

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

WINTER 2024

In this issue:

- Board voting papers
- ANZAC Day
- Friendship Day Photos
- AGM Notice



WINTER EDITION 2024

AWWQ CONTACTS

QUEENSLAND STATE PRESIDENT

Mrs Judy Smith

CHAIRMAN

Mr Stephen Scott

SECRETARY

Mrs Narelle Stanton

INDEPENDENT DIRECTORS

Ms Jenny Walker

Mr Chris Richards

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/>

CONTENTS

STATE PRESIDENT REPORT	2
EO REPORT	3
NATIONAL PRESIDENT REPORT	4
NEWS & REMINDERS	5
GROUP DIRECTORY	6
GROUP NEWS	8
RECIPE	13
PENSION RISE	14
DVA TRANSPORT	15
WAY WE WERE	16
PEN PALS	18
ANZAC DAY 2024 PHOTOS	20
FRIENDSHIP DAY 2024 PHOTOS	22
WELLBEING PROGRAM MANAGER	24
MARY WATHEN	26
BOARD DIRECTOR VOTING FORM	27
ANNUAL GENERAL MEETING	31
MEMBERSHIP RENEWAL FORM	33
SUDOKU	34
CROSSWORD	35
DONATION SLIP	36
ACCOMMODATION	37

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

Susan Andrews- Scarborough

Larrina Bellert- Maryborough

Pamela Cochrane – Elimbah

Stephanie Curry- Kensington

Elaine Day – Mango Hill

Krysteen Dawes – Norman Gardens

Anna Dickson- Kawana

Marilyn Ferguson – Carina

Dorothy Haig

Ivy On Hing-McLeod- Buderim

Alice Hornby – Tugan

Beverley Kane – Redland Bay

Terri Lee – Redland Bay

Margaret Little – Norman Gardens

Gayle McCarthy – Arana Hills

Patricia Manson- Margate

Catherine Meiklejohn- Kirwan

Faye Perrin – Tewantin

Beverley Resor- Scarborough

Hazel Christie Small – Googa Creek

Virginia Smith- Riverview

Janet Smout – Spring Hill

Michel Weber – Meridian Plains

Margaret Williamson – Buderim

Carolyn Young- Hamilton

STATE PRESIDENT REPORT



The past few months have been busy. During ANZAC Week, representatives of AWWQ attended services to honour our service men and women at many of the Services in Brisbane. I laid a wreath at the Dawn Service at the Shrine of Remembrance, Anzac Square. Thank you to

the members who attended Anzac Day Services and laid wreaths in the regional areas, remembering those we have lost. Thank you to those who proudly marched behind our banner in the Brisbane ANZAC March.

Sue and I began our annual visits to the groups before Easter, four of these visits included Annual General Meetings. I do not get to attend many AGMs now as more than half of the groups have done away with the formalities and are now Social Groups, still enjoying all the benefits offered by AWWQ and concentrating on the social activities that suit each group. At the Rockhampton AGM, I had the pleasure of farewelling Jenny Ireland as president, although she has only changed her hat from President to Vice President. Jenny has been Vice President, Treasurer, and President for a total of thirty years. Thank you, Jenny, for your dedication over all these years.

To those groups we have visited thank you for your kind hospitality and for making us welcome. I enjoy hearing your stories and what each group is doing to support each other in your different localities.

Sue and I had the pleasure of attending the 100th Birthday Celebrations of two of our members recently. We had morning tea with Mavis Jones and her family on 10th April and we helped Mary Wathen celebrate with a Luncheon at the Diggers Club, Logan.

Sadly, on Anzac Day Mavis had a fall and passed away several days later. In her younger days, Mavis was a valued volunteer at the Guild office for many years. Our condolences to Mavis' family.

I attended an enjoyable Mother's Day High Tea at Brisbane North (Geebung). Thank you, Denise and your 'helpers for organising this wonderful event at the Geebung RSL. Not to be 'outdone' Brisbane West (Gaythorne) celebrated its 20th Anniversary with a lunch at Gaythorne RSL. Thank you to Bev Summers who took over managing the event while Narelle Stanton was unwell.

As well as attending these enjoyable events, part of my role as State President is to advocate for the members and to protect your benefits. Recently, I had the opportunity to meet Alison Frame Secretary of DVA, Matt Keogh Minister for DVA, and Kahlil Fegan DSC AM, Repatriation Commissioner, at various meetings where important DVA matters were discussed. I have also attended AWW National Council meetings and Forums with other ESOs ensuring that matters concerning war widows are heard.

Friendship Day is of course the highlight of the year, being back in Brisbane this year has proved popular with 200 tickets sold well before the cut-off date. Thanks to Darren Curtis and Tommy Memphis for entertaining us and thank you to the members who traveled to Brisbane to meet old friends and make new ones.

The next event will be the AGM in August, details further on in this Bulletin. Five nominations were received for the two vacant Board Director positions. This requires that you vote for your preferred member to take a place on the Board. It is encouraging to see the number of nominees this year. These are important positions as it is your BOARD, and it is the BOARD that represents and makes decisions on your behalf. Thank you to those who have made themselves available for nomination particularly our one and only war widower who has already made himself popular with the Warwick War Widows. Best wishes to all involved in the election.

Finally, can I thank our incredible volunteers who together make AWWQ the great organisation that it is. From the organisers to the ladies selling raffle tickets those who make the sandwiches, and those who clean up at the end of the day, you are invaluable, and you are appreciated.

Take care and stay well (and warm).

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

First and foremost I would like to express my gratitude to all our members who have supported AWWQ and made sure that their membership fees are paid. In case you missed it, the membership renewal form is included in this Bulletin

once again.

In the autumn Bulletin, a nomination form for a position as a Board Director was circulated to members. We have five nominations for two Board Director positions, so this is an exciting time for AWWQ. Voting papers and information about our nominees can be found on page 31. We urge every member to vote; voting will close on the 22nd July 2024, at 4 pm.

It was National Volunteers Week in May, and in keeping with that theme, I would like to express my appreciation to our Sub Branch Presidents and Group Coordinators for their selfless work supporting our members. It is undoubtedly a great privilege to know that such a powerful group of women are leading the way.

Two hundred members attended our annual Friendship Day, which was held on the 29th May at Brisbane City Hall. I want to express sincere thanks to our MC, Darren Curtis, for his unwavering support of Australian War Widows Queensland. The day was full of laughter and joy. Tommy Memphis, who has always delighted the crowd, has also received great praise. It was terrific to see the smiles on the ladies' faces as they sang and danced in the conga line.

Additionally, I would like to express my gratitude to Maroochydore for volunteering to host the 2025 Friendship Day. It is with great pleasure that we can carry on this special day, as our members especially love travelling to different parts of Queensland and getting to meet old and new friends along the way. Alongside the Maroochydore Executives, head office is excited about working to make this another unforgettable Friendship Day event.

This year's end of the financial year, March 2024, has come around quickly, and the yearly audit will start in June. Presentation of the Annual Report for the 2023/2024 period will take place at our Annual General Meeting (AGM) held on the 21st of August at the United Service Club. There is limited seating available so please ensure you book as soon as possible (details on page 35).

Last but not least, I want to thank the head office team for their constant dedication to our members. Their commitment to the organisation is unwavering, even during our busiest time. For a team of five they do a remarkable job!

I hope you stay warm & keep well over winter.

Kind regards

Rachel Johnson

NATIONAL PRESIDENT REPORT



Dear members,

Greetings and best wishes to each and every one of you as we approach winter 2024.

This year is shaping up to be another busy year with our plans to celebrate our inaugural "National War Widows' Day" on October 19

this year. Of course, our priority is always to ensure that we continue to support our members and make sure that you continue to receive your benefits to which you are so rightly entitled.

Your state organisations continue to support you socially and I hope you take advantage of attending your local meeting groups and connecting with other war widows.

Australian War Widows (AWW) continues to work at both state and national level, and with other veteran organisations to promote the interests of war widows. The secretary of DVA, Alison Frame has been very responsive to our questions and concerns, and we hope to continue this great relationship.

