

Annual General Meeting to take place 4 September

WHEN the club's Annual General Meeting takes place, on Monday 4 September, at 1pm, a new President will be elected.

Anne Murray is to stand down after seven years as President (see page 2).

All positions - president, vice-president, treasurer, secretary and ten committee positions - have been declared vacant.

Nomination forms for office bearers will be available at the front office. Members may nominate themselves, or other members. Completed forms need to be with the Secretary by 28 August. They may be left at the front office, or mailed to the club.

Members may also submit agenda items. Items need to be written in the form of a motion, and lodged with the Secretary no

Club in excellent financial position

By Ian Cleaver (Treasurer)

THIS is my first report to the general membership of Woden Seniors since I became Treasurer on 10 March 2006.

I am happy to say that the club is in an excellent financial position, thanks mainly to the excellent work of the Committee of Management and its various sub-committees, who have set a strategic direction for the future of the club, particularly with the development of the strategic Master Plan. They have also managed to obtain a number of ACT Government Grants for refurbishment of the club and its

Appointment of temporary Manager

To fill a void in the club management and administration arrangements that occurred at short notice, George Heron has agreed to come back as the Club Manager on a temporary, part time basis until 19 July 2006, with the possibility of staying on until late September.

later than fourteen days before the Annual General Meeting.

Following the election of the Management Committee, the positions of Public Officer and members of the club's sub-committees will be considered by the new committee.

Members are urged to attend, particularly because of the need to choose a new President.

facilities. These have saved significantly on the amount that the club has needed to expend on general maintenance over the last twelve months.

This generally sound financial position, however, does not mean that we can become complacent about fund-raising, as there are ongoing expenses in operating the club, as well as the necessity to set aside money for funding of the Master Plan and other priorities.

It is also unlikely that the previous level of ACT Govern-

Continued page 8

Membership renewals due

MEMBERSHIP renewals for 2006/2007 are now due.

The arrangements for renewing are similar to those in place last year and are:

Membership can be renewed at any time the office is open.

Renewal forms will be held at the club and not posted out to members.

Forms have been printed for each member required to renew.

Forms are stacked in order of membership numbers.

Lists of members in alphabetical order are in the office to assist members identify their membership numbers.

The renewal forms contain personal and emergency contact details currently recorded on the club data base.

If these details remain current, renewal will involve simply signing and dating the form and paying the renewal fee of \$6 and, if required, the parking fee (\$6 also).

A receipt will be issued together with, where appropriate, an orange permit for the car park.

Where possible, the receipt and permit will be issued immediately. However, if a number of renewals are being processed simultaneously, it may be necessary for members to collect the receipt and permit later (for example at the end of an activity, or during a later visit to the club).

If any members are unable to visit the club, please contact the office on 62822573 to make alternative arrangements.

Recipients of this newsletter who do not intend to renew membership are requested to advise the office. This will assist with the administration of the renewal process.

Anne Murray: an appreciation

By Dennis Blewett

I CAME to the club by chance, four years ago. Anne Murray, whom I had met at the Canberra Bridge Club a year before, suggested that I play at Woden Seniors. When I completed the membership application form, ignoring the box in which one is invited to confess skills that may benefit the club, Anne reproached me. "I know that you are a journalist", she said. "We need an editor for Meridian".

Anne was undeterred by my argument that, as the club's newest member, I knew less about what was going on in it than anyone, and so it was that I became editor. I was led down a similar path in becoming a member of the Strategic Planning Group charged with considering how the club might be redeveloped. Our President is persistent, and persuasive.

Anne had a vision. She recognised that the club was dysfunctional (and few members were, or are, at odds with her here), and she believed that to do nothing was the least palatable option. Other options were to renovate, and possibly expand, the existing facility; to undergo a major redevelopment on the site in partnership with private enterprise or government; or relocate to a nearby site, with a developer funding a modern, spacious functional club in return for the Corinna Street site.

Some members were unconvinced. Antagonistic, even. But no-one presented a compelling argument to the contrary, and there were opportunities aplenty to do so, as development proposals were detailed every step of the way, at special meetings, annual general meetings, a day-long workshop, through Meridian, on the notice board, and in minutes readily available to anyone with the time and the will to read them.

