Something to

CROWABOUT

e-Magazine of the

Wagga Wagga Senior Citizens' Club Inc.

Incorporating

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB

Member of ASCCA (Australian Seniors Computer Clubs Association) Published Quarterly

Issue 23

INSIDE THIS ISSUE:

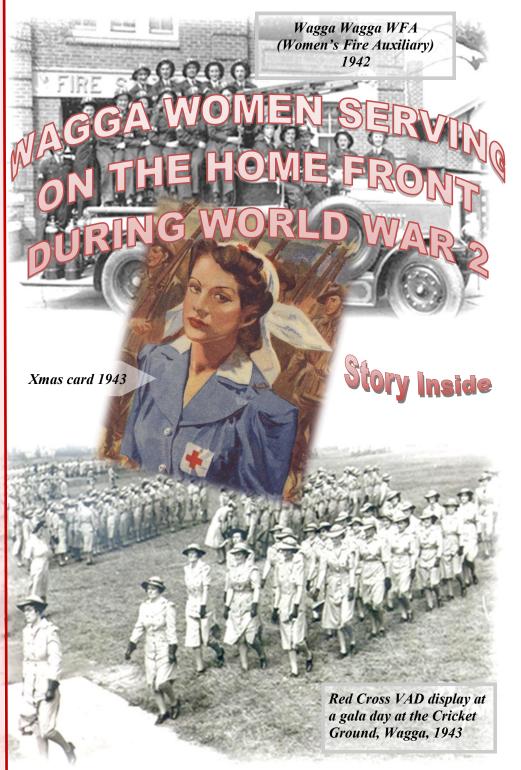
Editor's Notes	2
Seniors Trip to Ettalong 2014	3
President's Report	4
Seniors in Focus	5
Wagga Women During WW2	6
Memories	9
Computer Hints & Tips	10
The Crows Joke Page	11
Bits & Pieces	12



Members of Wagga Wagga Senior Citizens' Club Inc and Wagga Wagga Senior Citizens' Computer Club wish to thank Wagga Wagga City Council for its support.

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Jan-Mar 2015



Editor's Notes

G'day, and welcome to 2015. Starting last year and continuing to 2018 the 100th anniversary of World War 1 is being commemorated. During both World Wars women stepped up and kept the country running while the men served their country overseas. Wagga women were no exception, and I was privileged to speak to some who served on the home-front at Wagga during World War 2. Some of their story is told in this issue.

As well, there is a report on the Club's last annual trip away in October, 2014 to the fantastic Ettalong Beach Resort.

You will also find the usual items of interest, and don't forget, any suggestions for inclusion will be welcome. As this edition is being prepared, two events are upcoming - the AGM with the selection of a committee for 2015, and Seniors Week in March. Should have coverage on both these events in the next issue.

That's all from me for the present.

See you at the Club,

Barry

Wagga Wagga Senior Citizens' Club Inc Committee 2015

President	Jim Weeden	69331394
Vice President	Ellen Downey	69224903
Treasurer	Jo Jovanovic	69315926
Assistant Treasurer	Lise Chan	69262468
Secretary	Robyn Weeden	69331394
Assistant Secretary	Robyn McClure	69250273

Additional Committee: Bev Morley, Velma Spears, Fay King, Phyllis Ward, Dawn McDermott, Helen Murley, Barry Williams, Barbara Moorhead, Marlene Bowen, Dudley Downey.

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB—COMMITTEE 2015

Chairperson	Judy Robertson	Ph: 69316125 jroberts@dragnet.com.au
Secretary	Barry Williams	Ph: 69253065 barrysonia@bigpond.com
Treasurer	Dawn McDer- mott	Ph: 69251191
Assistant Treasurer	Enid Pendergast	Ph: 69218089 Enid.pendergast@gmail.com

Additional Committee: Velma Spears, Lisa Chan, Rose Murphy, Jim Weeden, Marlene Bowen.

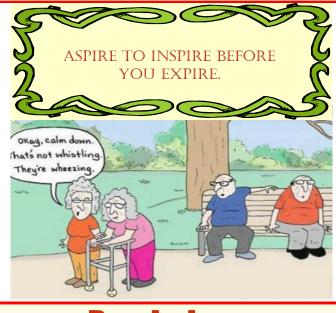
Wagga Wagga Senior Citizens' Club Inc.

