

1. To help and allow the grieving process
2. To reassure those who grieve that their feelings are natural
3. To provide a safe and respectful environment in which grief can be freely expressed
4. To respect the confidentiality of all that occurs in Solace
5. To have the right to participate when a person so chooses
6. To know you are supported
7. To know you are accepted
8. An understanding we are all different
9. To deliver an ongoing peer led bereavement support and information programme that is; non-sectarian, non-party political and non-denominational
10. To promote the Ideals of Solace
11. To work with Solace Grief Support Group W.A.'s extended Objectives listed within the By-Laws.

**Sharing and Caring Support Group:**

As we walk the inner corridors of peoples lives
we seek and ask for:

Mobile phones to be turned off just before the group starts,
unless you have young children at home.

Confidentiality of names and circumstances are maintained in
Solace WA Inc. and outside of Solace WA Inc.

Respectfully we seek that one person speaks at a time when
we are together as it allows each of us to hear all that is said.

We acknowledge that the worse grief is your own. Hence, we
seek mindfulness in wishing to compare what type of death is
worse, or what gender has the worse grief.

April—June 2020

Sharing & Caring



The quarterly newsletter of Solace Grief Support Group WA Inc

We are a non-profit peer led support group for people
following the death of a spouse, partner or fiancé.

PO Box 291 Como 6952

Email: info@solacegriefsupportwa.org.au

Website: www.solacegriefsupportwa.org.au

Facilitator: 9474 3297

President: 0488 991 084



Solace Group Gatherings Times and Venues—In Brief:



"There is no greater agony than bearing an untold story inside you" – Maya Angelou -

WEST PERTH **4th Saturday** **1.30pm—4.30pm**
City West Lotteries House, 2 Delhi Street, West Perth 6005
The Daily **2nd Saturday** **11.30am—2.00pm**
Cnr Collins St & Canning Hwy Kensington

CONNOLLY **2nd Thursday** **1.00pm—3.00pm**
Connolly Community Centre, 5 Glenelg Pl, Connolly 6027
Cafe Group **4th Thursday** **1.00pm—3.00pm**

GOSNELLS **2nd Wednesday** **9.30am-12.00noon**
All Saints Church, cnr Dorothy St & Hicks St, Gosnells 6110
Cafe Group **4th Wednesday** **10.00am—12 noon**

MUNDARING **3rd Tuesday** **9.30am—12noon**
Church of Christ 1470 Stoneville Road, Mundaring
Cafe Group **1st Thursday** **10.00am—12noon**

Walking Group: North of River

Walking Group: South of River

Social Events: Lunch / Tea—Dinner / Picnic
Bus Trip / Cafe's / Ballet /
Your ideas are welcomed



Solace Contacts:

President/Facilitator: Sandra
0488 991 084
info@solacegriefsupportwa.org.au
Secretary: Liz
0419 853 290
solacewa.lizmarzi@gmail.com
Facilitator: Lynette
9474 3297
solacewa@eftel.net.au

Facilitator: City West Gosnells

Lynette 9474 3297

Community Contacts:

ARBOR 1300 11 44 46
Suicide

Angel Hands 9272 2242
Trauma Recovery

Lifeline: 13 11 14

Samaritans: 9381 5725
9am—4.30pm

Beyond Blue: 1300 22 46 36

MensLine Aust: 1300 789 978

QLife : 1800 184 527
3pm—12am

Children & Adolescents

Kids Helpline: 1800 55 1800
5yrs—25 yrs

Head Space: 1800 650 890
12yrs—25yrs

Youth Focus: 6266 4333

Community Resources:

Citizens Advice Bureau
Fees Apply 9221 5711

Coronial Counselling Service
7am—6pm 9425 2900
Country Callers 1800 671 994
Counsellor A/H 0419 904 476
Health Consumer's Council
9221 3442

Country Callers 1800 620 780

Community Support:

Chorus 9318 5700
(formally Volunteer Task Force)
Fees Apply

Silver Chain 9242 0202
Fees Apply

Editors Note:

These resources are ideas and we at Solace are aware that you will make a decision that is right for you. These agencies are in the public domain and are here for ease of access.

Your Input, Feedback, Poems, Stories, Ideas are valued and welcomed as are corrections.