So it was that, over the past four years, the planning group met countless times with representa-

tives of private enterprise and the ACT Government, reporting back to the Management Committee at every step of the way, as it sought to find a way to redevelop the club in a way that would satisfy the needs not only of present members but also of prospective ones. Throughout this time Anne Murray carried major responsibility. Indeed, it is fair to say that without her we would have lost heart.

Difficulties became apparent. Difficulties with lease provisions, with restrictions imposed by the size and shape of our block, difficulties with easements, and restricted access, difficulties with unforeseen amendments to strata title provisions. Car parking adequate for the needs of both club members and a private developer was another major obstacle. And so it became apparent that, if we were to have a new club, it would not be in partnership with a private developer. Not in the foreseeable future anyway. Rather would a new club have to be financed by the ACT Government.

Here there was cause for optimism. Because that is what governments do. They fund services, and sporting and recreational facilities, for young and old. We read and hear constantly of the competing claims for government funding from special interest groups. Logically, the more that people show a willingness to help themselves, the more favourably governments should consider their needs. Better by far for governments that they are able to take advantage of a rich source of enthusiasm and industry than that they have to do it all themselves.

The club could have had no more persuasive advocate than Anne Murray. She was able to win the support of Chief Minister John Stanhope and others in government with responsibility for senior citizens. So much so that the Government funded the club's Strategic Plan, recognising

its potential value not only to our club but also to other seniors clubs in the ACT, and also our Master Plan, a three-stage redevelopment prepared by architects Small Quinton Coleman. (It is worth emphasising, again, that these grants were made specifically for those purposes. Further grants of \$130,000, also obtained largely through the efforts of Anne Murray, have been spent on maintenance and improvements, as set out on page 5.)

It is only in recent times that the parlous state of ACT finances have become apparent. Indeed, it is probably true to say that many of us have become pessimistic about the ACT's future. Certainly the good times are gone, for good. No one more so than Anne Murray now recognises that it would be optimistic in the extreme to expect the builders to move in any time soon. Like next year, or the year after. And so, she concluded, it was time to stand down as President. She had run her race. After seven years it was time that someone else had a go.

Anne's legacy is a considerable one. During the past four years major refurbishment has taken place, and a healthy committee structure has been established. Importantly, the club has every reason to expect continuing support from the ACT Government. There is no reason to doubt John Stanhope's sincerity. Like many politicians he will believe he could have been better served by the times.

Anne spent twenty years in top management before becoming President of Woden Seniors, and she continues to be a much sought-after member of committees with a social brief here in the ACT. Doubtless she will find much to occupy her. It is to be hoped, too, that her skills and experience will not be lost to the club.

Finally, may Anne, and many of us for that matter, be around when our new club is built.

For it is unimaginable that the Woden Senior Citizens Club will exist in its present form twenty, or even ten years, from now. Is that not so?

'Exceptionally forward-looking'

THE launching of Woden Seniors' Master Plan by ACT Chief Minister Jon Stanhope proved to be a splendid occasion, with special guests Annette Ellis (Federal Member for Canberra), Senators Gary Humphries and Kate Lundy, and Brendan Smyth* (then Leader of the ACT Opposition) in the audience, and WIN's Peter Leonard ensuring that proceedings ran smoothly.

However, while Mr Stanhope made it clear that his Government was well aware that the ACT population was ageing, and that governments had a responsibility to provide health and recreational facilities for older people, he was unable to encourage expectation of funding of the Master Plan in the foreseeable future.

The realists amongst us recognised that Mr Stanhope's lack of response - and anything other than that appeared scarcely possible given the parlous state of ACT finances - sounded the death knell for redevelopment aspirations in the short to medium term.

The club is left to put aside its plans and await more propitious times. The ACT Government can concentrate on more immediate problems, leaving a future government to consider how to best serve the needs of an increasingly impatient and numerically strong older population. A ticking bomb.

Mr Stanhope began well. "We might be a young city, but our population is ageing", he said. "This has implications for all of us, including policy-makers like myself who are serious about creating a community that fully engages and fully caters for the needs of each and every one of its members".

As early as 2020 the number of people in Canberra aged 50 and over was forecast to increase from 76,000 at present to more than 128,000. Over the coming decade the number of people aged 60 and over would increase from 37,600 to 76,000. Over the same period, the number of people in their 80s was expected to quadruple.

