

AUSTRALIAN WAR WIDOWS (SA) INC. NEWSLETTER

Vol.64 No. 2
July 2023
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Our Motto

"We all belong to each other. We all need each other. It is in serving each other and in sacrificing for our common good that we are finding our true life."

(King George VI, extract from 1941 Christmas message)

Our Mission

To support South Australian War Widows/Widowers of all ages by providing information, companionship and support. We offer a voice to Government on issues affecting War Widows/Widowers.

Our Vision

To reach every War Widow/Widower in South Australia to offer ongoing support and increase social connectiveness.

POSTAL ADDRESS:

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ROSE PARK S.A. 5067**

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Email: admin@warwidowssa.org.au

Business Hours 10.00 a.m. 2.00 p.m.

Tuesday & Friday

CLOSED

**Monday, Wednesday, Thursday &
Public Holidays**

PRESIDENT'S "Catch up"

Well another season has come and gone and I have to tell you winter is not my favourite. I do like the winter foods like soups and casseroles, red wines and yummy puddings, but not the cold weather Brrr....

A big issue this winter will be keeping warm and for some, the costs associated with this are daunting. One tip I received last year was to purchase an electric throw rug, it's wonderfully warm and you don't need to heat the whole room. Just a caution though if you drink the red winter wine while under the blanket just remember it's plugged in and has a cord..... found that out the hard way as I 'tripped the light fantastic'.

Congratulations to our National President Jenny Gregory for being recognised for her work with veterans in the Kings Birthday honours list.

A well deserved OAM. I am also delighted to report that Jenny will be joining us at the AGM in October as our guest speaker.

In this newsletter of course the big news is War Widows Day and excitement of what that means for us as an organisation. I really hope it raises our profile and recognises those women who went before us to create this magnificent community.

As you know from the last publication we have sponsored a scholarship through the AVCAT program. At the end of May Jan Milham and I attended the presentation ceremony here in SA. An emotional and inspirational speech by AVCAT Alumni Chloe Dean, confirmed for us our decision to sponsor was absolutely the right one. You can read about our recipient Shaley Mackay in this issue.

A big Thank you to anyone that donated foodstuffs and non perishable items towards the drive for homeless veterans who use the terrific facilities of The Andrew Russell veteran living program. We hope to collect for this as an ongoing project.

In this mail out you will receive nomination forms for committee members to be elected at the October 27th AGM. As usual we call on anyone with some time and particularly anyone with bookkeeping or computer skills to put their hand up. It's only with the commitment of volunteers that we all get to participate and enjoy our social meetings and commemorative events.

In closing please take the time to read all the information about October 19th and as I said last issue "Girls just want to have fun " or maybe that's just me.

Diane



National Presidents' Report



It is wonderful to be able to bring you all the great news that both AWW SA and AWW WA have been able to work with their respective parliaments to have a War Widows Day declared in their

states. This means that QLD, NSW, SA and WA will formally recognise the contribution and personal sacrifices of war widows and widowers with an annual day of commemoration on 19 October.

We look forward to WW ACT achieving this same result and having a declaration of this special day in ACT. Then it is up to AWW to get Victoria, Tasmania and NT involved and make this day a National War Widows Day.

I am happy to report that we have had an offer from a Victorian war widow to re-activate a war widows group in Melbourne. If you know of anyone who may be interested in being part of this group, please contact AWW on 0427 735 871.

I would like to thank all the war widows who represented Australian War Widows at their state or sub-branch level in laying wreaths or attending an Anzac Day Service in their area. This is an important occasion where we can pay tribute to our loved ones' dedication, service and sacrifice.

You will have heard that there are some changes proposed to the Veterans Legislation and many of you may have contributed to discussions around this issue. The proposed new system aims to establish a single ongoing Act (MRCA) but grandparenting all existing arrangements to ensure there is no reduction in entitlements currently being or previously received by veterans/widows. AWW has given feedback about the proposed legislative reform and in particular, requesting that the language used is clear and simple and that the changes are articulated clearly and timely to the veteran community.

The National Council met in Canberra in May to review our vision and purpose and how we can best support our many war widows in Australia. One of our main concerns is to activate AWW in those states who do not currently have a war widow's organisation.

We are very pleased that the DVA publication of "Vet Affairs" has allocated additional space for War Widows to advertise our activities and promote our organisation. The next edition will feature articles about the upcoming War Widows day in SA and WA.

I have continued to attend ESORT meetings, the Budget briefing at DVA in May, an RSL Forum for Ex-Service Organisations in Sydney, webinar sessions regarding the proposed changes to Veterans' Legislation and liaised with Alison Frame (Secretary DVA) regarding issues affecting war widows.

