

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND



WINTER 2019

- **War Widows open up and share their stories**
- **Technology training**
- **Upcoming AWWQ events**
- **Post operative care: what do you need to know?**
- **Home maintenance tips**
- **Reflections from our Lifestyle Support Coordinator**

PATRON

His Excellency the Honourable
Paul de Jersey AC Governor of
Queensland

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Mrs Jennifer Gregory BAppSc
Nursing Sc, GradDip HlthServMgt

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Mr Peter Eardley BA, LLB

WAR WIDOW DIRECTORS

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Dr. Kim Morgan-Short
Mrs Suzanne Vincent

STAFF

Natasha Oickle, Chief Executive Officer
Rachel Johnson, Administration Manager
Rebecca Cordingley, Lifestyle Support Coordinator
Susan Hilditch, Lifestyle Support Coordinator
Jason Orchard, Operations Manager
Samm Mayrseidl, Administration & Member Support

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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There are 15,000 War Widows in Queensland

**No one who sacrificed for us
should be left to suffer alone**

Sarah's husband served in Vietnam. When he came home he suffered from severe PTSD and physical ailments caused by Agent Orange. Sarah took care of him for several years and then suddenly, he passed away from the injuries he had sustained during his service to our country. Sarah now lives alone and struggles to take care of her family's emotional and financial needs. She suffers from depression and reached out to us for help. We were able to link her up to multiple support services, assist her in practical day-to-day living and, more importantly, be there to listen when she needed an ear. Sarah now regularly participates in our support groups for widows.

HOW YOU CAN CLAIM A DONATION ON YOUR TAX RETURN

Donations of \$2 or more are tax-deductible.

Help us provide support to our War Widows.

After all, they supported us.

PO BOX 13604 George Street Post Shop Brisbane QLD 4003
07 3846 7706 | reception@warwidowsqld.org.au

THANK YOU TO OUR MEMBERS who sent their membership fees on time. Also, we sincerely thank those of you who have added a 'little bit extra' as a donation to AWWQ. You have very generous hearts and it is not just appreciated, but also helps to support our organisation to continue supporting War Widows of QLD. If you have forgotten about your membership fees and wish to maintain financial status with AWWQ please get in touch.

STATE PRESIDENT'S REPORT



The winding down of the hot weather has put me in a heavy philosophical mood. I am thinking about the deep, very private personal needs of people and of our members in particular. Needs that when met give us a great sense of well-being. We don't like to talk about these for fear people will not understand. But to increase our level of intimacy I will confess one of mine to you. I share this need with at least one other person that I know well: peanut butter on fresh, white, crusty bread. It must be spread thickly and with lots of butter!

Satisfying this personal need may arise for us when the grief that may still flood in on the scent of a special aftershave, a favourite song or a military commemorative service strikes unexpectedly. My peanut butter indulgence helps to keep the grief packed away tightly so that I am free to feel sadness but not succumb to it. I hope you have your own special indulgences for these occasions.

Now to move from the

philosophical to the practical. Our hard working office staff have been busy obtaining grants so that we can offer you more services and special social occasions and I thank them for their efforts. You will read more about what these grants offer you in this Bulletin.

I would like to urge you to read your Bulletin diligently because there is a lot of important information for you to be aware of. There are a number of upcoming events that you will need to register for including, Friendship Day, AGM and Jessie Vasey Day. We would love to see as many members as possible at these functions.

You will also see in the Bulletin some suggested changes to the Constitution. One of them is to extend the period that a President can serve to six years. It is very evident that it takes a while for the incumbent President to settle in to the role and to build up contacts and it is considered that six years assists the member in that role to consolidate the experience and relationships built up over the preceding four years. The suggested changes will be voted on at the AGM on the 21st of August.

I extend a very big thank you to all the members who laid wreaths on Anzac Day at their local RSLs. It is important that AWWQ is represented at these services. Also, a big thank you to the ladies who took part in various Anzac Day marches. On that note, it was very special for AWWQ members to march in the Brisbane City Anzac Parade for the first time

under our own AWWQ banner. I am sure some of you saw us on television. The crowd of onlookers lining Adelaide Street greeted us enthusiastically.

There will not be any voting forms in this Bulletin as there were two positions vacant for member Directors and only two nominations. The two people to fill these positions are Cath Hartshorn from Caboolture Sub Branch and Judy Smith from Maroochydore Sub Branch. We will be saying a big thank-you to Suzi Vincent of Townsville Sub Branch and Bron Drinkwater from Gold Coast South. Both ladies have served on the board for some time and have made the decision not to restand for the upcoming term. I congratulate these ladies on their appointment and we will welcome them on to the Board after the AGM. I thank them for their commitment to AWWQ and their willingness to give their time to serving AWWQ on the Board.

I have been visiting a number of Sub Branches for their AGMs and I thank them for their hospitality. I also thank the executive committees of those branches for their continued willingness to take on those positions and the work that entails.

I leave you with this Proverb (make of it what you will) "you can't make an omelette without breaking a few eggs". Take care of yourselves and remember to have your flu vaccinations!

Best wishes
Jenny Gregory

CEO'S REPORT



I would like to thank those of you who took the time to write to Head Office with your positive feedback. I cannot describe how good it feels for our team to receive these positive words of encouragement. All of us genuinely care for each and every one of the members we interact with and I hope that you are all feeling that!

Speaking of our members- I do hope to see all of you at our many events this year, in particular the upcoming Friendship Day/s on the Gold Coast and Jessie Vasey Day. It is the only time I get an opportunity to see many of you so I hope you can come.

What has been going on in Head Office? We have been busy over the past few months applying for grants for our members and

networking in the community to improve the profile of AWWQ. We have submitted 90 grant applications in total for a myriad of different activities. I will keep you all informed of the outcome as soon as we hear.

This Bulletin is jam-packed with news and updates and I believe it may be our biggest one yet! We have so many wonderful stories from our members. Our Lifestyle Support Coordinators have also written articles packed full of advice for members as well as stories on their personal experiences in their roles.

Change is in the air! We have two new Members joining the AWWQ Board. Congratulations to Cath Hartshorn and Judy Smith in their new positions. I wish them all the best and look forward to working with them.

As with any change, there is also a sad element. We are saying goodbye to three Board Members who have contributed greatly to AWWQ. Suzi Vincent has been a wonderful person to work with. Suzi brought a great deal of business knowledge and experience to the table and her passion for the organisation is clear in everything she does. She is, all-round, just a beautiful person- with the brains to match!

Suzi will continue managing the Townsville Branch and guiding the new Ingham Branch. We are also saying goodbye to Bron Drinkwater from the Gold Coast South Branch. Bron is a passionate advocate for War Widows and represented the needs of our members well in her board contributions. Bron will continue in her role as President of the Gold Coast Branch. Peter Eardley is also retiring from his position as a Board Director. Peter has served on the AWWQ Board for many years and has been responsible for the creation of our Constitution among many other things. He offers valuable financial, legal and legislative advice and can always be counted on for his impeccable professionalism and approach to board matters. We will miss seeing these three Directors every month.

On that note I wish you all the best over the coming months and hope to get the opportunity to touch base with each of you over the remainder of the year.

Natasha Oickle

AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convenor: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
BRISBANE WEST	2nd MONDAY 10:15am Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 Coordinator: Narelle Stanton 07 3354 3969 E: n_stanton@yahoo.com
BUNDABERG	2nd TUESDAY 10:30am Bundaberg RSL 17 Quay Std Bundaberg Central QLD 4670 President: Kerry Simpson 07 4155 6900 Secretary: Judy Mitchell 0407 676 344 Treasurer: Grace Muchow 07 4152 7258 E: jbmitchell238@gmail.com
CABOOLTURE	2nd FRIDAY 10:30am Caboolture RSL 1 Hasking St 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 Baclaclava Hotel 423 Mulgrave Rd Earlvile Cairns QLD 4870 President: Helen Atfield 07 4054 6542 Secretary & Treasurer: Lorraine Watts 07 4054 1174 E: lorw01@bigpond.com
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 President: Roohangiz Doherty 07 5437 8619 E: roohi1@bigpond.com Vice President: Margaret Fraser Secretary: June Hall Treasurer: Christine Gann 07 5491 9664
GOLD COAST NORTH	4th TUESDAY 10:30am RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Jan Franz 0404 817 012 E: janfranz31@outlook.com.au
GOLD COAST SOUTH	1st MONDAY 10:30am Currumbin RSL 165 Duringan St Currumbin QLD 4223 President: Bron Drinkwater 07 5534 9800 E: bronny45@bigpond.com Secretary: Carole Waller 0412 135 030 Treasurer: Jenny Gregory 0409 885 473
GYMPIE	1st FRIDAY 10:00am Gympie RSL, 217 Mary St Gympie QLD 4570 President: Maureen Rush 07 5483 7410 E: maureenrush@bigpond.com Secretary: Linda Collins 07 5482 2416 Treasurer: Lesley Cullis 07 5482 9777 E: ramdla@westnet.com.au
HERVEY BAY	1st MONDAY 10.00am Hervey Bay RSL 11 Torquay Rd Hervey Bay QLD 4655 President: Marion Redfern 07 4125 6306 Secretary: Christine Starr 0407 575 624 E: finstarr@hotmail.com Treasurer: Patsy Squires 07 4124 2754
INGHAM	3rd THURSDAY 10.30am Ingham RSL 4 Hawkins St Ingham QLD 4850 Coordinator Denise Scott 0419 774 102 or 07 4777 2237 E: denise.f.scott1@bigpond.com
IPSWICH	1st THURSDAY 10.00am Ipswich RSL 63 Nicholas St Ipswich QLD 4305 President: Marea Teakle 0402 493 038 E: west.side41@bigpond.com Secretary: Denise Stokes Treasurer: Noela Stephens 07 3201 6687
LAVENDER LADIES	3rd SATURDAY 12:00pm Various venues on the Coast Contact: Terry Yates 0458 851 243 or Bron Drinkwater 0400 098 310
LOTUS CLUB	1st SATURDAY 12.30pm Various venues Coordinator: Lyn Wilkes 07 3355 2198 E: shodley@gmail.com

MACKAY	2nd TUESDAY 1.30pm RSL War Veterans' Home 18 / 5 Creal St Mackay QLD 4740 President: Ethel Reaston 07 4942 1353 Secretary: Clare Burke 07 4957 3200 E: clare@mtsnq.com Treasurer: Barbara Mau 07 4957 4452
MAROOCHYDORE	4th MONDAY 10.00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 President: Judy Smith 0419 725 292 E: smithj1992@gmail.com Secretary: Elizabeth Burrell Treasurer: Glynis Burns 07 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
NAMBOUR	2nd MONDAY 10.30am Nambour RSL 14 Matthew St. Nambour 4560 Coordinator: Dorothy Jacobsen 07 5478 9109
REDCLIFFE	1st FRIDAY 10.30am Redcliffe RSL Irene St. Redcliffe QLD 4020 President: Ruth Mateer 07 3293 1121 E: ruthmateer@bigpond.com Vice President: Edna Buckland 07 3283 1440 Secretary: Helen Finley 0418 198 940 E: cartmell9@bigpond.com Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotkey.net.au
REDLANDS	Last FRIDAY 10.00am Redlands RSL 8 Passage St. Cleveland QLD 4163 President & Secretary: Noelene Costello 07 3824 2429 Treasurer: Faye Cross 07 3207 6609 E: nco16141@bigpond.net.au
ROCKHAMPTON	2nd TUESDAY 10.00am Frenchville Sports Club 105 Clifton St. Nth Rockhampton QLD 4701 President: Jenny Ireland 07 4928 5651 Secretary: Jan McPherson 07 4928 4129 E: jamcperson52@gmail.com Treasurer: Cecilia Miller 07 4922 3144
SHERWOOD	3rd TUESDAY 10.30am Sherwood/Indooroopilly RSL 2 Clewley St. Corinda QLD 4075 Convenor: Ruby McFarlane 07 3719 5347 E: ruby.mcfarlane@bigpond.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 Greenbank RSL 54 Anzac Ave. Hillcrest Greenbank QLD 4118 President: Val Rooney 0408 001 352 E: vroo1938@gmail.com Vice President: Patricia Wood 07 3287 5164 Secretary: Jennifer Ries 07 3388 2689 Treasurer: Grace Banham 07 3800 2903
TEWANTIN & NOOSA	2nd MONDAY 10.30am Tewantin Noosa RSL 1 Memorial Ave. Tewantin QLD 4565 Coordinator: Anne Carter 0439 776 793 Support Coordinator: Lorna Porteus 07 5447 3248
TOOWOOMBA	2nd WEDNESDAY 10.00am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Helen Strange OAM 07 4691 0287 E: strangehelen9@gmail.com Vice President: Robyne Hilditch 07 4614 0080 Secretary: Beth Johns 07 4634 8972 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10.00am Townsville RSL 139 Charters Towers Rd Hyde Park QLD 4812 President: Suzi Vincent 0409 880 902 E: svincent@westnet.com.au Secretary: Lynne Clancy 07 4724 2188 Treasurer: Wendy Tranter 0409 243 428
WARWICK	1st THURSDAY 11.00am Warwick RSL 65 Albion St. Warwick QLD 4370 Vice President: Nancy Payne 07 4661 2270 Secretary: Dorothy Rubie 07 4666 3347 Treasurer: Jill Doyle 07 4661 1898

AWWQ NEWS AND REMINDERS

OUR TREE HAS A HOME!

