

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

SPRING 2024

In this issue:

- Friendship Day 2025
- 2023/2024 year in review
- Christmas Lunch 2024
- Board Election Results



SPRING 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 Vikki Harradine

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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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

Caring Cuisine

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

07 3354 3919

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

Barry Benson- Kelso

Barbara Jones- Nerang

Elaine Burgess- Gordonvale

Fay Rankin- Bongaree

Jennifer Cockroft – Alexandra Hills

Vallna Wells- Kilcoy

Robyn Edwards- Wulguru

Robyn Wilde – Bluewater Park

STATE PRESIDENT REPORT



If you are like me you will no doubt be happy to see spring is here with warmer weather. With spring comes new life and many things to do.

The AWWQ Annual General Meeting was held in August and thank you to those who attended. The Annual

Reports indicated that 2023/24 was another successful year, and we continue to offer much-needed services to our members.

Welcome to Vikki Harradine, our new Board Member. Vikki is one of our younger members and is Treasurer at the Brisbane South West Sub Branch.

We farewell Mrs Jenny Gregory OAM from the Board of Directors. Jenny has served Australian War Widows Qld for more than ten years, joining the Guild, (now AWWQ) after the death of her husband in 2013. She became Treasurer of the Gold Coast South Sub Branch and then became a member of the Guild State Council. In 2016 the Guild and Vasey Housing Auxiliary were amalgamated, Jenny was elected State President, and she held that position for six years. Jenny served a further two years as an AWWQ Board Director. Jenny was a Councillor and Treasurer on the Australian War Widows National Council and is now the AWW National President. Jenny began the New Farm Social Group five years ago and continues to be the coordinator. Jenny lobbied for many years to have a War Widows' Day. Finally, in 2021 at Jenny's suggestion, The Premier of Qld declared that Qld would be the first state to celebrate War Widows' Day annually on the 19th of October. The other states followed soon after, and this year again with Jenny's persistence War Widows' Day will be celebrated nationally. In 2023 Jenny was awarded the Order of Australia medal for her service.

Thank you, Jenny, for all that you have done not just for Qld War Widows but for all War Widows.

Sue Hilditch and I have visited regional groups recently having been to Caloundra, Gympie, and Cairns, and soon to Maryborough and Townsville. We have recently visited Cooroy, Stanthorpe, and Bribie Island to dispel myths and answer questions about who can be war widows.

Thank you for making us so welcome and making us aware of what life is like in regional areas. Having lived in a remote part of Australia for many years, I understand many of your frustrations with services.

The Group Zoom meetings continue and I encourage all groups to participate if you can. This is one way regional groups can stay connected. If you have difficulty or are not comfortable using Zoom, call Lindy and she will be happy to help you.

Veterans' Health Week, War Widows' Day and AWWQ Christmas Lunch are all happening soon, check for details further on in this Bulletin or call head office for information. I look forward to seeing many of you at Brisbane City Hall for our Christmas Lunch.

Friendship Day 2025 in Maroochydore is something to think about, particularly if you are considering making a holiday around the event. Southern visitors migrate to the Sunshine Coast for the winter, and I suggest you look at making your bookings soon. Do not leave it too late and be disappointed. For those who are staying, there will be a bus trip on Thursday after Friendship Day. This will be a mystery trip to the Blackall Range, departing The Maroochy RSL at 10 am, the lunch stop will be another mystery, and you will return to the RSL at approximately 3 pm. Make your booking and payment on your Registration Form.

I thank the directors, staff, and you the members for the support and friendship you have given me during my first term as state president and I look forward to working with you all again for another term.

Take care and stay well.

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ members

Welcome to the new season.

“Spring, a lovely reminder of how beautiful change can truly be.”

Over the past months head office has been busy with our yearly

audit for the financial year ending 2024, and a snapshot of the 2023/2024 year can be found on page 16 of this edition.

The Australian War Widows Annual General Meeting was held on the 21st of August at the United Service Club and featured the presentation of our annual report along with welcoming our new Board Director Mrs Vikki Harradine. I'd like to congratulate Mrs Debbie Baczyk who was re-elected to the Board and look forward to working with the Board Directors over the next 12 months.

On the 19th of October our annual War Widows' Day will be commemorated once again. Our Patron Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland will be supporting this day by illuminating Government House along with providing a special message to our War Widows which will be circulated in due course. Head office has been assisting our 26 groups in planning their very own events. In honour of war widows, we commit to lighting up numerous Queensland icons this year, and the AWWQ banner will sail high atop of Caxton Street, Petrie Terrace, for one week commencing October 20th.

This year, Veterans' Health Week (VHW) is being held from 13 to 20 October 2024 with the theme "Keep Connected". This theme aims to promote good health and wellbeing in the everyday life of veterans and families and shines a spotlight on the importance of social connectedness. Many of our groups have come up with wonderful ideas to celebrate the

event and we look forward to including some pictures in the next edition of the Bulletin.

Our Christmas lunch will be held on the 25th of November at Brisbane City Hall. Plans are in full swing, and I look forward to seeing you at my favourite event of the year.

On behalf of Jason, Sue, Emma & Lindy, we wish you all the best and hope you enjoy the warmer weather that spring will bring.

Take care & stay safe.

Rachel Johnson
Executive Officer
Australian War Widows Queensland

NATIONAL PRESIDENT REPORT



Dear members

Greetings and best wishes to each and every one of you as we approach the warmer weather of spring 2024.

What a wonderful visit I had to AWW WA in June to attend their AGM. I was most

impressed by their premises, the way they conduct their business, and the way I was welcomed. The hospitality that I was extended was very much appreciated and I wish AWW WA every success for the future.

This year has continued to be another busy year with our plans to celebrate our inaugural "National War Widows' Day" on October 19 this year. We are very pleased to report that Northern Territory is very committed to ensure that they celebrate War Widows' Day 2024.

Australian War Widows (AWW) is thrilled that we now have war widows meetings 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.

Of course, our main 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.

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 and other commemorative services that have been held around Australia in the last few months. 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 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.

I am also very grateful to Emily Cook who has been attending meetings of the Grants Advisory group to ensure that we have input in to the DVA Grants Program.

Many of you will have already heard of the "Poppy Project" which aims to ensure that every veteran's family has their own special poppy to wear at commemorations/events they attend. I was pleased to attend the launch of the Project in Canberra on 24 July 2024.

I do hope that many of you are busy knitting poppies for this project.