With the revision of the Veterans' Legislation to replace the three current Acts from the Federal Government, we have ensured that we provided as much input in to the consultation phase from the states and territories, war widows and their families. AWW has made a considered submission to the reform process and your feedback has been invaluable in shaping our advocacy efforts and ensuring that AWW effectively represents the interests of all our members and war widows generally.

I do hope that many of you were able to be part of the many ANZAC Day services that have been held around Australia. AWW representatives take great pride in laying wreaths and attending many services to commemorate those who have served in our Defence Forces. We are the "chief mourners" and will always strive to be well represented at these events.

AWW has also had extensive input into the new Aged Care Act and hold out hope that the new Act will enhance and improve the care that is provided both in Residential Aged Care and Aged Care at Home.

I hope that you have all had your flu vaccinations as we are expecting a very severe flu season. Also, it is important that you have your shingles vaccination as I can attest to the very debilitating pain that comes with Shingles.

AWW is thrilled that we now have war widows meeting in Melbourne and Darwin and we have contacted the government representatives in those states asking them to get involved in our National War Widows' Day in October.

I am also very pleased that ACT President Robynne Mitchell has agreed to represent AWW on the Board of Australian Veterans' Childrens Assistance Trust (AVCAT). We thank Meg Green for previously representing us on that Board for many years.

Thank you for your continued support and participation in our shared mission at AWW.

Jenny Gregory OAM

NEWS & REMINDERS

STATE PRESIDENT

We are able to announce that there were no nominations submitted for the position of State President. As a result, Judy Smith will continue to serve as your AWWQ State President for an additional two years.

BOARD VOTING

We have received five nominations for the two AWWQ Board Director positions. Please refer to the voting form, voting procedures, and nominee biographies from page 31 of this edition. Please make sure you have carefully read the voting rules in order for your vote to be accepted. We encourage every member to vote for the nominee of their choice.

ANNUAL GENERAL MEETING

The Australian War Widows Queensland Annual General Meeting (AGM) will be held on Wednesday the 21st of August 2024 in the Glasgow Room located inside the United Service Club. Bookings are limited to 80 people so please phone before sending in your form. The booking form can be found on page 35 of this edition.

FRIENDSHIP DAY PHOTOS

We had some fantastic photos taken at the Friendship Day event. If you had your photo taken by the photographer and would like a copy of the photo, please phone head office on (07) 3846 7706 and we will do our best to get the photo to you.

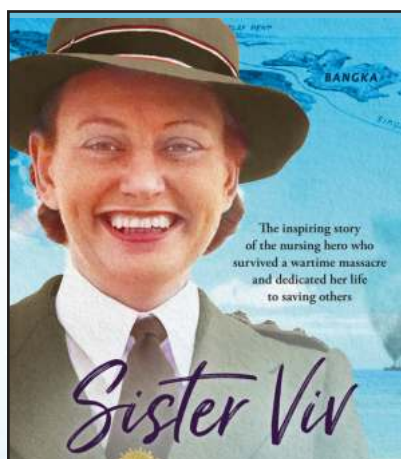
SAVE THE DATE

There are a number of notable dates approaching for the year, so please take note of these important dates:

- AWWQ AGM, Wednesday 21 August. Glasgow Room, United Service Club
- War Widows' Day, Saturday 19 October. Various group events, please contact your group Presidents/Coordinators for further details.
- AWWQ Christmas Luncheon, Monday 25 November 2024. Ithaca Room, Brisbane City Hall - A booking form will be available in the spring Bulletin

AUTHOR LUNCHEON EVENT

On Tuesday the 25th of June 2024, the United Service Club (USC) is holding a Author Luncheon Event with Grantlee Kieza OAM, the author of "Sister Viv" to be held at 183 Wickham Terrace, Spring Hill. Sister Viv tells the story of courage, sacrifice and service of a WW2 Australian nursing hero who survived against the odds and dedicated her life to the care of others. Tickets are \$55 per USC member, and \$60 per USC member's guest. For further information and bookings, please contact USC on (07) 3831 4433.



THANK YOU KOOKA'S COUNTRY COOKIES!

A big thank you to Kooka's Country Cookies who generously donated 600 cookies for Friendship Day.

Kooka's are 100% Australian owned, Australian produced and Australian made. Be sure to check out your local supermarket and support them by purchasing their delicious cookies.



Solutions to Crossword and Sudoku on pages 38 & 39



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

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 & 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: Joyce Longhurst 0429 312 708
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: Jennifer Armstrong 0421 820 415 Vice President: Gay Middleton 0439 323 557 Vice President: Lorriane McKay 0434 539 028 Secretary: Gail Brown 0419 789 022 E: walgailb@bigpond.net.au Treasurer: Beverly Shaw 0408 068 349
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 0488 081 122 E: russellr14@bigpond.com Vice President: Jenny Ireland 07 4928 5651 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 0427 400 806 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, Oonoonba 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

Hello everyone. The first half of this year has passed so quickly.

On the 21st March, a group of us enjoyed lunch at the Alderley Arms Hotel. Also, on the 28th March, Lily Hand and Narelle Stanton attended the Naval Association's Memorial Service honouring War Widows at the Jack Tar Naval Memorial at Southbank. The service was attended by War Widows from various groups in Brisbane. Dorothy Martin won the Easter Hamper at our meeting.

At our April meeting, we welcomed new member Gayle McCarthy. Our guest speaker was Cluny Seager who, among other community roles, is the President of the Royal Brisbane Hospital's Nurses Association and a volunteer at St. Andrew's Hospital. Cluny gave a very interesting talk on a Nurse's perspective of their role in the evolution of the Anzac Spirit.

Our group attended the Brisbane North (Geebung) Social Group Mother's Day High Tea on the 16th April. Congratulations must go to Denise and her ladies for hosting such a beautiful event. We thoroughly enjoyed the day.

Then, on the 19th April, we went to visit the Clydesdale horses at Morayfield. What began as a sedated bus ride to the farm, quickly turned to a dilemma as our bus became stuck in the concrete of their driveway and could not proceed. Our ladies could not walk up to the farm. A solution came in the form of a fleet of four-wheel drive vehicles who ferried us off-road up the hill to the farm. A beautiful morning tea awaited us and then we watched the Clydesdales as they showed off their talents and enjoyed our cuddles. We were then again

taken off-road back to our bus and then we travelled to North Lakes for lunch then home. It turned out to be a wonderful day. Our hosts informed us that the horses enjoyed the day so much, they slept all afternoon.

For Anzac Day, our Jean Hoffmann and Jean Hardy laid the wreath on our behalf at the Gaythorne RSL Service. Other ladies attended various Anzac Day memorials and also the Anzac Day march in Brisbane.

Our meeting on the 13th May was the celebration for the 20 year anniversary of our Group. We were very fortunate to have attending, Billie Lake, Karen Saunders and Jocelyn Slater who attended the inaugural meeting in 2004. Our guests were Tim Mander, State Member for Everton, AWW National President, Jenny Gregory, State President, Judy Smith and State Welfare Officer, Sue Hilditch. It was lovely to have Denise Fridolf and her ladies from Brisbane North (Geebung) together with Lauren Ashby of the Persephones attend also. It was interesting to hear the Minutes of the first meeting and remember friends who are no longer with us. It was no real surprise to learn that the activities of the Group have not differed greatly from the first meeting to the present. Our group is still lunching, travelling and being culturally enriched like those first ladies all those years ago...and we are still playing Mahjong. A huge thank-you must go to our Bev Summers who was wonderful in conducting the day on Narelle's behalf and also to our amazing Committee members who assisted in making the day go smoothly.

Coming up, we have Friendship

Day and we are preparing for the second half of the year.

Best wishes to all.



Mahjong Group - Narelle Stanton, Jean Hardy, Elizabeth Frew, Lynne Hackwood, Margaret Bell and Pat McKay.