Health and Wellbeing

Homeopathy—Like treats Like

Naturopathy—Building the body to treat the cause

Allopathic—treating the symptom (medicine)

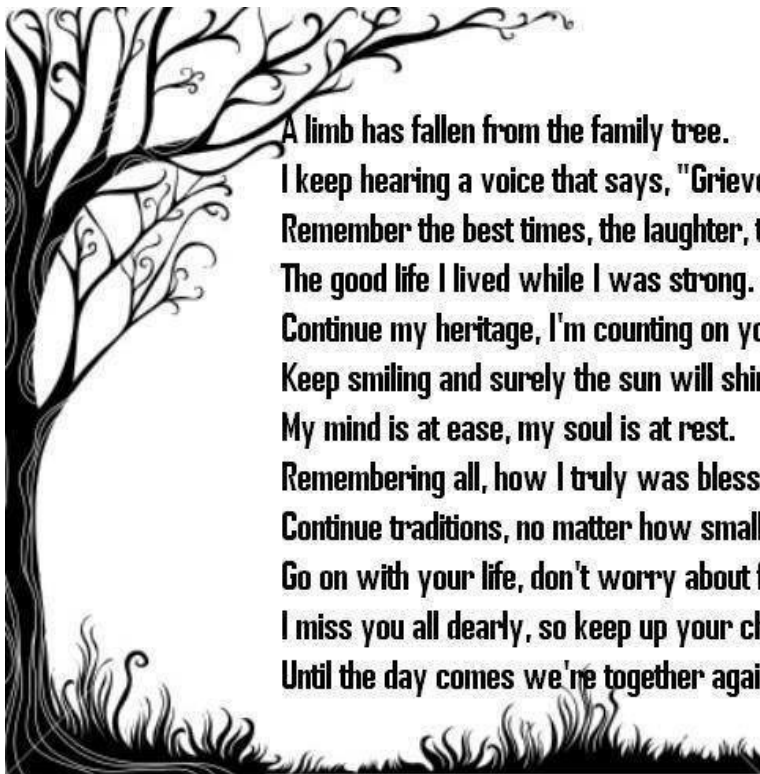
The word is STARTLING -> STARTING -> STARING -> STRING -> STING -> SING -> SIN -> IN -> I.

He should question Mark. The note read: "QUESTION MARK Crimson. He broke your window."

Neither – the yolk of the egg is yellow.

John performed the "Happy Birthday" song.

The match.



A limb has fallen from the family tree.
I keep hearing a voice that says, "Grieve not for me.
Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with your life, don't worry about falls
I miss you all dearly, so keep up your chin.
Until the day comes we're together again.

NOTE: For your health and wellbeing we are only able to provide our Cafe, Walking and Activities Groups to Registered Members . We would love to meet you and have you along so please give Membership a thought. Registration is at any of the Sharing and Caring Groups.

Groups

Walking Group:

If you are interested in attending the walking group please contact Janet 0428 681 104. Janet is open to ideas.

** 26th April will be at Tomato Lake in Kewdale @ 1.00pm**

May and June please contact Janet for updates

Sharing and Caring Groups & Cafe Group:

See page on the left

Social Connections:

Watch this Space as Member Adele is seeking your input on activities / outings for Solace.



COVID 19 ADVICE

Cover mouth and nose with a tissue when you sneeze or cough.

Put any used tissues in the bin.

No tissue? Cough or sneeze into your upper sleeve or elbow, not your hands.

Wash hand with soap and running water. Dry hands thoroughly with paper towel.

When we lose our significant other for us life stops, but in reality life goes on. Things change and events happen including weddings.

The wedding of our first born was one of the proudest, happiest, saddest days of my life. How could Angela's 'Jamin' be getting married, to someone Angela had never even met?

I did my sobbing at home with our boys early in the day.

Of her own volition, Lizzie created a locket with a photo of Angela as part of her bouquet, and the buttonholes were Irises, Angela's favourite flower. Benjamin carried in his pocket a notebook with his 'memories of Mam' that he created not long after Angela's passing, Matthew wore his special bracelet given to him by his Mam, and I wore my fob watch, given to me for our 34th wedding anniversary by Angela, 2 days before she passed, in which I had placed 2 special photos of her.

At the commencement of the ceremony, the celebrant acknowledged the role of the parents, mentioning Angela and Alan, Sharon and Bob as a part of the introduction. Many caught their breath and shed a quiet tear at this point, Angela could not be there in person, but there was no doubt that she was in all of our hearts !

Ben had picked out a photograph of his Mam and Dad to be placed prominently on the gift/cake table, to ensure she was acknowledged throughout the evening.

We did the best we could. She would have been so proud of her boys, she always was.

Alan (Husband of Angela)



There is a common 9-letter word in the English language, such that if you keep removing its letters one by one, the resulting 8 words are still valid. What is this word?

