

# Guild Digest

WAR WIDOWS' GUILD OF AUSTRALIA NSW LIMITED

ABN 24 083 075 914





**WAR WIDOWS' GUILD  
OF AUSTRALIA  
NSW LIMITED**

ABN 24 083 075 914

Under the Patronage of Her Excellency  
Professor Marie Bashir AC CVO  
Governor of New South Wales  
and Sir Nicholas Shehadie AC OBE

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\* \* \* \*

**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  
Christmas message 1941)

**EDITORIAL**

***Disaster and resilience***

*Man never made any material as  
resilient as the human spirit.*

**Bernard Williams**

The widespread flooding in Queensland, NSW and Victoria, followed by cyclones in Queensland and the Northern Territory, and fires in Western Australia, together with the loss of life associated with these disasters leads us to wonder how people cope in these situations.

Resilience is the positive capacity of people to deal with stress and adversity. It is best understood as a process. It is about finding the way to sustain wellbeing and being able to ask for and receive help. It is essential to have relationships that provide care and support and offer encouragement, where people are helped by good families, communities and social policies.

We see the wonderful volunteer activities in these communities helping people to protect their communities by preventative activities as sandbagging, the emergency services personnel and

government and community agencies who assist people during and after the disaster and those community volunteers who help people clean out their houses and the debris from the local area and provide shelter and material assistance. Then there are the many Australians and Australian businesses who make financial donations to assist those who need help to get back on their feet.

The three levels of government have also stepped in – providing information, advice, assistance, co-ordination, the support of the ADF and significant financial support for individuals and to repair and rebuild houses and infrastructure.

The level of support given by volunteers and the many agencies and people in the community must provide comfort to those seriously affected and help them feel that they are not alone. For information about how to give or get help see page 7.

*Our greatest glory is not in never falling, but in rising every time we fall. Confucius*



**Our Cover**

**Front:** Her Excellency Ms Quentin Bryce AC, Governor General of the Commonwealth of Australia planted a tree at the dedication of the Australian Defence Force Memorial Plantation on the Remembrance Driveway at Mount Annan, with the Hon Frank Terenzini MP, NSW Minister Assisting the Premier on Veterans' Affairs November 2010



**Back:** The Remembrance Driveway dedication at Mount Annan. See article on pages 10-11 (*photos courtesy NSW Roads and Traffic Authority, Remembrance Driveway website, and War Widows' Guild*)

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**DISCLAIMER**

The material in this *Guild Digest* has been checked thoroughly and to the best of our knowledge is correct. However, errors may occur which are beyond our control. If this should happen, we apologise most sincerely.

## FROM THE CHAIR

I am delighted and honoured to have been elected the Chair of the Guild's Board of Directors. I pay tribute to our outgoing Chair, the Hon Mahla Pearlman AO. She has been a great asset to the Guild as a director, Deputy Chair, Chair of the Finance Audit and Compliance Committee, and Chair. Her valuable input to the board and her wonderful sense of humour will be greatly missed.

We have recently conducted a search for a new non-member Director and were very fortunate to find our incoming Director, Ms Naida Isenberg. Naida, a lawyer by profession, has worked for a number of years on the Veterans' Review Board and the Administrative Appeals Tribunal hearing claims from war widows and veterans. Naida is also a Lieutenant-General in the Army Reserve. We look forward to Naida's input on the Board. I am pleased to advise that the Board elected Naida as the Deputy Chair at its February meeting.

I am also pleased to announce that Helen Wiseman has been appointed to the position as Chair of the Finance Audit and Compliance Committee. Helen's knowledge and skills of accounting and governance will be of great value to the Board.

The Guild's Returning Officer has advised the Board that all the re-standing directors have been nominated for election at our 2011 Annual General Meeting. There is no need to hold a postal ballot, as the number of nominations equals the number



Dagmar Schmidmaier AM

of vacancies on the Board. This is good news as it means a period of board stability can be maintained.

I remind members that the Concise Annual Report will no longer be prepared and sent to members this year. However, we propose to include more detailed information for members in the June *Guild Digest*. Members wishing to review the detailed financial information may register to receive the full Annual Report which will continue to be prepared and will be available for those members who want it, as well as being lodged with the appropriate authorities. Please call the Guild head office if you wish to register to receive the full Annual Report.

Dagmar Schmidmaier AM



## FOR YOUR DIARY

### International Women's Day centenary

8 March 2011

[unifem.org.au/iwd/events/nsw](http://unifem.org.au/iwd/events/nsw)

### Fun Food and Friendship

17 March Hornsby

23 March Penshurst

30 May Toukley

### Guest speaker days

1-2pm, 22 March

Dennis Weatherall

Battlefield tours of the world

1-2pm, 24 May

Vin Cosgrove

Vietnam veterans' education

### NSW Seniors Week

20-27 March

### Jean Arnot memorial lunch

Friday, 8 April

Parliament House, Sydney

### Field of Remembrance

12 noon Tuesday, 19 April

St Andrew's Cathedral Sydney

### ABC1 TV *Compass* program

War widows from different conflicts 10pm, Sunday 24 April (tbc) Repeated on ABC News 24 at 2.30pm the following Thursday

### Annual General Meeting

Wednesday, 29 June

Wesley Conference Centre

Pitt St, Sydney

## CHANGES TO BOARD OF DIRECTORS

### *Farewell*

After six years on the Guild's Board of Directors, the Hon Mahla Pearlman AO came to the end of her term as a Director on 2 February 2011. It was with great regret, that the Board formally farewelled her at her last Board meeting in December 2010.

Anne Bonner, State President, made a small presentation to her saying that the directors had greatly valued Mahla's contribution and input to the Board. She said that Mahla's broad legal background and skills, her practical approach and her wonderful sense of humour had helped the directors in their decision making, and in particular the member directors had appreciated her expertise. Anne said that one of Mahla's great strengths was to ask questions to which she knew the answer, so that everyone else would know the answer too. Mahla had also spent considerable time developing proposals for an Enduring Project



for the Guild, which the Directors appreciated. She thanked Mahla for her very valuable participation as a Director, Deputy Chair, Chair of the Board of Directors and as a member

and Chair of the Finance Audit and Compliance Committee and said she would be greatly missed.

### *New Chair and Director*

After a comprehensive selection process, Mrs Naida Isenberg has been appointed by the directors to the casual vacancy left by the retirement of the Hon Mahla Pearlman AO. The Board welcomed her at the February board meeting.

At the same meeting, the Directors elected Mrs Dagmar Schmidmaier AM as Chair, Mrs Naida Isenberg as Deputy Chair and Mrs Helen Wiseman as the Chair of the Finance Audit and Compliance Committee. Congratulations to all our new office-holders.

### *Board February 2011*



**Back row:** Helen Wiseman, Shirley Hancock, Meg Green, Naida Isenberg **Front Row:** Kaye Yallop, Anne Bonner, Dagmar Schmidmaier AM, Shirley Drysdale **Absent:** Dawn Wellfare

### *Ieper (Ypres) Commemoration service*

Anne Bonner, State President, Wendy Thompson President's Representative and Patricia Campbell, Chief Executive Officer attended a wreath laying service at the Anzac Memorial in Hyde Park in honour of the visit of Mr LucDehane, Burgomaster of the City of Ieper, Belgium. The NSW State Government, the RSL and the City of Ieper signed a Statement of Intent regarding the commemoration of the loss of lives on the Western Front during World War I. The Last Post was movingly played by a NSW firefighter, wearing a historical fireman's uniform, reflecting the playing of the Last Post daily in Ieper by a firefighter.



