

BULLETIN

AUSTRALIAN WAR WIDOWS

Queensland



SPRING 2017



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Governor of Queensland

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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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“We all belong to each other.
We all need each other.
It is in serving each other
and in sacrificing for our
common good
that we are finding our true
life”

AUSTRALIAN WAR WIDOWS (QUEENSLAND) REPORTS

STATE PRESIDENT'S REPORT



Hello again to everyone.

As we are reading our *Bulletin* this month, many of us will have fresh memories of meeting up at Friendship Day in Toowoomba and having enjoyed renewing old friendships and making new ones. Functions like these are testaments to the words of our motto “*we all belong to each other*”. The mere fact that many of you make the effort to attend the various social events of Australian War Widows (Queensland) highlights the fact that you continue to appreciate and benefit from the companionship of your fellow war widows. A very big thank you to Helen Strange and her team for organising such a successful event.

It was lovely to meet up with many of you again at the AGM in August which I hope was a positive experience for you. The Board of AWWQ appreciates your attendance which shows that our members are firmly committed to our organisation and our goals.

I would like to say a big “thank you” to all the sub branches and social groups for responding to our request for input for a handbook providing guidelines for operating a sub branch or social group. Your responses have been encouraging and will help us to create a booklet which will be of great assistance to those ladies who organise your meetings.

Plans are well under way for the 70th Anniversary in October of the founding of War Widows Guild Qld and I encourage all of you to attend this event. We will commence the day with a short commemoration service at Anzac Square in the Post World War II Gallery where a plaque commemorating War

Widows Guild is sited. The Gallery is situated in the tunnel which leads from Anzac Square to Central Railway Station. This means that the service will be inside and under cover and has easy access to toilet facilities. We are honoured to have the Military Wives Choir performing at this service. All members who attend will have the opportunity to have a poppy placed in memory of our late husbands.

After this service we will be celebrating with lunch at Brisbane City Hall and we have some special entertainment planned. A special group of talented musicians called “The Soldier’s Wife” are composing a song dedicated to our members and will be presenting this and other songs at the function. I have seen them perform and they are incredible so this is a function not to be missed.

There have been many milestones achieved by our members this year. We have ladies who have turned or who are turning 100 this year. What an achievement that is and one which shows how strong and resilient our members are. There are also ladies who have received awards and we are very proud of them.

I would also like to share with you all my vision for what I would like to assist the Board of AWWQ to achieve during the next year of my presidency. Firstly, I would like to ensure that all members of AWWQ are given the opportunity to have a voice in how our organisation goes forward and operates in the future. Secondly, I would like to continue and intensify our efforts to raise our profile within the community in order to attract new members and find ways to encourage those members who do not attend monthly meetings to do so. We are proud of our achievements and need to make the public aware of them.

It has been brought to my attention by one of our social groups that it would be a good idea to lobby the State Government to provide everyone over 90 years of age with taxi subsidies (half fare taxi vouchers). This would make it more affordable and safer for many of our older members to attend meetings.

This is a call for action and an avenue we can pursue in conjunction with one of the consortiums of ex-service organisation representative organisations.

The sub branches and social groups have also been asking if we can provide financial assistance to groups and individual members for travel to events such as Friendship Day, AGM and Christmas lunch. We have not been able to action this yet but will certainly have it on our agenda for 2018.

I am honoured to continue to represent our members at the many memorial services that are held in honour of our service men and women. A particularly poignant one was the Korean War Veterans' Day at the Queensland Korean War Memorial, Cascade Memorial Gardens in Broadbeach. There were a number of our Korean War Widows who attended and were presented with the Korean Peace Medal. Some photos of those ladies appear in this Bulletin.

I would also like to draw our members' attention to the fact that you are entitled to access the services of an exercise physiologist. A doctor's referral is necessary to have it approved by DVA. I must report that I have recently started a program with a local exercise physiologist and they are working on my balance and upper and lower body strength. I know of other members who are participating in similar programs in their local area and are reporting good results.

In closing, I would like to refer again to our motto and the closing line "we are finding our true life" which epitomises the idea that in supporting and participating in our organisation we are doing something truly important.

My best wishes to you all.

Jenny Gregory
State President



Australian Government
Department of Defence

Engage

SUPPORTING
THOSE WHO
SERVE



LAUNCH OF THE "ENGAGE" WEBSITE

The Department of Defence has launched a new website called *Engage* to assist current, transitioning and former Australian Defence Force, their families and those involved in their support to locate support services.

The website simplifies the process of finding information and accessing free services and support by connecting users to free support and services from Government agencies, charities and not for profit service providers, based on a range of criteria including needs, geographical location (local, regional and national) and the support or service required.

Some of the support services that can be accessed through *Engage* are emergency support, partners, parents and families, claims and pension assistance, assisted living and financial and legal support.

For easy usage and confidentiality, individuals are not required to register to access *Engage* and personal information is not exchanged or shared.

For more information, visit the *Engage* FAQs page on <https://engage.forcenet.gov.au/FAQ> or email engage.admin@defence.gov.au or phone 02 6127 2100.

NATIONAL PRESIDENT'S REPORT



The National Guild continues to debate and discuss the future of the National Guild and ways to move forward. A monthly teleconference is held with all the States and Territories. These teleconferences make for some interesting and challenging conversations. I am hopeful that we may have a more definite outcome at the National Annual General Meeting (AGM)/Council meeting/Conference to be held in Canberra between 17-19 October this year. The AGM/Council meeting is taking shape, however, it still requires some further planning but I am sure all will be well on the day.

Dear Ladies

Another three months have passed and this has been another busy period. In June, I was able to attend the Annual General Meetings of Western Australia, South Australia and Tasmania. I have had four trips to Canberra since my last report to attend the Dental and Allied Health Workshop, the Claims Management Forum and the Veterans' 'Mates' Editorial Committee. I have also had a meeting with the Minister, the Honourable Dan Tehan MP, to bring him up to date with the organisation's activities and progress in regard to the national body. I also took the opportunity to meet with the opposition spokesperson for Veterans' Affairs, the Honourable Amanda Rishworth MP. They are very supportive of our organisation and it is imperative that we maintain an ongoing dialogue with the relevant politicians in Canberra.

The National Guild was also invited to attend the French National Day in Canberra on 14 July 2017 at the French Embassy and the Legacy President's Luncheon at Parliament House, Sydney.

On 31 May of this year His Excellency the Governor General dedicated a most magnificent Boer War Memorial. The Memorial is located on Anzac Parade, Canberra and if you are visiting Canberra I would suggest that you take the time to visit this Memorial.

The Veterans' 'Mates' Editorial Committee is always interesting. The committee is made up of faculty members from the University of South Australia Pharmacology department. The Veterans' 'Mates' website is worth visiting: www.veteransmates.net.au. There are a numbers of useful topics that you may find interesting. The latest module released is one titled 'Wound Care' and covers some practical tips for looking after our skin as we age.

I have also had the opportunity to attend and speak at the New South Wales Annual General Meeting on 26 July. Andrew Condon gave a very informative address titled 'Achieving Generational Change in the Veteran Community'. The address challenges the relevance of member based organisations established many years ago to their relevance today and whether we, as old established organisations, are doing enough to support our younger, contemporary veterans, widows and children.

The address also challenged the limitations of membership of organisations to just that of veterans and/or widows. By opening up membership, perhaps a better outcome for veterans and widows could be achieved. By restricting membership then the potential pool of members is limited. Andrew's address was thought provoking and extremely relevant to the national organisation.

In the last week I have also had the opportunity to attend and lay a wreath at the Memorial Service in recognition of the 55th Anniversary of the initial deployment of the Australian Army Training Team to South Vietnam on 31 July 1962, and to recognise the return of the bodies of Team members originally buried overseas to Australia through Operation Reunite. This was conducted at the Land Warfare Centre in Canungra, Queensland.

While in Queensland I also attended and addressed the Australian War Widows (Queensland) AGM. The weather in Queensland was of course very pleasant for this time of year – not so cold as the New South Wales.

Well ladies, till next time. Take care.

Meg Green
National President

CHIEF
EXECUTIVE
OFFICER'S
(CEO)
REPORT



It is wonderful to feel the warmer weather of spring! Hopefully this means that the flu season is coming to an end as many of our members and staff were affected by the winter virus which seemed to take a long time to recover from.

Our Australian War Widows (Queensland) Annual General Meeting was a successful event for many reasons. This year, we were able to print the Annual Report for members to take home. The booklet contained the Chairman and State President reports, audited financial statements and biography of our guest speaker Mrs Sharon Bown, Wing Commander (Retired). Sharon's address was very heartfelt and reflected on the strength of women in times of adversity and the importance of friendship and camaraderie.

I would like to thank each of the sub branch executives and social group coordinators for sending through their articles, snippets and photographs for the *Bulletin*. As you can appreciate, a high volume of photographs are received and there is limited space in the publication. We do keep all photographs to use in future publications. We hope that by sharing what is happening at sub branches and social groups, AWWQ members who live in the region are encouraged and inspired to attend a meeting.

Friendship Day is being held in Toowoomba this year with the official luncheon starting at 11:00am at St Patrick's Cathedral on Wednesday 13 September 2017. I look forward to meeting members and learning more about how AWWQ may support you in the future. Thank you to Helen Strange and the Toowoomba sub branch for coordinating this event.

Celebration of our 70th Anniversary on Thursday 26 October 2017 is set to be an auspicious occasion. Members are invited to attend the formal service and/or the luncheon. A formal ceremony with wreath laying starts at 10:30am in the Post World War II Memorial Gallery at ANZAC Square with music performed by the Military Wives Choir.

At 12:30pm the formal luncheon will commence in Brisbane City Hall. The Soldier's Wife have written a song in commemoration of our 70th Anniversary and will be performed and released on the day. CDs will be available for purchase at the event and afterwards. Please see your invitation in this *Bulletin* and RSVP directly to our office before Monday 16 October 2017.

During my visits to sub branches and social groups as well as talking with individual members, the issue of transport has been a constant topic. The Board is very aware that several of our functions are held in Brisbane which makes it difficult for members to attend. In 2018, grants and sponsorships will be sourced to support our members to attend events.

