



## Using Social Media



At the March meeting, Linda Macqueen (pictured) introduced LNAA members and visitors to the Lutheran Church of Australia's (LCA) policy on social media – particularly the use of *Facebook*. Linda is the LCA's Communications Manager.

This policy, with its related procedures and guidelines, applies to all activities and ministries of the LCA, including LNAA, which now has a *Face-book* page, managed by Vice-president, Megan Materne. It also applies to all pastors, layworkers, employees, volunteers, and members. The aim, Linda said, is to promote a consistent, responsible, safe and effective approach to the use of social media.

Linda stressed that placing posts on the LCA's official *Facebook* page is tightly controlled to avoid abuse that could harm the church or other people. Only three people have the authority to place a post. Megan is taking a similar approach with the LNAA's *Facebook* page. However, LCA Districts, departments, agencies, schools, congregations, youth groups and camps, and other special interest groups within the church all have a *Facebook* page.

Many of these are open, for the world to see, but many are closed, so you have to apply to join. Some are for group members only. Linda said there are hundreds of *Facebook* sites across the LCA, and most have the name 'Lutheran' in them. Each one of them, for better or for worse, represents our church to the world.

While admitting to being a little 'nervous' about *Facebook*, Linda stressed that 'you simply can't **not** use social media (especially *Facebook*) in today's world if you want to be heard, if you want to communicate effectively'.

The statistics relating to social media use are staggering, she said. Almost eight in 10 people now use social media; 99 per cent of 18-29 year-olds, and 47 per cent of those aged 65 or over! The number of older users is on the rise.

More than a third of people now access social media more than five times a day. Among 18-29

year-olds 89 per cent check in at least once a day. *Facebook* is the most popular of the various social media, attracting 94 per cent of all social media users.

Some time was spent discussing how best members could use the LNAA *Facebook* site. Surprisingly, humour is most popular on the LCA page. Megan also includes some humour on the LNAA page. The page also promotes the LNAA program, and includes brief items and comments on topics relative to Nurses.



In the absence of President Sylvia Hutt, who was tending her sick mother, Vice-President Megan Materne chaired the meeting. Sylvia has indicated that she will not be available for re-election at this year's annual meeting, but is willing to support and mentor an incoming president, if required.

## *From the President*

At the March meeting of the LNAA our spiritual adviser, Pastor Chris Gallasch, read from 1 Thessalonians 1:6-8, inviting those present to find a connection with the guest speaker, Linda Macqueen's topic of *Facebook*. The immediate response was 'Spreading of the word'. The ripple effect of the '**word of the Lord sounding forth**' is like information spreading with social media. On *Facebook* information is often given with pictures, not with words, just as the early Christians spread the word by their actions and example. Pastor Gallasch explained that our lives are like a book, and if the gospel can be seen in our life then words are not necessary as actions speak louder than words.

*Facebook* shows the story of people's lives -- the good and the bad, told with a grain of truth or tongue in cheek, and the reach can be far and wide. The greatest story ever told is God's story in the Good Book; so before we learn about *Facebook* we need to learn about the Bible.

The Easter story with the cross of Jesus is the story that needs to get out on *Facebook* so that *Facebook* and the Good Book can back each other up, and the greatest story ever told can get out to the whole world so it can learn about Jesus' forgiveness and love.

*Facebook* is not good or bad; it is a way of connecting, and sharing one's life. It is worth asking if this platform is healthy for interpersonal, relational, and spiritual growth. The value of *Facebook* is really determined by the user -- how one uses it and to what extent it directs or controls one's life. *Facebook* has become a reality in our culture, and there is no going back.

As Christians, we know that our lives are to be governed by God, fuelled by the love of Jesus, and directed by the power of the Holy Spirit. Do not let *Facebook* consume you and steal your joy! By simply controlling it, rather than letting it control you, *Facebook* can be used in a God-honouring way. It can be an effective tool to share your faith and to impact your on-line community of friends with God's truth. Aim to use *Facebook* in a way that honours Jesus and shares his love.

The guest speaker at our next meeting will be Evie Proeve (now Kitson), who will talk to us

about Developmental Education, which fosters the skills, independence and quality of life of individuals with developmental and/or acquired disabilities. It is a practical approach that works holistically across the life span to address issues that may affect the function, independence and social inclusion of individuals with a disability, as well as their families and carers.