**Douglas James, Custodian on Duty and Bugler Terry McCleary, Musician, NSW Fire Brigade**

## OUR PRESIDENT'S MESSAGE

Happy New Year wishes to all, even though a little late. Our thoughts have been with our members who have suffered in the horrendous floods in January. Please contact the Guild if we are able to help in any way. Our volunteers on our Friendship Line have been making contact where possible to members in the flooded areas.

We had another enjoyable Christmas party at the Sydney Hilton in December with wonderful entertainment, meal and service. Our thanks go to our marvellous staff for their organisation and understanding of the needs of our Guild membership. Those who attended this event will have seen the beautiful painting presented by Mrs Veronica Chapman, one of our indigenous members. The painting by her daughter, Gloria, a well known Aboriginal artist, is now displayed in our Friendship Room at head office.

I was able to share Christmas celebrations with some members of Guild and Social Clubs. They are always delightful days. Unfortunately it is not possible to visit all clubs at Christmas, but my best wishes were with you all.

Our Christmas morning tea for our friends in the ex-service community was well attended again. This occasion is an opportunity for us to express our thanks for their support and friendship throughout the year.

In the weeks before Christmas Patricia Campbell, our CEO and I again visited in-patient war widows in Concord and Lady Davidson Hospitals. Most of these ladies were looking forward to going home for Christmas and those who were unable to leave hospital were well looked after by the wonderful nursing staff ensuring they did not miss out on celebrating the special day.

Patricia Campbell and I were invited to attend a special ceremony at the ANZAC Memorial in Hyde Park for a wreath laying and reception for the Burgermaster of Ieper (Ypres) who spoke of the special relationship between our two countries since that city's liberation by the allies in World War I.

The Premier's Centenary of ANZAC Committee, where I represent the Guild, has been meeting regularly and our submission to the National Committee has now been finalised. The NSW



*Veronica Chapman presents Anne Bonner with her daughter's painting*

Committee will continue to meet and visit regional areas to encourage participation in this very special centenary and seek support for the events being planned for the commemorations.

We were pleased to see the award of an OAM to the late Mrs Kate Rhodes, former President of the South Australian Guild, in this year's Australia Day honours list. A very worthy recipient.

On Tuesday, 19 April, our Field of Remembrance service will be held at St Andrew's Cathedral in Sydney. This will be an important service as it is the 60th Field of Remembrance organised by the NSW Guild. It is an outstanding achievement by the members of the Guild to have continued this commemoration service for the last 60 years. I hope to see many of you there.

Eileen Santolin, Manager of Guild Clubs and Membership, and I will be undertaking another field trip to our regional Guild Clubs shortly and we look forward to the opportunity of catching up with many more of our country members. Visiting regional areas is always a special and enjoyable time for us.

Until next time, keep well and be happy.

A handwritten signature in black ink that reads "Anne Bonner".

**Anne Bonner**  
**STATE PRESIDENT**

## FROM THE CEO

### **ABC TV Compass**

The Guild was approached by ABC TV to assist with locating a number of war widows to be profiled on *Compass*, which screens on ABC1 at 10pm on Sunday nights. We are pleased that three Guild members are to be interviewed, and we understand the program will be aired around Anzac Day, possibly on Sunday 24 April (to be confirmed). *Compass* is also aired on ABC News 24 on Thursdays at 2.30pm.

### **Floods, cyclones and disasters**

We were sorry to hear of the devastation caused by the recent floods and cyclones in Queensland, New South Wales and Victoria. Anne Bonner and I wrote to the Queensland Guild expressing our concern for war widows and Queenslanders. We have now received advice from the Queensland Guild that over 30 Guild members living in Brisbane River suburbs have suffered extreme damage and loss. In the main, those in rural areas are safe. Contact is still being made with members in all affected areas. The Guild is considering what assistance it can make to members once the extent of the damage is known and depending on the funds available in their flood appeal.

I am sure that many of our members will have already donated to assist the Queensland Flood Appeal. You can directly help affected Guild members by donating funds to the Queensland Guild's Flood Fund at the War

Widows' Guild of Australia (Qld) Inc, Ground level, 15 Adelaide Street, Brisbane QLD 4000.

I also acknowledge the tragic earthquake in Christchurch New Zealand and the loss of life and injuries that have been sustained and the terror it has brought to people living in an ongoing unstable environment. Having family members in Christchurch brings this tragedy close to me.

### **Thanks**

We sincerely thank the Hon Mahla Pearlman AO for her six years' contribution to the Guild as Director, Deputy Chair of the Board and member and Chair of the Finance Audit and Compliance Committee. Her wisdom, knowledge, practical approach and humour will be greatly missed.

Heather Peetz, the convenor of the Computer Class has advised that she will no longer continue face to face lessons at head office. We thank her for her

### **Membership renewal**

A reminder that your memberships are now due for renewal from 1 April. We encourage you to renew to assist the work of the Guild in advocating for war widows and providing the many services we offer.



**Member Lorna Fitzgerald at 96 years, enjoyed our Christmas Party - pictured with Patricia Campbell**

dedication to introducing many of our members to the computer and improving the computer skills of others. We are pleased that Heather has produced a numbers of lessons which can be mailed to members and we are grateful that she will continue her column in the *Guild Digest*.

### **60th Field of Remembrance**

We are very proud to be commemorating our 60th Field of Remembrance on 19 April at St Andrews Cathedral Sydney – we are making this a very special memorial ceremony in the presence of the Governor and our Guild Patron Her Excellency Professor Marie Bashir AC CVO. I encourage you all to come with family members to participate in this moving ceremony.

### **Australian War Memorial**

We are very disappointed to see reports that the Australian War Memorial in Canberra is lacking funding to operate at full capacity and may have to consider closing one day a week. We urge the Government to provide the funding required

## FROM THE CEO

to maintain and operate the Memorial at its full capacity. If you feel strongly about this issue, I suggest you write to the Prime Minister and the Minister for Veterans' Affairs at Parliament House Canberra and protest at the cuts.

### ***Osteoporosis***

In December Anne Bonner and I visited Concord Hospital and met with the Professor of Endocrinology who is studying how broken bones may be prevented as we get older and our bones become more brittle due to osteoporosis. He emphasised that osteoporosis is a treatable disease which affects one in two women. A detailed article will be in the March issue of the DVA newspaper, *Vetaffairs*.

### ***Young war widows***

We are very sorry to see more young women losing their husbands and partners from the war in Afghanistan. The Guild met with the Defence Community Organisation in December to look at how the Guild can provide assistance and support to these young women. We will be continuing discussions with this organisation, which helps families immediately after a soldier's death.

### ***Survey – please respond***

The Guild has been working with the VVCS – the Veterans and Veterans Families Counselling Service in trying to develop a number group sessions which may benefit war widows. To help us with the development of

these services please complete the enclosed survey and return it to the Guild. Your assistance will be greatly appreciated.

### ***Staff changes***

I am sad to announce the retirement of Paula Paul, our Reception Co-ordinator. Paula has given 17 years of her working life to the Guild and has been the friendly, helpful and compassionate voice at the end of the phone for so many of our members. She has also undertaken many and varied tasks including updating membership details, the seating for the Christmas Party, Little Shoppe and assisting the Friendship Line. On behalf of members I thank Paula for her contribution and wish her well in the future.

