



Eastbound Outing: Traversing the Berbice Bridge

by
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Meeting & Greeting

Hello! Hello! Here comes a call you Old Girls, a charming voice informs.
We've planned a trip, so mark it well—on March the twenty-eighth.
To view the Berbice River Bridge. Yes! Count me in. I will be there; the cost?
Not very much, my dear—merely a trifle, do not worry; good company and country air -
Just come along or you'll be sorry! The meeting point? Old school of course,
The coaches will depart at nine! So please ensure you are on time.



People & Places

They come in twos, they come in threes and now the fun begins!
They talk and talk like buzzing bees, spilling laughter, poking fun.
A handshake here—a big hug there, a smiling face, a welcome nod.
There's Urma, Magda and Marlene too! My dear, dear girls, where have you been?
The coaches roll away from town and soon the city's left behind.
Unfolding before our curious gaze the scenes flit by as on a screen.
The country air and rustic view awaken precious memories
Of things long past but now revived; of childhood days, now magnified
A thousandfold. Nostalgic? Yes! I lived there once, so long ago.
Look my old school! Gracious me! The old silk cotton tree sill stands
Beside the muddy, old fish pool now overgrown with weeds.
Remembering old places, like old faces is comforting indeed.

Ode to the Berbice River Bridge

The mighty Bridge comes into view
Behemoth of modern tech thou art!
Afloat across that ancient waterway
O precious link and access road; escape route
From overburdened ferry crossing.
May long life be yours! May you endure
The bad times—buffeted by elements of wind, sun and storm;
Suffering neglect, reduced to ruin and decay—
And the good times—your complex machinery
Well-oiled and faithfully maintained day after day!
Hail! Faithful servant of tourists and commuters!
Strength to your beams! Might to your frame!
Unmoved! Unshaken! May you stand defying Time!
Serve well, O massive Giant sublime!



Beyond the Bridge & Back



Now for lunch at Rosehall Estate; the journey through Canje is well worth the wait.
Every yard so clean and bright—to city dwellers a welcome sight!
The estate buildings loom into view—the grass is very, very green;
There's a warmth of sunshine everywhere, amid a tranquil atmosphere.
The traditional welcome speech is given, but lunch is as yet unprepared!
Ladies, be seated, if you please! Chit chat continues in the shade.
Old bonds renewed, promises made—ideas exchanged, but that's not all
Tales from the crypt (best forgotten) are recalled—new insights given.
To frown, to laugh, to reminisce until the long-awaited call
Awakens hunger pangs suppressed and summons to a fine repast.

Reflections

A day well spent, thoughts turn to home! The calm and mild sundown
Diffuses a healing balm; the flurry begins as ladies embark
The engines hum a quaint refrain, soothing the mind and lulling the brain;
Fleeting the sights float by, as swiftly to the city bound
The coaches make their charmed way
Reflecting on the hours past, one salient truth endures -
Time spent together renews the spirit as a beautiful melody
Remembered pulls upon the heartstrings and unearths
Sweet memories of lives once intertwined in friendships
Tried and true. Such links as these will never die, and living
Will elation bring. O happy day! Of thee I sing!



Let's Celebrate

May 1 Megan Richmond
May 23 Thelma Holder
Jun 12 Greta Fletcher
Jun 13 Florence Sukdeo
Jun 21 Megan Bender



Jun 22 Thelma Ekuban
Jul 10 Doreen Barrington
Jul 10 Nella Dorsett-Sutherland
Jul 11 Carole Bishop

Health Watch—Arthritis

There are over 100 types of arthritis. All affect joints. Some also affect areas and structures surrounding the joints. Arthritis is painful and can affect mobility and sense of wellness.

The most common types of arthritis are osteoarthritis which results from deterioration of the bones and cartilage which make up the joints and rheumatoid arthritis which is an inflammatory disease which affects the lining of multiple joints, especially the hands and feet. Rheumatoid arthritis is more debilitating than osteoarthritis.

Other types of rheumatic diseases include gout, pseudogout, ankylosing spondylitis, reactive arthritis, psoriatic arthritis and infectious arthritis. They too are characterized by inflammation.

There are several approaches to treating arthritis. The form of treatment used should be discussed with your doctor. Some forms of treatment are as follows:

- Physical therapy: This involves assessment of pain, functional ability, strength and endurance levels and devising a programme to help ease the pressure on the joints and building the muscles to support them.
- Complementary therapies: These include acupuncture, reflexology, relaxation & meditation and yoga.
- Hot and cold therapy: This includes a warm shower, the application of a heating pad, warm damp towel or an ice pack to the joint.

- Exercise: Done on a regular basis, this will help to relieve stiffness and decrease pain and fatigue.

It is important to understand the consequences of arthritis and develop a self-care strategy. The following are some of the approaches which would enable greater control of your life.

- Keep moving: Avoid holding one position for too long.
- Avoid stress: Avoid positions and movements that put extra stress on joints.
- Discover your strength: Use your strongest joints and muscles. To protect finger and wrist joints, push open heavy doors with the side of the arm or shoulder. To reduce hip or knee stress on stairs, lead with the stronger leg going up and the weaker leg going down.
- Make home modifications: This could include putting a stool in the shower and casters on furniture.
- Ask for help: Maintaining independence is essential to self-esteem, but independence at all costs is a recipe for disaster. Achieve a balance by educating family members and friends about the disease and the limitations it imposes and enlisting their support. Ask for help with specific tasks.

For more information, go to http://www.aarp.org/health/conditions/articles/harvard__arthritis-keeping-your-joints-healthy_0.html

