

Bumper Autumn Fair expected

Recognition of contribution to club

Several innovations will ensure that this year's Autumn Fair, on Saturday 7 May, will match the success of previous years.

Local clothing company Good Old Days will have for sale an attractive range of quality pants, skirts, blouses, knitwear and nightwear. The club will receive 10 per cent on all sales.

For the two weeks prior to the Fair club members are urged to donate items for sale, dropping them in at the club, and putting a price on them.

Donations are already being provided, and promised, for the bottle stall, which is being conducted by the Tuesday morning bridge group. Anything that is packaged in bottles is welcome - from wine, to jam and fruit, pickles, cosmetic items . . .

The Tai Chi group is to manage another money-spinner, the always popular cake stall. Again, club members can contribute to the success of the event by donating cakes and pastries.

The sausage sizzle always attracts appreciative customers, and this year



Members (left to right) Sue Barrett, Grahame Hellyer, Margaret Kennedy and Joyleen Litherland were presented with certificates of appreciation for their contributions to the club by Ned Seselja (Leader of the ACT Opposition) at the Christmas party. See p3.

customers will no doubt again be lining up for this popular delicacy.

As ever, morning tea and refreshments will be available and the Fair will provide not only an opportunity to pick up a bargain or two and contribute to club finances, but also to say hello to old friends, and perhaps make new ones.

Members' interests will be safeguarded

The possibility of Woden Seniors moving to a site opposite the library, currently used for car parking, has been raised again as a consequence of the ACT Land Development Agency commissioning urban planner Chris Purdon to develop a plan for part of Woden Town Centre.

Club President Anne Murray was quick to assure members that a prerequisite before any such move could take place would be obtaining *their* approval.

The club currently holds the lease on a very valuable block of land, which puts it in a strong bargaining position.

"Strict conditions that we would insist on before agreeing to any move would include assured tenancy, adequate car parking, and discharging our obligation to the Bendigo Bank", Anne said.

She assured members that the club's management team would protect the interests of the club.

"Members can be assured that they will be kept fully informed of developments", she said.

Michael Bryce visits for 30th anniversary



Woden Senior Singers are thirty years young, and club patron Michael Bryce was guest of honour at the choir's birthday celebrations. Mr Bryce is pictured with president Anne Murray (left) and Musical Director Joyleen Litherland See page 2.



Members and guests gathered at the club on 7 March to celebrate the thirtieth anniversary of the establishment of Woden Senior Singers.

Guest of honour was club patron Michael Bryce, husband of Governor-General Quentin Bryce. Mr Bryce presented certificates of merit to choir members for their outstanding contribution over many years.

President Anne Murray, introducing Mr Bryce, noted that the club itself was thirty years old this year, and commented that it would be appropriate if the milestone was recognised in some way later in the year.*

Mr Bryce, in congratulating the choir on its outstanding achievement and on the pleasure it had brought to audiences throughout Canberra, wondered aloud whether the choir might appear at Government House at an appropriate function at some time in the future.

Mr Bryce also provided the audience with an insight into the life of a Governor-General as he described visits he and the Governor-General had made this year to Iraq and flood-ravaged Queensland and northern NSW.

Musical Director Joyleen Lither-

Senior Singers are thirty years young

land told the audience that a Singing for Pleasure group was formed by the club president in 1976 and Woden Senior Singers was adopted as their name when they moved to the present club premises in 1981. "The pianist at the time was Arthur Last and the conductor was Dorothy Rafferty. Arthur passed away, and Dorothy was left playing and conducting until 1982, when Lynne Everingham took over as conductor.

"The next conductor was David Muir, in 1982; then Amelia Constance in 1991, and Win Barnes in 1992. I joined in 2001, and took over from Win the following year.

"Dorothy Rafferty, approaching 92, retired in 2007. [Dorothy was in the audience.]

"Iris Willetts, who recently celebrated her ninety-second birthday, played for us for some time, and Enid Ottaway took over in May 2007. Our other pianist, John Fraser, took over in May 2010".

Joyleen said the choir practised every Monday at the club and performed every week at a nursing

Pictured (from top left, clockwise): The Woden Senior Singers; Joyleen Litherland and Michael Bryce cut the anniversary cake; Michael Bryce congratulates Iris Willetts; and Michael Bryce with Enid Ottaway.

home or aged care facility, as well as at numerous public functions. "We perform about fifty concerts a year", she said.

