

Partners of 9RAR

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July 2020 The New Normal

Home Alone Together, I noticed with some amusement that the ABC developed a comedy show of the same name as we coined for our new normal lives back in April... little did we all know what was in front of us.

Life as we know it has changed and may never go back to exactly what we were blessed with before this Pandemic. I hope you and your families are doing ok.

There have been some interesting moments at our house, in particular when The Vet gets up at 7am three times a week, complains about the cold, puts on his gym outfit, grumbles again, gets out the weights, rolls out the yoga mat positions the stretch straps, grumbles some more, sets up his computer ready for his physiologist to call on skype...then the familiar ding, ding, ding. He springs up as a lovely twenty something gym instructor beams out "Hi Ross how are you this morning?" to which he smiles forgets the cold and replies "great and ready to go!" He has just started back at the gym so this at least is back to normal (for now)Lesley

Lyn Fisher in South Australia has penned the following article, while it is not dinner conversation it is a discussion we all need to have at some point. It is interesting to know that there are options for how we depart this mortal life! Lyn has a very refreshing approach!

I find that the simplest of services provided by Funeral Directors are rather well 'padded' and there are blanket fees with no itemisation. For instance, something like an 'Admin Fee for professional Services' can be \$2,500 as a lump sum with no breakdown.

Of course, I mention this because it's what I want to happen to my own mortal remains, well, that is if the Medical school rejects me as an experiment or use to trainee doctors. I have a brochure called 'Body Donation Program' from the Adelaide Medical school. That would be a cool ending, too.

Because I don't want to line the pockets of an internationally owned funeral company, I have decided that DIY can be achievable. Our crematorium will accept a body (from the back of the friend's ute) after a certain time - (later in the afternoon, I think).

Said body must:

- a) be in a coffin*
- b) Coffin must have handles*

c) Coffin must have name plate.

Body should also be accompanied by a certificate from our Births Deaths and Marriages Dept which is not a Death Certificate but an 'Authority to Cremate' certificate. Then you get to pay a fee to the crematorium which here at the moment is \$580 - odd. Add the cost of your coffin - apparently Costco are pretty good. Done deal. Then the next of kin can just throw a memorial service and party with the \$\$ not given to the funeral director.

I hasten to add - the steps outlined above are for me - Jim will want something else, probably, which is cool.

Anyway, something different to ponder.

And maybe we should ask the Partners to make sure their Enduring Powers and Wills are current?

Lyn Fisher – SA 9RAR

As Lyn has shown there are always options and the time to look at all of this is when you don't need to, below are a couple of links and options that are available in all states.

www.salvosfunerals.com.au This web site has a very information Funerals Guide page that shows the options that they offer this includes a complete price list.

www.gatherhere.com.au This web site shows options for Not for Profit funeral homes. There is information on this site for all options from Donating you body (in each state) as well as No service No attendance cremations, Green Funerals (no coffin) and a list of Not for Profit funeral homes in each state.

Talk to each other and your family and make sure everyone knows what you each want, this takes the awful decisions away from the grieving family. We are much luckier than previous generations, we actually have a choice in how this is all conducted and it can be exactly what you want.

Sometimes it takes a special lady(even at 94 yrs old) to keep us all on track.

Gardening you have probably got time to get in some gardening before it gets too cold. If you have small plants or cuttings you want to plant into your garden or larger pots in spring try planting them into a flat bottom ice cream cone. When they are established, plant the ice cream cone as is into the garden or larger pot. It will break down on its own. Remember that if the Vet is pruning over this time of restrictions you should always supervise this activity (they tend to get a bit carried away)

Online Scrabble This can be with people you know or people you don't know
Look for the "Words with Friends" App at your online App Store

Reading search online for The Stella Prize. This is a major literacy award celebrating Australian women's writing and an organisation that champions cultural change. Thestellaprizel.com.au Also remember that your local library may well be closed but the online book borrowing services are still available. If you are looking for something different look at Mammoth by Chris Flynn

Book Review - Jill G.

I loved this book by Ruth Hogan, she wrote this book while having treatment for cancer.

The Keeper of Lost Things. By Ruth Hogan.

Set in London and Brighton. The story begins and ends with a biscuit tin full of someone's earthly remains. Anthony, a broken hearted writer collects lost things! Two stories alternate through the book. Each object has its own story and are symbols of people's lives.

A feel good read, light hearted and quirky." Enjoy, Jill G

Melbourne Symphony Orchestra on YouTube

The ban on mass gatherings has taken its toll on many of the arts but the Melbourne Symphony Orchestra has livestreamed two concerts on YouTube (search MSO livestream) for you to enjoy. Play it on your TV/Phone/Computer if you can while having dinner with *The Vet* together with a good bottle of wine.