"Older people will outnumber the young for the first time".

Mr Stanhope said that, after 25 years of serving the older members of the Woden community, Woden Seniors had "come of age", with membership growing from 30 to almost 700.

The club had been exceptionally forward-looking, and its Master Plan was a model for other clubs. The proposal to expand and redevelop the club had been well-argued and Mr Stanhope commended everyone involved.

Dennis Blewett

*Brendan must have been paying attention. See I could have been a star - page 7.

President welcomes Chief Minister

Welcoming Mr Stanhope, President Anne Murray said that, although considerable improvements had been made over the past two years, the reality was that the club remained dysfunctional.

Providing for the needs of the present membership was onerous enough, with members concerned about lack of space, noise and inadequate access, but matters could only get worse as membership increased.

"In 2003 we recognised that we needed to identify and put in place more effective ways to support current and future members", Anne said.

"So, with Government funding, we developed our Strategic Plan, and subsequent implementation of new policies and procedures".

Since that time Government grants of almost \$200,000 had been received for refurbishment and additional funds had been made available to develop a communications strategy - and here Anne acknowledged the involvement of Rave Communications and its Director, Anita Cleaver.

"Our refurbishment program is not yet complete but examples include upgrade of floors, a new kitchen, new tables, plumbing, air conditioning and new chairs".

Club management and committees would continue to work towards further improvements.

WSCC PROBLEMS SHARED

Canberra Seniors Centre launches its Strategic Plan

ON 13 March 2006 the Canberra Seniors Centre officially launched its Strategic Plan for the next five years.

Plans to expand the Centre which was built in 1963 have taken a step forward with the launch of the Strategic Plan. In the past few years problems associated with the current building and parking for members have become an issue. More rooms are needed for meetings and activities and parking continues to cause anxiety for members even with the introduction of vouchers from the Parking Department. A need has been identified to renovate the building, increase the number of rooms available for activities and to solve the problem of storage in the building.

The Canberra Seniors Centre has been fortunate in the creation of a community and business partnership with Hindmarsh, a well known construction company which manages the Grange retirement facility in Deakin. John Hindmarsh, General Manager of Hindmarsh was present at the launch.

Ann Wentworth, chairwoman of the Board of Management, said the Centre's activities and friendly atmosphere made a large contribution to healthy ageing and the benefits of the Centre should be made available to more seniors in the ACT.

Chief Minister Jon Stanhope said the Centre's services would be in high demand in the coming years. "We need to plan for the future in every area of life, from health and housing to education, recreation and entertainment", he said.

The launch was attended by over 150 members who strongly support the Strategic Plan and the proposed development for the future.

Buried, and forgotten?

We are desperately missing some white table cloths.

After the last Christmas party some of our ever so helpful ladies took them home for washing and ironing.

Would you please check to see if they are hiding at the bottom of your ironing baskets?

With the long holiday period and the hot weather it is highly unlikely that anyone has felt like ironing!

Club computer courses reach 100

IN May the club programmed its 100th computer course. That means a lot of club members can now use the internet to look up information – weather, movie reviews, health information (eg side affects of those medications you are taking), TV and radio programs, check out best prices before going shopping or even buy items and pay bills on line. They can send emails and photos to families and friends anywhere in the world for no cost and use word processing programs on the club computers to write letters and

make invitations and cards. I am sure many who did the courses were surprised how little training it took to be able to use the internet.

It seems everyone, even the ABC, expects us to look up information on the internet. We don't want seniors to miss out. And remember the best way to ensure that sales people aren't pulling the wool over your eyes when you go to buy something, is to just have a look at the prices the item is being sold for on the internet – you can then show the salesman that seniors aren't to be trifled with – we are smarter than the average bear!

Can you remember what the doctor told you about the medication she prescribed? You will find it all with a simple search on the internet – dosages, when to take, side effects, what it treats – this doesn't replace doctors' or pharmacists' advice, but how many times have you left the surgery wondering which medication was for what, and what side effects you were supposed to look out for? Or you can go to a web site such as the following which is recommended by GPs:

<http://www.healthinsite.gov.au/>

This will lead you to many reputable sites with information on diseases, palliative care, medicines and health in general.