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

Jenny Gregory OAM

NEWS & REMINDERS

MEMBERS BENEFITS AND SERVICES BOOKLET

Our Wellbeing Program Manager, Sue Hilditch, has created an updated members benefits and services booklet, which is included with this Bulletin. This booklet details the services and benefits war widows are entitled as a gold card holder.

CHRISTMAS OFFICE CLOSURE

AWWQ Head Office will be closing on Friday 20 December 2024 at 4:00pm, and will re-open on Thursday 2nd January 2025 at 8:00am.

SAVE THE DATE

AWWQ will be announcing a special occasion that will take place in Brisbane in 2025. Please save the date Monday 20th October 2025. Further details will be provided in upcoming Bulletins.

EVENTS

Inside this Bulletin you will find the booking form for Friendship Day 2025 on page 31, and the AWWQ Christmas Lunch on page 33. These events will book out quickly so secure your spot asap!

PEN PALS

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.

AWWQ WELCOMES ALL WAR WIDOW & ASSOCIATE MEMBERS

The Code of Conduct is an important underpinning ethos to guide members, staff, and volunteers of AWWQ.

1. Align behaviour to AWWQ's values of honour, friendship, support and advocacy;
2. Act with respect, kindness and courtesy with fellow members, head office staff and board directors;
3. Use opportunities to promote the interest, values and objectives of AWWQ;
4. Act honestly and comply with the letter and spirit of all relevant laws and this Code of Conduct;
5. Act in the best interest of AWWQ, including its members, staff and volunteers;
6. Adopt the highest standards of behaviour that protects the reputation of AWWQ;
7. Make decisions fairly and objectively;
8. Consistently comply with all policies and procedures established by AWWQ;
9. Respect the confidentiality of information entrusted in the course of AWWQ duties;
10. Use the assets of AWWQ, and its groups, economically, efficiently and with due care.

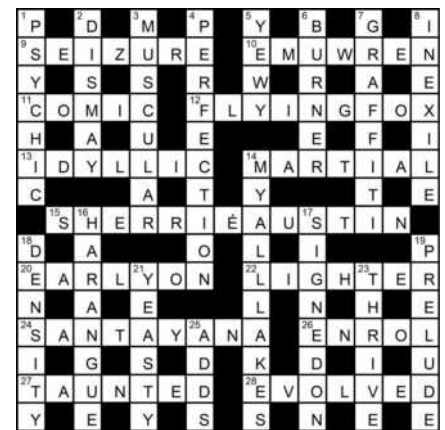
QUEENSLAND REMEMBERS GRANT

We are pleased to inform you that AWWQ have been granted \$250,000 of Qld Government investment through the Queensland Remembers Grants Program.

This funding is to be used to refurbish 11 units at our accommodation at Moray Street, New Farm. The work on these 11 units commenced in July.

DO NOT CALL REGISTER

With the amount of unsolicited phone calls on the rise, it is a good idea to register your phone number with the Australian Government Do Not Call Register. This is a free service where consumers can securely register their home, mobile or fax numbers for free to reduce unsolicited telemarketing calls. To do this, simply visit www.donotcall.gov.au, or phone 1300 792 958.



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

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: lyncarben@gmail.com Norma Basset 0408 537 547 Donata Harper 0428 581 158
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 Temporary Coordinator: Ann Stephenson OAM 0418 740 376
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: Virginia Smith 0407 859 405
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 Rhonda Murray 0416 260 900 E: secretaryrhondaemurray@gmail.com 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 Vice Secretary: Christine Hilditch 0412 078 631 Treasurer: Delma Starkoff 07 4635 8516 Assistant Treasurer: Caroline Pedersen
TOWNSVILLE	3rd TUESDAY 10:00am The Oasis, Hut 6, Darter Street, Oonoomba QLD 4811 President: Wendy Goodman 0408 584 929 Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Lindy Henson 0417 786 920
WARWICK	1st Tuesday 11:00am Warwick RSL "Southern Cross Room" 65 Albion St, Warwick, QLD, 4370 Secretary/Treasurer: Deborah Wheeler 0414 852 492 E: Info@kyoomba.com

GROUP NEWS

BRISBANE WEST

Hello everyone. Spring has certainly sprung with the lovely warm weather finally here.

Sixteen members of our group attended Friendship Day and had a wonderful time. Congratulations must go to Rachel and her team for organising the event and making it the success that it was.

Our group has also represented War Widows by attending ceremonial events. Narelle Stanton laid a wreath on behalf of the AWWQ at the Reserve Forces Day Service in Anzac Square on the 30th June. The service was well attended by local dignitaries and representatives from all the Defence Services. Kathy Sheavils and Narelle attended the Memorial Services hosted by the Naval Association of Australia at the Jack Tar Memorial at South Bank. On the 18th August, Jean Hoffmann laid a wreath on our behalf at the Vietnam Veterans Memorial Service at the Gaythorne RSL.

On the 16th July, we attended Brisbane North Group's Christmas in July party. We all dressed up in our Christmas outfits and had a wonderful day. Congratulations go to Denise and her ladies for hosting the day.

Coming up in September, we have a bus trip to various Op Shops in Brisbane which will be a lot of fun.

We are also looking forward to our September Guest Speaker, Helen Townsend-Austin who has written a book titled "Like Shadows in the Corner". It contains stories from wives/partners of soldiers who were deployed to the Vietnam War during the time they were away.

We are now preparing for Veterans' Affairs month and also

Jessie Vasey War Widows Day in October.

Take care and stay safe.

BUNDABERG

It's getting to the busy end of the year. Our meeting numbers have been a bit low with a cold winter and health concerns. We have welcomed two new members and have farewelled another who is going to Warwick to live. Will miss her.

Have been busy organising upcoming events. Our Veterans Health week will be a Luncheon format to be finalised.

As Jessie Vasey falls on a Saturday we have decided to have a High Tea on the Friday 18th. This is a change for us as we always celebrate on her actual birthday.

Our combined Xmas Lunch with The Legacy Widows has been booked for November.



Bundaberg members at a recent function

GOLD COAST NORTH

May 29th Friendship Day at City Hall Brisbane. A huge thank you to those who worked tirelessly to make this function successful, all the ladies really had an enjoyable time with raffles and entertainment great food who could ask for more. A very big thank you to our bus driver who made our journey north seamless. All in all, the whole day was excellent.

The start of winter is upon us. Some of our ladies have been unable to attend meetings due to ill health and other commitments.