I advise that Rosie Hall, who has been with the Guild for over two years, will take on the position of Reception Co-ordinator and we have recruited another person to assist her.

**Patricia Campbell**  
CHIEF EXECUTIVE OFFICER

### ***Western Front Battle Tour***

The Western Australian Guild is organising a 21 day tour of the Western Front battle fields and an optional European river cruise to commence from 2 August 2011 in association with Boronia Travel. For more details contact Jenny Knight on **08 9371 7470** or Boronia Travel **1800 035 350**.

### ***Flood assistance***

Members affected by floods in NSW and requiring assistance may be eligible for financial or other assistance from DVA or from the RSL Disaster Fund. Please contact Guild head office for details.

### ***Census collectors wanted***

The next national Census of Population and Housing will take place on 9 August 2011. The Census aims to measure the number of people in Australia on Census night and their key characteristics.

The Australian Bureau of Statistics (ABS) will be recruiting over 25,000 Collectors nationally, over 8,000 of which will be in NSW and the ACT.

Advertisement for Collector positions will open on 9 April 2011. Visit the link below on the ABS website to register your interest. If you don't have internet access, call Guild head office for contact details.  
[www.abs.gov.au/census](http://www.abs.gov.au/census)

### ***Free smoke alarms***

The NSW Government will provide financial support to people who are deaf or hard of hearing to purchase specialised smoke alarms. These alarms use flashing lights or vibrate under pillow pads. Please contact head office for more information.

### ***Computer users***

Follow us on Facebook and Twitter – see page 20 for more details.

### *Nominations for the Board of Directors*

In the *Guild Digest* December 2010, nominations were called for directors on the Guild's Board and for the position of State President.

The following nominations were received:

**Member Director** (three positions): Anne Bonner, Dawn Wellfare, Kaye Yallop.

**Non-member Director** (two positions): Naida Isenberg and Helen Wiseman

**State President:** Anne Bonner.

No postal ballot is required this year, as the number of nominees is the same as the number of positions available.

The continuing Directors are Dagmar Schmidmaier AM, Shirley Drysdale, Margaret Green and Shirley Hancock.

The directors-elect will take up their positions from the end of the Guild's 2011 Annual General Meeting.

#### *Naida Isenberg*

**N**aida Isenberg was appointed as a Non-Member Director to fill a casual vacancy on the Board of the Guild on 3 February 2011. Naida is a Judicial Member of the Administrative Decisions Tribunal and a Senior Member of the Administrative Appeals Tribunal. She is a nationally accredited mediator and mediates for a number of organizations, including the ADF.

She was formerly Deputy Director of the Australian Government Solicitor and Director (NSW) Crown Legal Services, General Counsel for a major insurance company, and a legal practice management consultant.

For eight years she was a Senior Member of the Veterans' Review Board and is a Lieutenant-Colonel in the Army Reserve.

She is married, with two children. Her interests include theatre, jetskiing, dance and cooking.



#### *Helen Wiseman*

**H**elen Wiseman was appointed to a casual vacancy on the Board of Directors of the Guild on 9 August 2010 and has been a Director since that time.

Helen has the following academic and professional qualifications: BScPsych Uni of Sthn Qld, BSc (Hons), GAIDC, Member of the Institute of Chartered Accountants of Australia. Helen is a chartered accountant, has been a tax consultant and audit manager and worked as a Partner at KPMG for some years. She now works as an executive coach with Executive Central.

Helen has been involved on the boards of three not for profit organisations: Shine for Kids (SFK), the Sydney Community Foundation (SCF) and the Melanoma Institute of Australia, including as Chair (SFK) and Chair of Audit Committee and member of the Investment Committee (SCF).





### **Anne Bonner**

I joined the Guild in 1997 and was elected Honorary Secretary of the Rockdale Guild Club in 2002 and President in 2006. Upon election to the Board in 2008 I resigned from this position.

In 2001 I volunteered to work in the Guild's head office and the following year I became a permanent staff member, assisting the Manager of Guild Clubs and Membership.

In 2009 I was appointed State President and have also been appointed to the Guild's Finance Audit and Compliance Committee, the Deputy Commissioners' Consultative Forum, the Premier's Centenary of ANZAC Committee and the Remembrance Driveway Committee.



### **Dawn Wellfare**

I am in my fifth year as a Member Director of the Guild. I am also a member of the Board's Finance Audit and Compliance Committee, President of Petersham Guild Club and member of City Saturday Guild Club and the Guild's Younger Widows Group. I am a volunteer on the Friendship Line and a Hospital Visitor.

I have had the opportunity to travel to a lot of Guild and Social Clubs during this time and it has been wonderful to meet so many lovely ladies. It will be an honour to continue in this role.

I joined the Guild in 2002 when my husband died and it has been one of the best decisions I have made. I have had a wonderful time and made some great friendships that I will always cherish.



### **Kaye Yallop**

As a country and younger Guild member I am honoured to be re-nominated for election to the Guild's Board of Directors.

I served 15 years in the Defence Force (Army Sergeant) and have extensive administration expertise as well as various experience in volunteering with local community organisations.

I am currently employed as Administration Officer, Department of Education and Training; Co-ordinator, Batemans Bay Guild Social Club; Director, Batemans Bay Soldiers' Club and committee member of other groups.

I strive to act responsibly to ensure good governance and commit myself to advocate on behalf of all members, in particular representing country members.



### *The Remembrance Driveway*

After the Great War, the Australian people built stone monuments in towns and cities across the nation to honour the service of those who had served their country. After the Second World War however, monuments in stone were not in favour and the president of the Garden Clubs of Australia suggested that a living memorial to those who had served in this conflict would be more appropriate. This idea found widespread support and the concept of a remembrance driveway linking Sydney and Canberra was born.

The Premier of NSW, the Hon J J Cahill launched the project in December 1953. In 1954, during her first visit to Australia, Her Majesty the Queen planted trees in Macquarie Place in Sydney and at the Australian War Memorial in Canberra, to mark the beginning and the end of the Remembrance Driveway.

The initial enthusiasm and widespread government and public interest weakened, however and by 1990 the project had lost credibility.

The modern revival of the project began in the early 1990s. In 1991 the Roads and Traffic Authority (RTA) took up sponsorship of the Driveway Committee. Current Committee President, since 2000, is CDRE Ian Callaway RAN (Ret'd).

In 1992 over 500 trees were planted within the existing Villawood plantation to commemorate those who had

served in the Vietnam War and in 1993, one of the original sponsors, Qantas, carried out additional planting in their Bass Hill plantation. In 1993, the Army planted and dedicated the largest plantation for many years on the F5 and Narellan Road interchange at Kenny Hill.

The Committee removed the uncertainty about the Driveway's future by re-aligning it with the new Hume Highway and handed responsibility for the old Hume Highway plantations over to local councils.

The Committee launched the Victoria Cross (VC) Rest Area programme, with the dedication of the John Edmondson VC Rest Area at Rose Lagoon, north of Lake George, in 1995. Because of their acts of valour and extraordinary personal courage, the 25 Australian VC winners from WWII, Vietnam

and Afghanistan have been selected by name to represent all the servicemen and women commemorated along the driveway.