At long last our little tree has finally found 'her' permanent home on Boike Rd, Canungra! Thank you to Val Rooney for organising a great location and for the ladies who attended on the day of the planting. Please visit the tree to ensure she doesn't get lonely!



RECOGNITION OF SERVICE

We would like to recognise Lal Kennedy, Joan Crane and Isabelle Rolley from Caloundra and Heather Hunter from Maroochydore for serving more than 10 years as volunteers with AWWQ.

ANZAC DAY PARADE

Anzac Day was a success! Our members marched proudly in the parade holding our bright blue banner for all to see. It was

a beautiful day for everyone that attended. Thank you to Legacy Brisbane for working together with AWWQ to organise such a special event for the War Widows.



BATTLE OF THE CORAL SEA

The memorial, held on Saturday the 4th of May at the Surfers Paradise RSL, commemorates the role of Australian and American servicemen in the Battle of the Coral Sea in 1942.



Bron Drinkwater, Blanche Wall & Jenny Gregory's husband's served in this battle

WREATH LAYING

She's not just a pretty face! Jenny Gregory has been busy laying wreaths on behalf of AWWQ.
April 24 Students Anzac Service
April 25 Anzac Day Dawn Service
April 25 Masonic Lodge Anzac Service

May 4 Coral Sea Service Gold Coast

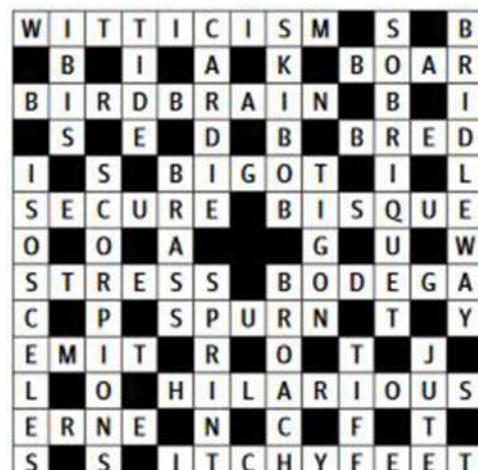
May 11 Victory in Europe
May 25 Peacekeepers March and Ceremony
May 26 Boer War Commemoration Service
May 29 Indigenous Service
Thank you to the following

members for laying wreaths:
17 February Fall of Singapore: Lyn Wilkes
25th April Ithaca Citizens War Memorial: Pam Dittmar & Jean Le Garde
25 April Kedron Wavell Anzac Service: Peta Bunter
April 25 Greenslopes Private Hospital Dawn Service: Natasha Oickle



ROMA ST PARKLANDS

Our AWWQ plaque has been relocated to a new home in the War Memorial area at Roma Street Parklands. It is now under a Kauri Tree and happy with its new home! Please feel free to visit.



JESSIE VASEY DAY CELEBRATION!

The 19th of October is a very special day for our War Widows across Australia. It is the birthday of Mrs Jessie Mary Vasey who founded the War Widows Guild in 1947 to assist women widowed through war to come to terms with their loss and sacrifice and to provide for themselves and their children. War Widows today have much to thank Jessie Vasey for – their pension, their health entitlements and the recognition of their sacrifice by the Australian society and government which provides compensation and care for its war widows second to no other country in the world. This year we are having two Jessie Vasey Day Events.

BRISBANE

Thursday 17 October 2019 at 10.30am
Rydges Hotel South Bank Rooftop Level 12
High Tea \$20 per person



*Due to the success of last year's event the entertainment in Brisbane will be provided once again by the Andrews Sisters Trio!

BUNDABERG

Thursday 17 October 2019 at 10.30am
The Rock Bar & Grill 1A Quay Street Bundaberg
Set Menu \$20 per person

COME IN A 1940'S DRESS THEME!

Our theme for Jessie Vasey Day this year will be '1940's frocks' so please come dressed in your favourite! The 1940s was one of the most stylish times and despite the hard times of WWII, it was a milestone for fashion. Joan Crawford, Betty Davis, Rita Hayworth and Doris Day were the trend setters and the looks they created are still loved today.



**RSVP: 07 3846 7706 | rachel@warwidowsqld.org.au Bookings close:
30/09/19**

ANNUAL GENERAL MEETING

AWWQ's Annual General Meeting will be held on the 21st August 2019 at Brisbane City Council Ithaca Room from 10.00am. Morning tea will be provided and our Guest Speaker will be Mr. John Dunlop, son of Weary Dunlop.

**RSVP to Head Office
07 3846 7706 by 9th August 2019.
This is a free event.**

The Board believes it is an important task to constantly review the Constitution of the organisation. This regular review process is to ensure that the Constitution is a living document and is changed from time to time to reflect the best interests of the organisation and its members. The proposed changes to the Constitution will be voted on:

Motion 1

That Clause 21.3 of the Constitution be amended by removing the words "the State President" and substituting the words "the Board". The current clause 21.3 is too onerous upon the State President and does not reflect the proper responsibility of the office in terms of the organisation. The fact is that organisation law mandates that it is the Board who has responsibility for the oversite of the organisation's business, not one individual.

Motion 2

That Clause 22.1 be amended by removing the words "a further one two year term" and substituting the words "two further two year terms." The effect of the proposed amendment to Clause 22.1 will mean that a President can serve, if successful at successive elections for a total period of six years rather than four. The Board believes that this change will provide stability in terms of the operations of the Board by providing a continuity of service and the retention of necessary corporate knowledge within the Board as well as bring AWWQ's constitution in line with the National War Widows Guild. The decision as to whether a President serves a second or a third two year term is decided by the members by the election process.

Results of the 2019 Nominations for Board Directors

There were two War Widow Director positions available on the board and two nominees. Therefore, a vote was not needed. The two new Board Members are Cath Hartshorn from Caboolture and Judy Smith from Maroochydore.

AWWQ would like to sincerely thank Suzi Vincent of Townsville and Bron Drinkwater of Gold Coast South for their valuable contributions to the AWWQ Board. We wish them well in their continuing support of their respective Sub Branches. We would also like to thank Peter Eardley for many long years as a Board Director of Vasey Housing and AWWQ.



We would like to welcome our two newest Board Members, Cath Hartshorn (Top) and Judy Smith (Bottom)

FRIENDSHIP DAY(S)

We are all looking forward to seeing our members at Friendship Day! This can be a one, two or three-day event, depending on what you would like to attend or how much energy you have!

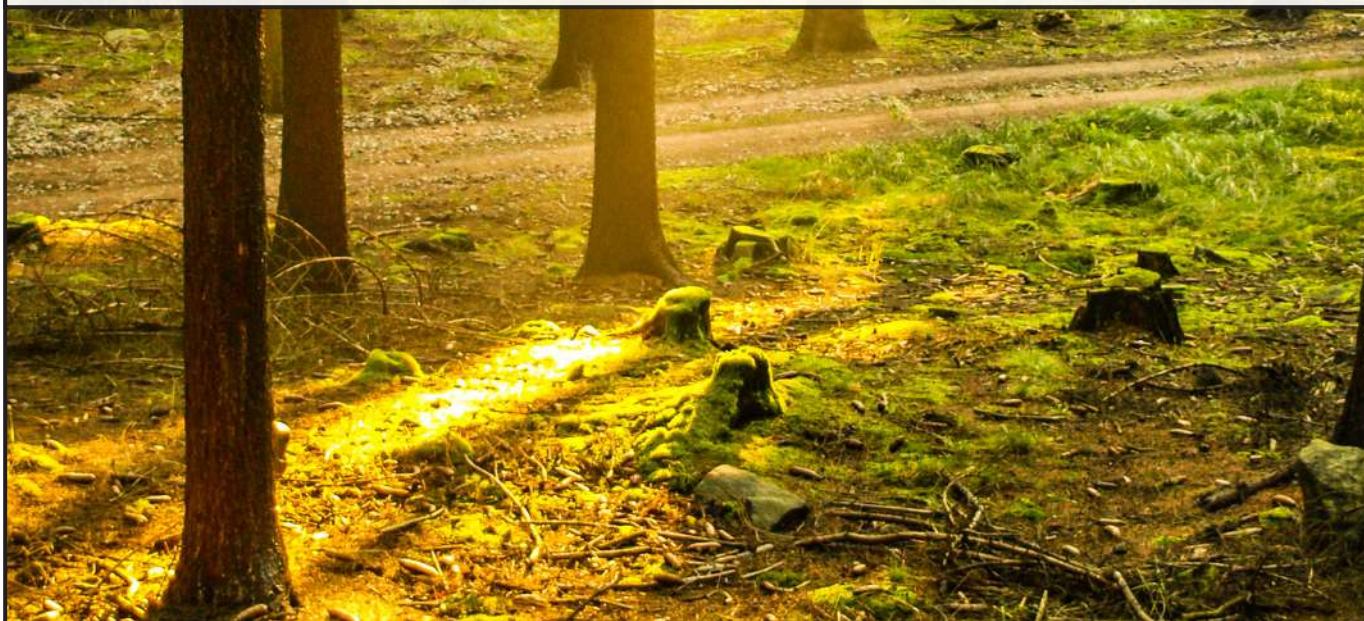


WEDNESDAY 24TH JULY is the first event - the Memorial Service and Wreath Laying Ceremony. This will take place at Currumbin RSL on Durrigan Rd. Please arrive at 3.30pm for a 4.00pm start and let us know if your Sub Branch President or Social Group Coordinator would like to lay a wreath. If you are supplying your own wreath that is wonderful, however if you cannot, please contact Bron Drinkwater and the Gold Coast South Branch can supply a wreath for you. After the Memorial Service we will move upstairs for the Civic Reception which our Mayor Tom Tate will be hosting. Our Patron, His Excellency the Honourable Paul de Jersey AC, Governor of Queensland will be attending and will speak at the reception.

THURSDAY 25TH JULY will be the Friendship Day Luncheon. This will also be held at Currumbin RSL commencing at 11.30am. There will be entertainment and other wonderful things planned to ensure that our members make great memories!

FRIDAY 26TH JULY we have two bus trips for members to choose from. There are still vacancies on the bus for the Margaret Olley Art Museum followed by lunch on the water.

All Friendship Day bookings for the luncheon and bus trips are to be done through Head Office on 07 3846 7706. Phone Bron Drinkwater on 0400 098 310 if you need directions or have other queries.



LEARN TO USE YOUR MOBILE PHONES & COMPUTERS!

Technology! Let's talk about the benefits....

I'm sure we all agree that telephones replacing letter writing has improved our ability and the quality of communicating. For example; it is much easier for families to connect during times of deployment than it was in WWI. Technology has advanced very quickly and while it may seem daunting, we would love the opportunity to teach you a few small things that can solve challenges that many of our members share with us.

For us, our phones are not just phones, they are our cameras, diaries, note books, torches, banks, transport, family photo albums, calculators, alarm clocks and activity centres. When we lose our phones we may even miss it as a talking device the least because our phones are like the Swiss Army Knives of technology!

You can have a range of helpful apps, there are apps that turn your phone into a magnifying glass, apps for word searches, safety apps and a myriad of oth-

er apps tailored to seniors that are easy to use and create convenience and connection. Learning new things can be a challenge, however, we will make it simple and fun!