We will be putting the useful web sites, like the above, on the computers, so once you know how to open Internet Explorer (which takes one click) all you have to do is click on Favorites and then the site you want to read. It's that simple.

The IT Committee would like every member of the club to at least do a beginners course to see what is involved. Our instructors are very gentle and it only takes two 2 hour sessions to get the basics. Give it a go!

Grahame Hellyer

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Government grants to the club: how we spent the money

By George Heron

THE July 2005 edition of Meridian reported comprehensively on the projects funded or planned to be funded by the grants received from the ACT Government under the Renew Community Infrastructure and Facilities Program (RCIFP). At that time, funds received under the Pilot Round and Round 1 of the program had been spent on the following:

Consultant assistance with implementing action plans relating to facilities and management.
Car park improvements, including resurfacing and line marking.
New signs, including replacement of the large sign near Melrose Drive and signs intended to deter unauthorised parking.
Landscaping.
Purchase of 50 new chairs and fabric and inserts for cushions.
Installation of shelving for storage.
Purchase of a new photocopier, with auto feed, duplex and sort capabilities.
Purchase of a new telephone (partly funded by the club).
Clearing the storm water drains of tree roots and other obstructing material.
Clearing the sewerage system of roots.
Repairing the roof, gutters and downpipes.
Improving the emergency exit signage.
Since that time, the following projects have also been completed, some funded under Round 1 of the RCIFP, some under Round 2 and some funded by both:
Sanding and polishing the floors in the two halls.
External painting.

Kitchen refurbishment.
Installation of reverse cycle air conditioning in the offices, community technology centre and verandah.
Replacement of the carpet in the dining areas and the verandah.
Replacement of the emergency lights throughout the club.
Installation of a fire alarm system.
Purchase of new tables.
Purchase of 90 new chairs.
Development of a Master Plan for substantially expanding the Club facilities, and development of related cost estimates.
Installation of dual flush cisterns in the toilets.
Installation of sound insulation in the wall between the verandah and Hall 2.

At the time of writing, the fire alarm system has not been connected to an external monitoring agency, but this should have been done by the time this newsletter is distributed.

An unexpected consequence of the work done on the wall between the verandah and Hall 2 and the polishing of the floor in Hall 2 is an increase in resonance in Hall 2. The club was fortunate to have a survey undertaken and detailed report prepared, free of charge, by an acoustic consultant, Tim Kuschel, of GUZ BOX design + audio. This report recommended specific materials be applied to designated areas of the insulated wall and the ceiling in Hall 2.

The original grant under Round 2 of the RCIFP provided funds for a modular building to be

located in the car park area. Due to the momentum associated with the promotion of the Master Plan for expanding the current facility, one of the facilities development options identified in the club's strategic plan, it was decided around the beginning of the year to not proceed with acquiring a modular building. Approval was accordingly sought and obtained to redirect the funds to other priorities.

These included replacing the gas heater in Hall 2 with two new heaters that are much safer, improving the security of the club, overcoming the resonance problem in Hall 2, purchasing additional chairs, updating external signs to display the new logo and installing a temporary partition in the verandah to avoid as much as possible the disruption to activities taking place on the verandah caused by people passing by.

Security improvements include replacing the security screen that leads from the dining room to the car park with a screen that is both more secure and permits easy egress in the event of an emergency; modifying the external lighting system so that more lights are turned on and off by light sensors; and providing security screens for the office and community technology centre windows.

In deciding what projects to submit for funding under the RCIFP, club management was informed by the guidelines provided by the ACT Government; by the need to overcome important known defects in the club facilities; by the need to improve safety; by the list of works required to be undertaken, developed in 2004; and by the strategic plan.

All the above projects were made possible by the support of the ACT Government's Renew Community Infrastructure and Facilities Program.



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 for January 2006 is \$960.10 or 56 prescriptions for concession and veteran card holders. This year the maximum patient contribution is \$29.50 for general patients and \$4.70 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 your 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 Net amount.

