



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 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

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 3.00 p.m.

Wednesday, Thursday & Public Holidays

CLOSED

PRESIDENT'S "Catch up"



Hello to all our members. For those of you I have not met before, my name is Diane Carr and I joined AWWSA in July 2020. It has been my privilege to be nominated for

committee firstly as Vice

President and now after the AGM in August as President. During the past year Immediate Past President Jan Milham has been very generous with her time and with her continued guidance I look forward to the year ahead. I want to extend my sincere thanks to the outgoing committee for all their initiatives and hard work.

And what an exciting start it has been! We have some new faces on the committee which is wonderful news for us as an organisation. It means we recognise the need for change, and we are prepared to adapt and respond. I welcome the new committee and applaud their giving of their valuable time to AWWSA in our very busy world.

The refurbishments of the hall at Rose Park are now complete. We look forward to welcoming as many of you as possible at our October meeting when we will officially 'cut the ribbon'. ACH have been very amenable with the hall itself, while a grant from DVA and a very generous grant from our member Kate Simpson has allowed us to buy some new (and matching, which is a plus) furniture. The choices made consider the need for us to be mindful of OHS in the hall. Once again, we must thank a few individuals for their outstanding efforts during the move.

Bob and Sharyn Walter, Maria Barclay, and Jan Milham to name a few.

On Sunday the 4th of September in conjunction with Legacy SA a service was held to commemorate the soldiers Dardanelles. The sun was shining, and it was very pleasing that the AWWSA members took centre stage on this very special occasion in our commemorative calendar. Our own Jill Davidson read a moving and beautiful tribute. Thank you to everyone involved with putting the day together.

How happy we are to welcome spring, for me it is always the most hopeful of seasons. You will find several 'save the dates' in this newsletter for upcoming events, and I hope the warmer weather will allow more of you to join us.

If you would like to come and transport is an issue, please let us know and we may be able to find you a carpool opportunity.

The passing of Queen Elizabeth II has been extraordinary. What a wonderful example of strength, courage and grace Queen Elizabeth II was. Her Majesty was a selfless and dedicated monarch, whose life embodied duty and service. Government House has a book of condolence and the AWWSA has also set up a condolence register which we will keep available until the end of October and pass on to Government House should you wish to extend your condolences.

With so many changes to absorb I am reminded of a quote from Charles Darwin:

It is not the strongest of the species that survives, nor the most intelligent. It is the one most adaptable to change.

Enjoy the warm weather and see you all soon.

Diane

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 72. My grandson was quiet for a moment, and then he asked "Did you start at 1?"

Fashion Parade held Friday 16 September 2022

Nearly 30 members and guests attended our parade of spring/summer fashions organized through Mid Coast Styling. Three of our own members were the models on the day; Diane Carr, Jan Grosvenor and Sharyn Walter. Having the various outfits modelled really brought the fashions to life, and made it an enjoyable fun day. Diane really took to the modelling and was the star model of the day. Hope more of our members can join us at our next fashion parade for autumn/winter fashions on Wednesday 29 March 2023.



NOTICE TO MEMBERS

Our new Committee are looking at what they can do for our members who may be living in isolation and unable to join in our various activities. Within the next couple of months some members will receive a courtesy call from a Committee Member asking:

"Are you living alone?"

"Would you like one of our members to visit you?"

"Would you like to attend our monthly meetings or events if transport can be arranged for you?"

We will identify ourselves clearly by name and position held on the Committee so that you will know it is not a scam call.

Renovation of the War Widows Hall



Last year it was decided that maybe after many years we should look at some renovations of our hall. In January this year Jan Milham, Diane Carr and Sharyn Walter met at Mile End Office Furniture and picked out all the new furniture that would give

our hall “a new lease on life.”

The next step was to apply to DVA for a grant to cover the cost of this furniture. Next, to complete the total renovation we needed to approach ACH regarding painting, new carpet and new blinds. ACH agreed to add this to their work schedule.

In May DVA advised that they would contribute \$6,000 towards the cost of our new furniture. One of our members Mrs Kate Simpson very kindly offered a donation to cover the remainder of the cost. We all thank you so much for your kind generosity Kate.

ACH then advised that the painting, carpet and curtain replacement, would be carried out in August after our AGM. Then it was all “hands on deck” to empty all the cupboards so that everything could be cleared out ready for the work to begin. What a job that was.

Once all the painting was completed, carpet was put down and new blinds hung it was time to put everything back in the cupboards. We had a good “clean out” when we were packing and another one as part of the unpacking.

After everyone’s hard work we now have a fresh, bright and colourful hall that we can enjoy for our various functions. The Committee also thought that this was an occasion worth celebrating and decided to have an official opening of the renovations. We thought that it would be fitting for this to be held on 19 October, which is Jessie Vasey birthday. Then as well as our beautiful hall we could also celebrate the work of Jessie Vasey in encouraging War widows in this state to set up an association so that all war widows can benefit.



NEW MEMBERS

Welcome to Lois Haverson, Judith Hosking & Elizabeth Swaine.