Think about this: have you ever said to yourself, "I'd like to see more of what my family are up to" "I'm worried I rely on my children and grandchildren too much" "I'd like to have more photos of my family". A few new simple skills could be the answer.

Lessons will be held at your normal Sub Branch and Social Group meetings and they can be as short or long as you like. Our staff will be visiting your group to conduct the training- and we are very patient so you won't have to feel rushed. The training will be specifically tailored to your needs and desired outcome. You are welcome to join the lesson or simply watch if that's your preference.

You may also bring with you anyone over the age of 50.



Australian Government

Be Connected

Every Australian online.

ENJOY LUNCH ON US!

In conjunction with this program, all Social Groups and Sub Branches taking these classes will be funded to enjoy a special morning tea or lunch at your regular meeting place (or another venue if you prefer). The value amount is between \$500 and \$800, depending on the number of attendees.



WE ARE NAVY....WE ARE FAMILY

When my husband Brian, an Ex-Royal Australian Navy L.S.R.P, passed away last year, our family thought it would be fitting for his ashes to be scattered at sea. I wondered if this could be done by the Navy and after doing some research found that it could. I contacted the Defence Community Organisation, firstly in Brisbane and then in Sydney, to start the process. In January this year I, accompanied by my two best friends, handed Brian's ashes over to the safe-keeping of the Navy at the DCO Office in Pitt Street Sydney to await a suitable deployment of a ship for the Committal Service (COATS).

In March, I was informed by the Chief Petty Officer in charge of arrangements that Brian's ashes, accompanied by the ashes of four other Ex-Sailors, would be aboard HMAS Brisbane III as it made its first voyage from Sydney up to Brisbane at the beginning of April.

On Sunday the 7th of April, HMAS Brisbane had an open day with some 4,000 people getting tickets for a tour of the ship. Having been away when the tickets became available, I missed out (they were all allocated within 12 hours) and I was saddened to think I had missed my chance to be close by my beloved husband for the last time. When I received

a phone call from the Chief Petty Officer in Sydney, to say that if I, and my two friends, could be at the wharf at 9.30 on open day, we would be met by the Command Warrant Officer and taken on a private tour of the ship. How special we felt!

We duly presented ourselves that morning and were met by C.W.O Bonney and commenced our very special tour of Australia's newest Guided Missile Destroyer, H.M.A.S Brisbane III. After the tour, and as we were escorted back to the wharf entrance, we passed, and were introduced to the Padre who would be conducting the Committal Service at sea. When I thanked C.W.O Bonney for the time he had spent with us, and told him how much it had meant to me, he gave me a huge hug and said, "***my pleasure Maureen. We are Navy...we are family***". My heartfelt thanks go to C.P.O McDonald in Sydney and C.W.O Bonney as well as all the crew I came in contact with on H.M.A.S Brisbane. I am proud to be a member, in whatever small way, of the Defence Community family and, in particular, the Royal Australian Navy family.

-By Maureen, Member of Caboolture Sub Branch.



THE LIFE & ADVENTURES OF HILDA FIXTER

Hilda was the apple of her dad's eye. The youngest of eight children, Hilda Fixter was oblivious to the war she was born in the middle of, preoccupied by the northern NSW seaside. Hilda had many brothers and sisters of all ages to dote on her, including 22-year-old twins, 20, 18, 16, 14, and 12. "My mum was so straight-laced and she wouldn't tell me but my aunty did, my 22-year-old sister got married and my mum had a shandy and got amorous with my dad and instead of my sister having a baby nine months later, my mum had me, she was 42." Hilda said. "I had a 20-year-old brother away in the war and another brother, he was 18, away in the air force in the Second World War and they came home and found mum had another child."

Despite a family dedicated to the war happening overseas, Hilda has fond memories of growing up in the 1940s and 1950s. "For my 10th birthday I got a Box Brownie camera and for my 12th I got a watch to go to high school. Dad was so proud of me. I was the apple of his eye and I have a lot of his personality, he was a larrikin," she said. "Dad was in the railway and we got posted to Newcastle. I thought I had died and gone to heaven. I had never seen the ocean. I thought it was absolutely beautiful. It was very wonderful in the 50's, you could walk to the dances and you were never afraid of getting attacked. It was a really good era, with Elvis and the Rock and Roll."

It was in Newcastle where Hilda met, and fell in love with Stan. "I went to the dances in Newcastle and he asked my girlfriend to dance and she said 'No' because she could smell beer on his breath," she said. "Then he asked me and when I danced with him I knew, I thought 'this is the man that I'm going to marry' and I did. I thought he was drop-dead gorgeous. I always had trouble with the women, all his life they were flirting with him. He was very, very nice, kind hearted and he wouldn't say a bad word about anybody. He'd do anybody a favour."

Pausing in conversation as a RAAF jet rumbles over her home, Hilda Fixter's eyes light up with pride. She's an 'air force girl through-and-through', having raised her family in some of the most war-torn parts of the world in the wake of World War 2 alongside her late husband, aeronautical engineer Stan. That

was close to 60 years ago but Hilda, the Ipswich War Widows Vice-President of ten years, still holds the RAAF close to her heart. Hilda was 16 when she met Stan Fixter, a 19-year-old aeronautical engineer in the RAAF. They were married two years later. "I went with him for two years while I worked at the bank. We got married because I didn't want to be without him," She said. "I loved him to the day he died."

She was 18 and newly married when she and Stan packed up their lives in Newcastle, NSW and moved to Penang. It would ultimately mark the beginning of a life filled with adventure, the RAAF, the harsh reality of war, life lessons learned the hard way and plenty of love for Hilda, Stan and their four children. "I got married at 18 and we got posted to Penang. I had never been away from home. I fell pregnant straight away, because in those days nobody was ever game to do anything because you'd get pregnant so I was a good girl," she said. "I had to write him a letter and say I think we're pregnant."

Hilda and Stan were in Penang for two years, a time when communist terrorists were still the norm. "They were dropping leaflets all around Penang Island asking them to surrender and we had curfews and bars on the windows. The police would come around and shine torches in the windows." Hilda said. "It was a bit scary because I was so innocent, I didn't even know where babies came from and I found out pretty quickly. Then the little boy, David, came along."

After two years, Stan's role was posted back to NSW in 1961, but Hilda would never get to go home to Newcastle. "We got posted back to Richmond in Sydney. I came back with one baby and expecting the second. We bought a little house in Rooty Hill and had to write mum a letter because I didn't know how to iron his uniforms," Hilda said. "I had one baby in Penang, one in Penrith and the last two in Ipswich. David was Penang, Michael was Penrith, and Greg and Wendy were Ipswich."

The family settled in Ipswich in 1966, where their attention would turn away from the air force. Stan left the RAAF in 1974 and worked as a milkman. "I lived in married quarters and everyone got the German measles when we were pregnant," Hilda said. "There were three of us. The babies were all born

deaf and when those children became teenagers, they were all mentally ill. It affects the brain, hearing and eyes. It was that or the Agent Orange in Penang. That's what they sprayed in Vietnam. It was very cruel, killing the people, but I really don't know." Stan died of cancer in 1998, when he was 61. "It was three months after he was diagnosed with lung cancer. I was worried about him because he wasn't very well. I made him get to the doctor in April and he said he had cancer of the lungs. Our world fell apart," she said. "He always wanted to go to England, Ireland and Scotland so I took him. We were back two weeks when he died. That's what he wanted and that's what he did. We took him in the May of 1998 and he was gone by July 7 the same year. It was hard to live without him but I had to get on, I had to look after Greg. I looked after Greg for 50 years, but it's only now that I have got a break with NDIS. They come to his house and give him his breakfast and medication. I was doing all this on my own. He's a good looking young man. He was a really tidy boy until he had mental illness, he got that when he was 17. He was born deaf but it surprised me when he got mentally ill. The NDIS is wonderful, it's the best thing the government has done."

With a rich and exciting life story to tell, there is little stopping Hilda Fixter. The 78-year-old gets around Ipswich in her pink car, appropriately named 'Pinky', with people to meet, things to do and lessons to pass on to the next generation. Hilda has been the Ipswich War Widows Vice-President for 10 years but

she also sings in a choir, is a member of the ALP since the 1980's, is a member of the Leichhardt Community Centre and has travelled much of the world: England, Hawaii, Thailand, Europe, New Zealand and she and Greg travelled to New York. "This is my life and I love my life," she said. "I'm proud to be getting old. I joined War Widows in 2000, two years after Stan died. You feel like you're all family because you have the same background. All our men were in the services. Air force people and service people have a bond. My husband kept the F1-11s flying so when I see them fly over I am so proud of the young men. It's part of my life. I'll be in the War Widows until I fall off my perch."

Every Monday, Hilda becomes 'Nanna Hilda' and teaches Bible studies to primary school children. "Those little kids just love me," she said. "They call me Nanna Hilda. They put their little arms around me. They're gorgeous."



BACK TO THE END OF EVERYTHING



My 31 year old RAAF pilot husband SQNLDR Anthony "Shorty" Short died on 18th April 1999 when the F-111 jet he was piloting crashed into a mountain on a remote island called Pulau Aur, in the South China Sea, off the east coast of Malaysia. His Navigator SQNLDR Stephen "Nige" Hobbs also died with him. I was 34 at the time and I had 3 young children. Abbey aged 3, Sophie aged 5 and Ben aged 9. The aftermath was horrendous but we all struggled on.

Suddenly it is 20 years since the accident. My "kids" are all grown up. The oldest, Ben, is a RAAF C17 pilot now and he flies all over the world in his huge heavy lift aircraft. Sophie is a social media manager for a digital marketing agency in London (in reality, I have no idea what that means). Abbey is just about to finish her Masters in Architecture and she'll be looking for a job as an architect very soon.

I was delighted to find out that there were 3 very important events to commemorate the 20th anniversary of the crash that the RAAF had arranged. The first was my late husband's squadron, 6 SQN at RAAF Amberley, sending a few people to the island in Malaysia to climb to the top where the aircraft wreckage still remains. As my son is in the RAAF, they invited him to attend. I paid for my daughters to fly to Malaysia to meet the RAAF crew, so they too could climb the mountain where their father died. The second was a formal Memorial service and luncheon which was put on at RAAF Amberley; an informal pub gathering was scheduled for the night before. The third was a service at St Clement Danes in London which is the central church of the RAF. Since the navigator "Nige" served on exchange





with the RAF and many RAF exchange aircrew served in the RAAF alongside my husband, many servicepersons in the UK wished to pay their respects to the crew. Also Nige's daughter, Kieva, is studying in London and she was warmly welcomed to the service. My "kids" bought pens, pencils and colouring books to take to the children at the island school. The RAAF team had many other goodies for them. They all climbed the mountain in equatorial heat and humidity and the RAAF chaplain who accompanied them, held a service amongst the wreckage. The next day, a service was held at the island school where a second plaque bearing the coordinates of the lost jet remains in pride of place.

It was a sad reminder of such an enormous loss for two broken families and their extended ADF family and friends. However I was very pleased that the men and women who organised the memorials did such an outstanding job and I nearly broke down when the Super Hornets did a flypast in the "Missing Man" formation. My late husband Shorty would have been incredibly proud of his kids climbing the mountain in order to pour a can of his favourite tipple "Guinness" onto the memorial plaque.

-Dr Kim Morgan-Short



MILITARY FAMILY LIFE



Bron Drinkwater has heard a few war stories in her time: her late husband and two sons all served in overseas conflicts and she's dedicated years of her life to supporting war veterans and their wives. But, for her, the stories didn't come straight away. Her husband Graham was a Vietnam veteran and returned a different man, his stories only leaking out over the course of years. She probably never heard all of them. "You can't go to war and come back the same person," Bron says. "No one can do that. We'd never heard of Post Traumatic Stress Disorder in those days. We didn't know what it was."

Graham died 12 years ago as many Vietnam veterans did – of a rare cancer possibly linked to his exposure to Agent Orange. He was 67 and spent the last years of his life suffering from the legacy of his war service.

"He was on a walking stick from 60 and couldn't go too far," she says. "We couldn't do much together and he died too young." After his death, Bron moved from Perth to the Gold Coast and eventually got involved with the local branch of the Australian War Widows for some company. It was to be the start of a late-life career that's provided her with a sense of purpose and a wonderful friendship network. Bron was offered the role of welfare officer at Currumbin RSL's Veteran Support Centre, later taking over as its coordinator. She's been president of the Gold Coast South Sub Branch of the Australian War Widows for the last six years.

