



*Antarctic Family & Friends' Association
Australia*

Patron: Dr. Tony Press

Co-ordinator & Newsletter:

Treasurer

Tina Congues
Phone: (H) (03) 9794 6683
Email: tinacongues@hotmail.com

Wendy Hutchison
PO Box 2019
Dandenong East PO
Dandenong, Victoria.3175

May- August 2021 Newsletter

Well, here we go again.

Here in Melbourne, we are up to number 6- before Mid-Winter we were on number 4. With every Lockdown I think I can cope with this, and I do to some extent, but I find I get lazier with each one and think internally about how I don't do anything as it will be there tomorrow. Of course this then leads to frustration on my part as I then think I have time to complete all the tasks that when I'm working I'm unable to do so why don't I do them, but why as they will be there again tomorrow- when I'll be watching the numbers, making sure the children are set up and frustrated again about not being able to what I want which isn't a lot, but walking up and down the house.

Two realisations occurred to me, one that I could ask my teenage daughter to move out of the study for a short period of time while I achieved the writing of said newsletter, phone calls and bills to be paid. More importantly the second, with every lockdown some part of my psyche goes into how I felt when my husband went down South 20 years ago- the internalisation of myself. Not wanting to do anything, not wanting to engage with anyone and not wanting to think about anything. To be left alone.

To our members in New South Wales we are thinking of you also and hope that you are all keeping safe.

When COVID-19 arrived early last year a producer from a current affairs programme contacted me to see if I could put them in contact with an expeditioner to talk about the isolation in Antarctica. They spoke with my husband who spoke about what he did with excitement, enthusiasm and if he could do it again, he would no problem. His response wasn't what they were looking for.

I wonder if they had spoken to one of us and what we would have said would have been what they were looking for.

It is interesting that the perception people have that it must be so lonely in Antarctica because it is so physically cut off from the rest of the world, yet the Antarctic Family and Friends members know that this necessarily isn't the case. It was for this reason that our Association was started, please reach out to us or the Family Liaison Officer at the Division.

Of course, these feelings only last a day or so and if any of you asked about the year in general, I would answer that it was one of the best years of my life. It was stressful sometimes, but I achieved many projects and grew as a person.

Here is article that was in The Age newspaper Saturday 28/08/21
Pam is one of our long standing members and she is very talented at that.



We hope you enjoy our newsletter and feel free to join one of our lunches or even write and submit about your experience in our newsletter. My phone is now working, if you would like me to call you back, please leave a message and I will do so.

Also it is time to renew your subscription, I recognise that I'm not as proficient with the regularity of the newsletter, but I encourage you to continue your membership and please once everything is "Normal" try to meet with another member. Subscription information is on the last page.

New Members of our Association

If anyone would like to make contact with someone on the list below, please feel free to contact me on (03) 97946683 or email and I will give you their number or email address. If you would like your name on the list please drop me a note indicating this. Also if any existing members would like to be added to the list please let me know.

TASMANIA

We need a new convenor for Tasmania. Please let Tina know if you can help in any way. Thank you.

WESTERN AUSTRALIA

Juliette is still unwell, please get well soon. If anyone would like to convene in the short term please let Tina know either by email or phone.

SOUTH AUSTRALIA

The South Australian branch is still 'alive' if any members, past or present wish to have a chat or organize an outing then please contact me, usually after 6pm on 83531766.

Regards Peter Attard

NEW SOUTH WALES

Mr Phil Silvestro has kindly offered to become the NSW convenor. Donna and Phil have had a February BBQ at their house in the past which has been very popular.

For any members wishing to make contact with either Donna or Phil you may do so on (02) 9905 2777

QUEENSLAND

Please feel free to contact Gwenda, your convenor.
Gwenda Schnieder: (07 5463 5708)

VICTORIA

We celebrated Mid- Winter lunch at Coffee Head in Camberwell as it was in between Lockdown 4 & 5. It was wonderful to catch up on the last few months of everyone's lives.

In attendance were Pam, Wendy, Jocelyn, Doreen, Tina, Nemesia and Murray. The food was yummy as always, we laugh how each of us orders our favourite dish. Hopefully we can get together soon. I'll put the next meeting as October, but if anyone would like to meet on the Saturday 11th of September or another date, please let me know. (Restrictions pending) .

Our next meeting will be on:

Date: **Saturday 9th of October 2021**

Venue: Coffee Head
8-10 Railway Parade
Camberwell
Next to Camberwell Station if coming from the city you use the overpass and it's on your right.

Time: 12.00 for 12.30pm lunch.

RSVP: Tina on 9794 6683 or email by October the 8th for confirmation of numbers.

Future dates: **Saturday 9th of October 2021**
Saturday 11th of December 2021

**MEMBERSHIP RENEWAL
FOR 2022
ANTARCTIC FAMILY AND FRIENDS' ASSOCIATION OF
AUSTRALIA**

I wish to renew my membership for 2022 and enclose a cheque, money order and direct deposit for \$10.00 (Direct deposit please reference your name)

For our overseas members please have your cheques converted into AUD before posting.
Renewal by **31st of October 2021**. *Please keep us informed of any changes to your address.*

NAME:

MR/MRS/Miss/Ms.....

ADDRESS:.....

.....**STATE:**.....**POSTCODE:**.....

Email:.....

Phone number:.....

Commonwealth Bank
Antarctic Family and Friends Association.
BSB: 063 349
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Thank you.