The removed letters do not need to be from the beginning or the end of the word.

One snowy night, Sherlock Holmes was in his house sitting by a fire. All of a sudden a snowball came crashing through the window, breaking it. Holmes got up and looked out just in time to see three neighborhood kids who were brothers run around the corner. Their names were John Crimson, Mark Crimson, and Paul Crimson.

The next day Holmes got a note on his door that read:

"? Crimson. He broke your window."

Which of the three Crimson brothers should Sherlock Holmes question about the incident?

What is correct to say – "the yolk of the egg is white" or "the yolk of the egg are white"?

John: "I know every song in the World."

Paul: "It can't be. I bet you don't know any songs which contain the name of my daughter – Beatrice."

John accepted the bet and won. Which song did he sing?

If you have one match and enter a room in which there is a stove, a kerosine lamp, and an oil burner, what will you light up first?

Something to think about with Easter coming up !!

Dark Chocolate

If you buy quality dark chocolate with a high cacao content, it can be quite nutritious, containing both soluble fibre and a decent mineral count.

Dark chocolate with 70%-85% may contain up to:

11 grams of fibre

67% of the RDI for Iron

58% of the RDI for Magnesium

89% of the RDI for Copper

98% of the RDU for Manganese

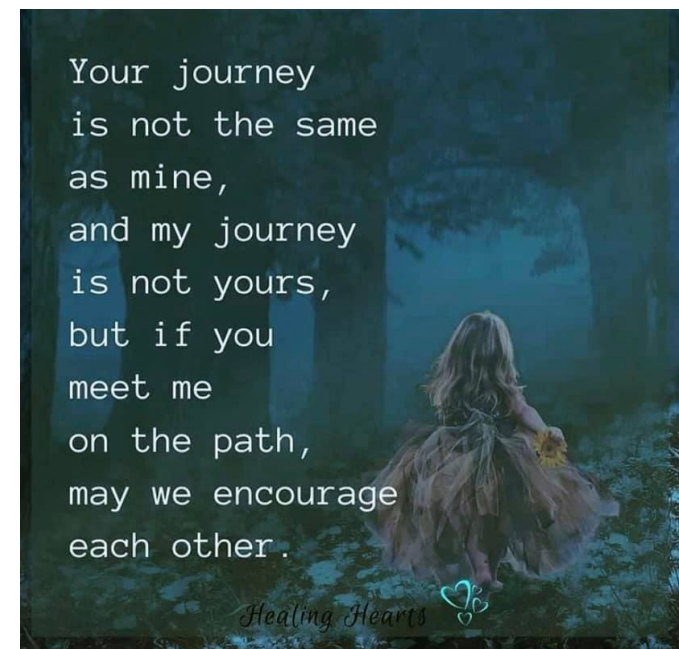
It also has minerals; potassium, phosphorus, zinc and Selenium and the fatty acid profile of cocoa and dark chocolate is also excellent.

The fats are mostly saturated and monounsaturated, with small amounts of polyunsaturated fat.

100grams is a fairly large amount for daily consumption because these nutrients also come with 600 calories and a moderate amount of sugar.

For this reason, chocolate is best consumed in moderation.

Ref: nutritiondata.self.com/facts/sweets/1036/2



Brittany (our eldest daughter) was married almost 6 months after Rod passed away and to honour her father at her wedding she had some cameos made of dad.

Brittany had one in her bouquet, her sister Nicola (her bridesmaid) and I wore ours as a bracelet. Brittany and Liam also chose to have a candle lit, which I had to do before the ceremony started. Rod would have been so proud to have walked his eldest daughter down the aisle and we are sure he did.

Joy (wife of Roderick)



Essentially, the theory sums up grief as a ball in a box with a pain button. The ball is largest immediately after a trauma or loss, which means almost any action can trigger the pain button. But, as time goes on, the ball often gradually shrinks and the pain button is activated less often.

While it may get smaller, the ball of grief usually lasts forever, and sometimes the pain button will be activated when you least expect. Also, it's not unusual for certain pain button triggers to cause the ball of grief to grow larger for a period after you thought it had permanently shrunk.

