

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))

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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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They shall grow not old as we that are left grow old
Age shall not weary them, nor the years condemn
At the going down of the sun and in the morning
We will remember them

Lest we forget



CELEBRATE
Sacrifice

REFLECTION ANZAC
A TIME TO REMEMBER

REMEMBRANCE
REVERE

RESPECT
honour

GIVE THANKS
DIED FOR US

Endurance
SELFLESSNESS

Respect

HEROISM

honour






Editor's Notes

This quarterly issue finds us well under way for the year. Once again we have enjoyed a marvellous week of activities during Seniors Week. A hearty 'Thank You' is due to all the sponsors and the efforts of the Seniors Week Committee. April is a special time for remembrance. With Easter behind us and Anzac Day not far away as we go to print, we have every reason to remember and be grateful for the sacrifices made. The featured story in this issue is that of a Wagga lad who went on to experience the brutality of being a POW during the Second World War. His documentation of the suffering of his fellow internees give us an appreciation of the sacrifices that were made on our behalf—and we WILL remember them. By the time this issue comes out we will have had our first monthly excursion for 2013 — to Burrinjuck Dam. I hope to bring you a picture or two, in the meantime, turn to page 4 to recapture memories of some of our past trips from 2012. See you at the Club.

Barry

Wagga Wagga Senior Citizens' Club Inc.

Membership (\$5.00 per year) to over 50's

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 | Cards and Indoor Bowls | 12.30 pm | \$2.00 |
| 3rd Mon. Of Month | Luncheon Day | 12 noon | \$5.00 |
| 4th Mon. Of Month | Sing-along - Movie Alternating each month | 1.30 pm | \$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 | 10.30 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 | Euchre | 1.00 pm | \$2.00 |
| Friday | Indoor Bowls | 1.00-3.00 pm | \$2.00 |

Wagga Wagga Senior Citizens' Club Inc Committee 2013

| | | |
|---------------------|------------------|----------|
| President | Jim Weeden | 69252001 |
| Vice President | Barry Williams | 69253065 |
| Treasurer | Jo Jovanovic | |
| Assistant Treasurer | Gwen Beazley | 69310268 |
| Secretary | Robyn Weeden | 69252001 |
| Assistant Secretary | Barbara Moorhead | |

Additional Committee: Bev Morley, Velma Spears, Fay King, Marlene Bowen, Robyn McClure, Phyllis Ward, Dawn McDermott, Paddy Adams, Janet Kaine., Helen Murley.

WAGGA WAGGA SENIOR CITIZENS' COMPUTER CLUB—COMMITTEE 2013

| | | |
|-------------|----------------|---|
| Chairperson | Judy Robertson | Ph: 69316125 jroberts@draget.com.au |
| Secretary | Barry Williams | Ph: 69253065 barrysonia@bigpond.com |
| Treasurer | Paddy Adams | Ph: 0427654575 vk2grq@ozemail.com.au |

Additional Committee: Dawn McDermott, Velma Spears, Bev Morley, Enid Pendergast, Barbara Moorhead

