



*Antarctic Family & Friends' Association
Australia*

Patron: Dr. Tony Press

Co-ordinator & Newsletter:

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Treasurer

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July-August 2020 Newsletter

Hello everyone.

Covid-19 what more can I say.

I suppose depending on where you live you can say quite a bit.

Social isolation, loneliness, anxiety, confusion, silence. At the moment I'm reminded of when I was alone while my husband was in Antarctica in 2002; the only difference now is that I'm remote learning with our children, he comes home from work every night (thank goodness) and instead of going to work I'm doing house work rather than working from home. The emotions I started the paragraph with were ones I felt when he left at the end of 2001, although he'd send the odd email there were no calls for a month as the ship he was on was beset in ice.

I often think of that year when I begin to feel overwhelmed and how I coped with my situation it always ends with how I grew as a person and found I could accomplish many tasks that before I didn't think I could do. Sometimes I even tell people it was one of the best years of my life, although stressful I found freedom of being having to do things I didn't want to; like now not going to children's organised sport.

Freedom, unexpected phone calls and letters are also what I am experiencing now, and you may ask, how can I be experiencing freedom when I am not even allowed to venture 5kms from my home. It is a freedom of being constrained to all the organised sports and events that I feel I continually go to. Part of me misses seeing all the other sport Mums to talk to and catch up on all their gossip, but I could text them I suppose.

Take care and keep safe.

At the end of the newsletter is a renewal form for your subscription. As our usual renewal time for membership is September, however because I have been very late with the newsletter it is now the end of December. If you wish to receive our newsletters you will need to pay for your subscription.

If anyone would like to contact with a member listed below; please 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

Tasmanian Co-ordinator

We need a new one!! If you love meeting like- minded people and organising a lunch every two months or whatever suits. Please contact Tina and she will put your name and contact details in the newsletter for Tasmanian members to contact you.

WESTERN AUSTRALIA

Please contact Juliette if you would like to meet for lunch.

Regards Juliette.

Convenor contact : Juliette Chester – (08) 9274 5724 or Mobile: 0408 453 851

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

At our Mid -Winter Lunch we were fortunate to be able to meet in person as cafes were allowed 20 people in attendance. We would have loved to have that many there, however it was not t to be. Luckily our regulars, came and we sang Happy birthday to Pam and Wendy. Everyone is most welcome to attend our lunches, just let me know your attending.

If you are new to our meetings, and you don't know what we look like please ask at the counter for our table as we are always reserved as ANTARCTIC FAMILY AND FRIENDS, sitting at a reserved table. I would hate for anyone to miss out. Our last meeting at Coffee Head in June those in attendance were,: Wendy Hutchison, Pam McDiarmid, and Graeme McDiarmid, Doreen Perger and the Congues family.

Our next meeting will be on:

Date: **Saturday 12th December 2020**

Venue: Your place over a zoom meeting or at Coffee Head depending on Victorian restrictions

Time: Zoom 1pm or 12.30pm for lunch (this may also change depending on restrictions)

RSVP: Tina on 9794 6683 or email by October 24th for confirmation of numbers.

Future dates: **Saturday 12th December 2020**
 Saturday 13th February 2021
 Saturday 10th April 2021
 Saturday 19th June 2021

MEMBERSHIP RENEWAL FOR 2021 ANTARCTIC FAMILY AND FRIENDS' ASSOCIATION OF AUSTRALIA

I wish to renew my membership for 2021 and enclose a cheque, money order or Direct debit to Antarctic Family and Friends

PO Box 2019

Dandenong East PO

Dandenong Victoria 3175.

Or

BSB: 063-349

Account number: 1000 9119

Reference Your name.

for \$10.00 *Please send your renewal slip to the above address. Thank you.*

For our overseas members please have your cheques converted into AUD before posting.

Renewal by **30th December 2020**. *Please keep us informed of any changes to your address.*

NAME:

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

ADDRESS:.....

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

Email:.....

Phone number:.....