

# BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

## Spring Edition 2018

- New CEO Welcome
- A Matter of Balance
- Supporting People After Loss
- A Beautiful Life
- Friendship Day
- Jessie Vasey Day is coming!

**PATRON**

His Excellency the Honourable Paul de Jersey AC Governor of Queensland

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Natasha Oickle, Chief Executive Officer

Rachel Johnson, Administration Manager

Rebecca Cordingley, Lifestyle Support Coordinator

Jason Orchard, Operations Coordinator

Susan Hilditch, Lifestyle Support Coordinator (Aged Care)

**ADDRESS:**

41 Merivale Street  
 South Brisbane QLD 4101  
 PO BOX 13604 George Street Post Shop  
 Brisbane QLD 4003  
 Phone: 07 3846 7706 Free call: 1800 061 945

**EMAIL:**

reception@warwidowsqld.org.au

**WEBSITE:**

www.warwidowsqld.org.au



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**Cover Photo:**  
 As the weather turns warmer it's lovely to see spring colours come back to our gardens.

Photo courtesy  
 Jeremy Price

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# STATE PRESIDENT'S REPORT



**HELLO MEMBERS.** I hope you have all recovered from winter colds and flus.

Spring is now here bringing new life and brightening our landscape. Here at AWWQ we have new life in the form of our new CEO, Natasha Oickle, who brings energy and ideas to our organisation. I am very pleased to welcome Natasha to our helm and look forward to working with her during my time as State President.

The Board, staff and CEO have worked very hard on a Strategic Plan which now sets the direction for AWWQ to carry us forward. It incorporates the ideas and requests that you, our members, have passed on to us.

The election results are in and I would like to welcome Dr. Kim Morgan-Short to our Board. I would also like to thank Mrs. Helen Strange, OAM for her many years of selfless contribution to the Council and Board. We are also saying a sad goodbye to Steven Blinkhorn who has retired from his position as Company Secretary. I acknowledge his

valuable contribution and expertise and speak for everyone when I say they both will be missed.

Since the last Bulletin many of you will have attended Friendship Day in Townsville. What a wonderful time this was. Suzi Vincent and her committee did a fantastic job ensuring that every event over the three days went well. I really enjoyed catching up with many of you during our visit. Some of the highlights included having the young soldiers from Townsville at the lunch to assist the ladies to their seats and help them to get their meal from the buffet; the very entertaining WO Nicky Rothwell who was the MC, and the 1RAR band who played *our* kind of music. Then of course there was the lovely vision of many of our ladies up dancing. There is life in the old girls yet!

We did miss Daphne Gough at Friendship Day. Daphne, who attends Geebung sub-branch has attended all Friendship Days since they began and unfortunately was unable to make it to Townsville.

I have been very busy representing you at various meetings of importance to ex service organisations. Bron Drinkwater and myself participated in the Productivity Commission's Review into the Compensation and Rehabilitation of Veterans 2018 and Rebecca and I had input into the Veterans' Advocacy and Support Services Scoping Study. Both of these reviews were looking into the ways that DVA provide services and respond to claims. The AWWQ Board members and staff also sent a submission in for the RAP Review (DVA's Rehabilitation and Appliances Program) on your behalf.

I continue to represent all of our

Queensland members at many Commemoration services and had the honour of representing our National President and laying a wreath at the Australian Army Training Team Vietnam 56<sup>th</sup> Anniversary Service at Canungra recently. This service was particularly poignant for Terry Yates, a member of the Gold Coast South sub-branch who attended with Val Rooney, Bron and myself and was able to locate for the first time the tree and plaque dedicated in memory of her brother who served in Vietnam.

We need to remind ourselves that it is not only the widows/ers who feel the loss of their partner but also the mothers, sisters, brothers and other family members. We need to comfort them also.

A particular pleasing aspect of my role is that I have been invited to a number of sub-branch meetings where members are celebrating their 90<sup>th</sup> birthday. It is wonderful to see the joy on these ladies' faces as they cut their birthday cake.

I look forward to seeing many of you at Jessie Vasey Day on 19 October when we will be acknowledging and thanking those members who have served for 10 or more years on their sub-branch or social group committee. Please see the notice in this Bulletin all of our members to this exciting event.

I would like to finish with a quote from a book that I recently read "The Lost Flowers of Alice Hart" by Holly Ringland.

"Life is lived forward but only understood backward. You can't see the landscape while you are in it" ●

Until next time.  
 Jenny Gregory

"Life is lived forward but only understood backward.  
 You can't see the landscape while you are in it"

# NATIONAL PRESIDENT'S REPORT



Dear Members,

**AS USUAL I HAVE** had a number of meetings, functions and commemorations to attend during the last three months. I must however thank Jenny Gregory, Queensland State President for attending the 56<sup>th</sup> Anniversary of the Australian Army Training Team Vietnam (AATTV) Commemoration at Cunungra on my behalf. Jenny was able to lay a wreath on behalf of all widows and one of the Queensland members, Val Rooney was also present. Val's husband

served with the AATTV and Val is currently a member on the Queensland Board. The National Guild would also like to welcome Natasha Oickle to her position as CEO in Queensland.

### CONTINUING TO RAISE OUR MEMBERS' VOICES

Of great importance is the advocacy work that has been undertaken by the National Guild on your behalf. This has been done in collaboration with other States but particularly New South Wales.

There have been a number of enquiries announced by the Federal Minister for Veterans' Affairs.

1. Productivity Commission – Compensation and Rehabilitation for Veterans
2. Veterans' Advocacy and Support Services Scoping Study
3. Transition from Australian Defence Force by members of the ADF
4. Development of an Australian National Military Covenant

In July the National Guild prepared a submission to the Productivity Commission Inquiry 'Compensation and Rehabilitation for Veterans'.

This Inquiry is intended to identify areas

of improvement in the current arrangements and also set a future direction for a more supportive and enabling system. The Guild's submission began by pointing out the importance of hearing widows' voices to shape the future system, noting that the term 'veteran' was mentioned 236 times in the Issues Paper, and 'widow' only twice, yet there are 61,500 war widows Australia-wide.

The submission covered a range of issues Guild members have raised over the past 12-18 months, with a focus on the integration of family services for Contemporary (post 1999) widows and the treatment of the War Widow's Pension when entering aged care. Currently the War Widow's Pension is deemed as assessable income when a widow applies to enter aged care or receive home care services, whereas a Special Rate pensioner's income is not. As both of these payments are compensation for recognised Service-related injuries and loss we believe they should be treated the same way, and the War Widow's Pension should be exempt from the income assessment. This position and the potential financial impact on war widows was detailed at length.

Our submission, and others, can be downloaded from the PC website [www.pc.gov.au/inquiries/current/veterans/submissions](http://www.pc.gov.au/inquiries/current/veterans/submissions). If you wish to add a comment to the Inquiry you can do so via the link above.

The National Guild is also included on the committee which is discussing a National Military Covenant. This Covenant will acknowledge all veterans and their families and their service and sacrifice. It is hoped this will pass all requirements and be accepted by the end of 2018.

The National Guild will meet with Robert Cornall AO who is conducting the Veterans' Advocacy Scoping Study. There are two questionnaires available which may be completed should you wish to do so. The first is for organisations and the second for veterans and family members who wish to tell of their personal experience. These questionnaires can be accessed at [www.dva.gov.au/advocacystudy/questionnaires](http://www.dva.gov.au/advocacystudy/questionnaires).

Till next time ladies, take care  
Meg Green

# CEO WELCOME



Before coming to AWWQ, I worked for Carers Queensland which is another charity organisation that provides support services and systemic advocacy for carers.

I see AWWQ as serving a very important purpose for service and ex-service individuals and families. It is my intention to reach out to others in need who may be facing social isolation, mental health challenges or physical ailments. One of my first tasks when I started at AWWQ was to learn as much as possible in a very short time-frame. The information I gathered is very impressive so I thought I would share it with you in this, my first report.

AWWQ has 3,687 active members. Last year AWWQ had:

- 198 Sub Branch meetings across 27 locations;
- 99 Social Group meetings;
- 50 members at the Mother's Day event;
- 170 members at the Christmas Event; and
- 232 members at Friendship & Jessie Vasey Day.

That is quite impressive, even more so when so much of what happens here at AWWQ is organised by volunteers. Hats off to all of you ladies who give of your time for

others. I think the war widows' motto beautifully encompasses your commitment to one another: *"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"*. Someone who deserves specific mention is our President, Jenny Gregory. She has made my transition into the position so easy because of her tireless dedication and constant availability. I am lucky to be working with such wonderful staff, volunteers and board members.

This Bulletin's feature is on Friendship day that was held in Townsville. I was delighted to attend the event and had so much fun that I extended my trip an extra day! Celebrating Friendship Day with many of our members gave me a good opportunity to feel the 'heartbeat' of AWWQ and witness the magic that happens when so many ladies come together in support of one another. Thank you to Suzi Vincent and her sub branch members for organizing such a memorable time.

I look forward to sharing more fun times with you over the coming years and I hope you enjoy my recipe in this edition of the Bulletin! ●

Natasha Oickle



# A NEW LOOK FOR OUR OLD FRIEND.

**SINCE ITS ADOPTION** as our organisation's icon, the kookaburra character has served us well. The kookaburra was seen to epitomise the character of Guild members – "an industrious and cheerful bird who mated for life, was fearless and aggressive in the defence of its young and the area of territory it regarded as its own.

The bird also had a unique call, not a song but a laugh; a chortle of rollicking mirth (to bring the widows back to laughter)."

As with all things in this digital age, the characterisation of the kookaburra (originally taken from a piece of jewelry by Andor Meszaros) became problematic in representing our organisation within the various medias. In particular, the old illustration style became less recognisable as a kookaburra.

Recently, your board took the decision to evolve our kookaburra emblem and logo to better reflect our organisation and its values as we move into the future.

Please let us know your thoughts on the new logo and how you would like to see it taken out into the world.