Membership (\$5.00 per year) to over 50's Weekly Programme of Activities

weekly Programme of Activities					
Day	Activity	Time	Cost		
Mon.	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.		
1st Mon. Of Month	Public Meeting Day Guest Speaker	1.30 pm	\$2.00		
2nd Mon. Of Month	Indoor Bowls	12.30 pm	\$2.00		
3rd Mon. Of Month	Luncheon Day	12 noon	\$5.00		
4th Mon. Of Month	Games & Fun round- robin	1.00 — 3.00pm	\$2.00		
Thursday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 Per hr.		
Thursday	500 Cards	1.00 pm	\$2.00		
Thursday	Line Dancing	9.30 am - 11.30 am	\$2.00		
Thursday	Craft	1.00 - 3.00 pm	\$2.00		
Friday	Computer Club - offering one on one tuition.	9.30 am to 3.00 pm	\$3.00 per hr.		
Friday	Indoor Bowls	1.00 - 3.00 pm	\$2.00		

Bi-Monthly Bus Trip: Normally 3rd Wednesday of month, destination decided at monthly meeting and bookings taken that day with payment.

Annual Bus Trip: Normally in October for 5 days.



Reminder

General Club Meeting is held on the **1st Monday** of Month. Computer Club Committee meets on the **2nd Monday** of Month

SENIORS TRIP TO ETTALONG, 2014

A number of excited members and a few non-members arrived at the Fox Street side of Collins Park on Monday 13th October, 2014 to start our annual five day bus trip. As with many of our other trips, there was Eric in the driver's seat and his beautiful "friend" Ruth waiting to welcome us onto the bus for another exciting adventure. We were heading for Ettalong Beach Resort. On route, we stopped for a beautiful picnic lunch provided by Makehams. We arrived later in the

day at this beautiful older style building with murals along most of the facade, the Motel Paradiso. The bus was unloaded and the staff took our luggage to the first floor where we were staying. Breakfast and dinner on each day were to be in the Paradiso Function room.

The Motel was fantastic, it was done in a Mediterra-

nean style and at the time of our stay was still being renovated and added onto. During our stay we were taken for a tour of the complex. Wow, I could not do justice to the magnificence of the building, it boasts the Motel Paradiso, the Paradiso Room, Bi Bi's Bar, The Blue Room, La Piazza, Christina Walkway, Venezia Lounge, Cinema Paradiso (6 individual

theatres) and a number of Restaurants and bars. They also hold the Ettalong Markets each weekend and on Monday public holidays. The murals in the place are "out of this world" and more murals are being added to the "spare" walls all the time.

After breakfast on Tuesday, we boarded the bus to take us on a scenic Central Coast Tour. We visited the Ken Duncan Gallery in which there were many very, very beautiful framed photographs and other pictures. We continued our coach trip and saw many fantastic waterways and beaches. We had lunch at "Diggers" at The Entrance. We were then let

loose on the streets to do some shopping and/or sightseeing, until it was time for the feeding of the pelicans. They have a special feeding of the pelicans each day to stop

them from wandering the streets and going into the shops. It did not work to plan, for as I was walking along the street, several hundred metres from the shoreline, I bumped into this large pelican. As I watched, it just walked into the cafe and started looking into the packag-

pelicans was a sight to behold. They estimat-

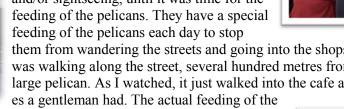
ed that there were about 150 pelicans gathered at the feeding spot waiting for their fish. They rely on donations from the public to help with the purchase of fresh fish and to help any injured birds. Back at the Paradiso Function room for dinner that night we were entertained by Trevor.

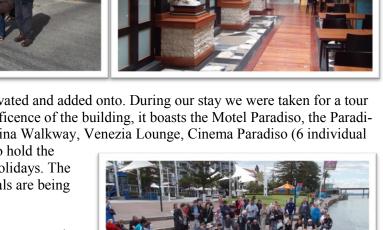
On Wednesday, we boarded the bus and headed for the Woy Woy wharf where we were to board the "Lady Kendall" for a cruise, with commentary, on the beautiful and majestic Brisbane Waters. There was light rain

> falling on the day and on the walk from the bus to the wharf, there was an op-shop which did a reasonable good trade in additional

clothing. The rain did not dampen spirits and we all had an enjoyable day, with fresh hot fish and chips served for lunch on-board. On the walk from the wharf back to the bus, the op-shop was again an attraction for a number of the group.