Following the merger to create AWWQ, a review of the organisational structure commenced to ensure that the roles of employees are clear and the responsibilities reflect the services and support provided by AWWQ. Over the next few months you may see some changes in the names of positions as well as staff roles within the office. We are reviewing how we provide valuable services to our members and progressing the organisation to meet future needs. In July, Ms Kaitlin Boland, casual assistant to the community services officer, resigned to pursue a different career. In August, Mrs Karen Cottrell, who worked two days per week, left AWWQ. We would like to thank Karen and Kaitlin for their valuable contribution to AWWQ and wish each of them well for the future. The Board has also introduced a new initiative for staff through a workplace employee support service to support our team to continue the great work they do.

I continue to expand networks with ex-service organisations, government agencies and corporate businesses, to develop opportunities for collaborative partnerships that will support and meet the needs of our members. Our new website and Facebook page due to launch in late October, will provide another avenue to engage with younger war widows, as well as advertise upcoming events and increase awareness of AWWQ in the community.

I am enjoying my role as CEO and thank you for making me feel welcome. Please do not hesitate to contact me in the office on 07 3846 7706 or via email at ceo@warwidowsqld.com.au.

Yours sincerely

Sonja Gilchrist
Chief Executive Officer



Campbell Wright
(Senior Exercise Physiologist)
B.ExPhys ESSAM

Ms. Betty Anderson has been a client with Achieve Exercise Physiologist's for the last 8 months and is the definition of the perfect client!

Betty was initially referred to Achieve for exercises and education on the management of her

- high blood pressure
- high cholesterol
- plantar fasciitis
- lower back pain

Due to some posture and muscle imbalances identified in her first session the predominant focus of her exercise prescription was aimed at flexibility and correct muscle activation. This was very effective in significantly reducing her lower back and plantar fasciitis, resulting in an improved quality of life and motivation to push herself to new fitness goals!

With the assistance of her Exercise Physiologist, Betty has been working towards her goal of completing the Townsville 5km charity run and has been smashing goals along the way!

In just a matter of months, Betty has improved her fitness, decreased weight and has also has reduced her blood pressure medication.

Betty's results are testimony to the effort she puts in during her sessions and is proof that you don't have to accept pain as a way of life or rely on medications to manage lifestyle related conditions.



DVA PAYS FOR CLINICALLY NECESSARY TREATMENT

Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

Gold Card Holders are entitled to clinically necessary treatment covered by DVA's health care arrangements for all health conditions.

White Card Holders are entitled to clinically necessary treatment for an accepted disability ie: an injury or disease accepted by DVA as caused by war.

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2016 ESSA AWARD – PRACTICE OF THE YEAR

Create better health with Achieve

AWWQ BOARD OF DIRECTORS



Mr Stephen Scott - Chairman & Independent Director

Stephen has been the AWWQ Board Chairman since 2009 and is one of four independent directors on the Board. Stephen is currently the Director for International Operations at AEG Ogden Pty Ltd, overseeing the operations in Asia and the Middle East. His long career spans in both public and private sectors. He has previously worked as an Executive Officer at Australian Association for Exercise and Sports Science, General Manager at Ticketek Queensland Pty Ltd, Director at Brisbane Blazers and Director/President at Queensland Lawn Tennis Club. He specialises in entertainment and sports management as well as general management and technology and has established and managed a number of companies in these areas.

Mrs Jennifer Gregory BAppSc Nursing Sc, GradDip HlthServMgt - State President & War Widow Director

Jenny has been the AWWQ State President since August 2016. She is the war widow of Winston Spencer Gregory, a Malaya, Vietnam and Singapore Veteran. She has worked in various capacities over the years, from volunteering in the Solomon Islands to working as a registered nurse at a residential aged care facility where she later became the Director of Nursing. Her passion for caring for people with dementia motivated her to help establish a Dementia Network in Canberra. She became the inaugural President of Alzheimer's Australia ACT Inc. and worked in this capacity for many years. She joined AWWQ shortly after her husband's death in 2013 and became State President in 2016.



Mr Steven Blinkhorn - Secretary & Independent Director

Steven was a Vasey Board Director from 2007 to 2016, has been an AWWQ Board Director since 2016 and is one of four independent directors on the Board. Now retired, Steven has had a long career in both the public and private sectors including 24 years' service in the ADF (Army), nine years as the Executive Officer at Government House and six years as CEO of Legacy Brisbane. Steven's mother is a war widow and a member of AWWQ.

Mrs Bronwyn Drinkwater - War Widow Director

Bron has been a war widow since March 2007. Her husband, Graham Drinkwater served in the RAAF from 1959 to 1971. She has been a member of Australian War Widows (Queensland) since April 2011, elected to State Council from 2014 and to the AWWQ Interim Board in August 2016. Bron has been the President of Gold Coast South sub branch since 2013. She has had a career as a welfare officer and coordinator at Currumbin RSL Support Centre as well as running her own country store for 8 years.



Mr Peter Eardley BA, LLB - Independent Director

Peter has been a Board Director since 2012 and is one of the four independent directors on the Board. Peter is currently a consultant with Kerin Lawyers and also a Senior Counsellor at the Queensland Law Society. He was the Senior Partner at Eardley Motteram for 19 years from 1996 to 2015. He has also served as the President at Queensland Law Society from January to December 2010.



Mrs Michelle McGrath OAM - Independent Director

Michelle has been a Board Director since 2017 and is one of four independent Board Directors. Michelle has worked in the not for profit sector for over 20 years. She has participated in a range of advisory committees at both the Commonwealth and State/Territory level. Her work supporting people with dementia, their families and carers was recognised in the Queen's Birthday Honours list in 2011. Michelle is married to Alan who was an Air Force Officer for over 20 years. They currently live on the Sunshine Coast.



Mrs Valerie Rooney - War Widow Director

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 (Queensland) since December 2003, 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.



Mrs Helen Strange OAM - War Widow Director

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 (Queensland) 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"*.



Mrs Suzanne Vincent - War Widow Director

Suzi has been a war widow since 2011. Her husband Tony served in the Navy for two years from 1967 which included one tour of Vietnam. She has been a member of Australian War Widows (Queensland) since June 2011, elected to State Council in August 2015 and to the AWWQ Interim Board on 24 January 2017. Suzi has been the Honorable 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.



COMMUNITY SERVICES OFFICER'S REPORT



Hello ladies

I know we are all saying 'where has the year gone' and now it is only a matter of weeks until spring. Kaitlin Boland, the Assistant to the Community Services Officer, has resigned to further her career in another area and AWWQ wishes her well.

Summary of benefits and services available to War Widows:

Allied Health

Chiropractic, dietician, exercise physiology, occupational therapy, osteopathic, physiotherapy and podiatry. A D904 referral supplied by a general practitioner or a specialist healthcare provider will enable you to access these services.

Continence Products

Pads, Pull-ups/briefs, catheters, waterproof chair pads, bedding, to name a few. Discuss with your healthcare provider or contact the AWWQ office.

Continuous Positive Airways Pressure (CPAP)

Issued through DVA if you have been diagnosed with obstructive sleep apnea.

Convalescent Care

Convalescent care refers to a short period of non-acute care to assist your recovery from an illness or operation immediately following an acute hospital admission. Your hospital discharge planner, treating doctor or the hospital staff (usually the social worker or charge nurse) can organise convalescent care if it is medically necessary. There is no limit on the number of days that you can access and you do not have to pay for this type of care. An Aged Care Assessment is not required.

Dental Services

Replacement/relining of dentures, dental implants and general dental services (fillings, extractions, crowning of teeth). Time limits and assessed clinical need may apply to some treatments.

Essential Medical Equipment Payment

Annual financial assistance from DVA towards the cost of running equipment such as home dialysis, ventilator, respirator, oxygen concentrator, nebuliser and sleep apnea machine.

Funeral Benefit

A nominal amount will be paid for the funeral of certain dependents, including war widows, who pass away in severe financial need.

Hearing Services

The Australian Government's Hearing Services program provides eligible people with access to a range of hearing services, including hearing assessments, advice, support and the fitting of a hearing device where needed. To assist with your hearing loss, you may be offered a fully subsidised hearing device or choose to purchase a partially subsidised hearing device with additional non-essential features.

Optical Services/Spectacle Frames

Optical services include clinical testing of the eyes for defective vision and the supply of suitable spectacles, contact lenses or devices for low vision. You are able to choose any appropriate spectacle frames from your optical dispenser that are within the DVA price limits and quality standards.

Rent Assistance

Rent assistance is a non-taxable allowance to help meet the cost of private rental accommodation.

Respite Care

In-Home Respite Care allows a carer to have a break while a substitute carer takes over the caring role. DVA will pay for up to 196 hours of In-Home Respite Care or 28 days of Residential Respite Care or a combination of both in any one financial year. An Aged Care Assessment is required. Once a respite bed has been booked, contact the Veterans' Home Care Assessment Agency on 1300 550 450 to apply for DVA funding.

The information above was sourced from Department of Veterans' Affairs - factsheets.dva.gov.au.

To find out more about these services and determine eligibility, contact DVA on 133 254, discuss with your healthcare provider or ring AWWQ on 07 3846 7706 or 1800 061 945. Please do not hesitate to contact me if there are any areas where I can be of assistance.

Ann Orchard
Community Services Officer



DID YOU EVER LIVE IN ASIA AS PART OF A RAAF OR ARMY COMMUNITY?

Between 1946 and 1988, Australia had overseas military bases in Japan, Malaysia, Singapore and Hong Kong. A new research project at Monash University, in partnership with Macquarie University and Nanyang Technological University, wants to hear from Australians who were resident in these communities – including members of the forces, their partners or spouses and children. Participants will be asked to complete a questionnaire about their experiences, memories and opinions about this time in their lives.

If you would like to express an interest in completing a questionnaire, please go to artsonline.monash.edu.au/australias-asian-garrisons

Alternatively, you can contact the project officer:

Dr Jodie Boyd
E: jodie.boyd@monash.edu
T: +613 9905 2182



Monash University in Partnership with:



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MRS HELEN HOGAN AWARDED OAM

Australian War Widows (Queensland) is very proud to announce that one of our members, Mrs Helen Hogan, was recently awarded an Order of Australian Medal (OAM) for bringing the sport of lawn bowls to women.

The bowling circuit of the day was dominated by men's games and Helen credits her late husband Martin for inspiring her to take to the green when she was in her thirties. "The men didn't let ladies play, only on Thursdays, and they still were only able to play on Thursdays until I came along and I said that's wrong" she says.

Born in Cairns, Helen has previously served as the President and publicity officer of the Far North Queensland Bowling Association and as the President and match committee member for Cairns Ladies Bowling Club. After the Hogans moved south, Helen became the President of Surfer's Paradise Bowls Club. Although she no longer plays, she remains a member of Robina Bowling Club even today. Helen is attending a ceremony at Government House in Brisbane later in the year to receive her OAM.



