



# Sunshine Messenger

## SOUTH EAST QUEENSLAND GROUP OF 5W

Volume 9 Issue 1

February 2009

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### Email Change of Details to 5W (High Wycombe)

at:

[Change  
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welcome  
women.org.uk](mailto:Change.details@womenwelcome.women.org.uk)

### Don't forget the next meeting dates

- \* Saturday, 14 February 2009
- \* Saturday, 11 April
- \* Saturday, 13 June
- \* Saturday, 08 August
- \* Saturday, 10 October
- \* Saturday, 12 December

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### NOTES FROM THE CONVENER by Marion Jones

Our year ended with the very happy Christmas Luncheon. The College provided us with delicious food and wonderful festive decorations. We were pleased to welcome 5W German visitors Brigitte Hofacker & Karin Hoffmann as well as Mika Hasanah & her mother Musrifah Yunus from Indonesia.

Thank you to everyone who contributed to the organisation and activities of the Group in 2008. It was a successful year for the Group, which just seems to grow better and bigger. If I attempted to thank people by name, I would be sure to miss out someone, so please accept this genuine "thank you".

Members are encouraged to nominate for positions which will be open for election at the AGM in February. We will continue to have a rotating chairperson.

Congratulations to Marie Gracey for her interesting account of the Michigan, USA Gathering in the January 2009 international 5W newsletter

Suzanne appreciates the number of recipes that some of you have already contributed to our Recipe Book. If you have not already done so, [please send your favourite recipe/s](#) asap to [five-ews@yahoocom.au](mailto:five-ews@yahoocom.au)

The 25<sup>th</sup> anniversary of 5W internationally will be celebrated 24 May 2009. Keep the evening of Friday, 22 May free for our anniversary dinner at South Bank COTAH restaurant at South Brisbane. Cost currently is \$35 for 3 course meal (alcohol extra); More details later when COTAH resumes in February.

As one of our Group's contributions to the celebrations, for 2 years we have sponsored the 1st Indonesian 5W member, Mika Hasanah, a vital young woman. She has been studying in Qld, and has been providing internet support to some of our SEQld members. We believe that she will be a wonderful ambassador for 5W and for her country.

The Women's College at UQ has been booked as the venue for the 6 meetings in 2009 - 14 February, 11 April, 13 June, 08 August, 10 October, 12 December. Put those dates into your 2009 diary.

### MESSAGE FROM THE TRUSTEE IN AUSTRALIA

Hello Everyone, I hope you are looking forward to a New Year filled with travel, events, good health and happiness among 5W friends.

Caroline in High Wycombe Office has asked that I pass on the message that the Members' List is now available in CD form if anyone would like it by emailing

[changedetails@womenwelcome.women.org.uk](mailto:changedetails@womenwelcome.women.org.uk)

- Please convey this message to any member with whom you have contact.
  - In friendship, Coral Walsh

### SEQld 5W MEETING & LUNCHEON - 14 FEBRUARY

- Time: 11.45 for 12.00 noon
- Date: Saturday, 14 February
- Venue: The Women's College within The University of Queensland, College Road, St Lucia,
- Meeting Room: Probably the Council Room (turn left from the foyer and it is on the left) but consult the Notice Board in the foyer or ask a staff member.
- Parking: Park in the carpark in the front grounds of The College in College Road (opposite the lagoon); then proceed through the front door to the foyer. Parking is free.
- Bus: See <http://www.members.optusnet.com.au/seqld5w/Links> for other transport options).
- Meal: Meeting is followed by a delicious and extensive buffet lunch (\$20). No increase for 2009.
- Dietary Requirements: Please let me know if you need special consideration
- Drinks: Juice and iced water are free; glasses of wine are \$3 and bottles \$14
- RSVP: essential by Saturday, 07 February
- Please direct any enquiries to Marion NOT to The College.
- PowerPoint Presentation of Pat Lean's recent trip to Borneo

## Coffee/Film/Exhibition Days



(Contact Justan O'Donnell for details)

### New Venue is downstairs outside Pastano's Café in the Treasury Casino

Meet between 11.00 and 11.30 am.