The choir entertained the audience with three numbers - *Dream a little dream*, *Side by side*, and *Thanks for the memory*.

The audience was also entertained by Woden Seniors' line dancing group, which also dances weekly at the club.

Those who received certificates for meritorious service were: Gail Guiliano, Irene Dunkley, Rae Billingham, Snow and Lee O'Connell, Nerida Hocking, Iris Willetts, Enid Ottaway, John Fraser, Joyleen Litherland and Dorothy Bertram. The remainder of the choir all received 30 year commemorative certificates.

**Ideas are being sought for a 30th anniversary function. If anyone has an idea, please share it with a committee member.*

Ned Seselja pays club warm tribute

Leader of the ACT Opposition Ned Seselja was a guest of Woden Seniors at the club's Christmas dinner in December, when he presented four members with certificates of appreciation for their work on behalf of the club.

Subsequently, in the ACT Legislative Assembly, Mr Seselja read into *Hansard* tributes to the four members, Margaret Kennedy, Joylene Litherland, Sue Barrett and Grahame Hellyer, and also to club President Anne Murray, and the club itself.

This is what Mr Seselja had to say:

"I had the honour and privilege of attending and presenting certificates of appreciation at the Woden Seniors Christmas party I attended on behalf of my colleague Senator Gary Humphries, and I not only enjoyed the event but was impressed by the group and the work of the individuals who were awarded. So much so, I will make some remarks about the outstanding work done by this group, and pay special note to the winners of the certificates.

"I would like to recognise *Joyleen Litherland*, the musical director of the choir of the Woden Seniors singers. Joyleen was noted as a tireless leader in performances at community venues, particularly aged-care facilities. She also makes significant contributions through her activity in fundraising efforts.

"*Graham Hellyer* became a member of Woden Seniors through his involvement with the U3A recorder orchestra. A retired brigadier in the defence forces, Graham had outstanding capabilities and strategic planning skills. These skills he brought to the Woden Seniors and transformed the society in a host of positive ways.

"As a member of the management committee he helps develop policy, and he is a member of the IT committee and is a regular presenter at IT forums, an increasingly important part of many seniors' lives, as can be seen through the fortnightly newsletter Graham edits and sends via email.



Ned Seselja presents a certificate of appreciation to Margaret Kennedy.

"Sue Barrett is a former teacher who seeks to enhance the wellbeing of others through her involvement in the arts, crafts and dancing activity groups. Sue also assists in an administrative capacity to provide regular support and is a leading figure in the expansion of the club and its interests.

"*Margaret Kennedy* is a former nurse and educational researcher. She has been a member of the management committee, the special events committee and was a foundation member of the beading activity group. She is also a keen bridge player and has shared her skill and enjoyment with many interested members. She supports fundraising efforts with skill and enthusiasm.

"I would also like to pay tribute to the President of Woden Seniors, *Anne Murray*. The fact that Anne takes such time and effort to not only act

as president, but also to make sure that others are recognised for their contributions as well, is the mark of a true leader, and I would like to pass on my personal congratulations and thanks to Anne.

"The Woden Seniors is a strong community organisation and has been described by many leaders in the community as one of the leading seniors' organisations in Australia. It is a place for activity, friendship and support and an organisation the ACT Government should support on a regular basis.

"I congratulate all of those recognised with certificates of appreciation, and I thank the group for allowing me to attend and share for a brief moment their successes. I wish the group and all its members all success for the future".



Club members Pat and Brian Watson at the Christmas dinner

CRUISING the Tasman between Australia and New Zealand one experiences a sense of isolation: unlike the Mediterranean, for instance, where one is conscious of the proximity of land and of ships all about, negotiating invisible sea lanes.

On a recent 16-day cruise around New Zealand, we departed Sydney on a soft sunlit evening aboard Holland-America's *Vollendam*, sharing with fellow passengers the unsurpassed beauty of the harbour, and for two days we headed east on tranquil seas, truly a "painted ship on a painted ocean". Then, at 4.30am on the day we were to enter Milford Sound, our captain woke us to announce that the *Vollendam* was about to turn away from the coast, directly into a gale, and reduce speed to 12 knots, thereby escaping the worst of the buffeting being experienced. It would not be possible to enter the Sound, and "guests" should consider staying in bed later than planned.