Podcasts You can always find good podcasts to download onto your phone or device. The ABC has a particularly good range you can download free, a particularly good one is Conversations with Richard Fidler. These are a series of one hour interviews, one on one, with people from all walks of life. Everyone from His Holiness the Dalai Lama, to Jan Becker a flying midwife saving tiny babies to author Bill Bryson. For a wide selection of podcasts look for Australiaaudioguide.com

ANZAC Day This is an important day for *The Partners* as well as our Vets. Much of our lives have been entwined in one way or another with the 9 RAR family. It has been disappointing that just as we are starting to reach out to each other that we were not able to meet up this year.

ANZAC DAY at Tuross Head NSW

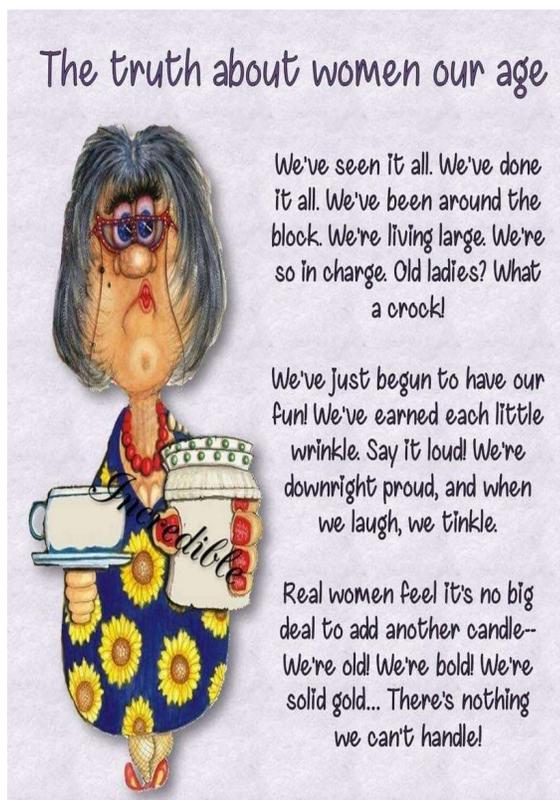


David headed off at 5am, on the water by 6 am. Had his own service, relinquishing in the tranquillity and isolation of the ocean at dawn, with thoughts of all 9RAR mates. The boat was a little crowded with the memories of those onboard!

I stood alone on my deck, wearing my 9RAR scarf, watching the sun rise out of the ocean with the ABC Dawn Service from Canberra echoing through my open windows.

Our families in South Mission Beach, Currumbin and Ballina all participated in their own driveway Dawn Services, the Ballina family were featured on the local television news that night.

Jill Greenhalgh



Handy Hints for Women who can handle it all !!!!!

Passwords... This is a problem for everyone, not just for folks of a certain age. The issue is that almost everything you do requires a password, not only everything you do, but everything The Vet does requires another set of passwords. If this is an issue for you there are a number of ways you can keep track of them.

Connections to financial institutions, Government, the home modem, your streaming services, your retail online shopping accounts, payment of accounts for utilities etc. All require a password, but remember all passwords are not equal, some require better levels of security than other.

Some hints

Do not use the same password for everything. Create a format for your passwords for the unimportant stuff such as the company name plus your postcode or last four digits in your telephone account etc ok for online shopping

Do not let online retails etc. hold your credit card details because it is easier, enter it each time you go online.

A note book that you write this information in is simple, keep it in the safe place

When we go away the kids know where to find it all if the plane crashes. It is referred to as the cupboard of death !

Who remembers the fabulous taste of the free warm milk in infants and primary school in the 1950;s?

Well if like me it turned you off milk for life, below are some uses for milk that might bring you on board again

Creamy White Russian

30ml Kahlua or other coffee liqueur
30ml Vodka
½ Cup Milk

Mix all together, shake and pour over ice.