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 In Focus



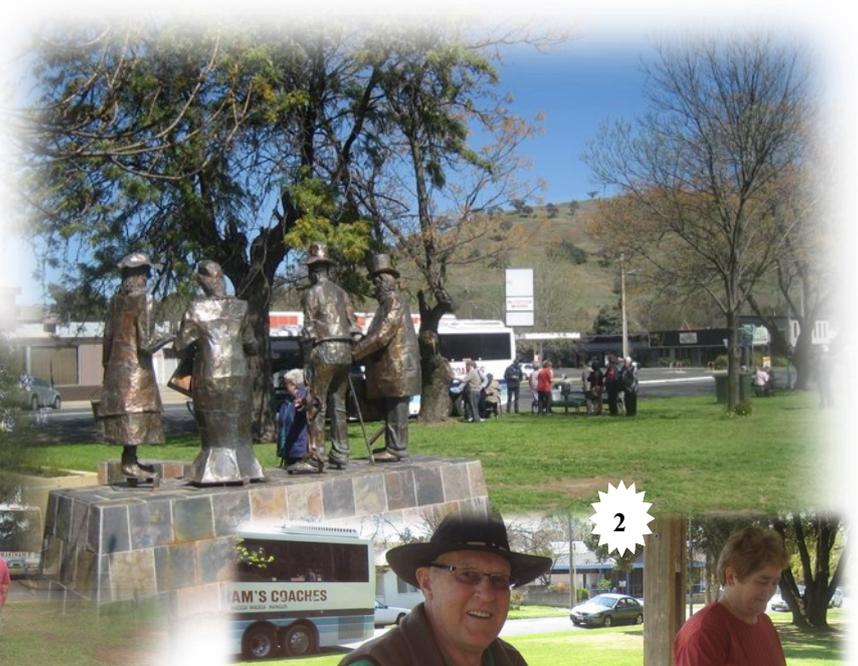
CLUB CHRISTMAS PARTY 2012

Seniors In Focus



Memories of Past Trips (2012)

- 1) In Narrandera we joined with Narrandera Seniors to visit the Narrandera Fisheries Centre.
- 2) Dad and Dave, Mum and Mabel look on in Gundagai as visitors from Wagga descend on the town, while (below), Jim and Jo get busy cooking.
- 3) Club members pose in front of the Buddhist Temple near Wollongong while (below) admiring the tulips at Bowral Gardens en route.
- 4) Albury's Hume Weir.



The Changi Photographer

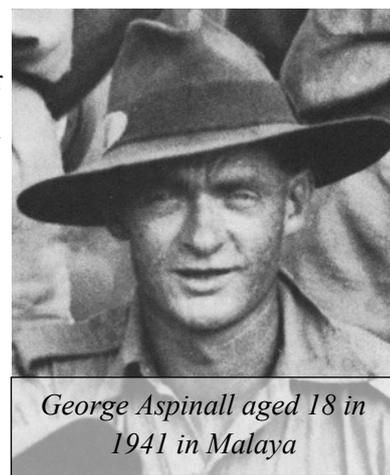
The story of George Aspinall; soldier, prisoner and photographer.

Private George Aspinall, from Wagga, was an Australian soldier. Like many soldiers he was also a keen photographer. However what started out as a hobby became an important and rare record of the terrible conditions endured by Australian prisoners of war under Japanese captivity.

George Aspinall joined the Australian Imperial Force at 17 years of age (making use of his cousin's birth certificate), serving in Singapore and Malaya with the 2/30th Battalion from August 1941. Using his new camera, a Kodak 2 folding camera given to him



by his uncle in Wagga as a going-away present while on his pre-embarkation leave, he was soon snapping pictures of rickshaws, mosques and carts pulled by yaks as well as portraits of his unit. During these first months, he also befriended the Chinese owner of a local processing shop and learnt how to develop and print his own film. He enjoyed his new hobby but the only audience he had in mind was his family and friends back home.



George Aspinall aged 18 in 1941 in Malaya

In December 1941 Japan invaded Malaya. After a desperate, short campaign, the British and Commonwealth troops surrendered to Japan at Singapore and George found himself a prisoner of war. Looking through his kit he realised he still had his camera. Away from the eyes of Japanese guards (and his own officers), he took photographs of prisoner life; men eating their meagre, never-varying meals of rice, the crowded sleeping quarters and wrecked guns, a reminder of the recent campaign.

Wanting to continue with his photography, George built a hiding place for his camera in a pocket on his belt. However he realised that he needed to develop his film as it wouldn't last in the tropical conditions. Working on the docks, he scrounged photographic materials. George began to run out of film not long after he arrived in Changi, but while he was working on the Singapore docks he stumbled upon some X-Ray equipment. He found boxes of negative film, developer and other chemicals. George had applied what little he had learnt about developing photographs [from a Chinese photographer] and learnt to use the X-Ray equipment to process whatever photographs he took. (George had a talent for "scrounging" and also managed to steal and install two radios within prisoner-of-war camps.) Now he had the tools of the trade, George set up his own darkroom and through trial and error developed his photographs.



A group of Australians munching mournfully through their dioxies of rice – an unfamiliar staple diet they would get to know well over the next three-and-a-half years.

He experimented with the X-Ray film, developer and fixer and even worked out a way of cutting the X-Ray film to fit his camera. However, this meant that he could only take one photograph at a time because he had to reload fresh X-Ray film after every shot. He would usually load his camera at night and take photographs in the day. George realised that the hot sticky tropical climate would cause any unprocessed film to deteriorate very quickly and be ruined if not developed.



7 — BARRACK SQ., SEPT., 1942.