The measures were clearly successful because, when we did arise, the ship was remarkably steady despite the angry sea, and we did not consider cancelling our luncheon in the Pinnacle Grill. Indeed we only spoke to one couple throughout the cruise who admitted to sea-sickness.

The *Vollendam* found calmer seas as it negotiated Foveaux Strait between the South and Stewart Islands, and made its way to its first port of call, Dunedin, where the sun shone brightly as we toured this most Scottish of cities, as it did the following day when we berthed at Lyttelton from where we rode the Trans Alpine railway (promoted, justifiably, as one of the world's great railway journeys) to Greymouth, capturing countless "images" from the observation car.

There was time enough on our return to walk around Christchurch, and the damage done by the September earthquake and its aftershocks was all too apparent, with mounds of rubble where buildings had previously stood and numerous buildings supported by scaffolding. We were to learn subsequently that, the day after our visit, passengers from another cruise ship were in downtown Christchurch when the city was rocked by another severe earthquake. Who could have imagined then that what we had seen would be tragically eclipsed by the

February earthquake?

Gale force winds greeted us as we berthed in Wellington (although locals likened conditions to a summer zephyr, accustomed as they are to what *they* regard as normal), and we spent a good part of the morning in the national museum, the Te Papa Tangarewa, an impressive building on the harbour offering a superb national collection, intriguing interactive attractions, and temporary exhibitions such as European Masters, photography and fashion. One could not help but compare it, favourably, with our own national museum on the shores of Lake Burley Griffin.

During lunch the wind dropped, and we took the cable car to the botanic gardens overlooking the city, where we strolled in the sunshine,

Circumnavigating New Zealand

By Dennis Blewett

marvelling at the transformation. The views from the gardens were matched that evening, as we cruised the placid waters of Wellington Harbour before resuming our journey northwards.

On previous holidays in New Zealand we had not visited Napier. Friends had told us that we had missed a treat, and now we found out why. The city, featuring 1930s art deco architecture, is beautiful, and set in lovely countryside as we discovered when we visited a nearby vineyard, and enjoyed wine-tasting. Napier made us most welcome, with a traditional jazz group and a vintage car club coming to the dockside to farewell us.

The shuttle service into town was outstanding, too. We complimented our driver on what Napier was doing to make us welcome, and asked how long he had been driving. "About ten minutes", he said. "I fix 'em, not drive 'em, but today we needed all the drivers we could muster".

The visit to Napier was expensive for one family, who failed to return before departure time, even though the *Vollendam* delayed departure for ten minutes for them, and so they were faced with an expensive overland journey to Tauranga to rejoin the ship.

From Tauranga we moved on to Auckland, berthing early enough to spend the evening ashore, and the following morning we took the fast ferry to the delightful island of Waiheke, New Zealand's third largest-populated). The island has a lot going for it, being home to New Zealand's richest man, Graeme Hart. It is also home to renowned artist Gwen Rutter, whose superb studio we visited. We considered dropping by to say hello to Graeme, but figured he may be away on his \$100 million 58-metre motor yacht *Ulysses*, or figuring how to make his next billion. So instead we returned to the city to check out what the stores might have that we don't have in Australia (nothing, but it is always interesting to compare prices).

We holidayed in the Bay of Islands a few years ago, so we stayed on board ship when we anchored there the following day, and so to the return crossing of the Tasman to Sydney, this time enjoying sunny weather and calm seas all the way.

Life aboard ship establishes a pattern. We were fortunate in our dinner companions, a delightful couple who had retired to the Gold Coast. An ex-accountant, Ron told us that, having done their sums, they had sold their home and rented a property overlooking the water instead. When not *looking* at the water, they *cruised* on it - this was their fifteenth cruise, and they were about to spend the northern summer in Europe.

On-board activities appeal to all tastes. Bridge was very popular, and Latin and line-dancing classes were particularly well-attended. Dance instructors were members of the *Vollendam Dancers and Singers* who, in their primary role, took to the stage nightly in the splendid theatre. The headline acts were uniformly enjoyable, none more so than comedian Syd Heylen Jnr. Less praiseworthy, we thought, was Italian tenor Enrico Cifello, an Al Grassby look-alike, but Al probably had it all over Enrico when it came to singing.