After another healthy breakfast, we boarded the coach to travel to the amazing Hunter Valley Gardens. The gardens were created by Bill Roche of the "Roche Group" and the gardens cover approximately 300 hectares. The gardens were so

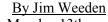














good that I cannot find the right adjective to describe them. At every turn there was a different theme or type of garden. Being a big kid, I must admit I enjoyed the display in the north-eastern corner of the gardens - "Storybook Garden". There was a display on nearly every nursery rhyme or children's story. After lunch at the gardens we boarded the "train" for a full commentary and a leisurely ride around the gardens. They were also setting their Christmas display which is open to the public.

Friday morning saw us busily talking over breakfast about the wonderful time we had and the fact that we

were about to board the coach and head home.

It was a beautiful holiday, in a beautiful place, with beautiful people, what more could you want? A return trip is planned, when I don't rightly know, but a return to the place is essential.





PRESIDENTS REPORT

Well here we at the start of 2015 and I

hope all members had a happy and safe Christmas and New Year. We should all be looking forward to 2015 with excitement and hope, because each day is a new day and the events at this time are unknown. I would like to



thank the Committee and all those members who organised events during 2014. I thank the council for providing the seniors with a beautiful meeting place and free Internet to the Seniors Community Centre. Barry Williams continued to provide a high standard in the seniors' quarterly magazine and I hope the magazine will continue for many years in the future. I hope that all members had a great 2014, and that 2015 will see a much happier and healthier year for all. I will see you at as many events as possible during the year. Take care and look after each other.



NSW Seniors Week Saturday 14 – Sunday 22 March 2015.

Senior Citizens' Bill of Rights

THAT no man should regard me as an object of pity.

THAT I should be allowed to work as long as I can.

THAT when I can no longer work, I should share in the prosperity I have helped to create.

THAT this share should be mine as a Right, not a Charity.

THAT I should be allowed to preserve my dignity while I have breath.

THAT I should not be the shuttlecock of politics: my needs listed for prying eyes, to barter for a meagre rise.

THAT I should be termed a Senior Citizen, and my pension should be known as my dividend from Australia Unlimited.

THAT I should have a fireside I can call my own.

THAT the young should remember that youth is not a patent of this generation – we have all had it; and that our youth was poured into the channels of the public prosperity.

THAT regimentation is anathema to us, who fought in two World Wars against that ultimate evil – a world without freedom.

THAT their country's code of honour is the flower of our dreams, our faith, our courage, our truth and our integrity.

THAT we would like to share in the affection the world feels for an old tree that has stood upright through a thousand storms.

And, when the shadow falls on us, we would like to be sure of a place to lay our heads, where gentle fingers would close our eyes, and someone would bless us -just because we were human.

Anonymous (Submitted by Ben Newbury)



Wagga Women Serving on the Home Front During WW2

peaking to Betty (who was at the time living in Sydney) on the phone she sounded bright and cheerful for her 89 years. So it was no surprise to learn that she was also conversant with the latest technology and was using an iPad. This made it easier for me to understand why, at the much younger age of 19 Betty would decide to take on a role that up to that time was the sole domain of men.

The year was 1942 and Australia was at war.

World War Two changed the paths of thousands of Australian women as they found themselves in altogether different roles than was traditionally known to them.

It became increasingly evident that women would be needed to fill the labour shortage as the men were recruited for active war service.

Origin of the Women's Australian National Service (WANS) in Wagga Wagga

On July 5, 1940 the Capitol Theatre in Wagga Wagga was the venue for a huge rally to inaugurate the Women's Australian National Service (WANS).

This rally was the first in rural NSW and was held just ten days after the successful launch of the movement by Lady Wakehurst and Lady Gowrie in Sydney.

Lady Wakehurst urged the ladies present that their assistance was needed to open up new fields of training to fill the vacancies left by the men.

The State President of the Country Women's Association, Mrs Ada Beveridge, addressed the gathering at the Capitol and outlined the work being carried out by English women

Development of the WANS

Sections of the WANS began operating all over Australia and by 1941, training classes had begun in Wagga in canteen cookery, motor transport driving, motor mechanic classes, first aid including stretcher work, home nursing, camouflage net making, and map reading.

After approximately three months of tuition, the women were required to pass examinations for each course they enrolled in.

The women of Wagga Wagga worked incredibly hard in aid of the "Wagga War Effort," especially in view of the fact that their involvement was all on a voluntary basis.

