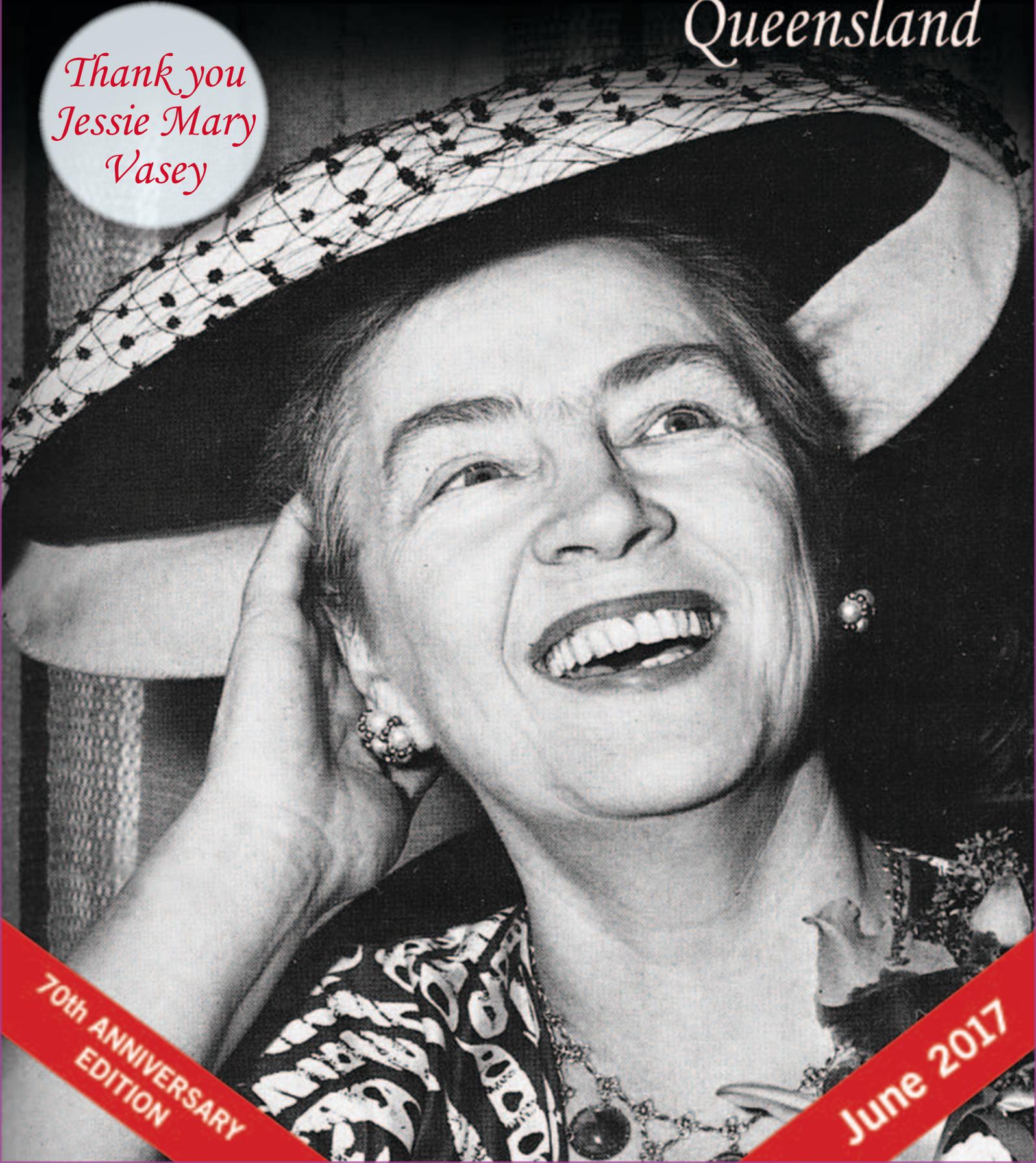


BULLETIN

AUSTRALIAN WAR WIDOWS

Queensland

*Thank you
Jessie Mary
Vasey*



70th ANNIVERSARY
EDITION

June 2017

**PATRON**

His Excellency the Honourable Paul de Jersey, AC
Governor of Queensland

NATIONAL PRESIDENT

Mrs Meg Green

STATE PRESIDENT

Mrs Jenny Gregory, B AppSc Nursing Sc, GradDip HlthServMgt

CHAIRMAN

Mr Stephen Scott

BOARD OF DIRECTORS

Mr Steven Blinkhorn, B Bus, GAICD

Mrs Bron Drinkwater

Mr Peter Eardley, BA, LLB

Mrs Michelle McGrath, OAM

Mrs Val Rooney

Mrs Helen Strange, OAM

Mrs Suzi Vincent

CHIEF EXECUTIVE OFFICER

Sonja Gilchrist, BA, PostGradDip SocSc

AWWQ STAFF

Ann Orchard, BSocSc, Ashmina Bhattarai,
Julie Norton, Kaitlin Boland, Karen Cottrell,
Rachel Johnson, Jason Orchard

AUDITORS

UHY Haines Norton



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 41 Merivale St, South Brisbane, QLD 4101

 Telephone: 3846 7706 – Freecall 1800 061 945
Fax: 3846 7701

 Email: secretary@warwidowsqld.com.au
Website: www.warwidowsqld.com.au



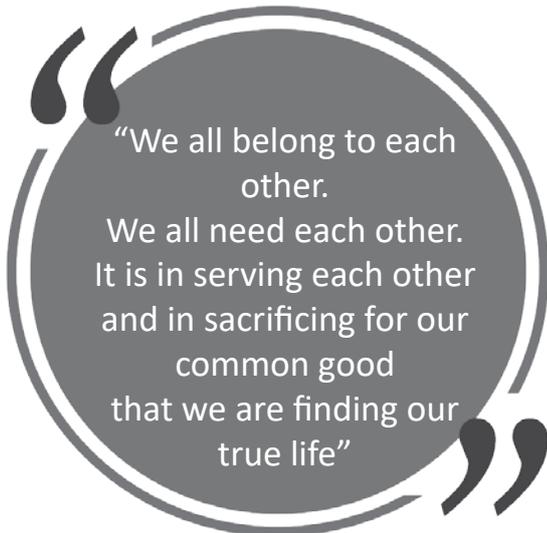
Front Cover: Mrs Jessie Mary Vasey

War Widows' Motto
(Extract from 1941 Christmas Message
from His Majesty King George VI)

DISCLAIMER: The material in this AWWQ
Bulletin has been checked and to the best of
our knowledge is correct. However, errors may
occur which are beyond our control. If this should
happen, we apologise most sincerely.

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State President's Report

As our marriages aged, the number of our shared memories also increased. And so it is with the membership of our wonderful organisation.

During the last 10 months since I became the State President, myself and Board Directors Bron Drinkwater, Helen Strange, Val Rooney have been fortunate to attend many of your meetings. We have personally observed what a great job our committees and coordinators do to make those meetings such happy, memory sharing occasions. Some of you will also have met Suzi Vincent who connects us with the ladies in North Queensland. Thank you for your hospitality and your continued support.

It has become apparent from visiting these meetings that the vast majority of the committees consist of ladies who are over 80 years of age, with many of these hard working ladies in their 90s. This means there is a need for us to attract younger war widows who have not yet joined and for younger members who do not attend meetings to consider stepping up and helping to keep our groups vibrant and to ensure our relevance for current and future generations.

All this makes me wish fervently that we could meet those ladies who are members but who do not attend the meetings. We would love to hear from you and make contact so we are more aware of your particular needs and are able to provide any support we can. Another reason we need newer and younger members is for those younger voices to ensure that our plans for the future reflect the wishes of all the war widows rather than just of an older demographic.

On another important matter, we have been blessed by the generosity of many of our friends and

colleagues over many years, through them having the very generous bequests to our organisation.

If you are making a bequest, it is important that the correct entity is named in your Will. Whatever the gift may be, it is important that the correct terminology is used. If you have already made a bequest, I encourage you to review your Will to ensure the gift can be properly administered. As you know, there has been a change of name and an amalgamation of the various companies which comprise the Australian War Widows (Queensland) and it is important that the correct entity is described.

The Board recommends the use of the following wording:

"I leave to Australian War Widows (Queensland) ABN 88 009 708 810 of Legacy House, 41 Merivale Street, South Brisbane in the State of Queensland absolutely for the general purposes of the said charity and I direct that the receipt of the Treasurer or other duly authorised officer shall be a sufficient discharge to my executors".

I have had the great honour of representing Australian War Widows (Queensland) at many commemoration ceremonies and also had the opportunity to meet many members of the ex-service community.

Particularly poignant were the three Anzac services commemorating the service of all Australians and New Zealanders who have served in overseas wars and conflicts and to honour those who are currently serving. I found the Students' Anzac Commemoration Ceremony particularly moving because of the sheer number of school children who attended and laid the wreaths.

Due to the excellent work of Ashmina Bhattarai I also had the opportunity to give two radio interviews relating to Anzac Day and the work of our organisation. One of the interviewers was particularly interested in the Rita Chisholm story which was featured in the last *Bulletin*.

Bron and I were guests at the opening of the World War I photographic exhibition that was advertised

in the last *Bulletin*. It was very interesting and informative and we learned of the large number of Australian Jewish men who served for this country. It was also interesting to learn that General John Monash was Jewish.

Sonja Gilchrist, our new CEO, Bron and myself attended the AGM and 50th birthday celebration of Redcliffe sub branch in May. What a great occasion that was! More than 100 ladies attended and spent a very pleasant day at Redcliffe. Judy Harvey and her committee did a wonderful job of making this a very happy occasion. Congratulations Redcliffe!

On another note, I would like to say that I am proud of the work that our staff team have been undertaking under the direction of Sonja. It is intensive and requires innovative processes to take us into the future. Ensuring that we can engage with and serve our members in these changing times takes a dedicated team and the right, modern resources.

Now I draw your attention to the upcoming election of four (4) War Widow Board Directors. Our present Interim Board has done, and is doing, a fantastic job. As a financial member of AWWQ you have the right to vote 4 War Widows to the position of Directors on the Board. Please take the opportunity to complete your vote and send it in by the due date of Monday 17th July 2017.

I hope you all take care of yourselves over the winter months and I look forward to catching up with all of you again over the next 12 months as my presidency continues for another year.

As our organisation is going through a period of change and sometimes we do not like change I would like to close with this quote from Winston Churchill:

*“To improve is to change;
to be perfect is to change often.”*

Jenny Gregory
State President



Photo (left to right): Cr Vicki Howard (Brisbane City Council), Jean Le Garde, Mrs de Jersey, Pam Dittmar & Jenny Gregory

70 YEARS AGO IN 1947

1 January

A massive hailstorm strikes Sydney, causing hundreds of injuries and an estimated \$1 million damage

1 April

The Woomera rocket range is established in South Australia as a testing site for British and Australian missiles

3 May

A state election is held in Queensland. Ned Hanlon's Labour government is returned for its sixth term in government

5 May

A train derailed in the Camp Mountain rail accident in Queensland, killing 16 people.

15–17 June

Major flooding in Tasmania

30 June

The Australian government assumes control of Qantas

5 August

Australia becomes a member of the International Monetary Fund

8 November

The Labour minority government of John Cain is defeated by a Liberal–Country coalition led by Thomas Holloway

26 December

Heard Island and McDonald Islands in Antarctica are transferred from British control to Australian territories



Content credit: https://en.wikipedia.org/wiki/1947_in_Australia



National President's Report

Dear Members,

How this year is flying by. My apologies for not being able to submit a National President's report for your last newsletter.

The National Guild continues to receive invitations to participate in committees and attend functions. One of the functions held whilst I was away was the 75th Anniversary of the Fall of Singapore and the unveiling of the Grieving Mother statue on 15th February in Ballarat. This was attended by the Governor General of Commonwealth of Australia His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), Minister for Veterans' Affairs the Hon Dan Tehan MP and by Victorian State President Mrs Margaret Miles who was there in my place to represent all war widows. Margaret very kindly wrote a piece on this for the Victorian Guild's magazine, *The Tapis*.

Shirley Drysdale and I travelled to Hobart for the Tasmanian Guild's 70th Anniversary luncheon on 27th February. This was a lovely occasion with approximately 30 members and invited guests attending. The Tasmanian Guild continues to decline in numbers, as do all State Guilds. Between December 2015 and December 2016, there has been an 8.87% (195) decrease in war widow numbers in Tasmania. New South Wales has seen an 8.28% (2112) decline in total numbers of war widows in the State in the same period. This trend is evident across all States except the Northern Territory. The future of the National Guild continues to be discussed with all the States by way of a teleconference every four to six weeks. Progress is slow but I am sure a solution will be reached eventually and the National Guild will continue.

