

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

AUTUMN 2025

In this issue:

- **Board Nominations**
- **Membership Renewals**
- **ANZAC Day Services**
- **Health & Wellbeing**

AUTUMN EDITION 2025

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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WEBSITE

www.warwidowsqld.org.au

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	07 3846 7706 or 1800 061 945
Advocacy Register	www.advocateregister.org.au
Aged Care Placement Agent (Leona Bonning)	0408 748 341
Beyond Blue	1300 224 636
Caring Cuisine	07 3354 3919
Centrelink (MyGov)	1300 169 468
Crime Stoppers	1800 333 000
Do Not Call Register	1300 792 958
DVA General Enquiries	1800 838 372
DVA Payment and Reimbursement Team	ambphmepi@dva.gov.au
DVA Pharmaceutical line	1800 552 580
DVA Rehabilitation Appliances Program	ambrapge@dva.gov.au
DVA Short-term Crisis Accommodation	1800 011 046
DVA Transport	1800 550 455
Lifeline	13 11 14
Meals on Wheels	1300 909 790
My Aged Care	1800 200 422
Open Arms	1800 011 046 / openarms.clientassist@dva.gov.au
Police / Fire / Ambulance	000
Policelink (Non urgent matters)	131 444
Seniors Enquiry Line	1300 135 500
SES (Flood & Storm Emergency)	132 500
Veterans' Home Care	1300 550 450



WELCOME TO NEW MEMBERS

Beatrice Booth – Tallai

Marie Morrison – Paradise Point

Judy Briggs – New Farm

Memdelva Needs- Strathpine

Donna Brooke- Morayfield

Glenys Nichols – Urangan

Mary Brown- Leichardt

Margaret Overitt- Boondall

Kay Meehan – Marsden

Leonie Schwarz- Gympie

STATE PRESIDENT REPORT



Happy New Year, and welcome to 2025.

Our thoughts have been with our friends in North Queensland, who experienced extreme weather and heavy rainfall during February. One of our Ingham members had to be evacuated and had extensive damage to her home and car. The AWWQ office has been in contact with our members in the danger zones.

All groups were in recess over the Christmas period, and I trust the organisers enjoyed a well-earned break. By the time you read this, all activities will have resumed, and I know that many groups already have some interesting activities planned for the year.

Since last year, several more groups have changed from formal sub branches to social groups. As a social group, you keep all the benefits of a sub branch without the need to have a full committee, keep records and hold formal meetings. Social groups are just that, a group where you still meet regularly at a designated place and time for a social get-together and enjoy a chat, exchange news, enjoy a cup of tea, and perhaps stay for lunch. Or you may want to have an outing, celebrate an event with a special lunch, or whatever as a group you decide to do. Sue and I will visit your group from time to time, and you can still call head office if you need help with a problem.

It is time to think about Friendship Day, which will be held this year in Maroochydore on 28 May 2025. If you are thinking of having a holiday and staying a few days, you need to look at booking your accommodation soon, or you might miss out. The RSVP date is 16 May 2025, and there is a registration form and details in this Bulletin.

It is that time of year again when we call for nominations for Board Directors. If you want AWWQ to continue, we need a board of directors to manage the organisation for you. Some younger brains would be useful to complement the experience of the senior members. If you are interested or know of someone

who might be suitable, please call Rachel or myself for more information. Nomination forms and details are in this Bulletin.

The AWWQ AGM will be held in August at the United Service Club. Remember the DVA Veterans' Health Week grant will be available in October to subsidise an event for you to add to your calendar. Another event to add to your calendar for this year is the AWWQ War Widows' Day Field of Remembrance Service at St John's Cathedral in Brisbane on 20 October 2025. To finish the year, the AWWQ Christmas Luncheon will be held on Monday, 24 November 2025. Details of all these events will be advertised in the Bulletin.

I will continue to represent AWWQ at official functions and advocate on your behalf at meetings and forums throughout the year.

Legislation Reform. The much-anticipated Veterans' Entitlements, Treatment and Support (Simplification and Harmonisation) Act was passed by the federal government on 13 February 2025. Now, we can go back to the minister and ask for an amendment to change the name 'Wholly Dependent Partners' to 'War Widows'. Watch this space.

I continue to receive complaints about Booked Car with Driver, the taxis that DVA arrange for you to attend medical appointments. If you experience a problem such as a car arriving late or not at all, the driver being unhelpful or rude, then please make a note of the date and time what the problem was and any other details you may remember and call War Widows head office (07) 3846 7706. We will make a list of complaints and take them to DVA on your behalf. If you have other issues with DVA, please do the same. Call the AWWQ office, and we can report to DVA on your behalf. DVA provides many services, and sometimes things will go wrong. However, if DVA does not know, they cannot fix it.

I am looking forward to an exciting year and meeting with as many of you as possible. Do not forget, it is time to think about Friendship Day; it will be a day of friendship, fun and much laughter.

Take care and stay well.

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ members,

As the heat of summer is passing and we welcome the crisp air of Autumn 2025, I hope this Bulletin finds you in good health and high spirits. It's always a pleasure to reconnect and reflect on the moments that make Australian War Widows Queensland so special.

The past months have been a time of planning and preparation for a meaningful year ahead. With our core values—Support, Advocacy, Friendship, and Honour—guiding us, we look forward to coming together to commemorate, celebrate, and remember.

Together, head office has been working on the AWWQ corporate calendar, prospective grants for the year and Judy has been focusing on contacting all the groups to finalise the visitation schedule for the year. Judy and Sue will visit all 27 groups throughout Queensland to ensure our members' needs are met. These efforts are part of our ongoing commitment to strengthening connections, improving support services, and ensuring that every member feels valued and heard.

On 12 February, we hosted our first Zoom meeting of the year, and it was wonderful to catch up with so many of you. We recently conducted a group survey regarding our zoom meetings to ensure the attendees find the meetings beneficial. We have received unwavering support and feedback that the meetings provide a fantastic way to stay connected, no matter where you are. If you'd like to join future Zoom meetings, please call Lindy, our Member Support Officer, on 0478 398 931.

One of the most cherished events in our calendar, Friendship Day 2025, will be held in Maroochydore on the 28th of May. This special gathering is an opportunity to strengthen the bonds that unite us, share laughter and memories, and create new friendships. Many members have expressed how much this event means to them, and I encourage you to mark your calendars and join us for a day of

warmth, connection, and joy. Please note that RSVPs for Friendship Day are due by the 16th of May 2025.

In a moment of deep reflection and tribute, we will come together on the 20th of October at St John's Cathedral, Brisbane, for a combined commemoration of Queensland War Widows' Day and the Field of Remembrance. This service honours those who have served and given their lives in service to our nation while also recognising the strength, resilience, and contributions of war widows throughout Queensland. War Widows will plant a cross as a symbol of remembrance and gratitude for the sacrifices made. Registrations are now open, please call head office to book your attendance at this important service in Brisbane.

State President Judy Smith and I have graciously accepted an invitation to the Families of Veterans Guild ANZAC Field of Remembrance on 23 April 2025 in Sydney. This occasion provides a space for us to represent AWWQ and pay our respects and stand together in unity.

Additionally, as we come together for these commemorations, we will also be acknowledging the 80th Anniversary of the establishment of the first Australian War Widows' Craft Guild in Victoria in November 1945. This milestone reminds us of the enduring legacy of support and community that has flourished over the decades, reinforcing the importance of our mission.