Methodologies are implemented that enable families and caregivers to develop effective strategies to support the individual developmental learning goals of people who experience challenges such as acquired brain injury, physical and neurological disabilities, autism spectrum disorders, intellectual disability, and other disabilities. This topic can be considered as a forerunner to our forum topic of 'Caring for the Carers'.

This brings me to my personal situation with my mother who, after two weeks in a palliative care nursing home, stabilised enough for me to be able to bring her home and continue her care there. I have good family support and have been approved for community-care support which I am instigating. Until this is fully functioning I am living pretty much in the moment encouraged by Jesus' words in Matthew 6, in particular, '**Do not worry about tomorrow, for tomorrow will worry about itself**'.

Regrettably I have been unable to confirm any details for the extra activity planned for 17 June, to visit the Parafield Ambulance Depot, and as time is passing it appears that this will not happen. Because of my caring commitments it may not be possible to organise an alternative function at this late stage.

As we Christians celebrate Easter until Pentecost in June, and while shops focus on their next commercial opportunity, we remember the greatest story ever told, of Jesus Christ, the one who has lived, died and risen for us. It is his gospel that we hear and learn and can share with the world -- including through *Facebook*.

Thank you to my executive members, who have stepped up in my absence, and also to all for your prayers, thoughts and offers of help. Please continue to pray for the provision of a new president for the LNAA.

**Sylvia Hutt**

# A wartime hospital

The southern Sydney suburb of Riverwood (formerly Herne Bay) was the site of the 118<sup>th</sup> General Hospital (US Army Service of Supply), staffed by John Hopkins University. It was a collection of five separate hospitals totalling 4250 beds, sited beside Salt Pan Creek, just north of Riverwood railway station. Its staff often referred to it as being on the shores of 'Bed Pan Creek'!

After the fall of the Philippines, the United States decided to establish its own major, fully equipped hospital on Australian soil. Before the completion of the new hospital at Herne Bay, the 118<sup>th</sup> General Hospital used a section of the Royal Prince Alfred Hospital and the Hydro-Majestic Hotel at Medlow Bath from August 1942. It also occupied a portion of the University of Sydney's St Paul's College, at Camperdown.

The hospital site was designed to be used by five hospital units with a total of 4250 beds in 490 barracks-type buildings. It was often referred to as 'Hernia Bay' during World War II. An original 100-year-old farmhouse was left standing among the hospital buildings because of its sentimental value to its owner.

The hospital was built by the Australian Government under the Reverse Lend-Lease arrangements. It opened, in May 1943, and by November there were 1700 patients. It was staffed by doctors and nurses from the John Hopkins University Hospital in Baltimore, Maryland, USA.



The Duchess of Gloucester visits a patient at the Herne Bay hospital during World War II

In its short life, the hospital was visited by the American First Lady, Eleanor Roosevelt; the Duchess of Gloucester; the US Commander in Chief, South-West Pacific Area, General Douglas MacArthur; the US Under-Secretary of War, Judge Robert Patterson; the Commander-in-Chief of the British Pacific Fleet, Admiral Sir

Bruce Fraser; and entertainers Bob Hope and Jack Benny.

After the US Army transferred the hospital to the Philippines in October 1944, much of the site was then occupied by a Royal Navy hospital. At the time, it was the largest Royal Navy hospital in the world, and the largest hospital in the history of the Royal Navy Medical Service. It was associated with the establishment of the British Pacific Fleet – the largest fleet in the history of the Royal Navy.

Part of the site was also occupied by Australian Army Hospitals. The 108 Casualty Clearing Station was one of the Australian Army units based there after the Americans left.

At the end of the war, the Herne Bay Community Housing Centre was established, using the former army huts. In 1946 it was the largest temporary housing project in NSW to deal with the severe housing shortage when the war ended. This shortage had been caused by the Depression of the 1930s and the lack of house building during the war years. The problem was exacerbated by the discharge of service personnel returning to civilian life.

Remnants of the former hospital can be seen today in the three buildings of the Australian Air League Hornet Squadron, the layout of Roosevelt Avenue and the adjoining hospital turning circles, and the native trees along some of the roads.



What remains of the 118<sup>th</sup> General Hospital.

