

White Wreath Association Ltd
 Newsletter 49th Edition
 August 2012



White Wreath
 Association Ltd®
 "Action Against Suicide"
www.whitewreath.com

WHITE WREATH ASSOCIATION Ltd® Action Against Suicide
 A.C.N. 117 603 442 Head Office: PO Box 1078 Browns Plains QLD 4118
 Web: www.whitewreath.com Email: white.wreath@bigpond.com
 Tel: 1300 766 177 | Mobile: 0410 526 562

DIRECTORS REPORT

IN THIS ISSUE:

- DIRECTORS REPORT
- COMING EVENTS
- A FRIEND FOR ME
- CORRESPONDENCE
- SEARCH FOR HAPPINESS
- WORLD NEWS - NEW ZEALAND
- WORLD NEWS - AUSTRALIA
- HUMOUR
- WISH LIST

Thank you to all for the overwhelming participation in our new campaign "Wear White At Work" to coincide with White Wreath Day – In Remembrance of All Victims of Suicide held on the 29 May Yearly. This was specifically introduced for those that can't attend a Service but still wish to be part of the day.

By participating you are helping towards building a stronger united voice in Action Against Suicide Australia wide. Drawing attention to the fact that all other life threatening conditions e.g. heart attack, stroke, cancer, diabetes etc. receive immediate admission into hospital and immediate treatment with follow-up service. Attempted suicide/ mental illness does not receive immediate or, indeed often, any admission into hospital. White Wreath's main objective is to raise funds in order to build Safehaven Centres for those when suicide threatens. A place of safety.

We advocate changes that we know will benefit people affected by suicide/mental illness. We advocate early intervention e.g. rapid admission into hospital when individuals and loved ones detect a change that indicates a person is at risk.

Suicide affects all walks of life, all cultures and all ages, regardless of whether people are rich, famous or poor.

Thank you for your continued support in helping us make all aware of the alarming increase of suicide/mental illness in our country and the need for Action Against Suicide to be implemented.

Please don't forget our Sock It To Suicide Campaign held during the third full week in October Yearly. For a gold coin donation organise workplaces etc to wear their brightest coloured pair of Socks/Stocking to work, school etc and together lets have fun and Sock It To Suicide

Fanita Clark
 Director

THANK YOU FOR DONATIONS

We must give a special "Thank You" to Sarah Snook and her Team OG for choosing White Wreath Assoc as beneficiary of monies raised by entering HBF Run for a Reason through Everyday Hero that was held on 27 May 2012 Perth WA. Team OG was the top fundraisers for that event.

However this does not detract from all other donations we have received in the past that we are truly grateful for as without your support we would not be here today.

White Wreath Assoc is a self-funded organisation, which does not nor has never received Government financial assistance; we rely purely on the communities support to allow us to continue to provide our services. However the primary focus of the White Wreath Association has always been to raise funds in order to establish our Safehaven Centres, a place of safety in which to aid those suffering mental illness and who are suicidal.

A large percentage of our time is spent fundraising towards building the Safehaven centres and is going to take a very large amount of money to develop and build these centre's.

We have endured tough times including losing all our equipment, merchandise and consumables indirectly due to fire and never recouped all our losses. But we are a resilient group of volunteers and forged on regardless. Through all of this we have continued to maintain a special savings account directly attributed to saving for the establishment of our Safehaven Centres.

We are well aware of the economic crisis hovering but we feel confident that we will progress in the best possible direction of our main objective.

Your support is truly appreciated and we "Thank You"

FOR YOUR INTEREST

Bond University Psychology Clinic

The Bond University Psychology Clinic provides an extensive range of assessments and interventions for a broad range of psychological and health-related problems that include but are not limited to major mental health, relationship problems, parenting and family problems, occupational difficulties and court ordered treatment and counselling. Our clients include adults, adolescents, children and families.

Consultations at the clinic are welcomed by appointment and can be made Monday through Friday between 9.00am – 5.00pm by phoning (07) 5595 2527. Initial consultations are free and therapy sessions after the initial consultation are \$15 per session. Referrals are accepted from Medical Practitioners, Lawyers, Courts, Schools, Agencies, families and self-referrals.