On an organisational note, AWWQ audit preparation has commenced, and UHY Haines Norton will be conducting the audit in preparation for the Annual General Meeting on 20th August. This ensures we remain transparent and accountable, and we appreciate the continued support of our members in this process.

On behalf of the staff, we look forward to seeing you at upcoming events and sharing in the moments that strengthen Australian War Widows Queensland.

Rachel Johnson
Executive Officer

NATIONAL PRESIDENT REPORT



I trust that everyone had a wonderful Christmas with family and friends and are ready to now face the new year with renewed energy.

While the National Office has been closed for the Christmas, New Year break. Your National executive have

taken this opportunity to refresh and revitalise to prepare for what we hope will be an interesting and successful year for Australian War Widows Inc.

Our Executive Officer, Toni Purton, has relocated back to Canberra and I will miss her being nearby in Brisbane but she will continue to support us all from her new location.

I continue to represent you on many DVA forums and bring issues to them that are of concern to war widows. One issue that many of us have constantly raised with DVA is the concern that previously to have an MRI we needed to have a specialist referral. In October, the Department began a six month trial which allows radiologists to claim MRI scans for eligible clients referred by a GP without needing to seek prior approval from DVA or a referral from a specialist.

Other matters of interest from the meetings that I attend on your behalf, include that DVA has confirmed that The Veterans' Simplification and Harmonisation Bill 2024 remains before the Parliament and is expected to be considered when Parliament returns in February 2025. The Government has committed to fund DVA to continue consultation on the development of a national ex-service organisation peak body.

There have also been discussions regarding the war widows' pension and its comparison to the aged pension. These discussions will continue. There has been no decision on any changes the term "Wholly Dependent Partner" terminology in the new Veterans Legislation which comes in to effect on 1 July 2026.

On the Aged Care front DVA are finalising new information booklets for DVA clients, families, carers and residential aged care providers. I will keep you informed.

This year is the 80th anniversary of the formation of the War Widows' Guild and we need to make plans to commemorate this milestone. At a meeting in Melbourne's Assembly Hall on 22 November 1945 an interim committee was elected and the War Widows' Craft Guild came in to being with Mrs G. A. Vasey as Honorary President.

I will keep you informed of any plans that the National Council makes to commemorate this great 80 year anniversary.

Once again, I thank all of the State Presidents and Board and Committee members for their continued support of war widows throughout Australia. My best wishes to you all.

Jenny Gregory
National President

NEWS & REMINDERS

SAVE THE DATE

2025 is off and running, with many events planned for the year so far. Be sure to mark these dates in your calendar, and we hope to see you there.

- Anzac Day, Friday 25 April
- Board nominations due, Friday 23 May
- Friendship Day, Wednesday 28 May
- AWWQ AGM, Wednesday 20 August
- War Widows' Day, Sunday 19 October
- Field of Remembrance, Monday 20 October
- AWWQ Christmas Lunch, Monday 24 November

ANZAC DAY 2025

AWWQ members are invited to participate in the Brisbane ANZAC Day parade which will be held on Friday 25 April.

If you are interested in marching, or sitting in the enclosure to watch the parade, please contact Head Office on (07) 3846 7706 and register your name.

2025/2026 MEMBERSHIP RENEWALS

Your annual membership fees are due on 31 March 2025. A renewal form with payment options can be found on page 34 of this edition.

BOARD NOMINATIONS

The 2025/2026 Board nominations are now open, with two war widow director positions up for nomination. Please see page 35 of this edition for the nomination form.

FRIENDSHIP DAY

With Friendship Day just around the corner on Wednesday 28 May, followed by the Blackall Range Bus Trip & Lunch on Thursday 29 May, time is running out if you have yet to book. You will find the booking sheet on page 37 of this edition.

NAME BADGE PRICE INCREASE

A reminder that due to a price increase from our manufacturer, the price of AWWQ member name badges has now increased by \$5. The new price for a name badge is \$15.

TRANSPORT ASSISTANCE PROGRAM

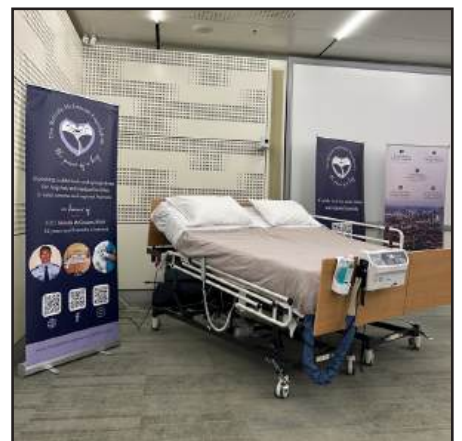
As previously announced, we have now reached the end of the Transport Assistance Program grant. AWWQ Head office will still pay one way for a member to attend a sub branch meeting. The member can present the taxi receipt to the sub branch, and be reimbursed by the treasurer/coordinator. The receipt can then be forwarded to head office for the branch to be reimbursed.

NOTE TO FLOOD AFFECTED MEMBERS

Following the devastating floods that have hit North Queensland, AWWQ has tried reaching out to as many members who may have been affected as possible. However, in some cases, this unfortunately has not been possible. If you have been affected, please contact head office on (07) 3846 7706 when it is possible to do so.

CUDDLE BED OPENING

AWWQ State President Judy Smith, and Executive Officer Rachel Johnson, were honoured to attend Greenslopes Hospital for the presentation of a Cuddle Bed. These beds are made possible through the great work of The Belinda McGowan Foundation, which was founded by AWWQ member Bruce McGowan and his wife Belinda McGowan



Solutions to Word Search and Sudoku on pages 32 & 33

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

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137	S	138	C	139	H	140	O	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	

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 859 406
LOTUS CLUB	1st SATURDAY 12:30pm Various venues Coordinator: Jenny Gregory 0411 512 310 E: Jenny2gregory@hotmail.com

MAROOCHYDORE	4th MONDAY 10:00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 Coordinator Glynis Burns 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 Townsville RSL, Charters Towers Road, Hermit Park President: Wendy Goodman 0408 584 929 E: Awwtownsville@warwidowsqld.org.au Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Lindy Henson 0417 786 920
WARWICK	1st Thursday 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

Welcome to 2025 and a happy New Year to all.

We had a very busy lead-up to Christmas last year culminating with our Christmas meeting and lunch. It was decided that we have our Christmas meeting in November and it was very successful.

Sadly, one of our members, Val Klingberg, passed away at the end of December. Val was a lovely lady and was known for her quirky hats. She will be sadly missed.

In January, we had a lunch instead of a full meeting and it was lovely to welcome in the new year and everyone catching up.

Our first meeting for the year in February was very well attended. We have arranged guest speakers for the coming months. Our April meeting will be our Easter Meeting and acknowledging Anzac Day. We will be representing the War Widows at the Memorial Ceremony at the Gaythorne RSL. We are also looking forward to travelling to Maroochydore for Friendship Day in May.

Best wishes to all and stay safe.



Dawn Mohr, winner of the Christmas Hamper



Lynne Hackwood, winner of Councillor Andrew Wines Hamper

CABOOLTURE

Our group had a very enjoyable Christmas celebration with a Luncheon at the Jacaranda Cafe, which is always a popular venue. The tables were nicely decorated and plenty of raffles were available to add to the ladies Christmas cheer and quite possibly their weight. Our break for two months was appreciated by all and we have returned feeling refreshed.