I also attended the Ex-Service Organisation Round Table with the Department of Veterans' Affairs in

Canberra and the DVA focus group for dental and allied health. I travelled to Bathurst for the first soil sample collection for inclusion in the renovated Anzac Memorial in Hyde Park. The Memorial intends to collect 1,699 soil samples from the towns and cities from which servicemen enlisted during World War I.

I continue to represent war widows on the Australian Veterans' Children's Assistance Trust Board and the Veterans' Children's Education Scheme Committee.

I attended the National Anzac Day service at the Australian War Memorial in Canberra followed by the Embassy of France's Anzac Day Service. The ACT War Widows' Guild State President accompanied me for both these services. I also attended the Veterans' MATES Editorial Committee meeting in April and the ACT Guild Annual General Meeting and the ESORT pre-budget meetings in May. These functions have kept me fairly busy the past few weeks.



Photo (left to right): Rosemary Charlston & National President Meg Green

Take care, till next time.

Meg Green
National President

Platinum Anniversary

Happy 70th Anniversary

A platinum jubilee is a celebration held to mark an anniversary. Among monarchies, it usually refers to a 70th anniversary.



CEO's Report

Thank you for your warm letters and emails of welcome that I have received from sub branches, social groups and individual members of the Australian War Widows (Queensland) (AWWQ).

It is my pleasure to have been appointed to the position of Chief Executive Office in April 2017.

This followed the retirement of Mr Robert Tingiri. His significant contribution over the past 13 years culminated in the successful merger of the former organisations known as the War Widows Guild of Australia (Queensland) Inc and The Queensland Vasey Housing Auxiliary on 22 June 2016.

Over the past 25 years I have been employed in the justice and community services fields in State government and the private sector. Over the past 7 years my CEO roles have been in the not-for-profit sectors. I have often been engaged for my skills in program development, change management, stakeholder engagement and service delivery reforms. I am a Minister appointed member of the South West Regional Disability Advisory Council. This forum raises disability related issues, particularly in relation to the implementation of the National Disability Insurance Scheme (NDIS) to the State Government and Minister.

I enjoy working with and for people to make a positive difference in their lives. This can be achieved through a variety of ways including listening to an individual's personal story, streamlining processes for more efficiency, developing targeted programs that meet the needs of our members and advocating for change in the community and with government.

It is my mandate to support AWWQ to move forward and meet the challenges of the modern times where everything appears to be fast paced and to have a #hashtag. It is, however important that we retain our foundation and keep the core values ever present. To this end we have dedicated this 70th Anniversary Edition to our founder Jessie Mary Vasey. I have learned a lot about this vibrant and dedicated woman.

As Mavis Thorpe Clark wrote in the Preface of the book 'No Mean Destiny',

"Jessie Mary Vasey succeeded because she had vision, personal strength, and was a leader...The women she inspired were women of character like herself; women of talent, energy, understanding and refined in the crucible of war;"

AWWQ exists today because members continue to come together and support each other through the organisation. We recognise that women react to widowhood in their own individual way and it is important that we continue to document the personal stories of our War Widows in the *Bulletin*. In this edition we meet Elizabeth Cowell. If you are interested in sharing your story, please let us know.

It was unfortunate that Cyclone Debbie visited us in late March and her effects were felt along the eastern coastline. I wrote to ladies in the North Queensland areas extending our wishes and support. Thank you so much for your letters letting us know that you are safe and fared well through the cyclone. Fortunately, most of our ladies are safe and suffered minimal damage.

I have had the privilege of attending sub branch Annual General Meetings and Redcliffe's 50th Anniversary celebration. I must say that these events have been beautifully presented and well coordinated. In meeting with the ladies it reaffirmed that war widows are from all walks of life with a common bond. In your adversity, you find inner strength and comfort and solace from other war widows who have experienced a similar journey. I enjoyed having the time to connect with individual war widow at these events. I hope to meet more of you as I attend sub branches and social groups over the coming months.

As I mentioned earlier, it is important that AWWQ remain flexible and agile in the current times. To that end we are reviewing our website and linking

it to the Royal Blue colour of our Kookaburra logo. It will be easier to navigate and hold information that will be useful to members. We are also creating a Facebook page. This social media platform will target those people who enjoy speed and brevity. It may also attract younger generations to learn about AWWQ and how they can support through letting you know of upcoming events, telling others about our organisation or even being associate members.

On my third day, I was excited to accept a grant of \$2,500 from the Kedron Wavell Services Club to contribute to the 70th celebration event. Please see the advertisement for the event on Thursday 26 October 2017 in this *Bulletin*. I would love to see you at the event recognising our achievements over the past 70 years. I am pleased to let you know that we will be able to assist in subsidising the cost of the luncheon for the ladies attending.

Our Annual General Meeting is scheduled for Wednesday 2nd August 2017 at the Brisbane City Hall. This is a free event where information is shared about the organisation and new members are elected to the Board.

Financial members have the opportunity to vote for four (4) members to the AWWQ Board. Please complete your ballot form enclosed in this *Bulletin*, tear it out and send it back to the office for counting.

And of course, Friendship Day in Toowoomba will be held on Wednesday 13th September 2017. A memorial service is planned followed by a civic reception.

Other events will depend on the numbers attending. Please look out for your invitation in this *Bulletin* and RSVP directly to Helen Strange who is coordinating the event on behalf of Toowoomba sub branch.

I have extended letters of introduction to several ex-service organisations, government agencies and corporate businesses and to welcome the opportunity to meet with them to discuss how we can work together in a collaborative relationship to continue to support and meet the needs of our War Widows in Queensland.

One partnership that continues to be strong is with the Gallipolli Medical Research Foundation based at Greenslopes Private Hospital.

A number of our War Widows from South East Queensland are treated at this hospital. The women appreciate the visits they receive from AWWQ members.

I was invited to the Greenslopes Medical Research Foundation (GMRF) High Tea as a guest of Dr Miriam Dwyer and I was privileged to be seated at the main table with former Governor-General of Australia The Honourable Dame Quentin Bryce and our own Mrs Jean Pockett. It was a delightful event providing a lot of information about the significant work being undertaken by GMRF.

Of particular interest was the new online education program for doctors and other healthcare professionals in relation to strategies to better identify the signs and symptoms of Post Traumatic Stress Disorder (PTSD). It is hoped that earlier detection of PTSD will improve the recovery and quality of life for the individual and their family.

COTA Australia (Council on the Ageing) is the peak national organisation representing the rights, needs and interests of older Australians. As CEO of AWWQ, I was interviewed by Radio COTA to talk about our organisation and to raise awareness about War Widows. You are able to listen to the Radio COTA interview by logging onto their website and listening to recording #54. The AWWQ interview starts at the 5 minute mark and ends at the 18 minute mark (there are songs and advertisements in between). I hope you enjoy listening to the segment!

In closing, I am very pleased to be part of AWWQ and look forward to contributing to the crucial work we provide through advocacy and support to our War Widows in Queensland.

Please do not hesitate to contact me in the office on 07 3846 7706 or freecall 1800 061 945 or via email at ceo@warwidowsqld.com.au

Yours faithfully

Sonja Gilchrist
Chief Executive Officer

STAFF PROFILES

Some of you may be wondering, "who works in the head office in Brisbane these days and what are their roles?" ... Here's a little profile on our staff members.



Sonja Gilchrist, Chief Executive Officer

Sonja Gilchrist is the new CEO of Australian War Widows (Queensland) appointed in April 2017. Sonja's professional background spans more than 25 years in the fields of justice and human services in both the public and private sectors. In the last 7 years, Sonja's CEO positions have been in not-for-profit organisations. Much of her career has included leading change management, stakeholder engagement and service delivery reforms. Sonja enjoys yoga and spending quality time with her extended family and friends.

Julie Norton, Financial Officer

Julie has worked as the Financial Officer at AWWQ for three and a half years. She manages all aspects of AWWQ's finances including accounts payable, accounts receivable, payroll and budgeting. Julie is a music lover and enjoys playing the piano.



Rachel Johnson, Events Coordinator

Rachel has been with AWWQ for six years. She coordinates events including the Annual General Meeting and the annual Christmas Party at Tattersalls. She is also the housing coordinator for AWWQ's unit blocks at New Farm, Toowong and Redcliffe. Rachel lives on the Gold Coast and loves spending time on the beach with her two young children, Ava and Harry.





Ann Orchard, Community Services Officer

Ann is the Community Services Officer and has worked with AWWQ for eighteen years. Ann's role is to inform AWWQ members, and their families, of services, benefits and entitlements available in the community and how to access these as they relate to their current, changing or future needs. Ann is the mother of two wonderful sons, Chris and Jason. In her spare time Ann enjoys reading, swimming in her pool, gardening and cooking. Her twelve year old dog Kane is her constant source of companionship.

Kaitlin Boland, Assistant to the Community Services Officer

Kaitlin is the Assistant to the Community Services Officer and has been working in this position for the past two years. Her main role is to provide assistance to Ann Orchard to ensure the needs of the members are met. Kaitlin is a massive Broncos fan and loves anything to do with fitness and travel.



Ashmina Bhattarai, Communications Officer

Ashmina Bhattarai joined AWWQ as the Communications Officer in November 2016. Ash has previously worked in social policy/communications roles in peak community services organisations, most recently as a Policy Officer at the Queensland Council of Social Service. Ash has a Master's degree in Communications (Social Change) and a Bachelor of Arts degree in English Literature and Sociology. Ash is also a mother to a very happy three and a half year old girl Arni and loves travelling, reading and writing in her spare time.



Jason Orchard, Administration Officer

Jason has been with AWWQ as an Administration Officer for over seven years. His primary role is to provide administrative support to AWWQ which assists members through processing subscriptions, Caloundra bookings and any other general enquiries. Jay loves to travel any chance he gets and is an avid Rugby League supporter.



Karen Cottrell, Administration Assistant

Karen has been with AWWQ for over five years. Her role within the administration team is the processing of rental payments, sourcing and booking the matinees to be advertised in the *Bulletin*, reception and other administrative duties as required. Karen lives on acreage on Mount Tambourine and spends time riding and taking care of her horses.





Community Services Officer's Report

Hello ladies

June 2017 is a very exciting month for me. I will have held my position as the Community Services Officer for 18 years and have had contact with over 7000 War Widows throughout Queensland. I will be on leave from Monday 12th June until Monday 26th June 2017 inclusive. Kaitlin Boland, my assistant, will be in the office to take your calls.

This year I have visited the Redcliffe, Hervey Bay, Gold Coast North, Innisfail, Cairns and Ipswich sub branches/social groups. I thoroughly enjoy this aspect of my work as the face-to-face contact with members is a very important part of my role.

Essential Medical Equipment Payment

DVA pays a yearly lump sum amount towards the cost of running essential medical equipment such as home dialysis machine, home ventilator, oxygen concentrator, nebuliser (when used daily) and sleep apnea machine. For more information or to apply for the payment, contact DVA directly on 133254 or our office to speak with Kaitlin or myself.

Hospital Discharge Planning

Hospital discharge planning plays a vital role in ensuring any services, aids/equipment have been arranged prior to your discharge. Make sure you talk with the discharge planner or care coordinator before going home. If you have any concerns, please contact Kaitlin or myself.

Interstate Taxi Subsidy Vouchers

If you are the holder of a Taxi Subsidy Scheme smartcard and will be travelling interstate, you can apply for 'interstate travel vouchers'. 20 interstate

vouchers are issued per year and unused vouchers may be retained until your next interstate travel. For more information, please contact the Department of Transport and Main Roads directly on 1300 134 755 or Kaitlin or myself.

Please remember that Taxi Subsidy Vouchers are issued by the Department of Transport and Main Roads and have nothing to do with DVA transport services.

Moving House – Your Choice

If you are considering downsizing your place of residence or moving into a retirement village, ask yourself:

- a) Why am I moving?
- b) What will be the advantage?
- c) Will there be a financial implication i.e. reduction/loss of Income Support Supplement?
- d) Will I have to move again if I need to go into residential care?
- e) How close will I be to transport, health providers, hospital and family?

Moving closer to family does not always work out as many women have discovered. Sometimes the family decides to move and you do not want to move again. You need to be 100% sure of your choice and be well informed of the implications of your decision.