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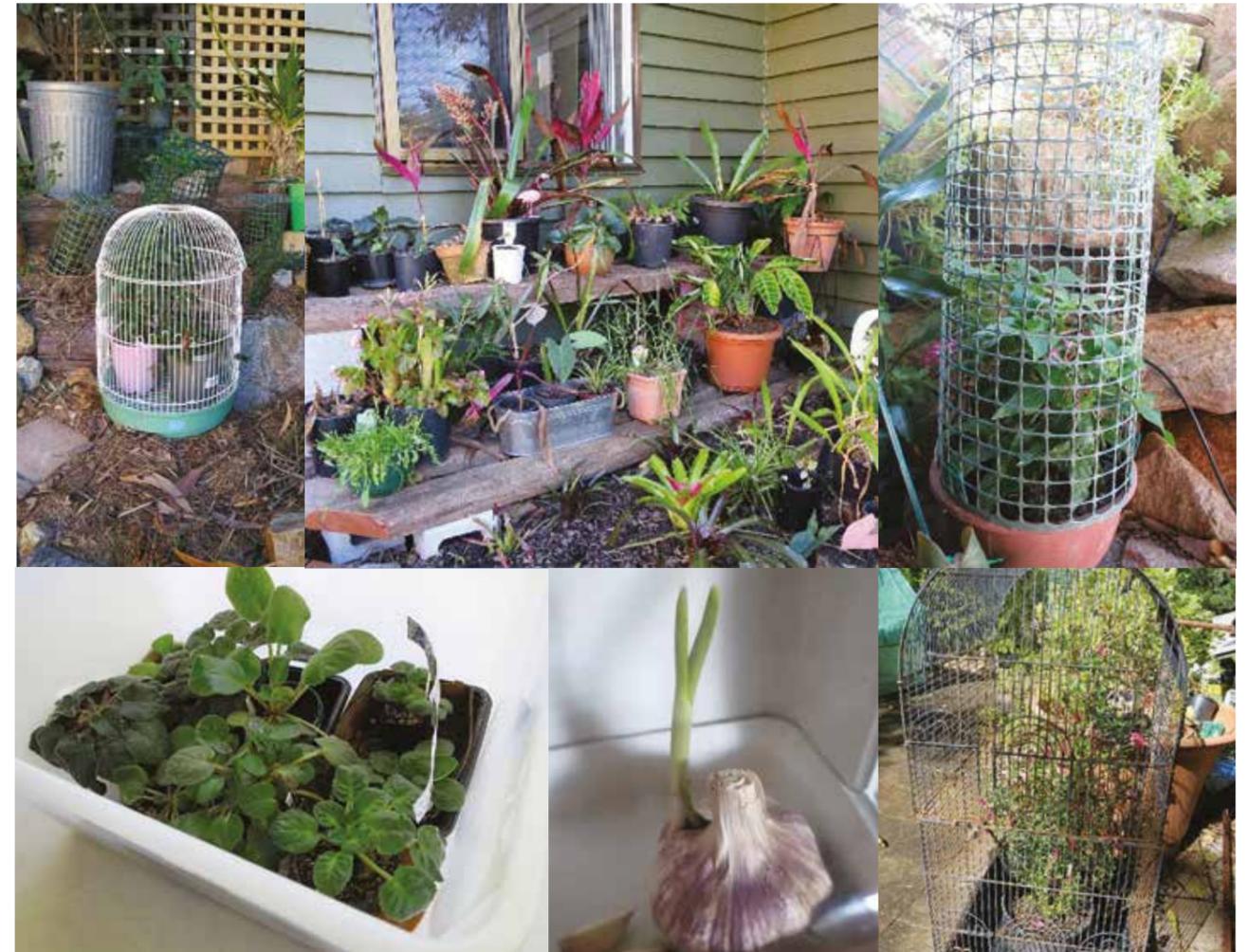


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# HOUSE PLANTS & TRAVEL



**I HAVE ALWAYS BEEN LUCKY** to be able to go on holidays. I have always had someone to look after my plants (this being my priority), but this time I didn't. A slight panic set in as I contemplated the likely death rate of my more fragile, water loving plants. Living in Brisbane, I had a lot of water loving plants and had no wish to come back to an ever-growing amount of vacant pots of plants that I had already killed naturally. I had also planted a range of butterfly attracting bushes that still needed to be watered and even though we were to be absent for only two weeks, their chances of survival were grim. I definitely needed to get myself organised!

I had the inside and outside plants to consider. The outside plants were easily fixed when we were introduced to a lady who passed by our house when picking up her daughters from school. She watered separate outside areas and to

these areas I added pot plants of varying needs, mostly of shade as these had been inside. However, the needs of the resident possum would also be met with so much added vegetation to choose from; so I made up some rough barriers to hopefully turn out to be possum proof. I also had a small collection of bird cages, recycled from a roadside clean-up that helped with the problem. All of this was not a good look if a beautifully landscaped garden was the goal.

The left over inside plants were made up of African Violets which I found challenging enough to grow and flower when I was there to watch them on a daily basis. A very knowledgeable lady suggested big white plastic crates that would produce enough humidity to keep them going for the two weeks. I was happy to trust her advice as I couldn't see myself repotting and putting all the plants on wicks, which

gave them their own private water supply.

Our holiday took us to Rubyvale in Queensland where we searched for sapphires and found plenty of tiny pieces. I was impressed with some of the residents' own barriers around bushes and trees as protection from the kangaroos that came in to feed in the evening and in the early morning. It served to remind me about my own garden and wonder how it was getting on.

But I shouldn't have worried. The watering once a week outside in winter was fine and the African Violets seemed quite happy in the crates. They made their own moisture.

What I didn't expect to find was a sprouting garlic in the fridge! Perhaps I should go away more often. ●

*The Garden Guru*

## A MATTER OF BALANCE

**AS A YOUNG LAD** growing up in North Queensland we lived for a time in a little township called Almaden. From a once bustling town boasting several pubs, general stores, and a sizeable number of railway workers, Almaden had shrunk to around 60 people, several dogs, and wandering cattle. There were also numerous mobs of goats, many of which were kept for their milk and meat. The old joke in outback Queensland was that you could always count on roast lamb at the local pub regardless of the fact that the nearest sheep was two weeks travel away down South.

Almaden was also on the rail junction that split the line. One to Chilligoe and the other to Mt Surprise. We had 2 trains a week, the 'up' train and the 'down' train. The 'up' train arrived on Tuesday and carried a mixture of stores and supplies for the surrounding cattle stations and those people who lived along the line. It also had empty freight and stock cars for the return trip. The last carriage had a few passengers returning from Cairns on the

coast. The 'down' train came through on Thursday, freight cars full of ore and other goods, cattle for the sale yards, and those souls heading for the coast and the bright lights of Cairns.

Some of the cargo on the 'up' train was the supply of beer for the pubs along the line, not least of all for those in Almaden. With the sizeable number of thirsty railway fettlers resident in the town this was a most important commodity. In the early 1950's there were not a great deal of happenings in the town or district. Two race meetings a year, Christmas, Easter, the town picnic, perhaps Curly Leahy going on a bender. (But that's another story) We looked forward to the few events with great anticipation. An anticipation that would seem out of all proportion to what the event might be. With no electricity, battery operated radios only turned on for the news, and newspapers once a week, entertainment in any form was welcome.

As I mentioned, the beer supply came by the 'up' train. The incident which had

the whole town excited for weeks began as a minor disaster. For some unknown reason the beer resupply did not arrive on schedule! To compound the unimaginable the refrigeration generator of the pub broke down and it was in the middle of the dry. The temperature soared to 95 degrees Fahrenheit (35 degrees Celsius). Despite the best efforts of the drinkers the remaining beer soon spoiled with even the hardiest of the patrons unable to consume it.

With no other recourse open to him the publican was forced to dispose of what he had and the offending beer was poured onto the ground behind the pub. As mentioned this was in the middle of the dry season when the ground had been baked to the consistency of cement, and any ground moisture had disappeared many weeks ago. Even the crows could scarcely raise a caw. The beer immediately pooled in the numerous holes and ruts along the top of a nearby gully; there to await rapid evaporation.

I mentioned earlier that there were numerous mobs of goats throughout the area. One such mob being nearby, caught the irresistible odour of hops and came to investigate. Their delight at discovering all the liquid just lying about to be drunk was also irresistible. The parched soil soon returned to its dry state.

Goats are the most agile of any creatures I have ever come in contact with. They can walk along a 2 inch (10 centimetre) beam without hesitation, leap from one rock to another, landing on an area the size of a saucer, and pirouette like Dame Margot Fontaine. They are also the consummate jester. Head butting on the edge of cliffs is normal. When my brother and I were tasked to bring ours home they would invariably climb the nearest hill, stand on the top of a boulder and call to us to try and get them.

The first inkling of the fun to come was when the king billy of the mob raised his voice in challenge, to be answered immediately by a young buck nearby. Challenge answered both proceeded to charge for the first clash. The joust happened to be on top of the very steep sided gully. Not only did the clash not occur, if it had been cricket, it would be called a wide. King billy continued past his opponent



# Get moving with Osteoarthritis.

## What is Osteoarthritis?

Osteoarthritis is a disease of the joints and is characterised by;

- degenerating cartilage in joints
- inflammation of the joint
- primarily affects large weight bearing joints (spine, hips, knees)



## Movement is medicine

The longer the joint remains stationary the more the cartilage becomes dehydrated. Reduced activity causes tightness in the muscles surrounding the capsule, resulting in reduced joint mobility.

Gentle movement of the affected joints helps to;

- lubricate the cartilage - lengthen and release the stiff muscles that limit mobility
- assist with the breakdown of calcification on the surface of the articulating bone

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and sailed off the top of the bank into the gully below. Challenger continued for a few yards only to be brought up suddenly against an extremely resistant ant bed. While challenger collected his wits, king billy untangled himself in the gully and looked around for the culprit who had caused this loss of dignity. Above the dazed billy, a young buck attempted to leap to the other bank, a mere yard or so. His judgement was obviously well off, as with a bleat of surprise he also descended into the gully landing on the hapless king.

One of the hotel patrons, witnessing the charge and missed leap, called to his thirsty mates who gathered to watch the ensuing battles. Some said later that the Roman Circus would not have been so entertaining.

All afternoon goats could be seen attempting to joust without opponents, charge innocuous ant beds, plunge off the edge of gully banks, and lean so far over that they would fall. All the time bleating with ever increasing sounds of confusion.

As the sun finally began to set the audi-

ence returned to its melancholy consideration of no beer, but with a lighter heart at having witnessed the best circus in town. The following morning and all through the day, could be heard the agonising cries of goats obviously suffering the worst of hangovers.

The beer arrived on the 'down' train on Thursday. It had been loaded into the wrong carriage. ●

*Jim Bowling*



## LEGACY'S BACKYARD MAKEOVER

**ONE HUNDRED SOLDIERS** from Gallipoli Barracks' 1SIG Regiment descended on the Sunshine Coast on Monday 6 August to transform the backyards of six Legacy widows in a mammoth garden makeover operation!

The Legacy Backyard Assist program is an initiative aiming to help war widows

remain independent and confident in their own homes – resorting pride and enjoyment for many. The Backyard Assist program is now in its third and biggest year, wherein 14 widows across Brisbane and the Sunshine Coast will have their yards transformed – an epic collaboration between corporate supporters, soldiers

and Legacy volunteers known as Legatees.

Each Legatee is assigned to a specific widow in Legacy's care, providing individual support for their general welfare and emotional wellbeing. Over 6,500 widows are supported by Legacy across Brisbane, the Sunshine Coast and Central Queensland – only possible thanks to the kindness of Legatees.

Wal Farquar, a dedicated Legatee from Landsborough has been volunteering for ten years now. Wal described the impact of the Backyard Assist Program for the widows, "Many have had lovely gardens and are disappointment they can't maintain them anymore, and Legacy wants to help them feel proud of their homes and enjoy living there. This is the sort of essential, practical support we provide for our widows".

Legacy Brisbane CEO, Brendan Cox, an ex-serviceman himself, mirrored Wal's comments. "There's nothing more heart-breaking than to see a mate's family home looking sad and tired, especially when so many special family memories have been made there," Mr Cox said. "I'm proud to see the Gallipoli Barracks soldiers carry on our



tradition and accept a legacy of responsibility for the welfare of the wives of soldiers who served our nation," he said.