"When I moved here I never expected to do what I ended up doing," she says. "But I've loved it, meeting the people I have, the friendships I've made, the work I've done. I've really loved it."

Bron met Graham at an open day at the RAAF base at Richmond outside Sydney where he was an

aircraft fitter. They married and had their first son, Steve, who was 13 months old when Graham was sent to Vietnam in 1964. "He was a serviceman and that was his job," Bron says. "They were probably all a bit gung-ho about it at the time. "We were both so young. We didn't know what it was going to mean, no one did. "I didn't know it at the time but I was pregnant and on the day Graham left for Vietnam, I had a miscarriage.

"He didn't know about that for some time. It wasn't like today. We could only write letters and then they had to get through. You just didn't have the same communication as you would now."

Graham was in Vietnam for 11 months. In that time he was shot off the wing of aircraft when he was refueling it and was later in a plane crash. "He only told me years later that after their plane went down, they were stranded and hungry. They caught a monkey and got the fur off it but none of them could eat it because it looked too much like a baby," she says. "I've kept all the letters he wrote me from Vietnam but there were a lot of things that weren't in them."

When Graham returned from Vietnam, Bron says he was much moodier but he hadn't been a moody man before. "He was a bit more withdrawn in certain things and sometimes he could be really rude and abrupt in speaking. "You were walking on egg shells. You learned when to shut up and when to speak." They are, of course, some of the classic symptoms of Post Traumatic Stress Disorder although she says many service personnel and their spouses suffered far worse. "The World War Two widows particularly had a really hard time," Bron says. "The men came back to find their jobs were gone and there was no real place for them.

"They didn't talk about what went on. They suffered in silence and their wives did too. There was no support in place for them. It was a different time."

Graham eventually left the RAAF in 1971, working as an engineer on oil rigs that took the family around the world. It was later in life he started having vivid nightmares and flashbacks, further symptoms of PTSD. "He'd wake up in the night screaming out the names of some of his old mates and yelling out 'incoming, incoming,'" Bron says. "Even after all that time." Sadly, it wasn't to be the family's last experience with Post Traumatic Stress. Both their sons were to join the RAAF. Graham, she says, didn't discourage them.

Steve served for 20 years, doing a stint in Timor, with the youngest Tim sent to the Middle East, a conflict that saw him return a broken man. "He wasn't on the front line but when he came home, he was full of anxiety," Bron says. "I get emotional about it even now. "He was on a walking stick at 48 and was under a psychiatrist for a couple of years.

He was in the RAAF for 30 years and they eventually discharged him medically unfit. He was so hurt about how they did it, he didn't take up any of the options they offered him.

"It would have been one thing to offer him an office job – he could have done that – but to discharge him as medically unfit, he has really struggled with that."

Bron says she knows some of the things Tim saw during his time in the Middle East but it's probably best she doesn't know all of it, just as she didn't know all of what Graham experienced.

"I don't have grandchildren but I've got nephews who're going into the services," she says. "I don't understand why they want to do it, but that's just my personal opinion." It's a surprising view perhaps from someone who's been involved with the military all her life.

Bron has supported many service personnel and their families through cases of PTSD in her work and says everyone deals with the effects differently.

"Some people turn to drugs; some become homeless," she says. "There is so much paperwork and bureaucracy that they've got to watch for the people who fall through the cracks. "Some hurt more than others but everyone is changed by being at war."

She says she'll always remember the long-delayed

welcome home march for Vietnam veterans in Sydney in 1987. "A chopper came over to film from the air and the amount of men that just dropped to the ground from that sound, I'll never forget it," she says. "It hadn't left them."

Bron says war widows and their families have lived quietly with their own challenges and have historically received scant recognition from the Department of Veterans Affairs, something her organisation is hoping to change for the next generation.

"You hear about veterans and their challenges but not very much about their widows and partners and what they go through," Bron says. "We think that needs to change."

But Bron's motivations aren't political. She sees her role as providing support and friendship to women who've been through the same thing she has. "When we get together, we don't talk about being war widows," she says. "We just enjoy each other's company and give each other support and friendship. "I organise get togethers and outings. It's such a good feeling to see people happy. That makes me happy too."

Credit: Denise Cummins, Gold Coast Bulletin News, April 2019

GROUP NEWS

BRISBANE NORTH

At our March meeting we had Alison Cowan an OT visit the Group to share some of the most interesting gadgets that are available for us to use that will make things easier with everyday living. It was a very interesting morning.

On Kapyong Day on the 24th of April I layed a wreath for War Widows at the Geebung RSL Club, a well attended ceremony. Later we gathered at the Club for refreshments.

On Anzac Day I attended the Geebung RSL for the Dawn service where I layed a wreath for War Widows along with members of my family. My Great grandson Joshua accomped me with the wreath laying. After the ceremony we gathered at the club for the Gunfire breakfast. Later I attended the March at Zillmere for the laying of a wreath for War Widows. The attendance at both ceremonies was large. The one thing that stands out is the representation from all of the schools in our area. At the Dawn service some of the High Schools layed wreaths for the units that have no representations of members able to do so. It is wonderful to see all our local schools being involved in these ceremonies.

At our group meeting we had Jim Lergessner come and speak. What a wonderful entertaining morning we had listening to Jim's stories. Jim is a writer so he brought along some of his books for the ladies to purchase if they wanted to.

In May we had Jenny Gregory come and visit the group for a catch up with the ladies and later we all had lunch together. Very enjoyable morning for all.

In June we have a person from the Stroke Foundation coming to speak on the early signs of stroke and also the importance of after care.

Rebecca is coming for a visit in July to explain to the members about myagedcare are and any other matters that the members want to know about.

In August we are all looking forward to the training day with phones. Should be a fun day.

BRISBANE WEST

In March our guest speaker, OT Alison Cowan, delivered a very interesting talk about services and equipment available to the ladies through DVA.

On Anzac Day, quite a few of our ladies attended the various ceremonies including the march in Brisbane with the War Widows and other organisations.

On the 8th of May, we enjoyed a cruise and lunch on board at Pumicestone Passage, Bribie Island. It was a beautiful day and we learned much about the environment and wildlife living in the passage.

On the 27th May, a group of us visited Marrochydore Sub Branch to help celebrate their 30th anniversary of the Sub Branch. It was a lovely day and our congratulations must go to Judy Smith and her ladies on the luncheon and festivities.

We are celebrating our 15th anniversary in June with a luncheon after our meeting.

Narelle Stanton

BUNDABERG

We are well into the year now and time flies. Our weather here in

Bundaberg is absolutely wonderful at the moment. Our group has been busy with our Meetings and our Monthly Morning Teas. These get togethers are well attended and much enjoyed by all.

Some of our older members are struggling at the moment and our meeting attendances are down. We wish them well.

Anzac Day was well attended and several ladies marched. Two of our members also went to the Ex Nurses Service afterwards. On the 24th of April several of our members were invited to our local Norville State School to attend their Anzac Day Service. It was a most enjoyable Service. The children are a credit to their School with the research they put into their programme. Afterward a very nice Morning Tea was provided.

The Ladies attending Friendship Day are all organised and looking forward to the Event and meeting up with so many other Widows.

CABOOLTURE

We have completed another financial year and at our A.G.M. in May the President and Committee were returned to office. Advantage was taken of the ability to extend the term of office from 1 year to 2 years. The members were fully in favour of the alteration.

Anzac Day was well attended and proved to be the largest march we have had in Caboolture for some time. At a number of Services in the District the guest speaker was a nominated High School representative. These young people had researched their subjects diligently and it was certainly an eye opener to listen to their very accomplished speeches.

It is to be hoped that this trend will continue to include the youth in the area into the future.

I was privileged to be included in a visit to Charleville organised by Redcliffe sub branch and had a wonderful time with the ladies. Every day was filled with activities and the country hospitality was as usual magnificent. If you have spare time I can recommend a trip there, you will enjoy it.

We are all looking forward to Friendship Day in July and I am sure we will have a wonderful time at the G/C South Sub Branch, leaving with happy memories.



Cathy Hartshorn, Natasha Oickle, Estelle Anson & Jenny Gregory,

CAIRNS

The year is progressing very quickly and our meetings are being well attended with the usual group of ladies who always look forward to our meetings and to socialising with other members.

We welcomed two new members this year, with one lady transferring from Bundaberg.

As our President and three other members were living the "good life" cruising to Hawaii in May, we decided not to hold our usual monthly meeting, and instead arranged a social gathering in the form of a morning tea. It was attended by ten ladies, who enjoyed a morning without formalities, just chatting and relaxing.

Friendship Day is almost upon us, and our members, who have registered to attend are looking

forward to this great annual event.

Our Secretary, recently attended a Consultative Meeting at Head Office in Brisbane. She really enjoyed the experience and was very impressed with all that is being done by staff to assist all of our members.

CALOUNDRA

We had our AGM on the 13th of May which was attended by our State President Mrs Jenny Gregory and Judy Smith The President of Maroochydore Sub Branch. Three visitors and 33 members were in attendance. The AGM report was read by Roohi Doherty. Jenny Gregory informed us about the Be Connected Grant for Technology Skills to assist us to learn how to use our mobile phones and computers. The nominations announced by Jenny were: Christine Gann as Treasurer; June Hall as Secretary; Margaret Fraser as Vice President and Roohi Doherty as President.

On the 25th of April I laid a wreath on behalf of our War Widows at the RSL Memorial Garden in Caloundra. Three members attended this Ceremony.

Our next 3 months of meetings commence on the 13th of June and we have bus trips planned! On the 8th of July we have a Cent Auction and on 12th of August a Bus trip
- Roohi Doherty



Rita Palmer, Christine Gann & Roohi Doherty



GYMPIE

Here we are heading into winter, so I hope you have all had your flu shot.

Our group is quite small now but very happy to have welcomed a few new members in the last couple of months.

Once again Cathy Hartshorn and Gynith Whatmough visited and as usual made very welcome. Easter Bunny also made a visit with chocolates for all. Our guest speaker on this day was Senior Constable Debbie Wruck who gave us lots of good advice on how to stay safe in our homes and how to avoid phone and e-mail scams. She left us with a little black book each with all the information in it.

On Anzac Day I laid a wreath at the Dawn Service on behalf of our War Widows.

Some of our ladies are joining the Vietnam Veterans on a trip to Fraser Island in June. This trip is due to the generosity of the Gympie Vietnam Veterans. We thank them for their support.

Sue Hilditch and Judy Smith joined us for our May meeting. Sue is always very informative across all aspects of DVA and Myagedcare. Thank you again Sue. It is always good to see you Judy.

Three of our ladies attended the Caboolture AGM, had a great time and each came home with a

raffle prize.

Maroochydore 30th Birthday Party, what a day. We all thoroughly enjoyed ourselves and once again winning some raffle prizes.



Linda Collins, Lesley Cullis, Natasha Oickle, Maureen Rush, Jenny Gregory

GOLD COAST SOUTH & LAVENDER LADIES

The first half of the year has flown by so quickly, July will be upon us before we know it bringing Friendship day events with it. We are planning some wonderful entertainment for you and are looking forward to seeing all of our lovely ladies together in fun, laughter and even our solemn moments.

I have made the decision not to renew my position as Director on the AWWQ Board. I will remain as President of Gold Coast Sth Branch. My ladies are very special to me and I love being there for them. We have had, like a lot of groups, numbers drop due to ill health, going into care and some passing away.

We were very lucky to get a lot of attention for War Widows Anzac week. We were asked to lay the first wreath at the school. We laid the 3rd Wreath at Dawn Service and we got involved at the Currumbin RSL in a performance by the Soldiers Wife and a choir of 80.

We are honoured to have a new seat in the Vietnam Veterans Memorial Garden in Nerang. The timber was donated by my neph-

ew and the Gold Coast Vietnam Veterans did the rest. A special thank you to them.

We were pleased to have received a cheque donated from our local State Member, Michael Hart. This will all go toward Friendship Day. Perhaps all of our Coordinators and State Presidents could get in touch with their Local MPs and get the AWWQ name out there. It is good PR for our organisation as the photo below will go out in the local newsletter.