Every effort was made to ensure that guests enjoyed Christmas. Dinner was a gala occasion, and Father Christmas came on board on Christmas Day morning with presents for the children, who were then entertained by crew members

throughout the day.

Indeed, so much attention was paid to Christmas that it clearly came as a surprise to an American couple I overheard discussing it. "I didn't realise Australians made so much of Christmas", the woman said. Her husband had clearly done his homework before the cruise, so he was able to straighten her out, "You see, my dear", he explained patiently, "the missionaries came to Australia early".

There is an obvious temptation to eat far too much, but it is a temptation we resisted, for the most part foregoing lunch, and when we did have lunch eating less at dinner.

We settled into an evening routine. Cocktails in the Crow's Nest before attending the early performance in the theatre; then the second dinner sitting, before dancing in the Ocean Bar to a gentle Latin beat until midnight. Elsewhere younger guests danced to a lively disco beat.

All very relaxing. Indeed, I was so relaxed that I acquiesced without protest when Iris, on returning from the hairdresser, announced, "I have booked you for a Top to Toe Special". So it was that I presented myself at the appointed hour for full body aromatherapy massage, soothing scalp massage and booster facial - 75 minutes of bliss for a mere \$129.

Disembarking in Sydney was as swift and trouble-free as had been embarkation. Indeed, no praise can be too high for the service and attention to detail demonstrated by Holland-America, from the captain who was clearly visible and kept his guests fully informed at all times, to dining room stewards who remembered guests' preferences and bartenders who remembered one's name. People we spoke to who had been on countless cruises spoke glowingly of Holland-America. Many of them booked another cruise before completing the current one.

Postscript: We travelled to and returned from Sydney by Greyhound. Special fare for Woden Seniors. More important, travelling by coach is comfortable and enjoyable, and scarcely less swift than air travel with its associated airport hassles. One can also take more luggage - an important factor when one requires a substantial wardrobe for formal evenings, as well as other, non-formal activities.

YOUR HEALTH - FIRST IN SERIES

Vitamin D essential in avoiding falls and fractures, but care needed in dose

By Maureen Hickman*

Health professionals are aware that vitamin D deficiency is widespread among elderly Australians despite its known advantages, from cancer prevention to reduced falls and fractures.

Few foods - fatty fish, butter and margarine, eggs - contain vitamin D and it is difficult to get enough through dietary sources. However, even in a sunny country like Australia, where exposure to the sun helps create vitamin D in our bodies, up to half of women of all ages have been found to have some degree of vitamin D deficiency.

Low-fat diet regimens may be one reason for the low levels of the fat-soluble vitamin. However, in post-menopausal women who risk osteoporosis and fractures from weakened bones, a calcium supplement needs vitamin D for its metabolism.

Even though women taking part in any of the many large studies combining calcium and vitamin D were aware of this, compliance had dropped to 50 per cent at the end of the study.

To address the problem of low compliance when taking regular supplements of vitamin D, a team led by Professor Geoff Nicholson, head of Clinical and Biomedical Sciences at the University of Melbourne, designed a large-scale study over three and five years, involving 2256 women over 70 years of age, living in the community. Each received one massive dose of vitamin D (500,000 units) at the beginning of winter.

The purpose was to see if this made a difference to the incidence of falls and fractures. Vitamin D, not really a 'vitamin' but a hormone or chemical messenger, aids not only in the metabolism of calcium, but also has a crucial role in stabilising gait and strengthening the proximal muscles at the top of the leg. This enables a person, who is momentarily off-balance, to move their legs quickly enough to regain their balance and avoid falling.

According to Professor Nicholson, because vitamin D is stored in the body, such a 'loading dose' was thought to be quite safe.

During the study period, the team found that vitamin D levels dropped during winter and there was a cor-

responding rise in the number of fractures, compared with the summer months. It was calculated that if they could stop the vitamin D dropping during winter this would result in 22 per cent reduction in fractures.

The results however, were unexpected. Instead of seeing a drop in fractures, there was a 25 per cent rise. According to Professor Nicholson, this was not related to different characteristics that selected whether people were more likely to have a fracture or not, including their calcium intake. What they did find, however, was that in people who were active, there was no increase in the fracture rate.

Professor Nicholson describes these results as 'a great puzzle'. Because there was a much higher increase in the rate of falls and fractures in the first three months, he believes there is a connection with the sudden rise in vitamin D levels which could be interfering with vitamin D 'signalling'. In its work as a chemical messenger, vitamin D interacts with the vitamin D receptors found, basically, in every cell in the body.