Using your DVA Health Card

If you are seeing a new healthcare provider/specialist or if you require a treatment, it is important to check that your Gold Card will be accepted and you will not be charged with any out-of-pocket fees. It is important to 'ask first'. Check that the health providers/specialists accept the Gold Card before your treatment.

DVA Transport Service

Please see page 32 for more information on this topic with answers to some frequently asked questions.

Fond regards

Ann Orchard
Community Services Officer

REMEMBERING AUSTRALIA'S FIRST WAR

PRESS RELEASE by Diane Melloy

The end of the Anglo-Boer War was marked with the Signing of the Peace on 31st May 1902. On 31st May 2017, a solemn ceremony was held to dedicate the National Boer War Memorial on Anzac Parade in Canberra.

The Service was attended by 1000 people, 35 of whom were First Generation Descendants. They and all the following generations who have strived for many years to have the service of their forefathers recognised in our national capital gathered to pay their respects and to remember.



Valma Hunter, aged 96, of Palmwoods, is a First Generation Descendant. She attended with her daughter, Diane Melloy, of Woombye. Both ladies are members of the Australian War Widows (Queensland).

Valma's father and Diane's grandfather was Corporal Joseph Lock from Charleville. Born in Roma in 1877, his life in the Outback had equipped him well with the skills needed on the South African veldt. All the Australians were volunteers. Some were city men. Importantly, many were bushmen who lived every day with horses and cattle; also with the threat of drought, flood and bushfire. They were hardy and wiry, self-reliant men who understood and cared for their horses. Joseph Lock had fortitude and endurance.

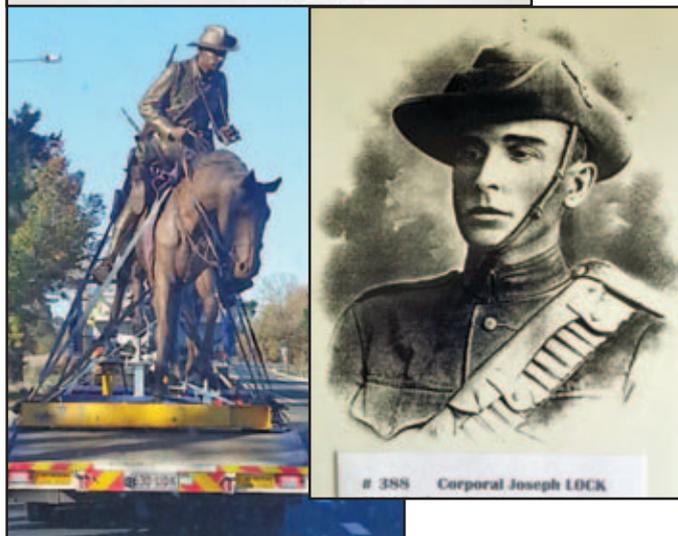
Those men were loyal subjects of Queen Victoria and after her death in January 1901, loyal subjects of her successor King Edward VII and also, from 1 January 1901, citizens of the newly formed Commonwealth of Australia.

President of the National Boer War Memorial Association, former Army Colonel John Haynes, said "We were at war on the day we became a nation."

More than 1000 Australian soldiers died and six Victoria Crosses were awarded to Australians during the South African War.

The Boer War has been the only major war not to be commemorated in Canberra. Now the goal has become a reality. \$4 million was needed to complete the project which features bronze sculptures of four Australian mounted troopers on patrol. The statues are 1.5 times life size, ranged on the dedicated site among the gum trees. The magnificent sculptures are the work of the Melbourne sculptor, Louis Laumen.

The Dedication Ceremony was live-streamed on the internet on 31st May. For more details and video, visit www.nbwmdedication.com



Above: Valma Hunter, Corporal Joseph Lock & Bronze sculptures of Australian mounted trooper.



Mrs Jessie Mary Vasey OBE CBE (1897-1966)

Founder, War Widows' Guild of Australia



“Yet it is no mean destiny to be called upon to go on for a man who laid down his life, as Christ did, to save mankind from the power of the Beast” – J. M. Vasey

Jessie Mary Vasey was born at Roma, Queensland, on 19th October 1897 as the eldest of three children, all girls. Her father, Joseph Halbert, was a pastoralist at Mitchell where Jessie spent her early years. In 1911, her family moved to Victoria where Jessie completed her schooling. She completed her Bachelor of Arts with 1st class Honours in April 1921 and was married a month later.

Jessie met her future husband, George Alan Vasey, through his sister Marjorie, who became close friends with Jessie. It was Marjorie who sent their group photograph to her brother who was fighting somewhere in France. It is said the young soldier felt some interest at once in the girl in the photograph. He returned to Australia in 1919 as Major George Alan Vasey, DSO.

On 17 May 1921, Jessie and George got married at St Matthew's Church of England, Glenroy, and in 1925 their first child, George Halbert Vasey, was born. A second son, Robert, was born in 1932. The Vaseys spent a few years in India between 1928-1937 which was a period of sustained study for George and a broadening for Jessie, adding to her skills and knowledge and the time to pursue her interest in the exquisite tapestry work. The Vaseys returned to Victoria in March 1937 and settled in a 5.65 hectare property at Wantirna, at the foot of the Dandenong Ranges.

When war was declared in 1939, George was deployed to the Middle-East and later given command of the 19th Brigade and Australian forces on Crete which established Vasey as one of Australia's foremost fighting commanders. When the Japanese bombed Pearl Harbour in 1941, Brigadier Vasey was recalled to take command of the 7th Division in New Guinea as Major General. With the support of his troops and through his knowledge of jungle warfare, he is widely recognised as the man who finally pushed the Japanese back into the sea, winning the Battle of the Kokoda Trail.

The long campaign of jungle warfare took its toll and George was later admitted to a hospital in Brisbane with polyneuritis and very little hope of survival. However, George recovered sufficiently in a few weeks' time and upon his insistence, was eventually given the command of the 6th Division.

George and Jessie often spoke of the plight of the women in war, Jessie from the angle of a wife left with young children while George from the angle of men, looking back to home and wondering how things were.

After the war, George was determined to help the men, their widows and their children. On 5th March 1945, while flying to assume his command of the 6th Division, George was killed in an air crash near Cairns and Jessie became a war widow herself.

More determined than ever to continue on the path that she and her husband had envisioned, Jessie sent a letter to all Victorian war widows proposing the formation of a craft guild in October 1945. This meeting was attended by about 300 war widows where Mrs Vasey (as she was to be known henceforth) was elected the President, Beryl Riggall the Secretary and Audrey Brock the

Treasurer. Weaving was chosen to supplement the meagre pension of the war widows and soon became the foundation on which the Guild was built, establishing a cottage weaving industry in Australia.

In 1946, branches were also formed in New South Wales, South Australia and Western Australia and in Tasmania and Queensland in 1947 and in the Australian Capital Territory in 1951. In November 1947, Mrs Vasey convened a national conference which adopted a federal constitution that formed the War Widows' Guild of Australia.

"The war widow must remember she is not fighting alone."

Thus Mrs Vasey started her campaign for an increase in the war widows' pension. The pensions payable to former soldiers and their dependants had remained the same from 1920 to 1943 and later increased to a little more than half the basic wage. Mrs Vasey lobbied politicians and organised rallies to have the war widows' pension tied to the basic wage. Finally in 1947, the pensions were increased, largely due to the efforts of Mrs Vasey and her "girls".

The next project Mrs Vasey embarked upon was even more ambitious – housing for those war widows who were unable to find adequate and proper accommodation. When Sir Robert Menzies' government passed the Aged Persons Homes Act in 1954 whereby the Commonwealth matched funds raised by voluntary agencies, Mrs Vasey jumped at the opportunity. The Guild formed the Vasey Housing Auxiliary and built flats in Victoria to accommodate 250 war widows under the scheme. 20 years later, the Guild's nationwide housing estate was valued at \$60 million.

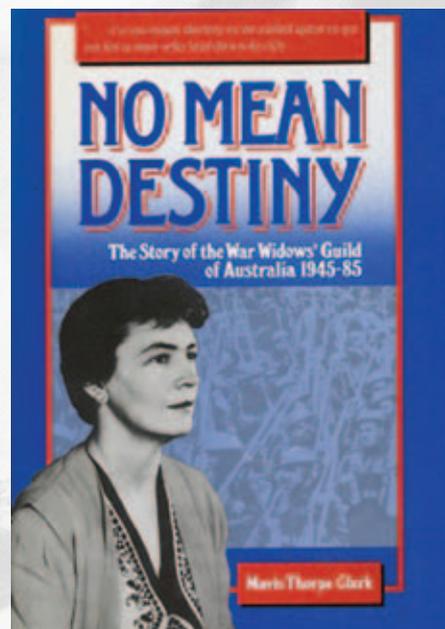
Despite being diagnosed with leukaemia in the early 1960s, Mrs Vasey fought the illness and continued her work.

Her spirit of service and compelling character commanded respect wherever she went. She was awarded OBE in 1950 and CBE in 1963 for her services to war widows.

In 1953, she attended the coronation of Queen Elizabeth II which was sponsored by the Australian Government. It was Mrs Vasey's vision and strong determination that made it possible for the Guild to be established as a powerful women's bloc, tightly welded together and well able to represent the interests of its members.

Mrs Vasey's health worsened over the last months of 1965 and she died of cerebral haemorrhage on 22 September 1966 near Grafton, New South Wales. She was on her way back to Melbourne from a holiday in Noosa with the Queensland President, Billie Hughes. Billie later remembered the time as a "lovely relaxing holiday – feeding the parrots at Currumbin, marvelling at the intelligence of the dolphins at Marineland, inspecting the fishing fleet and prawn trawlers in the early morning at Southport, and accepting the hospitality of a few old friends...Mrs Vasey even bought a new swimsuit and got a suntan."

"Remember there is no man to battle in the world outside for decent conditions for you and your family and you must take his place."



Clarke, M.T 1986, *No Mean Destiny*, Hyland House, South Yarra.

Damousi, J 2002, 'Vasey, Jessie Mary (1897-1966)', *Australian Dictionary of Biography*, viewed 19 May 2017, <http://adb.anu.edu.au/biography/vasey-jessie-mary-11915>

PROPERTY FOR RENT

AMITY PLACE, Redcliffe



Applications are invited from eligible War Widows interested in renting a unit at Amity Place, 5 to 11 Downs Street, Redcliffe.

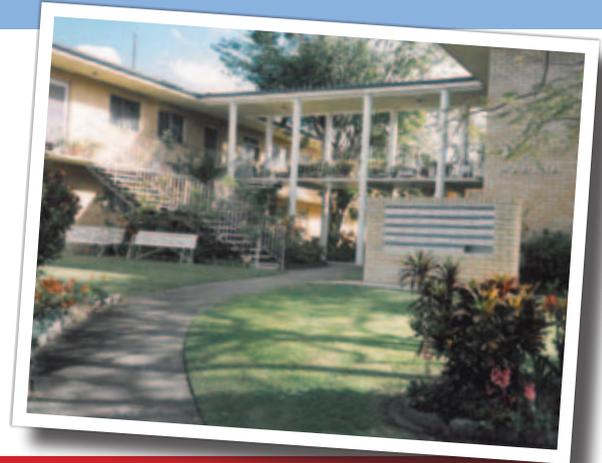
The unit consists of two bedrooms, bathroom (with laundry), living room, kitchen and is located on the 1st level with lift access. The block consists of 24 units, has a BBQ area and is within walking distance to the bus stop, cultural centre and the local RSL.

Enjoy living by the seaside and within walking distance to Marine Parade shops and cafes.

MARINA COURT, New Farm

Applications are invited from eligible War Widows interested in renting a unit at Marina Court located at 227 Moray Street, New Farm.

The unit consists of one bedroom, ensuite bathroom, sitting room, shared laundry and is situated on the first level with lift access. The block consists of 38 units, has lovely gardens, community room and a bus stop at the front door to local shops and the City.



Enjoy inner city living, with close proximity to New Farm Park and the Brisbane river.

JESSIE VASEY PLACE, Toowong



Applications are invited from eligible War Widows interested in renting a unit at Jessie Vasey Place, 14 Okeden Street, Toowong.

The unit consists of one bedroom, separate bathroom and laundry, sitting room and is situated on the second level. The block consists of 11 units, has nice gardens, community room and a bus stop within walking distance.

Enjoy the local cafes and shops at Toowong Village

APPLICATIONS are assessed on a needs basis and CLOSE ON FRIDAY 28th JULY 2017

HOLIDAY ACCOMODATION



Centrepoint Caloundra Holiday Units

Would you like to go for a low cost beach holiday with a few friends or family members?

