

AUSTRALIAN WAR WIDOWS (SA) INC. NEWSLETTER

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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.

**141 Fullarton Road,
ROSE PARK S.A. 5067**

TELEPHONE: (08) 8431 1422

Email address: admin@warwidowssa.org.au

Business Hours

10.00 a.m. 2.00 p.m.

Tuesday & Friday

CLOSED

Monday, Wednesday, Thursday &

Public Holidays

Melbourne Cup Day

As the rain poured down on Flemington and the bold and beautiful squelched through the mud to watch the race that stops the nation (including one of our own Marge Stevens) ... We, at AWWSA were warm and snug in our beautiful hall at Rose Park. We didn't miss a thing!

Two sweeps sold out very quickly, the huge TV provided a great backdrop for the event in Flemington. Lunch was delicious with Judy Martin going above and beyond with her home cooking, on this occasion we enjoyed lemon tarts and mini chocolate cheesecakes, Thanks Judy.



Highlight of the day was our own on-site horse races! Yes, on site. They may have only been cardboard and felt but that didn't stop the punters. Jan and Maria were over run as bets were placed in the Widows Derby. Horses named 'Irritable Bowel' and 'Dodgy Prostate' were crowd favourites as they crossed the line. Beautiful hats were on display with Barbara Heinrich taking out top prize and Judy Martin's recycled hat very reminiscent of Audrey Hepburn in second place. The bubbly flowed with the fun of the afternoon and feedback suggested it was a huge success. See you next year punters. Please note no animals were harmed in the running of the Widows Derby.



Coralie Chapman, Wendy Arbon & Barb Heinrich

PRESIDENT'S "Catch up"



Happy New Year and welcome to 2023. I'm sorry I missed you at the Christmas Lunch, by all accounts and photographic evidence it was a huge success. Where was I? at sea on board the QE11 sailing with friends and sipping cocktails.....



I begin the year with great optimism and anticipation of exciting times ahead. The committee started early with a planning day in January that gave us a great kick start to a busy year. For AWWSA Inc the big focus this year will hopefully be that Government will recognise October 19th (Jessie Vasey's Birthday) as the inaugural South Australian War Widows Day. In 2022 this was recognised in both Queensland and New South Wales. To that end we have been working hard to lobby the 'powers that be' for this day. We currently have written support from former Premier Steven Marshall and verbal support from our Patron The Governor Her Excellency the Hon Frances Adamson AC. The minister for Veteran Affairs Geoff Brock is also very supportive. So, watch this space. As we need to reach as many war widows in SA as possible we invite you to give us feedback of how we can celebrate this occasion particularly in country areas. We have a suggestion box at the hall or please telephone or email your thoughts.

!

We are acutely aware that some of our members in the Riverlands that have been directly and indirectly impacted by the devastating water levels and flooding. Our thoughts are with you all and we nominated your cause for our collection on Friendship Day with a donation via Foodbank of \$230.

We have a new national President who hails from Queensland Mrs Jenny Gregory. I had the pleasure to meet Jenny in Canberra last year and I'm sure she will represent us well at the National level. There are major issues afoot including a long overdue revamp of just how veteran's claims are processed.

Our template for this year's meetings and gathering will be promoted in the newsletter as they occur. We hope they will be light-hearted, and fun filled while also trying to keep you informed of matters of importance to War Widows. If one aspect of the recent pandemic was highlighted it was the social isolation of many of our members. Our focus for 2023 is to reach as many of you as possible. Many of you were contacted by telephone in November by our secretary Maria Barclay, your feedback has been very valuable.

We have lots of fun activities and outings on the horizon including joining with Ex Service Organizations to broaden our horizons. The first event of this kind will be partnering with Legacy to bring you the 'Mother's Day Lunch at the Torrens Parade Ground on Friday the 5th of May. Later in the year we are arranging a bus trip for 'Christmas in July'. You are all welcome and remember the words of Cyndi Lauper "Girls just want to have fun".