Remembrance Park behind the Australian War Memorial was developed with significant help from the ACT Government. It contains four VC memorials and a memorial stone, plaque and trees, unveiled and planted by the Governor-General, His Excellency the Right Reverend Peter Hollingworth AC, OBE, in 2002. The trees replaced the tree planted beside the Australian War Memorial by the Queen in 1954, which had died.

In December 2006, in the presence of Her Excellency Professor Marie Bashir AC, CVO, Governor of New South Wales, the Committee dedicated the Sir Roden Cutler VC Memorial Interchange and companion VC Rest Area. This interchange is at the intersection



*Her Excellency planted a Hoop Pine tree in the Mt Annan Botanic Gardens in 2010 (photo courtesy of NSW Roads and Traffic Authority)*

## COMMEMORATION

of the M5 and M7 motorways at Prestons.

The War Widows' Plantation was dedicated in 1995 at Warwick Farm, but the 20 trees planted did not survive. The Guild's memorial stone and plaque was moved to Walshaw Park at Bass Hill in 2007 and the plantation re-dedicated. The War Widows' Guild was represented on the Remembrance Driveway Committee from 1985 for 25 years by Mrs Wanda Robbins. Mrs Anne Bonner, Guild State President now represents the Guild on the Committee.

In November 2010, in the presence of Her Excellency Ms Quentin Bryce AC, Governor-General of the Commonwealth of Australia, the Committee dedicated the Australian Defence Force Memorial Plantation. This 45,000 tree plantation extends 15.5 kilometres along the Remembrance Driveway between the Sir Roden Cutler VC Memorial Interchange at Prestons and the Mount Annan Botanic Garden. The Memorial recognises all Australian Defence Force personnel who have served and will serve in various theatres of conflict, including peace keeping missions following the Vietnam era. Memorial walls on both the northbound and southbound roadways identify the plantation to passing motorists.

There also are developments planned which will further enhance the driveway's image. The Roads and Traffic Authority has finished the construction of a rest area at Pheasants Nest and

hopefully it will be dedicated as the Edward Kenna VC Rest Area in 2011. This will be the 23rd VC Rest Area on the Driveway. Also in 2011, there should be a prominent addition to the Sir Roden Cutler VC Memorial Interchange at the intersection of the M5 and M7 motorways. This will enable the public to identify the interchange more closely with Sir Roden.

The Driveway now has achieved the form and status its founders imagined. As a living memorial and under the careful stewardship of the Remembrance Driveway Committee, it will continue

to grow as new opportunities arise.

For more information on the Remembrance Driveway go to the website at [www.remembrancedriveway.org.au](http://www.remembrancedriveway.org.au)

State President Mrs Anne Bonner and Chief Executive Officer Ms Patricia Campbell attended the Mt Annan dedication in November. The pictures on the back cover show Her Excellency inspecting the Federation Guard and unveiling the plaque with Committee President, CDRE Ian Callaway RAN (Rtd) to commemorate the dedication of the ADF Memorial Plantation.

### ***HMAS Sydney II***

A memorial service marking the 69th anniversary of the loss of *HMAS Sydney II* in WWII was held at the Cenotaph in Sydney's Martin Place in November 2010. The memorial paid tribute to the 645 officers and sailors who died when *Sydney II* was sunk by *HSK Kormoran*, a German Raider on 19 November 1941 and marks Australia's greatest maritime loss.



***Able Seaman Boatswain Mate Patrick Birch stands at attention during the Last Post and one minute's silence. (Photo by ABIS Evan Murphy courtesy RAN)***

## COMMEMORATION

### *Japanese tribute to the Unknown Soldier in World War II*

*On a recent trip to Japan, former Guild CEO Dawn Linklater and her husband, Rod, visited an old part of Kyoto called Higashiyama. She provided the following account and photographs which she thought might be of interest to Guild members.*

Kyoto was the capital of Japan for over 1,000 years from 784 and has many picturesque narrow cobbled streets as well as ancient temples.

As we wandered around the streets we heard a bell ringing and saw some elderly people climbing up steps so we followed them to find ourselves before the large gates of a temple complex. We found this was called the Ryozen Kwan-On Temple complex. Through the gates we went, to be confronted by a rectangular pond beyond which, and reflected in its waters, was a temple with an enormous seated concrete statue on the top, dwarfing the large temple and contrasting with the dark tree-covered range of hills behind. The statue, we learned, was a seated Compassionate Bodhisattva and the temple complex was dedicated to all soldiers who had died in battle, particularly the Unknown Soldier.

There were smaller temples around the main one. In one of these we found a cabinet in which were the "Individual Names of Allied Personnel who Perished in Territory under Japanese Jurisdiction during World War II". One of the rows

of drawers was headed "USA Australia".

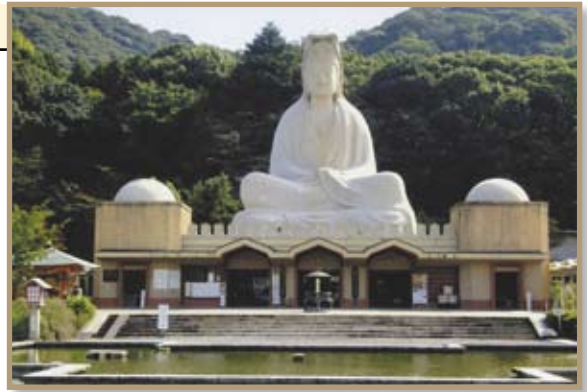
A monument in this temple was erected, we were informed in English, to the memory of more than 48,000 foreign (to the Japanese) soldiers who perished on Japanese territory or on territory under Japanese military control. The monument had the following inscription:

**IN MEMORIAM  
THE WORLD'S  
UNKNOWN SOLDIER  
KILLED IN  
WORLD WAR II**

**All honour to him, friend or foe, Who fought and died for his country! May the tragedy of his supreme Sacrifice bring to us, the living, Enlightenment and inspiration; Fill us with ever-mounting zeal For the all-compelling quest of peace, World peace and universal brotherhood.**

*Erected by the  
Ryozen Kwannon Kai, Kyoto,  
8 June 1958*

And the bells? They were ringing for a memorial service held in this Buddhist temple complex on the 8th, 18th and 28th day of every month - we were there on 8th October 2010. The older people



we saw were coming to attend the service held on three days of every month of the year, that honours all soldiers, including the Unknown Soldier, "foreign" soldiers and the 2,000,000 Japanese soldiers who died in World War II.

We also visited Hiroshima and its Peace Memorial Park containing the large Peace Memorial Museum. This gave a very balanced account of World War II, including the fact that Japan started the war against the USA. In the Park with its many memorials is a memorial flame which will be kept burning until the last atomic weapon disappears from the earth. The whole complex is devoted to peace and the abolition of atomic weapons. We found it very stimulating and thought-provoking.

**Dawn Linklater**



Asbestos is responsible for an increasing number of deaths in Australia. In 2010 over 700 Australian families were devastated to learn that a loved-one had been diagnosed with mesothelioma. Experts have estimated that there were at least another 1,500 Australians with lung cancer caused by asbestos.

Asbestos was mined in Australia for over 100 years until 1983. Finally in December 2003, the use and importation of all forms of this dangerous product was prohibited. In the previous century, domestic production and importation made Australia the world's highest per-capita user of asbestos. This high rate of usage was in part the reflection of the unique thermal and mechanical properties of asbestos. These properties led to its use in a multitude of building and industrial products. Also the armed services were among its users. Asbestos was used in the Navy (for pipe lagging and insulation) and was present in thousands of other products also utilised by servicemen of Army and Air Force, thereby endangering their lives.