Content credit

<http://www.couriermail.com.au/questnews/logan/trio-from-logan-honoured-in-queens-birthday-list/news-story/8352c223dfa1dc3fc5bf0ead06492949>

<http://www.jimboombatimes.com.au/story/4720107/love-of-lawn-bowls-led-to-high-honour/>

Image Credit: <http://retireaustralia.com.au/news/helen-hogan-awarded-oam-for-services-to-lawn-bowls/>

Currumbin War Widows Sponsor a Litter of Guide Dog Puppies

Talk about inspiration! The Australian War Widows (Queensland) Gold Coast South members who meet at Currumbin RSL recently sponsored a litter of seven guide dog puppies. Eventually these dogs will go into the community to assist people with low vision.



Content Credit:

<https://www.facebook.com/CurrumbinRSLClub/photos/pcb.1558861210823185/1558859310823375/?type=3&theater>

A worthy tribute to mark INTERNATIONAL PEACE DAY

In 2013, British artists Jamie Wardley and Andy Moss, accompanied by numerous volunteers, took to the Arromanches beach, Normandy, with rakes and stencils in hand to etch 9,000 silhouettes representing fallen people into the sand to commemorate International Peace Day.

Titled “*The Fallen*”, the silhouettes were meant as a tribute to those civilians, German and Allied forces who died during D-Day landings on 6 June 1944. The original team consisted of 60 people but as word



Photo (above and left): Silhouettes of 9,000 fallen soldiers etched into the sand on Arromanches beach, Normandy

spread nearly 500 additional volunteers arrived to help. Many veterans and their families were involved in the project, including some who had lost loved ones in recent conflicts in Afghanistan.

The temporary installation lasted about four and a half hours before being washed away by the tide.

Content and image credit

<http://www.dailymail.co.uk/news/article-2429903/Peace-Day-Reminder-millions-lives-lost-war-artists-stencil-9-000-bodies-Normandy-beach.html>

AWWQ PLAQUE PLACED AT MEMORIAL GARDEN

On Vietnam Veterans’ Day on 18 August 2017, an AWWQ plaque was placed in the new Memorial Garden at Nerang RSL, Gold Coast.



Photo (left to right): Jenny Gregory & Bron Drinkwater with AWWQ plaque

BOER WAR MEDALLIONS

Two medallions have been struck – one for descendants and one in memory of those soldiers who fought in the War. This will assist in the fundraising efforts of the National Boer War Memorial Association in its undertaking to have a memorial erected in ANZAC Parade Canberra ACT.

Should the veteran have gone on to serve in World War I and/or World War II, additional clasps can be purchased for your Descendant Medallion.

The Descendant Medallions are 50mm in diameter and bear the inscription “BOER WAR 1899-1902” bordering the face within a colour infill and a clear cover of epoxy. The central image is of an Australian soldier in a uniform of the era. The attractive medallion is ‘gold’, appearing as surrounds for the inscription. The neck ribbon is in the colours of the Queen’s official service medal, all enclosed in a presentation pouch. A space on the reverse side of the Medallion provides for a personal message to be engraved at a later time. The Medallion may be worn at memorial ceremonies and will become a family keepsake.



The “In Memory” medallion (oval 50mm high by 40 mm wide) is for those who cannot trace a descendant but wish to commemorate the sacrifice of those who answered their country’s call at the time when it, through the federation of former colonies, became a nation.

For more information on ordering the Medallions or having it presented at a Reserve Forces Day Parade, please visit http://www.bwm.org.au/site/Comemorative_Medallions.php

Content credit

http://www.bwm.org.au/site/Comemorative_Medallions.php

KOREAN AMBASSADOR FOR PEACE MEDAL PRESENTATION

Some of our ladies received the Ambassador for Peace medal on Korean War Veteran’s Day at Queensland Korean War Memorial in Broadbeach on 22 July 2017.



Photo (left to right): Alma Dennis, Lurline Platten, Barbara Lease, Kiyoko Wright, Deidre Green, Margaret Ryan, Marea Teakle & Judith Walters



Photo (left to right): Lurline Platten, Jenny Gregory & Judith Walters

Veterans Exercise Programs

DVA Pays

for the clinically necessary treatment

Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

Gold Card Holders are entitled to clinically necessary treatment covered by DVA's health care arrangements for all health conditions.

White Card Holders are entitled to clinically necessary treatment for an accepted disability ie: an injury or disease accepted by DVA as service related.



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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 Freecall 1800 061 945.



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Helen Whait ActivOT 0404 497 965
Lizzy England ActivOT Northside (Brisbane) 0407 573 889
Becci Darragh ActivOT Carrara (Gold Coast) 0451 467 914

Practical Tips for Skin Care

As we grow older, our skin becomes more delicate and dry, leading to frequent skin tears. The simple step of moisturising twice a day can help prevent skin tears in the first place. Some useful tips to help avoid skin tears:

- Apply moisturiser to your arms and legs twice a day
- Use a soap substitute cleanser when bathing
- Keep limbs protected by wearing long sleeves and pants
- Eat a balanced healthy diet and drink plenty of fluids
- Reduce the chance of falling over by wearing good practical footwear, glasses where prescribed
- Keep the house and garden clutter free to reduce accidents

There are many different types of moisturisers and some are better than others. DVA gold and white card holders might be eligible to receive some appropriate ones on the Repatriation Pharmaceutical Benefits Scheme. Ask your doctor or pharmacist which moisturiser might be suitable for you.

Content credit

https://www.veteransmates.net.au/documents/10184/41975/June2017_Brochure%2BInsert.pdf/85587982-5cff-4bd2-abfb-5ab6fa3ce355?version=1.0

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 to 12 noon Coordinator: Dorothy Lester 3398 6176</p>

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

Ann McPherson – Bellmere
Beryl Anderson – Maroochydore
Bette Jones - Sippy Downs
Catherine Platz – Preston
Christine Griffiths - Kearneys Spring
Clare Bridge - Victoria Point
Dawn Lunberg – Redcliffe
Dawn O’Sullivan - Manly West
Delaune Pollard - West End
Delma Page – Malanda
Dorothy Clem – Gales
Dorothy Dollar - Marcus Beach
Dorothy Kelly – Kirwan
Elaine Walker – Palmwoods
Eleanor Williams - Kippa-Ring
Elsie Sommer - West Bundaberg

Gwen Stanley - Bently Park
Helene Hughes – Ipswich
Irene Kidd - Darling Heights
Janice Walsh - Banora Point
Judith Reid - Cashmere
Judith Wright – Childers
Kristine Robbs - Middle Park
Malaila Edwards – Kelso
Marie Rogers – Clontarf
Marjorie Manser - Rosslea
Patricia Birrell - Bribie Island
Raylee Hawkins – Mackay
Rosanna Rinaldi - Margate
Rose Dwyer - Enoggera
Shannon Smith – Greenwith
Shirley Beutel – Redcliffe
Yvonne Marsden – Rothwell

SUB BRANCH & SOCIAL GROUPS

BRISBANE NORTH

We meet at the Geebung RSL Club on Newman Road, Geebung.

We meet on the third Tuesday of each month at 11:00am.

BRISBANE WEST

We meet at the Gaythorne RSL on Samford Road, Gaythorne.

We meet on the second Monday of each month at 10:15am.

BUNDABERG

It has been a busy few months or maybe it only seems that way because I am very new at all this. We continue to enjoy our monthly morning tea at the Tom Quinn Centre with great coffee, tea, snacks and with much enjoyment of each other's company. At the moment we have a few of our members on the 'not so well' list and we wish them a speedy recovery. We welcomed a new member in Judith Wright in May and hope she continues to feel welcome at our meetings and social events.

At the moment we are busy organising our trip to Toowoomba for Friendship Day in September. We have 16 members wanting to go which is great. We all enjoyed the visitors to our Friendship Day last year and are looking forward to meeting up with all the new friends we made then.

Transport is a problem but we are hoping to sort that out with Bus Hire. The weather here is great and we are hoping for beautiful days in Toowoomba.

The next event we are working hard for is our Annual Cent Sale in August. That is our yearly fundraiser. Then we have White Cross Day in October to look forward to.

CABOOLTURE

Despite the rather cold weather and general sickness which abounds at the moment we have had good attendances at our monthly meetings. The change of venue has caused some changes to the format of our meetings but everything is working out well and the ladies appear to be happy.

Our AGM was held in May and we received a substantial donation of \$1,000 from our RSL President which was a wonderful gesture and will certainly be used for the benefit of our members in the coming months. Our thanks to Helen Strange OAM and CEO Sonja Gilchrist for attending our AGM and officiating on our behalf, we enjoyed your company and input.

On Anzac Day one of our members travels to Wamuran for the Dawn Service arranged by the National Servicemen and takes part in the wreath laying ceremony. For our continued assistance to the National Servicemen, they made a donation of \$500 to our sub branch which is also appreciated and provides us with additional funds for our ladies' welfare and social outings.

We have just had a wonderful trip to the Caloundra RSL for Christmas in July with entertainment by the Two Tenors. This involved a total of eighty people accommodated in two coaches and three private cars for those who do not like coach travel. We invited the Redcliffe ladies who had 32 members and of course Caboolture ladies and our members from Bribie Island, Woodford, Kilcoy, together with residents of the RSL Fernhill Village making up the total. This was our third visit and by far our largest group attending.

Friendship Day is fast approaching and we have a coach and 14 members travelling to Toowoomba for four days to celebrate this event and the 70th Anniversary with other members around the State. We are looking forward to a wonderful time of hospitality and friendship.

Adult Proof of Age cards – we have recently had some of our ladies upset dealing with banks, utility companies etc. while making alterations to their details. We are now advising our members to make sure that if their passport is out of date and they do not hold a current driver's licence (for whatever reason), that they make arrangements to obtain the proof of age card to avoid the stress of dealing with problems arising in today's world.

How do I apply for an adult Proof of Age card? You can apply for an adult proof of age card at your local transport and motoring customer service

centre that provides licensing services. For more information, please contact the transport and motoring department on 13 23 80.

VALE – Jean Tarry and Clare Pope – sadly we have said goodbye to both these ladies who recently passed away. Both had served the Bribie Island War Widows Guild loyally and for many years, receiving long service awards for their efforts. Jean served as the President in the sub branch's 30th year but sadly the sub branch was unable to continue and the members reverted to membership of Caboolture. Clare had also served on the State Council. They will be sadly missed by those who worked with them over the years and Jean's never failing humour will be long remembered.