BUNDABERG

Our Annual Meeting in March took the form of a luncheon meeting and was very well attended. The venue where we were has now closed and will have to find another convenient venue. We have a new member in Val Robinson and all welcomed her.

A couple of our older members are not so well at the moment and we wish them speedy recovery.

At the Annual Meeting there was no change of Office Bearers so more of the same.

Last meeting we were organizing our calendar for the rest of the year as time is going quickly.

All our mothers reported having had a lovely Mother's Day.



Bundaberg members at their monthly meetings

CAIRNS

Hello all from not so sunny Cairns. Most days this year we have seen some rain so we are waiting for winter and some fine cool sunny weather. During our March meeting we were visited by Kerry Stingel an Occupational Therapist whose advice and ideas were most welcomed.

April meeting, we were visited by Sam Phelps from Mates for Mates who explained what they did to help returned Veterans. Later in April some of us had a very relaxing and enjoyable lunch at "Tha Fish" at the Pier. On Anzac Day Lyn and Norma laid a wreath on behalf of War Widows at the Dawn Service at the War Memorial on the Cairns Esplanade.

May meeting was cancelled as nearly all members were unable to attend. We are hoping most are available for our June meeting. The Day after our non-meeting we had five very friendly ladies from the Townsville War Widows land in Cairns and I had lunch with them at the RSL. Later in May we took a bus trip to Trinity Beach and enjoyed a delicious lunch at the Trinity Beach Tavern. It didn't rain too much that day and we all enjoyed the atmosphere at the beach, it was very soothing.

Bye until next time,

Lyn Bennett
Co-Ordinator



Cairns members having lunch at the Trinity Beach Tavern



Cairns members on a day trip to Trinity Beach

CALOUNDRA

Hi everyone, our AGM meeting was on the 8th of April, 18 members attended and eight apologies.

Sadly, one of our special members Lal Kennedy passed away on Wednesday 20th of March. She was 98 years old and a long-time member. She joined War Widows Caloundra in 1989 and attended every meeting and Bus trip.

On the 25th of April I laid the wreath on behalf of our members at Memorial Garden at the RSL Club. Four of our members attended to the Ceremony.

Our May meeting was on 13th of May and we had a speaker from Caloundra Hospital, and she talked about the latest equipment that has been provided for Palliative Care. After the meeting we had a bus trip to Landsborough Hotel.

I would like to welcome our new member Michelle Weber to our meeting.

Our next meeting is the 10th of June and looking forward to a visit from our State President Judy Smith and Wellbeing Program Manager Susan Hilditch.

God bless you all.

Roohi Doherty.

GOLD COAST NORTH

For our first function in 2024 we celebrated Valentine's Day with a lunch at Pacific Hotel Southport. Seventeen ladies attended. All enjoyed a great chit chat along with good food.

March was a time when we

had another catch up with lunch at Anglers Arms, this is a favourite meeting place for our ladies.

In April our Guest Speakers were Judy Smith and Sue Hilditch. Judy spoke of changes that may be happening for War Widows in the future and Sue spoke EPA and the issues of what this means. Ladies asked questions. Sue also touched on the issues of personal alarm systems.

Anzac Day was busy. Three of us attended the Southport Dawn Parade. Maryse Arthur and Sharon Grut-Mackay laid a wreath on behalf of War Widows. At the 0900 service Margaret Theobald, Thelma Tiley and Linda Summerhill also placed a wreath at the Southport Cenotaph. Serena Reeves laid a wreath at Runaway Bay Cenotaph.

Along comes May, we had 10 ladies on board for a pre-Mother's Day Cake and Coffee morning at Luv a Coffee Southport Park. The staff arranged to take orders from the table so the ladies didn't have to wait in a queue. Great to sit and chat. We had a very enjoyable time.

Our next adventure we are looking forward to is Friendship Day in Brisbane. We have 11 ladies attending. Sadly, some ladies were unable to attend due to other commitments.

Kind regards
Sharon Grut-Mackay
Gold Coast North



Gold Coast North members out to lunch

GOLD COAST SOUTH

Hello ladies, winter is just around the corner and is a much welcome respite from the heat and humidity that has knocked us about over the past couple of months.

We have had a lovely couple of months celebrating Easter and Mother's Day with treats to make us feel special.

ANZAC Day was a busy day with representatives attending our local high school and then on ANZAC Day the dawn service and then the mid-morning service followed by a lovely luncheon that the RSL host and which we are guests.

We are planning a bus trip next month to a cheese factory in Northern NSW so that should be a nice day out.

Another activity in the planning stages is a ride with Cycling Without Age that run trishaw bike rides along our foreshore, why not make the most of this beautiful place where we live!

Friendship Day is almost here and 15 of us are heading to Brisbane to join in with so many others for a fun day catching up with old friends and hopefully making some new ones.

Gold Coast South continues to maintain our numbers with a loyal group of ladies that attend our meetings and participate in activities.

Debbie
Gold Coast South



Gold Coast South members modeling some Easter bonnets

MAROOCHYDORE

Greetings from Maroochydore. How quickly this year is going. It is nice to have some cooler and dry weather. It seems like we have had continuous showers since Xmas.

Our first couple of meetings have been well attended. Our guest speakers have been an exercise physiologist, and safety and security talk by Maroochydore Police. An OT and Mates for Mates are next on the agenda.

We have managed two bus trips. One to Noosa Botanical Gardens and Cooroy RSL for lunch, and the second to Caboolture Historical Village. June will see us having a bit of retail therapy at Eumundi Markets.

I represented Maroochydore War Widows for Anzac Day and laid a wreath at the Cotton Tree cenotaph. Wreaths were also laid at different locations by a couple of our members.

Three of our ladies have had stints in hospital, but all are now on the mend. Two ladies have turned 90 and I was able to visit both at home. As a well-being Advocate with Maroochydore RSL, I have started home visits with ladies who have joined AWWQ, but never joined our group. It has proved to be very rewarding.

Take care till next time.

Glynis Burns



Marion Goldsmith celebrating her 90th Birthday



Leonie Lawson celebrating her 90th Birthday

MARYBOROUGH

Hello everyone! Just a short update from our small group. Though small in number but united in spirit. Camaraderie with each other is strong and we look forward to be with each other at meetings time once a month.

The May meeting was held at a member's resident with an Asian menu for the main meal and dessert, followed by a board game of rummikub and mahjong. Most of us believe that games are good for the mind to be active as well as a chance for socialisation with lots of fun and laughter.

We look forward to a visit from our dear President Judy Smith come July. We are eternally grateful for her support and guidance in our time of confusion.



Maryborough group celebrating a birthday for one of their members

NEW FARM

Our New Farm group continues to have a good attendance. In May we set up our meeting inside one of the empty units as the weather was unkind to us. We enjoyed listening to Robin from Mens Shed who told us about the great work that they do not only in offering companionship and meaningful activities to men, but also in making items for the needy and working with pre-school children teaching them practical skills.

In June we will have Sue speaking to the group about the importance of having an EPOA and how to fill in the documentation. We are planning a trip to the Veterans Hub at Caboolture and to Remembrance House in July and will meet up with the Gympie ladies there as well.

We are also hoping to have another visit to the races with Grace Grace who is the Minister for Racing. It was a great outing last year and we are looking forward to a repeat visit.

In July we will have a speaker from "Commonkind" visit us. At our meeting in August we will have Deb from Hearing Australia talk to us about how loss of hearing can affect some medical conditions.

We are looking forward to catching up with other war widows at Friendship Day, the AGM, and other AWWQ events throughout the remainder of the year including Veterans' Health Week, War Widows' Day and the AWWQ

Christmas lunch.

Thank you to all the ladies who marched behind the AWWQ banner at the ANZAC Day Parade in Brisbane. New Farm group held our own Anzac Service at Marina Court and enjoyed the rendition of the Last Post and the National Anthem from Alistair and Hugo Hopkins. It is their third year of coming to us on Anzac Day. Retired Lt. Colonel Harry Shortt gave a very poignant address and Chris Richards recited the Ode for us. We followed the service with a sausage sizzle.