All cases of cancer in Australia are notifiable by legislation to the National Cancer Statistics Clearing House. However, to obtain comprehensive information about the exposure to asbestos, the Asbestos Diseases Research Institute (ADRI) is part of a consortium which recently established the Australian Mesothelioma Registry. In recent years it is becoming

# ADRI



## Asbestos Diseases Research Institute

clear that asbestos present in our environment may also take its toll and it is worthwhile mentioning that the number of cases of mesothelioma in women is significantly increasing. It is expected that non-occupational asbestos exposure will play a more important role in the future.

When asbestos was mined or processed, or when asbestos-based products are sanded, sawn, drilled or just worn down, it can form a fine airborne dust made up of tiny fibres. These airborne fibres can be easily breathed in. Due to the small size and elongated shape of the fibres they can resist the lung's natural cleaning process and may cause serious health problems 30-40 years later. Inhaled fibres can penetrate the airways and work their way through the lung tissue to reach the membrane that surrounds the lungs. Once there the bio-persistent fibres cause chronic inflammation, which eventually may lead to:

- lung cancer
- mesothelioma (cancer of the membranes lining the lung or abdominal organs)

The recently opened (January 2009) Asbestos Diseases Research Institute is a state-of-the-art research facility at the Bernie Banton Centre on

the Concord Hospital Campus in Sydney. In the past, little attention has been paid to asbestos-induced cancers in comparison with other cancers. Through translational research - using all the unique opportunities of a modern research laboratory on patient materials - ADRI's research staff aims to improve the diagnosis and treatment of asbestos-related diseases. Quality of life of asbestos victims and the development of effective preventive measures for people exposed to asbestos are important study targets.

To achieve our aims we need your support to ensure that the much needed research into these hideous man-made diseases will successfully continue. Become a friend of ADRI, be kept up to date with our research, and help us to fulfill our commitment to prevention and amelioration of asbestos-related diseases. For further information visit our website at [www.adri.org.au](http://www.adri.org.au) or contact us on **02 9767 9800**.

**From the Asbestos Diseases Research Institute, Concord Hospital**



## **Legs Eleven**

### **How to maintain your legs to keep you independent and mobile**

**H**ow privileged I feel to be able to write and provide you with information about caring for your skin and legs. Most wounds on lower legs are healable and yet many patients believe the word “ulcer” to be almost meaning “never heal”. In fact many patients I treat say “it is not an ulcer, is it?”, when they come to see me in the Wound Clinic I run in Melbourne. I am going to focus on wounds on lower legs, but much of the information can be translated into skin care in general.

Given I am told many of you are entering your most senior years, I believe I would be correct in saying that as youngsters you worked very hard, long hours standing on your feet. This past history of your working life is relevant in many respects to a wound on your leg. There are three main causes of simple little wounds on legs becoming chronic non-healing wounds/ulcers. The three main leg wound types are: venous, arterial and mixed venous arterial. There are other causes of non-healing wounds which we will cover towards the end of this article.

Let’s start first though with the changes to the skin as you age. Probably I do not need to tell you, but... as you age the skin becomes less supple and becomes stiff. There are fewer glands to produce oils and sebum and fewer nerves and blood vessels. All these components result in dry skin which is easily injured. If you are taking medication to keep the blood thin then the skin becomes even more easily damaged.

*It is helpful to use a generous amount of good quality moisturiser twice daily.*

### **Wound healing**

When you injure your skin the body has a natural process of healing, and normally all this goes along smoothly. However, sometimes things do not follow a normal process and so a slow-to-heal chronic wound is evident. Normal wound healing requires healthy blood, good nutrition, adequate amounts of rest and sleep and correct dressings for the tissue within the wound. As a Wound Consultant I ask all my patients to try to aid wound healing by paying attention to the above requirements.

### **Venous (vein) leg ulcers**

Any simple wound in a patient with venous hypertension can become a venous leg ulcer. So you ask, how do you know you have venous hypertension. There are some classic signs and symptoms that may indicate your veins are not functioning as well as they did when you were young, and these include:

- Thin ankles in the morning and swollen legs at the end of the day
- Legs feel more comfortable when you elevate them on a stool or the couch
- Obvious visible varicose veins
- Previous surgery on your veins
- Your legs are beginning to look like inverted champagne bottles—small ankles and much wider than normal calves.

If you have a wound and it is not

healing it may have the following characteristics:

- Shallow and weeping lots of slightly yellow fluid
- The ulcer has irregular edges
- The ulcer is not usually too painful and, when cleaned, looks quite healthy.

If you have some of these signs and symptoms then your small wound may now be called a venous leg ulcer. Despite many myths about leg ulcers these are nearly always able to be healed, and I will cover what you need to do to help the healing after I have covered the other types of leg ulcers.

### **Arterial ulcers**

These wounds start often just as a small knock or small area of trauma, but they rapidly deteriorate and usually will not heal unless specialist medical input is sought. If you have been a smoker or have high blood pressure, heart problems, high cholesterol or have diabetes, the probability of a wound on your leg not healing due to arterial problems is much higher. Some signs and symptoms of arterial disease include:

- Pain in the leg, especially when the leg is elevated so you prefer to have your leg hanging down
- The ulcer is easily infected and looks terrible, may be deep and have dead tissue in it
- You may have been given antibiotics and it still does not seem to be getting better
- Your skin is often shiny and you have few hairs on the legs.

If you have some of these signs and symptoms then the problem

## WELFARE NEWS

is with the arterial blood flow to the lower leg, and further investigations and specialist involvement may be required.

So what can you do to prevent these wounds/ulcers and if you have one of these types of wounds what can you expect your healthcare provider to do?

Preventing both types of wounds involves good skin care and prevention of leg swelling. Venous ulcers heal by using dressings to soak up the leaking fluid and bandages/stockings or support socks to help the veins push back the blood to the heart and stop the leaking and leg swelling. Walking is good for you but you must also keep your skin well moisturised to prevent small cuts and scratches.

When not walking, try to elevate your legs to prevent swollen ankles –so resting on the couch with legs up will help. If there is a problem with the arteries then the doctor may ask you to see a Vascular Surgeon who will then perform some other tests to establish what you require to get more arterial blood to your legs.

*Please remember that most wounds should be healed within four to six weeks. Ulcers on legs can also be helped with good dressings and in some cases good bandages or support socks or stockings. There are health professionals who have studied wound healing and become expert in this area. If your wound is slow to heal ask your GP about seeing a wound specialist—these are often*

### **War widows Engadine area**

**A** grant from Club Engadine has been provided for war widows to enjoy a Mothers Day luncheon at the Club on 9 May.

If you live in the Engadine area and are interested in attending, please phone Naomi by 15 April on **9267 6577**.

*nurses working in specialist nurse led clinics.*

If I can be of any further help to you I am also available by email at [j.rice@latrobe.edu.au](mailto:j.rice@latrobe.edu.au)

**Jan Rice, Col RAANC, SR, Coordinator: Wound Education, World of Wounds, La Trobe University, [www.worldofwounds.com](http://www.worldofwounds.com)**

### **Food facts**

**M**ost of us prepare fresh meat and vegetables everyday, making a concerted effort to buy the freshest produce that we can. The NSW Food Authority has some great information on its website regarding safe food handling practices, safe cooking practices and practical advice for choosing fresh produce. We are happy at the Guild to post this information to you.