Legacy is proud to care for the families of those who have served our country, supporting over 65,000 widows and 1,800 children and dependents with a disability nationwide. The Legacy promise of 'caring for the missus and kids' remains as strong today as when Legacy was founded in 1923 by a small group of WWI veterans. Legacy support and services now extend to include not only the families of those who have been killed as result of their service, but also those who have lost their health.

For more information about Legacy, please visit [www.legacy.com.au](http://www.legacy.com.au) or call 1800 534 229.



# SUPPORTING PEOPLE AFTER LOSS

Adults have a whole lifetime of ideas around what grief should feel like...

**AT SKATTLE WE TALK** with lots of people going through life-changing experiences, including families affected by loss. We often hear people struggling with what to say to someone who has experienced a loss, or that they don't feel sure how to best support them. Here is a short list of ideas that can be helpful to remember when you or someone you know is going through a loss experience...

## EVERYONE RESPONDS DIFFERENTLY

You might feel concerned that someone you care about is not responding in the immediate time after the loss in a way that you would hope or expect for them. The most important thing to know about a big life-changing experience is that everyone responds differently. Sometimes checking in with the person, or exploring your concerns with a grief & loss professional, can help you allay any fears and feel more sure that their response is normal.

## EVERYONE GRIEVES DIFFERENTLY

Like the many different immediate responses, how people grieve also varies hugely among different families and individuals. For example, adults often think that kids should be having a certain response and get concerned when they seem normal or don't want to talk a lot about the loss. This is more often than not because adults and kids have very different ideas about what grief is meant to look like. Adults have a whole lifetime of ideas around what grief should feel like, but kids don't. Try to support the person to grieve however they need to (as long as they're not hurting themselves or someone else) and know that you are there for them when they want to talk or process.

## DISTRACTION IS OK

One of the most common ways that people deal with loss in the immediate aftermath is by finding ways to distract themselves. This can sometimes lead to feeling guilty or unsure if this is what they should be doing. Encourage the person to explore any ways of coping that work for them, but monitor it and talk about it as time passes to make sure they are comfortable with how they are processing. There are no right or wrong ways to cope, and distraction can be a really helpful way to have something else to think about, even for a short time.

## LOOK AFTER THE BASICS

When a loss happens, often the first things to go out the window are those you and your family need most - sleep, food, activity, other people. Without sleep, food and activity, you will surely feel more depleted and less able to cope and process in a helpful way. Isolating yourself from your support networks can also be troublesome. When you are in a good place you need all these things to stay strong - when you're struggling you need them even more.

## TIME HELPS

It might feel overwhelming and like you will never be able to 'get over' the loss, but this is not what the goal should be. Putting one foot in front of the other and taking each day as it comes is not only necessary, but more often than not the only way that you will start to get some perspective and feel like you can manage the gravity of the loss. It's a cliché, but time really does help. Give yourself permission to have the space and time to grieve and process and you will find that with time it starts to shift and change.

## THEY ARE CALLED 'LIFE-CHANGING EXPERIENCES' FOR A REASON

This one might be a little controversial but we see it time after time in our work here at SKATTLE. People fight the changes they might experience after a loss, but loss is considered a life-changing experience for a reason - because it will most probably change your life. You probably even want it to - out of respect and love for the person you have lost, and so that you can honour and remember them. Don't fight how it might change you; go with it and allow yourself to process however you want to. You're in charge of how you want this to be a life-changing experience for you.

Hope these ideas help. If your family or someone you know is struggling with loss, please feel welcome to contact us for support. Contact details at [www.skattle.org.au](http://www.skattle.org.au) ●



# A BEAUTIFUL LIFE



**I GREW UP OUTSIDE** Mackay as a shy country lass during a time when we used horses to plough our fields and it took half a days' journey to get into town. We celebrated each Christmas and Easter together in Mackay. At school we used to use slates and the teacher would write notes on a chalkboard. It is very different to the computers that children use today. My school teacher was lovely and he used to tell us children to run outside to see the jet stream of airplanes flowing overhead. This was very exciting to us as children and I

think that is why I still like to watch planes and helicopters flying over to this day. As a young woman I embraced adventure and enjoyed travelling to many Australian destinations for seasonal work such as; Melbourne to pack fruit, Tasmania to pick apples. This was quite the contrast from the shy country lass of my earlier years, however, my country value of hard work and independence remained strong and I always ensured that my next trip (including work) was booked before I finished up and moved on.

In 1991 I was living and working in Townsville on a paper run, which included collecting payments. I would regularly collect from one customer who would mention a gentleman by the name of Harry. Over time, he dropped Harry's name into conversation with more and more frequency, "Harry has just moved back from Brisbane", or "Harry is interested in meeting someone". One day as I pulled in on my regular round Harry pulled in right behind me and the two of us were introduced, well of course we already felt like we knew each other thanks to my talkative customer. I remember saying "I've heard all about you!"

As we got to know each other more I learned that Harry had already served in the Australian Army for 20 years, 1 week and 1 day. He worked with the Army Reserve before joining full time and when he retired he returned to the Army Reserves again. Harry was posted to Vietnam from 1966-1967 and 1968-1969 as a cook. He retired a Warrant officer class two. Harry impressed me greatly with his thoughtfulness of others he was always so very considerate of family and friends. I felt that 'we were destined to meet'.

*'we were destined to meet'*

I married Arthur Harry Kent, known to his family and friends as Harry in 2001. The wedding day displayed Harry's values as it was 'open house' and everyone was invited to attend and celebrate after in the backyard of the Church. It was a catered event and could be more commonly referred to these days as 'rustic' or 'chic'! We had a wonderful and memorable day.

In our later years Harry and I embarked on my life time passion of local travel and even extended the boundaries to include some overseas spots that were new to us both or to enjoy some Australian history. We travelled in our motor home throughout the east coast of Queensland including some more inland destinations and yes we shared the driving! We would typically keep each trip to around two weeks, however, embarked on length-

ier ones also. This included Victoria to Tasmania. These small trips preceded us taking the trip of a lifetime: first class to France to see the Western Front in 2011. Seeing the long stretching coastal cliff line was certainly confronting, as the presence of the sacrifice made on this land is still evident. We also made time on this trip for a couple of nights in Paris, enjoying the red bus sightseeing tour and of course visiting the Eiffel tower. I think back on this trip with fondness and I am always glad we did it in style!

My life with War Widows Guild began in 2014, two years after Arthur passed. Then in 2015 one of the committee members asked if I would stand as President which I duly accepted and was elected. I remain today serving on the committee of Australian War Widows Queensland Townsville Sub Branch in the honoured role of Vice President Welfare.

I am fortunate to have witnessed so many changes throughout my life. The advent of telephones, computers, faster cars, and increasingly more sophisticated technology. I have learned it is best to see the positive side of everything in life and be happy with what I am doing, laughing whenever possible. Laughter is the best medicine, and it keeps our hearts young. I believe that independence and hard work are two very important qualities for a good life. ●

*Wilma Kent*



## Centrepont Caloundra Holiday Units

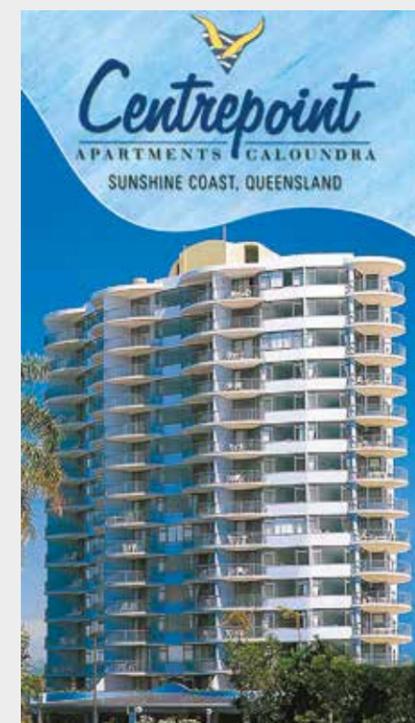
Would you like to go for a low cost beach holiday with a few friends or family members?

Our holiday apartments in beautiful Caloundra are reasonably priced and perfectly situated for a wonderful getaway, within easy walking distance of a safe patrolled beach and the main shopping district.

The units are rented out in week long blocks, with check in at 1pm Saturday and check out at 10am the following Saturday.

Accommodation is for four people one of whom must be:

- A financial member of AWWQ including associate members, or
- A member of another Ex-Service Organisations (ESO)



**Please phone the office on 07 3846 7706 for further details**

## Temporary Unit Available

Furnished unit at Marina Court, Moray Street New Farm for members requiring short stay accommodation whilst in Brisbane.

**PRICE: \$40 per night or \$240 per week.**

**Please phone the office on 07 3846 7706 for further information.**

## Permanent Unit for Rent at Marina Court New Farm

Applications are invited from eligible War Widows interested in renting a unit at Marina Court located at 227 Moray Street New Farm. The unit consists of one bedroom, ensuite bathroom, sitting room, shared laundry and is situated on the first level with lift access. The block consists of 38 units, has lovely gardens, community room and a bus stop at the front door to local shops and the city.



**Rent is \$137 per week (reviewed annually).**

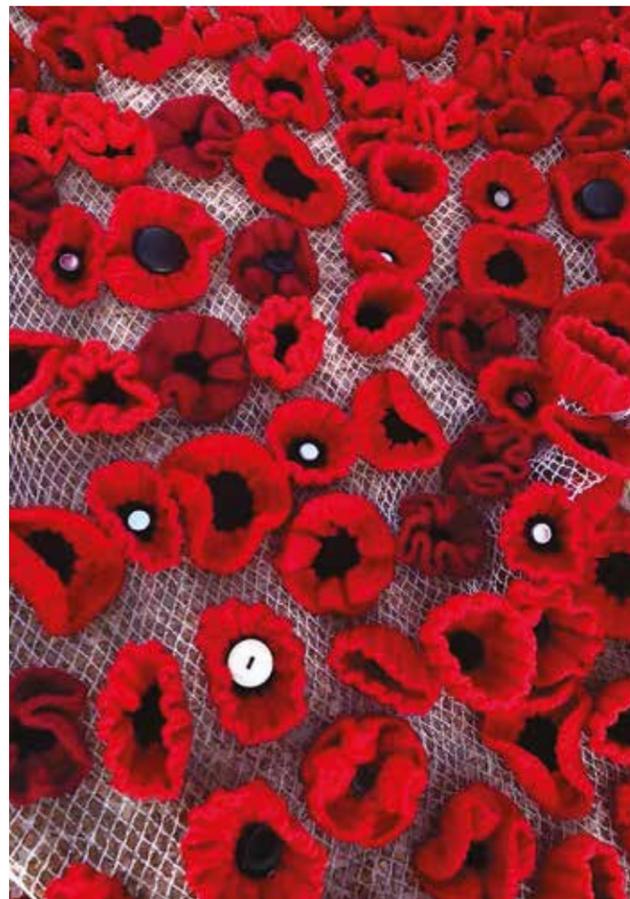
**Please phone the office on 07 3846 7706 for further details. Conditions apply.**

# FRIENDSHIP DAY PHOTO GALLERY

**FRIENDSHIP DAY** was hosted by the AWWQ Townsville Sub-Branch on August 07th. Suzi Vincent, Wilma Kent, Lynne Clancy and Wendy Tranter worked tirelessly to ensure that everyone had a great time.