We have decided to celebrate Christmas in July with a luncheon at CSI Club Southport on 31st of July. We have 16 members attending.

As we bid farewell to the cold weather and welcome in spring hoping for warmer weather. This is a lovely time of the year trees shine with new growth and the flower beds are all in bloom. Our first adventure will be a bus trip to Toowoomba Flower Festival on September 26th. This year we will stop at the lookout, then on to the Japanese Gardens, the ladies thought this would be a nice change. We shall return to the Gold Coast after lunch at The City Golf Club.

Cheers

Sharon

North Gold Coast North Coordinator

GOLD COAST SOUTH

Hello Ladies,

Spring has sprung and how nice is it to see the gardens come back to life.

During the last couple of months, we have had many members from our group that have

been unwell or have had falls and have suffered injuries. We wish a speedy recovery to one and all.

Those of us that are still standing have been on a lovely bus trip to Mooball visiting a cheese factory and we managed a spot of whale watching on our drive home, a visit from a local OT that was very informative and encouraged a few ladies that haven't had a visit in their home to arrange to do so which is a good thing to have in place as we never know when we might need their services.

On Sunday the 18th August, a group attended the Vietnam Veterans day service and luncheon at Currumbin RSL. We are always included and very well looked after in all ceremonies run by the club and for that we are most grateful.

After our monthly meetings a lively lunch is always a time to catch up and solve the problems of the world!

The months ahead are the busiest of the year with Veterans Health Week, Jessie Vasey Day, Remembrance Day and then Christmas, so lots of planning is happening amongst the ranks. Bye for now.
Debbie



Pat Alderdice with a colourful friend



Gold Coast South members enjoying lunch after the Vietnam Veterans Day service



Robyn Davis with Normie Rowe, who served with her husband

GYMPIE

I hope everyone has got through the winter without getting colds or flu.

Last month we visited the Hub at Caboolture and then onto Remembrance House at Burpengary. A great day was had by all, especially meeting up with the New Farm ladies. Thank you to Narelle for stepping in for Judy who was sick.

The Hub is very impressive and is doing lots of good things for veterans. Even serving us all pancakes for morning tea when we arrived. I did feel sorry for the cook though with one pan trying to serve us all.

We thank Darryl's wife for the very delicious food she cooked and served to us at Remembrance House.

Judy and Sue attended our meeting in August. Judy gave us a rundown of meetings and functions she attends on our behalf. She also told us of the plans to hold a Field of Remembrance Day next year in St John's Cathedral.

Sue, as always, is very informa-

tive about DVA, My Aged Care, hospital stays and moving into Nursing Homes. She reminded us of how important the Enduring Power of Attorney is. DVA also have their own form for nominating someone to speak and act on our behalf.

Thank you to both Judy and Sue, we appreciate it very much.

I laid a wreath on behalf of War Widows at our Vietnam Veterans Memorial Service on August 18.

Enjoy the spring weather and keep well.

Maureen



Gympie and New Farm ladies at Remembrance House



Vietnam Veterans Memorial at Gympie

IPSWICH

Hi all, we're back.

Like everywhere, there's been a few ups and down this year so apologies for not staying in touch, but we're up and about now, so here we go.

Xmas 2023 was a success and with a new member, Susan Croydon, joining us on the day. Everyone enjoyed all the festivities of the day and look forward to a great new year. We also welcome our new treasurer, Virginia Smith.

Our monthly meetings at the “Wounded Heroes Veteran Centre” Bundamba each month has been put on hold due to renovations, but we have been enjoying an occasional meet at the P.A. Hotel at Booval.

Our outings so far this year have been popular with all the ladies. We’ve enjoyed a lunch out at Cafe63 at Winston Glades, had a trip to the Aquaglades on the Gold Coast, and lunch beside the water. A lot of fun had by all.

Friendship Day was another fabulous day. Thank you to all who organised such a wonderful day for so many of us, who enjoyed not only the wonderful gifts shared with us but the food, the entertainment and most of all, the friendship with meeting new friends that we can be sure we will catch up again next year.

Another outing was a visit to the Elderflower Farm at Kalbar. We travelled by bus through the country and enjoyed the chatter on the bus with each other. On arrival we got off and ordered our lunch then spent time visiting all the interesting things the farm had to offer, with many of us supporting the local farm with so many purchases. It was morning tea under a big 127 year old Jacaranda tree, and then we travelled into the town of Kalbar for lunch at the Kalbar Hotel and some retail therapy.

There will be four ladies attending our AGM in August. Our next meeting will be final preparations for Jessie Vasey Day Celebrations. In friendship,
Susan



Ipswich members at their trip to Eldenflower Farm in Kalba

MARYBOROUGH

Good day everyone!

I would like to share an interesting experience we encountered as Maryborough War widows. On the month of June, our activity was picnic in the park. In hindsight, we chose the wrong month of the year for such activity, for it is a winter month. Many didn’t turn up, for the day started with a blustery cold wind and the temperature was low. However, four brave souls came but as the day progressed much to our delight the sun came out and helped kept us warm though we were dressed for the weather. We brought thermos flask for our hot water, tea and coffee in little containers, cups and biscuits for our morning tea. We chose the table and chairs directly warmed by the morning sun and enjoyed our cuppa. Then we had a walk in the park admiring the beautiful landscaping, watched the wild ducks in the duck pond, then sat on one of the benches and enjoyed reminiscing the past. We finished the morning with a lunch in a Japanese restaurant in one of the main streets of Maryborough.

But before we left the park we wanted a photo taken for the day. I brought with me one of the keepsakes from the previous month’s Friendship Day, the beautiful tea towel. It has the picture

of a kookaburra and below is the title, “Australian War Widows Queensland” We held it in front of us while we pose for the picture taking. We requested a young male passer-by to do it for us. He was very obliging and took three shots. As he handed the mobile phone back to me he said, “good to see you, up and about and enjoy your group. It is good to know your husbands served our country”. We thanked him profusely for bidding our request but most of all for telling us his concept of our status as war widows. For us it was quite heart-warming what other people think of us as war widows.



Maryborough members at Picnic in the Park

NEW FARM

Unfortunately I was not able to attend our July meeting and I was sorry that I missed the presentation by Carolina Puleston from “Commonkind”. I heard that it was very interesting and a number of our ladies have volunteered to be part of the Intergenerational Program that Carolina coordinates.

