



AUSTRALIAN WAR WIDOWS (SA) INC. NEWSLETTER

We all belong to each other...

We all need each other...

It is in serving each other and sacrificing for our common good that we are finding our true life.

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 Rhondda Vanzella, OAM

SOUTH AUSTRALIAN EXECUTIVE

President: Mrs J. Milham

Non-Participating Immediate Past President

Mrs Claudia Cream OAM

1st Vice President Mrs D. Carr

2nd Vice President: Mrs H. Adamson

Secretary: Mrs S. Walter

Treasurer: Mrs S Walter (interim)

COMMITTEE

Mesdames Mrs J. Grosvenor, Mrs J. Hanley OAM,

Mrs J. Macintosh OAM, Mrs H. Meyer.

141 Fullarton Road,
ROSE PARK S.A. 5067

Enter via Thomas Place

TELEPHONE: (08) 8431 1422

Email address: admin@warwidowssa.org.au

Website: www.warwidowssa.org.au

BUSINESS HOURS

Monday, Tuesday, Friday

10.00 a.m. to 4.00 p.m.

CLOSED

Wednesday, Thursday & Public Holidays



PRESIDENT'S "Catch up"

Hello Everyone,

I do hope the first
"catch-up" for 2022 finds
you well.

As I was putting dates in my diary for coming weeks, I realised we are fast approaching the end of January and I found myself looking back at what was happening this time last year, and the thing that came to mind was how quickly the year seemed to go and even though I had a bit of spare time over the break I still didn't manage all of the "to do" plans.

We had some extraordinary challenges throughout the year, but we still managed to enjoy various activities, how lucky we were that the 75th and the Christmas lunch went ahead. We have everything crossed that this year will be filled with some exciting new developments, and we hope as many members as possible will participate and are able to be involved. With that in mind, your Committee are always looking for feedback, so please, let us know if you have an idea or suggestion.

Our library has been doubled in size due to a very nice donation, so if you are looking for reading material, I'm sure we can oblige!!!

It was with great disappointment that we cancelled the February General Meeting and so the next time I see some of you, we will be almost ¼ of the way into the year, so I look forward to seeing as many of you as possible then.

As always, enjoy the newsletter, keep well, keep busy, keep smiling and give me a call if I can be of assistance.

Jan - 0438 081 939

Farewell to Brenda Fergusson



It is with great sadness that we wish to advise members of the sad passing on 17th December of our long term member, Brenda Fergusson.

Brenda was an active member of the War Widows' Guild. She was

elected to the Committee in June 2005 and continued to serve on the Committee for 15 years until August 2020. During this time Brenda served as Vice President for 2 years from June 2006 until June 2008. Then in June 2008 she was elected to the position of President, a position she held for 3 years until June 2011.

Brenda was always a regular attendee at our General Meetings and various functions, and her friendship was valued by many of our members.

The photo we have chosen to share with you is typical of Brenda. It shows how elegant she always was. This is how Brenda will be remembered by all of us.

We all appreciate the dedicated service Brenda gave to the War Widows over the years. We will miss your support and friendship.

Fun Facts about Australia

- ◆ The Australian Alps get more snow than the Swiss Alps.
- ◆ Tasmania has the cleanest air in the world.
- ◆ The Great Barrier Reef is the largest Eco system in the world.
- ◆ Australia has over 60 separate wine regions.
- ◆ Fraser Island is the largest sand island in the world
- ◆ The Indian Pacific train has the longest straight section of track in the world.
- ◆ The Great Ocean Road is the world's largest war memorial
- ◆ 80% of the animals are unique to Australia.

UPCOMING SOUTH AUSTRALIAN COMMEMORATIONS

March	1	Formation Of Australian Army 1901
	15	Formation of Women's Auxiliary Australian Air Force 1941
	18	First arrival of Australian contingent of UNTAG in Namibia 1989
	19	Iraq War commenced 2003
	31	Formation Of Royal Australian Air Force 1921
	31	Formation of Royal Australian Navy 1901
April	2	RAN Sea King crash - Nias Indonesia 2005
	10	Siege of Tobruk North Africa 1941
	21	Formation of and first enlistments Womens' Royal Australian Naval Service 1941
	23	Battle of Kapyong Korea 1951
	25	Anzac Day Gallipoli Landing Turkey 1915
	29	Anniversary of UN Mission for the Referendum in Western Sahara (MINURSO) established 1991
	30	Anniversary of the loss of HMAS AE2 1915
May	4	80th Anniversary of the Battle of the Coral Sea 1942
	25	Operation Astute commenced East Timor 2006
	29	International Day of UN Peacekeepers
	29	Aboriginal Veterans Commemoration Service
	29	Sandakan Remembrance Day Borneo
June	5	Bomber Command Commemoration Service Day
	6-7	Anniversary of the Battle of Long Khanh
	19	Vietnamese Armed Forces Day
	27	PTSD Awareness Day