George took a total of 100 photographs during the next two years but his most famous photographs were of a three day confrontation between prisoners and captors. In September 1942, the Japanese commanders demanded that prisoners sign a no-escape clause. Refusing to do so, over 15,000 British, Indian and Australian troops, including hospital patients, were forced to assemble at Selarang Barracks which normally housed about 1,200 men. There were no toilets and only one water tap and the barracks became a breeding ground for disease. It was only on the third day after four men were executed and with the risk of illness, that it was decided to sign the documents. On the second day of the incident, George climbed to the top of one of the buildings and captured this remarkable scene, eventually taking eight photographs from different angles.

In April 1943 George joined F Force that was headed to Thailand. The men were initially told that this was a rest camp but after a long train journey and a forced march into the mountains they were ordered to work on the Japanese railway joining Thailand to Burma. On starvation rations and weakened by tropical diseases, the men slaved up to 13 hours a day on the railway. Japanese and Korean guards were particularly brutal and George never knew when he was next going to be beaten.

Hundreds of thousands of prisoners and forced Asian labourers perished on the Burma-Thai Railway. Among the Australian prisoners working on the railway, one in three died. George became determined to record what was being done. At great personal risk, he took photographs of the march into the mountains, seriously ill patients declared fit to work and of the tropical ulcers that attacked nearly every man. One of the saddest photographs George took was of a group of tents where the medical officers did what they could to treat the prisoners. The photograph only showed three tents in a jungle clearing. But to George, who had spent time helping the medicos, it held traumatic memories of suffering and death.



Three "fit" workers at Shimo Sonkurai No. 1 Camp-the Japanese considered these men fit for work. The man at right can't do his shorts up because his stomach is swollen with beriberi.

Next to cholera, ulcers were the worst thing that could happen to the men. They would start as a small scratch, or sore, and just eat into your flesh and keep on growing and growing. One of the methods used to treat them was to scoop out



Hospital camp-in the centre is the operating table used for amputations, ulcer treatment and post-mortems. A mosquito net was hung over the cross bar above the table to try and keep blowflies away.

the bad flesh of the ulcer with a spoon sharpened on one side. It was desperation treatment really. The idea was to get back to the good flesh, in the hope that it would heal. It was an excruciatingly painful procedure, of course, and there were virtually no anaesthetics. George sometimes used to help to hold men down on the operating table while their ulcers were scraped, so couldn't help but see what was happening. If it got too bad, the leg had to be amputated. On several occasions George helped the chief surgeon Major Hunt, Dr Stephens and Dr Cahill by holding a patient down while amputations were done without anaesthetic.

After eight months, the remaining members of F Force returned to Singapore. By this time the prisoners were being subjected to rigorous searches and on the return journey, afraid that he would get caught, George broke his Kodak 2 camera and threw it down a deep well. But he still had his film and continued to make prints back in Changi Gaol, before hiding the processed negatives in a canister down a toilet borehole in the Gaol grounds.

George survived the war and arrived in Sydney in September 1945. His photographs were recovered from a secret hiding place in Changi and used as legal evidence in the War Crimes Trial at Rabaul (1946). But most importantly his photographs are an important social record. They are one of the ways that we can begin to understand what it might have been like to be a prisoner of war.

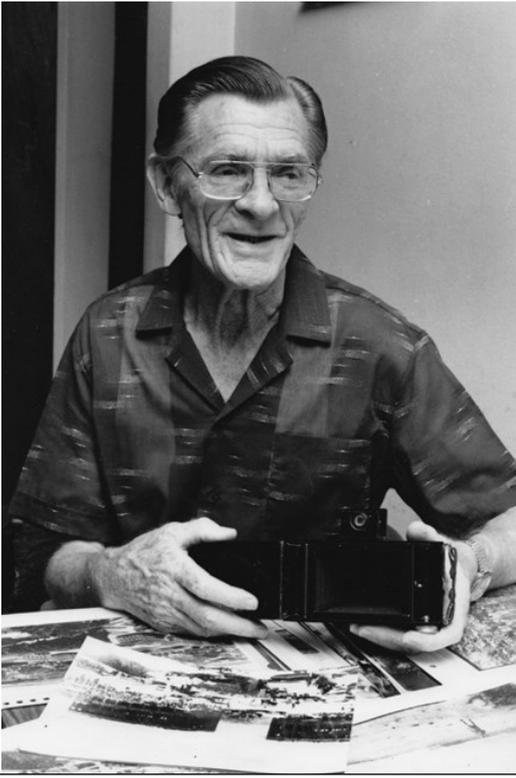
His persistence in taking photographs despite the risk of getting caught was not entirely stemmed by a need to document the brutalities of war. Instead, he was merely taking photographs for the purpose of illustrating to his own family, life for him as a young soldier in Singapore and subsequently as a POW for the



Tropical ulcers in early stage of development-operations, including amputations were done without anaesthetic, with most dying from shock.