Another event that I was unable to attend was the visit by our members to the Veterans Hub and Remembrance House at Caboolture. I also heard that this was a very enjoyable outing and the pancakes at the Hub and the lovely lunch at Remembrance House were very much appreciated.

On Saturday 20 July, Judy and

I were invited to judge a flower show at the Vietnamese elderly citizens group at Inala. We have a very warm relationship with this Vietnamese community and were invited to bring some New Farm ladies to their birthday celebration on 10 August. Those of us who attended the birthday enjoyed the hospitality of these lovely ladies very much.

A group of New Farm ladies are travelling to Cooroy RSL for a Vietnam Veterans Day Commemoration service on August 18th. We will be using the AWWQ bus.

We have a very busy schedule for the remainder of the year, starting with our August meeting when our guest speaker is Deb CarrParnihi from Hearing Australia.

At our 10th September meeting Sue Hilditch will speak about EPOAs and in October we will change our meeting date to Tuesday 22nd for a "Paint and Sip" event with Narelle for Veterans Health Week. This event will be catered for with a Spit Roast lunch. We also propose to have a "sunset drinks and nibbles" on Saturday 19th or Sunday 20th October for our War Widows' Day event.

For our 12 November meeting we will hold a Remembrance Day service with an appropriate guest speaker.

On 3 December we have 20 tickets for the Lord Mayor's Christmas Party at City Hall at 9.15am. On 10 December we will celebrate our New Farm Christmas Lunch. We propose to have this at the Brunswick Hotel.

Our Cash for Cans funds are still growing – we have raised almost \$500 in 12 months.

ROCKHAMPTON

Hello Members.

Our new President, Ruth Russell has contacted the local newspaper, CQ Today, and submitted an article about our War Widows Association to try to interest some new members to join our meetings but unfortunately, she has had no response so far.

We had three members travel to Brisbane to attend Friendship Day and enjoyed it immensely. While in Brisbane we also did some sightseeing with a boat tour on the Brisbane River. It was very interesting to see some very old heritage buildings on the tour.

A number of our members attended the Vietnam Veterans Day service held at the Cockscomb Veterans Retreat and laid their white crosses.

We had two new members join our ranks at the last meeting, welcome Kitty Winyard and Helen Russell.



Rockhampton members at the Vietnam Veterans Day 2024 Service

SOUTH EAST

South East Social Group are still meeting monthly on the third Friday at East Leagues Football Club Coorparoo, and we all look forward to receiving the AWWQ Bulletin, a very essential part of our contact with other such war widow groups, being able to review events through the numerous photographs depicting the enjoyment of those able to attend, seeing all those happy faces must bring some cheer to our readers.

Over the past few months there have been several birthday celebrations at the meetings but though the age changes the cheerful outlook on life itself remains and that is the best outcome. Wishing all our readers good health and happy days while we wait for spring time to deliver longer and more comfortable times.





South East members at their monthly meeting

SOUTH WEST

At our last meeting in July, I had the pleasure of presenting four of our ladies with their certificates of appreciation for their long service to our branch. Some of these ladies are still serving on the committee. Ros Close, Trish Elliot, Carina Gormley and our longest serving and original committee member Dulce Neagle. Congratulations ladies.

After our meeting we had a Bar-B-Que, which several of the Sub Branch men cooked for us. The ladies provided the salads etc. It was a very enjoyable day.

This month sees services for Vietnam Veterans Day. We have been invited to a Wreath laying service at Mabel Park High School. The memorial there is dedicated to Vietnam Veterans. In October we are looking forward to a visit from our State President Judy and our wellbeing officer Sue. We will be participating in Veterans Health week and holding an event in the October meeting. Plans are also in place for Jessie Vasey day.

We have had some interesting guess speakers over the last couple of months. Our last speaker was Helen Townsend (Austin) who wrote Like Shadows in the Corner about Wife's of Vietnam Veterans. Until next time, stay safe.

Regards,
Pat Woods.

TOOWOOMBA

We look forward to another year of meeting together as War Widows. Our meetings are held on the 2nd Wednesday of the month at 9.30am in Dr Price Rooms, Little Street, Toowoomba. All welcome to join us.

TOWNSVILLE

July we had a "paint & sip" event. The ladies brought along morning tea to share with their table. Everyone enjoyed the time. We are looking forward to our High Tea, Veterans Health Week and War Widows Day events.
Kind regards
Wendy Goodman and the Executives.



Townsville Sub Branch Executives Lindy Henson, Wendy Goodman and Beryl-Ann Kirby



Townsville members enjoying their "Paint & Sip" event

WARWICK

Warwick War Widows group have been very busy when their turn came to participate in the Club Warwick RSL Community Raffles in June and July. Co-Ordinator Deb Wheeler reported, "We were fortunate to be able to hold two raffles for the month of June.

With my bank of willing workers in Dawn, Helen, Julie, Darryl and Bruce, we easily cover the few hours required to be in attendance each month. While Julie and I were doing the raffles on the evening of Thursday 27 June, we introduced ourselves to a number of visitors to the area who were ex-service members. Jan Stevens, former 2IC of War Widows New South Wales and Deb enjoyed spending some time chatting during the evening. We thank Club Warwick RSL CEO Michael Jones for the opportunity to be a part of their program.

Our guest speaker for July was Lyndal McCormack. Lyndal entertained the ladies not only with her great talk, but she also owns 'Stephanies Underwear Boutique,' and the ladies were treated to a beautiful array of feminine fashion. Lyndal joined us as our special guest for and we all got to celebrate Julie's birthdays.

In September we are looking to having President Judy and Sue join myself and a couple of the ladies when we visit the Stanthorpe Women's Axillary Group for lunch and a talk.



Lyndal McCormack entertains the Warwick War Widows



Julie celebrating her Birthday



KOREAN-STYLE PRAWN & SPRING ONION PANCAKE

INGREDIENTS:

- 75g plain flour
- pinch of chilli powder
- 1 egg
- 1 garlic clove, crushed
- 1 tbsp oil
- 4 spring onions, trimmed and shredded lengthways
- 100g small cooked prawns

For the dipping sauce:

- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 red chilli, finely chopped
- pinch of sugar

METHOD:

1. Mix all the dipping sauce ingredients together and set aside.
2. In a bowl, mix the flour, chilli powder and a pinch of salt. Beat together 100ml water, the egg and garlic. Make a well in the centre of the flour and pour in the water mixture, beating all the time to make a smooth batter.
3. Heat the oil in a medium non-stick frying pan and cook the spring onions for 1 min until beginning to soften. Scatter over the prawns, then pour on the batter to cover. Cook on a medium heat for 3-4 mins or until the bottom is fully set and turning golden, and the top is beginning to set. Flip over and cook the other side for 3-4 mins more until cooked through. Slice into wedges and serve with the dipping sauce.