Our holiday apartments in beautiful Caloundra are reasonably priced and perfectly situated for a wonderful getaway.

Centrepoint Caloundra is within easy walking distance of a safe patrolled beach and the main shopping district with restaurants, plenty of shops and a movie theatre just a short stroll away.

The units are fully furnished with modern conveniences. Units feature two bedrooms and two bathrooms and sleep four people (four single beds are provided). Underground secure car parking is available.

For those travelling to Caloundra by bus, Centrepoint is well-situated close to the transit centre.

The units are rented out in week long blocks, with check-in at 1pm Saturday and check-out at 10am the following Saturday.

Three seasonal rates apply:

High season: **\$640** per week (Easter 1 week, Christmas/New Year 2 weeks)

Mid season: **\$620** per week (school holidays)

Low season: **\$595** per week (all other weeks)

A deposit of \$150 per week is required to confirm the booking, with the balance due six weeks prior to occupation. School holidays are very popular and do require booking well in advance.

Accommodation is for four people one of whom must be:

- a financial member of AWWQ including associate members, or
- a member of another Ex-Service Organisation (ESO)

To book call the office on 07 3846 7706 or our Freecall 1800 061 945.

SUB BRANCH DIRECTORY

<p>BUNDABERG: RSL Rooms, Quay St, Bundaberg 2ND TUESDAY of each month, 10:30am President: Kerry Simpson 4155 6900 Hon. Secretary: Judy Mitchell 4151 7875 Hon. Treasurer: Grace Muchow 4152 7258</p>	<p>CABOOLTURE: RSL Clubrooms, Hasking St, Caboolture 2ND FRIDAY of each month, 10:30am President: Estelle Anson 5495 1215 Hon. Secretary/Hon. Treasurer: Cathy Hartshorn 5428 0210</p>	<p>CAIRNS: Downstairs at the Cairns RSL, the Esplanade 1st WEDNESDAY of each month, 9:30am President: Rona Shute 4033 2753 Hon. Secretary: Lorraine Watts 4054 1174 Hon. Treasurer: Helen Atfield 4054 6542</p>
<p>CALOUNDRA: Caloundra RSL 2ND MONDAY of each month, 9:30am for 10:00am President: Roohangiz Doherty 5437 8619 Hon. Secretary: Joan Crane 5444 6261</p>	<p>GOLD COAST SOUTH: Currumbin RSL Club 1ST MONDAY of each month, 10:00am for 10:30am President: Bron Drinkwater 5534 9800 Hon. Secretary: Carole Waller Hon. Treasurer: Jenny Gregory 0411 512 310</p>	<p>GYMPIE: Orchid Room, RSL in Mary Street 1ST FRIDAY of each month, morning tea at 10:00am President: Ada McHarg 5482 2982 Hon. Secretary: Lillian Brennen 5482 5779 Hon. Treasurer: Maureen Rush 5483 7410</p>
<p>HERVEY BAY: Hervey Bay House, RSL, Torquay Rd, Hervey Bay 1st MONDAY of each month, 10:00am President: Marion Redfern 4125 6306 Hon. Secretary: Christine Starr 0407 575 624 Hon. Treasurer: Patsy Squires 4124 2754</p>	<p>IPSWICH: RSL Memorial Hall, Nicholas St, Ipswich 1ST THURSDAY of each month, 10:00am President: Beryl Schy 3281 7458 Hon. Secretary: Pamela Felton 0404 437 883 Hon. Treasurer: Noela Stephens 3201 6687</p>	<p>MACKAY: War Veterans' RSL Homes, Creal St, Mackay 2nd TUESDAY of each month, 1:30pm President: Ethel Reaston 4942 1353 Hon. Secretary: Clare Burke 4957 3200 Hon. Treasurer: Barbara Mau 4957 4452</p>
<p>MAROOCHYDORE: Keith Payne Room, RSL Sub Branch, Memorial Ave 4TH MONDAY of each month, 9:00am for 10:00am President: Judy Smith 5479 0671 Hon Secretary: Audrey Kregenbrink 5448 7571 Hon. Treasurer: Glynis Burns 5444 5737</p>	<p>REDCLIFFE: Kokoda Room, Redcliffe RSL 1ST FRIDAY of each month 10:00am for 10:30am start President: Judy Harvey 3889 4031 Hon. Secretary: Anita Lapworth 3480 5853 Hon. Treasurer: Ruth Mateer 3293 1121</p>	<p>REDLANDS: Redlands RSL, 8 Passage St, Cleveland LAST FRIDAY of each month, 10:00am President/Hon. Secretary: Noelene Costello 3824 2429 Hon. Treasurer: Fay Cross 3207 6609</p>
<p>ROCKHAMPTON: Leichhardt Hotel, Bolsover St Rockhampton 2nd TUESDAY of each month, 9:30am President: Jenny Ireland 4928 5651 Hon. Secretary: Jan McPherson 4928 4129 Hon. Treasurer: Cecilia Miller 4922 3144</p>	<p>SOUTH WEST REGION: Greenbank RSL Southern Cross Room 1ST FRIDAY of each month, Feb to Dec, 10:30am President: Val Rooney 3809 3593 Hon. Secretary: Regina O'Shaughnessy 3133 4997 Hon. Treasurer: Grace Banham 3800 2903</p>	<p>TEWANTIN/NOOSA: Tewantin/Noosa Citizens RSL Community Club 2ND MONDAY of each month, 9:45am for 10:30am start President: Joy Anderson 5449 7626 Hon. Secretary: Queenie Sutcliffe 5449 0399 Hon. Treasurer: Anne Carter 0439 776 793</p>
<p>TOOWOOMBA: Dr. Price Rooms, Little St (around the corner from the RSL) 2nd WEDNESDAY of each month, 10:00am President: Helen Strange OAM 4691 0287 Hon. Secretary: Beth Johns 4634 8972 Hon. Treasurer Delma Starkoff 4635 8516</p>	<p>TOWNSVILLE: RSL Function Rooms, Charters Towers Rd Hermit Pk 3RD TUESDAY of each month, 10:00am President: Wilma Kent 0412 341 293 Hon. Secretary: Lynne Clancy 4724 2188 Hon. Treasurer: Suzi Vincent 4779 6076</p>	<p>WARWICK: RSL Memorial Club 1st THURSDAY of each month, 11:00am, lunch after. President: Vacant Vice President: Nancy Payne 4661 2270 Hon. Secretary: Dorothy Rubie 4666 3347 Hon. Treasurer: Maureen Mahoney 4661 1314</p>

FRIENDSHIP & SOCIAL GROUPS

<p>BRISBANE NORTH FRIENDSHIP GROUP: Geebung R.S.L. Club, Newman Road, Geebung 3rd TUESDAY of each month, 11:00am Convenor: Denise Fridolf 3865 8006</p>	<p>BRISBANE WEST (GAYTHORNE) SOCIAL CLUB: Gaythorne R.S.L., Samford Rd, Gaythorne, 2nd MONDAY of each month, 10:15am Coordinator: Lorraine Bennion 3354 1626</p>	<p>GLADSTONE/BILOELA SOCIAL CLUB: **new address** Gladstone Bowls Club 2ND THURSDAY of each month, 9:30am for 10:00am Coordinator: Barbara Mason 4972 2225</p>
<p>GOLD COAST NORTH SOCIAL GROUP: Southport RSL Auditorium - February to November 4TH TUESDAY of each month, 10:30am Coordinator: Jan Franz 5591 8502</p>	<p>LOTUS CLUB (for young-at-heart members): Lunch at various venues 1st SATURDAY of each month, meet at 12 noon for lunch at 12:30pm Coordinator: Lyn Wilkes 3355 2198 email: shodley@gmail.com</p>	<p>MARYBOROUGH SOCIAL GROUP: R.S.L. Function Room, Lennox St 3RD TUESDAY of each month, 10:00am Coordinator: Daphne McLennan 4129 4259</p>
<p>NAMBOUR SOCIAL CLUB: RSL & Citizens Club, Matthew St, Nambour 2ND MONDAY of each month, 10:30am Coordinator: Dorothy Jacobsen 5478 9109</p>	<p>SHERWOOD SOCIAL CLUB: Sherwood/Indooroopilly RSL Sub-branch, 2 Clewley St, Corinda 3RD TUESDAY of each month, 10:00am. Convenor: Judith Walters 3161 0264</p>	<p>SOUTH EAST SOCIAL GROUP: Easts Leagues Club, 40 Main Avenue, Coorparoo 3rd FRIDAY of each month, 10:00am – 12 noon Coordinator: Dorothy Lester 3398 6176</p>

A WARM WELCOME TO OUR NEWEST AUSTRALIAN WAR WIDOWS (QUEENSLAND) MEMBERS...

Anne Carter, Cooroibah
Bernardita Carbery, Caboolture
Beverlee Stoba-Caldicott, Bargaara
Christine Hilditch, Drayton
Colleen Thompson, Aspley
Daisy Mollenhauer, Murgon
Denise Koch, Norman Park
Dianne Cook, Labrador
Dianne Davis, Kippa Ring
Dot Edwards, Toowoomba
Elaine Ellacott, Parklands
Elena Finley, Redcliffe
Florence Rock, Banksia Beach
Gilda Adam, Southport
Gloria Mills, Allora

Helen Martin, Railway Estate
Helen Russ, Caboolture
Irene Bryan, Mitchelton
Jean Rouman, Palm Beach
Jeanette Hinton, Everton Park
Joan Watson, Avenell Heights
Judith Evans, Southport
Julia Foot, Mermaid Beach
June Cunningham, Cashmere
Kathy Sheavils, Manly West
Kiyoko Wright, Southport
Laurel Ferris, Coorparoo
Lesley Amos, Willowbank
Mamiko Rattley, Runcorn
Margaret Williamson, North

Rockhampton
Margot Finn, Middle Park
Maria Ryder, Bohle Plains
Mary Hogan, Peachester
Mavis McDermott, Sorrento
Meredith Henson, Rockhampton
Myrtle Beel, Bongaree
Nenita James, Hodgson Vale
Patricia Luff, Reedy Creek
Sandra McDonald, Palm Beach
Selwyne Jameson, Caboolture
Susan Rolfe, Kawana Way
Sylvia Lesley, Tewantin
Yvonne Cantor, Warana

SUB BRANCH & SOCIAL GROUPS

BUNDABERG

Since February this year, our sub branch has welcomed 3 new members - Elaine Ellacott, Elva Joan Watson and Bev Caldicott and 1 associate member, Pearl Kurikowski. We hope this is a good omen for the rest of the year and that they enjoy the companionship of other members and feel welcomed.

20 of our members met at the Rock and Roll Café on 21st March for their first morning tea organised by the committee and everyone enjoyed the company and chit chat with fellow members. A similar number turned up at the Tom Quinn Centre on 18th April for another enjoyable get together and coffee and scones. Regular morning tea every 3rd Tuesday of the month is being arranged for the future so ladies can come and enjoy the fun and laughter.

Jenny Gregory was the guest at our AGM and luncheon on 11th April and presented our new executives with their badges for the year.

Congratulations to our new President Kerry Simpson and Hon. Secretary Judy Mitchell. We wish them well in their new roles for the year.

On Anzac Day, many of our members marched proudly with Legacy members to Anzac Park for the Memorial Service. Others represented our sub branch at the Nurses Memorial.



Photo (left to right): June McGreevy, Bev Caldicott, Margaret Olsen & Morna Harper



Photo (left to right): Judy Mitchell, Jenny Gregory, Grace Muchow, Alison Rogers, Grace Barnard & Kerry Simpson.

CABOOLTURE

Our sub branch continues to operate well in the current climate and while regrettably we have had some of our long standing members pass away, we have also enrolled a number of new war widows which keeps our membership roll fairly stable.

We feel the recent changes made to the status of associate members have been a positive one for the AWWQ, although some members may not agree.

On the day of our election of officers for the 2017 AGM, associate members were permitted to vote for the first time and also stand for election on the Committee (except President) if they so wished.

It proved a turning point for these associate members. They advised us that they no longer felt they were regarded as second class members of the AWWQ. While none actually stood for positions this year, we are sure we will see them stand in the future. We have a small but dedicated group and this can only be a positive move forward as we all work together in an even closer relationship.

Anzac Day - This was one of the busiest and of course an emotional day for our ladies, with the making of wreaths to be laid at a number of ceremonies. With our relatively small number of members we attended and laid wreaths at two Dawn ceremonies and six 10.30am ones. These covered services from Kilcoy, Woodford, Wamuran, Caboolture, Bribie Island and

Burpengary, thanks to the dedication of our ladies.