The last meeting **Saturday, 24 January 2009** was enjoyed by 14 members who had lunch together before separating into groups to shop, see the Namatjira exhibition and see a couple of films.

The next one will be **Saturday, 22 March**.



## VENUE FOR THE COFFEE/FILM/LUNCH DAYS

In the downstairs foyer outside Pastano's Café, Treasury Casino (go up the front marble steps in George Street, walk straight across the foyer and go down the opposite staircase). There are comfortable arm chairs to relax in. Remember that the Casino does not allow back packs  
See Notice on page 2

## MEMBERS MAY LIKE TO JOIN IN THESE SUGGESTED ACTIVITIES:

1. **Alexander McCall Smith** is talking in the main auditorium in the City Hall on Wed. Feb. 4th at 6.30pm He will discuss the 10th book in his series "The No. 1 Ladies' Detective Agency". Cost \$20 Talk only Bookings 38865704. If you would like to meet up at the City Hall send me an email.
2. **"Brigadoon"** featuring the Nazlife Concert Orchestra, Noosa District Pipe Band, Gordon School of Highland Dancers at Redcliffe Civic Centre on **Sat. 7th Feb. 2pm and 7.30pm** Cost \$25 concession. This could be a nice outing - lunch at the sea and matinee at the theatre. Phone 32830407
3. **Stella Rimington, former Director-General MI5** will talk about her latest novel "Dead Line" (spy fiction) Cost \$20 Tuesday March 10th 6.30pm in the Ithaca Auditorium City Hall. Bookings 38865704.
4. **Cathy Kelly** - Irish author of 10 novels. Friday March 20th 6.30pm Ithaca Auditorium City Hall 6.3pm. Cost \$35 includes free copy of her book, refreshments & talk. (I know nothing about her novels)
5. **Joseph and the Amazing Technicolour Dreamcoat** At the Playhouse Theatre from Wed. 18th March until Sun 22nd March. Produced by Harvest Rain Theatre., Four members of 5W will be attending on Wed. 18th March at 8pm. Cost is \$26.50 as it is a preview night. Meet up with us but make your own booking through QTI. 136246.
6. **St Lucia Symphony Orchestra** Schonell Theatre Sunday 29th March 2pm "The Music of Strauss" Cost approx. \$25. (Could be cheaper). If you would like a ticket to this concert let me know.

JAN JONES [janice.jones2@bigpond.com](mailto:janice.jones2@bigpond.com)

## Book Group



(Contact Catherine McCarthy\_for details)

Our next book club meetings:

- 12.30 pm Saturday, 14 March 2009 **The Broken Shore** by Peter Temple at St Lucia
- 12.30 pm Saturday, 09 May 2009 **Watkin Tench's 1788** by *Watkin Tench*; edited & introduced by Tim Flannery to be held at Norman Park
- 12.30 pm Saturday, 11 July 2009 **DVD** (tbd) at to be held West Chermside
- 12.30 pm Saturday, 12 September 2009 **The Lonely Passion of Judith Heame** by Brian Moore to be held at Capalaba
- 12.30 pm Saturday, 14 November 2009 tbd

## WANTED



Any photos of 5W, especially ones with SEQId activities and members in them for a video representation of our Group. A draft version will be shown at our February meeting and the final will be shown at the High Wycombe 25th anniversary Luncheon.

The 5W Office has also asked for other photos to make "a special display of 5W photos from Australia" at the 25th Luncheon in High Wycombe. These should be printed copies.  
*Marion Jones*

## CELEBRATING CHRISTMAS



5W visitors from Germany Brigitte Hofacker (2nd from R) and Karin Hoffmann (R) with local member, Suzanne Seward (L) and new member from Indonesia Mika Hasanah (C)



From L to R: Pam, Elva, Charmaine, Ros, Elizabeth and Yvonne

**25 May to 8 June** - Pat Pollard did a fabulous job of organising the Alaska Gathering for 25 of us – so many interesting women from NZ, Australia, Belgium, England, Ireland, the Netherlands, Austria, USA, and France -so much organising by Pat to make sure it all came together well. She was well assisted by husband Dennis + Ginny & Pat 2 who drove the 12-seater vans.