Japanese.

George continued with his hobbies and interests until shortly before his death on 28 October, 1991. His story and photographs were compiled into a book by Tim Bowden, entitled 'The Changi Photographer'.



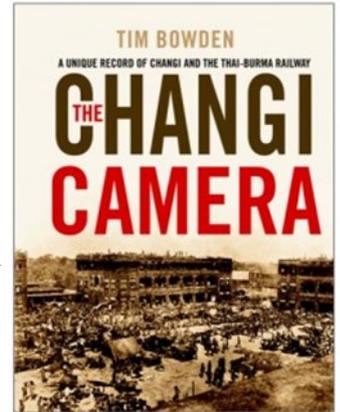
Tim Bowden, AM, is a broadcaster, radio and television documentary maker, oral historian and author. His book, "The Changi Photographer" was first published in 1984, and has now been superseded by a larger book (his 15th) entitled "The Changi Camera" The Changi Camera was published on 1 October 2012, and is available in all good bookstores.

Changi Photographer is George's remarkable story told in his own words.

To order go to Tim's website at - <http://topyarns.com/>

All pictures and material presented in this article are by kind permission of Tim Bowden.

Each year as ANZAC day rolls around we are prompted to remember the sacrifices of our men and women in uniform who have given their all, and in many cases their lives, in defence of this country. This issue of Crowabout is dedicated to them.



George Aspinall, in Sydney in 1982 holding a similar Kodak 2 folding camera that he used as a prisoner-of-war.

Seniors in The News



All 'Seniors Week' photos in this issue courtesy of The Daily Advertiser

PARTING MESSAGE

(left): Pastor Sandy McMillan (left), with Member for Riverina Michael McCormack MP and chairperson of the Seniors Week Committee, Kate Brill. Pastor McMillan gave the Seniors Week closing ceremony address at the Seniors Community Centre on Sunday.

Picture: Alastair Brook



GOLDEN YEARS: Barb Moorhead (left) and Velma Spears enjoy a seniors expo at Wagga's Senior Citizens Centre on Tuesday.

Picture: Addison Hamilton



WINNER (left): Marlene Bowen (left) hands a prize to raffle winner Joy Humphries at the closing ceremony for Senior Citizens Week at the Seniors Community Centre.

Picture: Alastair Brook



Helen de Plater and Bill Prest volunteer their time at the Senior Citizens' Centre...

...During Seniors Week

Tuesday, March 26, 2013 - 13

Seniors to put zumba shoes on



LIVE LIFE: (From left) Mim Davis, Shirley Ansell, Pat Cassidy, Wilma Kalt, Beryl Jorgensen and Mildred Anderson celebrate the launch of NSW Seniors Week yesterday. Picture: Michael Frogley

►WAGGA

IN THE last two years Beryl Jorgensen has competed in the City to Lake fun run, renovated her kitchen and now, the 81-year-old will likely try new exercise craze, zumba.

Attending the launch of NSW Seniors Week yesterday, Mrs Jorgensen said the stereotype of an over 50s person slowing down to almost a complete stop was rubbish.

"I try to be as active as possible," Ms Jorgensen, who is a great-grandmother to nine children, said.

"I don't own a car, I try to get five servings of vegetables a day and drink plenty of water, which I think keeps me going."

Launched at the Senior Citizens Centre by Member for Wagga Daryl Maguire and mayor Rod Kendall, the city will now host a week of more than 20 activities.

The activities will include a "Young At Heart" film festival, zumba classes, dance party, bare-foot bowling meet, Aboriginal art exhibition, workshop on e-readers and a road safety session.

Cr Kendall said in his speech to the near 150 seniors who attended yesterday's launch that it was important they embraced this year's theme "Live Life".

"Seniors have a changing role," Cr Kendall said.

"But with so many activities on offer, we all should be able to find something we enjoy."