On February 14th this year we celebrated the 32nd Anniversary of our founding and although we were a small group everyone enjoyed themselves. Gynith Whatmough our last surviving foundation member gave a resume on the establishment of the Branch and the early days of our group. Originally, we travelled to Bribie Island and enjoyed our time socializing with the local members before steps were taken to form our own Caboolture branch due to the increasing numbers of War Widows in Caboolture and surrounding areas. Gynith provided a delicious sponge cake for morning tea complete with icing in our colours which depicted our beautiful Kookaburra badge.

Sadly, last year our other Foundation member Letty Marriott passed away peacefully at the age of 100yrs. She had been in Residential care in Narangba where she was very happy, taking part in all activities available to her. Letty held a number of positions on our committee but looking after our many raffles was her main focus and she served in this capacity for over 25 years while still taking part in the daily running of the Branch.

We are looking forward to a good year in 2025 and we are all pleased to say that our President Estelle Anson has recovered from

her nasty fall last year and managing very well. Vice President Mary Hogan has recovered after a fairly lengthy illness and her daughter Barbara is driving her to meetings and staying to assist wherever she can and we are enjoying their company.

Kay Hunt has badge week in hand and this will be of shorter duration due to Easter and Anzac Day being closer this year. Anzac Day is coming up and arrangements have been completed for the laying of wreaths.

We are hoping to attend Friendship Day, but as usual uncertain health issues complicate matters.

Yours in friendship
Cath Hartshorn



Caboolture's 32nd anniversary celebrations, with the sponge cake provided by Gynith Whatmough

CAIRNS

Last year's Christmas party was another great success. We continued our tradition of decorating the Rona Shute room at the Cairns RSL up with lots of Christmas dec-

orations, festive table cloths etc. Donata made everyone a beautiful Santa napkin holder and a Christmas cutlery pocket. Alema also brought a small gift for everyone. We ran a Christmas raffle and with so many prizes, of course donated by the members. Our Christmas party visitors last year were Katie from the RSL office, Gillian from the Cairns RSL sub branch and Vivienne from the RSL kitchen. I am sure the 2024 Christmas party was one of our best with lots of fun for everyone.

During our first meeting for 2025 we celebrated with a party for Peg Manning who turned 100 on the 2nd February. We had a really good turn-up for this meeting. Prizes for the raffle were won by the January birthday girls, Eli and Peg. Quite appropriate, I thought.

We are looking forward to a year without too much illness, operations and problems for our members and their families. I hope all War Widows have a very happy and healthy 2025.

Don't forget if you're travelling through Cairns, join us for morning tea on the first Wednesday of the month at the RSL, The Esplanade, Cairns - You'll definitely be welcomed.

Cheers,
Lyn



Birthday celebrations for Peg's birthday

GOLD COAST SOUTH

2025 has started with a bang! Unlike our friends in North Queensland who we are thinking of and sending best wishes to, our year has started much calmer than last year, thankfully!

We had a really fun Xmas party with a lovely entertainer who got the ladies to their feet and enjoyed a swing around the dance floor. We were happy to have had Judy, Rachel and Sue join us. Gay once again was the star dressing up and showing everyone how it's done!

We started our WW year a little earlier than usual with a casual catch up in January, which was great to just chat and hear everyone's stories from Xmas. We have now had our first meeting of the year and while our numbers are getting smaller each year the friendships are strong and continue to grow. It is amazing when you start to chat you find common things that draw you together to pursue even greater connections.

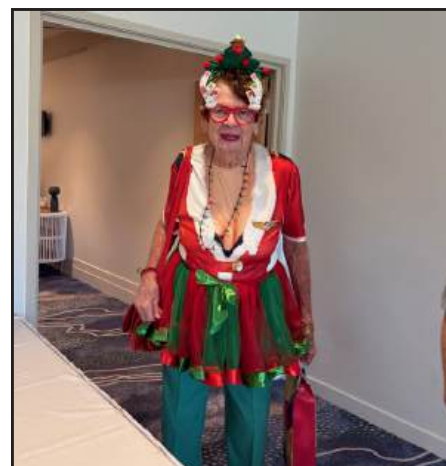
Unfortunately, we said goodbye to two of our most senior ladies over the break, Lyn Hennessy at 101 and 1/2 and Phillyis Renwick at 99, may they RIP.

Six of our members are heading north for Friendship Day which looks like it will be a fun time.

Bye for now.

Debbie

Gold Coast South



Gold Coast South members having some fun at their Christmas Party

IPSWICH

Our new year started off sadly with the loss of two of our ladies, Betsy Harper and Elizabeth Ballard. Condolences to their families, from all of us here at Ipswich War Widows. They were lovely ladies and we all enjoyed their company on many an outing.

Pauline Whitchurch, another member of our group has moved to the Sunshine Coast to be closer to her son, we wish her all the best.

Xmas 2024 lunch was a dual celebration with the last catch-up for 2024 for all the ladies and a celebration of 50 years to the



day (5th Dec) that the first Ipswich War Widows Xmas lunch was celebrated in Ipswich. We were blessed with the company of Jenny Gregory and Judy Smith, our National and State Presidents, Sue Hilditch Wellbeing Program Officer, Donna Leggit from Legacy, Ipswich Mayor Teresa Harding, Jim Madden, local member and Martin Shaw from Wounded Heroes Bundamba. A wonderful day full of Xmas spirit and Xmas presents for all. Thank you to many who made donations towards the day which was held at the PA Hotel Ipswich.

Our first meeting for 2025 took place at our new meeting house CSI Ipswich, (Club Services Ipswich) with 10 ladies in attendance. A wonderful catch-up sharing Xmas news and a looking forward to a wonderful itinerary planned for 2025.

In Friendship

Susan



Ipswich members celebrating the Christmas party



Ipswich February branch meeting

LOTUS GROUP

The Lotus group war widows meet on the first Saturday of each month for lunch 11:30am for 12noon. We alternate between two venues which are easily accessible for those using public transport.

The lunch for March will be at the Grand Central Hotel in Ann Street, Brisbane, and the April lunch will be at The Beach House, Myer Centre, level E, corner Albert and Elizabeth Street, Brisbane.

There is no meeting format just lunch and chatting with other war widows. All welcome.

Many thanks

Jenny

MAROOCHYDORE

Greetings from Maroochydore. We finished 2024 off with 20 ladies enjoying a lovely Xmas lunch at the RSL. Our first get together for 2025 was in January with 10 ladies attending lunch at Maroochy RSL. Our first meeting will be 28th February and our guest speaker will be a dietician. I thought that was appropriate as we all probably over indulged during the Xmas season.

Judy and Rachel paid a visit at the beginning of the month to check on Friendship Day organisation. Everything is going to plan.

I have organised a couple of good speakers for our meetings being Oz Harvest and Orange Sky. They are both brilliant organisations.

Unfortunately, this year three of our members have been in hospital and as a result two have gone into permanent care. We wish them well and will miss them at our meetings.

Looking forward to seeing many of you at Friendship Day.

Glynis Burns



Dell Ward with RSL Xmas gift hamper



Dorothy Jacobsen and daughter Nanette at the 2024 Xmas Lunch



2024 Christmas celebrations

MARYBOROUGH

Good day everyone!