From the National President



Hello to all Members and Friends,

I hope you enjoyed a lovely Christmas and New Year and you were able to connect with family and friends during this time. We are again seeing so many affected by the pandemic as we begin the 2022 year. I hope the year will look brighter very soon as I am looking forward to more travel to each of the states this year.

Our National Council, which is made up of the State Presidents from QLD, NSW, ACT, SA & WA meet via Zoom each month to discuss our advocacy at a national level and to collaborate between states on new ideas and support programs for members. It is my hope we will be able to all meet again in person in the coming months here in Canberra.

As many of you may have seen in a previous edition, The Australian War Widows have been nominated by Her excellency, Mrs Linda Hurley as the organisation to receive the donated \$2 from the sale of each "Lady of Australia" rose sold, in the support of War Widows. This rose has been chosen as the official rose to celebrate The Wives of the Governor Generals of Australia. The rose is currently available for pre-order via

<https://www.wagnersrosenursery.com.au>

As always, I encourage you all to reach out to your Australian War Widows (AWW) state office should you need to chat to another person or require support.

Take care

Rhondda Vanzella OAM
National President
Council Member Australian War Memorial

Members Support

If you require support here are some contacts you may be interested in:

Open Arms – Veterans and Families Counselling Service – 1800 011 046 or online at www.openarms.gov.au

Lifeline Australia, Crisis support – 13 11 14 – Available 24/7 or online at www.lifeline.org.au

Defence Family Helpline, support provided by social workers and psychologists – 1800 624 608 – Available 24/7 or online at www.defence.gov.au/DCVO/Defence-Helpline.asp

Department of Veterans' Affairs – for advice, claims & support services - 1800 838 372

Careers SA – Counselling – 1800 242 636

Apple Oat Crumble Recipe

1.2kg (about 8 medium) cooking apples, such as Granny Smith

125g (1/2 cup) water, 55g (1/4 cup) sugar

Crumble Topping

150g (1 cup) self-raising flour

110g (1/2 cup) caster sugar

50g (rounded 1/2 cup) rolled oats

115g cold butter, roughly chopped

75g (2/3 cup) roughly chopped walnuts

- Peel, core and cut apples, place in a large pan with the water and 55 grams of sugar.
- Cover pan and bring to the boil, reduce heat and simmer gently, until the apple is nearly tender. Some of the apple may collapse to a pulp but you want most of the pieces to retain their shape.
 - Tip the apple into a shallow 1.5 litre baking dish and spread evenly to cover the base.
 - Stir the flour, sugar and oats together in a large bowl. Add the butter.
- Rub butter into dry ingredients until thoroughly combined. Add the walnuts and mix to combine.
- ◆ Sprinkle it over the apple. Bake for about 25–30 minutes at 180 degrees Celsius (160 degrees Celsius fan-forced) or until golden.
- ◆ Serves 6-8

Guest Speakers 2022

March 4 Diane Carr—Making old new again

April 1 Services available to you, Open Arms & Burnside Council Community support

May 6 Celebrate our Mums—Bring along a photo of your Mum, for quiz/competition. Devonshire tea provided.

June 3 All you should know about recycling

If you have any suggestions for future Guest Speakers please phone the office.

Australian War Widows (SA) Inc into the Future

Once the Covid situation has lessened we hope to commence planning for the War Widows into the Future. It is imperative that we encourage new membership. The average age of our membership is 82 years. We need to rely on new membership and our younger members if the organisation is going to survive into the future. I'm sure that we would all want that.