ANCHORAGE – we were all hosted in 5W members' or friends' homes for two nights. Great to meet up with so many 5W friends. First night we had dinner at the Sourdough Mining Co restaurant & met up with all participants. We visited the Native Heritage Museum, where young native people showed us their winter indoor exercises and presented musical items and also visited the Ulu Knife Factory. SEWARD – I loved the train trip south down from Anchorage, stayed at Dennis's B & B on Big Bear Lake, for 2 nights. We visited the Sea Life Centre, a fisheries plant, and went on a boat trip around Resurrection Bay, beautiful scenery. HOMER - via KENAI FORDS NATIONAL PARK where we had lunch at an Elder Centre, learnt of the history of the Athabaskan native people and heard their songs. Next day we had a great boat trip to Halibut Cove to Saltry Restaurant for lunch. That evening we were hosted by some of Pat's friends at a wonderful BBQ. MATANUSKA VALLEY – drove through to SOLDATNA for lunch then to MATANUSKA VALLEY to our next 2 nights at Matsu Valley Lodge on the lake with cabins, neat fun. We enjoyed a meal prepared by two professional chefs, and also had a fun night with everyone taking parts in a Death By Chocolate drama.

At PALMER and WASILLA we visited interesting local museums and a Musk Ox Farm - the fine hair is gathered by the native women, and such fine knitting you have never seen! As Sled Dog Racing (or Mushing) is the national sport in Alaska, we drove to BIG LAKE to the kennels of Martin Buser the current holder of the record for the annual Iditarod Race Originally the dogs were used as the only way to get much needed diphtheria serum from Anchorage to Nome in 1925. I enjoyed reading about it at the Race Headquarters at Wasilla, where we also had a lovely ride on a dog sled. Still at Big Lake, we had lunch provided by Nancy Nolfi, whose family goes back to 1852 when The Homestead Act sent thousands of young men west and gave them 160 acres of land for \$20. They have preserved their original log cabin and she told how at the local school, the children had to be careful making the trip to the outside loo as a moose could be blocking the path! At WILLOW, afternoon tea with another local lady to meet us all.

TALKEETNA - Very comfortable cabins for two nights, walked the length of the main drag, real cowboy-like frontier town – a must to visit because it is unique and quite cute! Visited the museum and Park Rangers talks. For my birthday I shouted myself a K2 flight over and around Mt McKinley, at 20,320 ft, it is USA's highest mountain, 6 of us did the flight. Absolutely fantastic seeing all the glaciers from above, and landing on one. The men here have trouble finding enough available women, so they have produced a booklet TALKEETNA BACHELOR SOCIETY with photos, ages, occupations and interests. The 25 of us hired two big rubber vessels and rowers, and rafted down the Talkeetna River. We had boots that covered our shoes, raincoats and life jackets, what a picture – not very feminine – but totally safe. Very peaceful slowly cruising downriver. Visited the Albino Hare Gallery at Willow owned by artist Sylva, beautiful paintings and gifts. To ANCHOR POINT to the Norman Lowell Gallery, a gem of a place off the beaten track, it also has their original old log cabins etc. We have been so lucky having so much local input into our trip.

DENALI NATIONAL PARK – We drove up to the Visitor Centre in our buses, then as private cars aren't allowed into the park itself, we all loaded onto buses to drive slowly through the taiga where much of the land has permafrost – ground frozen for thousands of years, and only the thinnest layer of ground thaws out each summer to support any plant life. Then the tundra, although very sparse, has its dwarf shrubs and miniature wild flowers, growing close to the ground to create their own low level microclimate. We saw some caribou, dall sheep, wolves and a bear, and moose. On our way back we stopped our van as a tourist was looking at something in the bush on the side of the road, then a mother bear crossed the highway right behind our van, to catch up with her two cubs which were up a tree on the other side of the road. Very close for us to view.

ANCHORAGE AGAIN – A long drive back for Pat, Ginny and Pat 2 – well done. We went to the markets, Renaissance Fair and Botanical Gardens where I recognised a T-shirt with artwork on the front by Sylva from WILLOW, so had to buy it!! On the last evening of the 5W Alaska Gathering we had a lovely farewell dinner at Don Hose's Restaurant – everyone then moving off in different directions.