While some other studies have shown a clear benefit and reduction in fractures with daily doses of 400 to 800 units a day, and even one study where subjects were given 100,000 units every four months, he believes we need to question daily doses of 4000 units a day that some doctors are giving their patients. He has seen patients who are receiving as much as 50,000 units or more a week.

While acknowledging that some people who've had bowel surgery, for instance, need to take higher doses because of difficulties in absorbing vitamin D, for others taking the vitamin to help strengthen their bones, for the time being, Professor Nicholson believes moderate daily doses are the way to do it.

The above story is based on an interview on the ABC's Health Report of 5 July 2010. Audio and transcript are available on the ABC Radio National website. The results of the study described in this interview were published in JAMA 2010; 303(18): 1815-1822.

**Maureen Hickman was a senior journalist who wrote extensively on health-related matters.*

Who we are, and what we do

The club has a new brochure to give to people considering joining us.

The brochure details both regular weekly activities and special events throughout the year. We are indebted to Communities at Work, who financed design of the publication, and to Richard Luton, who printed it for us.

Richard Luton's representative, club committee member Noel Lane, has shown himself to be not only an experienced and extremely helpful real estate agent, but also a diligent and enthusiastic member of our club. Thank you, Noel.

Concert highlight

The club is to hold a concert on Sunday 3 July (2-4pm).

Program and artists are being compiled by Vice-President Neal Stevenson, and full details will be made available shortly.

Previous concerts have been extremely well received, and doubtless this one will attract a large audience.

Those of us who were enchanted by the Canberra Mandolin Orchestra at a previous concert will be delighted to learn that the orchestra has agreed

to appear again. Last time most of us were unsure what we were about to hear: what we did hear was a most enjoyable selection, featuring (as I recall) such numbers as *Never on a Sunday* and the *Harry Lime theme*.

Talented artists

Another reminder of the talent of club members. Artists who attend Wednesday and Friday sessions at the club, and whose work can be viewed in *The Gallery*, also reach a wider audience, including visitors to *The Canberra Times* annual outdoor art exhibition.

As in previous years, "our" artists exhibited successfully, at least four - Julia Widdup, Iris Blewett, Dawn Schneider and John Ewing - attracting buyers.

First aid course

As *Meridian* goes to press a first aid course is commencing at the club.

Conducted by the Red Cross, the course has attracted thirty participants, who will be broken up into groups of ten for instruction.

Thank you to all concerned. One never knows when newly-acquired skills may be the difference between life and death.

Garden expo

A garden expo will take place at the club on Saturday 10 September (10am-2pm).

The expo is being organised by the Activities Sub-committee. Further details will be made available later.

Capital Health Centre

The Capital Health Centre, a "Friend" of the club, has offered vouchers valued at \$150 to members (of which the club receives \$100).

'Yes, Pumpkin, my love'

An elderly gent, invited to an old friend's home for dinner, was impressed by the way his host preceded every address to his wife with endearing terms such as: "Honey", "My love", "Darling", "Sweetheart" and "Pumpkin".

The couple had been married almost 70 years and, clearly, they were still very much in love.

When the wife left the room, the man said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names".

The old man hung his head. "I have to tell you the truth", he said, "Her name slipped my mind about 10 years ago and I'm scared to death to ask her what it is!".

SELLING YOUR HOME!

If you plan to sell your home, you can rely on exceptional service and best results if you engage Noel Lane, Licensed Agent, of Richard Luton Properties (RLP). RLP has won many awards for outstanding achievements and Noel has won a number of performance awards.

For Members of Woden Seniors, we have special low selling fees and make a substantial donation to Woden Seniors for each property sold.

Contact Noel Lane on
0412 334 725, 6287 1600 or
noel.lane@luton.com.au

We are a major supporter of Woden Seniors.

Noel Lane
Licensed Agent

Richard Luton
PROPERTIES™

The Name in Property

Frequently asked questions

answered by *Grahame Hellyer*

Question: *I have heard that spam emails are ones which attempt to defraud us. How can we tell when an email is spam?*

Answer: There are two main types of spam.