Due to the proposed alterations to the RSL Fernhill Village, we have now had to relocate our normal monthly meetings to the RSL Clubroom, Hasking Street effective 30th June. This will alter some of our traditional meeting times, but the room will be provided free of charge with tea/coffee and sandwiches included and can only be advantageous for our ladies.

Our RSL sub branch and Club has been most helpful and generous to our group and this is very much appreciated.

CAIRNS

Our May meeting was held recently and we had a nice number of attendees. We had a very interesting guest speaker, who entertained our members and explained to them all the home care changes that have taken effect this year.

We recently tried to improve our membership by sending out letters of encouragement to ladies who are members of AWWQ but do not attend our meetings or functions. Sadly all of our efforts failed but we do intend to keep trying.

We are currently organising a coach trip to the Avenue of Honour at Yungaburra where a wreath will be laid on behalf of all the War Widows. We are then going to the Malanda RSL for lunch followed by a nice leisurely drive down the Kuranda Range and then back to Cairns. It should be a great day out for our members.

The AGM for our sub branch will be held in June and we are looking forward to meeting the State President who will be attending.

CALOUNDRA

Calendar of events:

12th June – Bus trip to Redcliffe Dolphins Leagues Club

10th July – Speaker

14th August – Bus trip

About 9 of us went to Redcliffe's 50th Anniversary when we visited Brisbane and had a lovely time. It was a good day out.



Photo: Jeanett Brennen, Val Allen, Margaret Fraser, Daisy Yone, Beatrice Blower, Nancy Housman, Shirly Sullivan.

GOLD COAST SOUTH

Gold Coast South has been lucky to have had a wonderful trip with the Totally and Permanently Incapacitated (TPI) association. We went to the Glow Worm Caves and Cedar Creek restaurant at Mt Tamborine. It was interesting to see the glow worms as they are only found in Australia and New Zealand. The food was fabulous. The men did a wonderful job of organising the outing and we look forward to joining them again in June.

We are sponsoring a litter of puppies for the Guide Dog Association. We have photos and they are coming to the next meeting to talk to us about all that happens in this wonderful organisation.

Unfortunately a number of our ladies from WWII are less able to come to the meetings. We think of them at every meeting. We now do a newsletter each month so if anyone wants a copy, please contact myself or Carole, our Secretary.

Anzac Day was attended well by the War Widows this year and a few of us marched. For those who had not done it before it was emotional and gave them a lump in their throat. Next year we hope more War Widows will come and join us. It is special.

Jenny and I have been busy representing the War Widow both here on the Coast and in other parts. It is an honour and we met some very interesting people. Must say, some 12 hour days are long and we are tired when we get home. We do it because we believe in War Widows and the need to keep our profile up and out there. We notice we are being recognised more which is the aim.

I would like to say "thank you" to outgoing Committee members and hello to new. We are pleased to say that the World War II ladies have done such a wonderful job for so many years so it is now their turn to sit back and let us be of service to them (not sure if that's the way to put it).

Remember that without you all there are no lovely Mondays when we get together and enjoy friendship, mateship and always a laugh. Bless you all.



Photo (left to right): Bron Drinkwater & Carole Waller marching on Anzac Day at Currumbin

HERVEY BAY

We had our AGM on 5th June and on 11th October this year we will be going on a bus trip for Jesse Vasey Day (we are still trying to work out where we will go). The executive will not be changing this year.

MACKAY

It was very heartening for all members of the Mackay sub branch to receive a personal letter from Sonja on behalf of our state President Jenny Gregory inquiring how we fared during recent cyclone “Debbie”. Thank you Jenny. It was much appreciated by us all. Some of our ladies lost fridge and freezer loads of food due to electricity being out.

Here is the story of 6 of our members:

I and five other members of sub branch spent the worst days of Debbie in Brisbane. We had flown down on the Friday to see “My Fair Lady” on the Saturday night, intending to return home on Monday. Virgin cancelled all flights North on Monday so we had to extend our stay. The concierge at the Kings George Square Mercure Hotel was able, with some room shifting, to extend our accommodation. We did, however have to shift to the Ibis Hotel for our last night due to the Mercure being booked out. Some of us only carried medication for the weekend so had to find doctors and chemists. NOTE: When travelling always take more medication than needed and carry scripts for emergencies.

We all thoroughly enjoyed “My Fair Lady”. We had

good seats and the cast was excellent. We really enjoyed the show. On Sunday we were well-fed and entertained on the “Kookaburra” travelling on the Brisbane River.

On Monday we crossed the road at the Mercure and caught a bus to the Chermshire Shopping Centre. I was pleasantly surprised by the experience of the “bus only” route – it was so fast and safe. The bus driver was very helpful with our fares as we explained our unfamiliarity with payments. On Tuesday we hired a “maxi taxi” and drove through the park and up to Mount Cootha. What a glorious view!

On Wednesday we shifted to the Ibis hotel. After dinner we all entered a small lift to return to our rooms. The lift moved about 2 feet and stopped. We were stuck in the lift. There was a small window on the lift door and we were able to communicate with the staff. They called the fire brigade and after about an hour we were finally released.

Six very relieved ladies flew home on the Thursday, tired out with all the excitement to find our homes had escaped the worst of Debbie.



Photo: Clare Burke, Ethel Reaston, Jan Newton, Marie Friend, Barbara Mau and in front Mollie Smart with “The Drovers”.



Photo (left to right): On the “Kookaburra” Jan Newton, Ethel Reaston, Clare Burke, Barbara Mau, Mollie Smart and Marie Friend.



Photo: Ev Cogill, Shirley Murphy and front Heather Hunter.

MAROOCHYDORE & DISTRICT

The times they are a-changing with the retirement of both Shirley Murphy and Evelyn Cogill. Our appreciation goes to these ladies who have guided our sub branch through many enjoyable years of togetherness and friendship.

A special welcome is extended to our new President Judy Smith and Treasurer Glynis Burns, two ladies with different life experiences – one in nursing and the other in military.

Stalwarts Vice President Nita Tupper and Secretary Audrey Kregenbrink continue in their roles.

Anzac celebrations this year again included a lunch and concert at the local SunCare/Meals on Wheels. Members attended the Maroochydore March and Service at Cotton Tree and at their local services including Buderim Village, various Retirement Villages and Nursing Homes.

RSL Sub Branch Office renovations are now complete with the new Meeting Room being used. We are encountering a few problems as the room is rather small but your committees are looking for solutions to adjust our new circumstances.

Our monthly bus outings continue to be enjoyed by everyone – cost \$20 which includes travel and morning tea. Lunch is at your own expense. Make a regular date in your diary – 2nd Wednesday of the month. Interesting places to visit with no hills, plenty of room for walkers and lots of comfort stops.

We reach out to all local war widows to join with us for friendship and happy times together – please telephone Secretary Audrey 5448 7571 or email audk@bigpond.com.au for meeting times and available transport.

May AGM – New Committee will be elected.

MARYBOROUGH

Maryborough has had an interesting year. Our attendance averages 16-18 each month. However, our membership is gradually decreasing. Sadly our members Mabel Laing and Ailsa Mengersen passed away and our much esteemed Treasurer Lesley Crockford also passed away in January. Our thoughts and prayers go out to their families.

Our coordinator Daphne was elected and has been 'finding her feet'. Guest speakers have been found and our program for the year looks great. Our discussion and game days seem to be enjoyed by our regular members and are bringing them closer.

At our May meeting we welcomed our State President who gave a talk. This was followed by a nice luncheon. Ann Orchard will be our guest speaker in July.

REDCLIFFE

We celebrated our AGM and 50th Anniversary on the 5th of May. The atmosphere was friendly and we all had lots of fun. As the executive committee and subcommittee worked tirelessly, we made it to the end our special day. On behalf of our sub branch, I am so thankful to all those who helped and celebrated with us. Thank you all for coming. Extra special thanks to our new CEO, Sonja Gilchrist, and state president, Jenny Gregory.

At our June meeting, we will introduce the new executive officers and the committee to those members who did not attend the AGM. Although we're now halfway through the year, it feels just like the beginning of another year.

This is the time for us to renew old friendships and build new, closer relationships with all our members. It is the time for us to get in touch and stay in touch with each other, breaking the isolation that so many of us experience, and warding off loneliness.

This month, we will also have our monthly luncheon and a special guest speaker, to be confirmed closer to the meeting date.

July wouldn't be the same without our traditional mid-year Christmas in July party. This year we'll be celebrating at Bribie with our friends from some of the other local sub branches and social groups. We're already looking forward to a very happy get together with old friends and the chance to meet new friends. Finally, we'll also be having our annual baking contest. Good luck to all our home pastry chefs!

During August, we have our normal meeting and another get together for lunch later in the month. We have been invited to the Post-55 Veterans' annual Ladies' Lunch for the Legacy Laurel Club and Australian War Widows Redcliffe sub branch. This is always a fantastic day out and we're really looking forward to it.

REDLANDS

In June, after our meeting, we will go upstairs to the Sails Restaurant for a two course meal.

We have changed our venue this year. Instead of having a guest speaker each month at Times, we will have some musical entertainment to brighten things up.

A warm welcome to our new Chief Executive Officer, I am sure she will fit in well.

ROCKHAMPTON

After 40 years in the role, Shelma Boyes is retiring as the Secretary. Shelma will be staying on as the Assistant Secretary.

We meet every second Tuesday of the month at 9:30am.



Photo (Left to right): Rockhampton sub branch committee members Cecilia Miller (Treasurer), Jenny Ireland (President), Jan McPherson (Secretary), Gloria Lynch (Assistant Treasurer) with Shelma Boyes.

SOUTH EAST SOCIAL GROUP

With a wary eye on the weather, thirteen ladies enjoyed a guided tour of the Roma Street Parklands on the Parkland Explorer (scenic train). From there we drove to The Cafe on Kangaroo Point Cliffs for a delicious lunch. What a magnificent view of that section of the Brisbane River! We had our Bring and Buy Day in May which is always popular.

At our June meeting we will have the pleasure in welcoming our new CEO, Sonja Gilchrist. Following this our two guitarists John Button and Graham Jones will entertain us. Unfortunately Ann Orchard could not attend on her scheduled day in April and we look forward to her coming to our 21st July meeting.

At our August meeting, Dee Scott will enlighten us as to her methods of dog training. Dee participates in Dog Therapy at the Mater and her approach to therapy will be most interesting.

We invite any war widow to come to our meetings as our guest especially if they are interested in listening to our scheduled guest speakers. They don't have to be a member of our Social Group. Venue is Easts Leagues Club, Main Street, Coorparoo, on the third Friday of the month at 10 a.m.

If you are shy, phone Dorothy on 3398 6176.

SOUTH WEST REGION

Our membership is increasing and it is evident by the numbers we are getting in our monthly meetings.

Once again Val Rooney is organising another Christmas/New Year Cruise to New Zealand. So far we have 14 ladies interested. We went on this same cruise about 7 years ago.

Our bus trip on 21st May was to the Canungra Army Base. Once again we had a full bus for this trip. We had morning tea in Canungra, before proceeding to the Army Base where we had our lunch.

On 18th June we have 20 ladies going to see "The King and I" at the Iona Theatre. We attend all their concerts each year and they are very popular with the ladies.

So far we have 9 ladies going to the Friendship Day on a bus being hired for three days and another 8 ladies driving up just for the day. We will be picking

up the ladies from Ipswich on the way too.

Anzac Day was very well represented by our ladies again this year, laying wreaths at Greenbank, Mabel Park, Greenslopes Hospital and Sunnybank.

Our AGM in April found the same ladies standing for President, Secretary and Treasurer. However we had a wonderful response from our ladies to be on the Committee. We now have 5 new ladies on the Committee, with each of them assisting us with various jobs.

TEWANTIN / NOOSA

At the War Widows AGM on 8th May of the Tewantin/Noosa Club we were thrilled to have visitors Jenny Gregory and Bron Drinkwater from Gold Coast attend.

They met some of our over nineties and the photo below shows President Joy Anderson 95, Edna Thorne 96, Jean McKay 94, Lorna Porteus 93, Cecily Fernley 92.



Photo (left to right): Joy Anderson, Edna Thorne, Jean McKay, Lorna Porteus & Cecily Fernley.

TOOWOOMBA

Hello ladies, once again we approach winter and it is time to remember to get the flu and pneumonia injections (they could save your life).