CAIRNS

We are enjoying some wonderful weather in Cairns at the moment. It is so different to the cold weather you are receiving down south so now is the time for you all to visit Cairns and meet some of our members.



Photo (left to right): State President Jenny Gregory with Eli McGovern

Our AGM was held in June and it was well attended. We were very fortunate to have the State President attend and the members were very happy to meet Jenny. Lunch was held at the Cairns RSL and it was very nice and well presented. Suzi Vincent, a member of the Board, also attended and they both put forward a lot of information that was of interest to our members. Many thanks to Jenny and Suzi for attending the AGM.

We recently organised a luncheon at Dunwoody's Tavern, which was also well attended and enjoyed by all.

One of our members, Pat Gosper, recently passed away. She had been a member for many years, and always attended our meetings until her health stopped her from doing so. Pat had also been very

involved with Red Cross and will be remembered for her kindness and generosity over many years.

I would like to remind any ladies out there who receive the *Bulletin* but do not attend our meetings and outings to come along to a meeting. We are a friendly group of ladies and will make you feel very welcome.



Photo (left to right): Ron Shute & Estelle Dan laid wreaths at the Yungaburra Afghanistan War Memorial

CALOUNDRA

In our July meeting we welcomed our special guest, CEO Sonja Gilchrist, from head office. This was followed by a very nice buffet lunch at the RSL Club.



Photo: War widows at Northshore Tavern

Our program for the next 3 months is:

11 September 2017: Cent Auction

9 October 2017: Speaker AWWQ Community Services Officer Ann Orchard, followed by lunch at the RSL club

13 November 2017: Bus trip

11 December 2017: War Widows meeting then bus trip for Christmas lunch

GLADSTONE / BILOELA SOCIAL CLUB

The ladies were very pleased to welcome CEO Sonja Gilchrist to our June meeting where various topics were discussed. We think Sonja will be a wonderful asset to AWWQ as she has some great ideas. After the meeting Sonja joined the members for lunch.

A local physiotherapist attended our August meeting to inform the members about what exercises they can do to help prevent falls etc.

There were only four members at the July meeting which was disappointing. As a result of this, the President of the Citizen's Auxiliary offered to transport some of the ladies from Tannum Sands to the August meeting so they don't miss out on our guest speaker.

The "new look" *Bulletin* is very useful, especially the "pull-outs" and health sections. Keep up the good work!

As there will not be any members from this group attending the Friendship Day, we hope that all who attend have a wonderful time.

Take care and keep well.

GOLD COAST NORTH

We had four of our members, Margaret Ryan, Barbara Lease, Deirdre Breakwell and Kiyoko Wright receive the Korean Peace Medal on 22 July 2017.

One of our members, Frances Campbell, turned 103 on 31 July 2017.

We had a Commemoration Day on 8 August 2017 for Kokoda where I laid a wreath on behalf of the War Widows. We have a bus trip to Toowoomba for Friendship Day.



Photo (above): Gold Coast North Ladies during their bus trip



Photo (left to right): Jan Franz & Norma Haydock



Photo (above): 100th Birthday Cake for Norma Haydock

GOLD COAST SOUTH

I believe we have had a couple of great events at our meetings. We had the Guide Dogs visit and we adopted a litter. We were lucky that it went on Currumbin RSL Facebook page which is exposure for War Widows. The lady that came to our meeting and spoke with us and did a power point "movie" had us enthralled. It was far from boring I can tell you.

It was a different scenario when the Military Brotherhood came and gave us a talk on what they do. They are all returned service men, they have quarters that veterans can go to get advice or just have a chat.

The Military Brotherhood ride motorcycles and volunteered to take the ladies on a short joy ride on their bikes. We were so proud of Pat Brown who is almost blind and June Ivison who has been very sick, when they jumped on the back of the motorcycles. Some of the other ladies also had a ride and had huge smiles on their faces. They all had a wonderful experience and we are so pleased that they tried something different. Good on you girls, shows you can still enjoy a thrill!

Our own newsletter is being welcomed by those who are unable to come to the meetings anymore. I think it is important that our ladies still receive news about War Widows and can still feel a part of us.

I encourage anyone who cannot attend meetings anymore to ask their families to maintain their subscriptions so they do still receive the *Bulletin* and are kept up with what is going on and have access to our CSO and other services.

To our Committee and all our members, thank you. As I have said before, you are what keeps us going. Your coming together each month and the sharing is an inspiration. Without you coming to meetings and outings, we would not exist. Our friendship and caring for each other is special.

Our ladies attended a Victory in Europe or WWII service on 15 August 2017.

The September meeting will be another special event as we look forward to other War Widow groups joining us.

November will be upon us before we know it and I encourage you to come and join in the fellowship of planting a cross at the cenotaph in memory of your loved one. For me, this is a very special day and I am proud of the tradition of our Club on this special occasion.



Photo (above): June Ivison on a motorcycle

GYMPIE

We meet at the RSL Orchid Room in Mary Street. We meet on the first Friday of each month. Morning tea starts at 10:00am.

HERVEY BAY

Eight members from Hervey Bay will be attending the Friendship Day luncheon with four from Maryborough sub branch.

Then on 11 October 2017 we will be celebrating Jessie Vasey Day with an outing as well.

IPSWICH

Community Services Officer Ann Orchard visited our Club in July. She has always given us a good amount of information and advice. Ann is a very welcome visitor to our Club.

In August War Widow Board Director Bron Drinkwater visited us on our meeting day. She spoke to the members about the new Board Directors and changes within the organisation after the merger.

Members attended the State AGM on 2 August 2017.

We are looking forward to our Birthday Celebration luncheon being held at Banjo's Restaurant in Ipswich on 7 September 2017 and to the Friendship Day Luncheon in Toowoomba on 13 September 2017.

A bus trip is being planned for Mrs Vasey's Birthday in October. Members are also looking forward to the 70th Anniversary celebrations on 26 October 2017.

LOTUS CLUB

We meet on the first Saturday of each month for lunch at various venues.

We meet at 12:00pm for a 12:30pm lunch.

MACKAY

The 2017 AGM of the Mackay sub branch was honoured to welcome Board member Suzi Vincent to oversee our meeting. The Queensland CEO, Sonja Gilchrist, also visited us to get to know the ladies.

Both Suzi and Sonja met and chatted with our members. This was much appreciated as our older members are not able to attend Friendship Days to meet the Board members. A \$500 cheque was donated to AWWQ for charitable use.



Photo (left to right): Sonja Gilchrist, Suzi Vincent & Ethel Reaston

After the elections were over, a light luncheon was served and a raffle was held with a large number of prizes. In a nice gesture, Raylee Hawkins gave her two prizes to Sonja and Suzi. Our President Ethel Reaston also presented our guests with a memento of their visit.



Photo (above): Mackay Office Bearers 2017

MAROOCHYDORE

Greetings to our local members from newly elected President Judy Smith and her team. The committee has already met to organise our activities until the end of the year.

Our new meeting room is rather small but nevertheless we will endeavour to have all our usual activities. We welcome the return of the trading table and we again have arranged for the Auxiliary ladies to provide refreshments for us on special occasions.

Our monthly bus outing with Andrew and Mystic Mountain Tours will leave the RSL Club at 9:30am and will aim to return about 3:30pm in time to be taken home on the 4:00pm RSL Club Bus. We recently enjoyed visits to the Apollonian Hotel, the Dayboro Pub, the Gympie Duck Pond and the Gunabul Homestead. We all look forward to more adventuring. Everyone is welcome to bring a friend.

We meet together monthly at the Maroochydore RSL sub branch in Memorial Avenue, Maroochydore and afterwards enjoy a bit of lunch together at the RSL Club. There are a variety of transport available – the first RSL Club Bus picks up in time for our meeting, the 600 bus stops outside the RSL and there is plenty of car parking available. There is a subsidy available for those travelling by taxi. Transport can also be accessed through ComLink and Suncare.

We invite all local Australian War Widows (Queensland) members to meet with us for friendship and social activities. Please do not stay home alone – make friends with us.

23 October 2017: Jessie Vasey Day

26 October 2017: 70th Anniversary function

11 November 2017: Remembrance Day

27 November 2017: Birthday celebration for members who reached 90 this year

1 December 2017: Christmas Luncheon at RSL Events Centre



Photo (left to right): Evelyn Cogill and Elma Conran from Maroochydore sub branch

MARYBOROUGH

Apologies to staff and Mrs Lesley Crockford regarding the error in June *Bulletin* report. Mrs Crockford was our very first new member.

June was our designated first Games Day for the year. Enjoyed by all with plenty of laughter and noise.

Our July meeting was well attended, including four members who, after a long absence, joined us again. Community Services Officer Ann Orchard, our guest speaker, was made very welcome and after sharing with us was inundated with plenty of questions that moved into a discussion on the whys and wherefores of activities such as guest speakers and other entertainments we could participate in. All members took part and enjoyed the meeting and finished the morning with lunch.

NAMBOUR

We meet at the RSL and Citizens Club on Matthew Street, Nambour.

We meet on the second Monday of each month at 10:30am.

REDCLIFFE

The Redcliffe ladies are never the ones to shy away from a celebration, and for us, Christmas is an extra special time. Never mind the fact that Christmas is still months away, we decided to get in on the action and join our friends from Caboolture to celebrate Christmas in July. How wonderful it was to celebrate and revel in the fun and friendship of the occasion, as well as enjoying the talents of our entertainers for the day, the Two Tenors.



Photo (above): Redcliffe ladies celebrating Christmas in July with Caboolture ladies



Photo (above): Redcliffe ladies celebrating Christmas in July with Caboolture ladies

After our Christmas celebration at Caloundra, we had a contest in August for the best home-baked cakes, cookies and slices. It was a wonderful opportunity for the avid bakers in our group to practice their skills. These goodies were judged by our special guest and we sold them afterwards and raised \$30.

Flowers in spring are just beautiful and it is so exciting to see some of the more exotic flowers in season. With this in mind, our annual flower arranging competition is one of the most awaited activities of the year. As always the competition will be judged by the executive committee. Later in the month we will have our regular lunch together, this time at the Bikini Beach Café in Redcliffe.

October is the month where we celebrate Jessie Vasey Day. Jessie left us the legacy of a strong, stable, generous organisation that we enjoy today. The story of how she started accommodation for War Widows will be the theme of this year's celebration.