One which asks us to send money in order to receive more. For example someone wants to send money from a foreign country but needs our help to do so. They may ask for an initial payment in return for a share of the money, or for our bank details (more on that below). Or someone may claim to be a solicitor holding a legacy for us, but we have to pay some "fees" first. These usually only trap the most gullible.

The other type claims to come from a bank, or credit card provider, or PayPal. It usually says there is an "irregularity" which they need to check, so we should click on a link and put in our banking, etc, details so they can "help" us. A reputable organisation will never do that.

1. Always be suspicious of emails from addresses which you don't recognise.
2. Never enter your banking details on a web site which you have got to through link in an email.
3. Have a good look at the address of the sender – I received one purporting to be from PayPal, but the address was actually "peipal.com".
4. Never trust an email which addresses you by your email "name". For example if your email address is jsmith@littlepond.com, a spam email may say, "Dear jsmith". PayPal will always use the full name which you registered with them.
5. If your bank suspects some fraudulent activity on your credit card they will ring you up and ask whether you made the transaction. They will certainly not ask how you access your account.

Web site for dancers

The many dancers who belong to our club may be interested in a web site for dancing (predominantly Modern Sequence) in the Canberra area:

<http://tinyurl.com/26cpqbt>

Question: *Will I have to get a digital radio when we change to digital TV?*

Answer: There is no connection between the change to digital TV and the introduction of digital radio.

The TV changeover in the ACT will occur in about 12 months' time, when old sets will no longer work without the addition of a digital set top box.

However there is no plan to change radio over to digital transmission and cut off the older systems of AM and FM. There are many stations broadcasting digitally in the State capitals (basically the AM and FM stations duplicating their transmission digitally, plus a few new ones). But in the ACT the ABC is not yet broadcasting digitally. There is little advantage in getting a digital radio in Canberra. There is only one AM station available, and FM stations will probably sound as good in FM as in digital until the stations use a much higher encoding rate. The only advantage is that the dial shows the station by name and, often, the name of the piece of music being played. Also remember that new technology decreases in price over time!

Some digital radios will get radio over the internet if you have wireless router – but that is another issue!

Writing life story course has begun

A writing workshop for members of Woden Seniors, in association with the ACT Writers Centre and the Southern Cross Club had now commenced at the club.

Led by a professional writer, the workshop is being held for two hours every fortnight over eight sessions to help members write their own life story. Volunteers are available to type up stories each fortnight for members need help in this area.

Individual life stories will be printed for members to keep and a group collection of stories put together and launched with a morning tea.

Cruise bug infectious

Joyleen Litherland and her husband have clearly caught the cruise bug. Last year they enjoyed two cruises, and are about to go on a third, as Joyleen told *Meridian*:

On a South American cruise, we arrived in Buenos Aires on 24 February and spent two days at the Madeira hotel. City highlights included a visit to the mausoleum of Evita Peron and a nightclub dinner featuring a fantastic display of tango.

We flew on to Iguazu for a further two days, travelling by coach to the Brazilian side of the Falls - a truly magnificent sight. From there it was back to Buenos Aires to board the *Norwegian Sun*, which has a crew of 953 to service 1,936 passengers - eight restaurants, three cafes, five bars and lounges, internet café, shops, casino, swimming pools, and activities to suit all tastes. There is a terrific theatre, with top-class shows every night. We had an outside cabin with balcony on the ninth level.

We cruised south to Cape Horn via Montevideo, Puerto Madryn, Patagonia, and the Falkland Islands, before rounding the Horn. Then up the west coast via Puerto Arenas, Puerto Vares, and Chucabulco, arriving in Santiago on 14 March. We enjoyed two days there before flying home via New Zealand.

The Norwegian Cruise Line has many ships and they are all very aware of clients wanting to relax, so there are no formal dress-up nights unless you want to dress up. It is entirely your choice. When you go to dinner you can dress like the Queen or casually. If you want to slum it even more you just eat at the cafes instead of the restaurants. Everything is done to make you feel at home: nothing is too much trouble.

In August we joined the *Norwegian Star* and cruised Alaska. An excellent seven-day trip. We were so delighted with this cruise that we are joining the *Norwegian Sun* again in May and cruising the Baltic Sea from Copenhagen, Berlin, Estonia, St Petersburg, Helsinki, Stockholm, and back to Copenhagen - a nine-day cruise. We then fly to Venice for two days before boarding the *Norwegian Jade* and cruising the Adriatic to Dubrovnic, Athens, Ephesus and Naples before returning to Venice - a seven-day cruise. We stopover in Singapore for three days on the way home.