The Bond University Psychology Clinic (BUPC) is staffed by provisional psychologists who have already completed at least four years of university training in psychology and who are now enrolled in further specialist post-graduate training for their Masters degree. We have provisional psychologists who are specialising in Clinical & Forensic Psychology and who are supervised by generally registered psychologists who are also members of the Australian Psychological Society and who have specialist endorsement in their relevant practicing area.

Dr Deborah Wilmoth
Clinic Director, Clinical Psychologist
Bond University Psychology Clinic

IMPORTANT NOTICE

ANNUAL GENERAL MEETING OF BOARD MEMBERS WHITE WREATH ASSOCIATION LTD

Monday 3 September 2012 - 7PM
20 Waratah Street
ALBANY CREEK QLD
(B.Y.O)

COMING EVENTS SOCK IT TO SUICIDE THIRD FULL WEEK OCTOBER 22 OCTOBER 2012 – 26 OCTOBER 2012

PLEASE CONTACT
WHITE.WREATH@BIGPOND.COM FOR MORE DETAILS.




White Wreath
Association Ltd®
"Action Against Suicide"

SOCK IT TO SUICIDE

Third full week in October Mon – Fri

Every year during Sock it to Suicide week, we encourage everyone to wear bright coloured socks to their workplace, school, etc and donate a gold coin in support of the White Wreath Association.

Our Vision
In Australia we have to come to terms with the trauma of thousands of our fellow citizens (men, women and children) suiciding every year. For those left behind by these tragedies the hurt is no less traumatic and yet society's response to these surviving families and friends is vastly different from the help offered in other kinds of medical and social tragedies. It seems that no one cares or understands that the families and friends of suicide victims are in as much need of help and support as other members of our Australian society and are just as deserving of our understanding and respect. We have been creating – in the wider community – awareness of the misunderstandings relating to mental illness and providing community education concerning the lack of appropriate treatment. We have established National White Wreath Day (24th May) in Remembrance of all Victims of Suicide. We are contactable 24 hrs a day for anyone who is in need. We have a website with all our information. We have branches Australia wide. Our objectives are to raise sufficient funds to establish a Safehaven Centre/s for those who want a 'place of safety' at times when suicide threatens. With your help we will achieve our goal and together reduce the frightening suicide figures that are growing at a staggering rate.

W: www.whitewreath.com E: white.wreath@bigpond.com
HEAD OFFICE: PO Box 1079 Seaview Plains QC 4115.
P: 1300 766 177 M: 0410 526 562
A.C.N. 56 117 603 402

MOTHERS STORY

I LOST AN IDENTICAL TWIN

I was left to raise 6 children 40 years or so ago. We were a loving family regardless of circumstances. There are 5 boys and 1 girl with a set of twins amongst. Larry and William were identical and felt what the other felt even down to what they wore.

Larry was the youngest twin also the youngest boy. In some respects we could not have chosen a more appropriate name as he turned out to be a lovable larrikin. No matter where we went people remembered him. When he got older he and his twin joined the Australian Navy and both did well. In their twenties they both met lovely young girls whom they later married. William and his wife went on to have two boys and Larry on the other hand did not have children. He adored his nephews and nieces. We often had get togethers to celebrate something or another and Larry was always the life of the party. The last few times of family gatherings I noticed Larry sitting alone so I asked was everything OK. His reply was always "fine mum, just tired" I thought no more of it.

Larry had started up a Dog Cleaning business and seemed to be enjoying it. I never heard from him for a while and then one night he rang to say he was coming to see me. He didn't come and I still did not worry because that was the way the family was. They would say they are coming over but never did.

I was involved with quite a lot of charity work volunteering for three charities and always on the go at all times. One of the charities I volunteered for the President was told his mother had suicided. Evidently she had been suffering mental illness for some time. The day of her funeral when I was getting ready to go my phone rang. William the older twin rang to tell me Larry the younger twin is dead. I said what happened was Larry in an accident then Bill (William) started to cry and said, "No Mum he suicided". I felt like I had been punched in the stomach. Bill said he would get back to me. Needless to say I did not go to the funeral. I spent the day with friends waiting to hear for more information.

You are probably wondering why I did not go with the rest of the family but there had been family upsets and we were not on talking terms. I was totally alone.