One important thing we should remember is the motto "we belong to each other, we all need each other". Without that unity and friendship the War Widows would not be the organisation it is today and we would not enjoy the benefits that we have now.

Our October lunch date with our members will be at Yabbey Road café.

As we all know, November is the Melbourne Cup month, and the chance to bet on our favourite horse is so exciting. This month we will have a competition for the best hat. I am sure all the members will be thrilled to show off their beautiful creations. This activity will be followed by lunch later in the month at Redcliffe Tavern. However, the most highly anticipated event for the month is our Christmas Party with our friends at the Redcliffe Laurel Club. This is booked for 29 November 2017 and the venue is Sutton's Beach Pavilion in Redcliffe.

Our last meeting for the year is on 7 December 2017. We will have fun activities followed by a light lunch. Before the month is over another friendly lunch is to be held at The Point restaurant at the RSL.

This is all for now, have a lovely day everyone.

REDLANDS

Our AGM went well and it was good to see State President Jenny Gregory and Board Director Bron Drinkwater. Our luncheon in June went off very well and it was a good social get together too.

Planning for our Christmas Luncheon is on the making, hard to believe Christmas is around the corner.



Photo (left to right): Glenda Voller, Fay Cross, Merrill Ovenden, Jenny Gregory, Noelene Costello, Hazel Nicol & Judith Peterson

ROCKHAMPTON

First of all we would like to acknowledge and say thank you to Shelma Boyes for the great job she has done as the Secretary of our sub branch over the last 40 years. We would also like to thank Board Director Mrs Suzi Vincent for attending our AGM.

There will be no meeting in September due to our committee members attending the Friendship Day in Toowoomba.

SHERWOOD

During a recent meeting of the Sherwood War Widows, we had a conversation of where everyone had been and what we were looking forward to in the future.

One thing that came out was a statement made by one of the ladies, *"I just want to go to the seaside and have fish and chips."* All seemed to agree, so we arranged for a local mini bus to pick us up and off we went. The weather had been quite awful for a few days and we were not sure whether it was safe to take out a group of ladies in their twilight years in these sort of conditions, but their enthusiasm was such that we decided it was worth the risk.

The driver took us on a bit of a tour around some of the new houses in the Raby Bay development, and we all oohed and aahed over some of the

houses which we declared to be absolute mansions. Of course the ladies also saw the pitfalls in that area – no good local shops and fancy having to clean all those bathrooms!

The restaurant at Cleveland, the Lighthouse, went over and above to seat us out of the bad weather and were most courteous in their attention to the ladies. The meals were delivered most promptly, were all reasonably priced and some of us even had the odd glass of wine or champagne.

It was not an expensive outing but to feel the sea breeze on your face, to hear the tide lapping at the shore and see the seagulls fighting for the last little titbit thrown their way – priceless.



Photo (above): CEO Sonja Gilchrist with Sherwood ladies

SOUTH EAST SOCIAL GROUP

Our guests for the June meeting were John Button and Graham Jones who led the singing of "happy birthday" to Heather Cossart who was 99 years young that day. It was a surprise celebration and Heather was delighted to cut the beautiful cake supplied by her daughter.

Community Services Officer Ann Orchard's outline of entitlements for War Widows was much appreciated. Ann never fails to astound us with the depth of knowledge she possesses in her role as CSO.

A guest speaker with a difference! Dee Scott held our members' interest as she described training dogs for assistance purposes. It is amazing the help and comfort these dogs can give to those who are living with a disability.

"Taking care of our medication" is the topic for our guest at the September meeting and should be most informative.

October and November are Fun Days to finish up the year. Jessie Vasey's birthday will be celebrated with the cutting of a cake and our break up luncheon will

take place with our final meeting for the year on 17 November.



Photo (above): South East ladies during their trip to Roma Street Parkland



Photo (left to right): Heather Cossart with daughter Rois Reichman

SOUTH WEST REGION

On 18 July, our Branch held a Cancer Fund Raising Morning Tea in conjunction with Stella Rosa, one of our local coffee shops. The owner of Stella Rosa, Wendy, was very obliging and took on the job of advertising and putting it out on Facebook. We also approached the Jimboomba News, one of the local papers, and they sent a reporter to cover it and take photos. Not only was it beneficial for the Cancer Association, but brought to the attention of all in the local area, the presence of the War Widows' in this region.

On the day we had over 50 ladies attend and with donations, raffles, and working in conjunction with Stella Rosa, \$1100 was raised. The only dampener

on the day was the westerly winds blowing with a vengeance and we were all seated outside.

Our new CEO Sonja was one of our guests and she met all the ladies present. We thank her for fitting us into her busy schedule. Three of our lady general practitioners and several of their staff took time off to have morning tea with us. For this we are most grateful. I told them they would probably see us all at their rooms next week with the flu.

A couple of us canvassed our local traders asking for donations for the raffle and eight local firms contributed prizes for the raffles. All in all a very well worth occasion and a good idea for a few of our other branches to consider doing the same.

Bus Trips – our last trip was to Fernvale for morning tea, and many of us took the opportunity to stock up on meat pies from the local pie shop which is well known. We then drove to Laidley for lunch at a café decked out in Elvis Presley memorabilia. It was most enjoyable. Our next trip will be to Beaudesert for morning tea followed by lunch at the Olive Shed at Rathdowney.

We thank one of our associates, Helen O'Connor, who has taken on the job of organising our bus trips, and her husband, Bob, who went for his bus drivers licence so that he is able to do all our driving from now on.

TEWANTIN/NOOSA

In spite of reduced numbers our meetings are well attended and still the same fun. It was particularly special to have Community Services Officer Ann Orchard as a guest speaker. In July's meeting, there was an announcement that Edna Thorne has been recognised with a Queensland Day Award for the many years of dedicated work she has carried out for War Widows Queensland.

At the same meeting, Margaret Clark brought the War Widows broach awarded to her mother on the loss of her husband on the Burma-Thailand railway. Margaret has treasured this memento since childhood and it was a privilege for us to have the opportunity to share this memory with her. During the World War II, all wives and mothers were awarded with one of these beautiful broaches which indicated to the beholder that a son or husband had been killed in action (see photograph on page 28).



Photo (above): Margaret Clark wearing the badge



Photo (above): Queensland Day Awardee Edna Thorne with local Member of Parliament Glen Elms

Cannot close without mentioning our 42nd Birthday Anniversary luncheon in June at our RSL with lovely steamed fish, a beautiful fruit salad with ice cream and a glass of wine followed by a brief resume by Olive Donaldson of her mother Daisy Rice's involvement at the foundation meeting. We had 40 ladies in attendance which was lovely to see and a nice way to celebrate.

Of course we are now in preparation for our trip to Toowoomba, another nice luncheon for Mrs Vasey's Birthday, seafood Christmas smorgasbord with the Baby Boomers Band and finishing with our end of year with Mega Raffles.

Lots to look forward to so be sure to put it into your diaries.

TOOWOOMBA

Hello everyone. By the time you read this spring should have arrived and the weather warming up for our Friendship Day. Our members have been working hard to make this a day to remember.

Our meetings are still being well attended with a few new members joining us. Maybe they can bring some new ideas that can help us adapt. For those members who currently do not attend meetings, we are a friendly bunch and would love to see or hear from you.

Once more we had a trip to Dalby and as usual it was a good day out. Thank you for making it so. See you when we come down for your Christmas breakup. In July a few of our ladies also travelled to Warwick for a catch up on happenings.

Just before I finish I came across this quote that seems relevant to the changes taking place at Australian War Widows (Queensland).

“Maybe it’s not about trying to fix something, maybe it’s about starting over and creating something better.”

TOWNSVILLE

We have had an average attendance of 40 over the last few months with a nutritionist, exercise physiologists and a pharmacist giving us good advice on how to stay well with our eating, exercise and keeping our medications safe.

15 August 2017 – Brigadier Chris Field was in attendance to speak to the ladies

19 September 2017 – Our AWWQ CEO Sonja Gilchrist is coming to visit and give information to the ladies

17 October 2017 – A fun race day with games, hats and celebration of AWWQ 70th birthday

21 November 2017 – Our Christmas breakup

The weather has been beautiful in Townsville, a little cool at times but most of our ladies (up to their mid-90s) have avoided illness. Unfortunately a few are unable to attend any more and a few we have had to say farewell to, but we do have some new members too. A big welcome to those who have joined us.

Our vice president Caroline Pinch stepped down due to caring for her mum. Thank you Caroline, you have been a great help. Lyn Kerwin has taken her place.

We are looking forward to a very exciting year in 2018.



Photo (left to right): Townsville Committee members - Gloria Edwards, Helen Moloney, Marilyn Kwas with State President Jenny Gregory

WARWICK

We have been enjoying well attended meetings despite the cold days, so we always enjoy our hot meal afterwards.

We are sorry to hear that our past president Betty Stabler has been in hospital due to a fall at home and we do wish her a speedy recovery. Our Vice President Nancy Payne advised us that Lois James, daughter in law to our member Pat, is giving balance lessons as balance is the key to falls prevention. We were all very interested.

We had a visit from Board Director Helen Strange OAM at our July meeting. Helen is always a welcome visitor and she is able to bring us up to date with all the happenings at the Head Office.

We all enjoyed reading the 70th Anniversary edition of the *Bulletin*, the girls should be very proud of their efforts.

By the time this goes to print, Friendship Day will probably be over. Eight of our members are going and are looking forward to meeting up with other sub branches.

Best wishes to everyone and take care.

PEOPLE & PLACES

jimboombatimes.com.au/multimedia



Carina Gormley, of Browns Plains, and Dulcie Neagle, of Greenbank.



Alison Holmes, of Park Ridge, Jean Kitchen and Alice Shaw, both of Boronia Heights.



SWEETS: Co-owner of Stellarosso Wendy Owen, south-west sub-branch president Val Rooney, AWWQ state president Jenny Gregory, AWWQ CEO Sonja Gilchrist, south-west sub branch secretary Regina O'Shaughnessy, and Gold Coast south sub-branch president Bron Drinkwater.



Pamela Hey, of New Farm, Kathleen Larsen, of Boronia Heights and Cherie Fenwick, of Greenbank.

WAR WIDOWS HIGH TEA

The south-west sub-branch of Australian War Widows Queensland met for a pink high tea in aid of Project Pink on July 19. Photos: Georgina Bayly. More, jimboombatimes.com.au.

