Club's new Administrator

Ms Rupali County is our new Club Administrator. She replaces our previous Club Manager, George Heron.

Rupali was born in Mumbai (Bombay), India, in 1980. She has a brother and a sister. Her father is a police officer and her mother cares for the family.

Rupali completed an Economics Degree at the University of Mumbai in 2000, and since coming to Australia she has been working and undertaking further study.

Rupali met her husband, Philip, when he was holidaying in India. Theirs was a "whirlwind" romance, and they have a two-year-old daughter, Shreela.

We are very much enjoying having Rupali with us, and will celebrate with her when she becomes an Australian citizen in January.

Anne Murray

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COMPUTER INTEREST GROUP

No further meetings

Due to lack of support there will be no further meetings of the Computer Interest Group. My apologies to the small number of regular attendees who may be inconvenienced, but the numbers cannot justify competing with other demands on accommodation and computer time, nor can they justify the return to weekly meetings which would have been necessary to make our next project viable (building a computer from scratch). Dennis Glanville



Annual Fete: Despite occasional heavy showers (bottom right), the club's annual fete proved a great success. ACT Chief Minister John Stanhope (centre) opened the fete, praising the club's initiative, and describing the club as a model for others in the ACT. Other photos are of stallholders, members of the audience, ladies preparing refreshments, members of the artists group, and the "raffle wheel".



THE OFFICE Christmas Party

FROM: Patty Lewis, Human Resources Director
TO: All Employees
RE: Christmas Party

I'm happy to inform you that the company Christmas Party will take place on December 23, starting at noon in the private function room at the Grill House. We'll have a small band playing traditional carols. Don't be surprised if our CEO shows up dressed as Santa Claus! A Christmas tree will be lit at 1pm. Exchange of gifts among employees can be done at that time; however, no gift should be over \$10. Merry Christmas to you and your family.

FROM: Patty Lewis, Human Resources Director
TO: All Employees
RE: Holiday Party

In no way was yesterday's memo intended to exclude our Jewish employees. We recognize that Chanukah is an important holiday, which often coincides with Christmas, though unfortunately not this year. However, from now on we're calling it our Holiday Party. The same policy applies to any other employees who are not Christians or those still celebrating Reconciliation Day. There will be no Christmas tree present. No carols sung. We will have other types

of music for your enjoyment. Happy Holidays to you and your family.

FROM: Patty Lewis, Human Resources Director
TO: All Employees
RE: Holiday Party

Regarding the note I received from a member of Alcoholics Anonymous requesting a non-drinking table. You didn't sign your name. I'm happy to accommodate this request, but if I put a sign on a table that reads AA Only you wouldn't be anonymous anymore. How am I supposed to handle this? Forget about the gifts exchange, no gifts exchange are allowed since the union members feel that \$10 is too much money and executives believe \$10 is not enough.

FROM: Patty Lewis, Human Resources Director
TO: All Employees
RE: Holiday Party

What a diverse group we are! I had no idea that December 20 begins the Muslim holy month of Ramadan, which forbids eating and drinking during daylight hours. There goes the party! Seriously, we can appreciate how a luncheon at this time of year does not accommodate our Muslim employees' beliefs. Perhaps the Grill House can hold off on serving your meal until the end of the party or else package everything for you to take home in a doggy baggy. Will that work? Meanwhile, I've arranged for

members of Weight Watchers to sit farthest from the dessert buffet and pregnant women will get the table closest to the restrooms. Gays are allowed to sit with each other. Lesbians do not have to sit with Gay men, each will have their own table. Yes, there will be flower arrangement for the Gay men's table. Low-fat food will be available for those on a diet. We cannot control the salt used in the food. We suggest people with high blood pressure taste first.

FROM: Patty Lewis, Human Resources Director
TO: All Bloody Employees
RE: The Bloody Holiday Party

I've had it with you people!!! We're going to keep this party at the Grill House whether you like it or not, so you vegetarians can sit quietly at the table furthest from the "grill of death," as you so quaintly put it, and you'll get your bloody salad bar, including organic tomatoes. I hope you all have a rotten holiday! Drive drunk and die!

FROM: Joan Bishop, Acting Human Resources Director
RE: Patty Lewis and Holiday Party

I'm sure I speak for all of us in wishing Patty Lewis a speedy recovery. The management has decided to cancel our Holiday Party and give everyone the afternoon of the 23rd off with full pay. Happy Holiday!

Good Times

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Publicity sub-committee's sound base

AT the beginning of Seniors Week this year, the ACT Government announced that the Woden Senior Citizens Club was one of 38 community organisations to receive funding under the Senior Grants Program.

"The Seniors Grants Program is a new initiative designed to promote active ageing and keep older people connected with the community", Chief Minister John Stanhope said.

The purpose of the club's grant is to increase publicity and develop a specifically designed promotion strategy to communicate the club's ethos of active aging, and to attract new members.

The September issue of the Meridian reported on the Student Challenge, an initiative of the ACT Branch of the Public Relations Institute of Australia. Students from the University of Canberra, under the mentorship of Anita Cleaver, Director of Rave Communication, developed a communication strategy for the club. This was the first step in reaching the objectives of the grant.

Rave Communication, a Canberra-based public relations company, has subsequently stepped forward to implement and build on the students' strategy to promote the club, expand its membership, communicate more effectively with the existing membership, and assist with government lobbying and sponsorship support.