The funeral was arranged with a viewing and a friend took me and I saw Larry for the first time in 15 months. My family were very distant to me. The next day was a viewing of Larry and it was then I found out he had taken his life by carbon monoxide at Toohey's Forest in the early hours of the morning. He and his twin just celebrated their 41st Birthday. The rest of the family placed the funeral notice in the papers but there was no mention of me his mother but there was a piece stating "We will always love you, your soon to be born, daughter Tegan and signed Rebecca.

If you remember I said Larry had no children, even though he loved children very much. It seemed as though he was being blamed for this. I started to put two and two together and realized what had happened. Larry did leave a letter to his wife and told her he loved her very much and also the rest of the family. When he used to sit on his own at those last few family parties, he was going through a depressing time and no doubt backed himself in a corner.. Being disturbed he did not think properly and just wanted to ease his pain.

The saddest thing is a little girl has been left without a father. If only Larry had somewhere to go, someone to talk with, this tragedy may have been avoided.

I know there are many stories like mine but we need to support White Wreath Assoc as much as possible and help them with their endeavours of building Safehaven Centres
Thanks to Fanita and her family for starting White Wreath and giving others the opportunity to meet others in the same circumstances. White Wreath day is truly a day to remember our loved ones. They did not die in vain. Always give your love to those closest to you no matter.

WIFE'S STORY

My husband was 58 years of age when he had taken an overdose of insulin then gassed himself by carbon monoxide in his car.

The following day there was a newspaper article on my husband's death. The article PORTRAYED A VERY SIMPLE SOLUTION insinuating that because of job loss my husband became depressed and suicided. I contacted the newspaper informing them that I will tell them the truth of why my husband suicided. They did not want to know or print the truth.

The truth of the matter was my husband was suffering mental illness for quite a while. His first attempted suicide was an overdose of insulin where he received an overnight stay. He then had a second attempt when he overdosed on insulin, slashed his wrists and had a loaded gun beside him. Because he collapsed he was unable to use the rifle. I found him at this time and called the ambulance that rushed him to hospital where he stayed for 4 days before his release. Leading circumstances to him finally completing the suicide was a total personality and character change and constantly agitated. This situation went on for approximately 2 years. He assaulted me, which he had never done before and on the day he completed suicide, he burned our house down.

Even though my husband had a history of attempted suicide. No help was forthcoming. He told the hospital "Life was a struggle, but I want to live". Their reply was "If you need help just give us a call". Because I live in a small town the people are blaming me for what happened. They believe what the newspaper article had written rather than believing the truth that my husband was mentally disturbed and I lived a life of silence to afraid to let anyone know the real behavior of my husband. Please understand I loved him very much but was unable to cope. Because I live in a small town and people are constantly talking, I know I have to make a new life somewhere else. People will never understand the truth. THEY DON'T WANT TO KNOW. THEY DON'T WANT TO HEAR. THEY DON'T CARE. I am not strong enough to face condemnation day after day. I would rather pack up and leave. what. One does not know what is around the corner.

A FRIEND 4 ME MY STORY

KELLY'S JOURNAL CONTINUED

The teacher was trying to make him sit with me and he was refusing. In the end he was made to sit with me much to his disgust. Didn't take David long to like me and he was the only person who showed an interest in me at school, He never bullied me like everyone else. He soon started to visit me at home much to my Mothers disgust and she soon turned me against him so I asked him to leave. I was now all alone. I left school and got a job at the local cake shop. I now had no friends. Depression started to get to me. My mother had turned me into a person who shuts up, does what they are told, never complain and always willing to go without to please others and I remain like that my whole life. The feeling of being