NORTHERN FOCUS - TOWNSVILLE

A quick history lesson - Townsville's involvement in WWII

Despite the declaration of WWII in 1939 it wasn't until the bombing of Pearl Harbour in December 1941 and the unexpected fall of Singapore in February 1942 that the fear of invasion of Northern Australia became a very real possibility. The city was selected to be transformed into the biggest Air Force base in Australia during the Second World War and went on to play a very important role for both the Americans and the Australian Forces.

In 1942 Townsville's population increased from 30,000 to upwards of 110,000, with military personnel outnumbering civilians three to one. The city was transformed into a Defence base for US and Australian military personnel. In addition to the gun placements, observation towers and air raid shelters that were constructed, almost 200 civilian homes were requisitioned and modified for military purposes. Family homes filled with memories and laughter were torn apart and converted into asylums, x-ray theatres and even morgues. Thirty homes on Chapman Street were taken over by the United States Army to become the 12th Station Hospital.

Inner city air raid shelters were put to use at around midnight on 25 July 1942 when the Japanese Long Range Reconnaissance Aircraft flew over the city dropping six bombs which landed in tidal flats near the mouth of the Ross River and the harbour. There were two subsequent raids on 28 and 29 July.

Today, Townsville is home to the largest base of military personnel in Australia and the evidence of WWII has become emotive stories and special landmarks.



Content credit
<http://www.site.townsvillenorthqueensland.com.au/delve-into-townsville-north-queensland-s-military-past/>

Interesting Facts about Townsville

1. Townsville is home to one of Australia's key military bases

The Region is home to Australia's 3rd Brigade – the country's largest army barracks. Townsville has supported Australia's defence in both war and peace for more than 130 years and its airport still remains an operational air force base with Australian fighter aircrafts regularly heard and seen conducting training exercises.

2. Townsville holds a Guinness World Record for the "Longest Horns in the World"

The region's world famous Texas Longhorn steer named JR, who was born and raised in Leighton Park, was certified by the Guinness World Records in 2011 to have the longest horns measured tip to tip. His horns are now believed to exceed 2.82 metres.

3. Townsville has the world's largest living coral reef aquarium

Reef HQ at Townsville is the world's largest living coral reef aquarium.

4. Townsville has an average of 300 sunny days a year

Townsville is in the dry tropics region of North Queensland and boasts more than 300 days of sun which means perfect beach weather almost all year round.

Content Credit
<https://www.experienceoz.com.au/en/7-things-you-didnt-know-townsville>



Photo (left to right): Jaymie, President Wilma Kent & Myles



Photo (left to right): Shirley Wood & Myles



Photo (left to right): Gladys Nielsen, Wilma Kent & Vera O'Neil



Photo (left to right): Margaret & Gloria



Photo (left to right): Jenny Gregory & Wilma Kent



Photo (left to right): Jaymie & Lillian (Betty) Mc Court

OUR MEMBERS



Photo (above): Bron Drinkwater

BRON DRINKWATER

"How does it feel to be in a family where all the men have gone to war?" For Bron, it reminds her of the graveness of war and of the friendships that last forever.

"Even if you don't see the person for a long time, when you see them again, it's just like you picked up from yesterday."

Bron grew up on the north shore of Sydney along with her two brothers and one sister. Her father had a beautiful garden with a green thumb and what they called a "nature strip" out the front where all the kids in the street used to play. There was also a park right across the road where they used to go and build cubbyhouses.



Photo (above): Bron's sons Steve & Tim



Photo (left to right): Bron & Graham at their wedding

Bron first met her husband, Graham John Drinkwater, at an Open Day at the RAAF base in Richmond in 1960. Fondly nicknamed "Drinky" by his mates, Graham served with the RAAF Transport in South Vietnam. Bron and Graham soon became an "item". *"He used to come all the way from Richmond to Artarmon which was about a two hour drive those days. One night he didn't get there and I thought to myself 'he's had an accident' and sure enough he had."*

They got married in a small church in the Sydney Harbour precinct. While on their honeymoon they discovered the wedding certificate was wrong and they were not married after all. The certificate had to go back to be fixed.

Bron and Graham liked sharing household duties on Friday afternoons to keep weekends free for things they loved doing together. They would go on drives, picnics and long walks around cemeteries reading the headstones.

The RAAF brought the Caribous to Australia and Graham was on his way to Vietnam even before the official announcement of the war. There was no contact with the person back then and the mail could take three months. *"I still have the letter from the Government saying my husband would speak on the radio at such and such time on Christmas Eve. I went down to my sister's place to listen."*

Graham was gone for 10 months and didn't come back the same person again.

“He was irritable, cranky, even edgy. There was a sense of distance – a lot of women will tell you the same thing –and we didn’t know anything about PTSD back then.”

Later in his life, Graham spent a significant amount of his time helping out in the community. Along with other Vietnam Veterans, he started by helping to form the first RSL sub branch in Parramatta under Sir Colin Hines and continued by fighting to get the nurses recognised. With their two sons, Steve and Tim, Bron and Graham were involved in a lot of community work as a family as well, including scouting and rural fire brigade.

Some of Bron’s fondest memories with Graham are the 12 years they lived and travelled overseas. They were based in many different places, including Scotland, Malaysia, Singapore and the US.



Photo (left to right): Bron Drinkwater & Graham Drinkwater

Little Steve, in his pale blue padded suit, had been the first civilian to step into a Caribou when they landed at Richmond to prepare for Vietnam. He grew up to join the RAAF where he served for 20 years, including for a period of Active Service in East Timor. *“Steve left the Air Force and started his own business in military aircraft spares. As soon as he left the RAAF, he was the project manager and field engineer to fly commercial Caribou from the US to Indonesia along some of the same routes that the Air Force flew with the Caribou when they first entered the RAAF service.”* Bron’s younger son, Tim, served in the Army for 5 years and then in the RAAF for 25 years, including being deployed to the Middle East.

“When Graham was deployed to Vietnam, I was young and didn’t quite grasp the severity of it. I remember when Steve was in the RAAF and came home one day

to say he was training and on a short list to be sent to Cambodia on operation and I thought ‘history is repeating itself’. In the end he didn’t have to go but then he was deployed to East Timor some years later.”

Graham passed away in 2007 and Bron moved to Queensland to be closer to her sons. She worked as a welfare officer for the RSL Support Centre, Currumbin for 6 years. She also became a Justice of the Peace as one was seriously needed at the Support Centre.

“When I read that the War Widows’ sub branch would close if there are no new people, I thought ‘I better go’ so I crossed the road from the Support Centre and went to the War Widows’ meeting. The second time I went, Helen Strange pinned the Vice President badge on me. Well, I was the youngest in the room, wasn’t I?”

Today, Bron is the President of the Gold Coast South sub branch. She deeply values the friendship she has established with other war widows in her sub branch and in the organisation. *“We’ve travelled the same road and there is so much friendship in the room amongst the ladies.”* Bron also enjoys interacting with the veterans and their partners from other groups such as the Totally and Permanently Incapacitated, Partners of Veterans Association of Australia and Vietnam Veterans Association of Australia.

“I have gained an inner strength I didn’t know I had and have had the opportunity to make wonderful friends and to learn and grow.”

Bron hopes the Australian War Widows (Queensland) continues to make its presence felt in the community and broaden its profile and membership to ensure the organisation continues into the future.



Photo (above): Graham Drinkwater leading RAAF Transport Vietnam on Anzac Day after the Welcome Home March 1987

THE BRIDGE LADIES



Betty Woodford, Cecile Gaul, Eileen Campbell and Maureen McCosker met each other through bridge. They have been coming to 41 Merivale Street two days a week to play what they call “social bridge” together for about five years now. The other two things they have in common is the Great Depression and World War II, and it is against this backdrop that each of their story unfolds.

Photo (left to right): Maureen McCosker, Betty Woodford, Eileen Campbell & Cecile Gaul



Betty Woodford



Photo (above): Betty Woodford

Betty was asthmatic as a child and remembers spending a lot of time in the hospital. Her family lived in the bush, ten miles from the nearest village which had a baker, a store and a butter factory where they sold their cream. She had to ride a horse or a bike for five miles to get to her school after milking three or four cows in the morning. These were the times of the Great Depression and the cream carrier always brought home a “swagman”.

“We took him in, gave him a feed and either gave him some work or sent him on his way with a big piece of damper, flour and some tea.”

Betty’s first husband was a headmaster and she met him while home on leave from work at the Gympie Hospital where she was nursing. After marriage, they spent some time working at the York Island and loved the life there, especially fishing. She met her second husband, Henry William Woodford, when she was fifty-five. Henry was a flight engineer and a World War II veteran. They only had a short three years together before Henry passed away.

Cecile Gaul

Cecile was the youngest of four children, two boys and two girls. Her sister, who she was very close to, was thirteen years older than Cecile and more like her second mother. Being the youngest, Cecile was quite spoilt but was brought up with good manners like holding the door for the elderly. One of Cecile’s brothers served in New Guinea.

“Those days you were lucky if you did live on the land. Because at least they had the milk, butter, some vegetables and protein in the meat that the city people couldn’t have or couldn’t get.”

Her husband, Desmond Albert Gaul, served in the 101 Anti-Tank Regiment and went to Borneo. After the war, Des worked as a maintenance carpenter and it was during this time that Cecile met him through work. They liked fishing and the races.



Photo (above): Cecile Gaul

Eileen Campbell



Photo (above): Eileen Campbell

Eileen was born as the second of six children, four boys and two girls. Her dad was a policeman and they lived in a small country town around the Darling Downs before his posting to North Rockhampton. Due to her dad's frequent transfers, Eileen never really settled down in school and eventually left school at fourteen after passing the junior certificate and secured a job instead. Three of her older brothers went to war, each in Army, Navy and the Air Force.

She met her husband, Leslie Campbell, through his sister when she was twenty four. Les was in a reserved occupation in the Army and could not go to the war. They got married in 1946 and had four children together, three sons and a daughter.

"After the war finished, you couldn't buy fridge or sinks and all these things. We got our house built and you couldn't get a bath. My husband got those washing tubs with three compartments and he took the compartments out, put it in the bathroom and that was our bath."

Maureen McCosker

Maureen grew up in a small town in Gladstone. She had a very happy childhood full of fishing weekends with family. She had one sister who passed away at a young age of 35.