-Bron Drinkwater



Bron on the new bench



Michael Hart MP presenting a cheque to Bron Drinkwater of Gold Coast South Branch.



Above: Dorothy Olney Pat Brown and Del McKean. A lunch out in the gardens on the Gold Coast. Below: Dorothy Olney receiving her community award from local Federal member for all her community work.

GOLD COAST NORTH

23 of our ladies recently went on a bus trip to Maroochydore. Ten of our members attended the 30 Year Anniversary of the Maroochydore branch, which we thoroughly enjoyed, while some ladies explored some of the attractions on the Sunshine Coast. We are looking forward to arranging another bus trip when we receive the bus grant.

HERVEY BAY

On Tuesday the 3rd of June we held our AGM which was Chaired by member Ula Scott. There will be no changes to our Executives.

8 of our members as well as 2 Maryborough members who we will be picking up along the way are very much looking forward to attending Friendship Week in July.

We will be celebrating Jessie Vasey Day dining at a Beach Resort, followed by a walk along beautiful Woodgate Beach taking in the views and talking about Mrs Jessie Vasey and the impact she has had on so many of our lives.

INGHAM

We are so happy to be forming a new group, so we can have a gathering of friends. Suzi Vincent and Rebecca Cordingley from AWWQ joined us for a lovely morning tea. Lots of questions were asked and answered, in particular about myagedcare and assistance we can access. This is a friendship group for all widows and their friends.



Rebecca with our new Ingham Social Group

IPSWICH

Members of our branch attended the ANZAC day service at the RSL Hall on April 25th, where we were able to pay our respects by laying a wreath in commemoration of those servicemen and women who have lost their lives.

Please refer to the directory of the Bulletin for our executive changes. We would like to extend our gratitude to Pam Felton, and thank her for all of the hard work she has done over the years as our branch secretary.

Some of our ladies were able to attend the 'Biggest Morning Tea', to raise funds and awareness for breast cancer research. Each attendee gave a gold coin donation, and were able to enjoy a truly beautiful set up at Memorial Hall.

We are very much looking forward to Friendship Day this year, as 14 of our ladies will travel by bus to enjoy the festivities of this special day.

LOTUS CLUB

The Lotus Club continues to enjoy their monthly lunches with ladies travelling from all parts of the South East, even travelling from the Gold Coast, to have a catch up. There have been about 15 to 18 ladies at our lunches this year and we welcome more ladies who would like to attend. The get togethers are purely social and being a member of another social group does not preclude anyone from attending, in fact many of our ladies are already members of other social groups or sub branches. The lunches are held at various venues in the CBD and all you need to do is to contact Lyn Wilkes on 07 3355 2198 or 0401 8736 464 or email : shodley@gmail.com

MACKAY

On Tuesday 14th May 2019, 22 members of the Mackay Sub Branch of AWWQ gathered for lunch at Souths, to celebrate the 30th Anniversary since the club's formation. Norma Wood, the oldest member present, cut the Anniversary Cake. Everyone enjoyed the time together.

-Clare Burke



Back Row L to R: Heather Brown, Barbara Marchant, Jenine Welsh, Joyce Robinson, Connie Smith, Meg Fadden, Lorna Stat-

ton, Joyce Turner, Mary Brimblecombe, Jan Newton, Marie Friend, Mollie Smart, Clare Burke (Secretary)

Front Row L to R: Fay Hughes, Norma Wood, Ethel Reaston (President), Rose Quadrio, Norma Threadingham, Carmel Zammit, Joan Warner, Shirley Corney, Barbara Mau (Treasurer).

MAROOCHYDORE

On Monday 27 May we marked our 30th Anniversary with a luncheon celebrating 30 years of friendship and support at the Maroochydore Sub Branch. Over 150 members and guests from around Queensland were welcomed by our President, Judy Smith, to a day of fun, laughter and memories. The Baby Boomer Party Band provided the entertainment with a wide variety of cheerful and delightful music, and everyone enjoyed the conga line which circled the room.

Jenny Gregory, our State President, addressed the gathering, as did Fiona Simpson, MP, our local member of State Parliament. Maroochy RSL was the venue, decorated beautifully, and a delicious lunch was followed by a cake decorated in honour of this special occasion. Past presidents and members were recognised for their contribution to making our Branch a place of sharing together over the decades. Heather Hunter, who was our second president, is still an active member and was present on the day. We are a sisterhood bonded together, supporting each other and we do indeed belong to and need each other.

Our monthly meetings continue to host interesting and inspiring speakers, with upcoming highlights including The Bee Man, Jeff Heriot (24 June), Rebecca Cordingley from Head Office (22 July) and author Anne Morehouse (26 August). We meet regularly for outings, such as trips to the Old

Petrie Town with lunch at the Pine Rivers Bowls Club (12 June), Mapleton Duck Ponds and lunch at Secrets on the Lake (10 July) and Boreen Point, lunch at the Apolloian Hotel (14 August). If you would like to join us at the meetings or any of these events, please call Glynis or Judy.



Glynis Burns (L) and Judy Smith (R) at Maroochydore Anzac Day service

MARYBOROUGH

In June, the Maryborough branch will be having our AGM in lieu of our regular monthly meeting. We are happy to be able to welcome our State President, Jenny Gregory, and Sue Hilditch from Head Office, who will both be in attendance. We would like for as many members as possible to attend

We currently have a number of ladies from our branch who have fallen ill, and we wish them all a speedy recovery.

We will have two members attending Friendship Day on the Gold Coast, and we plan to travel with the Hervey Bay branch members.

NAMBOUR

A few of us attended the Maroochydore 30th year anniversary, and what a great day it was. A big congratulations to Judy and her team for putting together such a wonderful day.

I will be attending Friendship week in July with my daughter accompanying me to keep me out of trouble. I always look forward

to seeing all you lovely ladies who have travelled far and wide to be there. I would finally like to wish all AWWQ members a happy and healthy winter.

Dorothy Jacobsen

a beautiful 2 course meal afterwards. Winter's cold is well and truly upon us now, so make sure to wrap up, stay warm and enjoy life!

ROCKHAMPTON

Hello Ladies. The Anzac Day Dawn service was attended by Jenny Ireland and Jan McPherson who represented the War Widows at the wreath laying ceremony. Every year there seems to be more people attending and it's so good to see so many school children there. Later in the day Nola Graham, who is also an Ex Service Woman rode in a jeep during the Anzac Day March. Jenny Ireland and Jan McPherson also rode in a jeep. Gloria Lynch and Karen Campbell watched the Brisbane Anzac Day March and were seated in the VIP tent area that was shared with Legacy.

Our member, Nola Graham, celebrated her 98th birthday in April.

Today, Tuesday the 28th of May, we joined with some members of the Laurel Club and the RSL Women's Auxiliary to have morning tea in our beautiful Kershaw Gardens. The weather was perfect and the nibbles cooked by Gloria Lynch for us were so yummy. Some of us then went to the Rocky Sports Club to have lunch with some others who couldn't make it earlier to the gardens. An enjoyable day was had by all.

6 of our members are looking forward to a road trip to Currumbin in July for the Friendship day activities. That is all till next time.

REDCLIFFE

As some of you may know, we choose a different place to go for lunch each month. In May we went to the Ambassador Hotel in Redcliffe. At the same time, some of our other members were enjoying a wonderful week getting up to no good in Charleville (please see separate story in this issue of the Bulletin).

We had our AGM on the 3rd of May and it was attended by Jenny Gregory (AWWQ State President), Natasha Oickle (AWWQ CEO) Karen Hemers (Vice President, Redcliffe RSL) Peter Cummings (President Post 55) and Paul Brammer (Entertainment Secretary Vietnam Veterans Association QLD). Several members from Caboolture also joined us. We look forward to seeing our Fellow War Widows at Friendship Day in July - there are six of us coming.

REDLANDS

Over the last few months our ladies here at the Redlands branch have been treated to many good meetings, including our Mother's Day event, during which our ladies were treated to a beautiful cake. We were also lucky enough to have great representation on ANZAC Day, with Merrill Ovenden and Hazel Nicol taking part in the ANZAC Day march, where they were lucky enough to be escorted on a buggy by Merrill's grandson, who is a member of the scouts.

We are very much looking forward to our AGM, as we have planned for the ladies to receive



(Top Photo) L-R Legatee Russell Coombes, Joe Doyle, Ruth Gardner, Jenny Ierland and Esma Humphries. front Jan McPherson, Karen Riley, Joy Browne, Gloria Lynch and Jo Price taken at the Kershaw Gardens

(Bottom Photo) L-R Jenny Ireland, Jan McPherson, Jo Price, Esma Humphries, Gloria Lynch, Cecilia Miller, Karen Riley, Joy Browne, Maria Chandler and Legatee Joy Coombes taken at lunch at the Rocky Sports Club

SHERWOOD

We have noticed that there is more information from the different branches and social groups; we enjoy reading their news – it helps us stay connected. We have recently had a visit from Sue Hilditch and we really appreciate having Rebecca and Sue available for us to call on. Three of our ladies will be attending Friendship Week and we are looking forward to a visit from Bron Drinkwater in August.

SOUTH EAST

During our March meeting, physiotherapist Greg Taylor visited our branch to give an interesting demonstration regarding the correct and incorrect ways to use various mobility aids.

During April, many of our mem-

bers attended services and marches for ANZAC Day. One of our own members, Barbara Stewart, attended the Coorparoo RSL, where she laid a wreath on our behalf. Our May meeting brought much discussion regarding the need for our members to learn how to use modern technology (particularly mobile phones). We also discussed the benefits of utilizing the Be Connected Technology Grants applied for by our busy Head Office staff.

We were also very saddened to hear about the passing of Mrs. Joan Bell. Joan was a long-time member of AWWQ, and will be sadly missed.

SOUTH WEST

Our South West Region's undoubted highlight of the last quarter was the outing by 22 ladies and 2 husbands which began with a stop at Berrinba Wetlands for morning tea, after which they were driven by Helen O'Connor's husband Bob to the Australian Outback Spectacular at Oxenford (a dinner-theatre matinee event). A three-course meal with drinks began with an entrée already at table when the party sat down, and the remainder of the meal was served during the performance. Eating in semi-darkness proved a slight problem, but the show was a lovely story based on fire and drought, with spectacular backdrop scenery, beautiful animals and talented actors.

The Anzac Day commemorations saw our members at several locations. Grace Banham visited Mabel Park High School on Anzac Eve (as she does every year); and she and Patricia Woods laid wreaths on Anzac Day at the Greenbank RSL Cenotaph. Pam Hoy laid a wreath at the Ithaca Memorial Park at Paddington; Del Donley at Sunnybank; and Val

Rooney and Jean Kitchen at St. Paul de Chartres'. Grace Banham, Patricia Elliott and Linde Cavanagh marched in the Anzac Day Parade at Greenbank.

Our April bus trip took us to Canungra for morning tea, before driving to the park beside Canungra Army Base to check on our tiny Redwood tree, planted in March by Jenny Gregory, Val and five other ladies. It's so tiny we had to peer down at it in its little green enclosure, but it is doing well – it is, after all, a Redwood, a symbol of health and longevity! So we photographed it and ourselves around it, and drove to the Hinze Dam, where we enjoyed lunch and admired the dam and the rocky cliffs and mountains surrounding it.

Our 13th AGM was held in May, with Dr. Kim Morgan-Short overseeing the election of office bearers. Our Committee was returned for another year, with the exception of Secretary Teresa Lane, whom we farewelled because she plans to enter local politics. I was elected the new Honorary Secretary for the coming year, and Patricia Woods became our new Vice President.

Looking ahead, several members are going to Maroochydore's 30th Anniversary celebrations; some ladies will attend Iona College's production of "Oklahoma" in June, and a number have already booked to attend Friendship Day in July.



G. Jennifer Ries

TEWANTIN/NOOSA

The ladies at our branch are very excited by the technology lessons being offered by AWWQ this year. Although we only had 16 members attending our last branch meeting (for various reasons), the majority of our members were very enthusiastic about taking advantage of these lessons. The fact that you are able to bring a friend to learn with you is also great.

Our restaurant trip was canceled due to school holidays happening at the same time, with high noise levels and a cramped space expected. Instead, the Tewantin Noosa RSL Club took our ladies on a tour of the Tewantin/Noosa area, so that our members were able to see the changes happening within our community.