Hope you had a wonderful Christmas and New Year just like we did.

The Maryborough War Widows Social Clubs starts our yearly meeting in this month of February in RSL Maryborough. We would finish up on the month of November which we allocate for our Christmas celebration.

We are a group of happy people enjoying each other's company. We vary our activities for every meeting to make it more interesting. We look forward to the visit of our dear President, Judy Smith, and Sue Hilditch in the month of May. Their visit is the highlight of that day, creating a sense of

belonging and connectivity to our Mother Branch that takes care of all the branches in our state of Queensland.

For this year we mapped out interesting plans in our calendar of events. Two of the activities we haven't tried is a BBQ in the beautiful Ulula Park of Maryborough and a visit to the Hervey Bay Botanical Garden. We will have our morning tea there as well as a packed lunch and at the same time immersing ourselves in the beauty of a botanical garden. We will have plenty of walks to enjoy the landscape and the many beautiful plants abounding the place. We sure will have plenty of photos for the lovely experience.

NEW FARM

Happy New Year! I hope everyone has had a good break and ready now to settle in to enjoying our activities for the new year.

At our first meeting for 2025 in February we had Beryl Watson from "Stitch and Bitch" a local craft group who spoke about the activities of this group.

In March we will have a presentation from Jose Sarmiento, a Police Sergeant who is the Crime Prevention Coordinator from the Inner West Patrol Group who will talk about safety issues. We will have a visit from the Consulate for Malta at our April meeting.

Sadly, we will miss Audrey, who passed away in November 2024 and also Una who is leaving Marina Court to go to NSW to live with her grandson. We are all getting older and changes are inevitable.

We will begin making arrangements for those who wish to go to Friendship Day in Maroochydore on Wednesday 28 May. This is a special event that we all look forward to each year.

A number of upgrades have

occurred at our Marina Court premises and it is certainly a great venue for us to hold our meetings.



Beautiful cake made by Sari for Jenny's Birthday

REDCLIFFE

For Redcliffe War Widows, summer has been a time of challenge, as the room designated by the local RSL for our meeting room was both too small and not chair-safe. After much negotiation and constant requests by our President Jennie Armstrong, the RSL have finally agreed to our use of our preferred meeting area, The Point Restaurant. This is not used in the mornings during the week and is a very satisfactory and much safer area for our meetings.

Twelve of us travelled to the Brisbane City Hall for the State Christmas Lunch and enjoyed meeting up with friends from other groups.

Our December meeting was an informal opportunity to celebrate Christmas rather than a normal meeting. We held a Secret Santa, with each member buying a present for an unknown member. These were then distributed by Santa Clause and his helpers, though Santa was rather late, he said because Rudolf had a flat tyre!

We combined with the Legacy Laurel Club members for a Christmas Lunch at the Redcliffe Tavern on November 27th. This is a tradition with the two groups taking it year about to organise the combined lunch. Each member was given a Christmas present

from Legacy.

We had a break over Christmas/New Year until our February meeting, our first normal meeting in the Point Restaurant. With 32 members attending, 13 apologies, and four new members joining, our year got off to a good start. The theme was Valentines' Day with raffle prizes to suit.

Our guest speaker was Exercise Physiologist Robbie Brokenshire from ProHealth at the Dolphins Gym. Robbie's talk was well received, with his balance of warm personality and humour and good advice on the need for movement and the various ways this can be achieved. He made available a printout of his talk so that anyone interested could put his suggestions into action.

Our next meeting will be on March 6th, at the RSL's The Point Restaurant.



Redcliffe members at the AWWQ Christmas Luncheon



Redcliffe members at the Redcliffe Christmas Luncheon

ROCKHAMPTON

I hope you have all had a wonderful festive season and are now ready for a great year.

We had our first meeting for the year in February with a good attendance of 17 and one apology. We are going to make our meeting time 10am for a 10.15am start.

Our sub branch is 50 this year and we are hoping to celebrate this at our AGM at our May meeting. Our events coordinator, Gloria, is busy working on our outings for this year.

Five members are looking forward to attending Friendship Day at Maroochydore in May. Gloria Lynch celebrated her 90th birthday in January at the Yeppoon RSL Club with family and friends. Regards Jan.



Gloria Lynch celebrating her 90th Birthday!

SOUTH EAST

AWWQ South East Social Group welcomed the New Year in on 17th January. Our last meeting was early November 2024, and it was such a pleasure to meet up again with another year to look forward to.

Some of our members have had health hiccups during the break and we do feel for them and hope for better times ahead, those able to attend the January gathering enjoyed a happy occa-

sion and look forward to the next monthly meeting.

The ladies realised that the April gathering will coincide with Good Friday so it was decided to meet on Friday 11 April instead.



South East members having fun at their monthly meeting

SOUTH WEST

As I missed the last Bulletin, I hope this report makes up for it.

On the 4th October 2024, we held our Veterans' Health Week event with the theme of keeping connected. Our guest speaker was Dara Tayrien who demonstrated chair yoga. All the ladies participated. In keeping with the theme of keeping connected, all the ladies were invited to a free lunch at Eats on ANZAC. Our other guests from head office, Judy & Sue also joined us.

On the 18th of October, we

celebrated Jessie Vasey Day by having a High Tea at the Algester Bowls Club. It was an enjoyable day.

On the 3rd of November, we celebrated our 18th Birthday. On the 15th, Del Donley celebrated her 90th Birthday. We had a special morning tea for her and presented her with a bouquet of flowers.

At least twelve of our ladies attended the head office Christmas Party that was held on the 26th of November. It was an enjoyable event.

Our branch Christmas party was held on the first Friday in December. This was a mystery bus trip to the venue. Morning tea was in Ipswich Park. Ladies provided morning tea.

We then travelled to the Bottle-tree Hotel for a wonderful lunch. By the laughter around I feel safe saying a great time was had by all. Our first meeting for 2025 will be on the 7th of February.

Pat Woods

TOOWOOMBA

First of all, I would like to correct what was written in our last bulletin item. Our Christmas breakup was held at the City Golf Club, Toowoomba (not Ipswich).

It has been a dreadful situation in Nth Queensland with so much rain falling causing severe flooding. And the effects from that, has been no supplies getting in and no power/water either. To our War Widow friends who live there, please know that our thoughts are with you at this difficult time and trust that the recovery will go well.

We have held our first meeting of the year and we had an attendance of 13. After a short meeting we heard from Mary Ann Wheatley who talked to us about her trip to UK. While there, she visited her

pen pal from Portsmouth and was able to attend War Widows Meetings in Portsmouth held at HMS Nelson, plus joined in the Remembrance Day service where she was invited to lay a wreath. It was very interesting.

Our next meeting will be on 12th March at 9.30am.

Helen Puxty
Secretary

TOWNSVILLE

February this year has seen us back at the RSL for our monthly meetings.

We had our Christmas lunch in November at Brothers' Leagues Club, the room was decorated beautifully for us and the two-course meal was scrumptious.

Townsville Executive hope all our War Widows, Widowers and Associate Members had a merry Christmas and a safe and happy New Year and we are all ready to embrace the coming months.



In memory of our departed members, whose presence will be dearly missed by the war widow community.