## A Prayer for Healing

The following poem was penned by Rosemary Jones (third from right) in relation to her handicapped daughter, now a wheelchair-bound adult. I met them when I spent three months serving the St Peter's Lutheran congregation in Plymouth, England, where they were members.

– Robert J Wiebusch



Dear Lord, I am begging you, please  
listen to my urgent need.  
My child is so sick.  
I ask you to pick  
her up, that she may be freed.

Her illness is just like a prison –  
restrictions in food and in drink,  
painful operations,  
unbearable situations ...  
Dear Lord, what can I think?

She feels so alone in her sickness,  
even though all her family is here.  
She cries out to you,  
for you suffered too,  
and you well understand her fear.

There has been some talk of a transplant,  
when perhaps a donor is found.  
I plead with you daily  
and beg you that maybe  
you will allow her health to return.

Many tears have been shed, dear Jesus,  
but to the world I show a bright face,  
for you are always the same,  
and I praise your name  
for your glorious saving grace.

I must not be selfish, dear Saviour.  
There are many for whom I need pray.  
But you said, 'Bring your burdens  
and leave them with me'.  
Help me to trust you'll find the way.

## Lutheran Nurse of the Year award

The Lutheran Nurses Association of Australia is to introduce a Lutheran Nurse of the Year award. The recipient will be announced each year on International Nurses Day (12 May), beginning next year.

The award recognises faithful and outstanding service during the preceding year by a nurse who is an active member of a Lutheran congregation in Australia or New Zealand. It comprises a certificate and a \$100 monetary gift.

Nominations may be submitted by congregations, aged-care facilities or other bodies or agencies within the church. Nominations for the first award must be lodged with the LNAA secretary on the official nomination form (copy enclosed with this newsletter, or available on the LNAA page on the LCA website) by 31 March, together a separate sheet giving details of the service that forms the basis of the nomination, and references from three people, including the congregation's pastor.

International Nurses Day is celebrated around the world on the anniversary of Florence Nightingale's birthday. Next year will be the 200<sup>th</sup> anniversary of her birth. The World Health Organization Executive Board, through its Director-General, Dr Tedros Adhanom Ghebreyesus, has recommended to the World Health Assembly meeting in May that 2020 be designated as the Year of the Nurse and Midwife.

## LNAA course adopted in USA

The Parish Nurse Council of the Lutheran Church-Missouri Synod (LCMS) has adopted the Distance Education version of the Lutheran Nurses Association of Australia's course to introduce nurses to the Parish Nurse ministry. More extensive courses are also offered in the US by universities such as Concordia University at Mequon. The LNAA course in the USA will be supervised by Dr Marcia Schnorr, the LCMS Parish Nursing Coordinator. She will serve as mentor to students, or arrange for other US Parish Nurses to do so. She will also rewrite aspects of the course that apply specifically to local conditions. The course was originally written by Lynette Wiebusch and her husband.

## Biloela chaplain wins Qld aged-care Rising Star Award

In April, Biloela Lutheran church chaplain, George Rankin, was honoured as a Rising Star at the Leading Age Services Australia–Queensland Awards for his commitment to the spiritual care of residents at the Lutheran church’s Wahroonga aged-care facility. He leads a prayer group at *Wahroonga* every Wednesday morning.

In his time as chaplain he has developed *PrayerConnect* – an innovative podcast designed for ageing residents who would like to contribute to group prayer, but may not be able to verbalise their prayers or hold and read their prayer cards. The resource has expanded well beyond its original reach in Biloela, and is now recommended by Churches of Christ chaplains throughout Queensland and Victoria, as well as being used by over 30 aged-care organisations across Australia and New Zealand.

Wahroonga is a supported-living community situated among 24 acres in rural Biloela. Its 65 residents access a variety of high and

low-level care, and dementia-specific support. *Wahroonga* also offers independent living in nine retirement units. These co-located accommodation options mean residents can continue to be part of the Wahroonga community and they also offer opportunities for couples to stay together, regardless of changing needs.

*Wahroonga*’s Day Therapy Centre is its social hub, and is open to residents and members of the broader community. Regular events include concerts, barbecues, games and movies.

The Redeemer congregation in Biloela has 157 members. There is also a Lutheran P-10 college with an enrolment of around 250.