Planning a trip? Been somewhere interesting? Like to share any useful travel tips? Know of a member having a birthday or celebrating something special? . Tell us about it!

Please send contributions e.g. travel tips, photos, travel stories, books, movies, theatre recommendations, reviews, recipes, websites, classifieds etc to [fivewnews@yahoo.com.au](mailto:fivewnews@yahoo.com.au)

The publication dates for each bi-monthly edition will be the 2nd last week of January, March, May, July, September, November. The deadline for contributions will be the 12th of those months. Your contributions are needed.

**ACT LIKE A LOCAL**

**LOOK LIKE A LOCAL** - The next time you are walking in your city centre or taking public transportation, do this short mental exercise. It may serve you well when you're travelling in a foreign destination. Look around you. Which women stand out? Whose purse has an outside pocket half unzipped? Who keeps checking street maps? Who looks relaxed? Who is consulting a guidebook or checking something in their wallet? Who looks timid? This is exactly what an experienced thug does as he chooses his prey. Which person would you choose to pickpocket?

Hopefully, the insights you gain will help you to protect yourself from wrongdoers as you travel.

**DRESS LIKE A LOCAL -- BE CULTURALLY CORRECT** - The best way for a thief to pick you out of a crowd is not the colour of your skin or the shape of your eyes. It is what you are wearing. If you are dressed the way local women are dressed a pickpocket will not necessarily choose you first. He isn't sure if you are actually someone who lives in the area and will be pickpocket-savvy or an unsuspecting visitor. More often he'll target a woman who doesn't seem to fit in. She'll more likely stand out in a crowd. **DRESS IN NEUTRAL MUTED COLOURS** -- Don't pack your bright red sweater with the big yellow sun on it. It may help you to attract friends but it will also attract touts and vagrants. **GET RID OF THOSE WHITE NIKES** - You don't see the local women in them, do you? They may be comfortable but, surely, not comfortable enough to be mugged because you have them on?

**CARRY A LOCAL STORE'S SHOPPING BAG** -- One of the first things you should do when you arrive in a new city is to find the local grocery store. Make a small purchase just so that you get a shopping bag with the store's logo on it. To avoid looking like a tourist and to fit in, leave your backpack at the hotel and carry your camera and maps in this grocery bag. One added benefit -- thieves are far less prone to steal a shopping bag which may contain only some bread and tinned fruit than to grab a tourist's backpack. *Editor's Note: I take a black lightweight folding bag with me until I can do some local shopping.*

**WANT TO DISCOURAGE UNWANTED AND PERSISTENT ADVANCES WHILE TRAVELLING?** Pre-trip, pick up a (Chinese) magazine in Chinatown. Then when someone invades your personal space, pretend that you don't understand English, absorb yourself in your Chinese reading material and watch the guy's puzzled reaction. (P.S. If you do read and speak Chinese like our PM...all the better. You don't have to pretend).



**WHAT DO YOU DO?** — When other travellers ask you what you do for a living and you're not sure if they can be trusted, tell them you're a policeman on holiday. Just to be on the safe side. (Source: Evelyn Hannon)

**BEWARE OF PICKPOCKETS' TRICKS: -**

- Someone deftly smears toothpaste on your jacket and then tries to get you to believe that it is bird droppings. Since no one enjoys having "doo-doo" on their clothes, we are relieved to have a kind stranger appear with offers to clean it off. Don't fall for it! While he's scrubbing, his partner is stealing your passport. (*Shirley King told us about this one in a recent newsletter.*)
- Children carrying new papers or large sheets of cardboard swarm around you and hold these items in front of your face. This is very frightening and you're momentarily distracted. Try to keep focused because these defiant little tykes are very quick. Before you can say, "5W" your hard-earned holiday money is gone.
- A mother holding an infant (really a life-size doll) suddenly shouts and tosses her tiny, helpless child to you. What woman would let a baby drop? You would... if you're pickpocket wise. Mama is only trying to get your attention while Papa does his dirty work. You've lost your credit card!
- Old women wearing long soiled dresses come right up close, surround you, and in very loud Italian wail and beseech you to buy the booklets or trinkets they're selling. While you're stepping back, insisting you're not interested, little kiddies reach out from under those long skirts and...watch out! you've been robbed.
- You're in a crowded bus minding your own business and suddenly you're groped. Yuck! While you're indignantly looking around to see who's guilty, someone else is busy zipping open your backpack. That makes two big violations against you and the guilty parties are, sadly, seldom identified