2013 COMMITTEE



Barb Moorhead

Velma Spears

Fay King

Barry Williams
Vice President

Phyllis Ward

Jim Weeden
President

Robyn Weeden
Secretary

Jo Jovanovic
Treasurer

Marlene Bowen

Bev Morley

Dawn McDermott

Absent: Gwen Beazley, Janet Kaine, Paddy Adams, Helen Murley.

MEMORIES OF HOW IT WAS.



Then & Now -

Our long awaited new Police Station was completed in February, 2009 ... but did you know that this was once the site of Wagga's second hospital c.1860-1910 (the first hospital was a small slab cottage built in 1856 in Kincaid St. Note the fountain in the front of the old hospital - yes, that is the same one now in the Memorial Gardens.



Walking With Grandma

*I like walking with Grandma,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.*

*I like to walk
with Grandma,
Her eyes see things
like mine do,
Wee pebbles bright,
a funny cloud,
Half hidden drops
of dew.*

*Most people have to hurry,
They do not stop to see.
I'm glad that God made Grandma
Unrushed and young like me!*



DO YOU REMEMBER WHEN...?

All the girls had ugly gym uniforms?
It took five minutes for the TV to warm up?
Nearly everyone's Mum was at home when the kids got home from school?
Nobody owned a purebred dog?
When two shillings was a decent allowance?
You'd reach into a muddy gutter for a penny?
Your Mum wore nylons that came in two pieces?
All your male teachers wore neckties and female teachers had their hair done every day and wore high heels?
You got your windshield cleaned, oil checked, and gas pumped, without asking, all for free, every time?
And you didn't pay for air? And, you got trading stamps to boot?
Laundry detergent had free glasses, dishes or towels hidden inside the box?
It was considered a great privilege to be taken out to dinner at a real restaurant with your parents?
They threatened to keep kids back a grade if they failed... and they did?

OLD SAYINGS ONCE USED BY MANY AND TODAY USED BY FEW (contributed by Lily)

- 1) Carry on like a two bob watch
- 2) The last straw that broke the camel's back
- 3) As cheerful as a prison gate.
- 4) Up the creek without a paddle.
- 5) Like water off a ducks back (not paying attention)
- 6) Look but don't touch.

As children, we would ride in cars with no seat belts or air bags. Riding in the back of a ute on a warm day was always a special treat.. Our cots were covered with brightly-coloured lead paint. We had no childproof lids on medicine bottles, doors or cupboards, and when we rode our bikes we had no helmets.

Computer Hints & Tips



DID YOU HAVE A RELATIVE who fought during World War I?

If so, you can go to www.awm.gov.au/nominalrolls/ww1/ to find out more details about their service.

The record of the enlistment and discharge of relatives who served in World War II can be found at <http://www.ww2roll.gov.au/>

You will be able to print out a certificate to add to your family history records.

IF YOU WANT TO SAVE A PICTURE received by email, open the mail, right-click on the picture and choose "Save as".

It will save in the same format as the picture; for instance if the image is in JPEG format it will save as JPEG format.

If the picture you are saving has a name that doesn't help you identify the photo, such as IMG5259 or something equally as difficult to remember, you can rename it when you choose "Save as".

Just highlight the name you don't want to use and replace it by typing in whatever name you want.

You don't have to add the JPG or PNG or GIF at the end, just type in the name, "Harry's new pet" for example, and save it. Windows will automatically add the correct file extension for you.

KEEP IT SAFE - It's smart to save a computer copy of important or precious photos and documents.

E-mail Etiquette

E-mail is fast, cheap and probably the most important Internet application. It's also the one we mistreat the most.

Don't pester your colleagues, friends and relatives. Don't send urban myths and false virus warnings. Check any stories and warnings before you pass them on.

Attachments 1. Keep your attachments to a reasonable size. Large attachments can take ages to download and can completely foul up the recipient's inbox. 2. Make sure your attachments are readable. The receiver has to have a program that can read your attachments.

Addressing 1. Put a relevant and short subject line on your mail. You don't want people to think your mail is spam. 2. Don't send messages with blank subjects, these look like viruses. 3. Many people won't open mail from names they don't recognize.