Thank you to the Townsville Team!

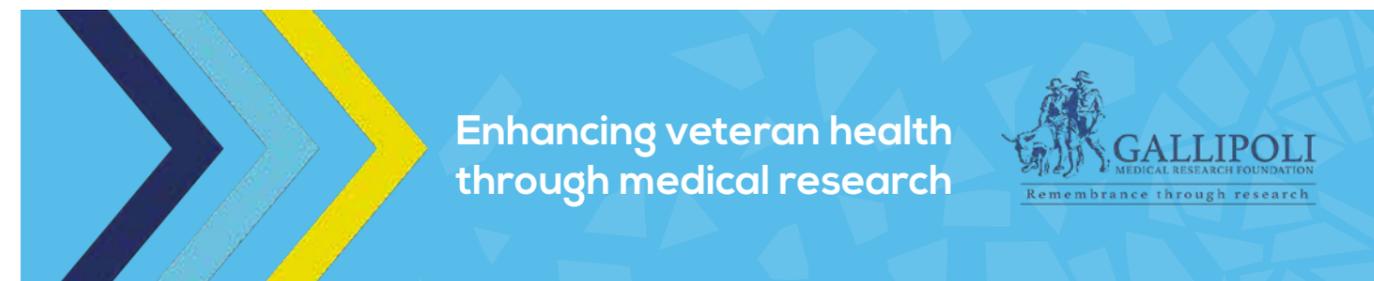




# VETERAN'S HOME CARE (VHC) 1300 660 450

**VETERANS' HOME CARE (VHC)** is a DVA program designed to assist entitled persons who need a small amount of practical help to continue living independently in their own home. VHC is not designed to meet complex or high-level care needs. To receive these services, you need to be a Gold Card holder and to determine your eligibility you will need to have an assessment over the phone. This is required under each of the four different types of support outlined below. This means, that four separate calls will need to be made to access the four types of services. ●

DOMESTIC ASSISTANCE	PERSONAL CARE	RESPIRE	SAFETY-RELATED HOME & GARDEN MAINTENANCE
<p>There are no strict limits for Domestic Assistance as it depends on your assessed needs. The service is provided on a weekly or fortnightly basis.</p> <ul style="list-style-type: none"> <li>Internal house cleaning</li> <li>Dish washing, vacuuming and mopping</li> <li>Bed making and linen changing</li> <li>Clothes washing and/or ironing</li> <li>Assistance with meal preparation</li> <li>Bill paying and unaccompanied shopping</li> <li>Collection and/or cutting of firewood in rural and remote areas</li> </ul>	<p>Dependent on your assessed needs, you may have up to one-and-a-half hours per week from the VHC Program.</p> <ul style="list-style-type: none"> <li>Showering, bathing, toileting</li> <li>Dressing, grooming</li> <li>Eating</li> <li>Application of non-medicated skin care creams and lotions</li> <li>Putting on compression stockings, protective bandaging, splints and callipers</li> </ul>	<p>In any one financial year, up to 196 hours of In-Home Respite Care or 28 days of Residential Respite Care, or a combination of both can be paid for by DVA.</p> <ul style="list-style-type: none"> <li>In-home respite care</li> <li>Residential respite care</li> <li>Emergency short-term home relief</li> </ul>	<p>You may have up to 15 hours in a 12-month period, depending on the outcome of your assessment and identified needs.</p> <ul style="list-style-type: none"> <li>Replacing light bulbs</li> <li>Changing batteries in smoke/security alarms</li> <li>Cleaning gutters, external and internal windows or ceiling fans</li> <li>Minor home maintenance</li> <li>Pruning, grass cutting or weeding where there is a safety hazard</li> <li>Clearing of debris following natural disasters</li> </ul>
<p>You contribute \$5 per hour and DVA will pay the balance. DVA will only do this for one hour per week or two hours per fortnight.</p>	<p>You contribute \$5 per hour and DVA will pay the balance. DVA offer this at a maximum of two hours per week or four hours per fortnight. The amount of hours you receive will depend on your assessment.</p>	<p>No co-payment</p>	<p>You contribute \$5 per hour and DVA will pay the balance. DVA will only do this for 15 hours per year. The amount of hours you receive will depend on your assessment.</p>



**The Gallipoli Medical Research Foundation (GMRF) is inspired by a simple philosophy; 'our veterans were there for us, now it's our turn to be there for them.'**

Since our establishment in 2005, we have held an unwavering commitment to enhancing the health and wellbeing of our veterans and their families. We work to achieve this goal through innovative medical research with translational, high-impact benefit.

Based at Greenslopes Private Hospital, our team is focused on veteran mental health, liver disease, liver cancer and respiratory illnesses.

Recognition of the mental health challenges facing our current and former service personnel has come a long way in recent years, but there's still more work to be done. The GMRF PTSD and Veteran Mental Health Initiatives are working to bridge the gap in understanding and treatment of issues such as posttraumatic stress disorder and reintegration challenges, ensuring our veterans get the support they deserve.



**Mental health challenges can affect any of us, at any time. Head of our Veteran Mental Health Initiative Dr Madeline Romaniuk shares insights from her experience as a clinical psychologist on how to cultivate contentment and build resilience.**

**1) Build relationships**  
Social support has been shown to be protective against mental health difficulties when faced with tough situations. It is important to prioritise regular contact with friends and family.

**2) Live by your values** - Having a 'life purpose' is good, but it can be daunting. Those who live by their values have a greater sense of meaning and life satisfaction.

**3) Be present moment focused** - It is rarely helpful to dwell on past mistakes or worry about future challenges. Try to live in the moment as much as you can, and remain focused on the day ahead of you.

**4) Cultivate optimism & express gratitude** - Being optimistic doesn't mean you have to be positive about everything all the time, it means being able to have a balanced view of things. Expressing gratitude can help you become more optimistic.

**5) Be proactive and problem solve** - Research suggests that those who are proactive with problems generally have much better outcomes, and have greater well-being while those that avoid solving problems have greater levels of stress.

**6) Take care of yourself and practice self-compassion** - Regularly engaging in fun activities can protect against mental health difficulties. Self-compassion involves responding to our own mistakes, failures, or strong emotions with kindness rather than judgment, guilt, or shame.

GMRF's Veteran Mental Health Initiative projects are made possible by -



GMRF's medical research is made possible by our generous donors and community partners. To find out more about our work, or to learn how you can get involved, call us on **07 3394 7284**, or visit our website at **www.GallipoliResearch.com.au**

# SUB BRANCHES AND SOCIAL GROUPS DIRECTORY

<p><b>BRISBANE NORTH FRIENDSHIP GROUP</b>  <b>11:00am, 3rd TUESDAY of each month</b>                  Geebung RSL Club                  323 Newman Road, Geebung QLD 4034                  Convenor: Denise Fridolf 3865 8006                  Email: <a href="mailto:dfridolf@smartchat.net.au">dfridolf@smartchat.net.au</a></p>	<p><b>BRISBANE WEST (GAYTHRONE) SOCIAL CLUB</b>  <b>10:15am, 2nd Monday of each month</b>                  Gaythorne RSL                  534 Samford Rd, Mitchelton QLD 4053                  Coordinator: Narelle Stanton                  Phone number: 3354 3969                  Email: <a href="mailto:n_stanton@yahoo.com">n_stanton@yahoo.com</a></p>	<p><b>BUNDABERG</b>  <b>10:30am, 2nd TUESDAY of each month</b>                  Bundaberg RSL rooms                  17 Quay Street,                  Bundaberg Central QLD 4670                  President: Kerry Simpson 4155 6900                  Hon. Secretary:                  Judy Mitchell 0407 676 344                  Hon. Treasurer:                  Grace Muchow 4152 7258                  Email: <a href="mailto:warwidowsbundaberg@gmail.com">warwidowsbundaberg@gmail.com</a></p>
<p><b>CABOOLTURE</b>  <b>10:30am, 2nd FRIDAY of each month</b>                  Caboolture-Morayfield &amp; District RSL Sub Branch                  1 Hasking Street, Caboolture QLD 4510                  President: Estelle Anson 5495 1215                  Hon. Secretary/Hon. Treasurer:                  Cathy Hartshorn 5428 0210                  Email: <a href="mailto:cathhartshorn@live.com">cathhartshorn@live.com</a></p>	<p><b>CAIRNS</b>  <b>10:00am, 1st WEDNESDAY of each month</b>                  Balaclava Hotel, 423 Mulgrave Road,                  Earlville, Cairns QLD 4870                  President: Rona Shute 4033 2753                  Hon. Secretary: Lorraine Watts 4054 1174                  Hon. Treasurer: Helen Atfield 4054 6542                  Email: <a href="mailto:lorw01@bigpond.com">lorw01@bigpond.com</a></p>	<p><b>CALOUNDRA</b>  <b>10:00am, 2nd MONDAY of each month</b>                  Caloundra RSL                  19 West Terrace, Caloundra QLD 4551                  President / Hon. Secretary:                  Roohangiz Doherty 5437 8619                  Hon. Treasurer: Christine Gann 5491 9664                  Email: <a href="mailto:roohi1@bigpond.com">roohi1@bigpond.com</a></p>
<p><b>GOLD COAST NORTH SOCIAL GROUP</b>  <b>10:30am, 4th TUESDAY of each month</b>                  RSL Southport                  36 Scarborough St, Southport QLD 4215                  Coordinator: Jan Franz 5591 8502                  Email: <a href="mailto:janfranz31@outlook.com.au">janfranz31@outlook.com.au</a></p>	<p><b>GOLD COAST SOUTH</b>  <b>10:30am, 1st MONDAY of each month</b>                  Currumbin RSL                  165 Duringan Street, Currumbin QLD 4223                  President: Bron Drinkwater 5534 9800                  Hon. Secretary:                  Carole Waller 0412 135 030                  Hon. Treasurer:                  Jenny Gregory 0411 512 310                  Email: <a href="mailto:bronny45@bigpond.com">bronny45@bigpond.com</a></p>	<p><b>GYMPIE</b>  <b>10:00am, 1st FRIDAY of each month</b>                  Gympie RSL Club                  217 Mary Street, Gympie QLD 4570                  President: Maureen Rush 5483 7410                  Hon. Secretary:                  Linda Collins, to be advised                  Hon. Treasurer: Lesley Cullis 5482 9777                  Email: <a href="mailto:maureenrush@bigpond.com">maureenrush@bigpond.com</a></p>
<p><b>HERVEY BAY</b>  <b>10:00am, 1st MONDAY of each month</b>                  Hervey Bay RSL                  11 Torquay Road, Hervey Bay QLD 4655                  President: Marion Redfern 4125 6306                  Hon. Secretary:                  Christine Starr 0407 575 624                  Hon. Treasurer: Patsy Squires 4124 2754                  Email: <a href="mailto:finstarr@hotmail.com">finstarr@hotmail.com</a></p>	<p><b>IPSWICH</b>  <b>10:00am, 1st THURSDAY of each month</b>                  Ipswich RSL Sub Branch                  63 Nicholas Street, Ipswich QLD 4305                  President: Marea Teakle 0402 493 038                  Hon. Secretary:                  Pamela Felton 0404 437 883                  Hon. Treasurer:                  Noela Stephens 3201 6687                  Email: <a href="mailto:west.side41@bigpond.com">west.side41@bigpond.com</a></p>	<p><b>LOTUS CLUB</b>  <b>(for young-at-heart members)</b>                  12:30pm, 1st SATURDAY of each month                  Various venues                  Coordinator: Lyn Wilkes 3355 2198                  mail: <a href="mailto:shodley@gmail.com">shodley@gmail.com</a></p>
<p><b>MACKAY</b>  <b>1:30pm, 2nd TUESDAY of each month</b>                  RSL War Veterans' Home                  18/5 Creal Street, Mackay QLD 4740                  President: Ethel Reaston 4942 1353                  Hon. Secretary: Clare Burke 4957 3200                  Hon. Treasurer: Barbara Mau 4957 4452                  Email: <a href="mailto:clare@mtsng.com">clare@mtsng.com</a></p>	<p><b>MAROOCHYDORE</b>  <b>10:00am, 4th MONDAY of each month</b>                  Maroochydore RSL Sub Branch                  106 Memorial Avenue,                  Maroochydore QLD 4558                  Hon. President: Judy Smith 5479 0671                  Hon. Secretary: Elizabeth Burrell                  Hon. Treasurer: Glynis Burns 5444 5737                  Email: <a href="mailto:smithj1992@gmail.com">smithj1992@gmail.com</a></p>	<p><b>MARYBOROUGH SOCIAL GROUP</b>  <b>10:00am, 3rd TUESDAY of each month</b>                  Maryborough RSL Club                  163-175 Lennox Street, Maryborough QLD 4650                  Coordinator:                  Daphne McLennan 4129 4259                  Email: <a href="mailto:demac5@bigpond.com">demac5@bigpond.com</a></p>