## HAVE A HIT WITH PAT RAFTER COMPETITION

Sunday December 21 2008


Charmaine Roney, who is a Secretary of QCLTA, won the ladies consolation event in the *Have a Hit with Pat Rafter Competition*. The competition was held to promote the opening of Queensland's new international standard tennis centre at Tennyson. Members of the public were invited to enter the competition and fifty players were selected to participate in the preliminary rounds on Sunday 21 December 2008. Players were divided into groups of six or seven and had to return serves from up and coming tennis players. Each player received six serves and the top half of each group then progressed to the next round. Losers in the first round went into a consolation event. Charmaine was the Ladies winner in that consolation event and received two tickets to the Brisbane International Tennis for the ladies singles final.

The winners of the main round had to face Pat Rafter's service on centre court at the Queensland Tennis Centre on 2 January 2009. The ultimate winner received air tickets, accommodation and match tickets to the Australian Open in Melbourne.



I went to **Switzerland** in October last year and stayed with Ursula a 5w member. I was spoilt, stayed 8 days, had a wonderful time and I talked Ursula and Kurt into coming to Australia. This September they came and did all the things I suggested, had 5 days with me here at Maroochydore and they had the most wonderful time. We will be friends for ever and the friends of mine that they met here they invited to holiday with them in Switzerland. I would just like other members to know what a great experience it was for all.

*Faye Pringle Maroochydore*

 My TomTom is the best thing I ever bought and we get along fine most of the time. *Charmaine Roney*

*Editor's Note: I named my TomTom "Ken". In 2007, he guided me as I drove 6000 kms around northern Spain. This year, I am taking "Ken" back to Spain with me and will use him for walking to sites - and, more importantly - finding my way back to my hotels.*

My husband and I took a 2 week break over the Christmas period and travelled to **South Australia and Western Australia** - we'd lived in Perth for a year in 1979 after we returned from living in Samoa and Montreal for 14 yrs.

Perth has certainly changed over the past 30 yrs but it's retained its beauty and tranquillity. We walked miles rediscovering the city and took time out to relax in King's Park. A new tourist attraction we discovered was the Swan Bell Tower - a modern copper-and-glass structure which contains royal bells from London's St Martin-in-the-Fields dating from the 14th century. The bells were a gift for Perth's 175th anniversary.

Fremantle was as delightful as ever and we found the Maritime Museum Shipwrecks Galleries really interesting. This museum (in a building constructed in 1852 as a commissariat store) has a display of WA's maritime history with emphasis on the restoration of the famous Batavia wreck. Nearby is the Round House which was built in 1831 and is the oldest public building in WA. It was once a local prison and the site of the colony's first hanging.

Travelling south we drove through the small but interesting towns of Mandurah, Bunbury and Yallingup before arriving at Margaret River where we stayed with friends at their vineyard. Lots to see and do in this quaint town and lots of good wines to taste. We then travelled NE to Narragin to visit my niece who has a 2 yr teaching contract there. This charming town once employed hundreds of railway workers but is now the hub for nearby farming communities and for its educational opportunities.

Just before Christmas we flew to Adelaide to spend time with family on their beef farm 9 km north of Victor Harbour. This delightful seaside town has lots of interests for tourists and has wonderful beaches but stay out of the surf as the water comes straight from the South Pole and is freezing!

*Elva Callaghan*

Always carry a photocopy of the front page of your passport as well as a list of your country's consulates and embassies in the countries you are visiting. Then, if your passport is lost or stolen, it will be far easier to replace your documents.

**MEMBERS' WELFARE**

Everyone is reminded that our Welfare Officer Sandra Harbottle would like to hear about members who may be ill, incapacitated or hospitalised so we can show them that we care and are thinking of them.