MARGARET BAINES

SHIRLEY BULLCOCK

BERYL FLOYD

JOY FLYNN

ELIZABETH FRASER

LYNNE HENNESSY

VALERIE KLINGBERG

ELAINE LACEY

LETTY MARRIOTT

SANDRA McDONALD

HAZEL MILLIGAN

MERRILL OVENDEN

SHIRLEY PAYNE

CYNTHIA PHILLIPS

PHYLLIS RENWICK

IVY SAUNDERS

ANNIE SHEPPARD

BARBARA THELANDER

This information is gathered from advice received from members & family of loved ones



STATE PRESIDENT 2025 SUB BRANCH VISITS

State President's visits to Sub Branches and Groups

Sue and Judy will be visiting the below groups throughout the year.

Please check with your group President/Coordinator for more details. Contact information can be found on page 6 of this edition.

28 March 2025	Redlands
5 April 2025	Lotus Club Lunch
8 April 2025	Bundaberg
15 April 2025	Bne North - Geebung
1 May 2025	Warwick/Stranthorpe
2 May 2025	Redcliffe
13 May 2025	Rockhampton
16 May 2025	Sth East - Coorparoo
20 May 2025	Maryborough
28 May 2025	Maroochydore
2 June 2025	Gold Coast South
4 June 2025	Cairns
6 June 2025	Sth West- Greenbank
7 June 2025	Lotus Club Lunch
10 June 2025	New Farm
13 June 2025	Caboolture
4 July 2025	Gympie
8 July 2025	Lotus Club Lunch
8 July 2025	New Farm
15 July 2025	Brisbane North-Geebung
28 July 2025	Maroochydore

2 August 2025	Lotus Club
7 August 2025	Toowoomba
12 August 2025	New Farm
29 August 2025	Redlands
1 September 2025	Gold Coast Sth
4 September 2025	Ipswich
6 September 2025	Lotus Club
9 September 2025	New Farm
16 September 2025	Townsville
2 October 2025	Bribie Island
4 October 2025	Lotus Club Lunch
13 October 2025	Bne West - Gaythorne
14 October 2025	New Farm
1 November 2025	Lotus Club
6 December 2025	Lotus Club
9 December 2025	New Farm
The Persephones	As Requested
Sherwood	As Requested
Ingham	Zoom

PEGGY MANNING



Peg Manning celebrated her 100th birthday in February this year. She one of eight children born in a farming family at Meckering in the wheat belt area of Western Australia. Her father Thomas Kelly had been the first white child born the area. Her mother's family had come from South Australia.

During the war years, Peg's brothers had gone away to the war. As a young 16-year-old, she was left to do the farm work with her father. It was heavy work and long days on her horse droving sheep. When the boys came back from the war she was told by many men that farm work "was no place for a girl! "

So, she started nursing her nursing training at Perth General Hospital. Wonderful. Eight hours on shift and then the rest of the time off! She completed her midwifery training in Sydney and came on the boat, Manunda, to Cairns in 1950. Here she met her future husband Bob. He was from Victoria and was sent then to Darwin and then to Timor and New Guinea. He did not go back to Victoria. Peg stopped working as a nurse as she had little children to bring up and married women were not allowed to work. Bob worked for Ansett Airlines for many years and passed away in 1998. Peg and Bob had four children. Peg now also has seven grandchildren and six great-grandchildren.



Peg continues a keen interest in weaving, knitting, crochet- things that in her younger years she had learned out of necessity and in her later years became a great joy. She is a life member of the Fibrecrafters Club and taught many people to crochet and make bobbin lace. She has been a keen supporter of the Methodist and Uniting Churches and was always there with a helping hand. She continues to work every day in her garden, to read, to weave and to sew."



PORTSMOUTH & SOUTHAMPTON

In November 2024, I had the great pleasure to meet with my special pen friend from the War Widows Association of Great Britain- Audrey Skillman. We had established a contact earlier in the year and as I had planned to be in the southern part of England in November for other family purposes, we agreed it was the time to meet in person.

We decided to spend Remembrance Day in Hampshire and to take part in the Remembrance Sunday Service at historic Portsmouth where the ladies meet each month for their War Widows meetings. At the request of the Hampshire County Guild President Madlaine Dunn, Audrey and I were invited to be with her as part of the official party for the Remembrance Sunday Celebrations.

The Service was held in the Guildhall Square in the centre of the city and was attended by the Lord Mayor, the church leaders of the major religious groups in town and was broadcast by the BBC. Also present were representatives from many other community groups be they military groups, or other special groups both young and old who identify with the Commonwealth soldiers from all theatres of conflict as well as their family and friends.

I had the privilege of laying a wreath on behalf of the Australian National President, the Queensland State President and all the Queensland War Widows.

After the service and the wonderful interactions, Audrey and I joined a group of these family and friends for a celebratory luncheon.





The following week was the monthly War Widows' Guild of Hampshire meeting. This was held in one of the conference rooms at H.M.S Nelson which was one of the beautiful historic buildings in Portsmouth. The Commander of H.M.S. Nelson attended our meeting and was very interested in our endeavours. He then invited us to join him for lunch in the Wardroom. This was yet another historic room with beautiful art treasures from previous centuries decorating the room from floor to ceiling- including the windows.

As well as the military part of my visit to Portsmouth, Audrey was a wonderful tourist guide who took me to all sorts of places and explained the relevant history. It is indeed a beautiful and historic city. I had hoped to go across to the Isle of Whight but the weather became inclement and plans were cancelled.

The other special part of being with Audrey was the opportunity to meet with her lovely family. We shared generous hospitality in their homes. I also shared in one of their Christmas traditions. In November, an afternoon tea is arranged for the family members at a special tea shop where the discussion of 'door wreaths' happens. There were three generations present. We then went to the special florist shop which hosted the making of these wreaths. The florist is a family friend and has been part of this tradition for many years. We were then shown an array of many products to fashion these wreaths. With the help of the florist and much frivolity, we all finished with a Christmas tribute to welcome guests to our homes. I had to leave mine there with Audrey as quarantine regulations did not allow me to bring fresh plants back to Australia.

It was a privilege to meet with wonderful people during their special time of Remembrance. We hope that in the future we again can meet again – maybe in the Somme in France for the very special Dawn Service Ceremony at the Australian War Memorial in Villers- Bretonneux followed by a tour of the British and Australian places of interest during World War 1.

Mary-Ann Wheatley

FIELD OF REMEMBRANCE

UK Field of Remembrance - History

The UK Field of Remembrance was first held in 1928, organised by George Arthur Howson, an officer in the British Army during the First World War and founder and chairman of the Poppy Factory. In the first year, there were only two memorials: one dedicated to Tommy Atkins (a nickname for a rank-and-file soldier in the British Army) and one to Field Marshall Douglas Haig, 2nd Earl Haig, founder of The Royal British Legion, who had died in January 1928.

ANZAC Field of Remembrance in Sydney

The ANZAC Field of Remembrance is an annual event held at St Andrews Cathedral, Sydney, hosted by AWW NSW. The event involves the planting of wooden crosses in remembrance of those who have died due to their involvement in war. The first Field of Remembrance in Sydney was held in 1952, an idea that originated from the late Mrs. C J Pope, widow of Rear Admiral Pope after she visited London and was impressed by the Field of Remembrance held in an old churchyard near Westminster Abbey. In 1972 the Attorney-General granted the War Widows' Guild of Australia NSW permission to use the word 'ANZAC' in the title, and the Field has been known since then as the ANZAC Field of Remembrance and continues to the present day.

