

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

AUTUMN 2024

In this issue:

- **State President / Board Nominations**
- **Membership Renewals**
- **Friendship Day**
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AUTUMN EDITION 2024

AWWQ CONTACTS

QUEENSLAND STATE PRESIDENT

Mrs Judy Smith

CHAIRMAN

Mr Stephen Scott

INDEPENDENT DIRECTORS

Ms Jenny Walker

Mr Chris Richards

Mrs Narelle Stanton

WAR WIDOW DIRECTORS

Mrs Maureen Rush OAM

Mrs Jenny Gregory OAM

Mrs Debbie Baczyk

Mrs Denise Fridolf OAM

MEMBERS OF STAFF

Rachel Johnson, Executive Officer

Susan Hilditch, Wellbeing Program Manager

Jason Orchard, Operations Manager

Lindy Beehre, Member Support Officer

Emma Quigley, Administration & Property Coordinator

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WEBSITE

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GRATITUDE TO OUR PATRON

Her Excellency the Honourable Dr Jeannette Young AC

PSM, Governor of Queensland

<https://www.govhouse.qld.gov.au/>

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DISCLAIMER:

The material in the 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.

USEFUL CONTACTS

AWWQ

AWWQ Transport Assistance Program (Lindy Beehre)

Aged Care Placement Agent (Leona Bonning)

Beyond Blue

Centrelink (MyGov)

Crime Stoppers

Do Not Call Register

DVA General Enquiries

DVA Payment and Reimbursement Team

DVA Pharmaceutical line

DVA Rehabilitation Appliances Program

DVA Short-term Crisis Accommodation

DVA Transport

Lifeline

Meals on Wheels

My Aged Care

Open Arms

Police / Fire / Ambulance

Policelink (Non urgent matters)

Seniors Enquiry Line

SES (Flood & Storm Emergency)

Veterans' Home Care



07 3846 7706 or 1800 061 945

0478 398 931

0408 748 341

1300 224 636

1300 169 468

1800 333 000

1300 792 958

1800 838 372

ambphmepi@dva.gov.au

1800 552 580

ambrapge@dva.gov.au

1800 011 046

1800 550 455

13 11 14

1300 909 790

1800 200 422

1800 011 046 / openarms.clientassist@dva.gov.au

000

131 444

1300 135 500

132 500

1300 550 450

WELCOME TO NEW MEMBERS

Regina Alderson – Kippa Ring

Lesley Court – Morayfield

Helen Glegg- Hamilton

Maria Hunt- Urraween

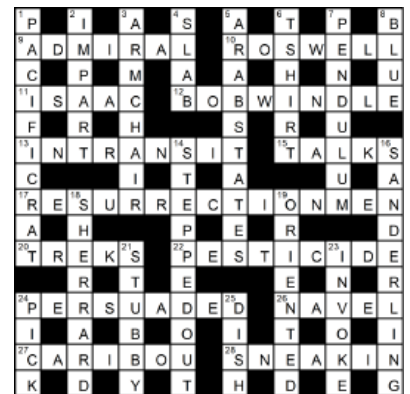
Julie Lowe- Warwick

Christine Mackay – Kearneys Spring

Donna Stafford – New Farm

Julie Waters – Hope Island

Christine Woolley – Hope Island



7	9	3	8	6	4	5	1	2
6	5	4	1	2	3	8	9	7
1	2	8	9	7	5	3	6	4
5	8	6	2	1	9	7	4	3
2	7	9	3	4	6	1	8	5
3	4	1	7	5	8	6	2	9
8	3	5	4	9	1	2	7	6
9	1	2	6	3	7	4	5	8
4	6	7	5	8	2	9	3	1

STATE PRESIDENT REPORT



Dear members,

Despite the Weather Gods trying to disrupt the season of peace and goodwill I hope you enjoyed a restful holiday break and now ready to see what the new year brings.

Rachel and I have been working together planning the year ahead and Sue and I look forward to visiting you again this year. We have changed dates of some AWWQ events to spread them more evenly through the year, details are in this Bulletin.

The biggest change is Friendship Day, to be held in May this year at Brisbane City Hall. Registration Forms and details are further on in this Bulletin. Redlands War Widows have given us 'a hard act' to follow after last year's success but please join us this year for a fun day to again meet with old friends and make new ones. AWWQ Christmas Luncheon will be held as usual on 25 November 2024.

There will be the usual ceremonies to attend throughout the year and with Anzac Day 2024 close, many members will be attending services and laying wreaths to remember and honour our loved ones. It will be a privilege and honour for me to lay a wreath for all war widows at the Shine of Remembrance, Anzac Square in Brisbane. Thank you to members who attend services and lay wreaths in other areas.

I will continue to represent AWWQ at External Service Organisation meetings, functions, and Government Organisation forums to advocate for war widows and ensure your concerns are heard. If you have concerns or issues please let me know. I may not always have the answer, but I will do my best.

You will see in this Bulletin as per requirements in the Constitution that AWWQ is calling for nominations for a State President and two war widow directors to fill vacancies on the board. Please give this some serious thought. These are important positions, it is the AWWQ Board who make decisions on your behalf. For more information about these positions please call Rachel 07 3846 7706.

There is a busy year ahead and I look forward to working with the board, Rachel, and her staff to achieve our goals.

Take care and keep well.

A handwritten signature in cursive script that reads "Judy". The signature is written in black ink on a light-colored background.

EXECUTIVE OFFICER REPORT



Dear AWWQ Members, some of you this year.

Greetings and welcome to 2024!

It's incredible how quickly autumn has arrived. After their Christmas break, the head office team is refreshed and eager for the coming year.

Following the fantastic

Christmas lunch spent with members in November, Judy Smith and I have been working nonstop to prepare for 2024.

As we planned the AWWQ schedule of events, highlighted significant commemorative dates and explored potential grant opportunities for the future year, we continued to focus on AWWQ's current strategic plan and the four key values the organisation upholds: **Support, Advocacy, Friendship and Honour.**

Many of you have provided me with wonderful feedback on Judy Smith and Sue Hilditch's group visits last year. Judy, as State President and Sue, Wellbeing Program Manager are looking forward to visiting the groups and many of you again this year as they make their way around Queensland.

I would like to thank our members who continue to support AWWQ and have made sure their annual membership fee of \$25 is already paid and current. Membership fees are once again due by the 31st March 2024. You will find details on page 37 on how to make the 2024–2025 membership renewal payments. Also please be reminded to notify head office of any changes to your address, phone number, email address or next of kin information on the renewal form. I'd also like to extend a warm welcome to our newest members, and I hope I get to meet

Starting in March, we will continue to hold regular Group Zoom meetings. These are a great way to stay in touch with both local and distant members. For more information on our Zoom meetings, please give our Member Support Officer, Lindy, a call at 0478 398 931.

As ANZAC Day approaches, I hope that you will be able to join your group or family and friends at nearby services. This year, Australian War Widows Queensland will be represented at the ANZAC Day Parade in Brisbane. We encourage our members to march on the 25th April by registering your name with head office.

This year promises to be filled with exciting events. Plans are well on the way for Friendship Day Brisbane on the 29th May. Friendship Day has evolved into one of AWWQ's most cherished events, for many it has become an annual holiday, where members travel from all corners of Queensland to renew old friendships, make new connections, share stories, and enjoy the festivities.

Following Friendship Day, the 76th Annual General Meeting will be held on the 21st August and our annual War Widows' Day will be commemorated on the 19th October, once again we plan to light up the city and regional landmarks across Queensland. The final event will be the AWWQ Christmas lunch which will be held at Brisbane City Hall on the 25th November, further details on all of the events will be provided in upcoming Bulletins.

On behalf of the head office team, Sue, Emma, Lindy and Jason, we look forward to another wonderful year together.

Take Care & Stay Safe.
Rachel Johnson

NATIONAL PRESIDENT REPORT



Dear Members,

As I put pen to paper my thoughts are with those of you across Australia affected by the weather events we have been contending with. While even the most loyal and proud Australians amongst us sometimes find it hard in times like these

to love our sunburnt country with its drought and flooding rains, your courage and resilience shines through, as does the friendship and generosity of those more fortunate. Despite everything that Mother Nature may have thrown at you, I hope you managed to celebrate Christmas and New Year with your loved ones.

As a new year is upon us your National Council is looking forward to planning for the year ahead. We are excited to be planning for our inaugural National War Widows' Day on 19 October this year. Letters have been sent to the Ministers/representatives for Veterans Affairs in Victoria, Tasmania and NT to inform them of this event and to ask for their support. At present there are no formal Australian War Widow Groups in these states and we would really like them to celebrate with us.

It was great for many of us to have a break over the Festive Season and recharge our batteries. Now that we have welcomed in the new year the various representative groups that I attend on your behalf will reconvene and the first meetings for the year have been scheduled. I attend a number of these groups including ADSO (Alliance of Defence Ex-Service Organisations), ESORT (Ex-Service Organisation Round Table), OWP (Operational Working Party) NACCF (National Aged Care Community Forum) and seek your input in to any issues you may like raised at these meetings.

Our Council members have been busy representing AWW at various events. Robynne Mitchell and Rhondda Vanzella attended the dedication of the Keith Payne VC Rest Area at Pheasant's Nest NSW on 13 November 2023. We held a very productive AGM on 21 November 2023. I continue to represent AWW on the Editorial Committee for Veterans MATES and Maria Barclay from AWW SA attends a Veterans MATES consultative group in Adelaide.

I am pleased to report some matters from the ESORT meeting I attended at DVA Canberra in December. Minister Keogh was present and discussed key priorities including consultation on the legislative reform pathway to produce a better simpler system of compensation. Secretary Alison Frame acknowledged the emerging priority of Aged Care issues. DVA is continuing to work to improve support for veterans transitioning to, and living in, aged care facilities.