Maureen Walsh has kindly offered to take on the responsibilities of Member Welfare whenever Sandra is away. Thank you to Sandra and Maureen

**TRAVEL BUG**

**Pat Lean** continued her love of exotic travels when she visited Borneo in December/January

**Justan O'Donnell** is escaping the building chaos next door to her lovely apartment with visits to Coffs Harbour and Tasmania

**Wendy Tretheway** is soon jetting off to Lord Howe Island

**Judith Tambling & Cynthia O'Gorman** have been enjoying the serenity of Lady Elliot Island

**Charmaine Roney** has been in Melbourne for the tennis and is going to Ballarat for the Begonia Festival

**Helen Huth** will be in Bangkok 20-27 Feb 2009.

**Patricia James** will be in Europe (Rhine cruise to Budapest; Prague, Amsterdam) in March & April

**Marion Jones** will be spending a few days in Hobart in March



## Your Committee for 2008.....

SEQld 5W Group,  
Membership, Venue  
Convener, Web &  
Googlegroup Man-  
ager- **Marion Jones**

Meeting Chairs:

**Feb** :Jan Jones

**April** : Justan O'Don-  
nell

**June**: Nene Hartnell

**August**: Gail Gillespie

**October**: Nene Hart-  
nell

**December**: Nene  
Hartnell

Secretary: **Annette  
Rutledge**

Treasurer - **Rosalie  
Evans**

Newsletter Editors -  
**Suzanne Seward &  
Marion Jones**

Welfare Coordinator:  
**Sandra Harbottle**

Events Coordinator:  
**Justan O'Donnell**

Book Group Co-  
ordinator: **Catherine  
McCarthy**

The 2009 Commit-  
tee will be decided  
at the meeting 14  
February.

Do you have a new  
email address?  
Moved? Have another  
mailing address?  
Changed your email  
address?  
Want to see other in-  
formation included?  
Please email changes  
or comments or sug-  
gestions to [fivew-  
news@yahoo.com.au](mailto:fivew-<br/>news@yahoo.com.au)  
or post it on the SEQld  
5W Google group  
[seqld5w@  
googlegroups.com](mailto:seqld5w@<br/>googlegroups.com)

## THE NEW SENIORS' ABC



**A** is for **Apple**, and **B** is for **Boat**,  
That used to be right, but now it won't float.  
**Age** before **Beauty** is what we once said,  
But let's be a bit more realistic instead.

Here is the New Seniors' Alphabet

**A's** for **Arthritis**;

**B's** the **Bad Back**,

**C's** the **Chest pains**, Perhaps **Car-d-iac**?

**D** is for **Dental Decay** and **Decline**,

**E** is for **Eyesight**, can't read that top line!

**F** is for **Fissures** and **Fluid retention**,

**G** is for **Gas** which we'd rather not mention.

**H** is **High Blood Pressure** - We'd rather it low;

**I** For **Incisions** with scars you can show.

**J** is for **Joints**, out of socket, won't mend,

**K** is for **Knees** that crack when they bend.

**L**'s for **Libido**, what happened to sex?

**M** is for **Memory**; we forget what comes next.

**N** is **Neuralgia**, in nerves way down low;

**O** is for **Osteo**, bones that don't grow!

**P** for **Prescriptions**. We have quite a few, Just give us a **Pill** and we'll be good as new!



**Q** is for **Queasy**, is it fatal or flu?

**R** is for **Reflux**, one meal turns to two.

**S** is for **Sleepless** nights, counting our fears,

**T** is for **Tinnitus**; bells in our ears!

**U** is for **Urinary**; troubles with flow;

**V** for **Vertigo**, that's dizzy, you know.

**W** for **Worry**, NOW what's going 'round?

**X** is for **X-ray**, and what might be found.

**Y** for another **Year** we have left here behind,

**Z** is for **Zest** we still have -- in our minds.



We've survived all the symptoms, our body's deployed, and  
We're keeping twenty-six doctors fully employed.

IF YOU ARE OLD, HAVE A GREAT DAY.

IF NOT, YOUR TURN WILL COME!!!