alone with no friends and both my parents concentrating on their new partners and new family finally had its toll on me and one night I went to bed and overdosed on aspirin. At the time I really thought it would kill me, it didn't, the following day I was so sick. My time of being alone finally got the better of me so I made that one phone call to the only person who ever cared, David, and we have been together ever since. I fell pregnant at the age of 19, we married before the baby was born. By the time I was 23 I had three kids, dean, Dylan, and Jennifer. It was always just the five of us. I never had any friends. By now my mother had all but thrown me away with Melissa and Michael being her life. I don't even remember my 21st birthday; it was just another day to me. We always done it hard, never got help from anyone. It was so easy for David to control me from the start without him even realising he was doing it with my upbringing. I always tried to please and turned myself into the person that he wanted me to be. We had a good marriage and never fought but that was only because I had learnt to shut up and not have an opinion, you could never win a fight with David so you learnt not to bother trying. One example of this is when I was studying for my nursing, the nursing home was letting me pay the course off, it was a few weeks before the course was due to finish and I only had a couple of hundred dollars left to pay. The family went over to the local shops on Thursday night and when we got there David hit me up for money, he said we need two new tires. I tell him we only have my course money and he will have to wait for the tires. He yells "well I won't bother going to work then" so I let him get the tires. Graduation day comes for my nursing course and I spent the day at home crying. I could not afford to pay the last of it so I missed out on going. That was a very special day to me and I missed it. David always made me feel like he was such a better person than me, I was just so much lower than him and he always reminded me how much he hated my family and how special his was. He never helped around the house even when I had 3 small kids and a part time job. When asked for help his answer was "When you have a full time job then I will help you" Me being me never complained so I did it all myself. I was so happy when I finally got a fulltime job; it meant more money for the family and help with the kids and around the house. When I asked David for help his answer this time was "when you are on \$25 an hour like me then I will help". Me being me never complained. He recently told me that he does not feel like my husband that he feels more like my boss and that is so true. You learn over time to be the wife that he wants and that takes away who you really are and in the end you find yourself fighting for who you really are. David always wanted it just to be the two of us so as a result I never had any friends but he never really had anyone either. All in all we had a good marriage, I never complained, never looked at another person, and David was the only person I had ever slept with and I truly believed that he had only been with me. I was so proud of that. David loved me so much and always said if I was to die that he would never get remarried, I would be the only woman for him and so begins my diary. My kids are getting older they are teenagers now, Dean 15, Dylan 14 and Jennifer 12. It is the year 2009 and my life and family as I know it is about to change. Because this diary was started on 2-11-2010 some dates remain unknown but dates that are in here are correct. Everything is true to the best of my ability but because this was a really bad time in my life my brain goes dead alot, sorry about that, but I will do my best to remember. Do not enjoy reading this as it is not meant for enjoyment just written as a memory of how things can change and how some things are just not worth changing and if it can help one person not to have to go through the shit that I did, it will be worth the pain....to be continued

CORRESPONDENCE

I'm and sending this message as I have a 25 year old son who has tried to take his life on 3 occasions, he has been great for nearly 18 months but last week he has just snapped and decided that he does not want to be here again he has been saying to me for years that he will not be alive after the age of 25. I tried to get him to admit himself back into hospital as he needs help but he said no this time it is different. I don't know what to do or what to say to him he is very lost, can you please help me with some advice on what to do.

Hello friend,

Just wanting to say thank you for your support during my hard times, I have decided to go ahead with my move, I head off for the long drive home Tuesday next week, this is a very hard and confusing time for me. To return home where it all began with little money, no job, no house and all I own once again is my clothes but I have good hope for my future and I'm sure things will work out for me. My only concern is that my ex husband will be over there as well and he is once again seeing his Jo so I'm hoping this does not cause bad memories and problems for my future as I struggle every day with the bad memories. It feels good to go back knowing that I have your full support and that when I'm feeling very low that you are always just one phone call away. Anyway hoping somehow I can help assist you once I'm in Maitland anyway I can. Would love to see your organisation grow and get the support, funding and public awareness that it needs to help people like myself in the future so please don't hesitate to let me know how and where I can be of assistance.

Dear White Wreath Volunteers,

I just want to send many thanks to all the ladies that were at Post Office Square White Wreath Association this morning as they spoke to me about my friend's suicide and told me how often these things happen, it really made me realise a lot and I am very grateful. I had never heard of this association until today as I was walking past. I ended up buying a floral wreath and a card and placing it for my friend Troy who committed suicide last year. I had a few tears but it was a great life experience and I am glad that an association like this is running as more people need to be aware of how many lives are taken from suicide. It's sad really. But thank you all very much and I hope the memorial service was lovely as I was unable to make it due to work commitments.