Isn't it great to be retired?

Seniors in park big success despite weather



This year's Grand Party in Glebe Park, which took place on Sunday 20 March, was not blessed with good weather, but nonetheless was thoroughly enjoyed by the more than 1000 people who attended.

The party - a combined celebration by the ACT's four seniors clubs, Woden Seniors, Canberra Seniors Centre, Belconnen Senior Citizens Club and the Tuggeranong 55 Plus Club - was the second in what is expected to become an annual event. The event provides opportunity for grandparents and their families and friends to get together.

The children were well entertained, scarcely noticing the absence of the sun for most of the day, and the food was both attractive and abundant.

Entertainment was provided by Loose Connections, an Elvis Presley

impersonator, Bellyup Belly Dancers, Jazzercise with Rohan, Sing Australia, the Canberra Rock'n'Roll Club, Legs Dance, and the Tuggeranong Salvation Army Band.

Other attractions included a vintage car display by the MG Car Club.

The Grand Party was made possible by the ACT Government's Department of Territory and Municipal Services. It was organised by the Council on Ageing, and was the culmination of a very successful Seniors Week, the theme of which was Variety in Life.

The ACT Minister for Ageing, Joy Burch, expressed her appreciation of the role older people play in ensuring a vibrant community, and she singled out Woden Seniors for the part played by the club, and in particular its outstanding leadership team.

Elizabeth and censorship

The death of Elizabeth Taylor resulted in the rescreening of many of her movies, including *National Velvet*, *Who's afraid of Virginia Woolf*, and *Suddenly last summer*.

Watching *Suddenly* on television I was reminded of the confusion it caused in the minds of audiences back in 1959, before homosexuality was widely accepted, or even acknowledged. Indeed, the "h" word is not used in the film adaptation of Tennessee Williams' play.

Film audiences had to read between the lines of the heavily-censored film to glean the truth about Sebastian, who used Catherine (Elizabeth) to procure boys. The young men of *my* acquaintance who were able to read between the lines were *even more confused* because, they reasoned, who in his right mind would consider anyone, or anything, when holidaying with Elizabeth?

Anyway, understand it or not, the vision of the divine Miss Taylor emerging from the sea in a white one-piece bathing suit was worth the price of admission in itself.

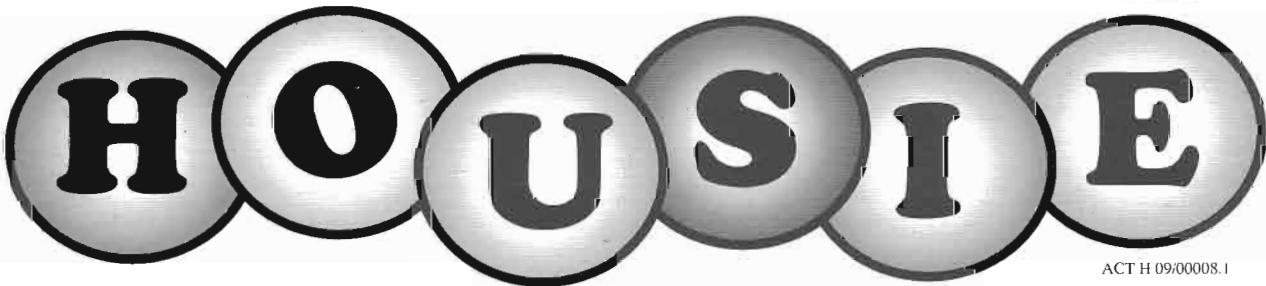
Vale Elizabeth.

DB

Just a thought

Before you criticise someone, you should walk a mile in their shoes. That way, when you *do* criticise them, you're a mile away and you have their shoes.

HELLENIC CLUB MEMBERS ONLY



ACT H 09/00008.1

TUESDAY - 11:00am • Total Prize Pool \$5,200

WEDNESDAY - 7:30pm • Total Prize Pool \$5,200

SUNDAY - 2:00pm • Total Prize Pool \$6,000

ALSO FREE PARKING & COMPLIMENTARY TEA AND COFFEE



HELLENIC CLUB OF CANBERRA ph: 6281 0899 hellenicclub.com.au

for the information of members and guests