Jenny

REDCLIFFE

Another year has ended with our AGM in May, with new Vice President Gay Middleton replacing Vice President Judy Harvey. We gratefully thank Judy for her guidance through this past year. However, Judy is still with us by taking on the role of our fundraising. Also elected to the role of Treasurer, Beverley Shaw is taking up the challenge of this role, replacing Treasurer Jan Kersnovske. Beverley is ready to step into this role, and will be guided by Jan. I am sure Beverley will be a successful Treasurer. A most gentle and kind lady, Jan has served as Treasurer for five years, but due to health issues, she has decided to retire as Treasurer. On behalf of the Redcliffe Sub Branch, we wish her well and we look forward to seeing her at our meetings.

Our member attendance is holding steady at an average of 33 members, we are pleased to see our members attending and enjoying the meetings. Still, we have several members unable to attend due to ill health.

So far this year we have had excellent special guest speakers to our meetings, Traditional Funerals

and the TPI Association President Phil Hay.

At our AGM in May we had ten special guests who attended, making this AGM very special. Each special guest spoke to our members and from the feedback I received, they enjoyed the meeting.

A light lunch was served, with most of our guests staying to mingle with our members.

In closing this winter Bulletin Report 2024 I Quote: "I don't like to gamble, but if there's one thing I'm willing to bet on It's myself".



Members at the Redcliffe AGM in May



Jan Kersnovske and President Jennie Armstrong

ROCKHAMPTON

Hello again from Rockhampton.

Times are busy once again. Our President, Jenny Ireland, attended the Dawn Service on Anzac Day and laid a wreath on our behalf.

We had our AGM on the 14th of May with 16 members in attendance, one apology, one new associate member, Margaret Little, and our two visitors from Brisbane, State President, Judy Smith and Sue Hilditch, Wellbeing Project Manager. Welcome Margaret and welcome Judy and Sue and thank you for your visit and attending our AGM. Thank you also for bringing us up to date on all that is happening with AWWQ.

We have a change of President, thank you Jenny Ireland for the 22 years of service and the great job you have done. Welcome to our new President, Ruth Russell, thank you for stepping up to take on the role of our President.

Three of our members are looking forward to our trip to Brisbane in a few days to attend the Friendship Day.

On the 21st of June some of our members are joining an RSL organised bus trip to the St Lawrence Wetlands for the day. I am sure they will have a great time.

Our next meeting is on the 11th June, 10am at the Frenchville Sports Club. Would love for you to join us. Regards Jan

SOUTH EAST

The South East AWWQ ladies have enjoyed most of the first half year being kept busy with public holidays and special days of flowers and chocolate occasions; it is good to meet and to share these experiences, the good or the not so good ones.

War Widows were represented on ANZAC DAY at Coorparoo RSL and Community Club's exceptional memorial and wreath laying service by Jillian Mahoney, Maureen Morrison and Elizabeth Cowell, one had to be there to appreciate the size of attendance and the cooperation of all the schools and associations who took part in helping to preserve this special time in history.

April meeting was attended by President Judy Smith and Sue Hilditch, Wellbeing Program Manager. Special day of friendly, informal "getting to know" you chats.

Already we have said a final farewell to some of our members this year and they are sadly missed but with two new members our attendance is holding up especially with the help of a few

dedicated daughters of AWWQ whose support at our monthly meetings is appreciated greatly.



South East members at their monthly meeting



South East members with State President Judy Smith

SOUTH WEST

Since my last report we were offered a room down with the Sub Branch. We are very grateful to the Sub Branch President for doing so. Not only is it more peaceful but we have been offered free tea and coffee. Some of our ladies are providing morning tea. Thanks ladies.

Anzac Day ceremonies were attended by myself and other ladies. We were again invited to wreath laying ceremony at Browns Plains High School. The young cadet unit did a very good job with the service. Mabel Park High School also held a service. As they were on the same day, committee members attended that service, which was also very well done.

The Greenbank Services club held their service on Anzac Day. Starting with a Dawn service March followed by ceremony. Cadets units from surrounding schools attended. Both Army and Airforce. It was good to see so many young people involved.

On the 3rd of May we held a morning tea for a special lady who was turning 100 on the 6th. I think Mary was surprised. Photos were

taken and she was given presents.

On the 7th we had a combined Legacy and War Widows birthday function for Mary. Thank you to Judy Smith and Sue Hilditch for attending. We had lunch followed by Mary cutting her special cake. It was a very special day and Mary was showered with lots of presents. Her friend Del had organised for her to receive congratulations cards etc. from King Charles, the Premier and Prime Minister.

On the 29th we have about 16 ladies who will be attending Friendship day. We are all looking forward to this event.

Until next time, stay safe.
Regards Pat.

TOWNSVILLE

Summer is behind us, autumn is nearly over and winter is approaching. Townsville has been busy with an Anzac ceremony and a trip to Cairns for four nights, a busy few days and everyone enjoyed, we travelled up and back by train and had Cairns Bus Company take us around the various memorial walks. Steve the bus driver was fantastic.

Looking forward to the next few months of cooler weather. Stay healthy those in cooler climates.

Kind regards

Wendy Goodman and the executives.



Townsville members visiting the Cairns memorials



CHICKEN POT PIE

INGREDIENTS:

- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 1 celery stick, thinly sliced
- 1 garlic clove, crushed
- 500g Coles RSPCA Approved Chicken Thigh Fillets, cut into 3cm piece
- 2 x 150g pkts Coles Cauliflower & Broccoli Florets, coarsely chopped
- 1 tbsp plain flour
- 300ml pure cream
- 1 tbsp Dijon mustard
- 1 sheet puff pastry
- 2 tsp milk
- Mixed salad leaves, to serve

METHOD:

1. Heat the oil in a large frying pan over medium heat. Cook the onion, celery and garlic for 5 mins or until softened but not yet brown. Increase heat to high. Add the chicken and cook, stirring, for 3-5 mins or until brown. Add the cauliflower and broccoli. Cook for 2-3 mins or until vegetables soften.
2. Add the flour and cook for 1 min. Add the cream and mustard and bring to the boil. Reduce heat to medium and simmer for 5 mins or until thickened slightly. Spoon the chicken mixture into four 1¼ cup (310ml) ramekins.
3. Preheat oven to 220C. Use a 10cm round pastry cutter to cut four rounds from the pastry. Place each round over the chicken mixture, pressing the edges to seal. Make a small slash in the centre of each pastry round. Brush with a little milk. Bake for 20 mins or until puffed and golden. Serve the pot pies with the mixed salad leaves.

Pensions and allowances rise

SERVICE PENSION	Old rate (fortnightly)	New rate (fortnightly)	Increase (fortnightly)
Single person	\$1,096.70	\$1,116.30	\$19.60
Couples (each)	\$826.70	\$841.40	\$14.70
Single person - transitional	\$906.80	\$922.90	\$16.10
Couples (each) - transitional	\$731.60	\$744.60	\$13.00
WAR WIDOWS			
War widow(er)'s pension	\$1,116.30	\$1,136.30	\$20.00
Income support supplement	\$331.40	\$337.40	\$6.00
DISABILITY Compensation Payment			
Special rate (T&PI)	\$1,729.20	\$1,760.00	\$30.80
Intermediate rate	\$1,146.40	\$1,166.80	\$20.40
Extreme Disablement Adjustment (EDA)	\$933.20	\$949.80	\$16.60
100 per cent	\$600.30	\$611.00	\$10.70
10 per cent	\$66.96	\$68.03	\$1.07
VETERAN PAYMENT			
Single Person	\$1,189.70	\$1,211.20	\$21.50
Couples (each)	\$927.60	\$944.50	\$16.90
MRCA			
Wholly dependent partner payment	\$1,116.30	\$1,136.30	\$20.00
Special Rate Disability pension (SRDP)	\$1,729.20	\$1,760.00	\$30.80

These are the maximum rates of payment and include any Energy Supplement payable. These changes came into effect on 20 March and the first full payment at the new rates will be the payday 17 April 2024.