On 11 December 2023, I attended a Residential Aged Care workshop with DVA staff and relevant stakeholders to discuss gaps in Residential Aged Care service delivery to Veterans and War Widows, and to find a way to provide a more seamless service. Issues around hearing aids remain an area where DVA is working to ensure veterans' needs are addressed.

Thank you to all those who attended and/or laid wreaths at Remembrance Day Services. We must always remember and acknowledge those who were prepared to give their lives for their country.

Until next time, stay safe and cool, keep your vaccinations up to date and I look forward to hearing from you if you have any issues you need addressed.

Jenny Gregory OAM
National President
Australian War Widows

NEWS & REMINDERS

SAVE THE DATE

There are a number of AWWQ events planned for the year, so please take note of these important dates

- ANZAC Day, Thursday 25 April
- Board nominations due, Friday 24 May
- Friendship Day, Wednesday 29 May
- AWWQ AGM, Wednesday 21 August
- War Widows' Day, Saturday 19 October
- Christmas Luncheon, Monday 25 November

ANZAC DAY 2024

AWWQ members are invited to participate in the Brisbane ANZAC parade which is to be held on Thursday 25 April.

If you are interested in marching, or sitting in the enclosure to watch the parade, please contact head office on (07) 3846 7706 and register your name. For information on other ANZAC services in your area, please contact your group president/coordinator, or your local RSL.

2024/2025 MEMBERSHIP RENEWALS

The 2024/2025 memberships are due at the end of March. The membership fee is \$25, and you can find the payment options on page 37 of this edition.

STATE PRESIDENT/ BOARD NOMINATIONS

The 2024/2025 Board nominations are now open and there is two war widow director and the State President positions up for nomination. Please see

page 33 of this edition for the nomination form.

PEN PALS

We've recently connected with the war widows' association in the UK, and they're eager to correspond with our AWWQ members. Whether via email or post, it's a wonderful chance to connect and share support. To express interest, please email Lindy@warwidowsqld.org.au or call 0478 397 931.

FRIENDSHIP DAY

Friendship Day bookings are filling up fast! If you haven't done so yet, please phone head office to reserve your spot. The application form can be found on page 35 of this edition.

BANK CHEQUES

Bank cheques are beginning to be phased out commencing in 2024, and to be eradicated by 2030. To see how this will affect you, contact your bank to find out when they are stopping cheques, and which alternatives are available to you.

MEMBER CONTACT DETAILS

We would like to remind members to keep their contact details up to date so you can receive our Bulletin publication and emails. You can update your address, phone numbers, next of kin and email address by calling head office. Don't forget you can also connect with Australian War Widows Queensland on our Facebook page.

SCAM EMAILS

There have been a number of scam emails being sent out with the alias of AWWQ Board and staff members. The emails are asking the recipient to call the sender back on a supplied phone number, ask the sender to purchase gift cards or enquiries about the war widows' website. You can tell these emails are not legitimate by looking at the email address and verifying that it does not come from a war widows' email i.e. @warwidowsqld.org.au. If you receive a email and are unsure of its legitimacy, please phone head office on (07) 3846 7706.

NAVY ASSOCIATION OF AUSTRALIA QUEENSLAND SECTION

The Naval Association of Australia, Queensland Section INC in conjunction with the War Widows INC would like you all to join us at the Naval Memorial site:

Where: South Bank Memorial Park Corner Sidon and Stanley Streets, South Brisbane

When: Thursday March 28th, 2024

Time: 11:00am

To recognise the War Widows achievements and to commemorate all those partners who have crossed the Bar while in the service of the Australian Nation and those who departed due to their service.



AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convener: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
BRISBANE WEST	2nd MONDAY 10:15am Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 Convener: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com
BUNDABERG	2nd TUESDAY 10:30am "Legacy House", 11 Williams Road, Svensson Heights, QLD 4670 President: Laurel Crawford 0428 523 033 Coordinator: Judy Mitchell 0407 676 344 E: jbmitchell238@gmail.com
CABOOLTURE	2nd FRIDAY 10:30am Jacaranda Cafe, 103 King Street, Caboolture, QLD, 4510 President: Estelle Anson 07 5495 1215 Secretary & Treasurer: Cathy Hartshorn 07 5428 0210 E: cathhartshorn@live.com
CAIRNS	1st WEDNESDAY 10:00am "Rona Shute Room" Cairns RSL, 119 Esplanade, Cairns, QLD 4870 Coordinators: Lyn Bennett 0404 868 449 E: Bennett.lyn@aapt.net.au Norma Basset 0408 537 547 Donata Harper 0428 581 158
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 President: Roohangiz Doherty 07 5437 8619 Vice President: June Hall Secretary: Louise Rooney 0428 230 294 Treasurer: Christine Gann 07 5491 9664 E: g7christine@gmail.com
GOLD COAST NORTH	4th TUESDAY 10:30am RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Sharon Grut-Mackay 0468 776 119 E: shazza66@y7mail.com Assistants: Margaret Theobald 0419 671 305 Thelma Tiley 0415 746 652
GOLD COAST SOUTH	1st MONDAY 10:30am Currumbin RSL 165 Duringan St Currumbin QLD 4223 President & Treasurer: Deborah Baczyk 0408 807 600 E: presidentwwgc@outlook.com Secretary: Rosemary Miller 0407 133 026 E: secretarywwgc@outlook.com
GYMPIE	1st FRIDAY 10:00am 217 Mary Street, Gympie QLD 4570 President: Maureen Rush 07 5483 7410 E: maureenrush@bigpond.com Secretary: Linda Collins 07 5482 2416 Treasurer: Lesley Cullis 07 5482 9777 E: lesley.cullis@icloud.com randla@westnet.com
HERVEY BAY	1st MONDAY 10:00am Hervey Bay RSL 11 Torquay Rd Hervey Bay QLD 4655 Treasurer: Patsy Squires 07 4124 2754
INGHAM	3rd THURSDAY 10:30am Ingham RSL 4 Hawkins St Ingham QLD 4850 Coordinators Denise Scott 0419 774 102 or 07 4777 2237 E: denise.f.scott1@bigpond.com
IPSWICH	1st THURSDAY 10:00am 41 Brisbane Road, Bundamba, QLD, 4304 President: Marea Teakle 0402 493 038 E: mteakle2@bigpond.com Treasurer: Lorraine Hughes 0412 826 381
LOTUS CLUB	1st SATURDAY 12:30pm Various venues Coordinator: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com

MAROOCHYDORE	4th MONDAY 10:00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 Coordinator Glynis Burn 5452 5651 E: boxerhaven@ozemail.com.au
MARYBOROUGH	3rd TUESDAY 10:00am Maryborough RSL 163-175 Lennox St Maryborough QLD 4650 Coordinator: Daphne McLennan 07 4129 4259 E: demac5@bigpond.com
NEW FARM	2nd TUESDAY 10:00am Marina Court Gardens 227 Moray Street, New Farm 4005 Convenor: Jenny Gregory 0411 512 310 E: Jenny2gregory@hotmail.com
THE PERSEPHONES	1st SATURDAY 10:00am - 2:00pm (Subject to change and availability) Coordinator: Lauren Ashby 0409 951 158 E: renash03@bigpond.com
REDCLIFFE	1st FRIDAY 10:30am Redcliffe RSL Irene St Redcliffe QLD 4020 President: Jenny Armstrong 0421 820 415 Vice President: Judy Harvey 0404 759 289 Secretary: Gail Brown 0419 789 022 E: walgailb@bigpond.net.au Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotmail.net.au
REDLANDS	Last FRIDAY 10:00am Redlands RSL 8 Passage St Cleveland QLD 4163 President: Lynne Martin 0416 224 453 Secretary: Shree Rogers 0416 062 115 Treasurer: Fay Cross 07 3207 6609
ROCKHAMPTON	2nd TUESDAY 10:00am Frenchville Sports Club 105 Clifton St. Nth Rockhampton QLD 4701 President: Ruth Russell 4926 0258 Secretary: Jan McPherson 0407 642 186 E: jamcpherson52@gmail.com Treasurer: Gloria Lynch 07 4926 3947
SHERWOOD	3rd TUESDAY 10:00am Sherwood/Indooroopilly RSL Sub Branch 2 Clewley St. Corinda QLD 4075 Convenor: Teresa Howkins 0413 688 601 E: teresahowkins@gmail.com
SOUTHEAST	3rd FRIDAY 10:00am Easts Leagues Club 40 Main Ave Coorparoo QLD 4151 Coordinator: Elizabeth Cowell 07 3349 2084 E: epcowell@outlook.com
SOUTHWEST	1st FRIDAY 10:30am Beneath Greenbank RSL (in the Sub Branch rooms) 54 Anzac Ave. Hillcrest Greenbank QLD 4118 President: Patricia Woods 0407 724 946 Vice President: Jennifer Runciman Secretary: Vicky Houlson 3273 1930
TOOWOOMBA	2nd WEDNESDAY 9:30am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Robyne Hilditch 07 4614 0080 Vice President: Mary-Ann Wheatley 0427 379 978 Secretary: Helen Puxty 0428 908 864 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10:00am The Oasis, Hut 6, Darter Street, Oonoomba QLD 4811 President: Wendy Goodman 0408 584 929 Vice President: Wilma Kent 0412 341 293 Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Elaine Volker 0418 612 287
WARWICK	1st THURSDAY 11:00am Warwick RSL 65 Albion St. Warwick QLD 4370 Secretary/ Treasurer: Deborah Wheeler 0414 852 492 E: Info@kyoomba.com

GROUP NEWS

BRISBANE WEST

Welcome to 2024 and a happy New Year to all.

We had a very busy lead-up to Christmas last year culminating with our Christmas meeting and lunch. Notwithstanding our RSL were (and still are) in the process of renovating, the staff looked after us and we had a wonderful day.

In January, it was decided not to have a full meeting but have a lunch instead. Thirty five of us attended the lunch and everyone was pleased to see each other and catch up.