Soldiers Biscuits

Once again the AWWSA are, in conjunction with Emmeline's, fundraising with the sale of the Soldiers Biscuits. This fundraiser has been ongoing for a couple of years and helps raise funds for the benefit of our members. Biscuits will be available to buy from March in Foodland and IGA supermarkets and also from the AWWSA office during meetings and office hours. Your support in purchasing these biscuits is appreciated.

National Presidents' Report



Happy New Year to all! I hope you have all recharged your batteries after the Christmas celebrations and are now feeling excited about facing 2023 and all that it brings. My Christmas was a quiet one, but I was very

happy to be able to celebrate Christmas Day with the other war widows who also live in the Australian War Widows Qld units in New Farm. We were the "Christmas orphans" who were not able to celebrate with family at this time. It is so important that no-one is alone for Christmas and this sentiment is well supported by the words of our motto to "support each other".

This year promises to be a busy one for us all as we work towards a National War Widows Day. We will keep you posted with the progress.

Since being elected as National President I have attended important meetings in Canberra, including ESORT*, and been part of online reviews of issues affecting veterans and their families. Recently I had a very productive teleconference with Commissioner Gwen Cherne, the Veteran Family Advocate. I was assured that she will continue to put war widows/families at the centre of any conversations about programs for veteran families including bereavement programs. I also spoke about elder abuse issues which face a number of our war widows. There is much happening in the domestic violence space and elder abuse needs to be looked at in this context.

If you know of, or are experiencing, any elder abuse instances it is important that we share this information so that we can work on ways to ensure that we can access the resources to assist any of our members. If you have any other important issues which you would like raised at National level please get in touch with me.

I have also been privileged to be part of the Recognising Families Sculpture Working Group which is looking into the development of a sculpture to honour and recognise families of ADF personnel. This sculpture will be placed at the Australian War Memorial.

I am also pleased to report that three of our war widows are part of this team.

I am also honoured to be part of the Stakeholder Consultative Committee to organise activities for the 50th anniversary of the end of Australia's involvement in the Vietnam War.

There will be a special Commemorative service at the Australian War memorial on 18 August 2023.

I will report more later on an initiative that is being led by Rhondda Vanzella to design a one stop data system to share information about services and organisations that can help to improve the lifetime wellbeing of veterans and families. I have been invited on to a subcommittee to look at the possibilities of bringing this initiative to fruition.

I am so pleased to be able to work with the Presidents from each state in Australia who give their time to make sure that all war widows are well represented and supported at both State and National level.

I wish you all a wonderful 2023.

Jenny Gregory

president@warwidows.org.au

*ESORT - Ex Service Organization Round Table

Virtual War Memorial

The Virtual War Memorial is an online commemorative collection from the Boer War through to the conflict in Afghanistan. It honours all those who have served the nation in times of conflict. You can search for family members here a wonderful and easy to use resource.

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Christmas Lunch

What a wonderful day enjoyed by a capacity crowd of members at the annual Christmas lunch held on Tuesday 15 December at the War Widows newly renovated hall.

Our members commented on how beautifully the tables were decorated. We must thank Heather Martin for her creative skills in nailing the Christmas theme.



The day commenced with a meet and greet, with members ushered to their tables. To add to the Christmas festivity

Jan Grosvenor utilized our wonderful large screen TV to stream Christmas songs and a Christmas scene in the background.

Drinks were served including a glass of bubbly for those who cared to. Lunch was a scrumptious three course meal. Our caterers served prawn and fruit cocktails, followed by the traditional roast turkey, beef, ham and vegetables. Some of our members assisted by serving the fabulous dessert of plum pudding and brandy custard, fruit pavlova, cream puffs and florentine biscuits, all home-made and delicious. Many thanks to, Diane Carr, Judy Martin and Sharyn Walter for these lovely desserts.