An explanation of these changes is available in the online version of *Vetaffairs*.

DVA TRANSPORT

Dear members,

We have received numerous complaints about DVA Transport and we wish to advocate for improved services for our members. In order to be effective, we require specific information about your poor experience with DVA Transport.

Below is a list of the details that we require. You are welcome to call the office on (07) 3846 7706 or Lindy at 0478 398 931 for us to capture the details on your behalf, we are only too pleased to assist you.

- Member Name
- Gold Card Number
- Cab Provider
- Date of Medical Appointment
- Medical Appointment Time
- Cab collection time
- Trip details
- Pick up Cab Driver
- Return Cab Driver
- Member Feedback
- Any other comments



We will feature this list on an ongoing basis in the Bulletin to continue gathering information.

Thank you for your time and input.

Many thanks

Sue Hilditch
Wellbeing Program Manager

PERSONAL TRAGEDY LED TO FIGHT FOR WAR WIDOWS

'I'm terrified of Mrs Vasey' uttered Sir Robert Menzies, the formidable longest serving Prime Minister of Australia. Who was this woman who frightened the lion of Question Time, the master of the withering retort at public rallies? She was Mrs Jessie Vasey, the extraordinary woman who turned the tragedy of losing her beloved husband in WW2 into one of Australia's most powerful pressure groups, still her legacy today.

Jessie Vasey was born in 1897 in Roma, Queensland. Her father was a pastoralist with a large property at Mitchell where Jessie was the eldest of three girls and very close to her father, learning about the management of the station, horse riding and dealing with real estate. She boarded at Moreton Bay Girls College at Wynnum before her family moved to Victoria. Jessie was one of the few women who went to university, graduating with a Bachelor of Arts (Honours). Just a month later in 1921 she married young military officer George Vasey and commenced life as an Army wife in Australia and India.

In 1939 when George went to war as a Major General, like many wives of defence personnel serving overseas, she learnt how to raise a family and cope with everyday living alone. Mrs Vasey became involved in the Australian Comforts Fund and the AIF Women's Association which drew her attention to the plight of war widows. In a society built around couples, they were single, having lost not only their husbands but also their social status. They faced the responsibility of children without fathers, having to make decisions independently for the first time in their lives and real financial hardships.

Tragically, George was killed when the RAAF plane transporting him to Kokoda crashed off Cairns. Ironically, the day before he left, he asked Jessie to 'Stick with the war widows now and when I return you will have every atom of help I can give you'. Turning the loss into her mission in life, the statuesque, stylish and vivacious woman vowed to change the lives of thousands of women forever.

Textiles always being of interest to her, Jesse started by forming a guild to teach the widows the art of weaving, persuading a Colonel to donate the looms. This was a very clever move on several levels. Craftwork is known to reduce stress; the fabrics would produce an income and it delivered companionship for women with shared experiences. The clubs took off and Jessie travelled around the country setting up groups, incorporating them into the War Widows' Guild. In 1947 she contacted her friend Lady Sybil Lavarack whose husband was Queensland Governor, to assist her setting up here.

Armed a national network and her philosophy that 'governments listen to numbers'; she addressed the issue of poverty among 10,000 women whose husbands died in the service of their country in WW2. War widows felt abandoned, one stating, 'I didn't mind pigging it when my husband was at war, I didn't think I had to pig it with my babies for the rest of my life when he died'. Before the war was over, Jessie and her team began lobbying politicians of all parties to pay widows, not a pension but 'a tax-free compensation for their loss'. Jessie marshalled all her abilities as an articulate, charming, educated and energetic woman who never took 'no' for an answer.

In 1949, Jesse embarked on her most controversial campaign, to provide housing for elderly war widows. Starting with a £5,000 donation and the proceeds from raffling a car, she obtained a loan to purchase a property. That in itself was a miracle as she obviously frightened the bank manager too! The scheme grew from there and by 1954 the government offered to match pound for pound money spent by the guild on housing.

That year Mrs Vasey visited Brisbane recommending that Queensland buy eight flatettes in Toowong costing £5,000. Accompanied by Margaret Gordon and Marjorie Brown and wearing her usual spectacular millinery, she visited the manager at the Bank of New South Wales and negotiated an overdraft. They then raised the money-making jars of jam and cakes, organised a fashion parade and some ladies even lent their own securities against the bank loan. By the time the property was officially opened by Lady Lavarack, the debt had been paid with a surplus of £2,000 already earmarked for a second building! Now the War Widows in Australia own and operate 1000 home units that shelter Jessie's 'primary mourners'.

As National President Mrs Jenny Gregory pointed out in an interview for the State Library of Queensland, 'We are the collateral damage of war and there will always be war.' Sir Robert Menzies arranged for Jessie Vasey CBE OBE to be invited to the Queen's coronation in 1953.

The War Widows were commemorated at a Naval Association of Australia ceremony at the Jack Tar Memorial at Southbank on Thursday 28th March at 11am.

WAY WE WERE with Jayne Keogh

The Sunday Mail

March 24, 2024



The unit block "Jessie Vasey Place" which was purchased for £5,000 located at Okeden Street, Toowong.

PEN PAL PROGRAM HELPS WAR WIDOWS FIND FRIENDSHIP AND REVIVE THE ART OF LETTER WRITING



Ruth Russell, 75, has never met the woman she exchanges letters with once a month. But over the past two years, the pair have forged a friendship through handwritten notes, postcards, photos and crochet patterns in the mail.

"It appeals to me because once you put it down on paper, how you're feeling and what you're doing, it's between you and that person — no one else." The women, from Rockhampton and Sydney, are war widows of Vietnam veterans. Mrs Russell's husband died in 2017. The pen pals were paired as part of a program run by Australian War Widows Queensland.

Coordinator Lindy Beehre said the network of letter writers included women across Australia ranging in age from their 40s to their late 90s. "The idea initially emerged from the onset of COVID, when we recognised that isolation that many war widows living alone were experiencing," Ms Beehre said. "We wanted to provide a platform where war widows who couldn't leave their homes could still connect to share experiences and find companionship."

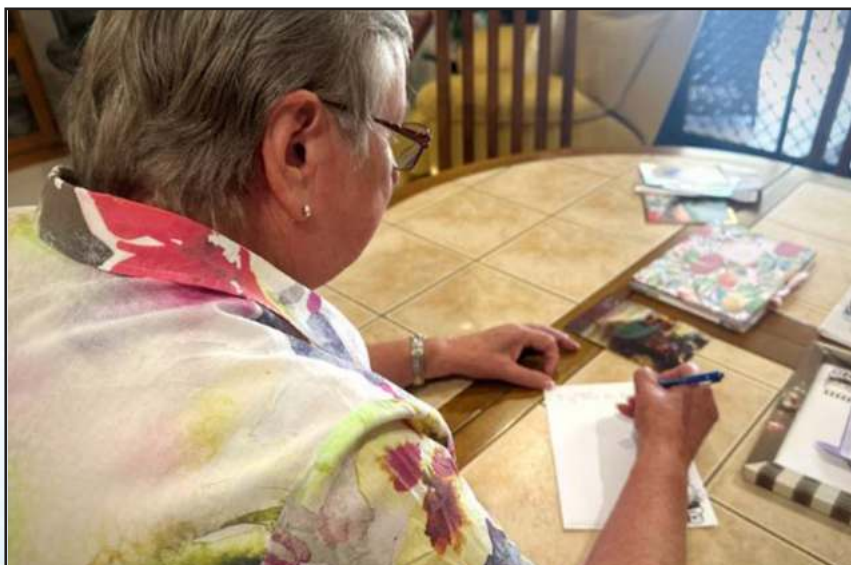
Lifelong friendships

Since then, Ms Beehre has been overwhelmed by "touching stories" of connection that have continued long after COVID restrictions lifted. "I recently spoke to one 90-year-old member who has been corresponding with a widow in her 50s for the last four years," she said. "Their bond has grown beautifully and they've provided each other with support and wisdom across the generations." One participant's arthritis became too debilitating for her to continue writing letters — so she and her pen pal now speak on the phone once a week.