Rave's continuing involvement in the club's strategy has created a unique opportunity for student internships for final year students from the Canberra Institute of Technology and University of

We lose a manager, but gain a member



Former manager George Heron is not lost to us altogether. George remains a member of the club, and hopefully his considerable organisational skills will still be available to us. At a small luncheon at the Southern Cross Club members who have worked closely with George paid warm tribute to him. Pictured above, President Anne Murray with George.

Canberra. Intern students, under close supervision, will contribute their creative ideas for publicising the club, its activities, and its members to the community.

Rave has recently written a brochure for WSCC detailing information about what the club has to offer to the senior community. The brochure reports on the opportunities for seniors to remain actively involved in a range of appealing activities and improve overall wellbeing.

The brochure is titled Active Living Program for Seniors at the Woden Senior Citizens Club.

Don't, DON'T talk to the parrot!

Wanda's dishwasher quit working so she called a repairman. Since she had to go to work the next day, she told the repairman, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you a check. O, by the way, don't worry about my bulldog. He won't bother you. But, whatever you do, do NOT, under ANY circumstances, talk to my parrot!" "I REPEAT, DO NOT TALK TO MY PARROT!!!"

When the repairman arrived at

Copies of the text from the brochure will be printed and handed out at the Retirement Living Expo on 25-27 November, run by the ACT Government.

Anita has now joined President Anne Murray and Barrie Clarke to form the new WSCC Publicity Marketing Sub-committee that aims to inform the community of the benefits of the club and to increase membership. Anita will work closely with the committee to help gain public and government acceptance of the master-plan for the new club.

Wanda's apartment the following day, he discovered the biggest, meanest looking bulldog he has ever seen. But, just as she had said, the dog just lay there on the carpet watching the repairman go about his work. The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling. Finally the repairman couldn't contain himself any longer and yelled, "Shut up, you stupid ugly bird!" To which the parrot replied, "Get him, Spike!"

Cheaper than a nursing home

ABOUT two years ago my wife and I were on a cruise through the western Mediterranean aboard a Princess liner. At dinner we noticed an elderly lady sitting alone by the rail of the grand stairway in the main dining room.

I noticed that all the staff appeared very familiar with her. I asked our waiter who she was, expecting to be told that she was a major shareholder, but he said he knew only that she had been on board for the last four cruises.

As we left the dining room one evening I caught the woman's eye, and said "hello". We chatted, and I said, "I believe you've been on this ship for the last four cruises".

She said, "That's very true". And then added, "It's cheaper than a nursing home".

So, I did my arithmetic, and I have decided there will be no nursing home for me. When I become old and feeble I am taking up residence on a Princess cruise ship. The average cost for a nursing home is \$200 a day. However, I can get a long-term discount and senior rate of \$135 a day on a Princess cruise ship. That leaves \$65 a day for such items as gratuities, which would cost me about \$10 a day.

I will have as many as ten meals a day if I can waddle to the restaurant or I can have room service (which means I can have breakfast in bed every day of the week).

Princess has as many as three swimming pools, a workout room, free washers and dryers, and entertainment every night.

They have free toothpaste, razors, soap and shampoo.

They will even treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.

I will get to meet new people every seven to fourteen days.

Television broken? Light bulb

need changing? Need to have the mattress replaced? No problem! They will fix everything and apologise for the inconvenience.

Clean sheets and towels every day, and you do not even have to ask for them.

If you fall in a nursing home and break a hip, you are on Medicare. If you fall and break a hip on a Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, New Zealand, Asia, or wherever you have always wanted to go? If so, just call the Princess line, and be assured they will have a ship ready to go.

So, do not book me into a

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
	Computer interest group (2nd Monday)	1.30-4.30pm
Tuesday	Table tennis	2-4pm
	Gentle exercise (YMCA instructor)	10-11am
	Australian history (WSCC/U3A)	10-12 noon
	Duplicate bridge	10-12.45pm
	New Vogue dancing	1-4pm
	New Vogue and modern sequence dancing	7.30-10.30pm
Wednesday	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
	Recorder classes (WSCC/U3A)	12.30-1pm
	Recorder orchestra (WSCC/U3A)	1.30-4pm
	Sequence dancing	7.15-9.45pm
Thursday	Play reading group (WSCC/U3A)	9.30-11.30am
	Craft group	10-12.30pm
	YMCA gentle exercise	10-11am
	500 (card game)	10.30-3pm
	International folk dancing	12.30-2pm
	Tai chi and gentle exercise	2-3.30pm
Friday	Table tennis	9.30-12.45pm
	Carpet bowls	12-1.30pm
	Painting and drawing (WSCC/U3A)	1.30-4pm
	Round dancing*	5.30-10pm
Saturday	Hydrotherapy (Canberra Hospital pool)	10-11am
	Duplicate bridge	1-4.30pm
Sunday	Round dancing (beginners)*	1-7pm

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

nursing home. It's a life on the high seas for me.

PS: And do not forget! When you die, they just dump you over the side, at no charge!

Editor's note: A club member brought the above article to my attention. I apologise for not attributing it to the author. I suspect there are flaws in the argument, but it is, prima facie, attractive. And amusing.

Irish glossary of some medical terms

Artery - Study of paintings; Bacteria - Back door to cafeteria; Barium - What doctors do when patients die; Benign - What you be, after you be eight; Caesarean Section - Neighbourhood in Rome; Dilate - Live Long; Enema - Not a friend; Fester - Quicker than someone else; Fibula - Small lie; Impotent - Distinguished, well known; Morbid - A higher offer; Nitrates - Cheaper than day rates; Urine - Opposite to You're out.