Subscriptions and donations can be paid direct to the bank. Please use your name as reference so we can allocate the payment correctly.

Subs, \$25, due 1st July annually.

Bank SA BSB 105-047

Account 195084440

MEMBERS HAVING MILESTONE BIRTHDAYS

November

Diane Coulter 80

Margaret O’ Keefe 85

Lennieve Baker 90

Audrey Lawson 100

December

Geoff Fullwood 60

January

Lorraine Butler & Jan Francis 75

Ina Carr 95

Congratulations everyone, enjoy your day!



Annual General Meeting held

Friday 5 August 2022

The President, Jan Milham opened the meeting and welcomed all members. After apologies were noted and the previous minutes approved Jan presented her President's report.

Jan gave a brief outline of the events over the past year, highlighting Thelma Zimmerman's 100th birthday and the four parties she had so that all of her many family and friends could celebrate this special occasion.

Jan also mentioned the upcoming renovations of the hall, which was funded by a ACH, a DVA grant and a generous donation from one of our members.

Zoom meetings have continued throughout the year with national. As in previous years we have continued to take up collections at our general meetings for various charities.

The Interim Treasurer, Diane Carr presented the financial report for the 2021/22 year. The President then handed over to our returning officer, Kala McLean who declared all positions vacant and announced the nominations for 2022/23, these being:

- President – Mrs Diane Carr – Elected unopposed
 1st Vice President – Mrs Jan Milham – Elected unopposed
 2nd Vice President – Mrs Helen Adamson – Elected unopposed
 Secretary – Mrs Maria Barclay – Elected unopposed
 Treasurer – Mrs Sharyn Walter – Elected unopposed
 Public Officer – Mrs Sharyn Walter – Re-elected unopposed

The new president, Diane Carr took the chair and thanked Ms McLean, Jan Milham for her work as president, and congratulated the new office bearers and committee members. Diane also thanked the outgoing committee members Jenny Macintosh OAM and especially June Hanley OAM after 25 years service on the committee.

As we still had two Committee vacancies after the AGM elections, at their September meeting the Committee appointed Mrs Jan Grosvenor to fill one of these vacancies on the committee.

The Committee for 2022/23



L to R: Julie Broome, Helen Adamson, Jan Milham, Diane Carr, Sharyn Walter, Heather Martin, Maria Barclay.

UPCOMING SOUTH AUSTRALIAN COMMEMORATIONS

November	1	Formation of the Australian Corps—1917
	11	Remembrance Day
	19	Sinking of HMAS Sydney II 1941
December	3	Arrival of First SASR Forces
	31	Conclusion of Operation
January	1	Formation of the Australian Army Corps 1918

With Condolence

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

May Lorraine Butler

June Dorothy Morgan, Melva Munro, Moya Shearn, Mary Thomas.

July Barbara Gordon, Gloria Ronan, Helen Sandow OAM, Gwen Wauchope.

September Doreen Peddy

October Norma Barry

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

Calendar of Events –

November to December 2022



Tuesday 1 November 12 noon
- **Melbourne Cup**—Hats, Hors-
es & High Tea.

Join us for raffles, sweeps, in
house races and prize given for
best hat. Light lunch and sweets served.

Cost \$10 payable on the day.

RSVP by Friday October 28th

email: admin@warwidowssa.org.au or call the
office 8431 1422

Friday 4 November 10.30am – General
Meeting guest speaker Ian Hopley,
Headstone SA Project.

Tuesday 13 December 11.30am -
Christmas Lunch at AWW Hall. Cost \$30 for
financial members. \$40 non members. **RSVP**
via email or the office or Sharyn 0408 810 118

All activities to be held in our newly renovated
hall in Rose Park. Parking available in Hewitt
Avenue. Access via Thomas Place just off
Hewitt Avenue.

POEM - WHY WEAR A POPPY?

“Please wear a poppy”, the lady said,
And held one forth, but I shook my head.
Then I stopped and watched as she offered
them there,
And her face was old and lined with care.

But beneath the scars the years had made
There remained a smile that refused to fade.
A boy came whistling down the street,
Bouncing along on carefree feet.

His smile was full of joy and fun,
“lady” said he, “may I have one?”
When she’d pinned it on, he turned to say
“Why do we wear a poppy today?”

“The lady smiled in her wistful way
And answered, “This is Remembrance Day
And the poppy there is a symbol for
The gallant men who died in war.

“And because they did, you and I are free -
That’s why we wear a poppy, you see.
I had a boy about your size,
With golden hair and big blue eyes.

“He loved to play and jump and shout,
Free as a bird, he would race about.
As the years went by, he learned and grew,
And became a man – as you will, too.

“He was fine and strong, with a boyish smile,
But he’d seemed with us such a little while
When war broke out and he went away.
I still remember his face that day.

“When he smiled at me and said ‘Good-bye,
I’ll be back soon, Mum, so please don’t cry.’
But the war went on and he had to stay,
And all I could do was wait and pray.

His letter told of the awful fight”
(I can see it still in my dreams at night).
With the tanks and guns and cruel barbed
wire,
And the mines and bullets, the bombs and fire.