The lucky door prize was a basket of Christmas goodies and was won by a happy Jill Davidson.

We took the opportunity to recognise our oldest long serving member, Mrs Margaret Weir (currently 101) with a certificate and



flowers to mark this milestone. Congratulations Margaret you are a wonderful inspiration to us all!

A huge thank you to Jan Milham's daughter, Sue, who was a marvel in the kitchen. I don't think Sue will want to see another dirty dish for some time. So lovely to have different generations with us on the day with Judy Martin's granddaughter Dakota lending a hand too. Dakota helped serve entrees, sweets and drinks and was happy to undertake any chore asked of her.

Thanks to all those who assisted with making this a wonderful day enjoyed by all.

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

The Australian War Widows are supporting AVCAT



We are delighted to advise that the Australian War Widows (SA) Inc have signed up to an Australian Veterans' Children Assistance Trust (AVCAT) scholarship program.

AVCAT program assists approximately 250 young people each year with the cost of their tertiary education. The program will award the War Widows scholarship to a child or grandchild of a veteran who shows academic potential and who would not otherwise have the financial means to complete tertiary study.

The Committee have now made their selection for this scholarship. The recipient hails from Victoria and is currently pursuing a double degree in Bachelor of Nursing and a Bachelor of Psychological Science. She is an excellent candidate and fits the criteria as her father is an Army Veteran with service in Iraq, Afghanistan and East Timor.

We look forward to updating you with more information on the progress of this student as it comes to hand. We wish her well.

Friendship Day

What do you get when you mix a maximum temperature of 19 degrees (in February) forty-two women and a bloke called Bob cooking a BBQ? A whole lot of FUN! What a brilliant way to start 2023 with 'Friendship Day' held at the Hall in Rose Park. It was great to have everyone back and plenty bringing along friends or family to share in the day. Steven Marshall MP for Dunstan dropped in for coffee and laughed, along with Margaret Weir (102 in March), at the photo a sneaky grandchild took after Christmas lunch while Margaret was having a well-deserved

snooze... I believe Margaret's gone viral on Facebook.

We kicked off the morning on a serious note reminding everyone to beware of scams online. Diane gave an account of her own experience in trying online dating.... She advertised for a man with a car, knowing that some of us of a certain age must relinquish their licence. When her date arrived in an immaculate 1932 Rolls Royce she was thrilled, sadly when he got out of the car, she realised he was the original owner!



How would we get by without volunteers? Judy Martin's morning tea was fantastic, all cooked by Judy and at no cost

to us. Mini lamingtons, caramel tarts with cream lemon tarts with strawberries...wonderful. It's a wonder we could move after that, but move we did. Sharyn came up with a brilliant game of 'Name That Tune' the

idea was she played a few bars of a song and we had to name the song and the artist to get a prize.



Somehow the whole event turned into some kind of singalong and before we knew it we had, the whole room doing back up to 'you've lost that loving feeling' someone suggested we should have an AWWSA choir? Hold that thought.

Another high point of the day was firing up the BBQ for a good old sausage sizzle lunch. Bob Walter was magnificent in making that happen and his army training hasn't been for nothing, he was the most prepared and organised BBQ-er ever, all to our benefit.



Marge turned over a \$137 on the trading table and we raised a very nice \$230 for the SA flood relief fund. As I said earlier how would we get by without volunteers,

your always needed a huge Thanks to you all.

Nana's Easy Chocolate Cake

Ingredients:

- 1 ½ cups plain flour
- 1 cup sugar
- ¼ cup cocoa powder
- ½ teaspoon salt
- 1 tsp bicarbonate of soda
- 1 tbs white vinegar
- 1/3 cup vegetable oil

Icing (optional)

- 1 ½ cups icing sugar
- ¼ cup cocoa powder
- 1 tbs plant-based spread (eg Nuttalex) or coconut oil
- 2 tbs hot water (or to mix)

Method:

Preheat the oven to 170C.
 Add dry ingredients to a large bowl. Make a well in the centre and stir in the vinegar and the vegetable oil. Mix with a wooden spoon. The mixture will look runny – this is normal.