Along with the AWWQ President, Judy Smith I attended a Coronation Dinner for His Majesty King Charles III and Her Majesty Camilla Queen Consort at the Tattersall's club in Brisbane. Do you all recall that Jessie Vasey attended the coronation of Queen Elizabeth II?

I will continue to represent all war Widows in Australia at any relevant meeting or occasion. It is a great honour for me to be able to do this. It was also a great honour for me to receive an OAM in the King's Birthday honours list.

I hope you are all keeping warm this winter.

Jenny

Margaret's Birthday



Margaret Weir celebrating her 102nd Birthday with friends at our Rose Park hall on March 2nd. Margaret continues to amaze us with her robust health and quick wit. Her current crush is on King Charles, apparently he has more money and class than George Clooney!

ITS OFFICIAL – War Widows Day

War Widows Day will be recognised in South Australia for the first time this October 19th, being the birthdate of our founder Mrs Jessie Mary Vasey. The Premier Mr Peter Malinauskas announced the news and directed the SA Veterans Affairs Minister the Hon Geoff Brock to make the announcement in his home electorate Port Pirie on Thursday the 16th of March, 2023. Several War Widows made the trip to Port Pirie and the announcement was greeted with much cheering.

What does this mean for us? Well, we can now officially start planning the day, with due respect given to reaching 3000 plus War Widows who reside in our State. I will say this; it's an honour and a privilege to have assisted in a small way to get this day recognised for us all. So, dust off your dancing shoes and get your good frock out of the cupboard, you will need them. See you on the 19th of October 2023. Details are in this newsletter and on our website www.warwidowssa.org.au.

Congratulations to Jan Grosvenor for a marvellous effort in initiating the trip to Port Pirie for the combined launch of War Widows Day and this year's 'Soldiers Biscuits' campaign. As mentioned, Port Pirie was the place for this announcement. Jan's idea was to use Minister Brock's home base to get some "mileage on the biscuits," while taking the opportunity to connect with the RSL and local widows.

The day could not have gone better. The generosity and hospitality of the Port Pirie RSL Museum Club was just wonderful. Not only did they sell 144 pkts of biscuits generating \$960 they donated another \$100. The volunteers put on a lovely country style lunch for us. The President Gary Fradd could not have been more helpful. If you are ever in the area, you must call in and say G'day, and treat yourself to a walk through their museum of memorabilia including a complete 'Huey' helicopter from the Vi-



From left: Jan Grosvenor, Jim Milham, Maria Barclay, Helen Adamson, Diane Carr, Gary Fradd (Port Pirie RSL), Julie Broome & the Hon. Geoff Brock.

WAR WIDOWS' DAY



Ayers House

Thursday the 19th October was the birthday of our founder Mrs Jessie Mary Vasey and we are delighted to honour her work and have that recognised by Government and the public of South Australia.

Your committee have secured a beautiful venue at the historical 'Ayer's House' for a high tea event to celebrate this occasion. So mark your calendar and get out your glad rags, photos will be taken!

Invitations will be sent to all of our War Widows to join us in recognition of this occasion.

The high tea will be a complimentary event and a wonderful occasion to celebrate this momentous day. I urge anyone who is able to RSVP by phone on 8431 1422 or via email; admin@warwidowssa.org.au, and join us on the day as seats will be limited.

Although it was our association that lobbied Government for this recognition it is for any South Australian war widow. They may be unaffiliated with an organisation or indeed a member of another, like Legacy. Therefore, we have invited our fellow Legacy War Widows to join us as our guests at this function.

We are still working our way through some of the other activities that may occur and will let you know as they are confirmed.

Recognition from Government House

As you may know our patron is her Excellency the Hon Frances Adamson, Governor of South Australia. As such we approached Government House to ask how they will contribute to the date. We are honoured to say we have been granted an evening reception to recognise the many ex service organisations, members of government and other groups and individuals who volunteer their time and energy to war widows in the community.

This event will take place on the same date so it's looking like a very busy and exciting day. Invitations to this event will be handled by Government House.

AUSTRALIAN WAR WIDOWS South Australia

NATIONAL PATRON

His Excellency, General the Honourable, David Hurley
AC DSE (Retd),
Governor-General of the Commonwealth of Australia

PATRON IN SOUTH AUSTRALIA

Her Excellency,

Ms Frances Adamson AC
Governor of South Australia

NATIONAL PRESIDENT

Mrs Jenny Gregory

SOUTH AUSTRALIAN EXECUTIVE COMMITTEE

President: Mrs D. Carr

1st Vice President: Mrs J. Milham

2nd Vice President: Mrs H. Adamson

Secretary: Mrs M. Barclay

Treasurer: Mrs S. Walter

COMMITTEE

Mesdames Mrs J. Broome, Mrs J. Grosvenor,
Mrs H. Martin,

IMMEDIATE PAST PRESIDENT

Mrs J Milham

Passing of Thelma Zimmerman



On 9 March 2023 we lost one of our long term members, Mrs Thelma Zimmerman at the age of 100.

