

AUSTRALIAN WAR WIDOWS (SA) INC. NEWSLETTER

Vol. 65 No. 1
March 2024
ISSN 2208-7532



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.**

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Business Hours:
10.00 a.m. - 2.00 p.m.
Tuesday and Friday

CLOSED
Monday, Wednesday, Thursday &
Public Holidays

PRESIDENT'S

"Catch up"

Jan Milham



March 2024

Hello Everyone and welcome to 2024, I can't believe we are already into March.

It was nice to see so many ladies at our first gathering for the year, I'm sure we all enjoyed the skin care and make up session on the day. I for one learnt a couple of handy hints and would like to thank Diane Carr for organising it all and a big thank you to Maria Barclay for being our model. Whilst she was a little nervous at the start she thought her makeover was going to be wasted and felt that she should be going out on the town, And a special thank you to the ladies who work their magic in the kitchen, you know who you are, and I applaud your quiet "let's get it done" approach. Keep it up girls, many hands make light work and it's those important behind the scenes activities that make such a difference. I know our kitchen is not exactly the most glamorous place to be!!!

Sue Burdett won the raffle, so much for her saying "I never win anything." Well done Sue, do hope you can use the goodies in the basket.

On December 28th (seems so long ago) the Committee and a few other ladies got together for a Planning Day. We are working on putting together some events through the year that hopefully you will find interesting and would like to attend. One of our new members is busy printing off a Calendar of Events so you can put dates in your diary. Some of the dates refer to Commemorations and I would always encourage people to attend where appropriate.

At this stage there is not a lot to report on, so I will sign off and leave you to enjoy this edition of your newsletter. Just before I go, remember we like to hear any suggestions for events, etc. Look forward to seeing you all soon.

Jan M

Fuel for thought

Here are some options for discounts:

1. Seniors Card discounts



South Australian seniors will now be able to trim 4 cents off a litre off fuel at United Petroleum and other items, including clothing, fitness, education and other retail products, by registering at www.seniorcard.sa.gov.au or call United Customer solutions 1300 383 587.

All South Australians aged over 60 and work less than 20 hrs a week in paid employment can apply.

"I encourage members to refer to the online or hardcopy directory whenever they are looking for goods and services, as the savings will quickly add up."



2. APOD defence discounts

Defence personnel and family can join APOD free of charge and receive 5c off a litre at Ampol Foodary and other discounts by registering at www.apod.com.au or call 1300 002 763.

APOD is an app on your phone

3. Hoyts Cinemas **HOYTS**

Holders of Gold DVA Card are entitled to a \$1 ticket (maximum of 1 per day), subject to the following conditions:

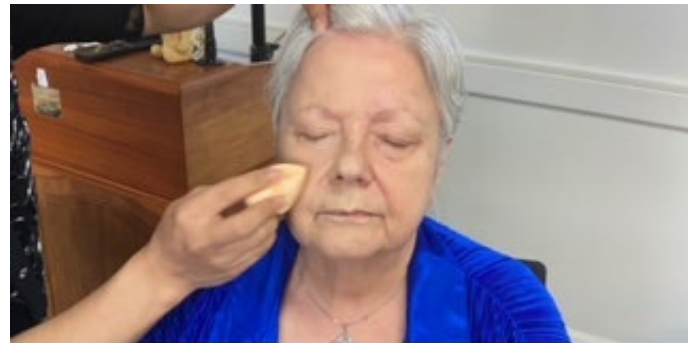
- Valid 3D, Xtremescreen, D-Box (Surcharges apply)
- Not valid for movies which are on the No Free List (N.F.L.)
- Not valid Saturday nights from 6pm
- Not valid on School Holidays
- Not valid on Public Holidays
- Not valid for special events, such as GNO
- Not valid in Lux and Daybeds

AWWSA General Meeting February 2024

On our first meeting for the year, Jerick Moral entertained and educated us on how to apply make up on a 'mature' skin. Jerick, a qualified makeup artist with 20+ years of experience. Jerick began his career in the Philippines and relocated to Australia eight years ago. An experienced makeup artist, who has been providing services for weddings, pageants, photography, television, fashion shows and other special events since 2000.

Our fabulous model Maria looked truly stunning after her make over. We all learned at least one tip. All those attending also received the gift of an eye or lip pencil. A lovely entertaining start to the new year.

Maria stated that it was her first ever make over and she's found her eyebrows. There was a lot of enthusiasm from members about all the techniques and tips on how to use all the products. Jerick answered a lot of questions from the engaged audience.



If you could kick the person responsible for most of your problems, you wouldn't be able to sit down for six months.

DID YOU KNOW???

❖ U.T.I.'s are a major cause of Emergency Room presentations in Women aged over 65

❖ After being discharged from the "**Emergency Department**" at Hospital, Gold card holders can catch any taxi after hrs on presentation of your card to go directly home. No need to make a booking.

❖ G.Ps can write scripts for QV Wash, hay fever tablets, Hydralite and other items you need to stay healthy

❖ Gold card holders are entitled to free customised exercise programs, mental health support, occupational aides and therapy, physiotherapy and many more. Apply to Veteran Benefits Australia online at www.veteransbenefitsaustralia.com

❖ Gold card holders can apply to have home services from DVA after an operation, ie: cooking, cleaning, lawn care.