Our first meeting for the year in February was very well attended. In March, our meeting will be Easter themed and we are looking forward to some Easter treats.

In April, we are looking forward to travelling to Morayfield to see the Clydesdale horses. Our meeting will be acknowledging Anzac Day. We will also be representing the War Widows at the Memorial Ceremony at the Gaythorne RSL.

The 20th anniversary of our Group is in May this year and we are now busy preparing for those celebrations. Best wishes to all and stay safe.



Narelle Stanton meeting the new Commander of HMAS Moreton, CDR Rosemarie Apikotoa

BUNDABERG

Our year here in Bundaberg started this week with our first month-

ly meeting on the 13th. It was lovely to see everybody again after the break. Our Xmas Luncheon which we hold in conjunction with the Legacy Widows Group was a huge success. It came at the end of a very busy year and all were looking forward to the break and now with interest to see what the coming year will bring.

A few of our older ladies are not so agile now but look forward to the meetings etc. Our next meeting in March is our AGM and we are going to hold it in the format of a luncheon meeting just as an interest.

We, as in the War Widows Group, are very grateful to the local Legacy here in Bundaberg for their help in getting a lot of our members to meetings as so many of them no longer drive. As well we use the facilities at Legacy House for all meetings free of charge, and enjoy a light lunch there afterwards.

Hope all our fellow War Widow friends had a great and are now back at groups again.



Bundaberg members at their Christmas Lunch

CAIRNS

Last year ended with our Christmas party at the RSL Club on the esplanade, in the Rona Shute room, which as usual we all decorated to make it feel like a very festive Christmas Party. Simone Keats from Legacy, Lucy Cahill and Craig from the RSL joined us as our special guests for the lunch.

We all thoroughly enjoyed the luncheon, you could hear from the laughter and animated chatter. We all went home with lots of good memories.

Donata organised a special mug for everyone, with Merry Christmas & Happy New Year on one side and a memory of our group on the other. Alema Maslen also had a little gift for everyone which she made herself. We all brought wrapped Christmas gifts which were raffled off to raise some money towards our next year's activities.

Christine (Santa Clause) and Patricia performed a funny skit, 'Rope' and Eli sang us some songs from home in their native language and some ladies brought jokes.

Wednesday, February 7th was our first meeting for 2024. Some ladies were away, or had family commitments, but we still had 12 ladies attend. It was good to touch base with those who could attend and we all shared our holiday experiences, and discussed the programme for the first half of the year which is in place. The programme was a hot topic of conversation for the meeting as we are looking forward all the activities organised.

If you're travelling through Cairns, join us for morning tea. We're at the RSL, on the first Wednesday of each month (Feb –

Nov) at 10 am. You'll definitely be welcomed.
Take care,
Lyn Bennett



Cairns members Rope' & Eli singing some PNG songs in their native language



Guests Lucy Cahill from the RSL and Simone Keats from Legacy talking to Lyn



Santa (played by Christine) and Patricia performing at their very best as entertainment

CALOUNDRA

Happy New Year to you all. I hope this year bring the best for everyone.

2023 was a busy and exciting year for us. We had a few bus trips in different places and events at RSL Clubs.

We had our Xmas lunch at the RSL, and we invited Caloundra MP Jason Hunt as our guest. He left us with great feelings towards him. I find he is a nice gentleman and down to earth with people around him. He had good conversations with most members who knew of him. We had 25 members for lunch and I made Xmas gift boxes with chocolates inside for every

member. We finished our lunch with Xmas carols song by two of our members who sang beautifully.

Our first meeting of 2024 was on Monday 12th of February. 18 members attended and a few apologies. One of our members had a fall at the RSL Club, she was admitted to Sunshine Coast Hospital but she is ok.

Our next meeting is on Monday 11th of March and we having a bus trip.

Regards
Roohi Doherty.

GOLD COAST NORTH

We ended 2023 with a great lunch at Southport Sharks. 15 ladies enjoyed a marvellous time just being together chatting to each other and enjoying their luncheon.

Our very last outing for 2023 was 27th November, AGM and Christmas Lunch held in the Ithaca Room, Brisbane City Hall.

We are very proud of our successful year. Let's welcome in 2024 and see what this year has to bring.

Hello January 2024. Our first meeting was on 23/01/2024. The ladies obviously had a lovely time during the break. It was lovely to see all our ladies bright eyed and bushy tailed.

During the break, Margaret Theobald, Thelma Tiley and myself spent some time together working on an agenda for this year. Each lady who attended the meeting was supplied with a copy. We discussed this at great length making the ladies aware nothing was set in concrete changes can be made at any time.

Our first outing for the new year was on 13th February with lunch at Pacific Hotel Southport located in Australia Fare shopping centre. Perhaps this is a pre-runner for things to happen this year.

Please stay tuned.
Kind regards
Shaz
Coordinator
Gold Coast North



Gold Coast North members

GOLD COAST SOUTH

Hello, 2024 has begun!

We finished 2023 with an enjoyable Xmas party where we were once again entertained by a War Widows' favourite, Tommy Memphis. It was a lovely end to the year, much nicer than the storms that we all experienced on Boxing Day and the days that followed. Many of us battled through blackouts and other disruptions to our normal day to day lives. Thankfully Mother Nature is being a little kinder at the moment and most of us are looking forward to the cooler and less humid days ahead.

We returned back to meetings on Monday 5th of February where we celebrated a very special ladies 100th birthday. Betty Rodger is a real trooper and an inspiration to one and all as she still attends all meetings and functions, rarely missing any throughout the year. We enjoyed a yummy cake, presented Betty with a Quilt of Valour and our local Federal MP and friend, Karen Andrews, gifted a beautiful bouquet of flowers and certificate.

We have begun to plan the year ahead and hope that our numbers remain stable or fingers crossed we might have some new members join to share the friendship with a lovely group of ladies.
Debbie
Gold Coast South



Gold Coast South members at their Xmas lunch



Betty Rodger celebrating her 100th Birthday with Gold Coast South President Debbie Baczyk

GYMPIE

Happy New Year to everyone. Gympie has had and is still having lots of rain, but the heat and humidity are exhausting. So please stay cool and hydrated.

We had our first meeting on February 2nd and a good roll up with a few apologies. So, a good start to the year with a guest speaker from Lones Guides. Very interesting, with the help of technology girls in remote areas use zoom to belong to Guides.

February 14 we were once again invited to lay a wreath at the National Servicemen's Memorial.

We have a few things organised for the year with most of our members hoping to attend Friendship Day in May.
Maureen



Sharan Bavell, Maureey Rush & Lesley Cullis laying a wreath at the at the National Servicemen's Memorial

MAROOCHYDORE

Happy New Year everyone. I hope everyone enjoyed their break and looking forward to a productive 2024. It has certainly been a hot and wet start to the year.

2023 ended with 28 Maroochy-dore ladies enjoying a delicious Xmas lunch at the Maroochy-dore RSL. Each lady received a gift and a bag of chocolates, the latter which was provided by member Ann Shaw. They were much appreciated.

In my other role of RSL well-being advocate, I presented Olga Fraser with a RSL Xmas hamper. A much deserved recipient.

A couple of ladies have had stays in hospital, and on a sadder note we were informed of the passing of Jeannie Byng. Jeannie transferred from Gympie and was a barrel of laughs from the day she arrived. Unfortunately, due to ill health Jeannie went into care. RIP Jeannie.

12 ladies enjoyed lunch at Maroochy-dore RSL for our January get together.

Sadly our coordinator Heather has resigned, so I will be taking over the position. Thank you, Heather from all the Maroochy-dore ladies for your efforts in what were some trying times, especially through Covid.

I am looking forward to the rest of the year and enjoying the friendship of our lovely ladies.
Glynis Burns



Maroochy-dore members at their Xmas Lunch



Glynis Burns presenting Olga Fraser with a RSL Xmas hamper

NEW FARM

Welcome to 2024. I do hope that everyone had a nice break and caught up with family and friends. Despite everything that Mother Nature has thrown at us, I hope you managed to Celebrate Christmas and New Year with your loved ones.

Some of our New Farm members attended an Australia Day event hosted by the South East District RSL. We were treated to a lovely morning tea, BBQ lunch and other activities including face-painting. It was great to be able to celebrate Australia Day despite all the "hype" around the day and name of this day.

Our guest speaker for February was Paul Hobbs from "Caring Cuisine" who talked about meals that can be delivered for DVA clients. Caring Cuisine was launched in March 2023 to provide a high quality meal service for those who are no longer able to prepare their own meals.

As the new year is upon us, planning has been underway for our upcoming meetings. In March we will welcome Rae Cummins

from "Communify" who run the community centre in Brunswick Street. She will tell us about the events that we can attend at the centre. At our April meeting we will welcome Rick Maher, a Veteran, who has created a ballet program which assists veterans with PTSD. In May, Robin Larkham from Men's Shed will come to talk to us.

Our "Cash for Cans" program still continues to go well and I thank those ladies who contribute. The money collected from this program goes to our New Farm war widows' group and will be used to subsidise events such as our Christmas lunch.

Our garden is looking beautiful thanks to the never-ending rain and the efforts of our gardening "gurus", Jean and Sari, and we are grateful to Bunnings once again for a new outdoor table setting.

We look forward to an exciting year.

REDCLIFFE

Welcome to the Redcliffe Sub-Branch Bulletin Report. What a hot summer we have gone through, not to mention the heavy rains. No doubt we are looking forward to the cooler weather that autumn will bring. Redcliffe and our surrounding suburbs have enjoyed cooling off at our beaches. Also, many visitors participating the various events such as the Bee Gees Way, a 70-metre walkway that honours Redcliffe's most famous young residents.