A few of our members travelled to Dalby and had lunch with the Dalby ladies. Thank you for having us. It is always a good day out and the Windsor Hotel puts on a good meal.

Anzac Day saw some of our members attend the Dawn Service while others opted for the later morning service. It is pleasing that some of us are well enough to attend.

The Tombola that we held was well attended. The

weather wasn't the greatest but the attendance was good. A big thank you to members and others who helped make it a successful day by giving their time, money, gifts, and of course, the morning tea. All proceeds go to the Toowoomba Hospice.

Arrangements for our Friendship Day are on track and we look forward to seeing you here.

Our AGM was well attended with Board Member Valerie Rooney presiding over our meeting. At the completion of the meeting, Val was presented with a small gift of – wait for it – “choko and dragon fruit!” The gift was well received with a big smile and a thank you.

To our members who are unable to attend – we do remember you. If ever you feel like to talk, just give us a ring and a reminder before I go – happiness looks gorgeous on you.

WARWICK

We have just had our AGM and welcomed our special guest, Board of Director Helen Strange OAM.

Betty Stabler, who has been our President since 2006, did not seek re-election this year. At the present time the President's chair remains vacant. Our Vice President Yvonne Moulder did not seek re-election but we are very happy to welcome Nancy Payne to the position of Vice President. Dorothy Rubie is the Secretary and Maureen Mahoney the Treasurer.

8 of our members have decided to attend the Friendship Day in Toowoomba in September.

Jill, Pat, Nancy and Maisie once again looked after our Anzac Day commitments; they do a great job every year.

A special welcome was given to new member Gloria Mills. Members were thanked for their contribution to the smooth running of the sub branch. Everyone does their bit to help out.

Our meetings are held on the first Thursday of each month at 11am at Warwick RSL and we enjoy lunch and a catch up after the meeting.



Photo: Pat James

REDCLIFFE SUB BRANCH CELEBRATES GOLDEN ANNIVERSARY - 50 YEARS IN THE MAKING

14 NEWS

Reprint from Quest Newspaper

REDCLIFFE

Back from the brink at age 50

MILESTONE FOR WAR WIDOWS

THE Australian War Widows Redcliffe Sub Branch is celebrating its golden anniversary, but the impressive feat almost never happened.

The branch was opened on April 20, 1967, but it came close to folding two years ago after struggling to fill all committee roles.

Current president, Judy Harvey, stepped up to take on the top job in a bid to keep the group alive. She had been a member for only three months.

"It was two years off the 50th anniversary. I thought it would be a real pity for it to fold," Ms Harvey said.

"It was going to become a friendship group. Now it is thriving."

Ms Harvey lost her husband Jim in 2011. He had served in the army in New Guinea and Vietnam.

TIMELINE

■ **April 20, 1967:** Redcliffe Sub Branch opens

■ **November 25, 1972:** A block of 13 units and a community room at 13-15 Downs St, Redcliffe, opened for war widows. It was built with bequeathed money

■ **2006:** Long service certificates were handed out to four members for more than 10 years' service

"It is nice to have companionship with other women who have lived the same sort of life," she said.

The group will celebrate its milestone with a lunch at the Redcliffe RSL on Friday.

The Sub Branch has more than 200 members from the Peninsula, Pine Rivers, North Lakes and Burpengary.



Sub Branch members Betty Rogers, Judy Harvey and Sheila Dockrill.

Picture: CHRIS HIGGINS

REDCLIFFE

Big crowd honours our Anzacs



DIGGER'S NOTES

Bill Stowers

DID you attend the magnificent Anzac Day at Redcliffe RSL this year? If you didn't, you missed great services and a great march.

Did you see the armoured personnel carriers block the roads for us all and the large police presence? The lads manning the vehicles must have left Enoggera very early to get here in place before the dawn service.

After the main service they entertained masses of ankle biters swarming their vehicles. The police started at 2am and went through with courtesy and a smile.

There is a reason for the extra security. It is to ensure that no terrorist is going to make their name killing and maiming on our patch. They will not stop us commemorating our fallen but we will take precautions.

This year was as big as 2015, which was also a great commemoration.



Photo (left to right): Marilyn Mawer, Val Stirling, Sheila Dockrill, June Shaxson, Judy Harvey, Edna Buckland, Anita Lapworth, Dianne Davis, Mary Osborne, Betty Emmett, Ruth Mateer.



Photo (above): 50th celebrations underway at Redcliffe RSL Club



Photo (left to right): Jenny Gregory, Edna Buckland, Judy Harvey, Anita Lapworth, Dianne Davis and Ruth Mateer.



Photo (left to right): Betty Rodger and Noela Stephens with the Redcliffe 50th Anniversary cake

INSTRUCTIONS ON HOW TO VOTE

Who can vote

Those eligible to vote **must** be current financial members of the Australian War Widows (Queensland).

How to vote

Please follow these steps to ensure your vote is valid:

1. Place a cross in the box (maximum 4) of the nominees you wish to be elected to the Board
2. **DO NOT** put your name on the Ballot Sheet
3. Place the completed ballot sheet in an envelope
4. Write your name and membership number on the **back** of the envelope. This will enable office staff to ensure your membership is current and your vote is valid.
5. Address your envelope to:

The Returning Officer
Australian War Widows (Queensland)
P.O. Box 13604
George Street Post Shop
Brisbane QLD 4003
6. If you are a member of a sub-branch or social club you can take your sealed envelope to your next meeting and the Secretary will put them all in a large envelop and address it as shown above (this is only possible if your branch/social club meeting date allows enough time for posting).
7. When received by the Returning Officer our records will be checked to ensure that you are a financial member and therefore eligible to vote. Your sealed vote will then be held until counting starts.

REMEMBER: the Ballot Closes at 4:30pm on MONDAY 17th JULY 2017.

NOTE: Any voting paper received after the closing time and date is invalid.

NOMINATIONS FOR STATE COUNCIL

BALLOT SHEET FOR THE ELECTION OF OFFICE BEARERS FOR 2017

(See reverse for voting instructions)

There are a total of five (5) nominations for the four (4) War Widow director positions on the Australian War Widows (Queensland) Board.

For War Widow director positions on the Australian War Widows (Queensland) Board

Place crosses in the boxes beside the names of your preferred nominees for the War Widow director positions on the Board of the Australian War Widows (Queensland).

Nominees (* denotes current Interim Board Member) for the position of War Widow director of the Australian War Widows (Queensland) Board, listed in alphabetical order of surname:

The maximum number of crosses is four (4).

*** Bron DRINKWATER**

Bron has been a war widow since March 2007. Her husband, Graham served in the RAAF from 1959 to 1971. She has been a member of Australian War Widows (QLD) since April 2011 and elected to State Council from 2014 and to the AWWQ Interim Board in August 2016. Bron has been the President for Gold Coast South sub branch since 2013. She has had a career as Welfare Officer and Co-ordinator at Currumbin RSL Support Centre as well as running their own country store for 8 years which included being a "post mistress" and holding a liquor license.

Cathy HARTSHORN

Cathy has been a war widow since 2007. Her husband Arnold served in the Australian Army from May 1940 to June 1946. She has been a Member of Australian War Widows (QLD) since March 2007 and elected to State Council from 2015 to 2016. She has been the Hon. Secretary and Hon. Treasurer for Caboolture sub branch since 2008. Cathy's career spans 45 years in a range of office and office management roles. Cathy has been bestowed a Life Membership to the Caboolture Ladies Bowling Club for her dedication to the Club for over ten years and by the Bowling Association of Caboolture for her dedication to the Sport, being the only member to serve 5 years as President.

*** Valerie ROONEY**

Val has been a war widow since 1994. Her husband Robert served in the Army for 22 years. She has been a member of Australian War Widows (QLD) since December 2003 and was elected to State Council in 2012 and to the AWWQ Interim Board in August 2016. Val is the President for South West Region sub branch which she started in 2006. Val's career spans 21 years in Real Estate and she was awarded Logan City Senior of the Year in 2016 and the Queensland Premiers Award for Senior of the Year in 2009.

*** Helen STRANGE OAM**

Helen has been a war widow since 1993. Her husband Bruce served in the Navy during WWII. She has been a member of Australian War Widows (QLD) since July 1993; was elected to State Council from 2006 to 2015; held the position of State President to the War Widows' Guild (QLD) from 2010 to 2013 and was elected to the AWWQ Interim Board in August 2016. She has been the President for Toowoomba sub branch since 2000. Helen received an Order of Australia Medal in 2004 for "Outstanding Service to Veterans and their families, the War Widows and wider community of Toowoomba".

*** Suzanne VINCENT**

Suzi has been a war widow since 2011. Her husband Tony served in the Navy from 1967 to 1968. She has been a member of Australian War Widows (QLD) since June 2011 and elected to State Council in August 2015 and to the AWWQ Interim Board on 24 January 2017. Suzi has been the Hon. Treasurer for Townsville sub branch since 2015. She has a career background in nursing and community support including CEO of a not-for-profit agency. Suzi was awarded Dampier Citizen of the Year in 2001 and nominated for Townsville Citizen of the Year in 2014.

FRIENDSHIP DAY RSVP FORM

*Ladies, welcome to Toowoomba's 70th Anniversary/ Friendship Day Celebration.
There is no capping of numbers, please indicate if attending. All welcome.*

PLEASE COMPLETE THIS FORM AND RETURN TO THE ADDRESS BELOW

I wish to attend (tick for yes):

Wednesday 13th September 2017 - Friendship Day Luncheon

VENUE: St Patrick's Cathedral, 123 Neil Street, South Toowoomba

TIME: 11:00am - 3:00pm

COST: \$45.00 per person

I am interested in attending:

**Monday 11th September 2017 - The Mystery Tour (Cost \$35.00, morning tea included
BYO lunch)**

Tuesday 12th September 2017 - The Memorial Service at 3:00pm & Civic Reception to follow

Thursday 14th September 2017 - Flower Tour (Cost \$35 morning tea included, BYO lunch)

SURNAME:.....FIRST NAME:.....

ADDRESS:.....

TOWN/SUBURB:.....POSTCODE.....

PHONE:..... MOBILE.....

SUB BRANCH:.....

EXECUTIVE POSITION:.....

PLEASE LIST ANY DIETARY NEEDS:.....

Details of Payment:

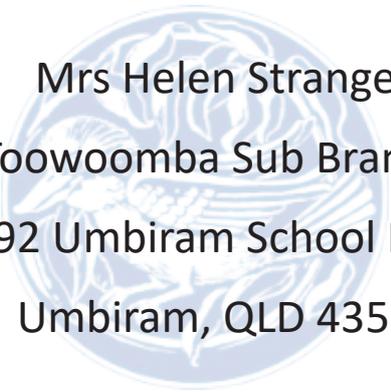
Cheques/money orders are to be made payable to: Australian War Widows (Queensland)

Please forward this completed form along with either a cheque /money order to:

**Mrs Helen Strange
Toowoomba Sub Branch
92 Umbiram School Road
Umbiram, QLD 4352**

RSVP CLOSSES WEDNESDAY 9th AUGUST 2017

Please tear this form out, fill in front side and return to:



Mrs Helen Strange
Toowoomba Sub Branch
92 Umbiram School Rd
Umbiram, QLD 4352

AGM RSVP FORM

Join us at our AGM on Wednesday 2nd August 2017

If you would like to join us at our AGM, please RSVP by completing this page and returning to:
AWWQ, PO Box 13604, George Street Post Shop, Brisbane QLD, 4003 or,
call our head office on 07 3846 7706 or 1800 061 945

Name:

Member Number:

Address:

Phone:

I would like to attend the **AGM** **Yes** **No**

EVENT DETAILS:

Price: FREE

Time & Location: Brisbane City Hall, Ithaca Auditorium, Ann Street



70th ANNIVERSARY RSVP FORM

Join us at our 70th Anniversary on Thursday 26th October 2017

You are welcome to attend one, or both of the events

Name:

Member Number:

Address:

Phone:

EVENT DETAILS:

Price: \$45.00 per person, includes 2 course luncheon (15% subsidy has been applied)

Time & Location: 10:30am Anzac Square, Ann Street
12:30am Luncheon - Brisbane City Hall, Brisbane Room, Ann Street

I would like to attend **The Anzac Square Event** **Yes** **No**

I would like to attend the **Luncheon**

To RSVP please:

- Complete this page and return it together with your \$45 payment to
AWWQ, PO Box 13604, George Street, Post shop, Brisbane QLD, 4003
- Via direct deposit - Account Name: Australian War Widows (QLD)
BSB: 034 002 Account Number: 004 289
- Or please call the office to pay by credit card on 07 3846 7706 or 1800 061 945



JUNE 2017 BULLETIN SURVEY



On a scale of 1 to 5 please rate the following:
(1 being the lowest e.g. not useful, not likely to 5 being the highest e.g. very useful, very likely)

Q1. How useful did you find the June 2017 Bulletin?