A non-denominational service is held with a lesson read by the Governor of NSW, followed by the Dedication of the Field and planting of the official crosses. The first cross is planted by the Governor in memory of the Unknown Warrior, followed by crosses planted on behalf of the three armed forces: Army, Navy, and Air Force; the citizens of Sydney; New Zealanders and their armed forces; veterans; and war widows.

Australia Remembers, 1995

As part of the 50th Anniversary of the end of World War II, the War Widows Guild of Australia (Qld) organised a Field of Remembrance in King George Square from Sunday, 13 August 1995, to Tuesday, 15 August 1995.

Recent White Cross Services

The day before Friendship Day 2023, the Redlands Subbranch held a White Cross Service. The service was well attended and welcomed by those present.

Rockhampton and Bundaberg groups hold an annual White Cross Service in October to honour Jessie Vasey's birthday. Various other groups have held White Cross Services for particular events but not regularly.



War Widows Day Field of Remembrance



Australian War Widows Queensland will, for the first time, host a Field of Remembrance for War Widows' Day in Brisbane, giving our widows the opportunity to commemorate their loved one's service and sacrifice.

Details for the event are as follows:

Monday 20 October 2025
St John's Cathedral, 373 Ann Street, Brisbane
10:00am

Registrations are now open, so please phone head office on (07) 3846 7706 to book.



WELLBEING PROGRAM MANAGER REPORT



Dear members. I hope you are all well and that you are looking forward to welcoming a cooler and drier Autumn. My thoughts are with our members in Ingham, Townsville and other area's in the Northern Territory whose homes have been devastated by the recent floods.

I was reflecting on what I should include in my Bulletin article and I thought I'd share some of the more common conversations I am having with members and their families. I'm thinking there may be other members and families in similar situations who may benefit from the information, and we all know being forewarned is being forearmed!

Unfortunately there is not a one size fits all advice piece when it comes to accessing care services as one ages. The care services a member chooses to access is unique to their care needs and will depend on a host of variables from what they value and brings them joy, their overall health and mobility, what their entitlements are, what their financial situation is and what their families relationships are.

DVA members with a Gold Card have a host of services they are entitled to and many of these are detailed in the Benefits and Services booklet. As most of our Gold Card members are aware, they are also entitled to services from My Aged Care, providing they are not accessing the same service which is considered "double dipping". Many of our members do not have Gold Cards which means they have to access all their care services from My Aged Care. My Aged Care is also the gate keeper to Residential Aged Care as they approve and provide the authorisation codes for Permanent Aged Care and Respite Care after undertaking an Aged Care Assessment.

The frustration many families are experiencing in the community is that when their loved one needs more care than can be delivered in the home (by the combined services from DVA and My Aged Care) it takes months and months to get an Aged Care Assessment to enable a member to enter Residential Aged care. A member family I recently spoke with reported that My Aged Care informed her that it would take up to 10 months to get the infamous ACAT assessment. The son of another Gold Card holder was beside himself with frustration with not being able to talk to the ACAT team. He was handed from one department to another and while each department knew their specific job, they worked as silo's, and did not understand how all the services worked together and what he could do to move forward in arranging urgent Aged Care for his mum.



The quickest way to get an ACAT assessment done in a timeous manner is if the member is admitted to hospital. The ACAT team will do an assessment in hospital on the condition that the patient is moving directly into Residential Aged Care. There are Aged Care Placement Agents who can assist families in finding the most suitable Aged Care facility depending on the individual's needs and means. These agents play a vital role in supporting and educating families who are transiting loved ones into Residential Aged Care and they charge a private fee for their services. Should a member have a Home Care Package, their services can be paid for from the package. Should families choose not to use an agent the discharge planner should be able to assist in finding a place in Residential Aged Care.

What is also important to know is that the Residential Aged Care facilities will only consider an application if the individual has a code for Permanent Residential Aged Care/Respite Care and a valid Enduring Power of Attorney (EPOA). Those families with valid EPOA's in place are well on their way to accessing the next level of care for their loved one. Unfortunately, some of our members do not have their EPOA's in place and have often have lost capacity when the family realises that an EPOA is necessary. In these cases, members are forced to remain in hospital until the discharge planner and social worker have taken their case before QCAT (Queensland Civil and Administrative Tribunal) where the public trustee will appoint the seemingly most appropriate family member to be the EPOA. This results in a longer hospital stay and hospitals may place the member in a respite bed in an Aged Care Facility while the case goes before QCAT.

So that's food for thought, an EPOA is important for many good reasons – one of them being that the Aged Care Facilities require them to accept residents, and the work around to avoid long delays of having an ACAT assessment done in the community is to have the member admitted to hospital.

I hope this information is useful and interesting.
Kind regards

Sue Hilditch
Wellbeing Program Manager



WOMEN AND HEART DISEASE

Heart disease kills more than two times as many Australian women than breast cancer.

Moreover, about 40% of heart attacks in women are fatal, and many occur without prior warning. Sadly, the majority of women don't realise it's one of their leading causes of death.

Why is heart disease less recognised in women?

- Women tend to develop symptoms of heart disease at a much later stage of the illness than men
- Their symptoms are often vaguer or 'non-specific'
- Some diagnostic tests for heart disease are less accurate in women than in men
- Women are less likely to seek help quickly
- Some health professionals are less likely to check

Women's symptoms of a heart attack

Did you know that women can experience different symptoms of a heart attack to men?

MEN EXPERIENCE	WOMEN EXPERIENCE
Chest Pain or discomfort	Back, neck or jaw pain or tightness
Shortness of breath	Burning sensation in the chest, similar to heartburn
Nausea	Chest Discomfort
	Dizziness
	Vomiting
	Fatigue
	Lightheaded
	Nausea
	Shortness of breath
	Sweating

If you aren't feeling normal or are experiencing any of the symptoms above, head to your local emergency room or call 000. It is better to take care of yourself and prevent damage to your heart, in the event you are having a heart attack.

When does heart disease occur for women?

It is important to note that heart disease can occur at any age however, around the time when women experience menopause the risk increases significantly. It is thought that women's natural oestrogen helps protect them from heart disease by supporting the flexibility of the blood vessels and arteries enabling them to adjust to support blood flow. Once there is a drop in these oestrogen levels as well as the other changes occurring around menopause, this causes a significant increase in the risk of heart disease for women.

For earlier identification of cardiovascular disease and more timely and appropriate medical intervention it is advised for women over 45* to have a heart health check. This enables proactive prevention to be taken to reduce risk.

How can women reduce their risk?

Women need to understand that they are at risk from hypertension and diabetes, and that these disorders are largely preventable.

- Stick to an active lifestyle throughout life – preferably beginning in the pre-menopausal years with regular exercise (at least 30 minutes, 3–5 times a week)
- Follow a low-fat diet
- Eat plenty of fresh fruit and vegetables
- Maintain a healthy body weight

Prevention involves early recognition of particular cardiovascular risk factors as they occur in each individual and identification of these can be helped with a heart health check. For factors that can not be controlled by lifestyle changes they may need to be managed with medication.

Risk Factors

Smoking

Smoking is even more harmful in women than in men. For example, it creates more risk of clotting-related diseases, such as stroke and heart attack, in young women compared with men. The risk is increased if smoking women are also using a birth control pill.