Lifelong friendships

There are more than 34,000 Australian war widows and widowers registered with the Department of Veterans' Affairs. The pen pals include women whose husbands served in World War II, Vietnam and Afghanistan. "There's various stages of grief that our members go through ... and this presents a beautiful opportunity for the war widows to support each other," Ms Beehre said. The organisation has recently started a new pen pal program with war widows from the UK.

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Reviving the dying art of letter writing

For Mrs Russell, a retired nurse who grew up in the bush, much of the appeal comes from keeping the art of letter writing alive. "I used to wait weeks for a letter from my husband when he was in Vietnam," she said. "We used to number our letters as we wrote them, so that when they came to me at the hospital, I'd get a pile of five or six of them and I'd look at the numbers to see which one to read first. "I've still got them. I've got two boxes of his letters." Australia Post said households now receive an average of just two letters a week – a figure expected to halve in the next five years.

"Even though I haven't seen her in person, there is still a friendship there. I feel that if I went to Sydney, I could pop in and say g'day"

Mrs Russell said she had exchanged highs, lows and craft tips with her interstate pen pal. "Early on, she said she used to crochet but she'd forgotten, so I sent her a crochet pattern with crochet stuff, and she made her granddaughter a poncho," she said. "She's now crocheting things for one of the local hospitals to give their babies. "Even though I haven't seen her in person, there is still a friendship there. "I feel that if I went to Sydney, I could pop in and say g'day."

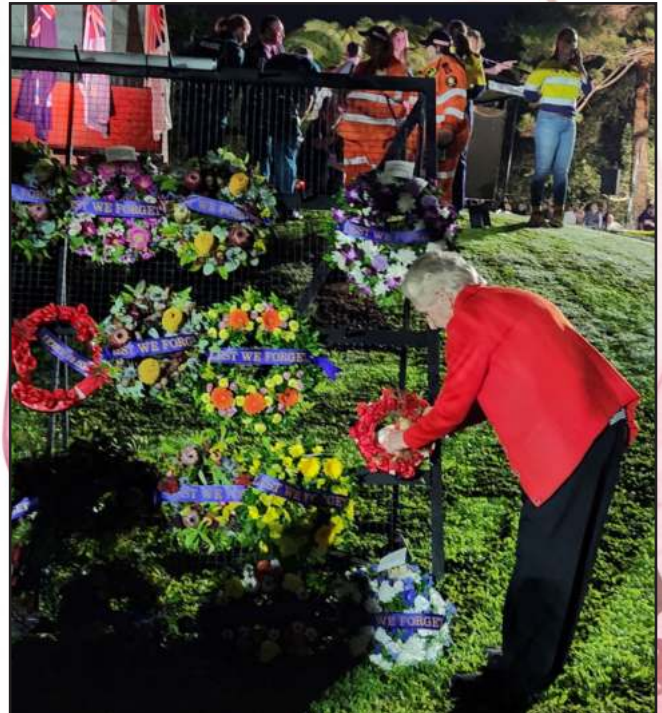
- ABC North QLD / By Lily Nothingling
<https://www.abc.net.au>

A Pen Pal is a great way to connect with someone in similar circumstances as yourself, or just to get the feel of pen to paper, which seems to be a lost exercise these days. AWWQ has a pen pal program connecting its members with each other.

If you would like to send and receive mail and make a new friend, please contact Lindy Beehre on 0478 398 931 or Lindy@warwidowsqld.org.au. Lindy will then get back in touch to notify you once you have been matched with someone. Once you are matched you can communicate freely with your new pen pal, and hopefully make a new lifelong friend.



ANZAC DAY 2024





FRIENDSHIP DAY 2024





WELLBEING PROGRAM MANAGER REPORT



Longevity and Blues Zones

After meeting many of Australian War Widows Queensland's centenarian members and being amazed by their wit and good spirit, I got thinking about what their secret is. Is it genetic, is it lifestyle or just luck?

I'm sure many of you have heard about the elusive "Blue Zones". Researchers use this phrase to refer to areas in the world with the highest populations of people aged over 100, areas like Okinawa in Japan and Sardinia in Italy. These fact finders suggest that an individual's genetic make-up certainly plays a part, but individual choices can play an even bigger part- as much as 75 per cent. According to Dr Harpal Bains, a longevity doctor "There's so much we can do to influence the age we'll live to, and most of it is simple and costs nothing,".

Friends, friends, friends

The Harvard Study of Adult Development followed 268 Harvard graduates since the Great Depression. It found that how happy they were in their relationships had the most powerful influence on all areas of their health. In fact, those who were most satisfied in their relationships at age 50 were the healthiest at 80. The Blue Zones' inhabitants all remain socially engaged every day well into old age, and research shows that if we want to live longer, we need to socialise as regularly as possible.

War widows plays a significant role in keeping our members socially engaged, maintaining friendships, providing members with a sense of belonging, making members feel valued, caring for each other, providing social outings, creating memories, and the list goes on! We have recently had our annual Friendship Day and what a wonderful celebration of friendship that was. We are fortunate to have received a Transport Assistance Grant donated by the Eastern Star Foundation, specifically to help fund transport costs for socialisation related to War Widow events and transport to the monthly branch and social

group meetings. The grant also funded a mini-bus used by many of the branches and social groups for various social outings. The Pen-Pal program, run by Lindy Beehre, has facilitated members from different geographic areas to become life-long friends and provided support and comfort across generations. It would not be possible without the dedication and kindness of the many volunteers who help run the branches and social groups and organise celebrations and social functions. It was announced that Friendship Day next year will be hosted by the Maroochydore social group.

Prioritise sleep

Good quality sleep is vital for longevity. To optimise sleep, Leslie Kenny recommends going to bed by 10pm. "Research shows that the glymphatic system jumps into action and takes waste out of the brain between 10pm and 2am," she says. "If you miss this window, you miss the opportunity for that regular 'cleaning' to take place."

Avoid caffeine eight hours before bedtime and reduce alcohol to encourage a good night's sleep. Magnesium supplements have been proven to improve sleep. This ingredient is involved in DNA repair and energy production and has many other benefits, too. It also suggests putting away all screens an hour before bed to stop the blue light from interfering with good sleep.

Out with the white carbs

I'm not sure about you, but there is nothing more comforting than a good pasta, or even better, a toasted croissant, particularly as we head into winter. Stephen Critchlow, the founder of health and longevity platform Evergreen Life, says: "So many of us are addicted to white carbs, and we don't realise it." Over time, spikes in glucose can cause inflammation and obesity, Type 2 diabetes, heart disease and accelerated ageing.

We consume fewer vegies than we think. It is suggested that we take a photo of our meals over a week and that will guide us on what we need to improve on.

An optimum diet for longevity is one free from ultra-processed foods and low in sugar and refined carbohydrates, such as white bread and pasta. Instead, Critchlow says: “Eat a rainbow of different vegetables, protein, some wholegrains and good fats.”

Leslie Kenny, the founder of Oxford Healthspan and co-founder of the Oxford Longevity Project, recommends adding powdered greens to food if you don't eat enough. “Add one quarter of a teaspoon of powdered wheatgrass or barley grass at first and titrate up gradually. It's an easy way of boosting your intake.”

Beans and nuts are also linked to longevity. Evidence led by Imperial College London and the Norwegian University of Science and Technology found that people who had a handful of nuts a day had a 22 per cent increase in longevity compared with people who rarely ate nuts. A study in 2004, with people aged 70 and over, discovered that for every two tablespoons of legumes a day individuals consumed, they increased their longevity by 8 percent.

Work on strength and balance

Many of our members have a gold card, and with a referral from a doctor, have access to exercise physiologists who can assist them to build and maintain their strength and balance.