1	2	3	4	5
<input type="radio"/>				

Q2. How relevant were the contents of this Bulletin to you?

1	2	3	4	5
<input type="radio"/>				

Q3. How easy did you find it to read this Bulletin?

1	2	3	4	5
<input type="radio"/>				

Q4. How useful was the addition of health related topics?

1	2	3	4	5
<input type="radio"/>				

Q5. How useful was the inclusion of pullouts to reply to invitations?

1	2	3	4	5
<input type="radio"/>				

Q6. How useful do you find the sub branch and social group information?

1	2	3	4	5
<input type="radio"/>				

Q7. How happy are you with the new changes introduced in this Bulletin?

1	2	3	4	5
<input type="radio"/>				

Q8. How likely are you to show the Bulletin to your family, friends or visitors?

1	2	3	4	5
<input type="radio"/>				

Please provide additional comments/feedback in the box below (e.g. articles you would like to see included in future editions, changes to the Bulletin)

<hr/> <hr/> <hr/> <hr/>

ROBERT TINGIRI - 13 YEARS OF SERVICE

Former Executive Officer

Australian War Widows (Queensland) fondly remembers our former Executive Officer Robert Tingiri (Bob to staff and friends), who retired in March 2017 after thirteen years of service and a significant contribution to the organisation.



Robert's father served with the Americans in the Pacific on the Small Ships Fleet and at the end of War, the family moved to Melbourne. He was born in Sydney on the day the Japanese submarines arrived into the Harbour.

Robert had a lengthy career with the former Commercial Bank of Australia that saw him progress to management in Australia and London. Thereafter followed secondments to International Consortium Banks in Australia, UK and Indonesia and later he joined the National Australia Bank before taking up an advisory position with the Royal Children's Hospital Foundation before retiring to the Gold Coast in 2003.

He joined AWWQ in 2004 as the Finance Officer, becoming the first male employee of the organisation.

During the five years Robert was Finance Officer a number of changes occurred. Various external services (annual reporting and audit preparation) were brought in-house, Board and State Council reporting expanded and staff were given access to a tax benefit that had been overlooked previously. Other changes included moving away from hand writing cheques, dispensing with antiquated accounting practices with the implementation of the accounting software, restructuring the members' annual subscriptions receipting to simplifying and speeding up the processing. These enhancements greatly improved the administration.

During this period, the State Council numbers were reduced from 25 to 15 (having been reduced from 50 a few years earlier), there were 120 Queensland Vasey Housing Auxiliary (QVHA) units in 7 blocks, approximately 6000 Queensland members, sub branches were flourishing and well supported, but social groups did not yet exist.

At the end of 2009, Mrs Veronica Kratzman retired as the State Secretary and Robert was offered the State Secretary position which he accepted. The title was later changed to "Executive Officer". Expenditure control became a strategic priority at a time when considerable costs were being incurred with escalating office rents, computer upgrades, increased QVHA maintenance issues, to mention a few. At the same time initiatives were being taken to develop a more effective welfare support programme for the members.

Around this time the Constitutions of both the Guild and QVHA were rewritten and most importantly there was recognition by the State Council and QVHA Board that action needed to be taken to address the challenges that lay ahead. This saw the formation of the Futures Committee and ultimately led to the current structure whereby the two businesses merged and a single Board (Interim) was appointed in August 2016 to oversee the changes. Robert feels one of the positive initiatives during his term as Executive Officer was the name change to Australian War Widows (Queensland) which has resonated so well with members.

On behalf of the Board, CEO, staff and members, we wish Robert all the best with his retirement plans.



DVA Transport Service – Booked Car with Driver (BCWD)

Answers to some frequently asked questions:

Q. Am I eligible for a DVA arranged taxi or hire car under the Booked Car Scheme?

If you are aged 80 years of age or over, you are entitled to a DVA arranged car with driver to attend all approved treatment locations.

If you are aged 79 years or younger, you are entitled to a DVA arranged car with driver to attend limited approved treatment locations.

Q. How do I book travel with DVA?

You, your health provider or your carer can request transport by contacting Veterans' Transport Services on 1300 550 455 (Brisbane area) or 1800 550 455 (all other areas). You can also book online via DVA My Account service.

Q. I used to travel to medical appointments in a hire car, but this has now been replaced by a taxi. Why?

DVA has contracts with both taxis and hire cars throughout Australia. In order to ensure all DVA clients are transported to their medical appointments on time by professionally trained drivers, you may not always receive the same type of vehicle or driver.

If you require any specific additional assistance, please contact DVA. This will be recorded in your transport file and forwarded to the relevant taxi or hire car provider.

Q. I have special needs and my previous driver understood how to assist me. Why can I no longer receive this level of service?

Many DVA clients who rely on the Booked Car with Driver Scheme are frail and/or aged and require additional assistance. Understanding the specific needs of the aged and frail was an important criterion in the selection of transport providers. Be assured

that you will continue to receive the same reliable, timely and high quality service that you have always received. If you require any additional assistance this will be recorded in your transport file and forwarded to the relevant taxi or hire car provider.

DVA has comprehensive guidelines that require all providers who work under these guidelines to focus on quality service – for example, assisting the client. All providers have the same expectations and will be closely monitored by DVA to ensure they are providing this service.

Q. Can I ask the driver for a 'comfort' stop?

Any vehicle will stop at a reasonable request from the passenger. You, as the passenger, will also need to take some responsibility for the transport service, i.e., inform the driver you would like a comfort stop, ask for assistance if required, i.e., to open the car door, assistance getting in and out of the car, lend an arm to lean on, etc. Just ask the driver.

If you have any concerns, please notify Ann Orchard, Community Services Officer, as soon as possible after the incident so it can be followed up. Details will be needed such as the date, time, destination (i.e., address, name of health provider) and information on what occurred that you were dissatisfied with.

The information above has been provided by the DVA Transport branch and is accurate to the best of our knowledge. The Australian War Widows (Queensland) is not responsible for any changes or errors which may occur. For specific matters relating to your individual situation, please contact DVA Transport Services on 1300 550 455 (Brisbane metropolitan area) or 1800 550 455 (all other areas). For general information, refer to :

<https://www.dva.gov.au/factsheet-hsv03-dva-arranged-transport-under-repatriation-transport-scheme>.



ART INSTALLATION

Goodness Brisbane, won't you give it a rest? Between a plethora of new bars and (more) burger joints opening, it's hard to catch a breath around these parts, let alone keep up with all culture you keep throwing at us!

In collaboration with the iconic Grand Central Hotel,

Brisbane artist-come-architect Suzanne Bosanquet curated a huge installation, displaying thousands of giant poppies draped over the façade of the listed building.

Created by local school kids, this 1,000+ poppy art installation covered more than 80sqm of the Grand Central Hotel, transforming it into a spectacular red, purple and white field of poppies—purple to pay homage to service animals, white to remember those lost at war.

Positioned exactly opposite the ANZAC shrine in Brisbane's CBD, this was a powerful message of remembrance leading up to ANZAC Day.

Image credit: Grand Central Hotel Content credit: <https://www.theurbanlist.com/brisbane/a-list/anzac-day-services-brisbane-art-installation-brisbane>

OUR MEMBERS



Photo: Elizabeth Cowell with son Michael and his children.
Above (left): Elizabeth recently; Above (right) Elizabeth as a young schoolgirl

ELIZABETH COWELL

“We have been a military family for generations with at least one great uncle in the Boer War, grandfather and two uncles in WWI (one who never returned), my father and three uncles in WWII, my brother went from school to the Army apprentices in Balcombe, Victoria, one of my sons served in the Army and one remains in the Air Force.”

Elizabeth was born in Toowoomba but her family moved to Brisbane when her father enlisted in the Army. She has one sister and one brother. Her father was away in the Middle East most of the time and the three children grew up around their mother, Mrs Thelma Vaughan.

Elizabeth herself spent many years as a civilian typist in Puckapunyal, Victoria. This is where she met her husband, Barry Arthur Cowell, who had enlisted in the Army at the age of seventeen. They got married in 1958 in the Puckapunyal Chapel.

From November 1970 to October 1971, Barry served in Vietnam with the 3rd Cavalry Regiment. Elizabeth recalls that he was very quiet after his return.

Like many others those days, he and his mates transferred around frequently after each other so Elizabeth was on her own most of time, looking after her four children. She remembers walking everywhere because they did not have a car.

Barry passed away in March 1974 after a massive coronary and Elizabeth’s father passed away three weeks later. Elizabeth and her mother went through the same grieving process. Elizabeth moved in with her mother with her four children and they lived together for twelve years, helping each other and sharing expenses. Her older brother and sister were also a great support during this time.

Her eldest son, Michael, grew up to join the Air Force, her second son, Peter, served for 6 years as an engineer with the Army and her youngest son, David, is a computer professional based in Sunshine Coast. Her daughter, Raelene Mary, was born while Barry was in Vietnam and is currently expecting her eighth child.

In 1976, Elizabeth and her mother started attending the Legacy House in Mary Street to play carpet bowls. They attended weekly until her mother passed away in 1986. After this, Elizabeth continued to volunteer help for various Legacy projects.

“I have to thank the Legacy Brisbane’s pensions department for helping me to be finally awarded the ‘War Widow’ status after a wait of twenty years. So I joined the War Widows Guild as it was called in 1996. This was a tremendous help to me because the Guild does have a voice – we got our compensation through them.”

Today, Elizabeth is an active member of War Widows’ Lotus Club as well as the convenor of Legacy Brisbane’s Laurel Club.

“I feel privileged to belong to both War Widows and Legacy Brisbane especially now that the family have their own lives away from home and I am free to socialise with my generation who are sympathetic and understanding to our past problems and losses.”

NOTICES & REMINDERS

Kinky Boots



Kinky Boots is the hilarious and heart warming new musical that Brisbane has been waiting for! Based on the movie starring Joel Edgerton and inspired by a true story, Kinky Boots takes you on a hilarious journey from a working-class shoe factory to the runways of Milan.

With 'Tony' and 'Grammy' winning songs by pop icon Cyndi Lauper, book by Broadway royalty Harvey Fierstein (La Cage aux Folles) and 'Tony' winning direction and choreography by Jerry Mitchell (Legally Blond, Hairspray), Kinky Boots is ***"one of the most fun nights of the theatrical year!"***

Dont miss the musical that has captured hearts across the globe, opening in Brisbane this August for a strictly limited season.

1:00pm MATINEE

Lyric Theatre, QPAC - Grey St, South Brisbane
Wednesday, 4th October 2017

Ticket Price: \$55.00

Please call Australian War Widows (Queensland) office for bookings, phone number : (07) 3846 7706 or Freecall 1800 061 945

Content credit: https://www.qpac.com.au/event/kinky_boots_17/

The Wizard of Oz



The London Palladium production of The Wizard of Oz is an enchanting revision of the all-time classic. Developed from the ever-popular MGM screenplay, it contains the beloved songs from the Oscar®-winning movie, all the favourite characters and iconic moments, plus a few surprises along the way, including new songs by Tim Rice and Andrew Lloyd Webber. Leading the cast as The Wizard and Professor Marvel will be Australia's leading star of musical theatre, Anthony Warlow.

Don't miss your chance to rediscover the real story of Oz in this fantastic musical treat" QPAC.

"Over the rainbow and over the top fun! 5 stars!"

1:00pm MATINEE

Lyric Theatre, QPAC - Grey St, South Brisbane
Wednesday, 29th November 2017

Ticket Price: \$69.90

Please call Australian War Widows (Queensland) office for bookings, phone number : (07) 3846 7706 or Freecall 1800 061 945

Content credit: https://www.qpac.com.au/event/wizard_of_oz_17/

Advertising space now open in the Bulletin - Call us today!

As part of recent changes to make the Bulletin more engaging and informative for all our members, Australian War Widows (Queensland) has decided to make advertising space available in the *Bulletin* from our September edition.

**QUARTER, HALF AND
FULL PAGE SPACES
WILL BE AVAILABLE FOR
PURCHASE.**

We invite interested parties to send expressions of interest to advertise in our quarterly newsletter. This will enable advertisers to share useful information and promote relevant products and events to our members across Queensland.

Interested advertisers are encouraged to email bulletin@warwidowsqld.com.au or call Ashmina Bhattarai (Communications Officer) on 07 3846 7706 or 1800 061 945 for more details.