PHARMACIES

Cooleman Court 02 6288 1867 ; cooleman@apharmacy.com.au
Erindale 02 6231 6550 ; Erindale@apharmacy.com.au
Kaleen Plaza 02 6241 2453; Kaleen@apharmacy.com.au
Lanyon Marketplace 02 6284 8555; lanyon@apharmacy.com.au
Manuka Arcade 02 6295 0059; manuka@apharmacy.com.au
Woden Plaza 02 6282 1414; woden@apharmacy.com.au
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02 6262 8177; friend@apharmacy.com.au

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At Christmas, it is normal for students to want to give their teacher a gift, but I have always encouraged my students to contribute to a worthy cause instead. When a student introduced me to the TEAR catalogue, I thought it was a great idea to buy something really beneficial for a family or community who needed something that could give them a step in life.

TEAR Australia supports local organisations and churches (TEAR Overseas Partners) who make a difference in their communities through community development and relief projects. These projects include the items in the catalogue. TEAR prioritises activities that are sustainable, involving the poorest and most exploited communities, regardless of religious or political beliefs.

So, since April 2003, I have taken a "magic tin" to my classes - five at Belconnen Community Centre, two at Woden Senior Citizens Club, one at Villaggio Sant' Antonio in Page and one at the University of Canberra. That little tin to date has bought:

- A sewing machine for a woman in India or Kenya to help her earn a living to care for her family \$50
- Plough oxen for a Ugandan family to open up land and plant a wider variety of food crops to improve nutrition \$200
- A tin trunk library for a rural school in Nepal \$50
- A sand brick house for a village in Sri Lanka with technical assistance and materials that locals can construct \$600
- Care for a child-headed household in Uganda to ensure the children receive education, health care, housing, water and income generation \$330
- A bore well and pump for a village in India or Bangladesh to bring water to a whole community in a drought-rural area - local people are trained to maintain the well and implement sanitation practices improving the health of the village \$1,300
- Four small business loans - a loan, along with business training and support to help adults with disabilities and those from very poor households to start a small business and assist their families with extra income in India, Laos, Bangladesh or Cambodia. \$120 each

So, you can do a lot with those spare 5c pieces. This idea is not patented and can be copied by anyone, all that is needed is a small tin and a lot of good will. You can obtain a catalogue from TEAR Australia at admin@tear.org.au or find out more information on their website at www.tear.org.au. The catalogue is full of fabulous gifts; you don't have to dust them, feed them, clean or iron them and the recipients are over the moon about them.

Elizabeth Halfnights (T'ai Chi instructor)

I could have been a star!

I COULD have been a star. But they left most of me on the cutting-room floor. Incisive comment delivered with wit and charm. And what do I end up with? One lousy sentence, that's what. Well, that's show business.

An ABC camera crew turned up at the club recently, wanting to talk about services, or the absence of them, for older people. The catalyst for this interest was comment by Brendan Smyth, then Leader of the Opposition in the ACT, that the Government was neglecting us. The ABC figured that the Saturday afternoon bridge group would throw up an older person or three to hang its story on.

So, while the bridge group played on, providing "background footage", club president Anne Murray, Rosemary Carter and your editor were in turns taken away from the bridge table, illuminated by a spot, and encouraged to tell that evening's ABC television audience where older people were missing out.

Rosemary was spliced out altogether; Anne was able to comment that whilst there had



been significant improvements in the past two years - and she instanced aged care accommodation planning - major issues needed to be addressed at once if huge problems were to be avoided in the future.

I got to say, with the gravity befitting such a weighty assertion, that older people were not a high priority with the ACT Government, which appeared to be focused on what it regarded as

more important issues. Which was a bit hard on the ACT Government. Because my comment was apposite to all governments, and no doubt to oppositions when they get their turn on the government benches.

What is encouraging is that the cavalry is on its way. As the ABC



said, and as Chief Minister Jon Stanhope reminded us when he launched our Master Plan recently, by 2020 the number of people in Canberra aged 50 and over is likely to have increased from 76,000 to more than 128,000. Now, that's a lotta muscle.

Observing the principle that it is the squeaky wheel that gets the oil, older people will become increasingly important to politicians wishing to remain politicians and not revert to being whatever they were before they became politicians.