FRIENDSHIP DAY 2025

The Sunshine Coast is famous for its beautiful beaches, breathtaking rain forest and relaxed atmosphere. How lucky we are to be able to celebrate such an important event in such a wonderful place! We encourage everyone to join Friendship Day next year as it is bound to be filled with fun, excitement and opportunity to bond with one another. As we all know, each year Friendship Day is hosted by a AWWQ group, and next year it's Maroochydore's turn. Following the disappointment of having Friendship Day cancelled in 2020 and 2021 due to Covid, Coordinator Glynis Burns and her team at Maroochydore have the blueprints ready to put on a magnificent Friendship Day.

Why is Friendship Day important to us? This is one of AWWQ's biggest events of the year. For many, this is their only trip for the year. Members from all over Queensland travel to Friendship Day to enjoy the festive atmosphere.

For those who are staying on after Friendship Day, there will be a bus trip on Thursday 29 May. This will be a Mystery Trip to the Blackall Range, departing The Maroochy RSL at 10 am, the lunch stop (lunch at your own cost) will be another mystery, and you will return to the RSL at approximately 3 pm. Make your booking and payment on your Registration Form on page 31.

FRIENDSHIP

A person who will listen and not condemn
 Someone on whom you can depend
 They will not flee when bad times are here
 Instead they will be there to lend an ear
 They will think of ways to make you smile
 So you can be happy for a while
 When times are good and happy there after
 They will be there to share the laughter
 Do not forget your friends at all
 For they pick you up when you fall
 Do not expect to just take and hold
 Give friendship back, it is pure gold.

-Gillian Jones

MAY 28TH

Friendship Day Luncheon
 Maroochydore RSL Sub-Branch
 Memorial Avenue, Maroochydore
 11.30am - 2:30pm
 \$55 per person

MAY 29th

Bus Tour to the Blackall Range
 Including a stop off for lunch
 Departing from Maroochy RSL
 Memorial Avenue, Maroochydore
 10:00am - 3:00pm
 \$35 per person

SPACE HOLIDAY APARTMENTS

A: 45-47 The Esplanade, Maroochydore
QLD 4558

Ph: 07 5430 0000

W: www.spaceholidayapartments.com.au
350m from Maroochydore RSL

**BANYANDAH TOWERS**

A: 150 Duporth Ave, Maroochydore QLD
4558

Ph: 07 5443 6911

W: www.banyandah.com.au
1.1km from Maroochydore RSL

**ARGYLE ON THE PARK**

A: 31 Cotton Tree Parade, Maroochydore
QLD 4558

Ph: 07 5443 3022

W: argyleonthepark.com.au
600m from Maroochydore RSL

**CATALINA RESORT**

A: 47 Sixth Ave, Maroochydore QLD 4558

Ph: 07 5443 8666

W: www.catalinaresort.com.au
1Km from Maroochydore RSL

**THE SEBEL MAROOCHYDORE**

A: 20 Aerodrome Rd, Maroochydore QLD
4558

Ph: 07 5497 8000

W: all.accor.com
1.5km from Maroochydore RSL



\$120,567

Received in Grants



\$563,720

In Rental Income



\$22,689

Received in
Donations &
Bequests



\$306,010

Distribution
income from
investments



\$56,674

Interest Income



260+

Monthly Meetings
Held



\$39,000+

Spent on members
travel from the
Transport Assistant
Grant



26

Sub Branches
throughout
Queensland



17

War Widows' Day
events held throughout
Queensland



64

Permanent &
Temporary Rental
Units



THE BELINDA MCGOWAN FOUNDATION

In August 2022 Bruce McGowan, a war widower and member of Australian War Widows Queensland, donated a double sized palliative care cuddle bed to the Warwick Hospital in honour of his wife Belinda.

This was the first step taken in what was to become The Belinda McGowan Foundation (TBMF). The mission of TBMF is three fold: to provide double sized hospital cuddle beds for palliative and end-of-life care for rural, remote and regional communities in Australia; to provide scholarships in palliative care and leadership training for rural nurses; and to advocate for a better understanding of the need for comfort and dignity for those in palliative and end of life care.

Flight Lieutenant Belinda McGowan, Royal Australian Air Force (RAAF) spent 33 years in service to her country, in Australia and overseas. Belinda was dedicated to service, commencing her career as a communications operator before moving into facilitating and teaching junior ranks in leadership and management. Belinda embraced the opportunities provided to her by the RAAF and believed wholeheartedly in giving back. Her kindness was her greatest core value.

Belinda was diagnosed with lung cancer and while undergoing treatment in a large metropolitan hospital in Brisbane, she witnessed the emotional benefit of the cuddle beds. She watched as a mother and her children embraced in a cuddle bed making the most of the time they had left together. Belinda knew these beds weren't available in smaller hospitals and it was at this time that she and Bruce made the commitment to give every rural, remote and regional hospital the opportunity to have a double sized cuddle bed for palliative and end of life care.





The first cuddle bed was delivered to the Warwick Hospital because it was here that Belinda passed away in May 2021. While there was no cuddle bed in the hospital at that time; the wonderful, dedicated staff cobbled together two single beds so that Bruce could hold Belinda as she drew her last breath.

Three more beds have since been manufactured and delivered to Inglewood, Warwick, and Goondiwindi hospitals and TBMF is now working towards raising funds to be able to donate one bed per month.

While the solace these beds offer families is invaluable, each one requires an investment of around \$25,000. The bed design chosen by Bruce comprises two single bed bases with acute care mattresses. The bases are connected together and a bolster is placed in the gap between the mattresses to form a double bed. This bed design offers the most flexibility for rural, remote, and regional hospitals where space is at a premium and where the versatility of the bed means it can be used as a double or two singles.

Throughout, and subsequent to, their palliative and end-of-life journey Bruce says the support he and Belinda received from the Australian Defence Force, War Widows Queensland, and the Warwick RSL Sub Branch has been enormous.

“The RAAF has my back and will guide and give me advice. They are like a family. Our local Sub Branch has been a big supporter of the cuddle bed program, and War Widows Queensland has given me somewhere to talk to people who have had similar experiences.”