On the 27th of May, 18 of our ladies will attend Maroochydore's 30th birthday celebration, with the

Tewantin Noosa RSL very kindly offering to provide us with transport on their bus. We will also have our own birthday luncheon at the Tewantin RSL on June 10th.

We will also be hosting the Vietnam Veteran's Christmas in July on the 8th of July. If you are interested in attending this event, please notify Anne Carter by June 10th.

The Tewantin/Noosa branch would also like to welcome our new members: Valda, Gail, Helen, Noella and Pauline.

TOOWOOMBA

Hello Ladies, isn't our weather beautiful now. The grass is green and the Autumn leaves are beginning to fall.

Our three monthly trips to Dalby and Warwick are still taking place, and are always a pleasure to attend. It is a shame that more of us cannot make it.

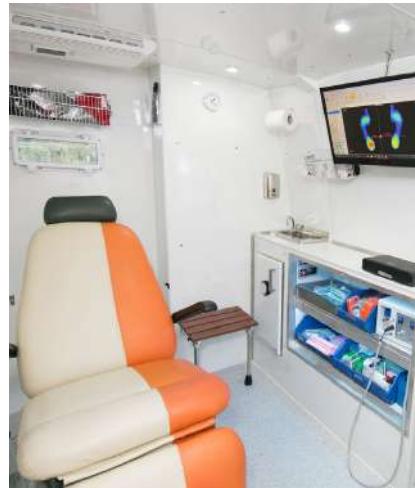
Attendances at the Tombola to aid the Toowoomba Hospice was down slightly but with proceeds totalling \$1,551, it was a good result. Thanks to all who helped to make this a successful and enjoyable event.

Once more we have made up care packages for troops serving overseas. Twenty boxes were sent. These are always well received and the Thank You notes that we get back let us know how much they are appreciated.

April is always a busy time with ANZAC Day coming up. Members attended various services, some being at Newtown State School, Wall of Memory, Cross of Sacrifice, Dawn Service and at the Mothers Memorial where a wreath was laid.

Our AGM was put off until May this year. We were fortunate to have Board Director Mrs. Val. Rooney chair the meeting and bring us up

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to date on things taking place or changing. A gift basket of fruit was presented to her at the close of the meeting.

As Friendship Day draws near, please keep in touch for final arrangements if you are unable to attend the June meeting.

Before I finish, think about this..... Don't compare your life to others. There's no comparison between the Sun and the Moon. They shine when it's their time.

TOWNSVILLE

Townsville is slowly rebuilding after the flood in February with most of our members recovering well. We still have two ladies who are not yet able to move home and some still battling with insurance companies to afford their repairs. The Townsville RSL which was our Sub Branch's usual meeting place was damaged severely during the floods forcing us to find another location to meet at. We were fortunate to be able to use the Holy Family Church hall which is in a good central location, has wheelchair access and sufficient parking. The only downside of this location is that we must set up the hall and provide all items required for morning tea. The amazing teamwork demonstrated by our committee and members has made light of this obstacle. Within minutes tables are set, table clothes on and a wonderful morning tea is served.

Thank you to all of our helpers. We are back to our usual meetings after starting the year with our "Flood and Friendship" morning tea in February. So far we have enjoyed trivia and a visit from Rebecca Cordingley from Brisbane. Later this year we will be enjoying a bus trip, bush poetry and a visit from the Rural Fire Brigade.

Townsville is very fortunate to have several ladies who undertake a ninety-minute drive each way from Ingham and surrounding areas to join us at our meetings. Thanks to the efforts of Coordinator Denise Scott, Ingham now has its own Social Group. These ladies meet at Herbert River RSL in Ingham on the third Thursday of the month at 10.30am. Townsville and Ingham will continue to share great times together including our bus trips.

-Suzi Vincent



Our ladies with the towels sent by Val Rooney. All of their names have been sewn into them! Such a thoughtful gift!



Gilly Parkinson & Jackie Rothe



Rebecca with Margaret Pether

WARWICK

By the time you are reading this, winter will be well and truly underway here in the Darling Downs region.

Warwick Sub Branch held our annual meeting on Thursday, May 2nd. The meeting was attended by many of our members, and we also welcomed Helen, Robyn and Delma from the Toowoomba sub branch. Helen chaired the meeting before congratulating the office bearers; Nancy Payne as Vice President and Dorothy Rubie, who took on the dual position of Secretary/Treasurer. Helen then regaled us with stories from her family trip to Dubai. We thank Helen for what was a very nice lunch.

We were all very saddened to hear about the passing of our ex-treasurer of 9 years, Maureen Mahoney. Four of our members attended her funeral at St. Mary's Church. Maureen had been a member of the Guild for thirty one years and had attended meetings regularly throughout this period. Jean Holmes of Allora also passed away, having been a member of AWWQ for thirty years.

Regards to everyone, and make sure to get your flu shot!

-Dorothy Rubie

THANK YOU!

AWWQ would like to thank Val Rooney for the effort she put in for making embroidered towels for the members affected by the Townsville floods. Val personally embroidered the names of each member onto the towels. Thank you, Val.

MAROOCHYDORE 30TH BIRTHDAY BASH!

A good time was had by all who attended the 30th Anniversary Party of the Maroochydore Sub Branch of AWWQ. With 160 guests, live music and wonderful food, this event was a big one and it is all thanks to Judy Smith, Glynis Burns and the team at Maroochydore AWWQ!



Above: Previous Branch President of Maroochydore Sub Branch, Heather Hunter receiving her certificate and AWWQ scarf from Jenny Gregory, State President. Above centre: Roohi Doherty (a.k.a the Dancing Queen). Look at those moves!

Above right: Jean Higham & Pat Brown (90) doing a Waltz/Fox-trot fusion.

Right & Below: Everyone got up and danced around the room, forming a congo-line of high spirits and plenty of laughter.



MEMORIES OF AFRICAN VIOLETS

Many fond thoughts from my earlier years are linked closely to the sight of pots of African Violet plants sitting along my mother's window sill. There was always a good many of them and forever increasing, as new leaves were broken off and replanted, to replace those plants that had died. The leaves all were the same green and the flowers the same blue to mauve colour. As an adult, I killed many an African Violet plant, but was always able to return home and gather fresh leaves, any fresh leaves – not knowing at all about which were the best for propagation. I was able to grow from about one in every three leaves and thought I was doing well. I also considered that African Violets were annuals rather than perennials because of their attrition rate at my hands. However, I was able to break off and grow enough leaves to planthood and even produce 2 or 3 flowers. I was confident that I was doing well with the progeny of my mother's violets.

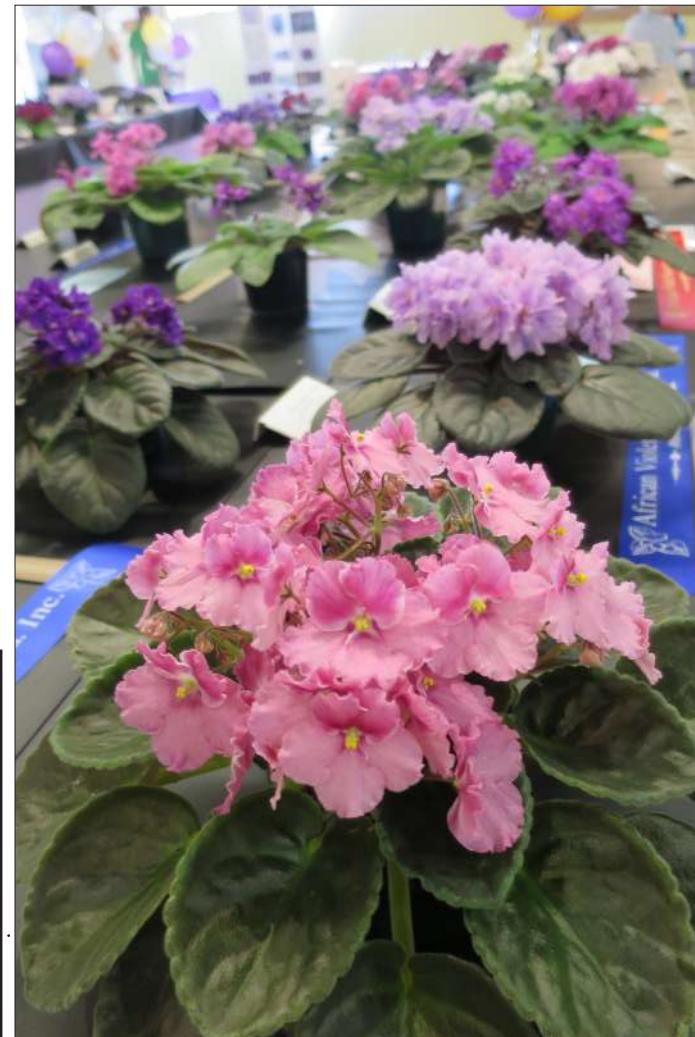
Then came the day that I noticed that there was to be an African Violet Show at the Mt Coot-tha Auditorium and to discover that there was actually a society for the growing of the plants. Now, I had found that the flowers were not all blue, thanks to

their occasional appearances at nurseries over the years, but nothing prepared me for the variety of colour and the enormous plants that were on display on the rows of tables in the auditorium. There were pale through to dark colours in pinks, blues, mauves, reds and maroons and the purest of whites, as well as combinations of these that featured double flower heads that almost took over the whole plant! Even the leaves were remarkable, some the size of my palm. I was hooked!

I found out the simple facts of an African Violet's life and proceeded to fill up every potential spot in the house that could possibly make a violet happy. And guess what? The plants are not annuals after all!

Tips on propagating African Violet leaves in the next Newsletter.

-Rhonda, The Gardening Guru



WILD LADIES ON THE LOOSE

Charleville is 683 km from Redcliffe, where we started our adventure, boarding a train from Kippa Ring to Roma Street, a bus to Toowoomba, and then transferring to the Westlander train service, before arriving in Charleville the following day.

The population of Charleville during the 2016 census was 3,335 however it is estimated that as many as 30,000 grey nomads pass through the area during the tourist season, bringing precious dollars to the township, who live mainly in the many caravan parks.

The first European exploration of the area, which is Kunja tribal land, was conducted by Edward Kennedy in 1847. A hotel was built in 1865 and the town grew from there. There was a waterhole at Gowry Crossing which serviced Gowry Station and the stock route. Both sheep and cattle grazed the area. The town itself was gazetted in 1865 with very wide roads to give access to huge bullock teams and wagons.

Our accommodation for our visit was in the motel section of the historical Coronet Hotel – right in the centre of the town.

We were lucky enough to be able to go on a sightseeing bus trip, where we saw the levy system built to protect the town (which has seen three one-in-a-hundred years' floods), as well as houses which had been raised high on stilts. A quick trip around the town centre gave us a taste of the heritage sights which we would be visiting later.

We also attended a local wildlife sanctuary, where we were able to see a Greater Bilby, which was kept in a fenced area to protect it from wild cats and other unfriendly creatures. We were all thrilled to be given the chance to pat one of these furry charmers.

We were also able to visit the Charleville Cosmos Centre and Observatory, which had two programmes – astrology by day, and astrology by night. We saw both programmes and had time for some tasty refreshments in between the two shows. We viewed the sun by day and the moon/stars by night. In the cosmos shuttle we saw what life was like for the astronauts.

The Charleville Annual Show was our next activity, as we were able to enjoy all of the activities associated with a show; the fairground,

the ring events, the produce, the arts, the cooking (CWA did a demonstration), the flowers and seeing all the locals enjoying themselves in true country style. We enjoyed a delightful warm autumn afternoon at the Charleville Races, sitting together around a table under a tree canopy.



The horses were nearby, the track rails were 50 metres away, the bookies were there if you fancied a bet, and refreshments including hamburgers, sandwiches, ice creams and drinks were on offer. We refuse to divulge who went home rich and who made a visit to the bank. We were also lucky enough to be able to visit the Historic House Museum. Dating back to 1887, this building was purpose-built as the first Queensland National Bank. It became a private residence, and then a boarding house. In 1973 the Historical Society took it over.

Many of the original bank features remain, including marble fireplaces and the bank vault. Within the grounds there is an array of machinery including an original rail ambulance and steam engine. We followed up our visit to the museum with a dinner of beef stew with mashed potatoes and damper, followed by apple and pineapple cake with custard. It was an absolutely delightful meal – but alas we had to share it with the flies.