That's the big picture. For me, it was unfortunate that I wasn't able to share with you, the viewers, all the stuff I had to say. Maybe there is still hope. 60 Minutes for instance. Now, if I got on 60 Minutes, I could really tell it like it is. "Every day in Canberra older people are dying, alone and neglected, denied health services, transport and adequate housing by a government . . ."

I would be a star!!! And then the ABC wouldn't dare leave me on the cutting room floor.

Should I deign to appear on our ABC again, of course. Which I wouldn't. Well, not without a fat fee!

Dennis Blewett

Traffic fines creating new breed of criminal, says magistrate - headline, Canberra Times Parking, speeding fines irrational?

For? Or against? Difficult one, isn't it? Speed limits must be enforced and parking must be controlled. And yet . . . and yet, it is just that policing (whether by real policemen or by Urban Services) appears so irrational, so predictable in its targeting of easy options.

As they say in *The Bill*, I've "got form". Some time ago Authorised Person 43 (so the ticket vendor was identified on my Infringement Notice) was ferreting for customers outside the Hellenic Club at 8.27 on a Friday evening, and there was my vehicle, without "a current ticket displayed/properly displayed". AP 43 knew it was a Friday; I had not given it a thought (well, Friday is no longer significant when one is retired). Rather was I intent on my pepper steak and cabernet sauvignon. Ah, well, easy come easy go. What's sixty-eight bucks? Only the price of two of the aforementioned steaks and the cabernet sauvignon. Write out a cheque, put it in the mail, forget it.

And yet, incidents such as these irritate. The car park (between Bowes and Callam Streets) was sparsely occupied. Shoppers don't park there. It's too far away from the shops. And that's relevant, because the rationale for charging for parking on a Friday night and on no other night is because Friday is late night shopping night. As AP 43 made his/her way past rows of unoccupied parking spaces towards the spaces that were occupied, close to the club, he/she was targeting Hellenic Club customers, not shoppers. And if club patrons are the target, then a charge for parking should be made every night of the week. Common sense. If common sense has anything to do with it. Which, of course, it doesn't.

Dennis Blewett
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Treasurer's Report

From page 1
ment Grants will continue into the future. Without further government or commercial funding or sponsorship at this level, we will need to increase our own fund-raising activities to keep moving the club ahead – so please keep selling those raffle tickets.

As at 26 May 2006, the club's cash asset was \$178,658.80. This is made up of the balances of the operating cheque account, term deposits and cash management trusts and includes some round 2 grant money.

Finally, I would like to express my personal appreciation to the previous Treasurer, Barry Hogan, for the fine work that he has done over a number of years. The conscientiousness and effort that he brought to the task are evident in the standard to which the club's Accounting Records have been kept. I believe that the club owes Barry a large vote of thanks for his hard work over a long period of time.

Activities update

KEEP an eye out for notices around the club, in local papers and on our website for forthcoming activities planned for members.

For example:

In June or July there will be an information day held at the club, where several organisations and businesses of interest to us as older members of the community, will be available for individual advice and

Suggestions for new club activities?

There is scope to accommodate more club activities in Hall 2 on Mondays and Thursdays.

Any suggestions would be most welcome. In particular, we are keen to hear from anyone who would be prepared to co-ordinate a new activity.

plenty of brochures to take away.

We are also trying to arrange a day bus trip to a local place of interest. This will also be in June or July.

Lawn Bowls lessons are now available at the South Canberra Bowling Club. We are hoping there will be enough attendance at these

lessons, and interest from already competent bowlers, to be able to enter some teams in the Yamba Club Bowls competition. Please talk to Ailsa and Peter Forster, or to Barrie Clarke, if you are interested in joining this activity.

Those of you who are also members of U3A may also take clarinet lessons. The U3A Clarinet Orchestra is now a regular activity in our club.

Barrie Clarke will also be ascertaining whether the level of member interest would warrant the development of a YMCA strenuous exercise program. This program would require a minimum number of members who are prepared to commit to two sessions per week for 9-10 months of the year. Members would also have to contribute to the cost of the program. Please talk to Barrie if you are interested in more detail.

24 July - Christmas Lunch in July. Make sure you reserve your place early for one of our best attended annual celebrations.

And don't forget - if you have any ideas for a special function or for a regular activity, please talk to anyone at the club about it. If you like an idea, then others are sure to like it as well.

Heather Piddington

Good Times

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