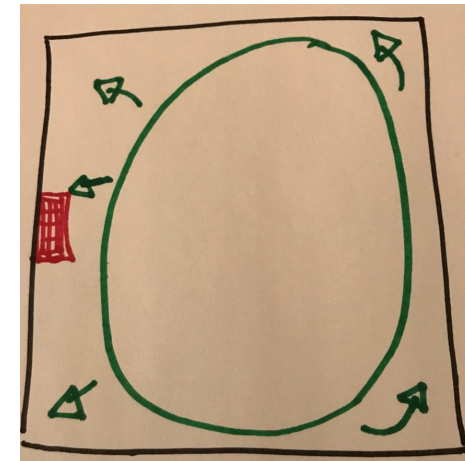
'In the beginning, the ball is huge. You can't move the box without the ball hitting the pain button. It rattles around on its own in there and hits the button over and over. You can't control it - it just keeps hurting. Sometimes it seems unrelenting.'

'For most people, the ball never really goes away. It might hit less and less and you have more time to recover between hits, Unlike when the ball was still a giant.

I thought this was the best description of grief I've heard in a long time.'

'Over time, the ball gets smaller. It hits the button less and less but when it does, it hurts just as much. It's better because you can function day to day more easily. But the downside is that the ball randomly hits that button when you least expect it.'

Lauren Herschel



Breakfast Burrito Recipe

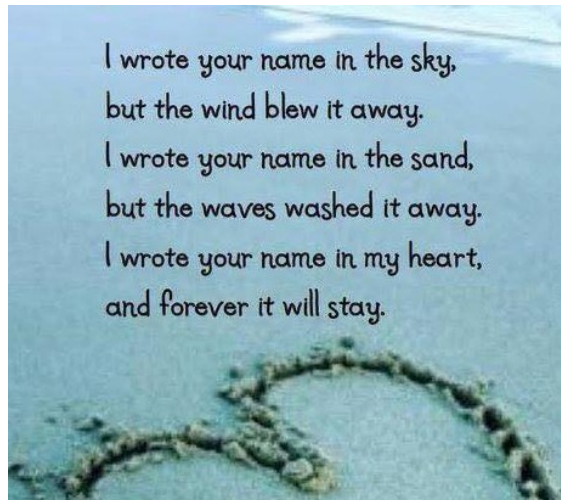
Start your day off right with this simple and well-balanced breakfast. Have a whole-wheat tortilla to boost your fiber and nutrient intake and an orange to help your body absorb the iron in the black beans.

Ingredients

- 1 jumbo egg plus 3 egg whites, beaten,
- 1 green onion white part only, chopped
- 2 tablespoon low-fat cream cheese
- 2 tablespoon black beans
- 3 tablespoon chunky garden-style salsa
- 1 10" flour tortilla

Preparation—makes one Burrito

In a nonstick frypan, cook the egg and onion. When the eggs are almost done, stir in the cream cheese and beans. Place the tortilla over the eggs in the skillet until warm. Remove the tortilla, top with the scrambled egg mixture and the salsa and roll up.



In 1977 my husband John bought 7 bee hives which supplied our family and friends with honey. He was always very passionate about his bees and what had been a hobby then became a business.

By 1987 John became a full time apiarist and now the proud owner of 300 hives. Our honey was mainly sold in bulk to Wescobee and the occasional customer who came to our door.

John travelled continuously attending to our bee hives which were situated in Albany, Cervantes, Widgiemooltha and Mundaring. Our hives were also used in Kununurra specifically to help with the pollination of sunflowers and mango trees.

One weekend our daughter Bonnie decided that she would like to set up a picnic table and umbrella at the front of their property to sell their honey. She loaded up the table and it just took off and honey has been sold from that stall for at least 30 years.

An article was placed in the local paper regarding our honey. "This great local honey comes in a range of tub sizes and varieties such as Wandoo and Mallee. If you are a big honey eater then you will opt for a gigantic bucket of wandoo. Once you have immersed yourself in the world of honey and tasted honey from these hives that are kept in particular parts of the bush or forest for their specific flavours you would not want to eat any other honey."

After 30 years and regular customers, Mundaring Shire declared our "Honey Stall" an Icon and the accompanying photo hangs in the shire office.

John retired in 2017 due to ill health and our daughter and son-in-law took over our business so we are still able to keep our customers happy.

Written by Yvon (wife of John).

A Short Time of Pleasure

David had been in hospital for just over five weeks and owing to his illness was not allowed to leave his room because there was too greater risk of infection. Initially in the first couple of weeks we had been able to take him out of the hospital in a wheel chair but could only go as far as St Mary's Cathedral. My son, daughter and I would take turns to push him around the cathedral or we would just sit, have coffee and talk about what we would do when he came out of hospital. Living on a small property there was always much to do and making plans seemed to make David (especially David) and I feel that somehow our life would get back to normal.