## Newsbrief

Lutheran Disability Services (LDS) in South Australia has established supported accommodation for three female and three male tenants in rented premises in the Barossa Village in Nuriootpa. Barossa Village is a not-for-profit, community-owned organisation, that provides aged-care services to people in the Barossa Valley, including in-home services, supported accommodation and residential care. LDS’s supported independent living allows adults with a disability to live in shared houses, where LDS provides 24-hour care, depending on each client’s needs.

The Lutheran church’s Queensland District is seeking people to serve as volunteer hospital chaplains to cover hospitals in Brisbane and around Queensland. Training is available. For more information, contact the District’s Director for Chaplaincy and Pastoral Care, Pastor Paul Semmler, ☎ 07 3858 3020, 📞 04 0078 2366, or 📧 [paul.semmler@lutherservices.org.au](mailto:paul.semmler@lutherservices.org.au)

It is estimated that 422 million people are living with diabetes all over the world. Type 1

diabetes, caused by an immune system attack on the pancreas, usually strikes younger people and follows them through their lives. Type 2 is more common and is caused by resistance to the hormone insulin, which tells the body to absorb blood sugar. Worldwide, around 350 million people exhibit signs of prediabetes, which means they have a one-in-ten chance of developing type 2 diabetes if not treated.

More than six million Australians suffer from chronic liver disease, with more than 7000 dying every year. The common causes are alcohol, hepatitis C and obesity-related fatty liver disease. The average age of deaths is mid-50s.

The human skeleton has 206 bones, but a bone thought to have become ‘extinct’ is making a ‘comeback’. The fabella, a tiny bone inside the tendon behind the knee, is more than three times as prevalent as 100 years ago. Scientists believe modern diets make us heavier, placing more strain on our knees, leading us to grow the extra bone to relieve the pressure. However, it is feared this ‘new’ bone may wear away cartilage.

## Program



*Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide*

27 May 7.30 pm *Developmental Education* – Evie Proeve

29 July 7.30 pm *Communication for the deaf community within the LCA* – Pastor Michael Prenzler

30 Sep 7.30 pm *Forum: Caring for the Carers*

25 Nov 7.30 pm *Lutheran Community Care*

## LNAA office bearers

**President:** Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159; ☎ 04 1785 4873

**Vice-President:** Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061

**Secretary:** Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159; ☎ 08 8270 1575

**Treasurer:** Mrs Vicki Minge, 16 Douglas St, Lockleys, SA 5032; ☎ 08 8352 8819

**Extra Members:** Mrs Diane Proeve, Littlehampton, SA

Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 ☎ 04 1889 2131

**Spiritual Counsellor:** Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;  
☎ 08 8265 8001

## **IN TOUCH**

*IN TOUCH* is published six times a year. News items, letters, articles, jokes, and suggestions for topics for future issues, are welcome. **Editors:** Lynette & Robert Wiebusch, 56 Donaldson Drive, Paradise, SA 5075 ☎ 08 8336 3936. Email: [robert.wiebusch@lca.org.au](mailto:robert.wiebusch@lca.org.au). Deadline for next issue: **15 June 2019**.

### **Membership renewal for the 2018-19 financial year is now overdue**

Membership renewal for the 2018-19 financial year is now due. Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically, using the following information: BSB: **704942** Account number: **155449** Account name: **Lutheran Nurses Association of Australia**. If you transfer funds electronically, please advise the Treasurer. Your name or postcode may be given as a reference. This reference should be included when notifying the treasurer.

### **Lutheran Nurses Association of Australia** **MEMBERSHIP RENEWAL FORM 2018–2019**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

**TELEPHONE:** ( ) \_\_\_\_\_ **NURSING STATUS:** \_\_\_\_\_

My membership fee of \$25 (\$20 for retired, non-working or student nurses) is enclosed.

I arranged electronic transfer of my membership fee (\$25 / \$20 [Circle one]) on: \_\_\_\_\_

Reference: \_\_\_\_\_

In future, please send me electronic copies of *IN TOUCH*

**SIGNATURE:** \_\_\_\_\_

**LNAA TREASURER:** Vicki Minge, 16 Douglas St, Lockleys, SA 5032 [pvminge@hotmail.com](mailto:pvminge@hotmail.com)