Kedron-Wavell Community Grants Recipient 2017



Photo (left to right): State President Jenny Gregory, Board Director KWSC Mr Phil Lilliebridge and CEO Sonja Gilchrist

We are very excited to announce that the Australian War Widows (Queensland) was one of the recipients of Kedron-Wavell Services Club's (KWSC) Community Grants Program 2017.

AWWQ State President Jenny Gregory, CEO Sonja Gilchrist and Communications Officer Ashmina Bhattarai attended a presentation ceremony on 5th April 2017 where a \$2,500 cheque was presented by the Board Director of the Club, Mr Phil Lilliebridge.

The funds will contribute towards the various activities planned for the 70th Anniversary and Jessie Vasey Day on 26th October 2017.

Kedron-Wavell Services Club is one of Queensland's largest and well known community clubs with a long, proud history of community involvement and contributions. Over the past 10 years, Kedron-Wavell Services Club has contributed more than 12 million dollars to the local community.

ANNUAL SUBSCRIPTION REMINDER

This is a courtesy reminder that your annual subscription of \$20.00 is due. Please send your cheque or money order for the \$20.00 along with your name and membership details to the office in Brisbane. Alternatively you may pay by credit/debit card over the phone by calling the office on **07 3846 7706** or Freecall **1800 061 945**.

CHAIR YOGA

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

*"I don't believe in age.
I believe in energy.
Don't let age dictate
what you can
and cannot do"*

Tao Porchon Lynch

Warning: if you have a medical condition that restricts you from making certain movements, please seek your doctor's permission before attempting Chair Yoga

Who Can Do Chair Yoga?

Chair yoga classes are most widely available in senior centers and retirement homes, as senior citizens are its biggest target audience, but overweight people and people with neurological diseases are also good candidates to give the chair method a try. Office workers can also take advantage of chair yoga's adaptations to sneak in some stretches at work.

What's In a Chair?

Since chair yoga is all about adaptability, it should come as no surprise that the particular chair you use is not important; you don't have to run out and buy a specialized yoga chair. Chairs with wheels are not ideal since they are unstable, but almost any other chair will do. If you are short, put blocks or a folded yoga mat under your feet to give yourself a firm foundation.



Photo: Tao Porchon-Lynch 97-year old yoga teacher

1.



Chair Forward Bend - Uttanasana

1. On an exhalation, come into a forward bend over the legs.
2. Let the hands rest on the floor if they reach it. Let the head hang heavy.
3. On an inhalation, raise the arms back up over the head.
4. Repeat this movement between a raised arms position and a forward fold several times, moving with the breath.

2.



Chair Warrior I - Virabhadrasana I

1. Keep the right leg in position over the side of the chair while you swing the left leg behind you.
 2. Plant the sole of the left foot on the floor roughly parallel to the seat of the chair and straighten the left leg.
- Keep your torso facing over the right leg as you raise your arms up to the ceiling on an inhale coming to warrior I. Hold three breaths.

3.



Seated Spinal Twist

1. Turn so you are sitting sideways in your chair.
2. Bring both feet flat on the floor.
3. Twist towards the back of the chair, holding the back of the chair with both hands.
4. Turn yourself 180 degrees so you are facing the opposite side of the chair to do the twist on the other side.

4.



Chair Raised Hands Pose - Urdhva Hastasana

1. On an inhalation, raise your arms toward the ceiling.
2. Allow your shoulder blades to slide down your back as you reach upwards with your fingertips. Anchor your sit bones in your chair seat and reach up from there.

5.



Chair Pigeon - Eka Pada Rajakapotasana

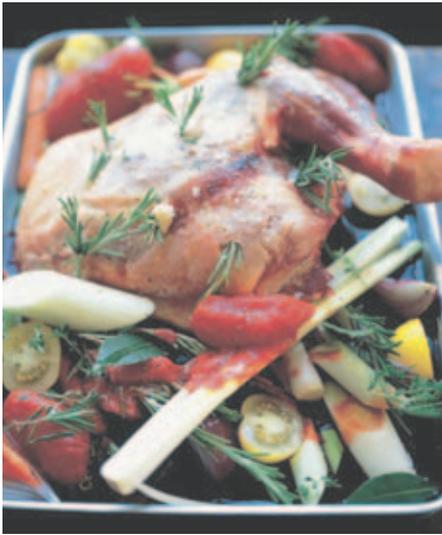
1. Bring your right ankle to rest on your left thigh, keeping the knee in line with your ankle as much as possible. Hold this chair pigeon for three to five breaths.
2. You may forward bend to intensify the stretch if you like. Repeat with the left leg up.

6.



Chair Cat-Cow Stretch

1. Come to sit on a chair with the spine long and both feet on the floor. Place your hands on your knees or the tops of your thighs.
2. On an inhale, arch your spine and roll your shoulders down and back, bringing your shoulder blades onto your back.. This is cow position.
3. On an exhale, round your spine and drop your chin to your chest, letting the shoulder and head come forward. This is cat position.
4. Continue moving between cow on the inhalations and cat on the exhalations for five breaths.



Slow-cooked shoulder of lamb with roasted vegetables

Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. Peel and quarter the onions and garlic cloves, peel and roughly chop the carrots, trim and roughly chop the celery, and wash, trim and roughly chop the leek. Halve the fresh tomatoes.
3. Rub the lamb with oil, sea salt and freshly ground black pepper and put it into a roasting tray. Using a sharp knife, make small incisions all over the lamb, then pick and poke rosemary leaves and quartered garlic cloves into each one.
4. Add the rest of the garlic cloves, the onions, carrots, celery, leeks and fresh tomatoes to the tray, then tuck the remaining herbs under the meat.
5. Pour the tinned tomatoes over the top, followed by the wine. Cover the tray tightly with a double layer of tin foil and place in the oven. Turn down the oven temperature to 170°C/325°F/gas 3 and cook for 3½ to 4 hours, or until the lamb is soft, melting and sticky and you can pull it apart with a fork.
6. Gently break up the meat, pull out the bones, and extract any herb stalks. Squeeze the garlic out of the skins and mush it in. Shred the lamb, check the seasoning and serve with some crispy roast potatoes.

Ingredients

2 red onions
1 whole bulb garlic
3 carrots
2 sticks of celery
1 large leek or 2-3 baby leeks
1 handful ripe tomatoes
olive oil
2.25kg lamb shoulder, bone in
½ a bunch of fresh rosemary
2 fresh bay leaves
½ a bunch of fresh thyme
2 x 400 g tins of plum tomatoes
1 bottle of red wine

Content credit: <http://www.jamieoliver.com/recipes/lamb-recipes/slow-cooked-shoulder-of-lamb-with-roasted-vegetables/>

2 Vital Nutrition Tips for Seniors

By Emilee Seltzer

1. Prepare Meals Rich in These Nutrients

Omega 3 Fatty Acids

The acids have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. You should have foods rich in this nutrient twice per week.

Calcium

The need for calcium increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at

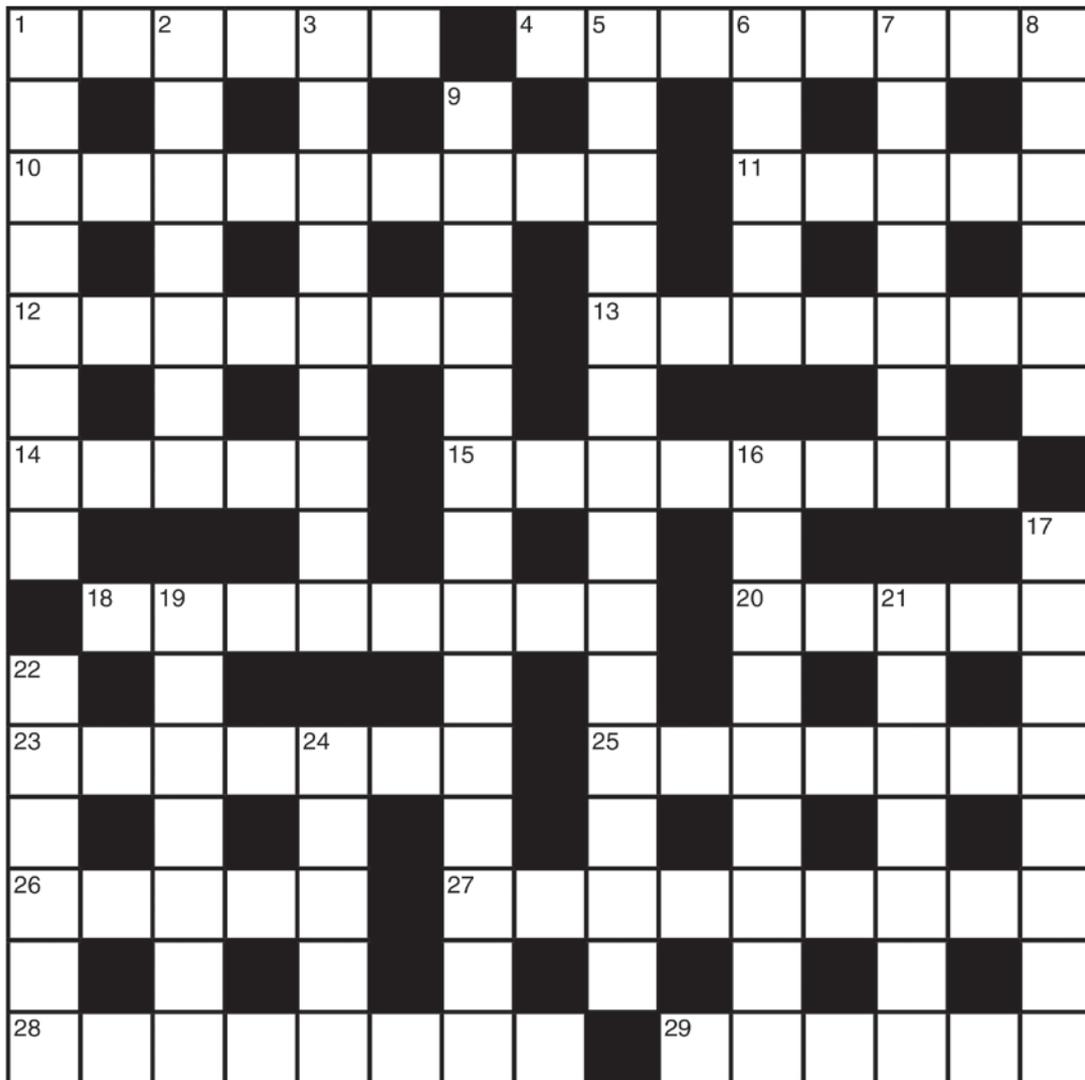
least 1200 milligrams per day of calcium – equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium.

2. Limit Sodium Content

For those with hypertension one of the most important things caregivers can do to help reduce hypertension is to prepare foods that are low in sodium. Frozen, processed and restaurant foods are typically extremely high in sodium. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium.

Content credit: <https://www.agingcare.com/articles/nutrition-tips-for-elderly-health-and-diets-137053.htm>

CROSSWORD PUZZLE



QUICK CLUES

ACROSS

1. Next to, adjacent (6)
4. Type of coffee (8)
10. Legendary Italian traveller (5,4)
11. Funny, amusing (5)
12. Loss of memory (7)
13. Type of very large fish (7)
14. Adversary, foe (5)
15. Best of King Arthur's knights (8)
18. Dish of oatmeal eaten for breakfast (8)
20. Stick, wand (5)
23. Author of Lolita (7)
25. Widow, especially of a nobleman (7)
26. Amphibious mammal (5)
27. Bitter, resentful (9)

DOWN

1. Bewailed, lamented (8)
2. Hypodermic needle (7)
3. One who forecasts disaster (9)
5. Enforced marriage (7,7)
6. Contest for cowboys (5)
7. Sign of the Zodiac (7)
8. Those who lubricate (6)
9. Blameless dissolution of marriage (2-5, 7)
16. Scope, space to expand (5-4)
17. Commits, gives responsibility (8)
19. Circling around another body (7)
21. Craft used for towing bigger ships (7)
22. Give understanding (6)
24. Islam's sacred book (5)

Photo: Mrs Billie Hughes with Tewantin War Widows 1982



Photo: Caloundra War Widows Christmas Party 1986



Photo: Bundaberg War Widows 1992



Photo: Mrs Billie Hughes with Gympie War Widows



Photo: Mrs Billie Hughes & Mrs Majorie Brown with Mrs Pat Huxley