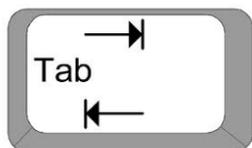
General principles 1. Never respond to spam in any way or form. Don't reply, don't look at the sites they advertise. 2. Typing in capital letters is the same as shouting. Don't overuse capitals. 3. Don't assume mail is instantaneous. It can take hours or even days to be delivered. Even then, the recipient may not be at their computer. 4. Don't assume the recipient is chained to their desk. An e-mail invitation to a meeting in an hour or to dinner tonight may not get read for a few days. If you need them urgently, phone them. 5. If the mail comes back with an error, read the message. While the messages may be cryptic it will usually tell you why the mail was rejected. Don't assume your colleague has died or been sacked just because his mailbox is full.

Security Be careful about what you discuss. E-mail is not private and it could go anywhere on its way to the sender. If you wouldn't want to see it on the evening news then don't write it. E-mail gets stored all over the place, particularly on corporate servers. Don't assume that anything you have deleted has gone for good.

E-mail is one of the most basic and useful Internet tools. Getting it right makes it even more effective. Keep it simple, keep it cheerful and make sure the other person can read it without getting upset.



Google, and YouTube in particular are very helpful places to turn to if you need to find out how to do something. Whether something to do with computing, or any other thing you need help with—just type 'how to etc' in the search box and you may be amazed at how helpful they can be.



HELPFUL TIP—The Tab key Keyboard shortcuts are awesome. Possibly the biggest time saver is the Tab key. It might say **Tab** on it or it might have **two arrows** – one pointing right and one pointing left. What the Tab key allows you to do is to move your cursor from field to field. This is especially time-saving when going through a form. **Try it**, just hit the Tab key a few times to see where the focus ends up. You'll see a dashed line

around whatever you tabbed to, or a blinking cursor if it's in a text field. If you go one field too far, hold down your **Shift** key and then hit the **Tab** key once to go back one element.

Link to a great card trick (click on link below)

<http://biggeekdaddy.com/humorpages/Humor/BestCardTrick.html>



The Crows Joke Page

Cardiologist and the Honda Mechanic.

A Honda mechanic was removing a cylinder head from the motor of a Honda when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage,

"Hey Doc, want to take a look at this?" The cardiologist, a bit surprised walked over to where the mechanic was working on the Honda.

The mechanic straightened up, wiped his hands on a rag and asked,

"So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new.

So how is it that I make \$24,000 a year and you make \$1.7M when you and I are doing basically the same work? The cardiologist paused, leaned over, and then whispered to the mechanic....

"Try doing it with the engine running."



First Time

A girl asks her boyfriend to come over Friday night to meet, and have a dinner with her parents.

Since this is such a big event, the girl announces to her boyfriend that after dinner, she would like to go out and make love for the first time.

The boy is ecstatic, but he has never had sex before, so he takes a trip to the pharmacist to get some condoms.

He tells the pharmacist it's his first time and the pharmacist helps the boy for about an hour. He tells the boy everything there is to know about condoms and sex.



At the register, the pharmacist asks the boy how many condoms he'd like to buy, a 3-pack, 10-pack, or family pack.

The boy insists on the family pack because he thinks he will be rather busy, it being his first time and all.

That night, the boy shows up at the girl's parents' house and meets his girlfriend at the door.

"Oh, I'm so excited for you to meet my parents, come on in!"

The boy goes inside and is taken to the dinner table where the girl's parents are seated.

The boy quickly offers to say grace and bows his head. A minute passes, and the boy is still deep in prayer, with his head down.

10 minutes pass, and still no movement from the boy.

Finally, after 20 minutes with his head down, the girlfriend leans over and whispers to the boyfriend, 'I had no idea you were this religious.'

The boy turns, and whispers back, 'I had no idea your father was a pharmacist.'

The Two Patients

Two patients limp into two different hospitals with the same complaint. Both have trouble walking and appear to require a hip replacement. The first patient is examined within the hour, is x-rayed the same day and has a time booked for surgery the following week.

The second sees his family doctor after waiting three weeks for an appointment, then waits eight weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for a month from then.

Why the different treatment for the two patients?

The first is a Golden Retriever.

The second is a Senior Citizen.

Next time take me to a vet!

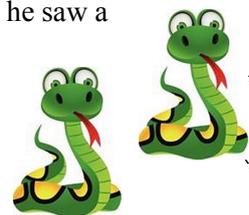


The Ark

The waters receded and the ark settled. Noah told the animals to go forth and multiply.