You can read more about TBMF at www.thebelindamcgowanfoundation.org.au

WELLBEING PROGRAM MANAGER REPORT



Dear members,

I hope that you are all looking forward to spring as much as I am. Judy and I are enjoying visiting the branches and seeing most of the groups flourishing and being supported by energetic co-ordinators and presidents. I am always in awe of the network of volunteers that make this organisation so effective in providing social support and working with head office to make sure our members are accessing the services they need from DVA, My Aged Care, or residential aged care.

Benefits & Services Booklet

I have now finished updating the Benefits & Services Booklet that you will receive with this Bulletin. The booklet has more details than the version we originally provided two years ago and includes the most common queries I receive from members and their families.

EPOA's

Following the article on EPOA's that appeared in previous bulletins, I have continued to speak to our members about the importance of having their Enduring Power of Attorney in place. I have provided many members with the short form EPOA together with the guide on how to complete the document. Recently, a member in hospital who had not completed an EPOA was informed by the discharge planner that if she remained in hospital past the date that she was medically discharged, then she would be personally liable for the cost of remaining in hospital. The hospital transferred her to an aged care facility under respite care funded by DVA while her case was presented to QCAT and an appropriate member of the family was appointed as her EPOA. She was unable to go into permanent residential aged care until the EPOA was in place.

Home Care Package – Cost of care form S456

Should a member be considering accepting a home care package there is a means tested care fee calculation. Should the member already be receiving a means tested payment such as the Income Support Supplement and assuming that the members assets and income are up-to-date with DVA then that member does not need to complete the lengthy Form 456 Means Tested Care Fee form as DVA already have these details and will forward them to Services Australia.

MRI scans

Some of our members have found themselves liable for the cost of an MRI scan. This is a reminder to all gold card holders that in order for DVA to pay for an MRI, the referral must be provided by a specialist and not a general practitioner. Therefore, gold card holders should your GP recommend an MRI then the GP must first make a referral to a specialist who can provide a referral for the MRI.

Audiology – Prior Financial Approval request

Some members may find themselves requiring new hearing aids to meet their changing hearing needs. Maybe the over- the-ear hearing aids are getting tangled with the glasses and mask and an inner ear hearing aids would be a better solution or maybe you are finding it difficult to change the batteries in the existing hearing aids.

DVA only pays for new hearing aids every five years. There is however a work- around. Should a member need a new type of hearing aid within this period then a doctors letter is required stating the medical reason why the existing hearing aids are no longer suitable e.g. reduced dexterity in hands therefore cannot change batteries making the battery operated hearing aids obsolete. The audiologist will then attach this letter and complete a Prior Approval of Audiology Products D9398 to have a more suitable hearing aid approved by DVA before the new hearing aids are ordered.

DVA Transport

A reminder to our members to please report to us specific information about your poor experience with DVA Transport. This information will help us advocate for improved services.

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

I hope you have found my report informative and please do not hesitate to call me should you have any questions.

Warmest regards

Sue Hilditch
Wellbeing Program Manager

THE DAY WORLD WAR II HIT HOME OFF BRISBANE

The sinking of AHS Centaur on May 14, 1943, will go down in history as one of the most shocking war crimes perpetrated by the Japanese during World War II.

Even today, Miss Ellen Behan, 89, clearly remembers her father, Merchant Seaman Thomas Behan, buying new uniforms because the nurses were going to be on board “to show some respect”.

His last words to his daughter and pregnant wife were, “I’ll see you when I get home”.

Centaur, a hospital ship on its way to New Guinea to attend to the sick and wounded, was clearly marked with the red cross and fully lit 40 miles east of Cape Moreton when it was torpedoed by submarine 1-177 captained by Lieutenant Commander Hajime Nakagawa.

In contravention to the Geneva Convention, 268 doctors, nurses, orderlies, ambulance personnel and ship’s crew, were killed.

Torpedoes hit Centaur, causing a huge blast and fires at 4am and sank in three minutes – no time to launch the lifeboats or radio SOS.

Badly burned and injured survivors clung to flotsam in a thick oil slick for 35 hours, more died of their wounds and others were eaten by sharks.

The survivors were spotted by an RAAF Avro Anson, taken by USS Mugford to Newstead Wharf and ambulated to the Royal Brisbane and Greenslopes Military hospitals.

Nurse Joff Casey remembered “the incredible suffer-

ing everywhere was an almost tangible element” – and that would stay with her forever.

She was heartened to learn that Lieutenant Colonel Dr Leslie Outridge, the commanding officer of the 2/12th Field Ambulance, survived.

Outridge was well respected among the Army medical fraternity and was saved by sleeping on the bridge that night.

He was hauled aboard a Carley float and administered first-aid with a salvaged medical kit to those in need despite being severely burned. He patched himself up using strips of his pyjamas as bandages. Back in Greenslopes, all he could tearfully say to her was, “I’ve lost all my men, Casey”.

Major Dr Charles Eugene Thelander was last seen below deck shouting above the uproar, instructing his men to remain calm and to make

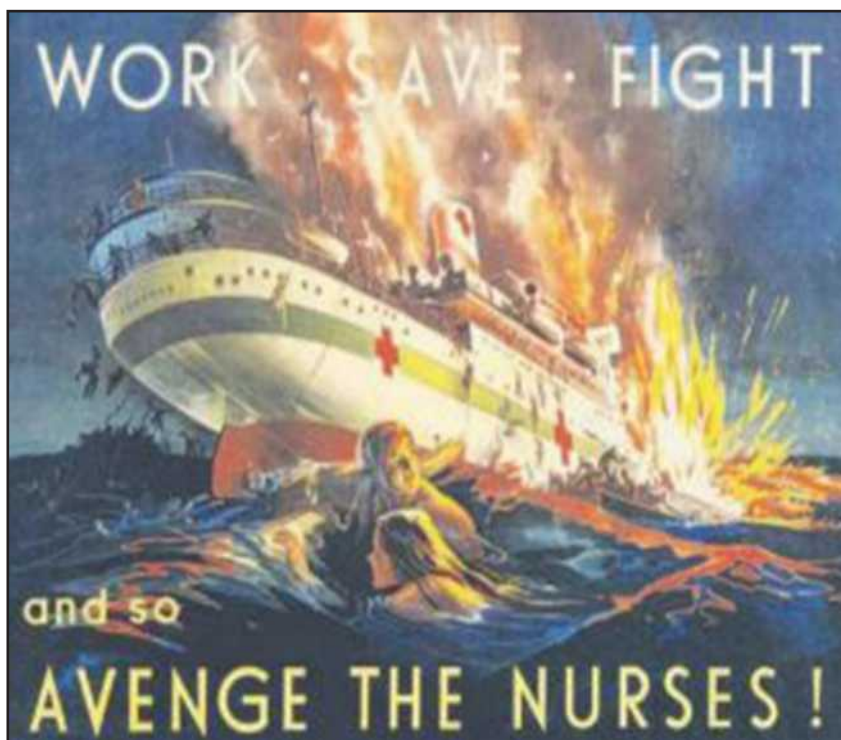
their way to their lifeboat stations.