INDICATES SOCIAL GROUP

<p><b>NAMBOUR SOCIAL CLUB</b>  <b>10:30am, 2nd MONDAY of each month</b>                  Coordinator: Dorothy Jacobsen 5478 9109                  Nambour RSL, Club 14 Matthew Street,                  Nambour QLD 4560</p>	<p><b>REDCLIFFE</b>  <b>10:30am, 1st FRIDAY of each month</b>                  Redcliffe RSL Sub Branch                  Irene Street, Redcliffe QLD 4020                  President: Judy Harvey 0404 759 289                  Hon. Secretary: Anita Lapworth 3480 5853                  Hon. Treasurer: Ruth Mateer 3293 1121                  Email: <a href="mailto:annettelapworth@hotmail.com">annettelapworth@hotmail.com</a></p>	<p><b>REDLANDS</b>  <b>10:00am, Last FRIDAY of each month</b>                  Redlands RSL                  8 Passage Street, Cleveland QLD 4163                  President/ Hon. Secretary:                  Noelene Costello 3824 2429                  Hon. Treasurer: Fay Cross 3207 6609                  Email: <a href="mailto:nco16141@bigpond.net.au">nco16141@bigpond.net.au</a></p>
<p><b>ROCKHAMPTON</b>  <b>9:30am, 2nd TUESDAY of each month</b>                  The Frenchville Sports Club                  105 Clifton Street                  North Rockhampton QLD 4701                  President: Jenny Ireland 4928 5651                  Hon. Secretary: Jan McPherson 4928 4129                  Hon. Treasurer: Cecilia Miller 4922 3144                  Email: <a href="mailto:jamcpherson52@gmail.com">jamcpherson52@gmail.com</a></p>	<p><b>SHERWOOD SOCIAL CLUB</b>  <b>10:00am, 3rd TUESDAY of each month</b>                  Sherwood/Indooroopilly RSL Sub Branch                  2 Clewley Street Corinda QLD 4075                  Convenor: Judith Walters 3161 0264                  Email: <a href="mailto:judit.99@optusnet.com.au">judit.99@optusnet.com.au</a></p>	<p><b>SOUTH EAST SOCIAL GROUP</b>  <b>10:00am, 3rd FRIDAY of each month</b>                  Easts Leagues Club                  40 Main Avenue, Coorparoo QLD 4151                  Coordinator: Dorothy Lester 3398 6176                  Email: <a href="mailto:dotty@optusnet.com.au">dotty@optusnet.com.au</a></p>
<p><b>SOUTH WEST REGION</b>  <b>10:30am, 1st FRIDAY of each month</b>                  Greenbank RSL                  54 Anzac Avenue, Hillcrest QLD 4118                  President: Val Rooney 0408 001 352                  Hon. Secretary: Teresa Lane 344 52100                  Hon. Treasurer: Grace Banham 3800 2903                  Email: <a href="mailto:vroo1938@gmail.com">vroo1938@gmail.com</a></p>	<p><b>TEWANTIN/NOOSA SOCIAL GROUP</b>  <b>10:30am, 2nd MONDAY of each month</b>                  Tewantin Noosa RSL                  1 Memorial Avenue, Tewantin QLD 4565                  Coordinator: Ann Carter for contact on 5455 5420</p>	<p><b>TOOWOOMBA</b>  <b>10:00am, 2nd WEDNESDAY of each month</b>                  Dr Price Meeting Room                  6 Little St, Toowoomba City QLD 4350                  President: Helen Strange OAM 4691 0287                  Vice President: Robyne Hilditch 4614 0080                  Hon. Secretary: Beth Johns 4634 8972                  Hon. Treasurer: Delma Starkoff 4635 8516                  Email: <a href="mailto:strangehelen9@gmail.com">strangehelen9@gmail.com</a></p>
<p><b>TOWNSVILLE</b>  <b>10:00am, 3rd TUESDAY of each month</b>                  Townsville RSL Club                  139 Charters Towers Road,                  Hyde Park QLD 4812                  President: Suzi Vincent 0409 880 902                  Hon. Secretary: Lynne Clancy 4724 2188                  Hon. Treasurer: Wendy Tranter 0409 243 428                  Email: <a href="mailto:svincent@westnet.com.au">svincent@westnet.com.au</a></p>	<p><b>WARWICK</b>  <b>11:00am, 1st THURSDAY of each month</b>                  Warwick RSL Memorial Club                  65 Albion Street, Warwick QLD 4370                  President: Vacant                  Vice President: Nancy Payne 4661 2270                  Hon. Secretary: Dorothy Rubie 4666 3347                  Hon. Treasurer: Jill Doyle 4661 1898</p>	

## WELCOME TO NEW MEMBERS

**A WARM WELCOME TO OUR NEW AUSTRALIAN WAR WIDOWS QUEENSLAND MEMBERS AND ASSOCIATE MEMBERS**

Carole Welburn, *Ooonooba*  
 Christine Gann, *Kings Beach*  
 Colleen brown, *Rockhampton*  
 Denise Jones, *Bundamba*  
 Diane Cook, *Heatley*  
 Diane Penman, *Wynnum West*  
 Emerentiana Szathmary, *Stafford*  
 Florance David, *Caloundra*  
 Gillian Parkinson, *Rangewood*  
 Glenda Everton-Brocklesby, *Bundaberg*  
 Janice Bann, *Albany Creek*

Kelly Vowles, *Brisbane*  
 Les Bassett, *Bayview Heights*  
 Lynette Peever, *Cairns*  
 Majorie Niven, *Redcliffe*  
 Maureen Barnes, *Burpengary*  
 Maureen Steed, *North Buderim*  
 Teresa Lane, *Woodridge*  
 Thea Mussom, *Condon*  
 Trish Hunter, *Condon*  
 Verona Catt, *Helensvale*

# GROUP NEWS

## BRISBANE NORTH FRIENDSHIP GROUP



**ON MAY 14TH, 29** from the Brisbane North group joined up with the Gaythorne group for a friendship day...some travelled by bus and others car pooled. The day was enjoyable, and Narelle and the group made us feel welcome with morning tea and later lunch. It was nice to see some of my group won raffle prizes. Thank you to all at Gaythorne my Brisbane North for the enjoyable day.

On June 19th our president Jenny Gregory, along with Bron Drinkwater, visited our group for a buddy day. Jenny brought us up to date with what is going on within the office. They stayed with us for lunch which was lovely as they were then able to speak to some of the members and answer questions.

On the 17th of July we had Dr Brian Sinclair from the Department of Environment & Science speaking about heritage listed buildings and the process that is required to protect them.

About 10 of the members from Brisbane North will attend Friendship Day in Townsville. Most of us are staying for a week so that we could take in the sights. On August 15th we plan to attend the ceremony at Geebung RSL to commemorate the victory in the Pacific. The RSL sub branch will put this on especially for our group. On the 18th August we will also attend a Vietnam Veteran's day wreath laying ceremony at Geebung RSL. On August 21st a speaker from Youth Space will be coming to speak to us. ●

## BRISBANE WEST (GAYTHORNE) SOCIAL CLUB

**OUR LADIES HAVE** been busy over the past few months with various activities including our luncheon meeting in May with ladies from Brisbane North Friendship Group and South West Region Sub Branch. A lovely day catching up with each other over lunch was enjoyed by all.

A group of us attended the Mother's Day Cocktail Party in May. Although a little chilly at the Sixteen Antlers Rooftop Bar in the City, we soon warmed up with heaters and blankets. We all enjoyed our time at this event.

In June we travelled to Redcliffe on our Mystery Bus Tour. We spent time in the main street of Redcliffe enjoying a morning tea and shopping. We then travelled to the Redcliffe Museum which has recently been beautifully refurbished. The exhibits were very interesting. We then went to the Moreton Bay Boat Club for lunch. We did not let the rain stop us and, even though it was a local destination, we had a really great time.

In June, our guest speaker was a local lady, Mocca Wollert, who has written a book about her time in Darwin during the late fifties and early sixties. She provided a funny and poignant account of life in Darwin during that time. In July, we had a speaker from the Heart Foundation who provided an interesting talk about looking after our heart.

A group of our ladies are looking forward to travelling to Townsville for the annual Friendship Day in August. ●



## CABOOLTURE

**DESPITE THE EXTREMELY** cold weather that we have been experiencing over the past few weeks, we have endeavoured to carry on our usual visits and social outings with our group.

We had the pleasure of attending the A.G.M. of the Gympie sub branch to share the day with our friends and offer our congratulations to the incoming President and Committee. We always enjoy our visits there and we most certainly enjoy the unfailing hospitality and friendship offered to us. The traditional Birthday cake for the members reaching 90 years and morning tea is most welcome after our journey.

June saw us with a group of members enjoying a luncheon at the Moreton Bay Boat Club at Scarborough, with the added attraction of plenty of seafood on offer. Two of the Redcliffe members, Ruth and Mary joined us for the day and it was enjoyed by all.

Our next trip was to Nambour to catch up with Dorothy and her group and we visited a Retirement Home where one of their members now resides. The venue for lunch was the R.S.L. restaurant where a tasty meal was served before leaving for our trip home.