Our member attendance at meetings is at an average of 33 members, with which we are pleased. However, there are several members who are not well enough to attend. At our December meeting, a surprise visit was made by Santa Claus, bringing gifts for all our members. It was a joy to watch the members

opening their gifts. Many thanks to Assistant Treasurer Lorraine Mackay for organising this event, and a special event.

Our first meeting of the year was in February. A very quick meeting, followed by a morning tea.

Thank you to all our members who volunteer to help assist throughout the year. Our Sub-Branch benefits by your presence.

As I look back at the year 2023, I think of the many events and outings we have attended. Here are a few photos of our members taken this year.

In closing this autumn Bulletin 2024: I Quote-"You don't have to be crazy to be my friend. I will train you"



ROCKHAMPTON

Hello from Rockhampton. We

held our first meeting for 2024 on Tuesday the 13th of February and this was attended by 14 members including one new member, Krysteen Dawes. Welcome Krys.

We have three members looking forward to attending the Friendship Day lunch in Brisbane on the 29th May 2024.

We have our AGM planned for our May meeting and all being well this will be attended by our State President, Judy Smith, and Sue Hilditch, our Wellbeing Program Manager.

Our next meeting is on the 12th March 2024 at the Frenchville Sports Club at 10am. Hope you can join us.

Regards Jan

SHERWOOD

A very happy New Year to you all, and we hope all our ladies have been able to keep dry and cool over the torrid Queensland weather we have been experiencing.

We had our final meeting for 2023 as our Christmas Party, held at the WestsideHQ (formerly Sherwood RSL Club). This organisation have been very kind to our ladies, and we were the recipients of a donation in the amount of \$3,000 which, with the addition of the money from our Christmas Bowl appeal, we donated to Assistance Dogs Australia, who have done a wonderful job in breeding and training assistance dogs for our Service people suffering from PTSD. This has been our nominated charity for the last several years, and it is wonderful to see the progression, first of the dogs in training, and also to the happy owners of the dogs. This has proved to be very helpful in transitioning from their service, back into the community.

We meet on the third Tuesday of every month at the Sherwood

RSL – 2 Clewley Street, Corinda, at 10.00 am. The convener of the Club, Teresa Howkins, can be contacted on 0413 688 601 or Teresahowkins@gmail.com. We are always happy to see new faces along at our meeting.

SOUTH EAST

We are off to a brand new year and no one knows what is ahead but we will take it as it comes and do our best.

South East group lost four very supportive members last year, Dorothy Lester, Beth Mahoney, Kit Thomas and Ness Poole. They now rest in peace and in our memories as fine ladies who contributed much in their long-life time, all in their nineties.

Nine of our group were able to meet this January for an initial catch-up to begin the new year. Storms became the first theme since many have or have families affected in some way.

Friendship Day created much discussion and will be something special to look forward to following ANZAC DAY in April.

New members are always welcome to the informal gathering of South East War Widows Social Group at East Leagues Football Club, Mains Road Coorparoo. No entry fee or raffles apply but pay as you go for food and or drinks if required. Please join in if you can from 10.00am on the third Friday of each month.
Elizabeth Cowell



South East members at their monthly meeting

SOUTH WEST

Happy New Year ladies, I hope you are all well and haven't suffered any damage with these storms we have been having or the heat.

As we haven't had our first meeting of the year yet there is not a lot to report. Our biggest concern is that Greenbank Services Club is undergoing major renovations and we are not sure where we will be meeting in a couple of months.

May will see one of our ladies having a milestone birthday (100) and we look forward to helping her celebrate that.

There is of course Friendship Day on the 29th May. This will be held in the Ithaca Room City Hall. Those of you who went to the Xmas function there will know it is quite a comfortable room to hold a luncheon. Forms are in the bulletin.

ANZAC day of course will fall before this and I am sure there will be many services to attend.

I will hopefully have more to report next time. All the best for now.

Regards
Pat

TOOWOOMBA

What a summer Queensland has had, cyclone, flooding and heat. Even in Toowoomba it has not been cool, and our fans and air conditioners have been very welcome. We trust that everyone has kept safe and are coping ok during these trying weather events.

It was a happy occasion for us in Toowoomba as one of our war widows has had a significant birthday, Millie Barnes turned 100 on the 7th January 2024. Some of her war widow friends visited her in the afternoon, and Millie enjoyed her special day.

Our first meeting for the year was on 14th February, 2024 at

9.30am.

We wish every branch of War Widows Qld a wonderful year of friendship, fun and fellowship.

Helen Puxty
Secretary

TOWNSVILLE

We finished last year with our Xmas luncheon at Toms Tavern, everyone enjoyed their meal and the raffles were a great success.

As we are about to start our 2024 meetings I hope this year brings peace and happiness to all. Townsville survived cyclone Kirrily and narrowly missed any destruction from cyclone Jasper, we hope that our cairns ladies were not affected too badly.

Wendy Goodman
President

WARWICK

The membership for the Warwick War Widows has steadily increased in 2023 and I hope to see this group continue to increase in numbers as this year progresses. By inviting the wives of our Vietnam and other Veterans to join as Associate Members we are opening up another support base for them for the future while they in turn provide friendship and support to our current war widows.

The members of the Warwick War Widows group would like to wish everyone a happy and healthy 2024.



Warwick Sub Branch members Del Stewart, Bruce McGowan & Dawn Franklin laying a wreath at the centenary anniversary of the Warwick Cenotaph



BACON DEVILED EGGS

INGREDIENTS:

- Eggs
- Mayonnaise
- Pickle Relish
- Dijon Mustard
- Salt
- Pepper

METHOD:

1. Bring a pot of water to a boil. Reduce the heat to low, gently add the eggs, increase the heat back to high and set a timer for 14 minutes.
2. Prepare an ice water bath as the eggs are boiling. Then transfer them to the bath once they've cooked 14 minutes.
3. Once cooled, peel the eggs, cut them in half, and separate the egg whites onto a plate and yolks into a bowl.
4. Mash and stir the yolk with the rest of the filling ingredients: mayonnaise, mustard, pickle relish, salt and pepper.
5. Cook the bacon until golden and crispy. With only two slices needed. Once done, crumble the bacon into bits
6. Scoop the filling into the egg whites and sprinkle a generous amount of bacon bits and chives on top. Don't be shy with that bacon.



DANCE FOR VETERAN HEALTH

The connection between military service and adverse health outcomes would be well known to you. We only have to look as far as the entirety of human history to see that it is replete with stories of suffering as a result of combat exposure. Whilst physical injuries experienced through war are pretty easy to recognise, it has only been relatively recently that we have begun to recognise the psychological impact of conflict on veteran health outcomes. The legacy of experiencing a psychological injury can have devastating effects on individual returning veterans, and importantly, the veteran's families. For instance, and in a worst-case scenario, we know that compared with average Australian rates of suicide, suicide completions are 27% higher for male veterans and a disturbing 107% higher for female veterans.

We also know that nearly half of all 66,000 odd Australian service personnel who served in Vietnam have a mental health claim accepted with DVA. What we now need to be prepared for is the nearly 120,000 Australian service personnel who have served in areas of conflict and distress since 1999. If, going by the percentages of adverse mental health outcomes of Vietnam Veterans is anything to go by, we should be prepared for upwards of 60,000 recent service personnel reporting a psychological injury in the coming years.

Thus, the likelihood of a long-term war related mental health injury is assessed as 'substantial' and the provision of significant additional resources is considered justified to address the long-term health conditions of contemporary veterans. In response to this, intervention programs based upon the creative arts have been developed and implemented within the military context. Such interventions are increasingly argued to be effective in addressing complaints related to both physical and psychological injury.

All this being said though, you may be still asking, Dance? Really!? Dance for the military?... Well, it's not as far-fetched as one might think. Dance as a means to address mental health injuries has a long history within military culture. Dance as a means of treating trauma in military veterans' dates back to at least the end of World War 1 with dance used as a complementary means of assisting those with missing limbs to gain mobility by the use of prosthetics; and in treating "shell-shocked" and withdrawn veterans to address their trauma. Symbolically moving together in rhythmic synchrony through the

practice of military drill is a well-known experience to veterans.

Dance and the development of military tradition are ancient bedfellows. As far back as 5000 years ago the ancient Cretans demonstrated their military skills through dances. By the 6th Century BCE, the Greeks had developed narrative-based dances that were choreographed around the actions of soldiers in battle. The Gymnopaedia festival of ancient Sparta was an event where young warriors would conduct war dances that took their inspiration and movements from fighting forms such as wrestling.

By the late 16th Century military skills training and dance performance, amongst the Courts of Europe, had fused to become a unified requirement of noble and military courtiers. In 1588, an influential dance manual called the Orchesographie directly linked the standards of a dancer to that of the standards expected within the military. King Louis XIII encapsulated these 'arts of the gentleman' through his participation in a ballet performance called *Le Deliverance de Renaud* that served to proclaim Louis as the 'supreme royal power' in France. The importance and relevance of dance to military culture and training was significantly accelerated during the reign of Louis XIV of France. In the Preamble of the official papers that established the L'Académie Royale de Danse in Paris in 1670 is the quote that "The King equates the importance of dance with that of the military. In wartime, nobles are in the service of the King's army, but in times of peace, they are in the service of his ballet" (Turocy, 2013, p. 161).

Louis XIV, considered the father of modern ballet, drew inspiration for early ballet technique to that of the movements of the body in combat. For instance, ballet's 1st and 2nd feet positions equate to the attention and at-ease feet positions of the Musketier. The plié position with knees bent in much the same way as a fencers en-garde, is grounded with quick, shifting movements allowing for an attack or retreat. The foot is grounded, testing for stability as balance is adjusted. The back foot helps to push the fencer's body forward in an advance, much the same way as the supporting foot eventually pushes the body forward in the danced demi coupé. The upper part of the body is held with a slight vertical spiral to minimise the available target area and must be supported by a strong lower body. In addition, in both bladed combat and the dancers' pas de deux,

the protagonists share a co-ordinated back-and-forth progression with each of the players appreciating an acute awareness of their mutual physical space.