Are you able to stand up from a seated position on the floor without using your hands? It is a measure of musculoskeletal fitness and Kenny suggested that this measure is correlated with longevity. Other doctors suggest practising standing on one leg, while you are brushing your teeth or making a cup of tea. Then change feet. Dr Bains says “Do it with your eyes closed, too. If you do it every day, you'll find you can do it longer and be less wobbly by the end of the week.”

Gut Health

There is a direct link between gut health and longevity. “We expect people with a healthy gut microbiome to be better protected against ageing-related diseases,” says Dr Joachim Johansen of the University of Copenhagen. A study concluded in 2023 found that the microbiome of Japanese and Sardinian centenarians was more diverse than younger adults which meant that their microbiome was healthier.

Gold card holders have access to a dietician once they have a referral from their GP to help them with gut health. According to Dr Bains, the first task is to eliminate any foods that cause bloating and gas. “They're signs of a gut dysbiosis, where the bacteria in your digestive tract becomes unbalanced,” she says. “Eliminating gluten, lactose and nightshades such as tomatoes and then reintroducing them one at a time should reveal which one is the culprit.” It is also vital to introduce good bacteria, and fermented foods such as kimchi, sauerkraut and live yoghurt are great probiotics. It is suggested that one changes brands regularly to get a diversity of species.

Walk and lift weights

“One of the simplest ways to radically improve your chances of living a long life is walking,” says Critchlow. Although we are encouraged to walk 10,000 steps a day, fewer steps can still have real benefits. It is also natural for muscle mass to decrease as one ages so weight-bearing exercises can be helpful. Household chores, such as gardening – a big part of life in Okinawa, one of the Blue Zones – provide weight-lifting opportunities. A study of people over 65 found that participants who did strength training at least twice a week had greater longevity than those who just did aerobic exercise.

Spend time in green surroundings

Populations of the Blue Zones spend time outdoors taking long walks, farming and riding horses. Spending time in green surroundings is associated with enhanced sleep and lower stress, better heart health and improved memory.

“I recommend getting outside within the first half-hour of your day – drink your morning coffee in the garden,” says Critchlow. “The daylight kickstarts your circadian rhythm and when that's off, all-cause mortality increases. It also helps us feel happier and more productive during the day.”

Some information has been sourced from an article published in the Australian Financial Review and written by Dana G Smith, an award-winning health and science writer with a PhD in psychology.

HAPPY BIRTHDAY MARY



Mary Wathen was born Mary Maud Locke on May 6th 1924, in Brisbane. Mary and her family lived in the Brisbane suburb, West End.

Mary's father passed away when she was only six years old, so Mary's mother then had to work to keep a roof over their heads. She worked as a cook in the Railway way cafe in central station, working long hours so she couldn't keep an eye on the children.

Mary was sent to Nudgee Orphanage where she spent the next five years of her life. She was able to return to the family home back at West End when she was 11 years old.

When she left school at the age of 13, she began working as a Tailoress, putting zips in Men's trousers (uniforms for the US army). Mary loved dancing and did so at Cloudland Ballroom. She also loved to travel by herself.

Mary met Archibald Wathen, (Arch) when she was 29 years of age. Mary and Arch would end up getting married when she was in her 30's. They moved to Salisbury and set down roots, the very same house that Mary still lives in today.

She is a proud member of Seniors Citizens, Legacy, and War Widows. Mary attends those meetings with her dear friend Del, who brings her to those meetings.

On the 6th of May 2024 Mary celebrated her 100th birthday with family and friends. On behalf of everyone at South West Region Sub Branch, we wish you a very happy Birthday.

Pat Woods
South West Region Sub Branch



BOARD DIRECTOR VOTING FORM



Who can vote

Those eligible to vote must be current financial members of Australian War Widows Queensland.

How to vote

Please follow these steps to ensure your vote is valid:

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

The Returning Officer
Australian War Widows Queensland
P.O. Box 13604
George Street Post Shop
Brisbane QLD 4003
6. If you are a member of a sub branch or social group you may take your sealed envelope to your next meeting and the group president/secretary will collect them and place them in a large envelope and address it as shown above (this is only possible if your subbranch/group meeting date allows sufficient time for posting to head office).
***Closing date is Monday 22 July 2024 at 4pm.**
7. When received by the Returning Officer our records will be checked to ensure that you are a financial member and therefore eligible to vote. Your sealed vote will then be held until counting starts.

REMEMBER: The voting Ballot Closes at 4:00pm on MONDAY 22ND JULY 2024.

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

BALLOT SHEET FOR THE ELECTION OF BOARD DIRECTORS FOR 2024/2025

(See reverse for voting instructions)

There is a total of five (5) nominations for the two (2) War Widow/Widower director positions on the Australian War Widows Queensland Board. The bios for each nominee can be found over the following two pages.

For War Widow/Widower director positions on the Australian War Widows Queensland Board

Place crosses in the boxes besides the names of your preferred nominees for the War Widow/Widower director positions

The maximum number of crosses is two (2).

Deborah BACZYK

Jennifer GREGORY OAM

Vikki HARRADINE

Bruce MCGOWAN

Elizabeth NUNN

BOARD NOMINEE BIOS



Deborah BACZYK

I have been a member of Australian War Widows Queensland since February 2019, and am currently the President and Treasurer of the Gold Coast South Sub Branch. I served in the Australian Army as a Dental assistant/hygienist for six years and during that time married a soldier, and for the following 20 years moved every two years as my husband progressed through the ranks, and finally in 1994 settled on the Gold Coast to provide stability for our daughter's education. The next 23 years were spent working at a local dental practice until retiring to care for my husband before his passing in September 2018.

Recently I became a volunteer with Cycling Without Age, which is a community organisation offering trishaw rides to the disabled and seniors providing them with free rides on adaptive bikes in beautiful locations. I have also served on many committees over the years.

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Jennifer GREGORY OAM

I was appointed to the role of National President in October 2022. I joined Australian War Widows Queensland shortly after my husband's death in 2013 and became Queensland State President in 2016. I hold a Bachelor of Applied Science in Nursing Science and a Graduate Diploma in Health Services Management. I have worked for many years in aged care and understand many of the issues that face our widows as they prepare for residential care when it is needed and the sometimes, complicated process of obtaining Home Care. My passion in the aged care space was working with people with dementia and I

became the inaugural President of Alzheimer's Australia ACT (now known as Dementia Australia). At the tail end of my nursing career, I was a nurse educator in the field of Dementia Care. My husband was a veteran who served in the Army in Malaya, Vietnam and Singapore. When he transitioned to civilian life, he had a very successful private investigation business. We travelled the world together as he worked with many international colleagues on some very interesting cases. It was a very full life. I am passionate about my role as National President and working with the National Council to advocate for, and support, all defence and war widows. My vision is for all states in Australia to celebrate National War Widows' Day on the 19th of October each year, our founder, Mrs Jessie Vasey's birthday.

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Vikki HARRADINE

I have 16 years of financial experience working for a number of financial institutions which require a wide range of skills. During one posting I held the position of President of the local DSNSG (Defence Special Needs Support Group) where I assisted other families find information and support in the local area to help with their individual needs. Currently I am the Treasurer for my local war widows' group, and hold the position of Vice President for Greenbank Women's Auxiliary for the past two years. Last year I was the Treasurer for the local Legacy Group. My life long partner and I were together for

30 years, and we had three children together. Having a husband who required assistance as a result of his injuries, and the difficulties he faced on a daily bases, from an accident he had five years prior to his passing, gave me the skills to be more empathic, deal with difficult situations and problem solving. I am able to communicate with our members as I understand what they are, experienced what they have, and I lived 27 years of military life.



Bruce MCGOWAN

I feel strongly about giving back to Australian War Widows Queensland (AWWQ) because they have looked after my welfare and wellbeing, which is at the core of what AWWQ is about. I am eager to contribute to the compassionate and caring culture; embracing values such as achievement, leadership, accountability, collaboration, and valuing people to ensure a sustainable future for all our members. I want to work with my fellow war widows and widowers, particularly those who are approaching their twilight years, to support them through the challenges that lay ahead. I feel strongly that AWWQ has a key role to play in assisting our members as they transition into aged care. It will be with pride that I will stand with my fellow AWWQ Directors to positively influence our other veteran support organisations for the benefit of our wider veteran community.