#### **What colour should minced meat be?**

Consumers usually consider the bright red colour of meat as a sign of freshness when purchasing minced meat. However, some people become concerned when they find the meat is a brown-grey colour under the red surface.

Fresh minced meat can go through a number of colour changes during

its shelf life. This occurs naturally in mince, due to the large surface area exposed to the air during processing. Because the meat has become a brown colour just under the surface does not mean that the meat is old or stale or unsafe to eat.

Most fresh meat sold in supermarkets is packaged in a clear film that allows oxygen to pass through it. Beneath the surface and on the bottom of the meat, where there is less exposure to oxygen, the colour is much less red and may have become brown-grey.

The colour change in mince does not mean that the meat is old or stale. The minced meat remains safe to eat as long as it has been correctly refrigerated and has been purchased and consumed by the use-by date on the package.

The way to tell if meat is spoiled is that it will give off an obvious 'sour' or 'off' smell and feel tacky to the touch.

Don't take any chances with spoiled meat. When in doubt, toss it out.

#### **Tips for buying and handling minced meat**

- When shopping, select and buy meat last to ensure it stays cold as long as possible.
- Choose packages that are cold, tightly wrapped and have no tears or punctures.
- Make sure the package does not contain excessive amounts of liquid. Liquid may indicate it has not been kept cold enough or has been stored for too long.

For more information, the NSW Food Authority has consumer fact sheets on its website [www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au).

These are also available through the Authority's Consumer and Industry Contact Centre on **1300 552 406**.

### *Pharmaceutical benefits*

The Repatriation Pharmaceutical Benefits Scheme (RPBS) gives Gold Card holders access to a wide range of medicines at concessional rates. The required contribution is \$5.60 per prescription for 2011.

War widows also receive the pharmacy allowance within their pension and have access to the safety net scheme which provides free prescriptions after supply of 60 prescriptions or \$336 in 2011. It is your responsibility to keep track of how much you have spent on medicines. This can be done by using a free prescription record form and through discussion with your pharmacist.

Not all medications are available on the RPBS and some may need prior approval from DVA to prescribe. There are some products available by prescription for the concessional price of \$5.60 which are also available at full price without prescription. Use of a prescription for these products will assist towards reaching the safety net, particularly if they are used regularly. Examples of these products include:

Skin care eg Sorbolene, Glycerine; hair care eg Selsun, Nizoral; sun care eg Aquasun; allergies eg Sudafed, Telfast; cough mixtures; fibre supplements eg Metamucil, Coloxyl; dressings eg cotton wool, Betadine; antifungal agents eg Canesten, Loceryl; haemorrhoidal treatments eg Anusol; ear preparations



Barbara Ryan



Mel O'Leary

eg Waxsol; vitamins and minerals eg Caltrate; joint pain and arthritis eg Arthro Aid; pain management eg Aspirin, Paracetamol; weight loss eg Optifast; and other items such as Ural sachets, Nicorette patches. This is not a comprehensive list. Please check with your GP.

War widows should check with their doctor, who can assess whether medications including some over the counter products are clinically suitable and compatible with their current medical conditions. The Schedule of Pharmaceutical Benefits is updated monthly (some products are added or removed), so your Doctor can advise you of the most up to date list of products that they are able to prescribe.

### *Free guide for seniors*

A handy booklet of information for seniors on topics such as shopping wisely, protecting your home, buying or selling your home, funeral information, power of attorney information and avoiding scams is available through the Office of Fair Trading. For a free copy call **13 32 20** or contact Mel or Barbara at the Guild head office on **9267 6577** or **1800 451 615**.

### *Planning a trip overseas*

If you require vaccinations before travelling overseas, DVA now pays for overseas travel vaccinations for Gold Card holders. Approved medical practitioners administering the overseas travel vaccinations can prescribe clinically required vaccinations on an Authority Script. Prior approval can be sought by contacting the Veterans' Affairs Pharmaceutical Advisory Centre on **1800 552 580**.

### *Scams update*

DVA is urging veterans and war widows to be careful when releasing personal information about themselves. DVA is aware of members of the veteran community being approached via mail or telephone from individuals claiming to be from private and government agencies offering goods and services, and asking for personal information including bank details.

Members are encouraged to contact DVA if they have concerns or if they have been the target of a scam. Phone **133 254** or **1800 555 254** (non-metropolitan callers).



## FROM OUR TRANSPORT OFFICER

Welcome to another year, which promises to be a very busy one.

During the second half of 2010 the National Conference and associated events took place - the wreath laying ceremony at the ANZAC Memorial, Hyde Park and the reception at Government House. The Guild and Social Clubs Forum and the Walk followed these events. It was lovely to meet Guild members from all over New South Wales once again as well as members from other states.

### **Events**

2011 is the 60th anniversary of the Field of Remembrance. I am sure that many members who are eligible to use the Transport Project to travel to the Field of Remembrance Commemoration Service will wish to do so. Members are reminded that I need at least three weeks' notice to arrange individual transport for

members attending the Service. It is a complex process and our transport providers do not have fleets of cars on standby. They need time to fit us into their schedules. Please ring me no later than 28 March.

For Clubs requiring my assistance in organising a bus, the more notice I am given the easier it will be. As Transport Officer, it is my job to either arrange buses or liaise with office bearers who organise a bus for their members, to ensure the process runs smoothly.

### **Travel grant**

The Board has approved the Travel Grant of \$825 (including GST) for the coming year. As part of my job I am able to visit Clubs to talk about the Transport Project in general and also the travel grant and how it can be used.



Melissa at Bangalow Post Office memorial clock

### **Visits**

I am always happy to visit Clubs upon request and meet with members individually. I have most recently visited Murwillumbah, Camden and Cabravale.

While travelling around the North Coast, I noticed this symbolic clock at the Bangalow post office, with the markings on its face spelling out "Lest we forget."

**Melissa Havas**

## FIELD OF REMEMBRANCE 60TH ANNIVERSARY

### **Invitation**

The War Widows' Guild of Australia NSW Ltd warmly invites you to its 60th Anniversary of the ANZAC Field of Remembrance Service and Dedication. We are hoping to make this a special and memorable occasion, recognising 60 years of commemoration and we encourage all members to attend.

- 11.45 am for 12 noon on Tuesday 19 April
- St Andrew's Cathedral, George St, Sydney
- in the presence of Her Excellency Professor Marie Bashir AC CVO Governor of NSW

If you require transport assistance to attend this year's Service, please contact Melissa Havas on **9267 6577** to arrange your transport as soon as possible

Country members who are organising their own transport are invited to join other members for sandwiches and refreshments after the service. Please confirm your attendance to Naomi Sher for catering purposes at least two days prior to the event.

### **Volunteers wanted**

We seek willing members to help with the kiosk at the Field of Remembrance, which will be held from 19 to 25 April at St Andrews Cathedral, Sydney. Guild members are present each day to provide crosses to the public to be planted in a dedicated area in memory of those who served. The Field's kiosk is open between 9 am and 3 pm each day.

Assistance will be provided by Guild staff. Please be aware that this event occurs partly over the Easter period. To register your interest contact Naomi at head office on **9267 6577**.

## NATIONAL GUILD

We were all moved and saddened by the impact of the devastating floods in four states. I have been in touch with each State Guild and at this stage we are not sure if any widows are affected.