She met her husband, Cyril Bernard, at a dance when she was only fifteen and still remembers what he said to her that night *"can I walk the long weary way home with you?"* Cyril was a fireman with the Central Services and worked at the railway. They lived with Cyril's mum after marriage. She remembers coming back from the honeymoon and asking her mother-in-law whether to put Cyril's woollen socks in the boiler to wash, which prompted her mother-in-law to do all the washing herself henceforth. They continued going to dances three nights a week and Maureen continued to go fishing with her family every weekend.

"The first time we built after the war, we couldn't get iron for the roof. The Japanese iron, even though the war had just finished. There was nothing wrong with it, you just couldn't get that sort of thing in Australia."



Photo (above): Maureen McCosker

Cecile joined the Australian War Widows (Queensland) in 1985, Betty in 1988 and they got Eileen and Maureen to join in 2012 as associate members. Eileen and Maureen have always felt very welcome at the War Widows'. Apart from playing cards, Cecile and Maureen have gone for a couple of short trips together. All four ladies are constantly on the phone with each other and know each other's families as well. *"Between the four of us, we solve every complaint everyone has"* says Maureen, and the other three laugh in agreement.

"The War Widows have done a hell of a lot of good work, they really have. Now the War Widows, sorry to say, is losing a lot of the people. They're passing away and going into retirement villages. Once upon a time, the room would be packed" says Cecile.

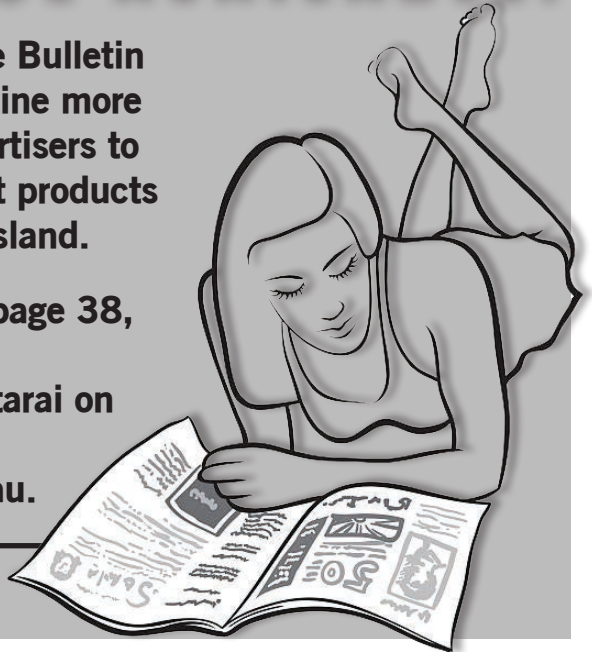
The ladies feel lucky to have been looked after so well by the War Widows'. *"We can live in our own little units provided by the War Widows' for a decent fee. When a new war widow comes into the building, I go over and immediately tell them everything that's on around the place. Friday nights we go out and Wednesday mornings we have cups of tea, Friday afternoon we have a happy hour"* says Betty. They urge others to join the moment they become a widow or give a little bit back through voluntary help if they can.

NOTICES & REMINDERS

ADVERTISING SPACE AVAILABLE!

Paid advertising space is now available in the Bulletin as part of recent changes to make the magazine more engaging and informative. This enables advertisers to share useful information and promote relevant products and events to our members across Queensland.

Please see the tear out application form on page 38, or for more details, call Communications Officer Ms Ashmina Bhattarai on 07 3846 7706 or 1800 061 945 or email bulletin@warwidowsqld.com.au.



OFFICE CLOSURE DATES 2017

Our AWWQ Brisbane office will close at 4:30pm Wednesday 20 December 2017 and will re-open at 8:30am on Tuesday 2 January 2018.

Just A
Friendly
Reminder

CHRISTMAS RAFFLE PRIZE DONATIONS

If you would like to assist by sending in a raffle prize (prizes can be gifts or gift cards) for the AWWQ Christmas Party coming up in November, please send to the AWWQ office or contact us on: 07 3846 7706 or Freecall 1800 061 945.

Thank you for your generosity.



HOW CAN I HELP AWWQ?

There are so many ways to get involved! Making a donation, leaving a bequest in your Will, telling people about AWWQ and encouraging them to become associate members or volunteering your time, experience and skills.

There are always plenty of tasks you can help with: from calling members on the phone or visiting them in hospital, to volunteering in the office with administrative support or providing pro bono assistance in areas such as marketing, fundraising, finance, law and technology. We would appreciate your help by registering your interest for 2018.

Please call our team to find out more on 07 3846 7706 or 1800 061 945.



70th ANNIVERSARY RSVP FORM

Join us at our 70th Anniversary on Thursday 26 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

12:30pm Luncheon - Brisbane City Hall, Brisbane Room, Ann Street

I would like to attend The Anzac Square Event	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I would like to attend the Luncheon	<input type="checkbox"/>	<input type="checkbox"/>

RSVP by Monday 16 October 2017

CHRISTMAS LUNCHEON RSVP FORM

Join us at our Christmas Luncheon on Monday 27 November 2017

Name:

Member Number:

Address:

Phone:

Event Details:

Price: \$50 per person, includes 2 course luncheon (cash bar available)

Time & Location: 11:30am - 2:30pm

Grand Ballroom Tattersall's Club Level 2, 215 Queen Street Brisbane

I would like to attend the Christmas Luncheon	Yes <input type="checkbox"/>	No <input type="checkbox"/>
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RSVP by Friday 17th November 2017

To RSVP to either event please:

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

AUSTRALIAN WAR WIDOWS QLD BULLETIN MAGAZINE ADVERTISING APPLICATION FORM



The **Bulletin** is a quarterly magazine published by the not for profit Australian War Widows (Queensland) that is delivered to approximately 3,800 individual and organisational mailboxes in Queensland and includes some national organisations.

If you would like to advertise in the **Bulletin**, please complete this form and send it to:
AWWQ, PO Box 13604, George Street Post Shop, Brisbane QLD, 4003 or, email to:
bulletin@warwidowsqld.com.au

For further information please phone our Brisbane office on:
07 3846 7706 or Freecall 1800 061 945

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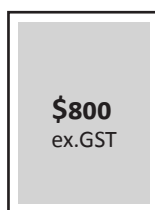
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	WINTER (June)	<input type="checkbox"/>	SUMMER (December)	<input type="checkbox"/>
SIZE (PRICE)	FULL PAGE (\$800)	<input type="checkbox"/>	HALF PAGE (\$450)	<input type="checkbox"/>
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* SPECIAL OFFER 15% discount for 4 issues (12 months) that is booked, invoiced and paid up-front

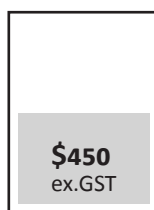
* All prices are excluding GST

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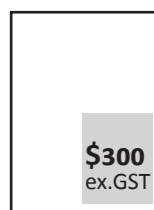
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SHARON BOWN

Guest Speaker, AWWQ AGM 2017

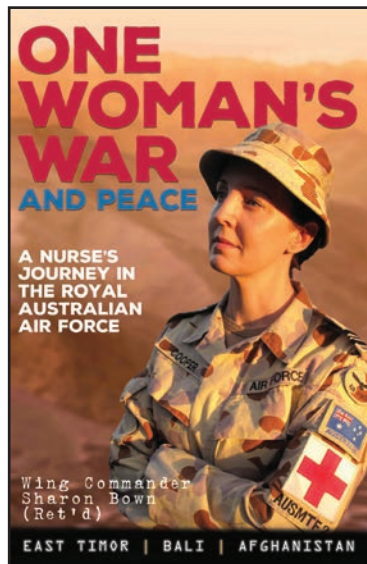
For those of you who missed out on our awe-inspiring guest speaker at the AGM this year, here's a little something about her.

Sharon Bown grew up in Tasmania, where she completed her Bachelor of Nursing and worked as a registered nurse. Dissatisfied with her comfortable life, she left home in 1999 to join the Royal Australian Air Force as a nursing officer. Over her sixteen year military career, she served in multiple locations in Australia and overseas, including a position of sub-unit command in Townsville and operational command in Afghanistan.¹

But first she had to survive a helicopter crash that almost killed her in East Timor in 2004.

Sharon was diagnosed with post-traumatic stress disorder (PTSD) *"after a nightmare ten months which began with the chopper crash, and compounded with the loss of her mother to breast cancer. By the time she lost ADF friends and colleagues in the 2005 crash of the Navy Sea King chopper near Sumatra, she was reeling."*²

Determined to return to work, she later passed the physical fitness requirements and went on to



become the commander of a combat surgical team during some of the most intense fighting in the region.

In both her roles as Aide-de-Camp to the Minister for Defence, Dr Brendan Nelson, and in her work with the Defence Community Organisation in Townsville, Sharon has provided support to the bereaved families of deceased defence personnel. Sharon is a member of the Council of the Australian War Memorial and a passionate advocate for Australia's military nurses and military and veterans' health.

She currently lives in Townsville with her husband, who is an Army Officer, and their two sons.

In the foreword to Sharon's book *"One Woman's War and Peace"* Dr Brendan Nelson writes, *"Sharon Bown was determined that these major life events – despite her post-traumatic stress – would make her stronger. And they did...In then exploring the extent of her capabilities, she is testament to the truism that it is not what happens in life that determines its value, but how you deal with it."*

If you would like to read more about Sharon's story, you can order her book "One Woman's War and Peace" by calling the AWWQ Brisbane office on 07 3846 7706 or Freecall 1800 061 945.

¹Bown, S. 2016, 'One Woman's War and Peace'. Exisle Publishing, Wollombi NSW

²Schipp, D. 2016, ADF nurse Sharon Bown fighting for improved PTSD care', viewed 17 August 2017, <http://www.news.com.au/lifestyle/re-alife/adf-nurse-sharon-bown-fighting-for-improved-ptsd-care/news-story/cc1d8d80df9173b5f7c7904927245e65>

ANSWERS TO CROSSWORD IN JUNE BULLETIN 2017

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ANSWERS TO CROSSWORD IN SPRING BULLETIN 2017

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A	L	C	O	H	O	L	I	C	M	O	O	S	E
N	E	E	O	A	M								
K	A	R	M	A	I	M	P	O	R	T	A	N	T
S	E	D	S	P	I	G	U						
T	A	B	L	E	A	U	I	N	N	I	N	G	S
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HEALTH & WELLBEING

Sleeping to Better Health

For many of us, a good night's sleep comes naturally, unfortunately for others this could not be further from the truth.