Poise – the art of raising the eyebrows instead of the roof.



So long and good luck

For those members who are not aware, Steven Marshall M.P. was a great supporter of War Widows.

In his position as Veterans' Affairs Minister for South Australia, Mr. Marshall was always willing to assist us with events, etc., even "popping in" for a cuppa – just to see how we were doing.

We take this opportunity to thank him for his consideration and wish him well in his future endeavours.

We sincerely hope Mr. Marshall will retain his membership with our association. As Vera Lynn said "We'll meet again"

URINARY TRACT INFECTIONS

THE FACTS:

AFFLICTS 1 in 3 women.

ONE IN FOUR women who get a UTI go on to develop chronic UTI.

#1 REASON for prescribing antibiotics.

SYMPTOMS OF CHRONIC UTI include bladder and pelvic pain, urgency and frequency of urination, incontinence.

CAUSED by bacteria that burrow into the cells lining the urinary tract.

TRIGGERS OF INFECTION are sexual intercourse, vigorous exercise, stress, alcohol.

STANDARD URINE TESTING misses over 50% of infections.

See insert for more comprehensive information.



National President Report Autumn 2024

Dear Members,

As I put pen to paper my thoughts are with those of you across Australia affected by the weather events we have been contending with. While even the most loyal and proud Australians amongst us sometimes find it hard in times like these to love our sunburnt country with its drought and flooding rains, your courage and resilience shines through, as does the friendship and generosity of those more fortunate. Despite everything that Mother Nature may have thrown at you, I hope you managed to celebrate Christmas and New Year with your loved ones.

As a New Year is upon us your National Council is looking forward to planning for the year ahead. We are excited to be planning for our inaugural National War Widows Day on 19 October this year. Letters have been sent to the Ministers/representatives for Veterans Affairs in Victoria, Tasmania and NT to inform them of this event and to ask for their support. At present there are no formal Australian War Widow Groups in these states, and we would really like them to celebrate with us.

It was great for many of us to have a break over the Festive Season and recharge our batteries. Now that we have welcomed in the new year the various representative groups that I attend on your behalf will reconvene and the first meetings for the year have been scheduled.

I attend a number of these groups including ADSO (Alliance of Defence Ex-Service Organisations, ESORT (Ex-Service Organisation Round Table), OWP

(Operational Working Party) NACCF (National Aged Care Community Forum) and seek your input into any issues you may like raised at these meetings. Our Council members have been busy representing AWW at various events. Robynne Mitchell and Rhondda Vanzella attended the dedication of the Keith Payne VC Rest Area at Pheasant's Nest NSW on 13 November 2023. We held a very productive AGM on 21 November 2023. I continue to represent AWW on the Editorial Committee for Veterans MATES and Maria Barclay from AWW SA attends a Veterans MATES consultative group in Adelaide.

I am pleased to report some matters from the ESORT meeting I attended at DVA Canberra in December. Minister Keogh was present and discussed key priorities including consultation on the legislative reform pathway to produce a better simpler system of compensation. Secretary Alison Frame acknowledged the emerging priority of Aged Care issues. DVA is continuing to work to improve support for veterans transitioning to, and living in, aged care facilities.

On 11 December 2023, I attended a Residential Aged Care workshop with DVA staff and relevant stakeholders to discuss gaps in Residential Aged Care service delivery to Veterans and War Widows, and to find a way to provide a more seamless service. Issues around hearing aids remain an area where DVA is working to ensure veterans' needs are addressed.

Thank you to all those who attended and/or laid wreaths at Remembrance Day Services. We must always remember and acknowledge those who were prepared to give their lives for their country.

Until next time, stay safe and cool, keep your vaccinations up to date and I look forward to hearing from you if you have any issues you need addressed.

Jenny Gregory OAM
National President



COCONUT DAINTIES

INGREDIENTS:

- 125 grams butter
- 1 small cup sugar
- 1 egg
- 1 cup self-raising flour
- 2 cups desiccated coconut

METHOD:

- Cream butter and sugar together.
- Add egg.
- Stir in flour, then coconut.
- Roll into walnut sized balls.
- Place on baking paper on an oven slide, allowing room to spread a little.
- Bake at 180 C until golden brown.