Hypertension: the silent killer

Hypertension (high blood pressure) is the most important risk factor for both stroke and heart failure.

In 2001, more than half of Australian women aged over 55 had hypertension: a disturbing fact, because many are unaware they have the condition. It is called ‘the silent killer’ because it does not cause symptoms.

Once diagnosed, hypertension can usually be well controlled with appropriate medication. If it is controlled, the risk of developing heart failure or stroke is greatly reduced.

Diabetes

The risk of developing diabetes is increased greatly by physical inactivity and obesity. In 2001 about 20% of Australian women were classified as obese, and many more as overweight. Many Australian women with diabetes remain undiagnosed. Most have no symptoms, because diabetes is usually present for many years before symptoms develop.

Diabetes increases the risk of heart attack by 3-7 times in women, compared with 2-3 times in men.

Diabetics have more widespread atherosclerosis than others, and are often less suitable for stenting or surgery. Regular exercise and weight control, beginning at an early age, can usually prevent diabetes.

Early recognition of diabetes (involving a blood glucose test) allows appropriate medical intervention. This can greatly reduce the risks linked to the disease.

Heart Research Australia also provide a Heart Health Club which you can sign up for to receive expert advice, information and support that can assist you in making and maintaining lifestyle changes to improve your heart health. To sign up for this **FREE** service, go to www.heartresearch.com.au/heart-health-club/ or phone Heart Research Australia on (02) 9436 0056.

This article was created and published by Heart Research Australia - www.heartresearch.com.au

Source: <https://www.heartresearch.com.au/heart-disease/women-and-heart-disease/>

WHY OLDER ADULTS STRUGGLE SLEEPING & IDEAS TO IMPROVE SLEEP

It's common for older adults to experience changes in the quality and duration of their sleep. Many of these changes occur due to changes in the body's internal clock. There are many reasons why older adults struggle getting a good night's sleep.

Mental and physical health conditions may also interfere with sleep. Conditions that commonly affect sleep in older people include depression, anxiety, heart disease, diabetes, and conditions that cause discomfort and pain, such as arthritis. The relationship between physical health and sleep is complicated by the fact that many older adults are diagnosed with more than one health condition.

Sleep issues may also be related to the side effects of medications. Almost 40% of adults over the age of 65 take five or more medications.

Poor sleep quality in seniors can be related to the lifestyle changes that often come with aging. For example, retirement leads to less working outside of the home and possibly more napping and less of a structured sleep schedule. Other significant life changes, such as loss of independence and social isolation, can increase stress and anxiety, which can also contribute to sleep issues.

Why it's important to get a good night's sleep

A good night's sleep helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day, and refreshes your immune system, which in turn helps to prevent disease. Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness, and experience more nighttime falls. Insufficient sleep can also lead to serious health problems, including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in women.

To improve your quality of sleep it's important to understand the underlying causes of your sleep problems. Whatever the case, the good news is that being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- Try to go to sleep and wake up at the same times each day.
- Avoid naps during the day. If you do nap, keep it to 20 minutes.
- Avoid oversleeping.
- Avoid bright light in the evening, especially playing on your iPhone or iPad device.
- Seek out some bright light when you wake up each morning.
- Don't stay in bed worrying. If you're awake for more than 20 minutes — go to another room and do something that relaxes you, such as reading a book, listening to music or meditating.
- Be as active as possible during the day, exercise and spend some time outdoors.
- Don't eat, work, watch television, read or discuss problems in bed.
- Avoid working on a computer, tablet or smartphone late in the evening.
- Avoid caffeinated drinks after midday
- Reduce your overall daily caffeine intake. i.e. Did you know that there are two shots of coffee in a regular size long black coffee?
- Avoid heavy meals and vigorous exercise within 3 hours of going to bed.
- Avoid smoking and drinking alcohol in the evening.
- Keep your pets, the TV, and brightly lit digital clocks out of the bedroom.
- Relax for 30 minutes before going to bed (e.g. have a warm bath).
- Make sure your bedroom is not too hot or cold.
- Ensure you are comfortable and your bedroom is quiet and as dark as possible.
- Drink less fluids at night. Trips to the bathroom break up your sleep.

Sleep myth: Do Older People Need Less Sleep? No. According to the National Institution on Aging, it is considered a myth that older adults require less sleep than younger individuals.

Safe Sleeping for Older Adults

As stated by the Sleep Foundation, insufficient sleep in older adults can lead to a higher risk of falls and accidents. As people age, it's helpful to make changes to the bedroom environment that reduce the risk of accidents and makes it easier to call for help when needed.

Here are some steps to consider for a safer night's sleep:

- **Keep a telephone by the bed:** It's important to be able to call for help from bed. Put a phone on the nightstand and, even better, keep a list of important phone numbers nearby. Be careful about keeping a cell phone nearby particularly if it receives too many notifications during the night or if there's too much temptation to look at the bright screen.
- **Make sure a light is within reach:** Having a light easily accessible reduces the need to stumble around in the dark when getting out of bed. This can reduce the risk of trips and falls when trying to find the light switch. Lights with motion sensors may be helpful in hallways or the bathroom.
- **Reduce hazards in the bedroom:** Never smoke in bed and be careful when placing objects in the bedroom that may become trip hazards, like rugs, cords, stools, and furniture.

If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a doctor. Waking up every day feeling tired is a sign that you are not getting the rest you need.

There are also a large number of sleep clinics across Australia. To find out which clinics are in your area, contact your local branch of Sleep Disorders Australia.

Health & Wellbeing article credit: 60plusclub:Article Credit: <https://www.60plusclub.com.au/health/why-older-adults-struggle-sleeping-ideas-to-improve-sleep/>

For more articles written specifically for Australians aged 60 and over, covering topics like health, exercise, lifestyle and managing finances, visit <https://www.60plusclub.com.au>



LIFE HACKS

1. Make zippers easier to grab by attaching key-rings, rubber bands, bobby pins, or safety pins to them. Then you can easily zip up your clothing wherever you go.
2. Put rubber bands around cups or water bottles. Rubber bands add texture and grip to make them easier to hold.
3. Wearing a pair of rubber gloves will make opening tough jars a lot easier. Alternatively, place a rubber band around the lid to improve your grip.
4. Use a lint roller on lampshades as a good way to keep them dust free. Also, using a lint roller on furniture helps removing all that pet hair left by our furry friends.



5. Install motion-sensing lights. Put these lights throughout your house; they'll activate when you approach so you never have to worry about tripping in the dark.
6. Use a hanging shoe rack to store cleaning supplies inside the pantry door. It eliminates having to crawl under the sink to find the ones you use most frequently.
7. Carry a big scarf with you 24/7. It's as good as a shawl in overly air-conditioned restaurants, movies and airplanes and can double for sun protection at beaches and outdoor cafes.
8. Put your belt in your trousers before you put them on. It's far less fiddly when you don't have to thread it through the belt loops behind your back.



INGREDIENTS:

- 1 large sweet potato, scrubbed
- ¾ cup chopped kale
- 1 cup canned black beans, rinsed
- ¼ cup hummus
- 2 tablespoons water
- Avocado slices
- Lime wedges



METHOD:

Step 1

Prick the sweet potato all over with a fork. Microwave on High until cooked through, 7 to 10 minutes.