“Till at last, at last, the war was won
And that’s why we wear a poppy, son.”
The small boy turned as if to go,
Then said: “Thanks, lady, I’m glad to know,

“That sure did sound like an awful fight,
But your son – did he come back alright?”
A tear rolled down each faded cheek;
She shook her head but didn’t speak.

I slunk away in a sort of shame,
And if you were me, you’d have done the
same;
For our thanks, in giving, is oft delayed
Though our freedom was bought – and
thousands paid!

And so, when we see a poppy worn,
Let us reflect on the burden borne
By those who gave their very all
When asked to answer their country’s call
That we at home in peace might live.
Then wear a poppy! REMEMBER – AND
GIVE!

Author Unknown.



Remembrance Day
Lest We Forget

Veterans Health Week



On Wednesday 4 October; 21 of our members enjoyed this year's Veterans Health Week event. The morning commenced with some music provided by Heather Frahn. Heather led the group through some new songs, followed by a sing along to some familiar tunes. There was a suggestion that we could start a War Widows choir!!

After testing out our vocal cords it was time for a tea break before our cooking demonstration commenced.



We were lucky enough to have Nicki from Sprout Cooking School to demonstrate how easy it is to cook a delicious and nutritious meal. In no time Nicki served up pea fritters and a green pea salad for us to try. As Nicki is a dietitian, she was able to advise those present on healthy eating and the food groups that should be included in our diet.

This was followed by the tasting of more healthy food provided by some of our members, such as arancini balls, quinoa and green salad, bliss balls, fruit slice and fresh fruit.

What a feast was had, and a great fun day enjoyed by all.

Green Pea Fritters From Sprout Cooking School

Ingredients

- 2 cup frozen peas, defrosted
- 1 clove garlic
- Sliced spring onion ½ cup
- 1 teaspoon salt
- 2 eggs
- 1/2 cup all SR flour
- 1 teaspoon lemon zest (optional)
- 1 tablespoon fresh mint (optional)
- 2 tablespoon olive oil, for frying

Instructions

1. Blend half of the peas with the sliced clove of garlic, spring onion the salt, and the eggs.
2. Add the flour, along with the lemon zest and mint (or whichever flavourings you use), and a crack of pepper if desired, and stir to combine.
3. Fold in the remaining half of the peas.
4. Heat 2 Tbsp olive oil in a frying pan over medium heat and fry the fritters in batches.



You can make them whatever size you want. I tend to use a heaped soup spoon, which yields about 8-10 fritters. Delicious served with pan fried haloumi and squeeze of fresh lemon.

Information from Office for Ageing Well

From 1 October 2022, the Adult Safeguarding Unit (ASU) will expand its service to respond to concerns about all adults who may be vulnerable and experiencing abuse or mistreatment.

Anyone concerned about themselves or someone they know can call the Adult Safeguarding Unit, Monday to Friday 9.00am to 5.00pm for free on **1800 372 310**

Hall Renovation Opening

The Committee decided that it was only fitting to hold an official opening of our renovated hall. What perfect day to perform this; on Jessie Vasey's birthday. The morning was both a celebration of our new look hall and the birthday of the woman who was instrumental in forming the War Widows Guild in this state. Now 76 years on, war widows can still enjoy support and friendship, as part of this unique organization.



The morning began with the MC Mr Peter Goers welcoming guests and dignitaries. We were lucky enough to have the State Minister for Veterans' Affairs, The Hon. Peter Brock MP attend as well as the member for Dunstan, Mr Steven Marshall MP. The Mayor of the City of Burnside, Ms Anne Monceaux also joined us.

The President, Mrs Diane Carr then spoke briefly about the importance of the day and raised the issue of making 19 October War Widows Day in SA.

Mrs Jill Davidson provided an inspiring address about the life of Jessie Vasey and what an important role she played in establishing War Widows Guilds in all states including South Australia.

The Hon. Geoff Brock then spoke and commented on how fresh and welcoming the hall looked. He also advised that he would pursue our request of naming 19 October War Widows Day in SA.

The Vice President Mrs Jan Milham then introduced the City of Burnside Mayor, Ms Anne Monceaux who presented a bouquet of flowers and a Life Membership badge to our new life members; Thelma Zimmerman, Margery Stevens and Shirley Cockshell. Thelma Zimmerman's badge and flowers were accepted by Mr Steven Marshall MP on her behalf.

A Life Member badge was also awarded to a current Life Member, Mrs June Hanley OAM.



Mr Frank Weits CEO of ACH and Mrs Kate Simpson then cut the ribbon to declare the newly renovated hall officially open. A celebration cake was cut by Anne Monceaux and Kate Simpson which was then enjoyed with morning tea by all guests, dignitaries and members.



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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: Diane Carr (08) 8431 1422

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

Card facilities are now available for your convenience.

Thank you for your support.

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want her, we just go get her. Then, when we've done having her visit, we take her back to the airport."

Code of Conduct

Members will have received a copy of the Code of Conduct with a previous 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)

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 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.

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.