The R.S.L. President's luncheon was held on a Saturday and a good number of our ladies attended and managed to catch up with old friends from Geebung, Kedron and other places. This was quite a large event this year with in excess of some 100 attendees.

Quite extensive plans are being coordinated to celebrate the 100 years since the end of WWI. and our ladies will be attending the Service to lay wreaths and become involved in other aspects of the day, which of course is being organized by the R.S.L. sub branch.

We are looking forward to Friendship Day in Townsville and the train journey should be quite interesting with a number of War Widows travelling together on the Saturday. Of course, it will be lovely to catch up with others we may not have seen for twelve months or more.

## CAIRNS

**THE YEAR IS CERTAINLY** going very fast, and we continue to have our monthly meetings and outings, with quite a good attendance at each function. We recently had the honour of attending a Memorial Service and Plaque unveiling at Machans Beach, in memory of the crew and military personnel, who were on board an aircraft that crashed at Machans Beach on 5th March, 1945, killing all on board. One of the passengers was Major General George Vasey, the husband of Jessie Vasey who founded War Widows. It was a very memorable and moving service, and was well attended by the local community.

Our AGM was held in June, followed by lunch. It was well attended by our members, and we also had the pleasure of having in attendance, Suzi Vincent, a member of State Council, who chaired our meeting. Thank you Suzi for attending.

We continue to arrange outings for our Members, and in June held a luncheon at Duwoodys Hotel, which was enjoyed by all who attended.

We have seven members attending Friendship Day in Townsville, and are all looking forward to this annual event. Unfortunately, we have to say goodbye to two of our Members, June Fisher and Jan Kernovske, they have both been very active and regular members and have been an important part of our Sub-Branch. They are both moving on for family reasons and I am sure they will continue to be part of the War Widows organization once they have settled into their new homes. Thank you both for your loyalty and friendship.

We look forward to continuing in assisting the welfare of our members.

Here is a photo of the 2018 Cairns Sub Branch Committee. ●



Left to right: Jan Kernovske, Julie Jones, Rona Shute, Rope Miles, Helen Atfield, June Fisher, Lorraine Watts and Pauline Hoffman.

## CALOONDRA

**WE CELEBRATED** Faye's 100th birthday with attendance of State President Mrs Jenny Gregory,



From left to right Roohi (Roohangiz) Doherty, Faye Clark, Jenny Gregory.



Bron Drinkwater, and Val Rooney and visitors from Nambour. The photo was taken on our meeting day at lunch time at the RSL Function Room. I ordered black forest cake for Faye and we had wonderful finger food for lunch. ●

## GYMPIE

**OUR AGM WAS HELD** in June where a committee elected earlier in the year was ratified.

It was our privilege to have our State President Jenny Gregory and Board member Michelle McGrath in attendance. Jenny was very informative and we all appreciated the information coming from Head office.

We also had two visitors from Caboolture, Gynith Whatmough and Cathy Hartshorn who are always most welcome.

On this day each year we have a Birthday cake for all the ladies turning 90 throughout the year.

This year we had five.

When all the formalities finished we all enjoyed a delicious lunch served by the RSL Club.

At our July meeting our member Kathy Taylor OAM gave a very interesting talk with photos of the sailing ship the Cutty Sark which was once owned by her family. It is now a museum in Greenwich, England.

There are two members going to Townsville for Friendship Day.

Busy organizing a White Cross Day in October, all Widows welcome. It will be held in the Orchid Room, RSL Club. ●



Gwen Aubrey, Jeannie Byng, Ada McHarg, Audrey Goldsworthy, Coral White. 90th birthday in June

**IPSWICH**

**ON 16 JULY** we attend the AGM for Red Cross Ipswich Branch at which Past President Beryl Schy received a medal for 20 years' service in Red Cross.

On August 18 the Vietnam Veterans Day was attended in Ipswich by members.

On September 5 some members of our club will be attending the AWWQ Annual General Meeting in Brisbane.

September 6 our club will be celebrating our 44th Birthday Party being held at the RSL Memorial Hall in Ipswich, commencing at 10am.

Rebecca Cordingly was our special guest at our August meeting. Rebecca is the Lifestyle Co-ordinator of AWWQ and her information was gratefully received.

A bus trip to the Carnival of Flowers in Toowoomba is booked for 24th September and our members are looking forward to this. ●

**MACKAY**



Image: Ethel Reaston, Barbara Mau, Marie Friend, Jan Newton and Mollie Smart

**SIX OF OUR MEMBERS** travelled to Townsville for Friendship Day 2018. We were picked up from our hotel, the Grand Chancellor, and went to the Strand for a Memorial Service, then on to a Civic Reception at the Townsville City Hall. The Mayor welcomed us to her city. The next day we attended our Friendship Day lunch. The venue was at a retirement village Carlyle Gardens. An army band kept our feet tapping. The food was of a generous serving and army men were there to lend a hand to those who needed it. The Townsville ladies who had worked hard to ensure we had an enjoyable time are to be congratulated on a job well done. ●



"Maroochydore War widows and friends on a recent bus trip to Strathgordon Clydesdales"

**MAROOCHYDORE**

**UPDATES:**

President: Mrs Judy Smith  
07 5479 0671 0419 725 292  
Email: smithj1992@gmail.com  
Hon Secretary: Mrs Elizabeth Burrell  
07 5478 4813 0437 686 003  
Email: burrelle@bigpond.com  
Hon Treasurer: Mrs Glynis Byrnes  
07 5452 5737 0474 639 790  
Email: boxerhaven@ozemail.com.au

**NB.** Please use Judy's email address as contact in the Bulletin Directory

**WHAT HAS HAPPENED?**

Our AGM was held in May. Long serving Vice President Nita Tupper and our Secretary of 20 years, Audrey Kregenbrink, retired. They were both honoured and thanked for their outstanding service to the Maroochydore Sub Branch and presented with an orchid plant. AWWQ President Jenny Gregory and Director Bron Drinkwater were our guests for this special occasion. Elizabeth Burrell was elected as Secretary, Bev Connor and Heather Fazldeen as Committee Members. Judy Smith was re-elected as President and Glynis Burns as Treasurer.

In June we visited the Strathgordon Clydesdales and the ladies enjoyed feeding and getting to know these beautiful, gentle giants of the horse world. Afterwards we enjoyed lunch at the restored Woodford Hotel. Maroochy RSL generously sponsored this special outing – a big thank you to them.

At the June meeting Commander Ian Hunt from Mooloolaba Coast Guard gave a very interesting presentation on the work of this volunteer organisation.

Our July trip featured morning tea at Wappa Dam, then on to lunch at the Apollonian Hotel, and on the way home a mandatory ice cream at the Ginger Factory. The rain throughout the day didn't spoil our time together.

At our meeting in July Jeff Heriot, a local Beekeeper, introduced us to some of his bees, demonstrating how these delightful little creatures work and gave us the opportunity to purchase some of their beautiful honey.

Congratulations to Jan Crawford who celebrated her 90th birthday in May.

**WHAT IS COMING UP:**

**AUGUST**

The bus trip for the month will be a tour of the Redcliffe area, with lunch at the Redcliffe RSL.

Grant Williams from the Queensland Ambulance Service will be at our meeting (27 August) with an informative and interesting talk on how ambulance officers serve the community, and how they can help us. After the meeting we will have an informal lunch and social get together at Maroochy RSL

**SEPTEMBER**

Our outing for September is to the Samford area, and a highlight will be lunch at the Samford Hotel.

The Guest Speaker at the monthly meeting (24 September) will be the Director

of Clinical Services at The Buderim Private Hospital. The first private Emergency Department on the Sunshine Coast will be opening at the hospital in August, a free service for DVA Gold Card holders.

10 members have booked to attend the AWWQ AGM in Brisbane on 5 September, despite an early start for our bus trip.

**OCTOBER**

On 22 October we will celebrate Jessie Vasey Day and present our annual Bursary to a Sunshine Coast University student followed by a light luncheon.

**NOVEMBER**

For this very special 11 November our President and Vice President will lay a wreath at Cotton Tree Cenotaph at a ceremony commemorating the Centenary of the Armistice that ended World War I (1914-18).

The 26 November meeting is an opportunity to share a fun day celebrating with our six ladies who celebrated their 90th birthday during the year.

30 November will be the end of another year of fun and friendship with our Christmas Luncheon at the RSL Events Centre.

If you would like to join us for the outings or meetings, please let us know. You will be most welcome! ●

**REDCLIFFE**

**IT IS SPRING;** a time for new beginnings, and what better to begin than new friendships? We are so blessed as an organisation to have such a diverse group of ladies, from all different places and with a wealth of experiences and so many stories to tell. I find it inspiring and I encourage everyone to spend the time talking with those around you and find something in common with those people who are not the same as you, find something exciting, interesting and joyful and revel in the newfound friendships you develop. These friendships will enrich your life in so many ways, providing so many happy moments and providing opportunities to celebrate our differences, similarities and joyful occasions. Catching up with friends is already an incentive for us to attend meetings and join the activities the committees have prepared for us.

In July, a representative from The Stroke Foundation was our speaker. It was truly



eye-opening to hear how we can avoid being victims of such a preventable disease. Ten of our members attended Christmas in July, hosted by the Redcliffe R.S.L. It was so much fun singing and dancing, followed by a scrumptious lunch. This affair was followed by our group lunch at the Lagoon Point Cafe. Our activities did not end there, finally we celebrated Christmas in July again, this time hosted by the Laurel Club. What a month of festivities!

We had a speaker from the Peninsula Private Hospital attend our August meeting, followed by a fun game of trivia. The third Friday of the month was another get together, and we are had lunch at Sea, Salt and Vine in Scarborough.

Every September we have a celebration of Spring. We will have our annual flower

arrangement competition. Committee members will judge the best. Then on the third Friday of the month we will meet for lunch at the Malaysian Chinese Restaurant. This is all for now. May the season of spring bring you joy. ●



Photo L to R Karen Riley, Lil Grosse, Joyce Marler, Alice Mannion, Thelma Cochrane, Cheryl King, Carmel Brown, Joe Doyle, Ruth Gardner, Gloria Lynch, Cecilia Miller, Jan McPherson, Ros D'Arcy, Esma Humphries, Nola Graham and Kath Tennent enjoying lunch at the Gracemere Hotel.

**REDLANDS**

**IN JUNE, WE CELEBRATED** our 18th Anniversary as a Sub Branch with a two-course luncheon in the SAILS restaurant at the Redlands RSL. It was enjoyed by all. It is hard to believe that Christmas is on our door step and we are already in the process of planning our Christmas luncheon in November.

We have good entertainment and guest speakers organized for the rest of the year. Keep warm over the next few months, looking forward to the warmer months. ●

**ROCKHAMPTON**

**WE WERE LUCKY** enough to have had the State President, Jenny Gregory, join us for our AGM on the 8th May. After the meeting we then enjoyed lunch at the Frenchville Sports Club.

In May a number of our members enjoyed a bus trip to the Capricorn Caves where we enjoyed morning tea. On our way back to Rockhampton we stopped at the Parkhurst Tavern for lunch.

In June some of our members met at the Alf Kele park for morning tea. It was lovely to be able to get some warmth from the sun as we are having some winter weather at present. We then adjourned to the Rocky Sorts Club for lunch.