In prior years all the administration for the War Widows was carried out by paid staff. When they resigned in 2019 it was decided to run the administration of the War Widows with volunteers thus saving the organisation over \$30,000 per year. The result of this change is that the workload over the last three years is being done by only a few. We have two of our executive members doing the bulk of the work and this has to change. We need to distribute duties in order to lessen the workload on those few. We need members to come forward who have admin, computer, event management or marketing skills, and who are willing to give a little time. If we can split these roles it will make it an easier job for everyone, with the added benefit of the camaraderie that is important in our organisation.

If you would like to help, please phone and have a chat to either:

Jan Milham 0438 081 939
Diane Carr 0428 392 650
Sharyn Walter 0408 810 118

NEW MEMBERS

Mrs Claudia Cream OAM membership re-instated 25/11/2021

Maria Barclay, Trina Lambert,

Steven Marshall, Frank Weits & Ian Smith

Apologies if your name is not here, it may have come in too late for publication it will be in the next issue.

Subscriptions and donations can be paid direct to the bank. Subs, have **increased to \$25**, and are due 1st July.

Bank SA BSB 105-047

Account 195084440

Australian War Widows SA Inc

MEMBERS HAVING MILESTONE BIRTHDAYS

March

Josephine Boothroyd 70

Suzanne Burdette 80

Kaye Hamilton 70

Muriel Watkins 95

April

Carmel Bland 95

Dawn Cleaver 90

Diana Fazekas 70

Rob Fletcher 65

Ellen Wilson 75.

May

Joan Bergin 90

Pauline Hawkins 85

Heather Martin 75

Mary Provis 70

Margery Stevens 95

June

Thelma Zimmerman 100

Congratulations everyone, enjoy your day!



Walker Giveaway

A folding walker has been donated to War Widows to be passed on to someone who can make use of it. It is in excellent condition. If you, or someone you know, would be interested, please contact the Office during opening hours.



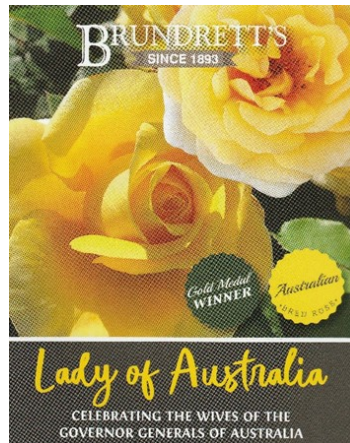
AWW (SA) Takes no responsibility for injury or accident caused by the walker. You are strongly advised to inspect prior to use.

Save the Date

Social activities planned for the first half of 2022 are:

- 1) **Friday 6th May, 10.30am Celebrating Our Mothers.** This will be a great day of fun and entertainment. Unfortunately, this date clashes with the Legacy Mothers Day event. We hope you can make our day. For catering purposes could you please contact the office and advise of your attendance.
- 2) **Wed 11th & Thurs 12th May**—Exhibition in our hall—The RSL a Time to Celebrate
- 3) **Friday 20th May 10.30am**—Fashion Parade of new seasons fashions.
- 4) **Sunday 12th June.** A Film Event at the Hall. More details to follow closer to the day.

Lady of Australia Rose



The Lady of Australia is an Australian bred rose that has been chosen as the official rose to celebrate the wives of the Governor Generals of Australia.

The Lady of Australia is also a charity rose. Her Excellency, Mrs Linda Hurley, has

kindly nominated the Australian War Widows as the organisation to receive a \$2 donation from each rose sold to assist in the support and advocacy of War Widows.

We thank Mrs Hurley for this nomination.

The rose can be purchased online at www.wagnersrosenursery.com.au

We will purchase one of these roses for our memorial garden.

Have you Heard

The Pope had finished a trip to Boston and was taking a limousine to the airport. Never having driven a limo before, he asked the chauffeur if he could have a drive. The chauffeur obediently climbs in the back and the Pope takes the wheel. Eager to see what the limo can do, the Pope accelerates to 150km/hr. Soon he sees the flashing blue light of a highway patrol behind him. He pulls over and an officer comes to the window. "Just a moment please," says the officer politely seeing who is behind the wheel.

Quickly the officer gets on the phone and asks for the Chief telling him that he's pulled over a really important person and asking how he should handle this.

"It's not Ted Kennedy again is it?" asks the Chief. "No sir," says the officer. "This guy is more important." "Is it the Governor?" asks the Chief. "No! even more important," says the officer.

"Is it the President?" asks the Chief. "No! even more important," says the officer.

"Well who is it?" screams the Chief.