Jessie Thelma Kinsman was born on 17 June 1922; one of 12 children. Thelma's mother always intended to name her baby, if it was a girl, Thelma Jessie. When Thelma's father went to register her birth, her mother said, "Don't forget Jessie." Thus, he recorded her name as Jessie Thelma instead of Thelma Jessie, as intended by her mother.

Thelma married Albert Zimmerman in 1941 and they both joined the Air Force in 1943.

Thelma joined the War Widows Guild in 1972 after her husband Albert passed away. She then moved into the Rose Park village, where she lived for over 40 years. Last October, Thelma was made a Life Member of the Australian War Widows (SA) Inc for her contribution over 50 years with our organisation, serving both on the committee and managing the monthly trading table.

Thelma was very much a people person. She loved to talk to everyone, always asking after them and their families. Thelma was extremely kind and thoughtful. If she knew that some of the ladies at the War Widows had been working extra hard, then a little thank you gift would appear in appreciation of their efforts.

Thelma was a much loved resident at Rose Park often being called "Mother." Thelma passed away peacefully at her home, as was her wish. This was made possible by the incredible support from the other residents at the village, and her doctor who visited regularly.

Thelma was such a unique lady and will be sadly missed by all those who knew and loved her.
Rest in peace Thelma.



The Australian War Widows are supporting AVCAT



We are delighted to advise that the Australian War Widows (SA) Inc have selected a candidate to receive the War Widows Scholarship through the Australian Veterans' Children Assistance Trust (AVCAT).

Miss Shaley Mackay was chosen by the Committee to receive our Scholarship. This was presented to Shaley in May this year. This will greatly assist Shaley in her studies of Bachelor of Nursing, and Bachelor of Psychological Science at La Trobe University.



Shaley has written to us to express her gratitude in being awarded our scholarship, as it has made a huge impact for her. It has taken enormous stress off herself and her Mum and has allowed Shaley more time to really focus on her studies and assessments instead of all her time taken up with working.

Shaley was selected as a recipient of our scholarship as she was assessed as a hard-working student who would do well in her endeavours. Congratulations Shaley

Fashion Parade

On Friday 14 April 2023 was our fashion parade of autumn and winter fashions.



Once again, the clothing was provided by

Krissy at Mid Coast Styling. This year Heather Wills, Maria Barclay and Sharyn Walter offered their services to model the range of clothing. The girls did a great job; the outfits

looked fabulous and Krissy had lots of interest in the fashions from our members.



The fashion parade was followed by lunch of home made soup, sandwiches and a fresh fruit platter. A great day enjoyed

by 35 of our members and guests.

Hearty Italian White Bean Soup

Ingredients:

- 1 tablespoon olive oil
- 1 medium potato, peeled and cut into cubes
- 2 medium carrots, chopped
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 medium zucchini, chopped
- 1 teaspoon finely chopped red capsicum
- 1 can white beans or kidney beans, rinsed and drained
- 2 to 2½ cups vegetable or chicken stock
- 1 can (8 ounces) diced tomatoes
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes
- 1-1½teaspoons minced fresh thyme or 1/2 teaspoon dried thyme

Method:

In a large saucepan, heat oil over medium-high heat. Add potato and carrots; cook and stir for 3 minutes. Add onion, celery, zucchini and capsicum; cook and stir for 3-4 minutes or until vegetables are crisp-tender.

Stir in remaining ingredients; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until vegetables are tender.

Freeze cooled soup in freezer containers.



Let's Laugh

Cup of Tea

One day my mother was out and my dad was in charge of me.

I was maybe 2 ½ years old and had just recovered from an accident.

Someone had given me a little 'tea set' as a get-well gift and it was one of my favourite toys.

Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Mom came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' My Mom waited, and sure enough, here I come down the hall with a cup of tea for Daddy and she watches him drink it up.

Then she says, (as only a mother would know:)

'Did it ever occur to you that the only place she can reach to get water is the toilet?'



Sudoku

8			4				2	
			9					
6		4						3
	6	1	7			5		
4	9							
2	5	7	1		3	4	6	
				5	7	6		
		6						
7				8			3	5



Bank Impersonation Scams

Consumers are being warned to be wary of phone calls and texts that

appear to be from their bank, following reports of Australians losing their life savings to a highly sophisticated impersonation scam.

Reports to the ACCC's Scam watch indicate scammers are using new technology to trick their victims, by making the call appear to come from the bank's legitimate phone number or by sending a text that appears in the same conversation thread as genuine bank messages.

Please remember that no matter how legitimate the call or message seems, a bank **won't** ask you to urgently transfer funds.