This historical connection between dance and military service has experienced a recent refocusing with the establishment of veteran-based dance companies such as Exit 12 Ballet Company in New York; the staging of such veteran war experience dance performances as 5 Soldiers: The Body is the Frontline; and the incorporation of dance within veteran-based trauma and psychological injury recovery programs.

This is where my research comes in. What I sought out to answer were the following three questions:

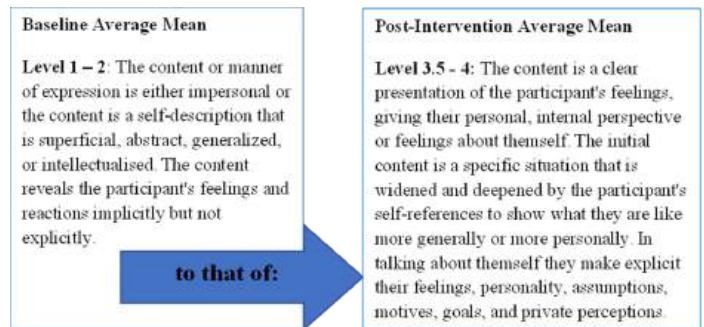
1. What is considered ‘best practice’ in relation to the development of a dance-based intervention program ‘manual of practice’ designed to enhance QoL in Australian veterans with a history of trauma-related psychological injuries?
2. To what extent does participation in a manualised, dance-based program enhance perception of QoL in veterans who have experienced trauma-related psychological injuries?
3. To what extent can participation in a manualised, dance-based program enhance therapeutic interactions with a participant’s mental health clinical provider?

This research thus comprised two separate, yet interconnected studies in order to demonstrate the feasibility and initial effectiveness of the use of dance with a veteran population. Study 1 considered how dance could inform the design and development of a manual of practice outlining a standardised and scalable dance intervention program for veterans. Study 2 sought to establish evidence that the approach developed in Study 1 was both acceptable to the participants and was beneficial and practical for addressing the impacts of trauma and the adverse experiences of veterans.

The results from this research were very encouraging. Participant perceptions of Quality of Life were enhanced, and significant improvement trends were observed across all four of the World Health Organisation Quality of Life domains related to Physical Health, Psychological Health, Social Relationships, and the Environment.

I also measured the participants’ experiential framework, that is related to improving narrative-based therapeutic interactions with a veteran’s mental health clinical provider. Improvements were record-

ed in the quality of participant expression in relation to experiences of the intervention across all contextualised experiential lines of inquiry.



This is important as increases to ratings on depth of participant experiences have been found to be predictive of good outcome, with higher scores on the Experiential Scale leading to better health outcomes and clinical. Furthermore, higher scores along the Experiential Scale can also enhance and assist clinical providers to enhance resilience and recovery.

Overall, the research suggests that the use of the veteran dance intervention manual of practice developed from the findings of Study 1 is a valid instrument for employment with veteran populations. The implementation of the manual within the context of a dance intervention program assisted with the standardisation and replication of program delivery, consistency of data collection, and the provision of base facilitator standards. Therefore, the program may, in the future, be delivered across different geographical sites to serve veteran needs, and the modular structure can be scaled and adapted to suit longer residential programs. Furthermore, the approach, structure, and principles of practice outlined within the manual of practice may serve as a recognised baseline template by agencies such as DVA and other ESOs for the wider development of future veteran-focused intervention programs. The findings also suggested that participation by veterans in a dance-based intervention program, through enhancing perceptions of Quality of Life and the development of a peer support-based community of practice, can contribute to, and increase, participants’ capacity to measure and explore the depth and richness of inner experience, facilitate personal growth, and improve clinical interactions and interventions. Participation in a veteran-based dance intervention can thus assist individual veterans with developing and/or enhancing psychological recovery and resilience strategies within a context of a wider social support network of fellow veterans.

Lt. Col Rick Maher

ENDURING POWER OF ATTORNEY

Getting your affairs in order – Let's talk about an Enduring Power of Attorney

I have recently been discussing with members the documentation needed to get their affairs in order. Besides a Will and an Advanced Health Directive, that I will be providing more information on in future bulletins, the one document that I wish to provide greater information is the Enduring Power of Attorney (EPOA). Many of our members do not have EPOA's or do not know the difference between an Enduring Power of Attorney, Power of Attorney and Next of Kin.

What is an Enduring Power of Attorney

Enduring Powers of Attorney is a document which sets out who you would like to manage your financial and personal affairs should you no longer be able to do so yourself once you have lost capacity to make these decisions for yourself due to illness, an accident or aging related symptoms. The document allows an adult (called "the principal") to appoint someone (called "the attorney") the power to make these decisions on their behalf and how you have specified in the document. It is recommended that everyone over 18 years have such a document.

How is an Enduring Power of Attorney (EPOA) different to a Power of Attorney (POA)?

The two main differences are:

- EPOA remains valid even if you lose capacity while POA is only effective while you have capacity. This means that should you have an accident or become ill and lose capacity your POA will no longer be valid and you may need to stay in hospital for months while an application is made to the Queensland Civil and Administrative Tribunal (QCAT) for them to appoint a suitable EPOA. This process is lengthy and costly and may result in a family member being appointed who may not have been your first choice.
- AN EPOA covers a much wider range of decision-making, including financial, property, legal, lifestyle and health matters. POA can be more limited, depending on your specific instructions.

Doesn't my Next of Kin have this power?

No, your Next of Kin does not have the same substitute decision-making powers that you appoint under an EPOA. For example, they cannot legally sign contracts such as the contracts that need to be signed

with Residential Aged Care providers.

When does an attorney's enduring power begin?

An attorney must first sign the enduring document to accept their appointment before they can start to make decisions as an attorney. An attorney for personal matters (including health matters) can only make decisions as an attorney when the principal no longer has capacity to make those decisions. An attorney for financial matters can make decisions as an attorney on the day or in the circumstances specified in the enduring document (or if not specified, the day the enduring power is made) or when the principal no longer has capacity to make those decisions.

Types of decisions

An attorney under an EPOA can make decisions about personal matters (including health care) and/or financial matters, depending on the terms of their appointment. An attorney under an advance health directive can only make decisions about health matters.

Personal matters relate to decisions about the principal's care and welfare, such as where and with whom they live and support services they may need. Personal matters include legal matters that do not relate to the principal's financial or property matters. Health matters are a personal matter and relate to decisions about the principal's health care. Health care includes most medical treatments, procedures and services to treat both physical and mental conditions. Health care also includes treatments aimed at keeping the principal alive or delaying their death (life-sustaining treatments).

Financial matters relate to decisions about the principal's financial or property affairs, including decisions about paying expenses, making investments, selling property (including their home) or carrying on a business.

Who can you appoint?

You can appoint any adult person (18 or over) who is willing to take on this role for you e.g. spouse, adult children, trusted friend or family member. You can appoint more than one person and have them act jointly, or jointly and severally.

What is capacity?

Capacity is a legal term referring to the ability to

exercise the decision-making process in relation to a matter. When an adult has capacity to make a certain decision, they are able to: » understand the nature and effect of decisions about the matter » freely and voluntarily make decisions about the matter, and » communicate those decisions in some way. An attorney appointed for a personal (including health) matter under an enduring document has the power to make decisions for a principal when the principal has impaired capacity for making a particular decision on a matter. The power for an attorney appointed under an enduring power of attorney for a financial matter to make decisions for a principal, depends on the terms of the document. The power may begin: » immediately » at a particular time or in a particular circumstance, or » when the principal has impaired capacity for the matter.

What decisions can my attorney make on my behalf?

Your attorney can make almost all legal and financial decisions on your behalf that ordinarily only you would be able to make. Your attorney cannot vote for you or change your will, but they can do almost everything else. For example, operate your bank accounts, sell your house, sign contracts on your behalf and so on. For this reason, your attorney should be someone that you **trust implicitly** to look after your best interests.

You can specify that financial and personal matters be general or you can outline the types of decisions that the EPOA can make e.g. refuse of consent to specific types of health care or prevent them from selling particular assets etc.

Can my attorney do whatever they want with my money and property?

Absolutely not! In accepting their appointment your attorney takes on the highest 'fiduciary duty'. This means:

- they must always act in your best interests,
- they must also keep their own money and property separate from yours,
- they must keep reasonable accounts and records of anything they do with your money and property,
- they cannot gain any benefit from being your attorney,
- they must act honestly in all matters concerning your legal and financial affairs.

If your attorney breaches this duty, they face serious criminal and civil penalties. If someone believes that

your attorney is not fulfilling this duty, they can make an application to the Queensland Civil and Administrative Tribunal (QCAT) to have the role reviewed. QCAT will audit your attorney's use of the EPOA and revoke or amend it as required.

What happens if I don't have this document in place and I need it?

If you don't have a valid EPOA document in place and you lose capacity, an application will need to be made to QCAT that will appoint a guardian to make these decisions for you. This will usually be a family member, not necessarily the family member that you would have chosen, there will be undue costs of having to go through this process and there will be a delay.

Residential Aged care facilities require an EPOA so should a member need to go into care they may find themselves in hospital for months while a social worker is appointed and the case is taken to QCAT who will decide who the most suitable person is to be their EPOA.

Can I change my mind?

Yes, you can revoke your EPOA at any time as long as you still have capacity. If you have lost capacity and the document requires revoking or amending, an application must be made to QCAT.

When does an EPOA end?

EPOA documents become invalid when you pass away, and the executor of your will then become your personal legal representative. Your attorneys cannot legally access your bank accounts or assets after your death.

Long Form EPOA vs short form EPOA

A long form EPOA is used to appoint different attorneys for person (including health) matters and for financial matters while if you are choosing one of more attorneys for financial or personal (including health) or both then a short form EPOA can be used.