Step 2

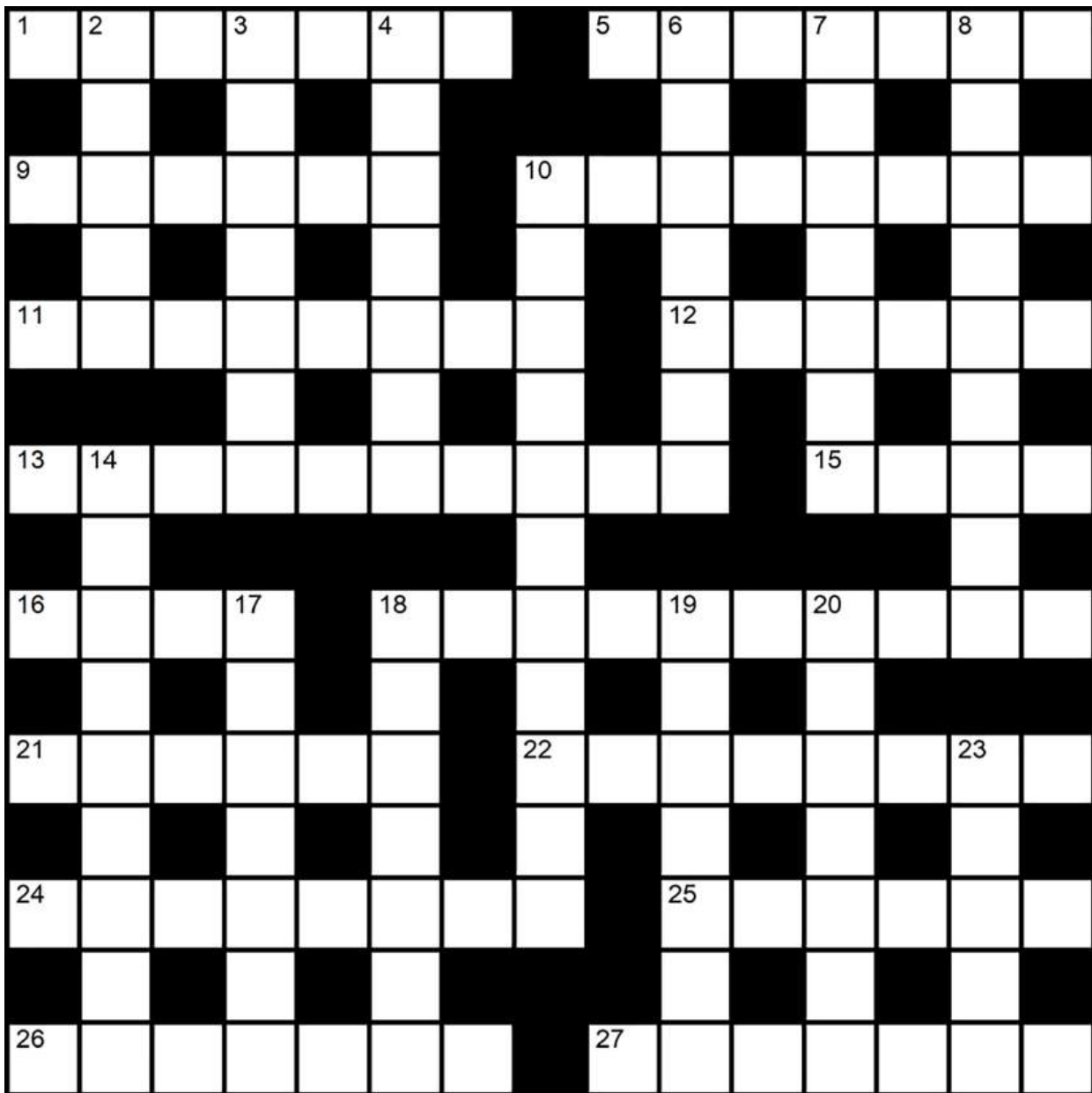
Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.

Step 3

Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato and add avocado slices and lime.

Recipe credit:

<https://www.eatingwell.com/recipe/260717/stuffed-sweet-potato-with-hummus-dressing/>



Across:

- 1 Such as Jarndyce v Jarndyce (7)
- 5 Declares as fact (7)
- 9 Available to rent (6)
- 10 Part of a literary team (2-6)
- 11 Dealing with a subject (8)
- 12 Poverty-stricken (2,4)
- 13 Victorian surf pioneer and board designer (5,5)
- 15 Sometimes syphoned in bars (4)
- 16 Sour (4)
- 18 Study of pictures and painters (3,7)
- 21 Work schedules (6)
- 22 Not normal (8)
- 24 Widespread type of fern (8)
- 25 In recent times (2,4)
- 26 Educates (7)
- 27 Wheeled status symbol (7)

Down

- 2 Covered with water (5)
- 3 Vagabond (7)
- 4 Overall (2,5)
- 6 Iberian tongue (7)
- 7 Prolongs (7)
- 8 Bundaberg hockey striker who won Olympic Gold in 2004 (4,5)
- 10 Important tropical crop tree (7,4)
- 14 Boozy (9)
- 17 In reality (2,5)
- 18 Gun collection (7)
- 19 Refresher on a stick (3,4)
- 20 Small, noisy, black and white bird (7)
- 23 Communion table (5)

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

Solutions on page 5

2025/2026 MEMBERSHIP FEES

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



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

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

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

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

BOARD NOMINATION FORM

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

NOMINATIONS CLOSE 4PM ON FRIDAY 23RD MAY 2025.

NOMINATOR

I (NAME) _____ Member Number _____

and **SECONDER**

I (NAME) _____ Member Number _____

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

NOMINEE
(NAME) _____ Member Number _____

for the position of War Widow Director

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

Signature of Nominated Member

Date

Nominator's signature

Date

Secunder's signature

Date



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

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

Signature	Date
-----------	------

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

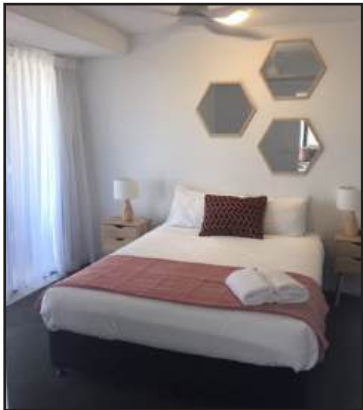
Contact to book and pay:

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

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 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*)

OR 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.*





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

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

all i really need to know i learned in kindergarten



By Robert Fulghum

- an excerpt from the book "All I Really
Need To Know I learned in Kindergarten"

ALL I REALLY NEED TO KNOW about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School. These are the things I learned:

Share everything.

Play fair.

Don't hit people.

Put things back where you found them.

Clean up your own mess.

Don't take things that aren't yours.

Say you're sorry when you hurt somebody.

Wash your hands before you eat.

Flush.

Warm cookies and cold milk are good for you.

Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some.

When you go out into the world, watch out for traffic, hold hands, and stick together.

Wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we.

And then remember the Dick-and-Jane books and the first word you learned—the biggest word of all—LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living.

Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or your government or your world and it holds true and clear and firm. Think what a better world it would be if we all—the whole world—had cookies and milk about three o'clock every afternoon and then lay down with our blankies to relax. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are—when you go out into the world, it is best to hold hands and stick together.

- Robert Fulghum



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