

# Modbury Meanderer

Editor—Jeanette Richards

## Looking for Books

Ida's daughter works as a councilor for abused women. They are looking for any tidy childrens books to give to small children, some of whom have never even opened a book. These will be given free to the children, with the hope that the mums will read to them



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## Medical corner

### Chronic pain—what can I do?

Chronic pain is when pain occurs on most days of the week for at least 3 months. About 1 in 5 Australians suffer from chronic pain. You need to find a way to manage your pain. This involves strategies that reduce the impact of pain on daily living. It may involve individually tailored exercises, performing activities that are within your pain tolerance and pain relief medicines. Speak to your Dr or pharmacist before buying any over the counter medicines. This is particularly important if you suffer from any other medical conditions such as stomach, kidney, liver or heart problems.

### Alzheimers Association

Did you know that the Alzheimers association has a library where if you join up, you are able to borrow books, tapes and even games to help with your memory?

If you are living with a person who has dementia it is important not to get cross with them when they cannot perform ordinary tasks that they may have performed hundreds of times. Instead help that person to complete the task. If you are having trouble coping when living with a person with dementia, you are able to talk to a counsellor at the Alzheimers Association.

### **A bit of fun**

A mother took her five-year-old son with her to the bank on a busy lunch-time.

They got behind a very fat woman wearing a business suit complete with pager.

After waiting patiently for a few minutes, the little boy said loudly, "Wow, She's fat!"

The mother bent down and whispered in the little boy's ear to be quiet... A couple more minutes passed by and the little boy stretched his arms out as far

As they would go and announced; "I'll bet her bum is this wide!"

The fat woman turned around and glared at the little boy.

The mother gave him a good telling off, and told him to be quiet.

After a brief lull, the large woman reached the front of the queue.

Just then her pager began to emit a "beep, beep, beep" The little boy yelled out, "Run for your life, she's reversing!!"

## Social Round up

### Social Club Round Up: Dates for Diary

#### June 16th Tuesday: Adelaide Festival Theatre

"Come behind the scenes". 11am start (1½ hour)  
Cost: \$8 pp. Lunch at members own arrangement and cost.  
Meet in the foyer near Bass at 10:45 am

#### August 11th Tuesday: Athelstone Football Club

Mid year Luncheon  
Further details to be announced later

### Social Committee

The current Social Committee have been doing a great job for the past 2 years and have decided it is time for someone else to have a go. So while our AGM is in August when the new Management Committee will be selected, you are asked to think of who you might like to have on a Social Committee. This committee is not elected - it is by volunteering. You may even like to volunteer with a couple of your friends. So give it some thought. The outgoing social committee will help you get started.

## Speakers

Friday 5<sup>th</sup> June— Re Fire safety in the home

August 4<sup>th</sup>— Diabetes , Neroli Price

Tuesday 8<sup>th</sup> September

Brenton Miegel— Re Wills power of attorney and guardianship

Friday 6<sup>th</sup> November—Laurie Eddie Re Scams

## Birthdays

**June:** Angela, Judy, Purita, Sigrid, Betty, June, Brian, Miranda, Jill, Carol, Sandra, Liz, Joy, Janet, Nadine

July: Erica, Jeanette, Wendy, Gerry, Anne, Jessie, Rae, Christine, Roger, Tom, Carol, Des

August: Marie, Joan, Pauline, Wendy, Janette, Jean, Carmel, Thea, Joan, Janet, Joy, Helen, Rexene, Bill, Roslyn, Bill

### Walking Cards:

10 walks for \$18

20 walks for \$30

**Don't forget Carol is still collecting stamps for charity.**

**If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.**

### Coffee roster:

**1st week of the month is downstairs**

**2nd week is downstairs**

**3rd week: Billy Baxters**

**4th Week: 42nd Street**

Your Walking Group have available for members to hire - at very reasonable rates the following items:

BBQ and Gas bottle \$5

Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each

Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

**Enquiries to Bill Devine.**

## Crabby Old Man

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska , it was believed that he had nothing left of any value. Then they found this -This is his poem