"I don't know sir," replies the officer, "but he's got the Pope as his chauffeur."

War Widows Accommodation

Are you looking to downsize from your current accommodation into a smaller, more manageable, unit in beautiful surroundings and with the convenience of being close to the city? The units are for Widows who want to remain independent and have the advantage of other like minded ladies around them in a small complex. The Fullarton Road property has the added bonus of being the hub of the Australian War Widows (SA) Inc with meetings and activities right on your doorstep.

If you think this is something that would appeal to you in the future, please get in touch with the office or Jan, the President, so that your name can be put on the waiting list.

Office (08) 8431 1422

Our Sincere Condolences

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

January

Jean Bishop, Maisie Brown, Pamela Ward

February

Hazel Benjamin

March

Lois Brock OAM

April

Shirley Maxwell

May

Margaret Jenkins

July

Sylvia Broad, Colleen Fowler,
Barbara Gordon, Colleen Pettingill
Helen Wakefield

October

Betty Huddleston, Joan Usher

November

Gwenda Miller

December

Marjory Goldney, Brenda Fergusson

We are advised of the passing of our members by family members and DVA. We apologise if your loved one is not listed.

Protect yourself against Scams

There are many scams out there. Here are some tips to help protect you.

1. You may receive a phone call **offering a prize, money or a rebate**. The scammer may threaten you with arrest or send you an email claiming you owe money for a speeding fine, a tax office debt or an unpaid bill.
2. Don't be pressured by a threatening caller. Stop, think and check whether their story is true.
3. A government agency or trusted company will never ask you to pay by unusual methods such as by a gift card, wire transfers or Bitcoins.
4. Verify the identity of the contact by calling the relevant organisation directly. Find them through an independent source such as a phone book, past bill or online search.
5. **Do not use** the contact details provided in emails or given to you during phone calls.

SMS text messages –

These are used by scammers to send a whole range of scams including competition or prize scams. If you respond, you may be charged at premium rates or find yourself signed up to a subscription service. It is safer not to respond. Do not click on links in text messages unless you know who they come from. They may contain attachments or links to malicious software in the guise of photos, songs, games or apps.

Code of Conduct

Members will have received a copy of the Code of Conduct with this newsletter. Please also note that AWW (SA) now has a Complaints and Dispute Resolution Policy and a Complaint Handling Procedure. Copies available on request from the Office or on the [website www.warwidowssa.org.au](http://www.warwidowssa.org.au)

Christmas Lunch 2021

After a couple of false starts in December 2020 and July 2021 we were finally able to hold our Christmas lunch on Tuesday 14 December 2021.

In previous years our Christmas lunch was held at CWA house and was well catered for by the CWA ladies. Unfortunately, CWA advised us that they have ceased providing this service. This meant that we needed to find an alternative venue. Jan Milham came up with the idea of holding it in our War Widows hall and have it catered by the ACH catering team. Once this was approved by the Committee, Troy and his team were engaged to provide Christmas lunch on the day.

Some of our members spent some time decorating the hall, and a Christmas tree to create a Christmas theme. Once the tables were set up and decorated, we certainly achieved that.

Thirty-seven of our members enjoyed a traditional Christmas lunch and a catch-up with other members. We held a lucky door prize of Christmas treats, which was won by Moya Shearn. We also ran a "Count the number of sweets in the jar," competition. This was won by Marg Stevens with a guess of 357, only one off the actual figure of 358.



A great day was enjoyed by all.

Raffle Winners November—February

Nov S Walter, J Davidson

Dec Door Prize M Shearn

Count the lollies in the jar (357) M Stevens

Mrs June Montgomery (Monty) Smith OAM

We were delighted to hear that another one of our members was awarded an OAM as part of the 2022 Australia Day awards.

Monty commenced her career as a nurse, working as a field officer with the Red Cross for 10 years. She then decided to follow her passion and went to university to retrain as an historian. This led Monty to over 50 years of involvement in community history programs, especially in country towns.

One of her passions was the history of cemeteries, recording information and taking cemetery tours. Monty also has an interest in military history. She worked on several projects, including working with descendants to mark every Boer War grave in every cemetery across the mid north along with others in Adelaide. Recognizing the lack of a Boer War monument in Canberra, Monty represented South Australia as State Chairman, National Boer War Memorial Association and worked with other States to commission a suitable memorial. The Boer War memorial was opened in May 2017.