Importance of volunteers

All voluntary organisations played important roles in the difficult time of war, some examples being the Voluntary Aid Detachment (VAD), the Red Cross, the various committees of the Women's Voluntary Service (WVS), the Women's Emergency Signalling Corps (WESC), the Air Raid Precautions Organisation (ARP), the Country Women's Association (CWA) and the Women's Auxiliaries of many organisations.

Women all over Australia acknowledged the necessity to support the men and boys who had joined the fighting forces. The contribution of volunteers makes a dramatic difference to the cultural and social life of communities today and they should be acknowledged for the invisible work that they continue to do, sometimes for decades.

The WFA (Women's Fire Auxiliary 1940-1945) was a section of the Women's Australian National Service (WANS). The first members were recruited from the WANS (Women's Australian National Service), and among other things, were put through an eight week course in Air Raid Procedures, dealing with incendiary bombs, fires in the home, rescue work, first aid, operating chemical extinguishers, station procedures, and Watch Room Duties. On passing an examination, they were attached to the Fire Station in their locality, and continued to advance in their training from there. They did one night of drill per week for 1.5 hours, and another night watch room duty. They were initially recruited from 30-45 year old members of the WANS, and were supplied with a uniform consisting of tunic, skirt, hat, gloves, stockings shoes, shirt, tie, lapel badge, Duperite helmet, overalls and two shoulder badges. This age restriction was later relaxed, and the WFA was opened to members of the public. Records show that the WFA had members attached to Headquarters, and District Stations, as early as 1941. The Wagga Wagga WANS Branch became the third unit outside the metropolitan area to form a WFA; the other two being Lithgow and Wollongong.

Training. The value of auxiliary fire fighters had been proved where air raids had ravaged overseas countries and the Wagga Wagga WFA spent three months doing their course of firefighting.

As well as lectures, an essential part of the course was spent on practical work with hoses, chemical extinguishers and a regular feature was the use of the latest firefighting appliances.

Responsibilities of the Women's Fire Auxiliary In addition to their firefighting training, the WFA were expected to attend drill practice at the drill hall with the WANS as well as first aid classes, lectures and demonstrations provided by the Air Raid Precaution and were rostered for canteen duty at the services rest hut.

WFA girls were equipped with two uniforms, their working gear consisted of navy blue combination overalls with a scarlet WFA armband; their dress uniform was a grey two piece suit, white shirt, tie and the scarlet armband.

Betty Lucas (nee Morrow) was a young 19 year old in 1942 when she joined the Wagga Women's Fire Auxiliary. Previously to that she had left Mt. Erin High School a couple of years before, and after attending the "Commercial College" was working as a private Secretary for Charles Downey Hardy (1898 - 1941). He was a very influential and powerful



businessman in Wagga at the time. He was also a parliamentarian and member of the Senate, but was tragically killed in a plane crash in QLD in 1941, when Betty was still in his employ.

This image (1942) was taken outside the Wagga Wagga Fire Station in Johnson Street. Back row: Mary Sullivan, Joyce Graham, Olive Dunn, Marge Johnson, Enid Johnson. Front row: May Peacock (behind extinguishers), Lorraine Davies, Elma Paul, Jean Weeks, Alma Collet, Marion Oxley, Joy White, <u>Betty Morrow (behind steering wheel)</u>, Audrey Cameron, Miss Aberdeen, Elaine Bertram, Shirley Armstrong.

When asked how she came to be the driver of such a huge

vehicle, she said she obtained her driving licence at 18 years of age (one of the few women in those days), and she even had her own car to get around town! As you can appreciate, she was one of the youngest members of the Women's Fire Auxiliary at the time, and I imagine

In the picture at right, Betty is in the middle row, 3rd from right.

Fire Brigade Field Day 1944.

most of them have passed on.

Ten members of the WFA went to Sydney to take part in a Fire Brigade's field day held at Centennial Park in April 1944; although the Wagga unit was not successful, they learnt new procedures and it was reported in The Daily Advertiser that they enjoyed the experience immensely.

From the Sydney demonstrations, an image of May Peacock, Emma Collett and Betty Morrow jumping from a fire unit at the Fire Brigade's field day was printed in The Daily Advertiser on April 29, 1944. (See pictures next page, 8)



At the end of the war, the WFA was disbanded and women were excluded from paid firefighting service; this was made official by government legislation.