Bourbon Milk Punch

2oz. Bourbon
3 oz Whole Milk
1 oz Simple Syrup
2 dashes Vanilla extract
Sprinkle of Nutmeg

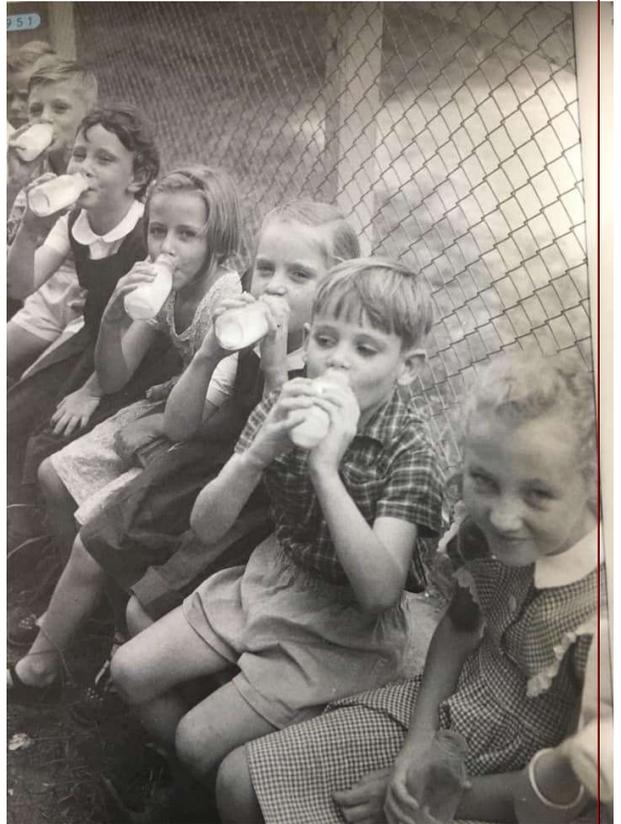
Add all ingredients into a shaker with ice, shake until chilled Strain into a glass with ice garnish with grated nutmeg

Salted Caramel Espresso Martinis (sorry no milk in this one!)

1 tbs Caramel Sauce
50ml Cooled Espresso Coffee
50ml Kahlua or Coffee Liqueur
100ml Vodka

Combine Espresso with a pinch of salt flakes and shake until mixed
Add Caramel, Coffee, Vodka and Kahlua top with ice and shake until mixed

Strain into two glasses or one glass twice, top with finely grated chocolate.



What would you like us to see on the pages of our humble newsletter? In the next issue we will look at the issues of bank accounts and credit cards and what you should investigate and be across.

We are always looking for items to include. If there is something that you would like us to include please send it to us

Like many of us Jan has been doing a bit of sorting out of items that have been stored during the period of lock down. As you can imagine with all of the work that Garry did for 9 RAR there was a lot of paperwork to sort through particularly given that when Garry started it was all hard copy paper work.

Our last page for this issue has some historical information on the start of the 9 RAR group in NSW. When I reflect on what *The Vet* and their families were dealing with back then I hope that Brian Vickery realises the impact his decision to “form up” has had on how we, as a group, have stayed together for 50 years, travelling often a difficult journey but one that has been supported by the 9 RAR family.

Now we meet and communicate often and The Partners get to have a good laugh together, normally at The Vets expense. It is a bit like when you took your child to play group and found that your child had the same problems as everyone else’s!

Continue to Stay Safe Everyone, remember if you need help, talk to someone !

*We do not offer advice, rather information that you can take onboard or follow up yourself if you wish to.
We are not an advocacy organisation more a coffee club connecting people*

9 RAR NSW Association



**Plant a seed and watch the flower grow.
In this case it wasn't a flower but the 9RAR NSW Association.**

Recently while sorting through archived documents I came across the beginnings of the 9RAR NSW Association.

Brian Vickery had talked about forming such an association with some of the guys.

It took a letter from Brian to the guys to get the ball rolling so to speak. Below is a copy of the original letter. The documents Garry had archived have now been handed over to Dan Penman to be included in the collection of items at the 9 Battalion Museum at Enoggera Brisbane.

Brian Vickery, Brian Hamilton, Garry Mayer, Doug McGrath, Graham Cook and John Sheeky were present at that first meeting at the Officers Command, Mosman. Brian Vickery had prepared an Agenda, an Action Plan, and the first 9RAR NSW Newsletter 1/89. Discussion at that first meeting centred on what they saw as the future of such an association.

The fruits of that meeting have seen the development of an association of a wonderful family oriented group of people. Reunions and reminiscing have followed over the years, as we have all journeyed through the various stages of our lives and enjoyed one another's company along the way.

My late partner Garry Mayer had archived all the relevant documents from that initial meeting on the 24th May 1989 to 2004 when digital progress took over the keeping and archiving of manual documents.

I would like to say "Thank You" to the original committee for their vision of the friendship network that would ensue among the guys, their partners, children and grandchildren.

I would like to invite the QLD, VIC, SA, WA Associations to write a short history of their respective associations for future issues of 9RAR Partners.

*With Best Wishes to ALL the 9RAR Family.
Jan Maguire (partner of the late Garry Mayer)*