I offered our thoughts and support and I am sure if any war widows are involved they will be supported by the various Clubs and States.

At the end of last year I attended the Victorian Guild's AGM in Melbourne, a very impressive event and I have just been informed of a change in the President there. Congratulations to new President Wendy Charlton and thank you to Marie Mishkinis for the work she did during her term of office.

The NSW Christmas party for around 450 at the Hilton Hotel followed. It was an opportunity to catch up with friends from all over the state and was a delightful day.

I have enjoyed a relaxing break as I hope you all have as well. I managed to read two full length "Weary" Dunlop books (a distant relative) for which my interest was renewed following my recent trip to the wilds of Thailand on the Thai/Burma Railway. Diana Bland (our National Secretary /Treasurer) and I travelled on a commemorative trip, laying a wreath at Hellfire Pass on Remembrance Day. Diana gave an address in memory of her husband Ralph who had been a prisoner of war there. It is hard to believe that the peaceful and beautiful countryside today was



a place of such horror during World War II.

I look forward to the year's events with many special ones to take place. I also look forward to meeting many of our members on these occasions and visiting the other states. One of the first will be a visit to Tasmania for their state luncheon in March where I will have the honour of presenting a number of Life Memberships to their members.

I was very pleased to learn that the late Kate Rhodes of Adelaide was awarded an OAM in the Australia Day Honours list, in recognition of her work on behalf of war widows in South Australia and at the National level. I know the South Australian Guild and her family will be delighted with this good news.

We have arranged a meeting with the Minister of Veterans' Affairs the Hon Warren Snowdon MP early in March to present some of our issues to him. Diana Bland and I will also be attending the National Health and Ageing and ESO Forums in March and April.

I wish you all a great year ahead and good health.

**Audrey Blood OAM  
NATIONAL PRESIDENT**

## *Victoria Cross for service in Afghanistan*

On 23 January 2011 it was announced by the Governor-General's office that Her Majesty The Queen had approved the award of the Victoria Cross for Australia to Corporal Benjamin Roberts-Smith MG, WA, for the most conspicuous gallantry and daring in the face of the enemy while in circumstances of extreme peril as a Patrol Second-in-Command, Special Operations Task Group on Operation SLIPPER.



**CPL Roberts-Smith VC MG**

## *Research request*

I am writing a history of Sutherland Shire and wonder if any reader was a resident civilian or servicewoman in this area between 1939 and 1946.

I would appreciate hearing from them on **9521-6515** or 13 Veronica Place, Loftus NSW 2232.

Many thanks, Clive Baker.

### Africa

*We started the year with a delightful lunch together. February was an account of a great tour of South Africa from one of our much travelled members, Julie Taylor. Her edited story follows.*

On my first full day in Capetown, I went up to the top of Table Mountain in a cable car. The cable car floor rotates 360° ensuring that everyone gets a look at things. It was great to be able to walk around when I got to the top because the flight from Australia was over 24 hours.

The next day we visited the World Heritage listed Kirstenbosch Botanic Gardens, a gift to the people of South Africa from Cecil Rhodes. Great drifts of daisies, strelizia, clivia and many species of protea abound.

We drove down the Cape Peninsula along the Atlantic Coast to the Cape of Good Hope. We saw stunning scenery on the way and lots of Southern Right Whales cavorting in the cold Atlantic Ocean. We passed groups of baboons on the road. They are very destructive, getting into cars and creating havoc. Also we saw many ostrich. The vistas are incredible looking down the Cape of Good Hope's jagged edge into the Atlantic Ocean.

We then moved up the Indian Ocean side and visited a colony of African penguins. From two breeding pairs in 1982, the colony has grown to 3,000. The Indian Ocean side is warmer

and home to great white sharks – they were in cages for us to view them.

Early morning tours begin at 4.00am in the National Parks. We visited the Thornybroom Game Reserve in Kruger National Park. We saw the “big five” - buffalo, lions, leopards, elephants, rhino - as well as many impala, gazelles, elands, and bushbuck. We had been for a swim in the pool and the warthog came down to see us.

Blyde River Canyon is the third largest in the world, where the formation known as the three Rondavels are found, so called because they resemble native African huts.



Then we flew to Livingstone, Zambia and walked around the spectacular Victoria Falls. They are known by the African people as the ‘smoke that thunders’. The Zambezi River tumbles over a sheer precipice 108 metres into a chasm and the entire volume

dashes down into the boiling gorge.

We flew to Nairobi in Kenya and drove in safari vehicles to a lodge near Mt Kilimanjaro. The giraffe is the symbol of Kenya; it has long hairy lips and a prehensile tongue to feed off the thorny acacia tree.

We visited a Masai village and school. Masai keep cows, goats sheep and camel; eat the meat, drink the milk and the blood. They are Roman Catholic but polygamous; each wife having her own hut. They are wonderful dancers and can leap higher than anyone in a Toyota ad.

We drove along the Great Rift Valley which stretches all the way from Israel and produces tea, sugar, corn, mangoes and citrus. A visit to an orphanage we found very confronting.

Beautiful Lake Nakuru is host to thousands of flamingoes, pelicans, cormorants and gulls.

Our last stop was a balloon ride over the Serengeti and Masai Mara. We saw the annual wildebeest migration – one of the greatest spectacles on earth - across the Mara River.

We flew back, had our last champagne breakfast in Nairobi, then Johannesburg and home.



## FRIENDSHIP LINE

### *Dear friends*

I hope you all had an enjoyable Christmas season, with happy memories and hopes for a healthy New Year. Unfortunately it has been a bad start for those affected by the shocking floods, all through our eastern states, especially Queensland. We remember particularly our dear war widows who have suffered, and our Friendship Line is available to any and all who may need comfort and support at this time.

We do apologise to any of you 90 plus ladies, who had a birthday over the Christmas-New Year period, as some of you received an early call and others a rather late birthday call. We

do our best to ring you on the big day itself but sometimes it's impossible to do so. We certainly enjoy making these special calls to you. One hundred and fifty-eight members had a 90 plus birthday in January.

Today I watched a blind lady using her stick to find her way to the letter-box. She was a smart lady, beautifully dressed - all colour-co-ordinated. How does she manage this I wonder, and why does she look so happy? Then I thought of my trivial complaints that I love to air to whomever will listen, and when I put all this into perspective, I am so thankful for my health and my life. Let us all enjoy each day and spare a thought for those who are not so lucky.

**Friendship Line**  
**1800 001 422**

10am-3pm Mon-Fri  
country members

**Veterans' Line**  
**1800 011 046**

5pm-9am every day of the  
year, all members

I wish you all a very happy Easter.

All our 'Hello Girls' are happily looking forward to speaking to you on our Friendship Line.

Regards  
**Pauline**



## FRIENDS ONLINE

### *Guild's Facebook page*

Some of you may already have found that the Guild now has its own Facebook page. To view it, the easiest way is to use Google. In Google, type in "War Widows' Guild of Australia NSW Facebook", press enter, and the link will appear at the top of the list. Just click on it.

You can visit and read the news and see the pictures on the "Wall" without joining Facebook. If you are already on Facebook you can leave a comment if you wish, or even just 'Like' us. If you 'Like' us, you will get all the Guild's updates on your Facebook wall. There are already some interesting links to other Facebook pages available.

Facebook has been very

important during the recent Queensland disasters. The Queensland Police used it to keep people up to date on the situations and both Facebook and Twitter proved very useful.