It was not until 1978 that it was announced that women, for the first time, would be "allowed" to join the NSW Fire Brigade as active fire fighters; this announcement coincided with the news that a site for a second fire station was being considered in Wagga Wagga.

Even though women had successfully become proficient in firefighting procedures during World War Two, it was 35 years later before they were to be invited to "join male firemen in using hoses, rescues and ladder work."







Betty Morrow (R in picture above) and other members of her unit leap into action during a field day competition at Centennial Park, Sydney in April, 1944.

Another important organisation during those war years was the Voluntary Aid Detachments (VAD)

In July 1940, the VAD began work at the AIF Tent Hospital at the Wagga Showground with members attending daily under the supervision of voluntary trained nursing staff and military orderlies. They used their acquired knowledge by improving the conditions of the sick men and, with the assistance of Sisters Kingston, Wild, Williams, Cowdry and Thomas; 374 patients received help from the Detachment.

Assistance was given by the VAD to the Wagga Base Hospital and they were also available to help doctors administer typhoid fever vaccinations to 2000 soldiers.

The local girls who did not enlist for full time service continued to work at the showground Military Hospital and later at

the new Kapooka Military Hospital when it commenced operation in 1943.

The Wagga VAD served as ambulance drivers every second Sunday in the early 1940s.

(Pictured from Left), J.Everitt, J.Wallace, M. Dunn, D Erskine, (Commandant), D.Gillman and L.Kirk.



After the War

When the VAD reformed, serving Commandants included Mrs. C Dixon (1952-1956), Mrs P Bateman (1956-1958) and Mrs M Duff (1959 - 2000). Members continued service through-

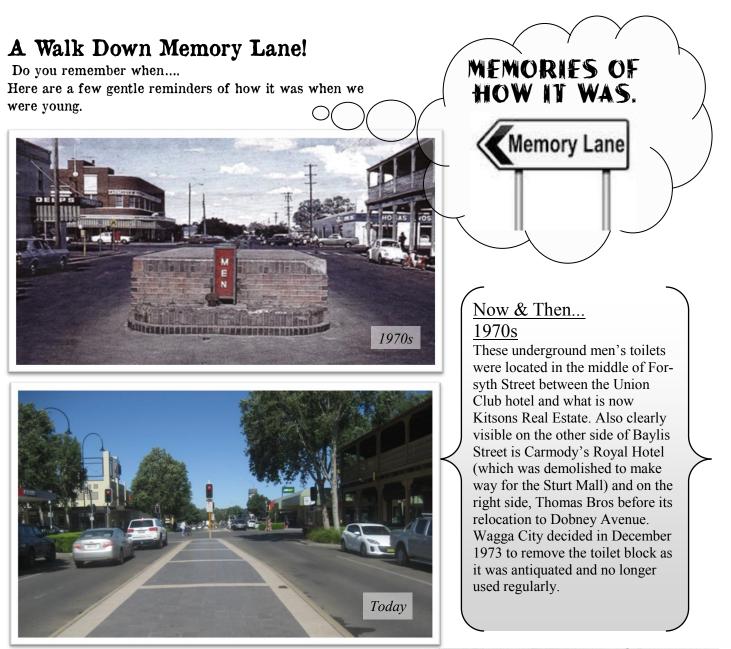


out the years at the Wagga Wagga Blood Bank, driving disabled ex-servicemen on Anzac Day and participation in Telecross and Cosmetic Care.

They also conducted First Aid lectures and coordinated the annual Red Cross Appeals in Wagga Wagga.

In August, 2014, the Red Cross celebrated 100 years of service, and pictured are Ruth Gissing and Mavis Duff as they cut the cake during the celebrations.

END



DO YOU REMEMBER A TIME WHEN.

Decisions were made by going "eeny-meeny-miney-moe"? Mistakes were corrected by simply exclaiming, "Do Over!"? "Race issue" meant arguing about who ran the fastest? Catching the fireflies could happily occupy an entire evening? It wasn't odd to have two or three "Best Friends"?

The worst thing you could catch from the opposite sex was "cooties"?

Having a weapon in school meant being caught with a slingshot? A foot of snow was a dream come true?

Saturday morning cartoons weren't 30-minute commercials for action figures?

"Oly-oly-oxen-free" made perfect sense?

Spinning around, getting dizzy, and falling down was cause for giggles?

The worst embarrassment was being picked last for a team? War was a card game?

Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange-flavoured chewable aspirin? Water balloons were the ultimate weapon?

If you can remember most or all of these, then you have lived!!!!!!!