Your memorial in Post Office Square today was one of the most moving things that I have seen. The care that your volunteers were taking in cleaning the rain from the wreaths was a very real reminder to those watching that these were real and very loved people. I had first-hand experience with mental illness last year after the birth of my son. I admitted myself to the mother and baby unit at Belmont Private Hospital. Whilst there I met all sorts of people with all sorts of disorders and I realised that no one is immune. It is only with the help of others that we are able to get through these dark times. However, mental illness remains something that mostly isn't talked about and when confronted with someone in need people often don't know what to do. Any exercise which allows us to learn more about how we can help is so valuable.

Thank you so much.

Hi,

I am trying to find a clinic/counselling program for my mum, who is suffering depression and has attempted suicide.

I am hoping that you might be able to give me some names/numbers of any recommended places that are public/bulk billing. I have found a few places (for example Currumbin Clinic) that are private and we simply can't afford the fees.

Any assistance would be greatly appreciated!

Thank you

C..

Hi there,

My name is E.. and I am writing to you on behalf of the Monash Wellbeing Collective, a group of student volunteers at Monash University (Clayton, Melbourne) who aims to promote good mental health, raise awareness of mental health issues and to provide social support/ assistance to those recovering from mental illness. MWC was established by students in response to concern at the lack of awareness which students have about the resources available to help them. Additionally, we are also in the process of setting up a volunteering program at the Monash Medical Centre's psychiatric ward to provide social contact and interaction to patients.

We are currently in the process of establishing ourselves as a new group at the university and one of our first priorities is to start an advocacy campaign in relation to youth suicide prevention. We are aiming to hold a public seminar with a speaker from a mental health organisation. In preparation, we are planning to host a BBQ which will serve to promote the event, as well as be an opportunity to distribute information about mental health issues and services currently available to students (who might not otherwise be aware). We are planning to have the youth suicide campaign sometime during 20th to 24th of August this year. We will be collaborating with the Queer Department, Women's Department and also the Psychology Department of Monash University Clayton on this campaign.

In order to achieve our goals, we are looking for support from White Wreath- be it in the form of information which we can distribute, samples to give to students, sponsorship, funding or other resources.

Also, we would like to gain more ideas on how we can improve this campaign. Will we be able to invite speakers from White Wreath to give talks at Monash University about youth suicide?

Please reply as soon as possible. Have a nice day!

Kind regards,

E...

My name is JK from Central. Currently there are many cases of suicide in my area and it appears there is no help in site. I am writing this message to ask you to help me start a foundation for a campaign against suicide. It is my belief that this will help my community.

WORLD NEWS

Joseph Langen: Riding the family roller coaster of mental illness

<http://thedailynewsonline.com>

Adown Titanic glooms of chasmèd fears ..."

— Francis Thompson

The above quote is from "The Hound of Heaven," a poem about being pursued by God. But I think it also reflects the experience of those beset by mental illness and the families who love them against all odds. Every time I face a family crisis involving mental illness, I think of this line from the poem I learned in high school.

Discovering that a family member has a mental illness at first proves confusing, mystifying and unbalancing. A former vibrant family member careens off into his or her own reality and seems to have little appreciation of the reality shared by the rest of the family. Sometimes the onset is not so surprising. Other family members may have ended up lost on the same path.

Once the family member is stabilized by treatment, medication or even hospitalization, it seems the worst is over and everyone returns to what they hope will be a semblance of normalcy. Sure, everyone adapts to the new reality and makes the best of a situation no one had planned for or even envisioned. Sometimes things do go well and it seems almost like old times have returned.

Sometimes the family's world is rocked once again. Medication no longer works as it once did. Side effects force a change in medication. Treatment efforts no longer seem sufficient. The family member identified with mental illness begins retreating into his or her own world, leaving the rest of the family behind and again at a loss as to how to hang on to their drifting loved one. Treatment options are reassessed, new medications are tried and sometimes the hospital becomes inevitable. The second time down this path, the family at least has a better idea what to expect. Yet they are sad and frustrated that they, not to mention their loved one, need to start as if from scratch.

Life becomes a roller coaster for all concerned. Questions emerge. What will it take to regain stability this time? Is there a medication that will restore sanity for everyone? How many times will this cycle repeat itself? Will family life ever be predictable again? Of course, there are no good answers to any of these questions, especially the last one.

Life remains an adventure and is never completely predictable, with or without mental illness. We make our plans and have our expectations. Sometimes things work out the way we would like. Life often offers an unexpected turn of events, sometimes for the better and sometimes not so much. It seems the best we can do is to keep talking with each other and reacting as well as we can to whatever life brings us.