One day I asked if I would be able to take him for a drive and was told yes but he would have to remain in the car unless we went somewhere where there would not be any other people. I had decided that we would go to Cottesloe – it was to be during the afternoon mid week – so we could perhaps be able to park and have a lovely view of the ocean.

David was a lover of red wine, good food and he also liked to have a glass of very cold beer. I had decided that I would take a can of Emu Bitter (his most favourite) as a surprise.

The look on his face when I opened the small esky was one of delight. He was not able to drink all of the beer – perhaps half of the can. He did say he enjoyed what he drank, but I am not so sure, I think it was more that I had thought of bringing him something that he had enjoyed so much in the past. Those two hours together was so wonderful – just he and I.

David died ten days later.

Sandra

Wife of David



The Ponte nel Cielo is a pedestrian path in Northern Italy, that is 234 meters long and suspended at over 140 meters high, that connects the two sides of the Val Tartano (Campo Tartano at an altitude of 1034 meters and the Maggengo Frasnino, at 1038 m) overcoming the homonymous torrent: with its numbers, the Ponte nel Cielo is to be considered the highest Tibetan bridge in Europe !

The walk, wasn't THAT bad, until kids started running along and the wind picked up, which made the bridge sway a fair bit. Anyway I got all the way to the other end, climbed up to the little shack where they supplied drinks and back again.

Liz, the love of Warren's life



One year after Eileen's beloved Tom died, there were thoughts of, 'I am not frightened to die!'

Eileen decided to take on skydiving. Below is a picture of her first companion skydive over Rottneest.

The exhilaration of the skydive led Eileen onto her next venture, aerial acrobatics in a small aeroplane.



sending virtual hug



Due to the Coronavirus, Solace WA Committee has made the decision to close our Sharing & Caring and Cafe Groups to come into effect from today until such time as it is safe to resume our activities.

At this stage our walking group will still be going ahead.

We feel sad and sorry especially as we know how important Solace is to our members but this is in the best interests of all.

What we will be doing in the interim is keeping in touch with you regularly via email and phone calls.

We have also postponed our conference and national executive meetings and have rescheduled these for 9th to 11th November (inclusive) with the hope that these will go ahead.

If you wish to make contact at any time – especially if you are having a tough day or just wish to talk, please call.

We do hope that all keep safe and well and we look forward to resuming our normal activities as soon as possible.

It is with kind regards

Sandra

0488 991 084



"When someone you love dies, and you're not expecting it, you don't lose them all at once; you lose them in pieces over a long time—the way the mail stops coming, and their smell fades from the pillows and even from the clothes in the closet and drawers. Gradually, you accumulate the parts of them that are gone."

Karen and Sandra attended (on behalf of Solace WA) an "International Women's Day 2020 " which was again hosted by Westpac Bank at the Morley Branch.

Last year Solace provided a power point presentation on what Solace can offer to those in need and this year their guest speaker was Hannah (Executive Manager) who represented the RSPCA at Malaga. She was an excellent speaker and very passionate about her role within the organisation and spoke about what they try to do in the re-placement of rescued dogs and cats into people's homes. They also brought with them a little 3 year old French Bulldog (who is totally deaf) and had been rescued and four gorgeous kittens that had been found in a box and handed in. (when found they were only a week old). Of course much time was spent in cuddling these kittens and learning that this little dog had been taught to understand some sign language. The array of food offered was truly amazing. It was lovely to be asked again and good for Solace WA to be able to network.



I am wearing a pair of shoes.

They are ugly shoes.

Uncomfortable Shoes.

They don't even match with what I want to wear

Every day I wear them. Every day I wish I had another pair instead.

Some days my shoes hurt so badly that I don't think I can take another step.

I get funny looks wearing these shoes.

I can tell in others eyes that they are glad they are my shoes and not theirs.

But people never talk about my shoes.

I think finding out about how awful my shoes are might make them uncomfortable or embarrassed.

I know that to understand what they're really like to walk in you must walk in them yourself.

The thing is, I wouldn't want you to because, once you put them on, you can never take them off.

But now realize that I am not the only one who wears these shoes.

There are many people who find themselves wearing pairs of shoes like this around the world... often quite suddenly, without warning..

Some people ache daily as they try and walk in them.

Some have learned how to walk in them so they don't hurt quite as much.

Some people have worn the shoes so long that days will go by before they realise they still do hurt a bit.

I am wearing a pair of shoes today... and I can't take them off.

Author Unknown