**What do you see nurses? . . . .What do you see?  
 What are you thinking . . . . when you're looking at me?  
 A crabby old man, . . . .not very wise,  
 Uncertain of habit . . . . . with faraway eyes?  
 Who dribbles his food . . . . . and makes no reply.  
 When you say in a loud voice . . . . . 'I do wish you'd try!  
 Who seems not to notice . . . . .the things that you do.  
 And forever is losing . . . . . A sock or shoe?  
 Who, resisting or not . . . . . lets you do as you will,  
 With bathing and feeding . . . . .The long day to fill?  
 Is that what you're thinking? . . . . . Is that what you see?  
 Then open your eyes, nurse . . . . . you're not looking at me.  
 I'll tell you who I am . . . . . As I sit here so still,  
 As I do at your bidding, . . . . . as I eat at your will.  
 I'm a small child of Ten . . . . . with a father and mother,  
 Brothers and sisters . . . . . who love one another  
 A young boy of Sixteen . . . . . with wings on his feet  
 Dreaming that soon now . . . . . a lover he'll meet.  
 A groom soon at Twenty . . . . . my heart gives a leap.  
 Remembering, the vows . . . . . that I promised to keep.  
 At Twenty-Five, now . . . . . I have young of my own.  
 Who need me to guide . . . . . And a secure happy home.  
 A man of Thirty . . . . . My young now grown fast,  
 Bound to each other . . . . . With ties that should last.  
 At Forty, my young sons . . . . . have grown and are gone,  
 But my woman's beside me . . . . . to see I don't mourn.  
 At Fifty, once more, . . . . . Babies play ' round my knee,  
 Again, we know children . . . . . My loved one and me.  
 Dark days are upon me . . . . . . My wife is now dead.  
 I look at the future . . . . . I shudder with dread.  
 For my young are all rearing . . . . . young of their own.  
 And I think of the years . . . . . And the love that I've known.  
 I'm now an old man . . . . . and nature is cruel.  
 Tis jest to make old age . . . . . look like a fool.  
 The body, it crumbles . . . . . grace and vigor, depart.  
 There is now a stone . . . . . where I once had a heart.  
 But inside this old carcass . . . . . A young guy still dwells,  
 And now and again . . . . . my battered heart swells  
 I remember the joys . . . . . I remember the pain.  
 And I'm loving and living . . . . . life over again.  
 I think of the years . all too few . . . . . gone too fast.  
 And accept the stark fact . . . . . that nothing can last.  
 So open your eyes, people . . . . . open and see.  
 Not a crabby old man . Look closer . . . . . see . . . . . ME!!**

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within . . . . . we will all, one day, be there, too!

### Tea Tree Plaza Walking Group

PO Box 530  
Modbury SA 5092

Contact: Walk Leader  
Jeanette Richards  
08 8263 8158  
Mobile: 0405630039  
Email: jr829452@bigpond.net.au  
www.mallwalking.net



Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



### Distances—TTPlaza

Ground floor-400 mtrs  
Top floor (including all exit areas) 1.5 km  
Both top and bottom 1.9 kms  
2 laps=3.8 kms  
3 laps=5.7 kms  
2 bottoms & a top 2.3 kms  
3 bottoms @ a top 2.7 km  
With renovations due to start soon, these distances will change again.  
The manager says that it should not affect the walkers much at all.

### IF MY BODY WERE A CAR...

If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish, and my paint job is getting a little dull ... But that's not the worst of it. My headlights are out of focus, and it's especially hard to see things up close.  
My traction is not as graceful as it once was. I slip and slide and skid and bump into things, even in the best of weather.  
My whitewalls are stained with varicose veins.  
It takes me hours to reach my maximum speed.  
My fuel rate burns inefficiently.  
But here's the worst of it --  
Almost every time I sneeze, cough or laugh....

### Either my radiator leaks or my exhaust backfires!

### THANK YOU

A big thank you to all those who gave pieces of material for quilts to be made. Jeanette has some photos of some that have been put together.

Also thanks to all those who continue to knit and make the trauma teddies. They are much appreciated. Thanks also to Dawn and Jill (and especially Barry who makes so many trips to his car each week!!)