



June 2022 Book Club Printable

Every month we transfer all of the good bits from our online club platform, into a printable version for facilities.

Some sections may refer you back to the platform or online sources.



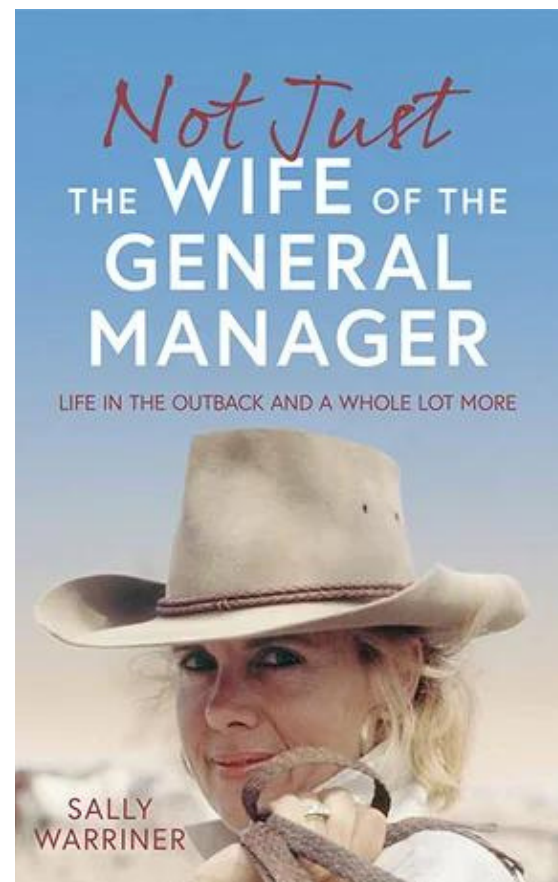
NOT JUST THE WIFE OF THE GENERAL MANAGER - LIFE IN THE OUTBACK AND A WHOLE LOT MORE BY SALLY WARRINER

Not Just the Wife of the General Manager is a rollicking memoir of one woman's life on outback cattle stations, and an homage to the many unsung women like her.

It was the 1980s and Sally was in her early 20s when she returned from a backpacking sojourn and hitchhiked to Australia's far north. But instead of moving back to Canberra as planned, she stayed. After marrying a cattle station manager, Sally lived and worked with him on various stations until she was 50, ingraining herself into the lives of the characters who inhabited these isolated places.

With wit and sass, Sally tells the story of how she was so much more than just a wife of a station manager (despite what some of the top end blokes thought). Among other things, she was a nurse (dealing with local accidents, assisting the Flying Doctor service and making emergency 400 km round trips through the outback with sick children), a mother (bringing up several children, not all her own), a travel agent, a social secretary, a host and an organiser (including of Kerry Packer's New Year's Eve parties).

This is a story about adventure, resilience, the unexpected journeys we need to go on to find ourselves, and having the courage to do something for yourself. In Sally's words: 'Life's like that, fellas. You may spend a lifetime trying to find yourself but, at the end of the day, you've been there all along.'



This month's book can be purchased at all local bookstores including Target, Kmart and Big W. It can also be accessed for FREE on the Libby platform (see online links)

SALLY WARRINER

Come the end of the month Sally Warriner will, naturally need no introduction!

With a breadth of experience that spans working for Medecins sans Frontieres to attending plane crashes in the Northern Territory, Sally brings a unique set of skills and experiences to the Raindrum team.

She has seen both the devastating health effects of poverty and malnourishment, and those of diseases of affluence including addictions, diabetes and cardiovascular disease.

Sally gained her nursing degree at Canberra Hospital in 1972 and went on to train in accident and emergency and intensive care departments in London hospitals.



She returned to Australia in 1975 to take up a position as a Registered Nurse at Broome Hospital, in Western Australia, focussing on obstetrics and paediatrics.

However, always possessed of an adventurous spirit, she soon took a role as a Registered Nurse with the Northern Territory Health Department, with the responsibility of running a clinic based on a large cattle property. The position saw the start of a challenging, 20-year bush career during which she also worked alongside her husband to manage a large cattle breeding operation.

Not only did Sally often drive hours to find a patient, she attended plane crashes, road accidents and other traumatic as well as everyday medical events. Her experiences are the subject of a soon-to-be published book by Hardie Grant.