Name: _____ Date: _____

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Easter Day Word Hunt

X	K	O	J	E	L	L	Y	B	E	A	N	S	L	C
R	V	D	C	S	N	J	X	V	U	T	T	P	W	H
X	P	V	J	N	G	L	H	Y	K	H	V	R	V	O
P	B	B	N	W	Y	O	N	S	D	A	G	I	E	C
E	T	A	R	O	C	E	D	A	M	N	Z	N	D	O
S	G	G	E	F	X	U	F	R	W	R	A	G	A	L
X	B	H	M	P	E	F	M	E	Z	F	I	C	R	A
G	A	Y	I	Z	O	Y	Q	T	Q	Z	A	T	A	T
U	S	Q	K	D	A	N	T	S	X	U	V	F	P	E
W	K	U	I	Z	C	N	I	A	B	F	L	I	W	W
X	E	L	N	A	E	U	P	E	U	O	H	E	R	X
N	T	K	R	D	D	B	Y	C	W	K	S	U	C	Y
Y	P	R	I	R	A	Q	J	E	L	E	R	A	N	M
T	O	D	O	L	Q	Y	R	B	O	D	Y	S	J	T
T	D	S	K	C	I	H	C	B	Y	I	S	L	F	H



- BASKET
- BUNNY
- CANDY
- CARROT
- CHICKS
- CHOCOLATE
- DAFFODIL

- DECORATE
- EASTER
- EGGS
- FLOWER
- HUNT
- JELLYBEANS
- PARADE

- SPRING
- SUNDAY



WAR WIDOWS ENTITLEMENTS

The War Widows Association is built on the footprints of our Founder, Mrs Jessie Vasey.

In 1945, Mrs Vasey identified that many widows of the fallen were living in sub-standard conditions, some homeless and many unable to feed their father-less children.

From that day forward, Mrs Vasey fought the Government to improve conditions and payments for those women, who, already having suffered a terrible loss, were living in near poverty. Mrs Vasey took it upon herself to remind the Government of their promise made to the men who enlisted, that their widows and children would be cared for.

The campaigns, under Mrs Vasey's leadership achieved the introduction of several entitlements that we currently have access to, including inclusion of the tax-exempt pensions, increased pensions, concessions, income supplements, medical entitlements etc.

The ethos of Mrs Vasey's legacy continues as the War Widows Association (SA) Inc., lobbies Government to ensure all entitlements continue if/when a war widow enters residential aged care.

Currently, Aged Care Providers deliver inconsistent services to our veteran/war widow community because they do not have to honour respective Veteran/Military legislation, they only comply with the Aged Care Act 1997. That is the reason we need to ensure the new one, which will be effective from 01 July 2024 cross references our own Acts.

We have examples of some veterans and war widows' entitlements under their Gold Treatment Cards being reduced and/or not honoured by residential care facilities.

If you consider that this issue is important and/or would like to support our efforts in protecting our entitlements to services when in residential aged care, **PLEASE consider contacting the Department of Health and Aged Care with feedback. As an example:**

'I/WE REQUEST THE GOVERNMENT PLACE VETERANS AND WAR WIDOWS AS A STAND-ALONE GROUP WITHIN THE NEW AGED CARE ACT' AND THERE IS NO REDUCTION OR LOSS OF ENTITLEMENTS UNDER CURRENT VETERAN LEGISLATION.

The following are ways you can provide this feedback:

NO LATER THAN FRIDAY 8 MARCH 2024:

* **My Aged Care Consultation Telephone Line:** 1800 318 209

* **Email:** AgedCareLegislativeReform@health.gov.au

Please direct any questions to Maria Barclay, Secretary, on 0411 137 813.

UPCOMING SOUTH AUSTRALIAN COMMEMORATIONS

April	24	Kapyong Day
	25	ANZAC Day
May	5	Battle of Coral Sea
	8	VE Day (Victory in Europe)
	13	Battle of Coral Balmoral, Vietnam
	27	Aboriginal Veterans Commemoration
June	5	Bomber Command
	6	D Day Landings
See calendar insert for more events		

MEMBERS HAVING MILESTONE BIRTHDAYS

March

Margaret Weir	103
Margaret Morrissey	95
Nancy Horsell	95

April

Suzanne Martin	75
Marlene Wilson	85
Florence Buxton	103

May

Joan McRae-Wood	95
Joy Pittman	95

June

Beverly Chapman	80
Hazel Humphrys	95

Congratulations everyone, enjoy your day!



NEW MEMBERS

Welcome to our new members:

June Lindsay
June Phillips
Pam Smith
Paul Rosenzweig OAM JP
Marisa Duncan
Deborah Lennard
Margaret Joyce
Mary Nolan

Welcome

Green Practices for Commemorative Events

Some materials commonly used in wreaths and tributes, such as plastics and non-biodegradable products, pose a significant environmental threat. These materials do not break down and contribute to pollution, which contradicts our duty to leave a healthy planet for our families and future generations.

Recognising this, the Australian War Widows of South Australia took a commendable step last year by adopting a policy to utilize only tribute books for charitable purposes or locally sourced cut flowers without harmful foam backing and wires. This initiative mirrors the sustainable approach taken during the coronation of King Charles III in 2023, where only local cut flowers were used, aligning with the policy that only organic or compostable material should be laid in tribute.

You can also use locally sourced cut flowers, free of harmful foam backing and wires, and explore other organic or compostable materials for creating wreaths and tributes.

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

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**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**

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Jan Milham

Vice President:

Diane Carr

Secretary:

Maria Barclay

Treasurer:

TBA

COMMITTEE

Helen Adamson, Jan Grosvenor, Heather Martin

IMMEDIATE PAST PRESIDENT

Mrs Diane Carr



**James
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FEDERAL MEMBER FOR STURT

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