Pour into a greased lamington tin and carefully place in the oven (the mixture may slosh a bit). Bake for about 20 to 30 minutes.

To make the icing, sieve the icing sugar and cocoa powder into a bowl. Add the vegan spread or coconut oil, then pour in the hot water gradually, mixing until you get the right consistency. Allow to set in the fridge (if your kids, big and small, can wait), cut into squares and enjoy!



Let's Laugh

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire, it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eye, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike" "You're both old," he replied.

What did the ocean say to the sea? Nothing it just waved..

When a woman wears a bikini they reveal 90% of their body. Men are so polite they only look at the covered parts !

Relationships are a bit like algebra, have you ever looked at your ex and wondered Y?



Sudoku

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

UPCOMING SOUTH AUSTRALIAN COMMEMORATIONS

February	16	Bangka Day Radji Beach Massacre Anniversary
March		Allied Service in the Pacific
April	25	ANZAC Day
May	7	Battle of the Coral Sea
	12	Coral and Balmoral
June	4	Bomber Command Service

LEST WE FORGET

Exercise Class

Unfortunately the Tuesday Exercise Class is temporarily cancelled due to there being no qualified Occupational Therapist available to run it. We hope to be able to reinstate the exercise class once we have appointed a suitably qualified professional.

Sudoku Solution

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

NEW MEMBERS

Welcome to Judith Orr & Dianne McCormack.

Subscriptions and donations can be paid direct to the bank. 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)

MEMBERS HAVING MILESTONE BIRTHDAYS

March

Margaret Eullul-Jacob & Trina Lambert 75

Ronda Edwards 95

April

Joyce Page 75

May

Dee Haynes 75

June

Veronica Manders 75

Monty Smith 85

Congratulations everyone, enjoy your day!

With Condolence

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

October 2022

Audrey Freeman, Joan Gray, Joyce Huxley, Margaret King.

November 2022

Antonia Mezzini, Raylene Gordon.

December 2022

Beryl Roberts.

January 2023

Hazel McCollough.

We are advised of the passing of our members by family members and DVA. We apologise if a member is not listed.

Upcoming Events



RSL CARE SA

Friday 3 March – General Meeting at War Widows Hall, commencing at 10.30am with morning tea. Our Guest Speaker is Nathan Klinge from RSL Care. The charity collection for the day will go towards RSL Care's ARVL Program which offers emergency housing for homeless veterans.

Come along to hear Nathan inform us about RSL care.

Friday 14 April – General Meeting and Fashion Parade at War Widows Hall, commencing at 10.30am. Clothing will be modeled by some of our members and available for purchase. Join us for a great morning out. A light lunch will be available afterwards for \$10



Friday 5 May – Mother's Day Lunch in conjunction with Legacy to be held at Torrens Parade Ground. Lunch 11.30am—2.30pm. No cost to Legacy and Widows, Associate members and guests \$35. RSVP by Friday April 21 by calling the office or via email . Please advise if you require parking.

Friday 2 June – General Meeting at the War Widows Hall commencing at 10.30am with morning tea – This will be - **A Literary Day**. If you love books come along and hear our guest speakers.



Friday 7 July – Christmas in July Lunch. This will be a bus trip. Watch this space for more details.

Friday 4 August AGM 10.30am War Widows Hall

Thursday 19 October War Widows Day please save the date!

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

The opinions expressed in member articles in this Newsletter are not necessarily those of the Australian War Widows' (SA) Inc and should not be taken as to be so. Whilst we make every attempt to check articles for factual accuracy, we apologize if occasionally something goes awry.

Editor

The Australian War Widows SA thanks the office of James Stevens MP, the Federal Member for Sturt for printing our Newsletter.