On the 4th July sixteen of our members

and friends drove out to the Gracemere Hotel for lunch.

Five of our members are looking forward to the train trip to Townsville to join in the Friendship Day activities, meet up with old friends and make new ones.

Our next bus trip is scheduled for the 19th September. We are looking forward to morning tea at the cafe at the Botanical Gardens and this will be followed by a trip to the Gracemere Hotel for lunch. ●

**SOUTH EAST SOCIAL GROUP**

**A GUARD OF HONOUR** of South East Social Club members all singing Happy Birthday greeted Heather Cossart when she arrived at the June meeting. The occasion was to celebrate her 100th birthday, the first of SIX birthday parties during the following week.



Photo of Heather Cossart (left), the birthday girl, and Joan Fear (right).

Natasha Bowling, new CEO and Rebecca Cordingley, new Lifestyle Support Co-ordinator, attended the July meeting and were able to answer many queries re support from My Aged Care. We can look forward to contacting Rebecca with "How do we... etc" in the future.

By the time this Bulletin goes to print, Friendship Day in Townsville will be a happy memory. Dorothy Lester is attending as our representative and will no doubt let us know all about the official and unofficial business conducted over the three days. We look forward to hearing her account at the September meeting.

A Blue Care representative will be our guest speaker in August outlining their HEAL programme. Topics include healthy eating, recipe modification, food label reading and maintaining a healthy lifestyle.

At South East Social Group, we look forward to welcoming new members. Come along and see if you feel you would like to join us. Meetings are held on the third Friday of the month commencing with a cuppa and chat at 10a.m. The venue is Easts Leagues Club, 40 Main Avenue, Coorparoo. Parking is no problem and the City Council bus stop is right at the main entrance. Phone Dorothy Lester 3398 6176 if you are shy.

It was lovely to meet Natasha Rebecca at yesterday's meeting at Easts Leagues Club. ●

**SOUTH WEST REGION**

**OUR SUB BRANCH** has had a busy few months. Our president, Val Rooney, attended A.G.Ms at Caloundra, Redlands and Hervey Bay, and visited East Brisbane Social Club with Jenny Gregory. Regina O'Shaughnessy retired after 9 years as our secretary due to other commitments and Teresa Lane has taken her place.

Outings included visiting Capalaba Nursery, with its old shearing shed and farm animals, and refreshments at their Kiwi Café. Redlands' Environmental Education Indigiscapes Centre, with its local native plants, proved interesting.

Thirteen ladies attended the musical Les Miserables at Iona College. Unexpected excitement occurred when Iona Theatre's smoke alarms activated. Evacuation followed! The fire brigade arrived, declared a false alarm, and the show commenced.

We also enjoyed morning tea at Springfield Lakes, and lately celebrated Christmas in July at Green Frog Hollow Café. This charming rural venue has garden walks and a curio shop, and was beautifully decorated for the occasion. Beaudesert's R.S.L. Ladies Auxiliary invited us to a concert by Glad's Girls at The Centre in Beaudesert to celebrate the R.S.L. Centenary. Songs from "the war years" were especially enjoyable.

Our morning tea at Stellarosa in Park Ridge raised over \$1,000 for cancer care. We also supported Mission Possible for Homeless Women, with our members donating 40 handbags and personal items. A policewoman guest speaker explained the difference between fraud and scams, and discussed protecting our credit cards and ourselves from unscrupulous phone callers and online scammers.

In August we plan a morning tea at Wivenhoe Dam and lunch at Fernvale. And several of our members are travelling to Townsville for Friendship Day. ●

**TEWANTIN / NOOSA**

**ATTACHED IS A NEWSPAPER** article from our local newspaper and I am unsure if this is able to be placed in the Bulletin. The story is about a wonderful luncheon that we had last week, provided for War Widows and Laurel Club ladies. Also attending were Vietnam Vets and

the wives allowing wonderful discussions between our three local Defence Community Organisations.

To provide a bit of fun a guessing game of how many jelly beans in the jar at \$1 per guess.

The proceeds were considerable and distributed equally between the Laurel Club and War Widows.

As for a story about our group for this Bulletin:

Firstly, we would like to welcome to our new associate member Annette Hicks to our group and we look forward to some good times together. If there are any members who can join us if only for companionship, please come to our gatherings as a social group 2nd Monday of each month.

The Friendship Day in August 2018 Robyn Hussey is unfortunately the only one of our ladies who is able to attend this year because of others health issues and the distances required to travel to Townsville. Thank You to Robyn and enjoy the friendship, and your friends will be thinking of you.

Our next function to look forward to is Jessie Vasey Day in October that Lorna Porteus and Lorna

Graham will organise in absence of our Co-ordinator. Our following function will be our Christmas

luncheon to be held 10th December 2018. ●



**TOOWOOMBA**

**HELLO LADIES BY THE** time you read this it will be Spring and most of the cold weather will be gone. For those of you who are not well, I wish you a speedy recovery, and hope to see you at our meetings. Everyone is welcome. A cup of tea or coffee and a biscuit always goes down well.

We haven't been very active these past few months. A few of our ladies have travelled to Dalby and Warwick to update their members on changes that are taking place.

By the time you read this Friendship Day will be over and I'm sure there will be lots of good stories to come out of it. Also I think a thank you is in order to Head Office for subsidising all the Sub -Branches.

At our July meeting, President Helen, on behalf of members presented Graham Barron and Mark Munro from the Toowoomba Hospice, a cheque for \$1,500-00. Our Sub- Branch has been associated with the Hospice for 15 years. Thanks to all members for making it happen.

As this will be the last Bulletin before we break in November, just a reminder about the Tombola on October 24th. And Dalby Christmas breakup on November 19th. And our own on November 28th.

Before I sign off just remember- It's exhausting being this fabulous I don't know how WE do it. Bye for now.

**WHAT HAS HAPPENED:**

- May 9th. General Meeting.
- June 13th. General Meeting.
- July 5th. Meeting with Warwick Ladies.

**WHAT IS COMING UP:**

- September 12th. General Meeting.
- October 4th. Meeting with Warwick Ladies.
- October 10th. General Meeting.
- October 24th. Tombola to aid needy farmers.
- November 11th. Remembrance Day.
- November 14th. General Meeting.
- November 19th. Dalby Christmas Breakup.
- November 28th. Toowoomba Sub-Branch Breakup. ●



to come to Townsville to enjoy a tropical Friendship Day. We have been so fortunate to have so many hardworking and generous people, AWWQ members and community members, involved with Friendship Day. The donation of time, goods and / or services has been so very much appreciated by those organising and attending Friendship Day. ●

**WARWICK**

**WE HAD OUR ADOPTED** Director Helen and two members Robyne and Delma from the Toowoomba Sub Branch at our July meeting. Helen brought us up to date with all the happenings at Head Office and she went through the Branch Report and explained each item. Helen is always interesting to listen to and we look forward to her visit every few weeks. We have two members in hospital at the moment and we do wish them a speedy recovery. We don't have a member able to go to Friendship Day but we do wish the Townsville Sub Branch and everyone going all the best for a great day. And no doubt we will be able to read all about it in the next Bulletin.

It is quite frosty up here on the Downs at the moment and it is hard to get out from under the blankets in the morning. Until next time... Best wishes to everyone. ●

Craig and Jacinta from "Livewell" with Townsville member Claire Marrinon.

**TOWNSVILLE**

**OUR SUB BRANCH** meetings are well attended with over forty members attending each month. The colder weather and the onset of the flu season has shown a decrease over this period.

At our June meeting Major Lauriee Arthur from the Salvation Army entertained us with a talk about her role supporting the defence personnel of 3rd Brigade in Townsville. She had some amusing tales to share about her time in the bush on exercises when no toilets or showers were available. On a more serious note she linked our motto ("we all belong to each other, we all need each other") with her work supporting defence members and families during stressful times. (Photo 1)

At our July meeting Craig and Jacinta from "Livewell" shared with us the importance of exercising both our bodies and minds and how we can go about this. (photo 2)

Townsville members has been very and excited with Friendship Day fast approaching. It has been so encouraging to have so any members travel great distances



Left to Right - Major Lauriee Arthur with Townsville Vice President Barbara Van Rijswijk



**HODGE PODGE – A CLASSIC NOVA SCOTIAN RECIPE**



**INGREDIENTS**

- 1 cup green beans, ends trimmed
- 1 cup yellow beans, ends trimmed
- 1 cup peas
- 5 carrots
- 4 potatoes
- ½ cup butter
- ½ cup heavy cream
- ½ whole milk
- Shrimp, scallops, mussels (optional)
- Salt and pepper to taste

**METHOD**

Place beans, peas, carrots and milk to a medium-sized pot. Season with salt and pepper and then bring to a boil. After it reaches a boil, reduce the heat to a low simmer, checking often. Add the potatoes, butter and cream. Simmer for about 45 minutes or until the potatoes are cooked through. Taste and then season with more salt and pepper, if desired.

[Watch your waistline.](#)

even if it means going without themselves. The weather doesn't do much to warm their spirits, with most of the year either cold or rainy. It is amusing to visit Nova Scotia and see how excited these people get over a warm sunny day. They get out their barbeques and put on shorts and t-shirts and soak every moment out of the day that they can. For them, being indoors on a sunny day is like travelling to China and not visiting the Great Wall. Given its close proximity to the Atlantic Ocean, the economy is somewhat dependant on the sea and many families traditionally relied on the fishing industry. Agriculture plays a significant role in Nova Scotia's economy even to this day.

**I AM FROM NOVA SCOTIA**, a beautiful Maritime province in Eastern Canada. The name 'Nova Scotia' is Gaelic for 'New Scotland' because the Scottish were among the first to settle it. The province is made up predominantly of Scottish, English, Irish and French and their cultural influence is easy to see! For example, it is a well-known cliché that every second building in the capital city of Halifax is a church, and every place in between is a pub.

There are three languages in Nova Scotia: French, English and, to a lesser extent, Gaelic. The English don't like the French much, and the French don't like the English much either. The rest of the population couldn't care less. 'Bluenosers' (people who live in Nova Scotia) are humour, brave and stoic people who don't take themselves too seriously. They are the salt of the earth sort who would do anything for a stranger;

Maybe because of the Irish influence, maybe because of the cost – I grew up eating a lot of potatoes! We had a garden at the bottom of the hill that our house was on, and this is where we grew most of the food my grandmother cooked. I grew up understanding that hard work in the garden meant that you could eat well over the long winter. I used to play hide-and-seek in the rows of corn and help my grandmother dig up potatoes, pushing my hands into the cool earth and searching for

all the potatoes hiding beneath its surface.

My grandmother, like many Bluenosers, was ever so creative in the numerous ways she could prepare potatoes. We had baked potatoes, scalloped potatoes, mashed potatoes, salt-water boiled potatoes, potatoes and sauerkraut pancakes, fried corn and potatoes, potato bread, poutine and my personal favourite: hodgepodge. Hodgepodge was the kind of meal we ate when we felt cold, unwell, tired or generally down. It reminds me of safety, warmth and healing. So in this issue of the Bulletin I would like to share my grandmother's recipe of Hodgepodge. ●

*Natasha Oickle*

# NEWS & REMINDERS

## OFFICE CLOSURE DATES 2018

**OUR AWWQ** Brisbane office will close at 4:30pm Thursday 20 December 2018 and will reopen at 8.30am on Monday 07th January 2019.