Sunday after-noon ice cream van in the 30s



All of the functions these items (above) we used twenty years ago are now done by a single smart phone.





Maximising Window in Browser

When you open your Web browser, does it sometimes open in a smaller window than you'd like?

If that happens, are you constantly going up to the Maximize button and making the screen larger? It's happened to me before and let me tell you, it gets old real quick. So, what can you do about it? Well, allow me to give you a couple of options. Read on!

In Internet Explorer, open a new window and for now, make sure it's a smaller size than you actually want it to be. Then go to each corner and use your mouse to drag the sides out to a size you prefer. Just drag the window until it fills your screen. (Don't use the Maximize button for this one). When you've found a size that suits you, close the window. Now, whenever you open a new window in IE, it will appear as the full size you've been waiting for. How cool is that?! Here's another rule you can go by: If you're using several browser windows at once, whenever you close the very last one, make sure it's in its maximized size. Internet Explorer works through the last window you close. So, if you closed a window that was at the right size for you, the next one you open will be that same size too. Either way you choose to go, you're guaranteed to always have a full screen browser

A couple of handy tips that you may not be aware of when browsing the internet.

1) **Zooming in/out.** Did you know you can zoom in or out on a web page? This can be very handy if the detail is very tiny. Zooming in is just like using a magnifier.

- Hold down the Ctrl key and tap the + key to zoom in (ie the plus key, makes text bigger)
- Hold down the Ctrl key and tap the key to zoom out (ie the minus key, makes text smaller)
- Hold down the Ctrl key and tap the 0 key to reset the zoom to your normal setting (ie the zero key, normal is usually 100% or 125%)

Another method is to hold down the Ctrl key and roll the wheel on your mouse to zoom in or out.

2)**Tabbed Browsing.** Imagine you have used Google and brought up a list of sites with many that you want to look at. You know that if you click on one of the sites then the listing will disappear. So how can you keep the listing AND open the interesting sites? Here's how:

Don't use your left mouse button to open the interesting site, instead click down on the wheel on your mouse (many are unaware that the wheel also has a button under it). This will open the site in a new Tab AND keep the listing on a separate tab.

Two other methods are:

- hold down the Ctrl key and click with the left mouse button
- right mouse click on link and select Open in New Tab

You can have many tabs open. To close a tab simply click on the tabs little 'X' symbol. Or click anywhere on the tab with the wheel.

Try both ideas and pick the method that suits you the best. To remember them, just write them on a post-it note and stick it on the side of your monitor.

Forwarding email

We have all forwarded email at some time. To understand the argument that sometimes we should NOT, click on the following link for an explanation. <u>https://www.youtube.com/watch?v=s1Q_RKqBjMM</u>

Click on links below Internet Limks 4U2 Try Mr Click on links below

Who's afraid of a little bridge? This will get your heart rate up – just watching! <u>https://www.facebook.com/photo.php?v=372967746087504</u>

These Birds Are Remarkable...Enjoy this rare opportunity to see such beauty. Bird-of-Paradise-Project <u>https://www.youtube.com/watch?v=REP4S0uqEOc&feature=player_embedded</u>

"Today I Found Out" is a site whose focus is on learning something new every day <u>http://www.todayifoundout.com/</u>

See if you can put the curser on the man's nose http://www.selfcontrolfreak.com/slaan.html

The Bear. http://www.flixxy.com/bear-animal-nature-film.htm

Beautiful Panorama Viewing http://www.photojpl.com/

Please note that all inter-active links are active at time of publication but are subject to possible change.

r y

The Crows Joke Page

Walking into a bar, Mike said to Charlie the bartender: "Pour me a stiff one. I just had another fight with the little woman".

"Oh yeah?" said Charlie. "And how did this one end?"

"She came to me on hands and knees," said Mike.

"That's a switch. What did she say?"

"She said: "Come out from under the bed, you gutless wonder."

Some One-liners

Murphy says to Paddy, "What ya talkin into an envelope for?"

"I'm sending a voicemail ya fool!"

Paddy says "Mick, I'm thinking of buying a Labrador.

"Blow that" says Mick "have you seen how many of there are two!' their owners go blind?"

. 19 paddies go to the cinema, the ticket lady asks "Why so many of you?"

Mick replies, "The film said 18 or over."

Statistically, 6 out of 7 dwarfs are not Happy.