World first research published recently in the Australian Medical Journal by the Gallipoli Medical Research Foundation (GMRF) and its research partner RSL Queensland, identified sleep as a major health issue for Vietnam veterans with post traumatic stress disorder (PTSD). The study, involving 300 Vietnam veterans, examined relationships between physical illnesses like heart disease, gastric complaints and sleep disorders and the psychological symptoms of PTSD.

While sleep disturbance is a key symptom of PTSD, the research also identified that PTSD sufferers are more likely to have obstructive sleep apnoea, unusual sleep behaviours (like acting out dreams and vocalisation during sleep) and restless leg syndrome.

From this research GMRF & RSL Queensland have developed a national education program that will equip General Practitioners and other healthcare professionals with new strategies to better identify the signs and symptoms of PTSD. Through increased awareness of PTSD and improved education, we can help change the lives of more than one million Australians who are suffering from this debilitating condition.

Sleep Tips

- **Stick to a bedtime routine:** Make sure you are feeling sleepy when you go to bed, and don't go to bed too early or too late. Aim to be up at the same time each morning. Try to avoid napping during the day if possible to promote sleep at night.
- **Follow a relaxing activity before bedtime:** Try to reduce excitement, stress, or anxiety by having a warm bath or shower, reading, or meditating before you sleep.
- **Avoid food for two hours before bedtime, limit caffeine and alcohol intake, and avoid caffeine later in the day.**
- **Exercise regularly:** Burn off extra energy during the day by engaging in moderate to vigorous exercise to help make you more sleepy at night (speak to your GP about what level of exercise is safe for you). It is best to exercise in the morning or early in the evening.
- **Early morning sunlight:** Exposure to natural light early in the morning promotes hormones that help set the body clock and promote a wakeful state.
- **Limit use of devices with screens such as TVs, phones, and tablets before bed:** the light emitted by these devices may delay the release of melatonin, a hormone that induces sleep.
- **Create a calming sleep environment in your bedroom**

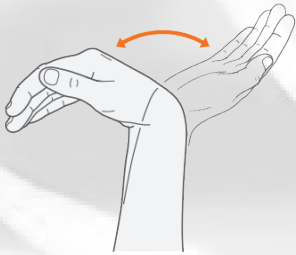
The research at Gallipoli Medical Research Foundation is informed by the needs of the veteran community and includes veteran mental health, liver disease, liver cancer, diabetic retinopathy, eye disease, and respiratory disease. For more information visit www.gallipoliresearch.com.au. You may like to let your GP or other healthcare providers know about the education program by letting them know about www.thinkgp.com.au/gmrf.

CARPAL TUNNEL SYNDROME EXERCISES

These exercises would also be good for women experiencing arthritis.

1. WRIST BEND (forward & back)

Rest your elbow on a table, arm pointing up, wrist straight. Gently bend your wrist forward at a right angle and hold for 5 seconds. Straighten your wrist. Gently bend it backwards and hold for 5 seconds. Do 3 sets of 10 repetitions.



2. WRIST FLEX

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15-30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15-30 seconds. Do 3 sets with each wrist.



3. WRIST LIFT

Place your palm on the table and lift the fingers up. Place your other hand across the knuckles at 90 degrees and push down as the bottom hand tries to pull up. You should feel the muscles of your forearms contracting. Swap hands and repeat.



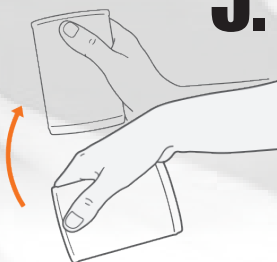
4. FINGER BEND

Start with your fingers held out straight. Gently bend the middle joints of your fingers down toward your upper palm and hold for 5 seconds. Do 3 sets of 10 repetitions.



5. WRIST STRETCH WITH WEIGHT

Holding a light weight (e.g. a tin of beans), stretch your arm out in front with your palm down. Slowly bend your wrist upward, and then return to the starting position. Do 3 sets of 10 repetitions. Gradually increase the weight you hold.



6. HAND SQUEEZE

Squeeze a rubber ball and hold for 5 seconds. Do 3 of 10 repetitions.



SUMMARY

- Carpal tunnel syndrome can usually be easily treated.
- Symptoms tend to be worse at night - hang your hand out of bed or shake it around to ease pain.
- Certain activities can bring on symptoms. Wearing a working wrist splint may be helpful.
- Try the exercises suggested here to help ease pain and prevent future injuries.

Warning: Please seek your doctor's permission before attempting these exercises

NUTRITION

Barbara Mason Coordinator of Gladstone/Biloela Social Group shares her recipe for Date & Ginger Loaf...

Ingredients

1 cup chopped dates
1 large tablespoon chopped crystallised ginger
1 tablespoon butter
½ cup sugar
1 teaspoon bicarbonate of soda
1 cup boiling water
1 ½ cups self raising flour

Method

1. Place dates, ginger, butter and sugar in a bowl.
2. Sprinkle carb soda over the ingredients.
3. Pour on boiling water and mix.
4. Stir in the flour.
5. Put mixture into a loaf tin and bake in a hot oven for 45 mins or until cooked.
6. Serve and enjoy



*Photo (left to right standing): Harry Tattersall (RSL President), Barbara Mason & Dorothy Horn
Photo (left to right seated): June Owbridge, Doreen Jolley, Fay McPherson, Mrs Hazel Erhart, Shirley Kelly, Salud Marshman & Muriel Gambie*

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

Tips:

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

Healthy Eating As We Age

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

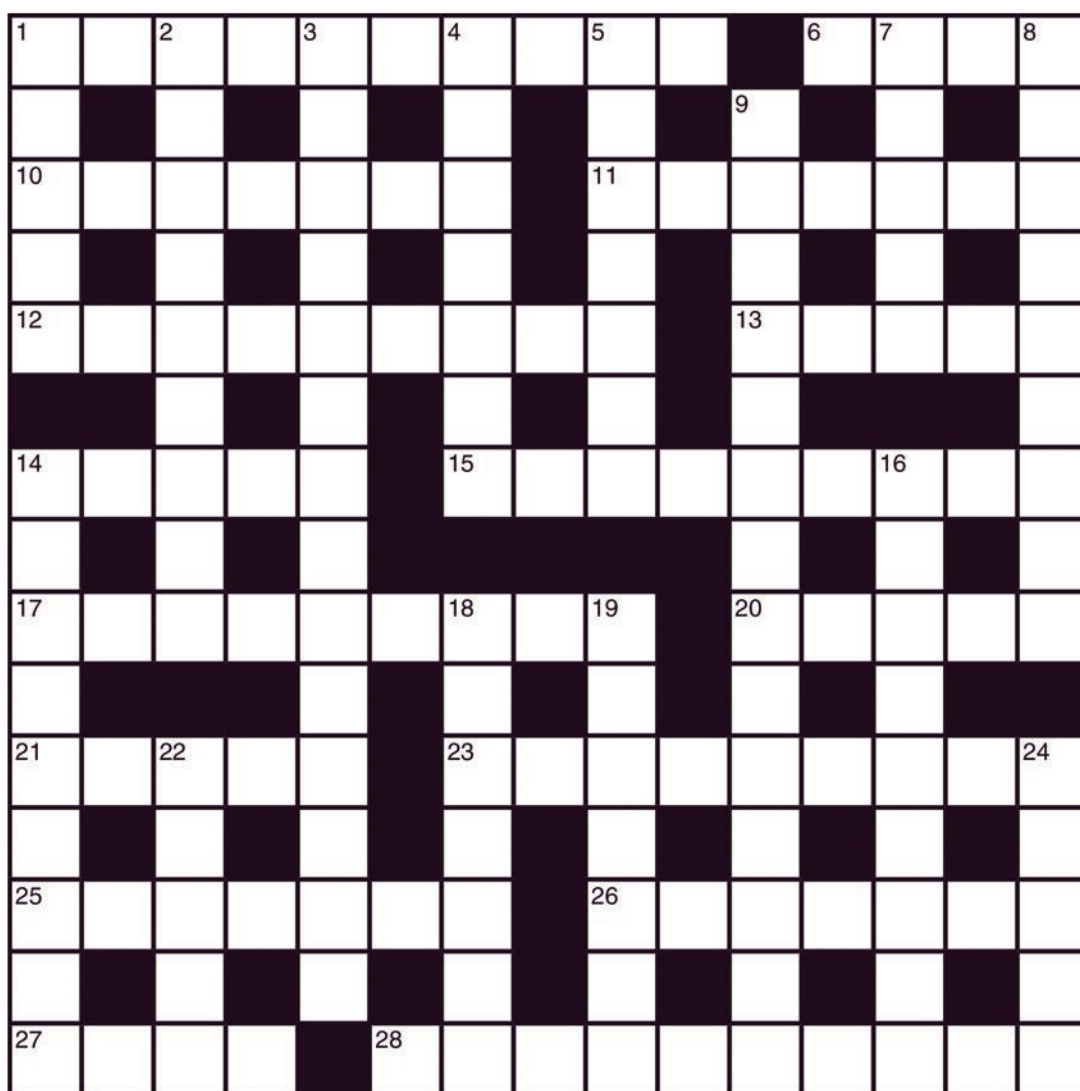
Tips:

- Add flavour to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Content credit

<https://www.choosemyplate.gov/older-adults>

CROSSWORD PUZZLE



ACROSS

1. What you sign on (6,4)
6. Clapped out car (4)
10. Greek hero, king of Athens (7)
11. Looking after, caring for (7)
12. Mad animal from Alice (5,4)
13. Lifeless, unmoving (5)
14. Spike used in mountaineering (5)
15. Relating to a poisonous metal (9)
17. Addicted to booze (9)
20. American elk (5)
21. Fate, retribution (5)
23. Of things that matter (9)
25. Picture (French) (7)
26. Period of a cricket match (7)
27. Part in a play or film (4)
28. Types of falcon (10)

DOWN

1. Piece of information, input (5)
2. Not proven, hypothetical (9)
3. With an animal transplant like the god Ganesh (8-6)
4. Opera house of Milan (2,5)
5. Digits, book of the Old Testament (7)
7. Fruit cultivated for its oil (5)
8. Trifle, insignificant item (9)
9. Poem by S T Coleridge (7,7)
14. Practical joker, trickster (9)
16. First known type of homo sapiens (3-6)
18. Free time, holiday (7)
19. Woods, clump or row of trees (7)
22. Insurgent, freedom fighter (5)
24. Ivory features of 3 down (5)

Content credit



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