If you receive an SMS with a telephone number to call, do **not use it**. Instead, call your bank direct on a number you have sourced yourself. Likewise, hang up if you receive a call from someone claiming to be from your bank requesting you to transfer money to "keep it safe."

Commemorative Medallion to Mark 50 Years since the end of Australia's Involvement in the Vietnam War

The Prime Minister and Minister for Veterans' Affairs have launched a commemorative medallion to honour those who served in the Vietnam War.

The medallions are available for every veteran, and can be applied for by Vietnam War veterans, widows of veterans and other family members of veterans.

For more details on the commemorative medallion, including how to apply, or for more information about the other commemorative events planned, visit the DVA website: www.dva.gov.au/vietnam50.



HOME CARE CHECK-IN SERVICE

The Aged Rights Advocacy Services Inc (ARAS) offer older people who are experiencing social isolation or loneliness, and are at risk of harm and neglect, to develop social connections through their home care check-in service.

ARAS' Home Care Check-in Advocates establish rapport through regular communication by visiting the older person at home and connecting by phone. By understanding the circumstances that affect an older person's well-being, we can refer them to existing supports that can assist them to live a connected life.

Eligibility for our Home Care Check-in service depends on factors such as location (currently Adelaide metropolitan area only), specific needs and any risk factors that may be present. Our Advocates will work with the older person to assess their needs and determine if our service is a good fit for their requirements.

Contact Details: Phone: 1800 700 600 or (08) 232 5377 or email aras@agedrights.asn.au

UPCOMING SOUTH AUSTRALIAN COMMEMORATIONS

June	2	Aboriginal Veterans' Commemorative Service
July	9	Memorial Service for the 80 South Australian seafarers at the Cheltenham Cemetery
August	18	Vietnam Veterans Day
	31	Malaya & Borneo Veterans Day
September	3	Dardanelles Commemoration
October	19	War Widows' Day



LEST WE FORGET

Memberships for 2023/24 are due on 1 July 2023



Payment can be made by cheque, credit card or paid direct to our bank account.

Please use your name as reference so we can allocate the payment correctly.

Subscriptions \$25, due 1st July annually.

Bank SA BSB 105-047

Account 195084440

Australian War Widows (SA Inc)

Reference Your Name (eg Mary Jones)

NEW MEMBERS

Welcome to our new members:

Eleanor Gordon

Chris Murphy

Jill Dykstra

Welcome

MEMBERS HAVING MILESTONE BIRTHDAYS

July

Bernardita Sage 85

Pat Zaniol 95

August

Veronica Durdin 75

September

Maureen O'Liffe 90

Barbara Billingham 85

October

Sharon Paxton 80

Congratulations everyone, enjoy your day!

With Condolence

We acknowledge the sad passing of the following members. Our sincere condolences to their families.

January 2023

Bettina Coonan

February 2023

Carmel Bland

March 2023

Thelma Zimmerman

Margaret Grace

Margaret Brebner

Dorothy Ballintyne

Marie Chamberlain

April 2023

Valda Cogan

Gwen Poole

Marjorie Rowe

May 2023

Cathrine Hogben

Audrey Lawson

Margaret Speck

June 2023

Upcoming Events

Friday 4 August – Guest speaker—Maria Barclay
Older Veteran Community—My Aged Care,
commencing 10.30am at War Widows Hall. Morning
tea provided. Not to be missed.



Friday 1 September – **Spring Fashion Parade**. 10.30am commencement including morning tea and a light lunch. Cost \$10.00

Friday 6 October—Veterans Health Week– at War Widows Hall 10.30am

Thursday 19 October—War Widows Day to be held at Ayers House for a High Tea, commencing at 11.30am. Invitation only.



Friday 3 November – **Melbourne Cup Theme** (Note to be held the Friday before, not Tuesday). At the War Widows Hall 10.30am for racing games and a light lunch. Cost \$10.00



Friday 27 October—Annual General Meeting at War Widows Hall, commencing at 10.30am with morning tea provided. Our Guest is our National President, Mrs Jenny Gregory.



Tuesday 12 December—Christmas Lunch—
Venue and cost to be advised



Change of Address Notification

If you have moved or planning to move please advise us of your change of address so that we can keep in contact with you.

Name

New Address

Postcode _____

New Phone No:

Date of Birth

Email:

Please return to Australian War Widows (SA) Inc

141 Fullarton Road, Rose Park SA 5067

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FEDERAL MEMBER FOR STURT

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8	3	9	4	6	5	7	2	1
1	7	5	9	3	2	8	4	6
6	2	4	8	7	1	9	5	3
3	6	1	7	4	8	5	9	2
4	9	8	5	2	6	3	1	7
2	5	7	1	9	3	4	6	8
9	1	3	2	5	7	6	8	4
5	8	6	3	1	4	2	7	9
7	4	2	6	8	9	1	3	5

Sudoku Answer