My neighbour knocked on my door at 2:30am this morning, can you believe that, 2:30am?! Luckily for him I was still up playing my Bagpipes.

Bought some 'rocket salad' yesterday but it went off before I could eat it!

A paramedic assists during a blackout...

A woman calls triple-0 ... she's in labour. Due to a power outage, only one paramedic responded to the 'call.

The house was very dark so the paramedic asked Katie, a 3 year-old girl to hold a torch high over her mummy so he could see while he helped deliver the baby.

Very diligently, Katie did as she was asked. Heidi pushed and pushed and after a little while, Connor was born.

The paramedic lifted him by his little feet and

spanked him on his bottom. Connor began to cry. The paramedic then thanked Katie for her help and asked the wide-eyed 3 year-old what she thought

about what she had just witnessed. Katie quickly responded, "He shouldn't have crawled in there in the first place, smack his bottom again!"



A farmer in the country has a watermelon patch and upon inspection discovered that some of the local kids have been helping themselves to a feast. The farmer thinks of ways to discourage this profiteating situation. So he puts up a sign that reads: "Warning – one of these watermelons contains cyanide'.

He smiled smugly as he watched the kids run off the next night without eating any of his melons.

The farmer returns to the watermelon patch a week later to discover that none of the watermelons have been eaten, but finds another sign that reads: 'Now there are two!'



A chap turns up for work with both ears bandaged. His boss asks: "What happened to you?" "Well", he says, "I was ironing and the phone rang and I accidently answered the phone using the iron."

"What about the other ear?" asks the boss. "They rang back."

"Did God make you Grandpa?"...

Grandpa and granddaughter were sitting talking when she asked,

"Did God make you, Grandpa?"

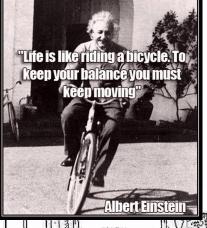
"Yes, God made me," the grandfather answered. A few minutes later, the little girl asked him, "Did God make me too?"

"Yes, He did," the grandpa answered.

For a few minutes, the little girl seemed to be studying her grandpa, as well as her own reflection in a small mirror. Her grandfather wondered what was running through her mind. At last she spoke up. "You know, Grandpa," she said, "God's doing a lot better job lately."









Without thinking Captain Hook uses the wrong hand

Age-old deficiency

IT'S about time the authorities did something about older drivers on our roads.

For far too long older drivers have caused havoc as they hog the left lane, stick to the speed limits (even the road work limits) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like.

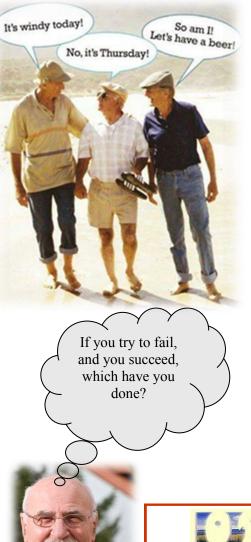
Another major concern is that by avoiding fines and demerit

points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers.

Until older drivers can prove that they are proficient at weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts, they must be banned from holding a licence.

Doug Money, Oak Park







by Anonymous When my life has reached its very end, And I take that final breath; I want to know I've left behind, Some "good" before my death.

I hope that in my final hour, In all honesty I can say: That somewhere in my lifetime, I have brightened someone's day.

That maybe I have brought a smile To someone else's face, And made one moment a little sweeter While they dwelled here in this place.

Lord, please be my reminder And whisper softly in my ear ... To be a "giver," not a "taker," In the years I have left here.

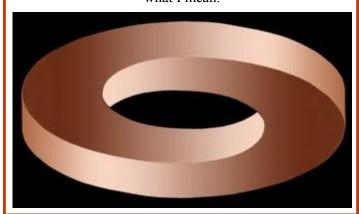
Give to me the strength I need, Open up my mind and my soul . . . That I might show sincere compassion, And love to others before I go.

For if not a heart be touched by me, And not a smile was left behind . . . Then the life that I am blessed with, Will have been a waste of time.

With all my heart, I truly hope To leave something here on earth . . . That touched another, made them smile And gave to my life . . . worth.

Impossible ring illusion

This 3D optical illusion was created by graphic artist Robert Ausbourne. As you can see it is designed to look like a copper ring which has been highlighted on a black background. If you turn the image over in your mind the shape becomes an impossible circle. Focus on the black shading in the centre of this image and you will see what I mean.



Diet

Spoon