#### **Computer classes**

After careful consideration I have decided to no longer provide face to face computer classes in head office. When the new web site is ready, hopefully you will be able to join the computer group we intend to develop online, where I hope to provide support for you on computer issues.

I will continue to write my articles in the *Guild Digest*.

My lessons in written format are still available for members from Liz at head office and

can be posted or emailed.

A list of the lessons currently available (by post or email) is shown below.

- An Introduction to Computers
- Which Computer to Buy
- Getting to Know the Desktop in Windows XP
- Getting Started With Word (Office 2003)
- Introduction to the Internet, Sending and Receiving Emails
- Surfing the Web
- Protecting Your Computer.

Looking forward to chatting with you on the website.

Happy computing  
**Heather Peetz**

## GUILD CHRISTMAS PARTY 2010

For the fifth year, the Hilton Sydney Grand Ballroom provided a wonderful venue for our Christmas Party, attracting 440 members from near and far, who thoroughly enjoyed the festive occasion. We were lucky to have professional vocalist, Karen Beckett perform for us once again with our talented pianist, John Keating. They made a great team, creating a happy and festive atmosphere of music and song.

The Guild thanks the following companies and members who very kindly donated prizes for our Christmas raffle: New South Wales Masonic Club; McWilliam's Wines Group Ltd; members of the Cronulla Sutherland District War Widows' Guild Club; Bonsai South Nursery, Caringbah; Reader's Digest; Judy Cannon and three anonymous members.

Many thanks to the staff and management of the Hilton Sydney who provided the lucky door prize (accommodation for two), which was won by Jennifer Prien.



# 2010 Christmas parties

## Christmas in July

Younger Members came together for a Greek Christmas in July. They are grateful to the Guild for the Club Social Activity Grant enabling them to get together for this festive occasion.



## Liverpool



## Chatswood and District



Members are grateful to Chatswood RSL Club for the courteous assistance given to them by management and staff of the Club

## Parramatta



***Coogee-Randwick***



***Leeton Social Club***



***Moruya Social Club***



***Mosman Social Club***



***Co-ordinator  
Ann Tomlinson***



***Friendship Room***

**Santa and his gift bag**



**“And here’s a hand my trusty friend ...”**

## *November Field Trip*

State President Anne Bonner and Manager, Guild Clubs and Membership Eileen Santolin visited eight Social Clubs during their three-day trip last November. Members appreciated meeting Anne and Eileen. Anne Bonner asked for suggestions for activities for the centenary of ANZAC. She is a member of the Premier's Centenary of ANZAC Committee.

Anne reported on the Guild's advocacy and its successes; the support available from the Guild's Community Services Workers; the Guild membership profile; and her representational activities on behalf of members.

We commend the co-ordinators of the Social Clubs for their hard work in building up the Clubs. Meeting together regularly promotes friendship among members.





***Luncheons***

Parramatta Guild Club members celebrated their 55th Birthday with a party in September 2010



**President Marie, Patron Merle and Audrey Blood OAM cut the 55th Birthday Cake**



**Hon Secretary Diana Bland with Warren Glenny, President of Castle RSL Group, Barbara Sanders, President and Minna Dennett of Parramatta Legacy Widows' Club**



**Ettalong Guild Club Hat competition winners at their Spring Luncheon in September**

***Outings***

Moruya and Batemans Bay Social Club members on the bus trip to Foxglove Gardens, Bermagui.

Mosman Social Club members enjoyed their September outing to the Blue Mountains and lunch at Fairmont Resort.



***Moruya and Batemans Bay***



***Mosman***

***Presentation***

Mosman Social Club Co-ordinators, Ann Dooley OAM and Ann Tomlinson presented a copy of *No Peacetime Cinderellas* (the history of the NSW Guild) to Mosman High School in December 2010, in commemoration of Remembrance Day 2010.

***Guest speaker day***



**Guest Speaker group members at their annual luncheon in January**

***90th birthdays***

**Joan O'Keefe, inaugural member of Petersham Guild Club, celebrated her 90th birthday**



**Penrith and Lower Blue Mountains Guild Club members are proud of their nonagenarians Jean Hay (top) and Eileen Dimond**



***Taree Social Club celebrates 10 years***

Club Taree was the venue for the 10th Birthday Luncheon in February organised by Co-ordinator Ruby and members. A total of 120 special guests and Guild members joined the party. Anne Bonner, representatives of the local community and kindred organisations and members from sister clubs Forster-Tuncurry, Port Macquarie, Kempsey and Wauchope enjoyed the friendship and happy atmosphere. Congratulations, Taree Social Club on your ten year anniversary.



## GOOD GARDENING: SYMONDS SAYS

### *How to choose a tradesman*

Now that I am older and retired, I am unable to do the maintenance I used to do. This means that I need the assistance of reliable tradesmen to keep my house and property in good condition. To my disappointment, I am finding the trades people today are poorly trained, and with an attitude of not providing a satisfying service to their client. I have had three tradesmen complete work, only to find later that they had taken short cuts and not included



new replacement parts, even though I paid for new parts to be installed.

In September 1998, I wrote an article in the Guild Digest on "How to choose a gardening contractor". Since then attitudes have changed, and it is because of my disappointment with tradesmen today, I feel it is time to review this topic.

There are good tradesmen, and we need to find them, and hold on to them. When I find a good reliable tradesman, I use only them, and I tell all my friends. Likewise, when I need a tradesman, I ask all my friends if they can recommend someone. I never go to the local paper or telephone book, unless I really have to, and on no occasion accept quotes from tradesman who come to the door unannounced or from unsolicited telephone calls. Word of mouth is the best recommendation a tradesman can have.



Before selecting a tradesman, write down what

**David Symonds** you want done, how it is to be executed, and what guarantees you want them to provide. This will help you explain to them what you want done and what you expect from them. Then ask for a written itemised quotation. At this stage, I suggest you have a close relative or trusted friend with you when they arrive to give you the quote, and don't make up your mind immediately, think about it for a few days or get a second quote.

When you accept a quote, only pay a small deposit, and never pay in full prior to completion, as there is no commitment to satisfactorily complete the work.

Happy gardening.

**David Symonds**

[symondssays@bigpond.com](mailto:symondssays@bigpond.com)

## TASTY TREAT

### *Cheesy tomato risotto*

#### **Ingredients** (serves two)

30g butter, plus extra to grease  
1 litre chicken stock  
2 tbs sun-dried tomato paste or tomato pesto  
40ml (2 tbs) olive oil  
1 small onion, finely chopped  
1 garlic clove, crushed  
250g arborio rice  
6 slices cooked ham, diced  
2/3 cup cooked frozen peas  
50g grated cheddar cheese

#### **Method**

Grease a shallow, ovenproof dish.

Place the chicken stock and sun-dried tomato paste in a small saucepan. Whisk to combine, then simmer gently over low heat.

Heat the oil in a large pan, then add the onion and garlic. Cook over low heat until onion is softened.

Add the rice and stir for 1 minute to coat the grains of rice in oil. Add the stock to the rice a ladleful at a time, stirring occasionally, waiting for all the stock to be absorbed before adding the next ladle. When all the stock has

been absorbed, season well with salt and pepper.

Stir in the ham and peas then place risotto in the dish and sprinkle with cheese. When ready to serve, dot with butter, then place under a hot grill until cheese has melted.

## FOOD FOR THOUGHT

*"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."*

*V M Kelly*