He left behind his father, Dr Charles August Thelander, a preeminent Ballou Chambers obstetrician who served in both wars, his wife and a son.

Warwick’s Private Percy Clegg had enjoyed a cheerful chat with Private Allan Pettiford on the night prior to the sinking.

Percy’s responsibility in the operating theatre of Centaur was to maintain all the surgical instruments.

He met Allan on deck that day, realised they were both from the Darling Downs and shared many acquaintances. Percy left behind his wife, son and extended family.



News of Percy's death and the tragedy of the Centaur also had a strong influence on men who were serving with the A.I.F. in New Guinea.

A friend later wrote an account of hearing of the Centaur disaster and he and his fellow soldiers in the jungle swore revenge on the Japanese with, "By God they'll pay for that".

As usual, the typically Australian dry sense of humour raised the spirit of the survivors clinging to wreckage.

When the only nurse survivor, Ellen Savage, expressed alarm at being pulled into a raft wearing no trousers, a sailor yelled out "now is not the time to be shy, Sister!" and gave her his pyjama bottoms.

While still on the rafts, Merchant Seaman Greaser Matthew Morris organised a sweepstake betting on the time they would be liberated, with payment to be after their rescue.

Morris won, his guess being within half an hour of the actual time.

The survivors pooled their meagre food supplies, the most popular being 2000 Ovaltine tablets, but no one ate the dried whale blubber strips!

Immense personal and community consequences followed the Centaur sinking. Nakagawa never admitted guilt but was tried for other war crimes and

served years in prison.

Almost every family in Queensland had some connection with the loss as it happened so close to Brisbane bringing home the tragedy of war.

Desley Clarke, 93, still remembers her mother, a patient of Dr Thelander (Snr), crying in sympathy for him.

The crime consolidated public support of the war against the losses and strict rationing with the famous "Avenge the Nurses" poster.

The Centaur Memorial Fund for Nurses honours their memory by supporting the advancement of the nursing profession in Queensland.

Historian Tony Mathews interviewed survivors from Centaur to capture personal insights for his book "Sea Monsters".

The wreck of Centaur was found in 2009, the official war grave a place for the family and friends of the lost to focus their grief.

WAY WE WERE with Jayne Keogh
The Sunday Mail
March 12, 2024



HYDRATION

With the warmer months approaching, keeping well hydrated is important for all ages, especially among the elderly as the sense of thirst reduces with age. There is also a greater risk of dehydration due to reliance on others to provide fluids, dementia, chronic illnesses and regular use of medications, among other factors. According to the research from sparkling water company SodaStream, there is mass confusion around the effects of dehydration, with only a third of Australians (35%) recognising key symptoms like lethargy.

Other common signs of dehydration include:

- Strong smelling, dark urine
- Constipation
- Dry mouth, lips & tongue
- No pool of saliva under the tongue
- Confusion and irritability
- Poor skin elasticity
- Hollow sunken eyes

URINE COLOUR (indicator of hydration)



Here are some useful tips to drink more and encourage others to increase their fluid intake:

- Have fluid within reach day and night
- Train yourself to drink more water by linking it to other habitual activities like washing your hands or switching tasks
- Take small amounts of fluid more often, rather than larger amounts less often
- Take fluids at the temperature that you prefer
- Take fluids that you prefer e.g. if you don't like drinking a lot of water, take alternatives like weak cordial or flavoured water with lemon slices or mint leaves
- Have additional fluids available during activity and therapy sessions
- Take high fluid foods e.g. fruit (whole or pureed) or alternative forms of fluid e.g. soup, jelly, ice cream, ice or fruit juice blocks

SLEEPING TO BETTER HEALTH

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

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

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

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

Sleep Tips:

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

The research at Gallipoli Medical Research Foundation is informed by the needs of the veteran community and includes veteran mental health, liver disease, liver cancer, diabetic retinopathy, eye disease, and respiratory disease. For more information visit www.gallipoliresearch.com.au

Content credit

Gallipoli Medical Research Centre

BOARD ELECTION RESULTS

The results of the Board election were formally announced during the AWWQ Annual General Meeting (AGM), which took place on Wednesday, 21 August 2024.

We are pleased to congratulate Vikki Harradine and Debbie Baczyk on the election results as the two War Widow Directors. Since 2021 Debbie has contributed significantly as a board director, and she is committed to continue serving Australian War Widows Queensland.

Following the AGM, Vikki joined the Board for the first time in August 2024. She brings a diverse set of expertise to the table.

We also thank all of the members who voted and Bruce McGowan, Elizabeth Nunn and Jenny Gregory OAM for their nominations.



DEBBIE BACZYK



VIKKI HARRADINE

The new committees are as follows:

PROPERTY COMMITTEE:	CONSTITUTION COMMITTEE:	EXECUTIVE/ FINANCE COMMITTEE:	MEMBERS COMMITTEE:
Denise Fridolf OAM	Debbie Baczyk	Stephen Scott	Debbie Baczyk
Chris Richards	Stephen Scott	Judy Smith	Denise Fridolf OAM
Stephen Scott	Judy Smith	Narelle Stanton	Vikki Harradine
Judy Smith	Narelle Stanton		Maureen Rush OAM
	Jenny Walker		Judy Smith

FRIENDSHIP DAY 2025 RSVP FORM

*Friendship Day Luncheon - Wednesday 28 May, 11:30am - 2:30pm
Maroochydore RSL Sub-Branch, Memorial Avenue, Maroochydore
\$55 per person*

.....
*Blackall Range Bus Trip & Lunch - Thursday 29 May, 10:00am - 3:00pm
Departing from the Maroochydore RSL Sub-Branch, Memorial Avenue, Maroochydore
\$35 per person*