After a brief spate at Mater Private Hospital in Brisbane, adventure again beckoned for Sally who, in 2005 after completing special training, worked at a refugee camp in Sierra Leone for Medecins sans Frontieres.

Part of her remit was to set up a pharmacy building that catered for three camps, or about 15,000 refugees. In 2006, Sally went on to work as the Nurse Supervisor of an in-patient facility in South Sudan, responsible for the day-to-day administration of the hospital, and treatment of patients with diseases ranging from malaria to TB and leprosy.

Three years later, she could be found in the emergency room of hospital in Bhutan, where she also volunteered with an organisation providing refuge to those suffering from domestic violence.

Tell your story

THIS MONTH WE ARE GOING TO HAVE A BIT OF FUN WITH THE 'TELL YOUR STORY OR SHARE A YARN' CHALLENGE.

Following from this month's book, where we get to hear the thrilling stories of Sally Warriner, we thought it might be fun if we ALL took a leaf out of her book and did a little sharing ourselves.

This just meant for fun, and a way for us to share a little about ourselves.

Think 'a story that is fit for a campfire'. It might be a story from childhood, a thrilling travel adventure, a family memory, **or a funny story to have us all belly laughing!**

How to get started if you are participating in a group:

Step 1: Sit together informally in a comfy area.

Step 2: Ask everyone to think of a story from their life (or someone close to them) that they want to share

Step 3: Start sharing! It is always best if a staff member, or leader can go first to get the ball rolling. And then either go around the circle, or have people choose when to jump in and share their story.

Remember: The idea is to just have fun, give people some joy in remembering and reciting memories, and get to know each other a little bit more.

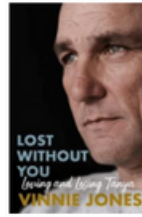
For some added fun! You can record the stories as an audio memory and then share them with friends or family!

How to get started if you are participating solo:

Follow all the steps above but rather than telling it out loud, write it down and share it with someone close to you!



Top 4
recommendations
by members this
month



Everything I Never Told you continues the exploration of Chienese-American identity & Everyone In My Family has Killed Someone is highly recommended!

Exile and Lost Without You are new books selected by our wonderful members to add to their TBR piles.

The links to these resources can inside your Facility Hub online.

Something to
listen to

Start With This is a podcast gone creativity playground designed to put your ideas in motion, from the co-creator of Welcome to Night Vale Jeffrey Cranor. Each episode centers around a topic from world building, to opening lines, and even failure. Then they give listeners two short assignments: something to consume and something to create. Jeffrey wants you to start creating, one assignment at a time because the best way to start writing, is to start writing. Not sure where to begin? Start With This.



Something to
watch

Based on the legendary true story of the Red Dog who united a disparate local community while roaming the Australian outback in search of his long lost master, RED DOG is another outback story that you can't help but fall in love with.



A great podcast

Yes, it's the brand-new podcast from the UK's top travel magazine!

Destinations included so far are AlUla, Malta, Brazil, Easter Island and the Colorado Rockies.

Wanderlust
OFF THE PAGE

The aesthetics
of joy

The Aesthetics of Joy is a resource for finding more joy in life and work backed by scientific research. Founded by Ingrid Fetell Lee, this website, book, blog and more celebrates the power to create a happier, healthier world through design.

Maybe you can't travel, but you can certainly create a world around yourself



June Word Search

G M Z K M X H U R O E L J Y H
A E F K C B V S W S Y E X E L
F U N A O O U F T K A X A F Z
E B S E R F M I I A P F H G M
T G P T R M A M S Z T S E B V
W U Z E R A E R U T D I F T M
O I J U J A L R M N O C O A Y
O U S G Z H L M S I I C B N B
H S T O I J S I A L N T K I W
E H N B L Z P I A N D G Y M C
A E U Y A A W A H W A K R A A
L E R J Q C T Y U I B G V L T
T P S K L U K I M F Z C E S T
H R E M O T E F O E H Q N R L
I A U Q R W I E L N N M X V E

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|-----------------|-----------|-----------|---------|
| general manager | community | Australia | station |
| animals | isolation | farming | remote |
| outback | farmer | safety | cattle |
| nurse | stock | health | sheep |
| wife | | | |



Contact



Remember, if you have any trouble implementing any of these activities or resources, just send us an email and we will be quick to assist!

WEBSITE

connectedau.com.au



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LIFESTYLE PROGRAM MANAGER

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