Our journey home started when we boarded the train from Charleville station at 6:15pm, and we arrived in time for lunch the following day, tired, but happy and already planning our next adventure.

-Audrey Kregenbrink



Looking decidedly naughty and a bit 'wild' from left to right: Jan Kersnovske, Cath Hartshorn, Audrey Kregenbrink, Edna Buckland & Judy Harvey

POST OPERATIVE CARE

A number of our members have provided feedback that they were unable to arrange post-operative support in the form of assistance with showering, dressing and other activities of daily living. In fact, some say, "it does not exist!".

In many cases, the discharge planner in the hospital will make post-operative arrangements for their patients for services to be delivered in the patient's home after a hospital visit. These services may include daily showers, wound dressing and medication management delivered by DVA's Community Nursing or services delivered by Veterans' Home Care under their Short-Term Personal Care programme (30min services 3 times a week) for showers and dressing. However, in many cases, our members fall through the cracks and these services are not arranged and our members are left to battle with no support.

To ensure you receive post-operative care we suggest the following :

- Patients should ask for a copy of the discharge plan while they are in hospital;
- Patients and family should understand what post-operative services have been arranged and;
 - a) when they will start
 - b) who will be delivering them (please ensure that you have the contact details of the organisation delivering your care).
- contact the organisations immediately to confirm that these services have in fact been arranged;
- please note if members are receiving domestic services from Veterans' Home Care this should not be confused with receiving post-operative care from Veterans' Home Care – this is a different service that is separately arranged

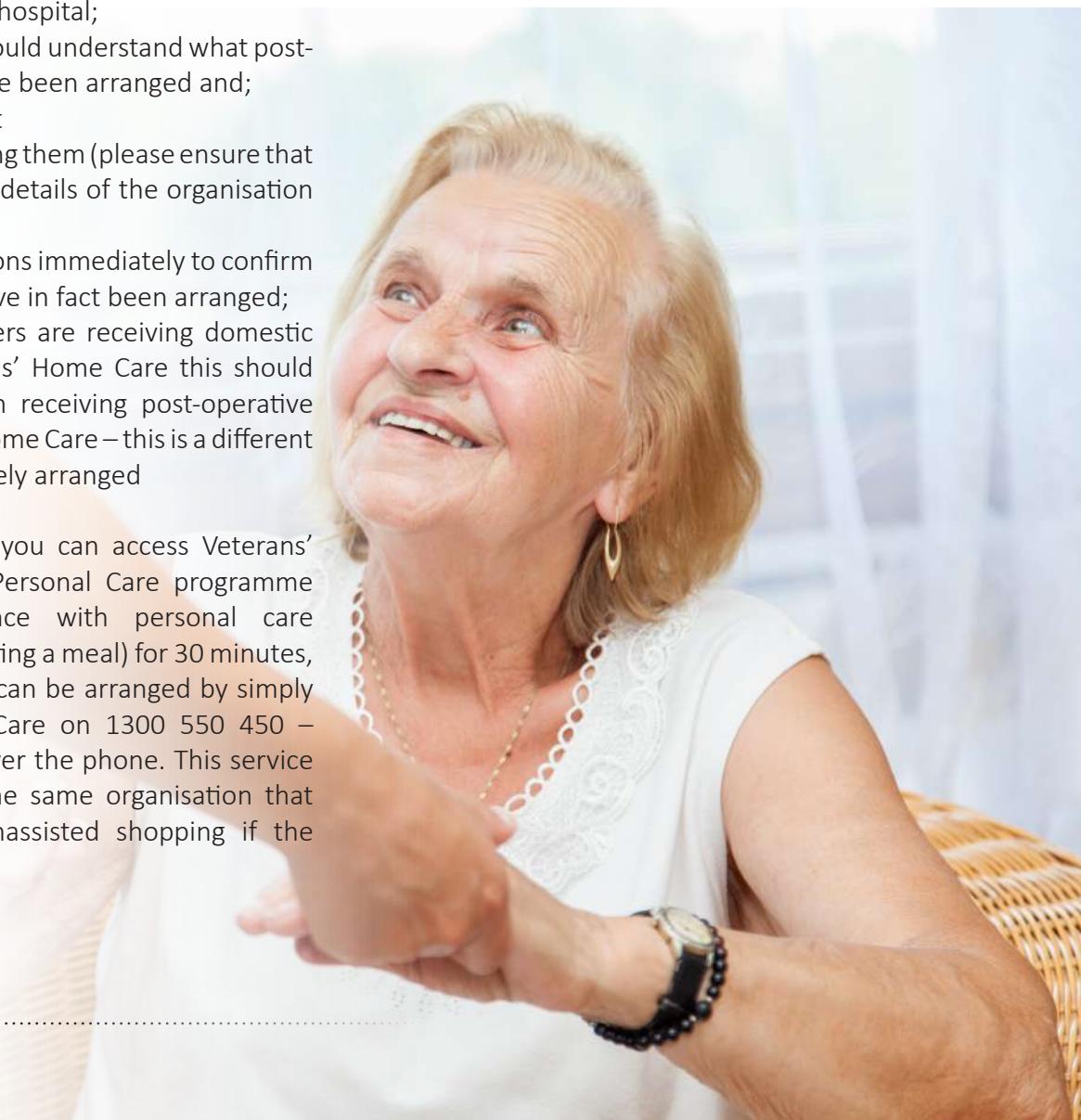
As a gold card member you can access Veterans' Home Care Short-Term Personal Care programme which includes assistance with personal care (showering, dressing, heating a meal) for 30 minutes, three times a week. This can be arranged by simply calling Veterans' Home Care on 1300 550 450 – they do an assessment over the phone. This service is usually delivered by the same organisation that delivers cleaning and unassisted shopping if the

member is accessing these services.

Should members need more personal care support, the Veterans' Home Care Short-Term Personal Care programme can make a referral to DVA's Community Nursing (1800 636 428) for daily showers and dressing. Should the member require wound care or medication management then a doctor's/hospital referral to DVA Community Nursing will be required.

Should members not hold a gold card, and should the discharge planner not have arranged post-operative support, the member should contact myagedcare on 1800 200 422 – emergency personal care can be arranged without an ACAT or RAS assessment.

- Sue Hilditch, Lifestyle Support Coordinator, AWWQ



WHEN IS THE RIGHT TIME...

When is the right time...
....to think about your values and beliefs, talk with your family about your future health care wishes, and make these choices known? It is sometimes difficult to start conversations with loved ones about what "living well" means to you and to consider who would be a good decision-maker if you were too sick to speak for yourself. However, it is important. The story of two women:

Maryann is preparing for her 99th birthday party. She believes she might not live long enough to receive the letter from the Queen, or a King. Her dearest friend Helen is doing all the organising really, and has been Maryann's rock since the day they met each other at a War Widow's function 10 years ago. Over tea and cake, they discovered that their husbands both died on exactly the same day. Maryann's husband, Frank, died of liver disease after a long and difficult illness. Frank had proudly signed up to serve his country in WWII and had come back a quiet and serious man, much less involved in the care of their boy Alexander. Helen's husband also came back a changed man after two tours in Vietnam. His death was by his own hand and the reason Helen sought support through the War Widows.

Helen took on more and more care and support of Maryann after Alexander died of a massive heart attack six years ago. Maryann appointed Helen as her attorney for both financial matters and personal/health matters because, Maryann argued, Helen could not have been closer if she were her own flesh and blood. Maryann described Helen as her "arms and legs" but she was determined to make her own decisions about her life for as long as she was making sense!

When Helen was recently diagnosed with nodules on her thyroid and osteoporosis she suddenly realised that she, too, was getting on. Not only should she find out what future health care choices Maryann would like her to make on her behalf, she should start to think about her own future and what would be important to her as far as quality of life were concerned. Helen did some homework, looked up the www.mycaremychoices.com.au website, and down-

loaded two Statement of Choices (SoC) documents: one for her and one for Maryann.

Helen knew that her son would be offended not to be appointed in her Enduring Power of Attorney (EPOA) form but she reasoned he lives the high life in Sydney and was hopeless at returning her phone calls, so would probably not be available when he was needed anyway. Helen's daughter Maggie, however, lives in the flat below her and the three noisy, happy grandchildren think of Helen's place as an extension of their own. The Pastor's wife, who is a Justice of the Peace, witnessed Helen's signature after church on Sunday. Maggie didn't hesitate to accept her appointment as her mother's decision-maker.

Then, to make sure all the important decisions were made known in advance, Maggie kindly offered to act as scribe for her mother and Maryann to help them both complete their SoCs. They arranged a date, brought celebratory ice-cream and champagne for after the SoCs were completed; and through tears and laughter wrote down their values, beliefs and health care wishes in the spaces provided. At the end of the conversation, both women agreed they now have peace of mind. They knew that once their GPs had signed the original, and copies of the documents had been sent to the Office of ACP, the doctors of the future would be able to read their words and respect their wishes.

The women were surprised to note that, although there were 22 years between them, they both had very similar values: they wanted to keep leading meaningful lives and to leave the world in a natural, peaceful manner. Maryann had already pre-paid her funeral and arranged to be buried with Frank; whereas Helen wanted to be cremated and her ashes scattered off Elephant Rock at dawn, her favourite time of day.

In the meantime, there are party dresses to find and a crate of that lovely champagne to put on ice!

- Metro South Health, Office of Advanced Care Planning 1300 007 227

HMAS BRISBANE

It is heartening to see that AWWQ is receiving increasing recognition of its importance within the veteran defence family. Following the representation at H.M.A.S. Moreton recently AWWQ were invited to a reception on board H.M.A.S. Brisbane on the occasion of her first visit to her namesake city.

A small party of ladies happily accepted the invitation and were received very well by the crew. The evening went smoothly with the AWWQ party being invited to inspect the ship's hospital by the medical petty officer in charge of the facility. The hospital is a remarkable example of how much equipment can be installed in a minimum of space. Virtually any form of minor or major medical procedure can be carried out in an area the size of the average lounge room; and that includes four beds for patients.

H.M.A.S. Brisbane is the latest ship to serve in the R.A.N. to bear the name. She is one of the latest high tech missile destroyers with the capacity to engage far larger vessels if ever called upon to do so.

There have been four H.M.A.S. 'Brisbanes' commencing in 1915 with a four funnelled coal burning cruiser. Her cruises included the hunt for the German surface raider Wolf throughout the Indian and Pacific oceans. After WW1 she assisted the White Russians against the Red Russians during their revolution, and was finally paid off in 1936 and sold for scrap for the princely sum of £19125.

The second H.M.A.S. Brisbane is little recognised as it never sailed the sea, nor fired a shot in anger. Her sailors never feared sea sickness or slept in a narrow bunk. The second H.M.A.S. Brisbane was a stores depot located on the banks of the Brisbane River. In 1940 the Alice St naval stores depot was re-commissioned as H.M.A.S. Brisbane. Later to become H.M.A.S. Moreton, relocated to Bulimba where it remains today.

The name, not to be forgotten, was reinstated on the 7th December 1967 to a formidable destroyer of its day. In her long career H.M.A.S. Brisbane of 1967 served in Vietnamese waters, assisted Darwin in recovery after

Cyclone Tracey, and had a tour of duty in waters off Kuwait. She was finally paid off in 2001 after 34 years fine service. Unlike the first H.M.A.S. Brisbane she was spared the indignity of being broken up for scrap. Instead she was sunk off the Queensland Sunshine Coast. Today she enjoys having scuba divers visit her on a regular basis. She is also home to a myriad species of fish who safely swim through her.

From a four stack coal burning cruiser to a diving wreck, we now have our latest H.M.A.S. Brisbane. A state of the art naval warship. Crewed by over 200 young men and women ready and willing to ensure our safety; be it from natural disasters or those who would do us harm.