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Elizabeth NUNN

I was a Queensland Public Servant for well over thirty years. During the second half of that service, I was the Project Manager of three Commonwealth Government programs within Queensland. The most significant one of those was the Networking the Nation program, which provided new or enhanced telecommunication connections in regional, rural, and remote communities. Communities decided which projects they would like to be funded by the program, and I travelled across Queensland to assist those communities. I left all of that behind when I became my husband's carer for his last thirteen years. That major shift in roles coincided with the establishment of the JPs in the Community program. I was already a JP, so I accepted an offer to join the Toombul Shopping Centre weekly roster. When my husband's condition deteriorated further, he spent his Monday mornings at a respite centre while I undertook my JP role. I continue my JP work, at present in three different centres in north-east Brisbane. My husband passed away in the middle of 2015, and at the beginning of 2016, I was offered a research role at The Royal Historical Society of Queensland. I continued in that role until the second half of 2023. I became a member of the Banyo RSL Sub-Branch Citizens' Auxiliary in 2000 and, from 2003 to the present day, I have been the Historian and Librarian of the Sub-Branch. I received a Lilley Australia Day Award in 2002 for the historical projects I undertake in north-east Brisbane. I also received a Lord Mayor's Australia Day Achievement Award in 2022 for my work as a public historian and for my local history research and community awareness role in Banyo, Nudgee, Northgate, Virginia, and surrounding areas. I was also made an Auxiliary Life Member of the Queensland RSL in 2022. I have been a member of the Kedron-Wavell Legacy Care Group and the Brisbane North Australian War Widows Queensland Group since I became a War Widow in 2015, and I have made history presentations to both groups.

AUSTRALIAN WAR WIDOWS QUEENSLAND

ANNUAL GENERAL MEETING

21 | 08

2024

*Glasgow Room, United Service Club, 183 Wickham Terrace,
Spring Hill, 4000*

10:00am arrival for 10:15am morning tea

Concluding by 12:00pm

Free Entry

*Bookings limited to 80 people, so please phone head office first to reserve
your spot before sending in the form - First in basis*

Full name _____

Address _____

Phone _____

Please send completed form to:

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

RSVP BY WEDNESDAY 31 JULY 2024



**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

AWWQ yearly memberships were due on the 31st of March 2024. We collect \$25 from members each year to help support our organisation and the services we offer. If you have not yet paid your yearly 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:	

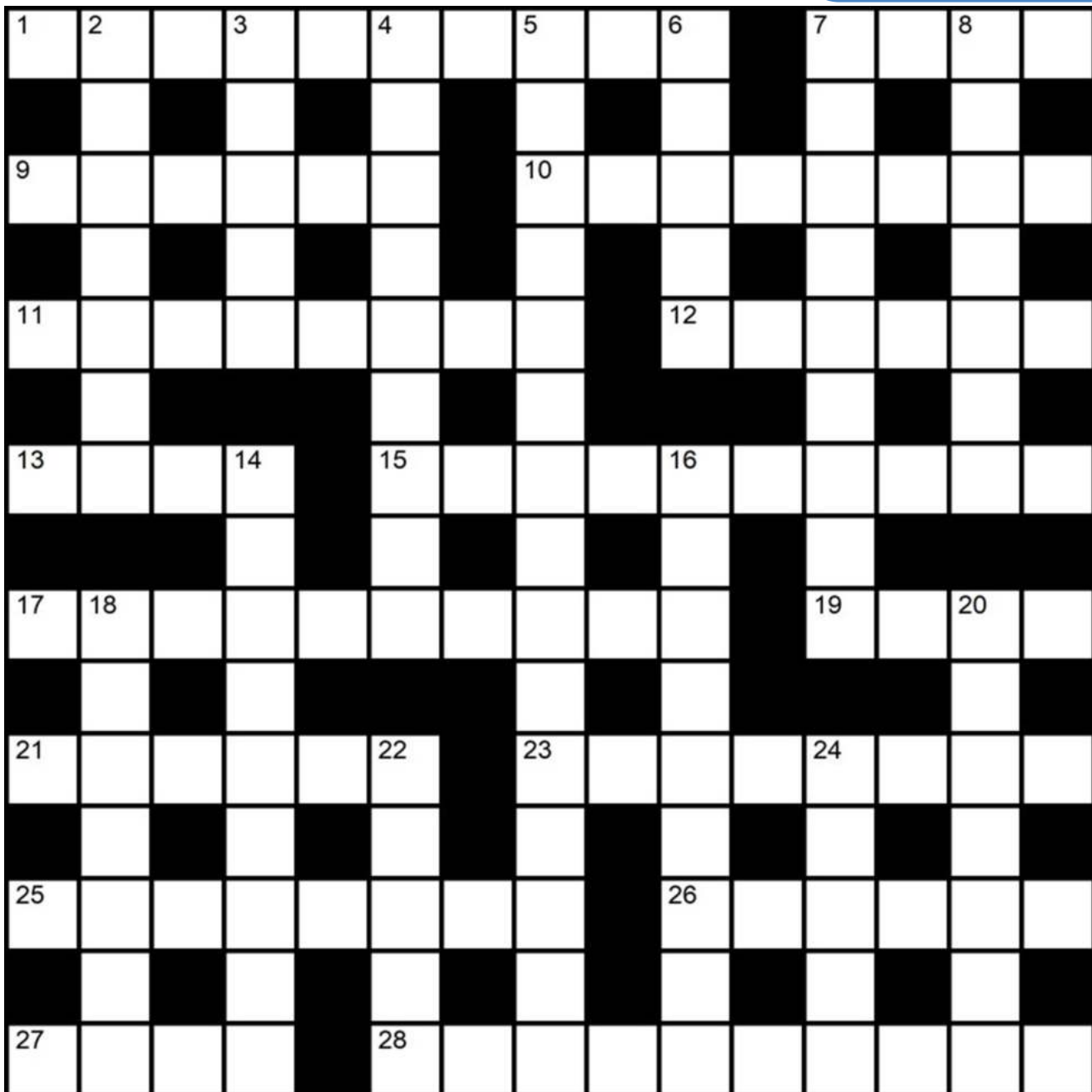
POSTAL ADDRESS: PO Box 13604, George St Post Shop, Brisbane, QLD, 4003

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

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

Solutions on page 5

**Across:**

- 1** Like rings on a target (10)
7 Factual TV programme (4)
9 Ramble (6)
10 Worth a lot (8)
11 Drink made by mixing others (8)
12 Outback monster (6)
13 Swamp menace (4)
15 Causing trouble (10)
17 Generally useful (3-7)
19 Small blemish (4)
21 Croatian capital (6)
23 Menu section (1,2,5)
25 Chinese decorating philosophy (4,4)
26 Stand for hot dishes (6)
27 Body of soldiers (4)
28 Chaotic (10)

Down:

- 2** Open-air (7)
3 Farmyard bird (5)
4 Treeless plain (9)
5 Those wanting to change everything (15)
6 Big star (5)
7 Doctor's conclusion (9)
8 Bone-building element (7)
14 Author's protection (9)
16 Eternally (4,5)
18 Do not delete (5,2)
20 Breakfast dish (7)
22 Get tricked (2,3)
24 Wonderland girl (5)



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

thankyou!

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

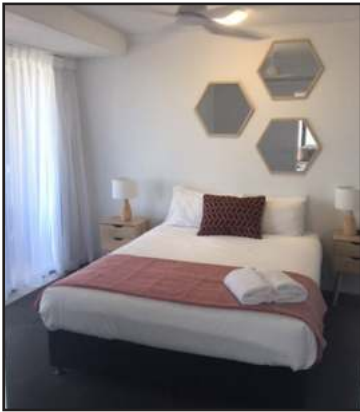


VACATION/RESPITE RENTALS



CENTREPOINT CALOUNDRA

Centrepont 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 Centrepont 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