Where can I get an EPOA?

- EPOA's are available on the Queensland Government website
- Speak to a solicitor

Please note the above information is based on my understanding and is general in nature. Please let me know if you have any questions.

Kind regards,
Sue Hilditch
Wellbeing Program Manager

THE GARAGE GIRLS

At the rear of Nyrambla (21 Henry Street, Ascot, QLD, 4007) Central Bureau's headquarters, there was a garage from which personnel from the Australian Women's Army Service (AWAS) operated. Nicknamed the "Garage Girls" for the location of their operations, these women used TypeX machines, British cipher machines that were adapted from the German Enigma machines, to send and receive encrypted communications between Allied forces.

The work was top secret and the women were sworn to absolute secrecy, not even permitted to tell their families of their work. The Garage Girls processed huge daily volumes of coded communications spelt out in ciphers; these ciphers would change daily to make it harder for enemies to decipher. The messages would be padded with irrelevant messaging to make it more difficult for enemies listening in to understand. The messages would come in five-letter groups, which would be delivered onto a paper ribbon, and at the end of every shift they would carefully burn anything incriminating in an incinerator. Accuracy was key in the role of a typist, as mistyped letters or symbols could result in wide-scale disaster.

The highly secretive nature of the work meant that the Garage Girls formed incredibly close bonds with one another, and some remained life-long friends. One former operator, Madeline Chidgey, described her fellow Garage Girls as 'a close-knit, mutually-supportive group', remembering that 'anyone who was homesick, lovesick, or just plain sick of waiting for the war to end was never down for long.'

Indeed, some garage girls even found love within the secretive walls of Nyrambla; Coral Osborne met her future husband, Sandy Hinds, on her first day as a Garage Girl. The two kept in touch while he was deployed to South-East Asia by padding out the messages sent between field offices with their own communications, including a marriage proposal.

Australia Day honours for women WWII code breaks who operated in Brisbane Garage

Eighty years after secretly cracking codes in a Brisbane garage, three women have been recognised for their World War II service.



Coral Hinds, Joyce Grace and Ailsa Hale were among a group of women who played a critical role in the Allied victories in the Pacific, including the battle of Midway in June 1942.

From the garage of the Brisbane suburban mansion that served as a top-secret signals base, the women worked around the clock on 12 British Typex cipher machines, decoding encrypted messages from German and Japanese forces. Among their most consequential contributions, cracked communications played a key role in the intelligence that led to the shooting down of Admiral Yamamoto.

Yamamoto was commander-in-chief of the Imperial Japanese Navy Combined Fleet during the attack on Pearl Harbour and the Battle of Midway.

Their impact carried into the post-war successor of the Central Bureau when, knowing the exceptional service of the women, the new director ignored a defence directive to limit how many women were employed.

Now aged 98, Coral Hinds fondly recalls her days as a so-called “Garage Girl” and said she was proud something had come of it.

“It’s quite unexpected,” she said of being awarded the Australian Intelligence Medal.

“All the time I worked with Central Bureau, I’ve met some wonderful girls. It’s those girls that I’m still friends with and, knowing that they have the same thoughts about privacy and work well and all those things we held so dear in our work, that’s the thing I remember most.”

*Credit: Papua New Guinea Volunteer Rifles Ex-Members Association Inc.
www.pngvr.weebly.com*

‘Hush-hush’

The work of Allied signals intelligence is credited to have ended the war two years earlier than expected.

“There were some very important messages, but we didn’t always know how important they were,” Hinds said.

The messages came in five-letter groups, which the girls would then deliver onto a paper ribbon in a process Hinds described as “very hush-hush”.

The awards come five weeks before Grace celebrates her 100th birthday.

‘Enduring Legacy’

Rachel Noble, who leads the successor to the Central Bureau, said the women and their colleagues achieved the extraordinary without being able to share the enormity of their achievements for so long.

“The Australian Intelligence Medal rightly recognises the significance of their service and sacrifice, to signals intelligence and Australia’s war effort” the Australian Signals Directorate director—general said.

“The enduring legacy of the ‘Garage Girls’ continues today. They are our modern-day heroines and an inspiration to our people.

“As ASD celebrates its 75th anniversary year, we still stand on their shoulders.

“The work they did in harsh conditions shortened the war and no doubt saved many lives. It is humbling for us all to finally see their incredible achievements recognised.”

WOMEN HAVE BEEN NEGLECTED BY THE ANZAC TRADITION, AND IT'S TIME THAT CHANGED

Author: Robyn Mayes

Senior Research Fellow, Queensland University of Technology

<https://theconversation.com>

THE CONVERSATION



The Anzac legend remains firmly centred on the ill-fated Gallipoli campaign of 1915, and the sacrifice of “sons and fathers” in frontline combat. The place of women in this foundational story is also made clear – that of onlookers and supporters.

In concluding her 2017 dawn service address at Gallipoli, former Foreign Minister Julie Bishop told a story about Len Hall, one of the original “diggers” who fought at Gallipoli. He is said to have noticed a girl in the crowd who had gathered to farewell departing soldiers, and given her an emu feather that he plucked from his slouch hat. When he returned to Australia at the close of the war, this girl — who later became his wife — was waiting in the crowd to return the feather.

This is a story of hope, and of an ongoing fascination with and idealisation of the “digger”. It is also a story

about the passive role of women as waiting mothers, wives and sisters. But women’s contributions are more complicated, varied and controversial than these stories allow.

Undervalued women’s work

Women were entirely absent from the Gallipoli landings; the only women in the vicinity were nurses serving on hospital ships and in the field hospital in Lemnos. These crucial and dangerous roles as nurses and ambulance drivers were publicly acknowledged in the early Anzac commemorations.

However, as Anzac Day rituals evolved into the current dawn service, veterans’ march, and afternoon celebrations and sporting events, public recognition of this service declined.

For many years, ex-service women attended Anzac Day marches as spectators or walked in marches without service identification and without mention in the official program. While some were satisfied with this, others were not.

In a 1963 newspaper article the President of the Australian Women’s Army Service shared the group’s experience of “being ignored”. She pointed out they had until then received “less recognition than the boy scouts” (who were officially included in the march). The Australian Women’s Army Service was

actually formed in 1941 to free up men for combat roles. Women performed a wide range of (largely uncelebrated) work, ranging from intelligence analysis to operating fixed gun emplacements in Australia, to working as canteen staff.

In 2002, Annie Leach headed the Perth Anzac Day march on the 100th anniversary of the army's nursing corps, noting that WA nurses returning from the second world war were largely "a forgotten race".

Keepers of the tradition

ABC coverage of the 2017 Gallipoli dawn service reported many people were moved to tears, as evidenced by inclusion of a photograph of a young woman wearing an "Anzac Day" beanie wiping her tears away. Other coverage of Anzac Day 2017 features an image of a woman "watching as people sleep overnight".

An examination of media coverage of Anzac Day in Perth since the 1980s shows a growing expectation around women's emotional engagement with, and support for, Anzac Day rituals. It also shows the emergence of an explicit contemporary role for women as guardians of the ongoing relevance and importance of the Day. This includes making sure that the family attends Anzac Day marches.

The 'modern' digger

In a contentious move, since the first of January 2013, women currently serving in the ADF have been entitled to take up front line and combat roles while direct entry to these roles has been permitted from January 2016. In 2015, women constituted close to 15% of the deployed force. In 2017 the official definition of "veteran" was revised so that many

older service-women were for the first time officially recognised on Anzac Day 2018 as veterans.

The role of women in the Anzac tradition is not just about the "one day" and fair recognition of women's sacrifice and service; it's also about how we understand quintessential "Australian" characteristics and the formation of the nation as the preserve of not just men but also women, and not just those who support but also those who challenge.



ANZAC DAY
LEST WE FORGET

WELLBEING PROGRAM MANAGER REPORT



VETERANS' HOME CARE

With the relentless rain we have experienced recently and having myself slipped twice in one day on mouldy surfaces, I thought I should remind our members that should their walk-ways be slippery then please contact either Veterans Home Care (VHC) or My Aged Care. Slippery services are a falls risk!

Veteran's Home Care (1300 550 450) will provide a once-off cleaning of mouldy services under Home and Garden maintenance and is at the discretion of the contractor whether they are able to do the job as they do not use chemicals nor do they use a high-pressure hose.

If you are registered with My Aged Care (1800 200 422), call them and request a code for home maintenance. An assessor will need to contact you to approve the service and please enquire about the amount of your co-contribution from the assessor- it is a subsidised service but you are required to pay towards the service. My Aged Care may have more powerful cleaners as this agency contracts with tradesmen whereas VHC only contract with handymen.

DVA TRANSPORT

There have been some rumours that transport provided by DVA has been troublesome, drivers are either late, or just don't arrive, and some drivers are not helping some of the ladies into the vehicle. If you would like War Widows Queensland to raise these concerns with DVA then we need to keep a record of these incidents. The type of information that we will need to record are your name, the date of the pick-up, the address of pick-up and the address of drop-off. These details will enable DVA Transport to identify which contracted service provider is not providing a quality service and to take corrective steps like more training on what is expected of them as contracted DVA Transport providers. Just by way of example DVA contracted service providers are supposed to provide a door-to-door service and they are required to help our members get into and out of taxis.

A transport provider like Uber are not contracted to DVA Transport and do therefore do not have to provide a door-to-door service and they are not required to help our members get into and out of the vehicle.

Should you have any concerns or wish to raise any incidents of poor service by DVA Transport please feel free to call the office.

Kind regards,

Sue Hilditch
Wellbeing Program Manager

LEGAL SERVICES

John Cockburn

John Cockburn had nearly 20 years' experience in national and Qld firms before establishing Cockburn Legal. As a partner of Gilshenan and Luton he was responsible for establishing its administrative law and industrial and anti-discrimination practices.