Monty has written two books. The first, published in 2014, "A Jam Tin of Mosquitoes" is about South Australians who served in the Boer War 1899-1902. Her second book "Their Duty Nobly Done" was published in 2017 and is the story of boys from Gladstone, Gulnare, Georgetown, Narridy and Huddleston who served in WW1. Throughout her books, Monty made a point of recognising the dedication of our nurses during wartime.

What a wonderful achievement Monty has made to community history, especially in the mid north. A well-deserved recognition. Congratulations Monty on your OAM.

Desperately Seeking Volunteers

We are in desperate need of volunteers with a range of skill sets to help with the many tasks required to run our organisation. If you have a few hours to spare, please get in touch.

GENERAL MEETINGS

General Meetings have resumed for those that wish to attend and we are adhering to social distancing requirements as laid down by SA Health. See Guest Speakers for meeting dates.

- *Tuesday Exercise Classes have resumed (with a cuppa and a chat afterwards)*
- *Puzzle challenge*

Meetings are on the first Friday of the month, except December and January. Sometimes this may change to accommodate other functions.

If you need to, you can always contact:

PRESIDENT: Jan Milham on 0438 081 939

Time for a Laugh

1. You don't realise how old you are until you sit on the floor and then try to get back up.
2. We all get heavier as we get older, because there's a lot more information in our heads.
3. A recent study has found women who carry a little extra weight live longer than men who mention it.
4. A thief broke into my house last night. He started searching for money so I got up and searched with him.

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: Jenny Checkley.

The Trading Table

During every meeting we have a Trading Table run by Marge Stevens. Members are encouraged to donate fresh produce from their gardens if they have excess. We also like Jams and Chutney too! Members can purchase from the table, which is one of the ways that the War Widows raise much needed funds.

While we value your support, which is greatly appreciated, please be mindful when donating goods as we have limited storage space.

Credit Card facilities are now available for your convenience.

WE NEED YOUR HELP!

We welcome member articles for the newsletter. Send in your recipes, hobbies, anything you think others may find interesting. We also welcome suggestions for Guest Speakers. Send us the contact details of the group, organization or contact person.

Is there somewhere you think might make a good social outing? It doesn't have to be a day trip. Variety is the Spice of Life!

Contact the office in person, via phone call or email. Details on the front cover.

OUR NEW PATRON

Her Excellency the Honourable Frances Adamson AC, Governor of South Australia has kindly agreed to be our Patron, maintaining this long standing tradition with the War Widows of South Australia.

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



Australian War Widows (SA) Inc

Code of Conduct

This Code of Conduct underpins the ethos of the Australian War Widows (SA) Inc. (AWW) to guide members, staff and volunteers, in regards to their conduct while at AWW meetings, events and Committee meetings, and conduct generally that relates to their AWW membership, including relations between AWW members, staff and volunteers:

- Align their behaviour to the AWW values of honour, friendship and support.
- Act with respect, kindness and courtesy.
- Demonstrate good manners and consideration to other members, at all times.
- Respect the rights and dignity of other members.
- Treat every member, regardless of race, religion, gender, age, sexual and gender diversity, abilities, or other individual differences with respect.
- Use respectful and appropriate language at all times.
- Act honestly and comply with the letter and spirit of all relevant laws and this Code of Conduct.
- Adopt the highest standard of behaviour that protects the reputation of the AWW.
- Not discriminate against anyone on the grounds of age, disability, gender, sexual orientation, religion, race or national origin.
- Disruptive or disrespectful behaviour or any other breach of this Code of Conduct may result in suspension from participation or dismissal of the offending member from the meeting.
- Not hold themselves out as representing in any way AWW at any events, communications or in the media unless authorised to do so by the AWW Committee.
- Ensure that AWW confidential information, in any form, remains protected and is not disclosed or used unless authorised to do so by the AWW Committee
- Not obtain or, seek to obtain, any personal, financial, or other benefit for themselves as a result of their membership of or their association with the AWW.

Disruptive or disrespectful behaviour or any other breach of this Code of Conduct may result in:

- Counselling;
- Formal warning;
- Suspension from participation or dismissal of the offending member from the meeting
- Termination of membership as per the Constitution.

Any suspected breach of this Code of Conduct will be dealt with according to the Complaints and Dispute Resolution Policy and the Complaint Handling Procedure.