## WELCOME



**AWWQ WELCOMES** Susan Hilditch to the team. Susan brings a wealth of knowledge and experience in the Aged Care Sector. She will join Rebecca Cordingly in supporting our members. Welcome Susan! ●

## RAFFLE PRIZE WINNERS & PRIZE DONATIONS



### Raffle Prize Winners – Friendship Day, Townsville

**1st Prize** – Betsy Harper - Ipswich Region – Patchwork Quilt and one week of accommodation at Centrepont Holiday Unit, Caloundra

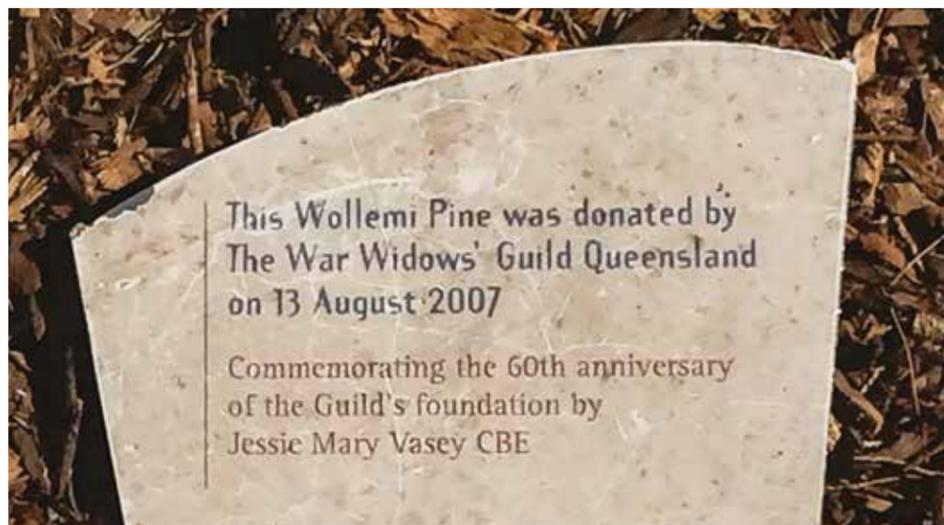
**2nd Prize** – Cherie Morris – South West Region - Patchwork quilt and a \$200 gift voucher

**3rd Prize** – Robyn Quick - South West Region - Patchwork quilt and a \$100 gift voucher.

**IF YOU WOULD** like to assist in a raffle prize (prizes can be gift cards) for the AWWQ Christmas Party coming up in November, please send to the AWWQ office or contact us on: 07 3846 7706 or Free call 1800 061 945. ●

## ROMA STREET PARKLANDS PLAQUE

**WE HAVE BEEN** asked to relocate the plaque from its current location at Roma Street Parklands to the Memorial area at Roma Street Parklands. The plaque sits under a Wollemi Pine which was donated by the War Widows Guild Queensland on 13 August 2007 to commemorate the 60th



Anniversary of the Guild's foundation by Jessie Mary Vasey. We are very happy with the new location. ●

## VIETNAM VETERANS MEMORIAL

**ON SATURDAY** the 18th of August Jenny Gregory & Bron Drinkwater attended the



Vietnam Veterans Day commemoration ceremony in Nerang. The Vietnam War was Australia's longest military engagement of the 20th century. Almost 60,000 Australians fought in the war and more than 500 lost their lives. Originally known as Long Tan Day, Vietnam Veterans Day is commemorated on 18 August every year. This year marks the 52nd anniversary of the Battle of Long Tan, where 108 brave young men from D Company 6RAR resisted an attack of 1,500-2,500 North Vietnamese and Viet Cong troops. It would become one of the most extraordinary chapters in Australia's military history. The husbands of Bron Drinkwater, Dorothy Olmey and Carole Waller were given memorial plaques for the honour roll wall. ●

## 56TH ANNIVERSARY



## OF THE AUSTRALIAN ARMY TRAINING TEAM VIETNAM

**AUSTRALIA'S INVOLVEMENT** in the Vietnam War began in July/August of 1962 with the arrival of the Australian Army Training Team Vietnam (AATTV) in South Vietnam.

They were known as 'The Team', the "first Australian team in and the last Australian team out" of Vietnam during the war years. Those who are left of the 1000 or so members of what was the nation's longest-serving and most highly decorated Vietnam War unit, gathered in Canungra, Queensland to commemorate the 56th anniversary of their first landing in Vietnam.

Our member, Terry Yates, attended the



event and had a wonderful surprise when she found that her brother had a tree and plaque dedicated to him. Her brother did three tours to Vietnam and served in the training team. He passed away in a car accident travelling back to the base at Canungra. What an incredibly emotional day. ●

## CAIRNS MEMORIAL SERVICE

**ON 26 MAY 2018**, a service was held at Machans Beach, Cairns to unveil a memorial in honour of the 11 Servicemen who on 5 March 1945 died in an air crash of RAAF Hudson A16-118 (VMZI-FM) while trying to land at the

Cairns airport, one of whom was the husband of Jessie Vasey, Major General George Alan Vasey. In a report from the Cairns Post, family members of the fallen Servicemen had travelled from California, New Zealand, Melbourne, Sydney and Brisbane to attend the service, who were all able to lay a wreath on the memorial. Also in attendance was members of the Australian War Widows Queensland Cairns Sub Branch, who were fortunate enough to have a photo taken in front of the memorial with the Great Grandchildren of George and Jessie Vasey. The names of the other 10 fallen servicemen are Colonel R.H. Russell, Lieut/Col G.A. Bertram, Lieut W. Riggall, Cpl E.L. James, F/Lt J.W. Newell, F/Off D.J. Bassett, F/Off G. Thomson, W/Off B.S. Frieze and LAC John Dudley Moore. ●

## VETERAN LIAISON OFFICERS – WHAT DO THEY DO?

**PRIVATE HOSPITALS** that have a contract with the Department of Veterans' Affairs (DVA) are required to nominate a staff member, in each of their hospital locations, to be a Veteran Liaison Officer (VLO).

These officers provide special assistance to veterans, their families and carers during a hospital stay. This is not a 'visiting' or 'welfare' service. It is important for VLOs to be aware of the needs of DVA clients, including both older people and contemporary veterans. VLOs are required to coordinate with hospital staff to enhance the treatment and care provided to veteran patients.

VLOs can contact DVA directly to help resolve DVA-specific issues for a patient, and also to link their patient with services that DVA can fund or facilitate. These may include Veterans' Home Care, Rehabilitation Appliances Program aids, and other health or community services.

## RESPONSIBILITIES

- Ensure DVA clients, their families and carers are aware of the support provided by the hospital's VLO.
- Act as a single point-of-contact for veteran patients, their families and carers, ex-service organisations and DVA with particular regard to resolution of concerns and problems.

- Provide pre-admission and discharge planning support.
- Assist in the coordination and streamlining of episodes of care.
- Refer patients to appropriate services or resources.

DVA maintains a record of known VLOs and can provide the information on request to relevant parties as required. To ensure this record of VLOs remains current, hospitals are requested to advise their DVA contract manager as quickly as possible of any changes to their VLO arrangements. (Source: DVA website)

It is essential that you ASK to speak to a Veterans Liaison Officer (VLO) while you are in hospital. We have had many members use the services of a VLO and have experienced a smooth transition back home with support services in place. Please note that not all private hospitals have a VLO and / or the Discharge Planner may also fulfil the VLO role.

Please remember to ASK – if you are unsure please call Rebecca the Lifestyle Support Coordinator at Australian War Widows Queensland (AWWQ).

## NEED TO TALK?

### SILVER CORD TELEPHONE REASSURANCE SERVICE

The Silver Cord Telephone Reassurance Service provides friendship and check-up calls, assisting people over the age of 65 to remain at home safely and feel connected in the community. This service is available to eligible clients Queensland-wide.

### What type of calls can I receive?

- Check-up calls can be made seven days a week to ensure you are safe and well. The purpose of these calls is reassurance so that if the call goes unanswered, an activation process is commenced to ensure your wellbeing.
- Friendship calls help you stay connected in the community through regular calls from a like-minded volunteer. Our clients love to hear from their 'phone friends', and for some, it may be the only friendly conversation they have all week. Our caring callers love the chat too.
- Respite calls can be made after you return home from hospital, or while family and friends who normally check on you are away.

Call 1300 St John (785646) ●



# AUSTRALIAN WAR WIDOWS QUEENSLAND

## CHRISTMAS LUNCHEON

**Price:** \$50 per person, includes 2 course luncheon (cash bar available)  
**Date:** Monday 26th November 2018  
**Time & Location:** 11:30am-2:30pm, Grand Ballroom Tattersall's Club Level 2, 215 Queen Street Brisbane  
**Please call the office to RSVP by Friday 16 November 2018**

**07 3846 7706 or 1800 061 945**

**Payments can be made in one of the following ways:**

- Direct deposit – Account name: Australian War Widows Queensland; OR
- Transfer - BSB: 064 000 and Account Number: 1496 9480 (include your full name and membership number as the reference); OR
- By credit card over the phone to AWWQ Head Office on 07 3846 7706 or 1800 061 945; OR
- Pay CASH on the door upon arrival



# AUSTRALIAN WAR WIDOWS QUEENSLAND

## JESSIE VASEY DAY CELEBRATIONS

Jessie Mary Vasey (1897-1966) was the founder of War Widows' Guild of Australia.  
**Come join us for high tea to celebrate this special day.**



**WHAT'S ON?**

**ENTERTAINMENT WILL BE** provided by the Andrews Sisters Trio. World War II was a dark period and the Andrews Sisters brought laughter and happiness to many. They were very active in their patriotic duty, wartime entertainment, volunteering their time, singing and dancing and signing autographs for the troops. They performed for thousands of servicemen. The Andrews Sisters Tribute Show consists of three sassy divas — Anita David, Kelsey Giarola, and Cherryn Lomas. Dance to Boogie-Woogie Bugle Boy, reminisce with Rum and Coca-Cola and Don't Sit Under The Apple Tree with anyone but the Andrews Sisters Tribute Show!

Queensland Police will gift a Sequoia Giganteum tree (Giant Redwood) to AWWQ in loving memory of War Widows who have passed. The Giant Redwood is the world's largest tree and one of the largest living organisms on Earth. Redwoods, protected species from California, live for over 2,500 years which make them the perfect tree for a memorial site.



Our members who have served ten years or more on a committee will be recognised with a certificate of appreciation.

**Date:** Friday 19th October 2018  
**Time:** 10am – 2pm  
**Venue:** AWWQ Head Office, 41 Merivale Street South Brisbane

**Please call** AWWQ Head Office on 07 3846 7706 or 1800 061 945 to **RSVP by Friday 05th October 2018**

**FREE to War Widow & Associate Members**

## WAR WIDOWS' MOTTO

"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"

(Extract from 1941  
Christmas Message from  
His Majesty George VI)