WORLD NEWS

High suicide rates among young Indians – report

<http://www.rappler.com/world/7406-high-suicide-rates-among-young-indians-report>

PARIS, France - Young people in India, the engine of its rapidly expanding economy, are committing suicide at a much higher rate than in the West, researchers said Friday, June 22, calling for urgent intervention.

Suicide is the second-most common cause of death among young people in India, they wrote in the Lancet, and was set to overtake complications from pregnancy and childbirth as the lead cause among women aged 15 to 29.

For men in the same age group, suicide claimed just slightly fewer lives than transport accidents in 2010.

Urging further research into the causes behind the trend, the report said the suicide rate was highest among well-educated young people from India's richer, southern states.

"Young educated Indians from the richer states of India are killing themselves in numbers that are almost the highest in the world," the report's lead author Vikram Patel, a psychiatrist with the London School of Hygiene and Tropical Medicine, told AFP.

In the Western world, suicide is more common among older, poorer and lesser educated people.

Social Change

While the study did not identify the causes, Patel said: "There can't be any other explanation -- it has to do something with social change, the rapidity of social change and its potential impact on educated young people."

Some 900,000 people around the world kill themselves every year, according to the World Health Organization -- about 13 out of every 100,000.

Of the global total, nearly 190,000 suicides were believed to have occurred in India in 2010 -- second only to China with an estimated 200,000 cases per year.

India has a population of about 1.2 billion and China some 1.3 billion -- together they account for more than a third of the world population of seven billion.

Patel said the rate of suicide among women in India was three times higher than in high-income countries, but tapered off among women who were either divorced, widowed or separated from their husbands.

Women And Marriage

"This is consistent with other research from India that marriage is also a risk factor for depression, which is of course the commonest mental illness associated with suicide," he said.

"One can speculate, but obviously the most plausible explanation is that for many women marriage is not out of choice and they find themselves trapped in very difficult and stressful social circumstance and of course there is the huge issue of domestic violence."

Self-poisoning by pesticide is the method most often used, followed by hanging. "Public health interventions such as restrictions in access to pesticides might prevent many suicide deaths in India," said the report, adding that most Indians did not have access to suicide prevention programmes or mental health care.

The authors based their figures on India's first national survey of causes of death conducted from 2001 and 2003, and United Nations projections.

Suicide is a crime in India, complicating efforts to gather accurate statistics. Globally, suicide is the most common cause of death in female adolescents and the third in young men after road traffic accidents and violence, said the Lancet, in a special series on the topic. - Agence France-Presse.

HUMOUR

True Story

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death. The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. 'I want to repay you,' said the nobleman. 'You saved my son's life.' 'No, I can't accept payment for what I did,' the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel. 'Is that your son?' the nobleman asked. 'Yes,' the farmer replied proudly. 'I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of.' And that he did. Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin. Years afterward, the same nobleman's son who was saved from

the bog was stricken with pneumonia. What saved his life this time? Penicillin. The name of the nobleman? Lord Randolph Churchill.. His son's name? Sir Winston Churchill. Someone once said: What goes around comes around. Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching. Sing like nobody's listening. Live like it's Heaven on Earth.

Inner Peace: This is so true

If you can start the day without caffeine, If you can always be cheerful, ignoring aches and pains, If you can resist complaining and boring people with your troubles, If you can eat the same food every day and be grateful for it, If you can understand when your loved ones are too busy to give you any time, If you can take criticism and blame without resentment, If you can conquer tension without medical help, If you can relax without alcohol, If you can sleep without the aid of drugs,

...Then You Are Probably The Family Dog!

WISH LIST

Petrol Gift Cards, Stamps, Copy Paper, DL Envelopes, A4 Envelopes, Volunteers Aust/Wide

OR YOU MAY LIKE TO DONATE

DONATIONS TAX DEDUCTIBLE

1. Via our credit card facility posted on our Website www.whitewreath.com then follow the instruction.

2. Directly/Direct Transfer into any Westpac Bank
Account Name White Wreath Association Ltd
BSB No 034-109 Account No 210509

3. Cheque/Money Order to White Wreath Association Ltd
PO Box 1078
Browns Plains Qld 4118