John's focus for some years now has been upon estate planning issues including Trust wills and effective legal structuring for business assets. He is experienced across the spectrum of legal concerns facing aging Australians.

John is also a member of STEP- the international peak body for Trust and Will practitioners – The Society of Trust and Estates Practitioners. He has undertaken specialist education in Self Managed Superannuation Funds through the University of Adelaide.

M: 0421 611 543

P: (07) 3356 9366

A: 98 Enoggera Road, Newmarket, QLD, 4051

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Seniors Legal & Support Service (SLASS)

Free Legal and social work support for older persons experiencing elder abuse, mistreatment, neglect or financial exploitation.

Meet face to face, by phone or online for advice on seniors legal issues including financial matters, aged care and community care arrangements, and consumer matters.

P: (07) 3214 6333

W: <https://caxton.org.au/>

A: 1 Manning St, South Brisbane, QLD, 4101

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TASC Legal & Social Justice Services

It is estimated 1 in 6 older Australians will experience some form of elder abuse, which can include physical, emotional, sexual, social, financial abuse or neglect.

Abuse is never easy to talk about and an older person may not always view certain behaviour as abusive, particularly where the abuse is psychological. It can be especially difficult when it is being received from a family member. If you are unsure or something doesn't feel right, please talk to someone you can trust or contact TASC's Seniors Legal and Support Service which is a free, confidential service.

TASC's Seniors Legal and Support Service are a team of solicitors and social workers who provide supports to older people in Toowoomba, Ipswich and the Ipswich hinterland who are experiencing or at risk of elder abuse, being mistreated or financially exploited. The service will only act under your choice and guidance.

For more information about elder abuse, strategies to help you stay safe or to find out more about or access the service please see their contact details below.

P: (07) 4616 9700

W: www.tascnational.org.au/seniors

FRIENDSHIP DAY 2024

With Friendship Day just around the corner on Wednesday 29 May, be sure to phone head office to reserve your spot before it fills up! Tickets are \$55 per person, which includes a two-course lunch. A cash bar is also available. The event will be held in the Ithaca Room inside the beautiful Brisbane City Hall, and will commence at 11:30am. RSVP due by Friday 17 May.

Brisbane has a host of activities to enjoy, so be sure to stay for a few days and make the most of your trip. Did you know that you can take a free guided tour of Brisbane City Hall during Tuesdays to Sundays, with sessions taking place at 10:30am, 11:30am and 1:30pm. Bookings are essential, so phone (07) 3339 0845 if you would like to take part on one of these tours. The summer 2023 edition of the Bulletin also had a list of free activities to do in and around Brisbane. If you would like another copy of these attractions, please phone AWWQ Head Office on (07) 3846 7706 and request a copy.

Brisbane's May temperatures average between a high of 24 degrees, and a low of 15 degrees Celsius, so be sure to pack appropriately.

To further assist with planning, on the next page we have provided a list of hotels which are all in the heart of the CBD and within 600 metres of Brisbane City Hall. Bookings are to be made directly with the hotels.

We look forward to seeing you at Friendship Day.



MERITON SUITES

A: 43 Herschel Street, Brisbane City,
4000

Ph: 07 3999 8000

W: www.meritonsuites.com.au

550m from Brisbane City Hall



MERCURE BRISBANE KING GEORGE SQUARE

A: Corner of Ann and Roma Street,
Brisbane City, 4000

Ph: 07 3229 9111

W: www.pullmanbrisbanekgs.com.au

110m from Brisbane City Hall



SOFITEL BRISBANE CENTRAL

A: 249 Turbot Street, Brisbane City, 4000

Ph: 07 3835 3535

W: www.sofitelbrisbane.com.au

550m from Brisbane City Hall



TREASURY CASINO AND HOTEL BRISBANE

A: 130 William Street, Brisbane City,
4000

Ph: 07 3306 8888

W: www.treasurybrisbane.com.au

500m from Brisbane City Hall



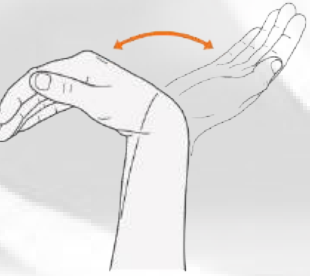
CARPAL TUNNEL SYNDROME EXERCISES

These excersises 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.



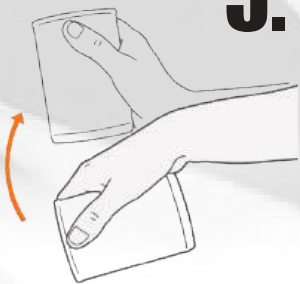
4. FINGER BEND

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.



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.

6. HAND SQUEEZE

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



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

STATE PRESIDENT / BOARD NOMINATION FORM

Each nomination is to be signed by a nominator and a seconder who are financial members of AWWQ. An emphasis will be placed on what the nominee can contribute by way of skills and knowledge to the board, so please consider this in your nominations. There must be two nominators for each nominee.

NOMINATIONS CLOSE 4PM ON FRIDAY 24TH MAY 2024.

NOMINATOR

I (NAME) _____ Member Number _____

and SECONDER

I (NAME) _____ Member Number _____

being financial members of Australian War Widows Queensland, nominate and second:

NOMINEE
(NAME) _____ Member Number _____

for the position of (please tick)

War Widow Director

State President

I, _____, accept nomination for the position above. I declare that I am a financial member of Australian War Widows Queensland and am not ineligible to be a director under the Corporations Act 2001 (Cth) or the Australian Charities and Not-for-profit Commission Act 2012 (Cth)

Signature of Nominated Member

Nominator's signature

Secunder's signature

Date

Date

Date



Full Name	Membership Number
Why would you like to become a State President or Director of AWWQ?	
Please provide a short bio to represent yourself for this position. Attach a separate sheet if needed.	
State President / Board members require a range of skills including effective communication, ability to read and understand financial statements, basic computer skills, ability to communicate constructively and to contribute positively to the sustainability of AWWQ. The State President and Board undertakes from time to time ongoing education to enhance their skills. Please provide a short overview of the skills you bring to AWWQ. Attach a separate sheet if needed.	

By signing below, I declare that my submission is true to the best of my knowledge. I also declare that I know of no reason which would disqualify me from being the State President/ Director and able to apply for the required Director Identification number through ASIC. I declare that I have read and understand the AWWQ Privacy Policy available on www.warwidowsqld.org.au or in the AWWQ Handbook.

Signature	Date
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FRIENDSHIP DAY 2024 RSVP FORM

Friendship Day Luncheon (\$55 per person) - Wednesday 29 May 2024

11:30am arrival for 12:00pm Lunch - Finishing at 2:00pm

Ithaca Room, Brisbane City Hall 64 Adelaide Street, Brisbane City

**BOOKINGS LIMITED TO 200 PEOPLE, SO PLEASE PHONE HEAD OFFICE FIRST
TO RESERVE YOUR SPOT BEFORE MAKING PAYMENT**

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
How will you make your payment?	<input type="checkbox"/> By cheque/mail order to the postal address below <input type="checkbox"/> Credit Card by calling Head Office- 07 3846 7706 <input type="checkbox"/> EFT to Australian War Widows Queensland BSB: 064 000 Account #: 1496 9480 Ref: "FD + Your membership number"		
Emergency contact	Name: Relationship: Phone:		

RSVP: FRIDAY 17 MAY 2024

Contact to pay:

Australian War Widows Queensland
ATTN: Friendship Day
PO Box 13604
George St Post Shop
Brisbane QLD 4003

Contact for bookings and event details:

AWWQ Head Office
(07) 3846 7706
admin@warwidowsqld.org.au



**FILL OUT THE REVERSE SIDE AND
SEND TO:**

**AUSTRALIAN WAR WIDOWS QLD
PO BOX 13604
GEORGE ST POST SHOP
BRISBANE, QLD, 4003**

2024/2025 MEMBERSHIP FEES

It's that time of the year again! AWWQ collects \$25 from members each year to help support our organisation and the services we offer. To pay your annual membership, please choose **one** of the following options:

1. Completing the renewal form and return to the below address with a cheque or money order. Please make sure that your full name and membership number is included on the form to allow us to identify you. If you are unsure of your membership number please call head office.
2. Phoning head office on (07) 3846 7706 and paying by credit/debit card over the phone.
3. Electronic Funds Transfer to the AWWQ bank account (box on right).



Australian War Widows Queensland
 BSB: 064 000 (Commonwealth Bank)
 Account Number: 1496 9480
 Annual Fee: \$25 (with an optional donation)
 Reference: Your AWWQ membership number.