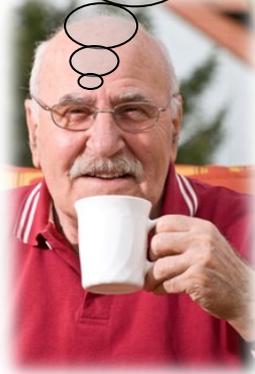
He was cleaning out the ark and he saw a couple of snakes still there. He said, 'Didn't I tell you to go forth and multiply?'

They said, 'We can't multiply. We're adders.'



Bits AND Pieces

What disease
did cured ham
actually have?



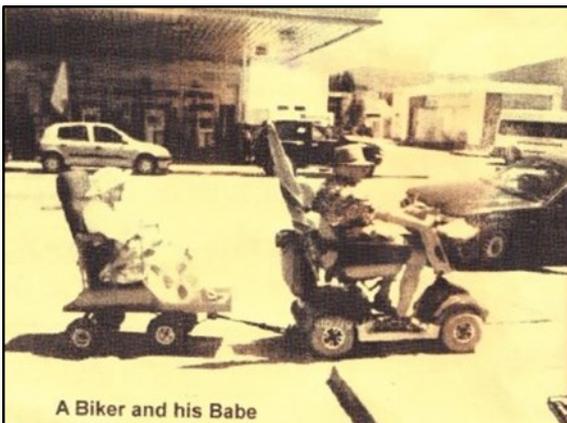
TRIVIAL FACTS

- 1) Okay, so this one is rather disgusting. The average public swimming pool contains more urine than fluoride.
- 2) The top five causes for household accidents are (in order): stairs, glass doors, cutlery, jars and power tools.
- 3) It is no wonder stairs are so dangerous. The first two steps and the last two steps are the most dangerous. Who would think there was a "most dangerous" stair?
- 4) During 2005 and 2006, Australian Post handled around 5.5 billion mail items. They are nearly 8,000 routes in Australia. Making sure the mail gets delivered requires 10,000 posties riding 7,000 motorbikes. Australia claims the world's longest postal route, a 1,000 km plane trip that includes 34 take-offs and landings every Saturday. Before 1960 (and dedicated mail planes), another route – Meekatharra to Marble Bar – was a seven-day round trip.

Men can fix anything!



Don't Laugh-
This could
happen to
you!!
This is what
happens
when your
kids take the
car keys!!!



THE OLD KITCHEN TABLE

There are lots of things wrong with the country today
And I like to have something to say if I may.
It's a fact that sometimes we have trouble with youth
Untidy, ill-mannered, untamed and uncouth.
All because their young home lives are often unstable.
Brought about by the lack of the kitchen table.

Remember how once we would sit down as one
And Dad would say grace, when the carving was done
With our own serviettes from our own special ring
And we practised our manners, and etiquette things
Then our elders would tell of old customs and fable
As we sat, content, around the old kitchen table.

Now they're building our mansions with four car garages
On working lives mortgaged to interests and charges
There is less time at home for tea to be made
And its seldom today that the table is laid.
There is room after room under gable and gable
But there's not enough room for the old kitchen table.

At weekends the parents are chauffeurs unpaid
No wonder they're tired and their tempers are frayed
As they ferry their brood to arenas of sport
Where the culture of winning's intensively taught
And there's more on the telly, both free and by cable
So there's no time to talk – round the old kitchen table.

It was once, that the church, Sundays, called to the people
But there seems scant regard now for the church and the steeple
They just give them sport, and they don't let them think
About helping round home, kitchen, oven or sink
Teach them nothing that matters, the culture of Babel
The throw-away culture that threw out the table.

When they all dress the same it's a pleasant surprise
If you're able to sort out the girls from the boys
Or the blokes from the birds, or the chicks from the chaps
In their jackets and jeans and their Yank baseball caps
So grandparents all. Just as long as you're able
Keep the culture alive, round an old kitchen table.



Colours

Look at the chart below and say the COLOR of the word, not the word itself.

| | | |
|---------------|---------------|---------------|
| YELLOW | BLUE | ORANGE |
| BLACK | RED | GREEN |
| PURPLE | YELLOW | RED |
| ORANGE | GREEN | BLACK |
| BLUE | RED | PURPLE |
| GREEN | BLUE | ORANGE |

Why is it so difficult? Because the right half of your brain is trying to say the colour, while the left side of your brain is trying to say the word.