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
Events attending	<input type="checkbox"/> Friendship Day only (\$55) <input type="checkbox"/> Friendship Day & Bus Trip (\$90)		
How will you make your payment?	<input type="checkbox"/> By cheque/mail order in the post to the postal address below <input type="checkbox"/> Credit Card by calling Lindy - 0478 398 931 <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 16 MAY 2025

Contact to book and pay:

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

Contact Person for event details:

Lindy Beehre
0478 398 931
Lindy@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**



CHRISTMAS LUNCHEON

CHRISTMAS LUNCH:

Price: \$55 per person, includes 2 course luncheon (cash bar available)

Date: Monday 25 November 2024

Time & Location: 11:30am - 2:00pm

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

Entrances located at Adelaide Street, Ann Street and King George Square

PLEASE PHONE HEAD OFFICE TO RESERVE YOUR SPOT BEFORE MAKING PAYMENT

Full Name:

Membership Number:

Dietary Requirements:

Payment Method (Please tick) :

- I enclose a cheque or money order with this form
- Over the phone to AWWQ Head Office with a credit card on 3846 7706 or 1800 061 945
- Through direct deposit to:

Australian War Widows Queensland
 BSB: 064 000
 Account: 1496 9480
 Reference: Your membership number

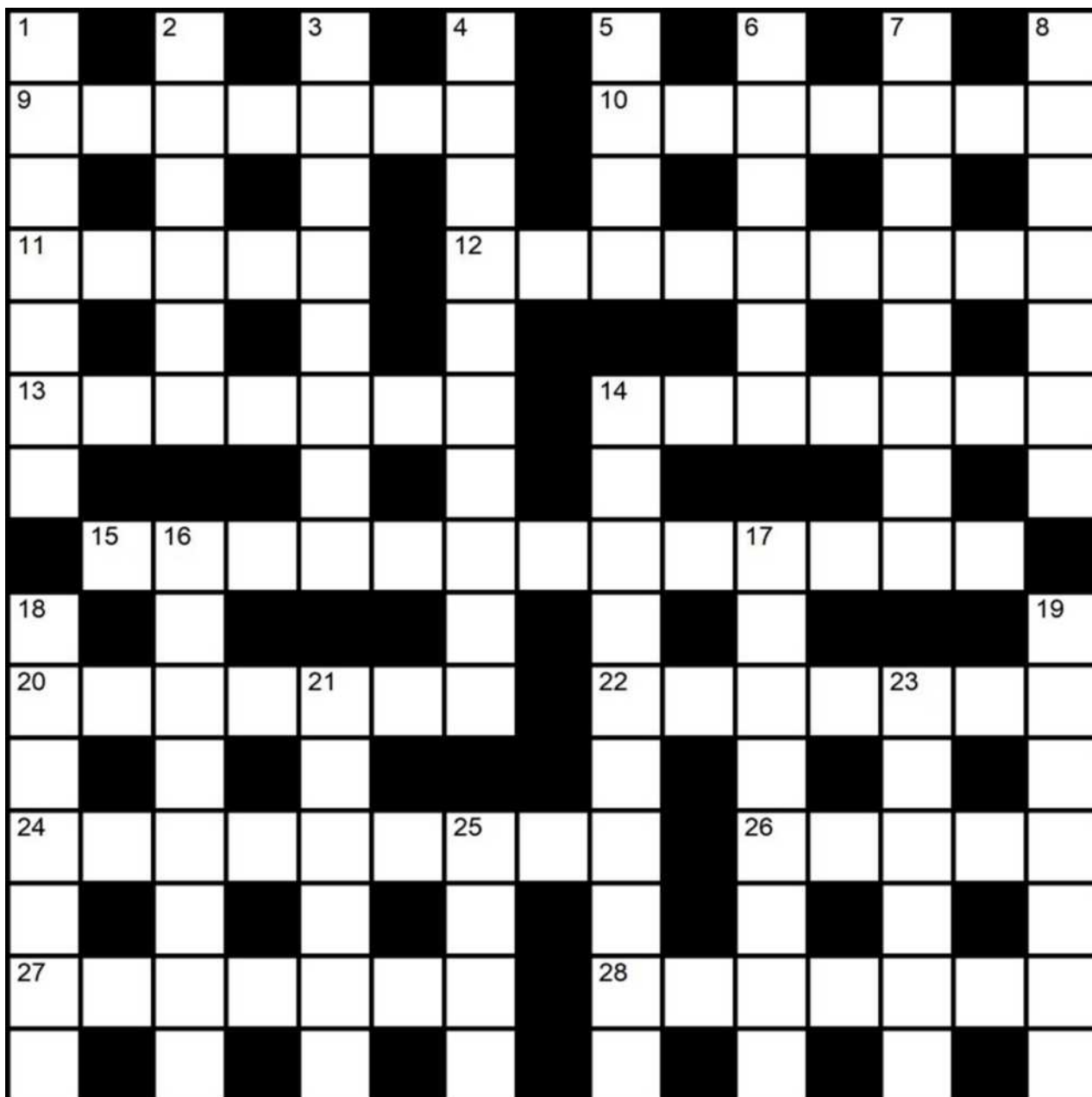
RSVP BY FRIDAY 8 NOVEMBER 2024
REFUNDS ARE NOT PROVIDED AFTER 8 NOVEMBER

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

Solutions on page 5



Across:

- 9** Fit (7)
- 10** Small long-tailed bird (3-4)
- 11** Claire Hooper, for example (5)
- 12** Misnamed fruit bat (6,3)
- 13** Perfect (7)
- 14** Military (7)
- 15** Sydney-born country singer (7,6)
- 20** At the start (5,2)
- 22** Cigarette igniter (7)
- 24** Philosopher who wrote "Those who cannot remember the past are condemned to repeat it" (9)
- 26** Sign up (5)
- 27** Mocked (7)
- 28** Developed over time (7)

Down:

- 1** Gifted with ESP (7)
- 2** Disappointment (6)
- 3** Powerful (8)
- 4** State which cannot be improved upon (10)
- 5** 180-degree turn (4)
- 6** Disposable mobile phone (6)
- 7** Street art (8)
- 8** Banished (2,5)
- 14** Popular NSW National Park (5,5)
- 16** Tirade (8)
- 17** Enlisted (6,2)
- 18** Mass-to-volume ratio (7)
- 19** Musical introduction (7)
- 21** Like fresh bread (6)
- 23** Prosper (6)
- 25** Tots up (4)



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 my 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

Centrepont Apartments in Caloundra boasts a heated swimming pool and a sauna. 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