Last Name		First Name	
Membership Number		Phone Number	
Email Address		Membership Fee	\$25
Would you like to make an optional donation?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, how much?	\$
Do you require a receipt?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, which type?	<input type="checkbox"/> Postal receipt <input type="checkbox"/> Email receipt
To help us keep your records up to date, please answer the questions below			
Has your address, phone number or email address changed in the past year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please let us know your new details:	
Has your emergency contact/NOK changed in the past year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please let us know the new details:	

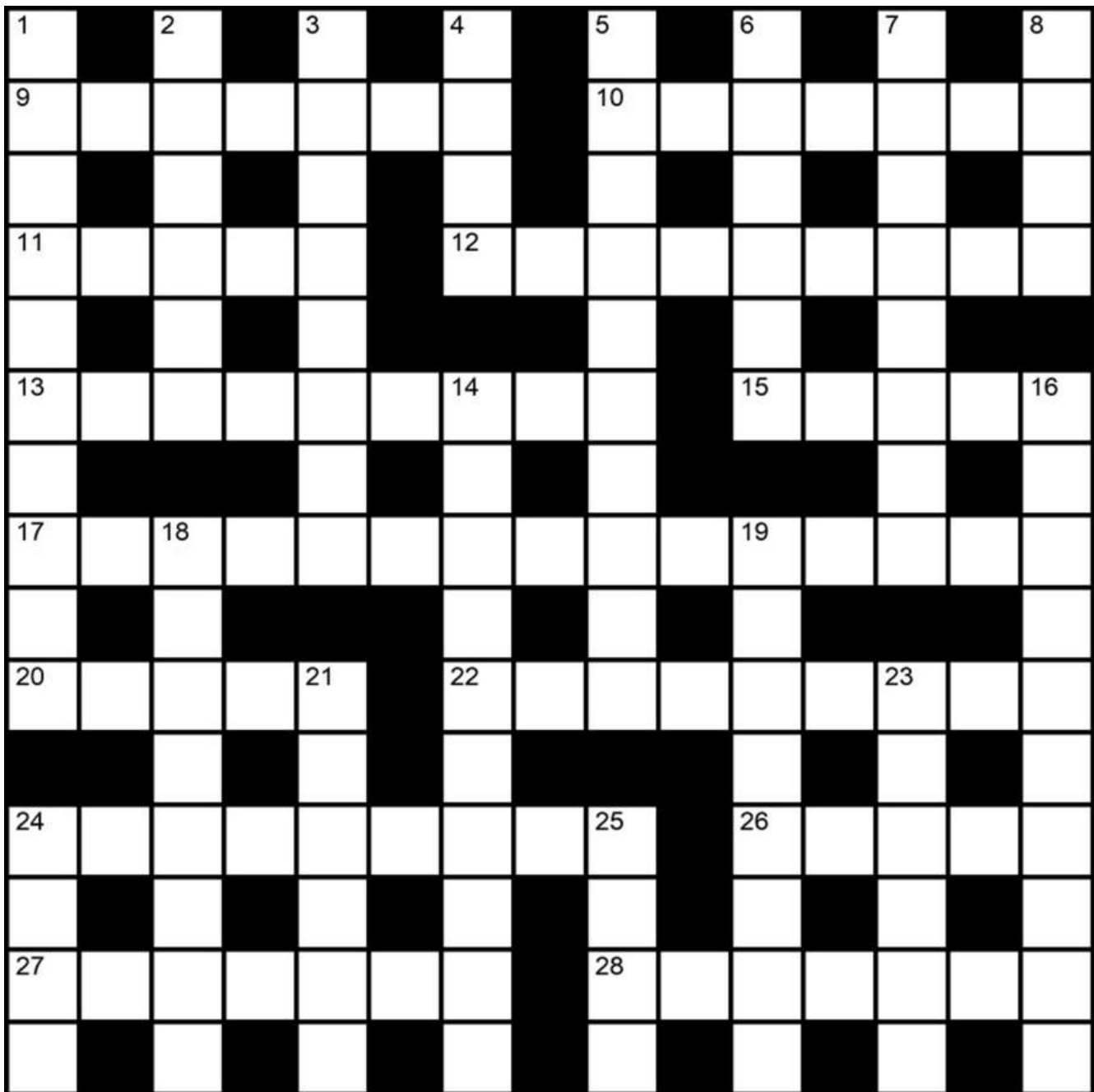
POSTAL ADDRESS: PO Box 13604, George St Post Shop, Brisbane, QLD, 4003

Rules for Sudoku -

- Every square has to contain a single number
- Only the numbers from 1 through to 9 can be used
- Each 3×3 box can only contain each number from 1 to 9 once
- Each vertical column can only contain each number from 1 to 9 once
- Each horizontal row can only contain each number from 1 to 9 once

		3			4	5		2
	5				3			
		8			5	3	6	
			2			7	4	3
2	7		3				8	
3	4		7	5				
		5	4					6
9		2					5	
4					2	9		

Solutions on page 1



Across:

- 9** Fleet commander (7)
- 10** Alleged UFO site in New Mexico (7)
- 11** Sci-fi author--- Asimov (5)
- 12** Gold, silver and bronze Olympic swimming medal-winner (3,6)
- 13** On the way (2,7)
- 15** Chats (5)
- 17** Body snatchers (12,3)
- 20** Long, hard journeys (5)
- 22** Insect killer (9)
- 24** Won over (9)
- 26** Tummy button (5)
- 27** American reindeer (7)
- 28** Get in undetected (5,2)

Down:

- 1** The kiore, an unwelcome visitor (7,3)
- 2** Tell (6)
- 3** Comfortable place to sit (8)
- 4** Flat concrete area (4)
- 5** Countries on the Persian Gulf (4,6)
- 6** Short-sleeved top (1-5)
- 7** Feature of grandfather clocks (8)
- 8** Fight (4)
- 14** Walked vigorously (7,3)
- 16** Summer-visiting coastal wading bird (10)
- 18** Rob---, Virgin Blue co-founder (8)
- 19** Aligned (8)
- 21** Beer bottle (6)
- 23** Implore (6)
- 24** Select (4)
- 25** Radio telescope (4)

Solutions on page 1



AUSTRALIAN WAR WIDOWS QUEENSLAND

*"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."*

Can you help continue our advocacy, support and service to War Widows?

Personal Details:

Title: _____ First Name: _____ Surname: _____

Address: _____

Email: _____

Donation:

Please accept my gift of \$ _____

Enclosed is my Cheque/ Money Order (payable to *Australian War Widows Queensland*)

Please debit my card Mastercard Visa


Card Number:


Name on Card:


Signature: Expiry Date: /

To donate by bank transfer:

Bank: Commonwealth Bank of Australia
Account Name: Australian War Widows Queensland
BSB: 064 000 **Account Number:** 1496 9480
Bank reference: Please use your full name

 (07) 3846 7706 8am- 4pm Monday to Friday

 www.warwidowsqld.org.au

 admin@warwidowsqld.org.au

Do you require a receipt? Yes No If yes, which type? Post Email

Please return this form to:

**Australian War Widows Queensland
PO Box 13604, George Street Post Shop, Brisbane, QLD, 4003**

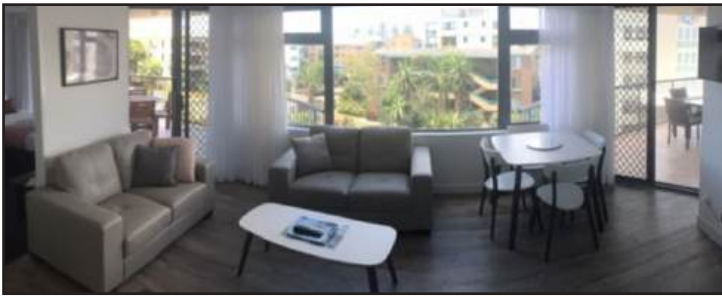
- Please send me information on becoming a member of Australian War Widows Queensland
- Please send me information on including a gift in your Will to Australian War Widows Queensland

thank you!

*For helping us continue our mission to empower,
inspire and celebrate all war widows and
families while providing whole of life support
and assistance.*

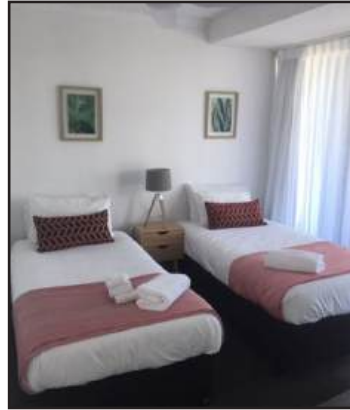
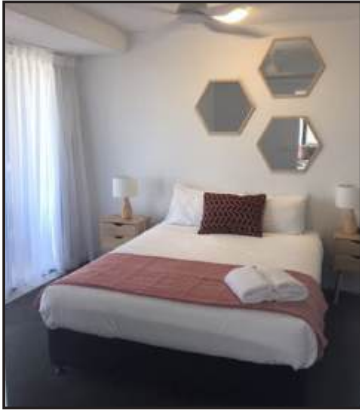


VACATION/RESPITE RENTALS



CENTREPOINT CALOUNDRA

Centrepoint Apartments in Caloundra boasts a heated swimming pool, a sauna and two hot tubs. Guests enjoy an on-site café and balcony views over the Pumicestone Passage. The apartment has air-conditioning, a fully equipped kitchen, a dining setting, laundry facilities and a lounge area with a flat-screen TV with free cable channels. The unit is open to all guests along with guests requiring disability access. It has two bedrooms, one with two single beds and the other with a queen size bed. Reservations require a two night minimum stay and AWWQ Members & ESO members receive a 35% discount off the advertised rate. Please call Centrepoint Caloundra management on (07) 5492 0100 to make a reservation.



WESTERN AUSTRALIA

Australian War Widows WA Inc. is pleased to advise that a holiday unit is available for AWWQ members at Forsyth Gardens, located at 15 Plantation Street, Menora, Western Australia, 6050.

The one-bedroom unit can comfortably accommodate two and is fully equipped for short term stays. Located on the grounds of the Marjorie Le Souef Administration and Community Centre and within close proximity to major shopping centres, transport and the city, it is ideal for a city break or medical appointments. The cost is \$30 per person/per night for war widows and \$40 per person/per night for all others.

Please contact Joanna Simpson on (08) 9371 7470 Monday, Tuesday or Wednesday between 9.30 am and 2.30 pm for further information.



MARINA COURT NEW FARM

Australian War Widows Queensland provides a furnished unit at Marina Court, New Farm, for members & their families along with ESO members requiring short stay/respice accommodation whilst in Brisbane for a maximum of 21 days. The Price is \$50 per night (with a 2-night minimum) or \$250 per week. A \$50 cleaning fee is charged per stay, and cleaning arrangements are organised through head office only. Please phone the office on (07) 3846 7706 to book. Conditions apply.



AUSTRALIAN
WAR WIDOWS
QUEENSLAND

We support them
because they supported us.

07 3846 7706
Level 4, 183 Wickham Tce
Spring Hill QLD 4000
ABN 88 009 708 810