- Jim Bowling

Pictures: Top right: Josephine Donlan, Terry Yates, Governor Paul de Jersey, Jenny Gregory
Bottom Right: Terry Yates, Rhonda Bowling, Josephine Donlan





HOME & GARDEN MAINTENANCE

Veterans' Home Care (1300 550 450) arrange Safety-Related Home and Garden Maintenance Services. These services are designed to keep the home safe by minimising hazards. Services include minor tasks that could be done by a handyman such as:

- replacing light bulbs and tap washers;
- changing batteries in smoke/security alarms;
- cleaning gutters, external and internal windows, exhaust fans;
- cleaning air-conditioning, split system units or ceiling fans;
- minor home maintenance (e.g. cupboard door adjustment);
- pruning, grass cutting or weeding (only where a safety hazard exists);
- clearing of debris following natural disasters;
- chopping/splitting, moving and/or stacking of firewood located on your property in a rural and remote area;

- one-off garden clean ups in specific circumstances where a safety hazard exists (eg. fire reduction, mobility limitations)
- garden tasks such as lawn mowing and pruning can only be undertaken if an environmental health or safety hazard exists.

These services do not include:

- major repairs or services requiring a qualified tradesperson, including for example, gutter replacement, major landscaping or garden tasks such as tree lopping or tree felling/removal;
- routine, cosmetic or ornamental gardening services such as weeding, maintaining flower beds, regular lawn mowing, or pruning of roses;

BOTH SAD & GRATEFUL



As Lifestyle Coordinator for AWWQ I have had the privilege of walking beside our valued members through many circumstances. I appreciate the opportunity to spend time with some truly amazing people. Earlier this year I was contacted by a DVA social worker asking for assistance for a war widow living in Brisbane. For the purposes of this article, and to protect her privacy, I will call her Edith. I met with both Edith and the social worker and upon arrival at Edith's house I understood why DVA had asked for assistance from AWWQ. Edith was living in her own house and had severe mobility issues that prevented her from cleaning it. She was in a very poor state of mind and was not eating healthily and could not shower. My heart went out to her. Edith was completely overwhelmed and had seemingly given up on life. I spent some time talking with her and, together, we set some goals. Edith's first goal was to sell her house and move into an aged care facility, "I've had enough," she said to me. Edith had a daughter who had high care needs as well and she hoped that selling her house would leave enough money for her daughter. So, to support our member's goals I contacted some Real Estate Agents who could meet with Edith.

Edith's plan had to take some detours. The house couldn't be put on the market until it was cleaned

and everything was removed. Edith did not want to keep anything. So I called the local Vinnie's to see if they could sell some of Edith's furniture - and they said, "no". Finally, after days of calling around, I came to the conclusion that the only way forward was to dump the furniture. AWWQ organised for the furniture to be picked up and dumped. My daughter and I went to Edith's house and spent the day packing up and cleaning.

The next obstacle that we faced was that Edith outright refused to deal with anyone other than AWWQ staff. This meant that she did not want to talk with the Real Estate Agent or other people involved in her case management. I soon found myself acting as a liaison between the agent and Edith when the house was listed for sale! I spent several hours driving Edith around so that we could visit some Aged Care Facilities and find out which one she liked best. On the third visit, Edith happily announced, "this is the one, we've found it". So, the process of moving Edith into her new home commenced, as the agent liaised with me about the sale of her home and the aged care facility about her finances with them.

Once Edith moved into the Aged Care home, she became a changed person. For the first time in her life, she was given three meals a day. "I get to eat three times every day!" Edith would exclaim to me happily, "and they even have someone come around and moisturize my legs!" Edith often called me at AWWQ for updates on the sale of her home or to ask for assistance. I drove to her Aged Care Home, took her out to pay bills, helped her organise her paperwork and other 'housekeeping' tasks. With all of this time together, I was beginning to feel quite close to Edith, the woman who had so little in life and was so grateful for any kindness shown to her. Edith started socialising with the other residents in the Aged Care Facility and even won some games, "I won a game that we played yesterday! I've never won anything in my whole life!" she proudly boasted one afternoon. I was so happy to see that she was finally enjoying life. Things that we take for granted as being 'normal' are luxuries to many people.

Edith shared with me that she only attended school until year three and thereafter, was home schooled by her mother who could not teach much.

Several months and many phone calls later, her house finally sold - for over the asking price! I helped her through the whole process until it settled. Things

were looking up for Edith. Her house was sold, she had money for her daughter, all of her bills were paid and she no longer had anything to worry about: she could just enjoy her new life.

A couple of weeks later, I received a call from the Aged Care Home, "Edith is very unwell. She has been taken to hospital by ambulance." I raced to the hospital and had to wait as Edith was resuscitated. "I'm not sure she will make it through this", the Dr told me. Edith had put my name down as her contact person. Two days later, on a Saturday night, the hospital rang me again, "Edith is asking for you Rebecca. I think you should come here". I went to the hospital with a heavy heart. Edith woke up, "I was waiting for you Rebecca". I sat by her bed and held her hand. We didn't need words. When it came time for me to leave I said, "I'll see you tomorrow Edith!" But we both knew that wasn't true. Within a few hours of me leaving, Edith passed away.

This is the tough part of our job here at AWWQ.

Many people ask us, "what do you do?". Well, in truth, we do everything. We are counsellors, Real Estate Agents, Home Care Coordinators, referees, advocates, business people, administrators, and a myriad of other things all rolled into one! But mostly, we are your friends- people you can rely on in the darkest and most difficult times and those who celebrate your victories - we stand beside you when you need us. I am sad that Edith didn't have more time to enjoy her new-found freedom but I am also grateful that I was given the opportunity to help Edith settle her affairs and enjoy her last few months of life. We all have an opportunity to touch peoples' lives in meaningful and positive ways and I hope that in Edith's last moments, she was finally at peace.

-Rebecca Cordingley, Lifestyle Support Coordinator, AWWQ

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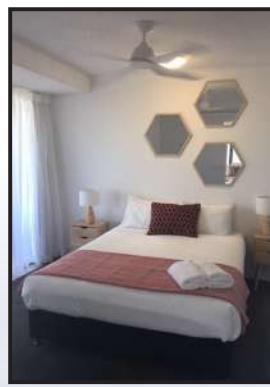
Just 5 minutes' walk from Bulcock Beach, Centrepoint Apartments

Caloundra boasts a heated swimming pool, a sauna and 2 hot tubs. Guests enjoy an on-site café and balcony views over the Pumicestone Passage. All apartments have air-conditioning, a fully equipped kitchen, a dining setting and laundry facilities. Each has a lounge area offering a sofa and a flat-screen TV with free cable channels. Each apartment has two bedrooms, one with 2 single beds and the other with a queen size bed.

Located in the heart of Caloundra, Centrepoint Apartments are 3 minutes' walk from The Esplanade's shops and restaurants. The Glasshouse Mountains are 30 minutes' drive away.

The tour desk books hiking, canoeing and diving tours. There are free transfers to Steve Irwin's Australia Zoo, 30 minutes' drive away.

- 2 night minimum stay
- War Widows, Associate Members & Ex-Service Organisation staff members receive a 25% discount off the advertised rate.
- For reservations please call Centrepoint Caloundra Management on 07 5492 0100.



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Conditions apply.



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FEEDBACK FROM OUR MEMBERS

Andrea, daughter to a war widow in Gladstone was feeling frustrated. Only six weeks earlier, her mother had been mobile and living independently in her own home and was now bedridden and unable to stand, after entering an aged care facility as a high care resident. Although Andrea was happy with the staff at the aged care facility, it was the 'facilities policy' that high care residents only receive maintenance physio once every 3 months! We assisted Andrea by calling the Pre-approval Team at DVA and explaining the need for more physio services to help her mother get out of bed and back on her feet. The Pre-approval Team agreed to pay for additional physio sessions to be delivered in the nursing home, providing a referral was made by a doctor to an external physio and that the chosen physio made an approval request to DVA. Andrea's mother is now getting the help she needs. Andrea stated, "I wish to share my story with other war widows and their families so that they too can know to reach out for additional services for residents in aged care facilities" -Andrea, Gladstone

Nancy Williams from Mapleton wrote a lovely letter to AWWQ Head Office, to Sue Hilditch, about the assistance she has received from us, "I am writing to thank you and AWWQ for your guidance and work to bring help and understanding whilst negotiating the path toward the myagedcare program. Last week I received approval for a level 2 Home Care Package, residential respite and residential perma-

nent care should there be a future option. Without your help I would not have reached this point. I can look forward knowing that these strategies are now in place if and when the need should arrive." - Nancy, Mapleton

Brisbane members Cecile Gaul, Betty Woodford, Maureen Graham and Eileen Campbell wrote a letter to AWWQ Head office: "Thank you for all the help you've given to us, solving all of our problems, and helping us at all times. We appreciate all you do for us. May God bless you" - Cecile, Betty, Maureen & Eileen, Brisbane

Val O'Brien, from Durack QLD sent the following letter: "I am so deeply grateful for the assistance of AWWQ. My daughter, Maureen Thompson and I could never have managed what is required to go through the myagedcare process. As I have decided to stay in my unit and receive care. Today was my beginning with showers from Blue Care- all arranged by Sue Hilditch- she is wonderful. I thank War Widows sincerely." Val, Durack

"Although my post-operative services were poorly handled by the hospital, I wish to thank AWWQ and Sue Hilditch for arranging short-term personal Care through Veterans' Home Care to support for me while I recovered from a major back operation. Sue also chased up the discharge planner from the hospital and DVA Community Nursing to arrange for additional post-operative care to be delivered. I am very grateful

to my friends who supported and physically looked after me when I returned home. I am blessed to have such wonderful friends and to belong to a supportive organisation like AWWQ!" - Marea Teakle

"Congratulations on a well presented and concise Productivity Commission Response. We can only hope that it will have the favourable results for all War Widows that you anticipate. As a group we are privileged to have you at the helm as CEO and we thank you for your dedication to our welfare." - Cath Hartshorn, Caboolture

"Well Done. You have represented AWWQ admirably. Speaking as a War Widow, you have certainly expressed the needs of us accurately and professionally." - Suzi Vincent, Townsville

"Have just read your report- all I can say is WOW. I do hope you were HEARD." - Lyn Wilkes

A truly excellent submission. I really hope a good result comes from this.- Narelle Stanton

"I cried when I read your report. It is all the things we feel but cannot say. You have given us a voice and we are so grateful." - anonymous member

"I am thinking differently after reading your submission. I now realise that being a war widow doesn't just start after our husband's pass. It starts long before. I hadn't thought about it like that before"

- Judy Smith, Maroochydore

"It feels like the office and the organisation has become professional. We feel connected"

- anonymous

'Since I read the article in the Autumn Bulletin of AWWQ, page 36, (which I have had for weeks now) regarding the "Silent Heroes of Defence Services" I immediately wrote on the top of the page "excellent". I had intended to write & say how true and well written but did not do so immediately. Rebecca Cordingley attended our meeting here at Caloundra to give a talk on My Aged Care and at lunch at the RSL afterwards I mentioned to her what an excellent article you had written so she said I should let you know, so hence this email.

Everything you mentioned in it about 'June' was so spot on. It exactly described my husband, the changes he went through, not immediately returning from Vietnam as he was a permanent soldier for 22 years but I and my 3

sons seemed to notice the change when he retired from the Military and became the husband in the article you wrote about 'June'.

For years I thought it must have been all my fault but then I heard about & joined PVA, Partners of Veterans, who ran many courses for the wives of veterans and at the first one of these courses one of the members explained about her husband and I said to myself then, she is talking about my husband and I realised I was not the only woman going through this strange way of life.

After myself attending a few of these sessions I encouraged my husband to go to a week long course for married returned veterans at Bribie Island run by a husband & wife team of psychologists, I have forgotten the names at the moment, but they were fantastic and at last my husband did realise he did have some issues and agreed to see a psychiatrist some time after returning home. He had also made some male friends there &

would contact them by phone or email many times later on.

I am still a member of PVA but since my husband passed away 31st August 2016 and I became a member of Legacy and War Widows here at Caloundra and find I am slower at doing all I want to do, so I don't get to attend their meetings very often but I wondered if your article could be put in the PVA magazine as I know there are some widows in the Caloundra Branch of PVA but who seem to be reluctant to join War Widows, I feel it is an age issue, they don't think they are old enough, or don't like to admit how age is creeping up, but I realise that to keep the AWWQ going we will need to obtain more members. Just wondered what are your thoughts on this?

Thank you once again for such an excellent article and I know it will resonate with most War Widows and I am proud to be a member of such a wonderful organisation.'

- Christine Gann, Hon Treasurer
Caloundra Sub-Branch

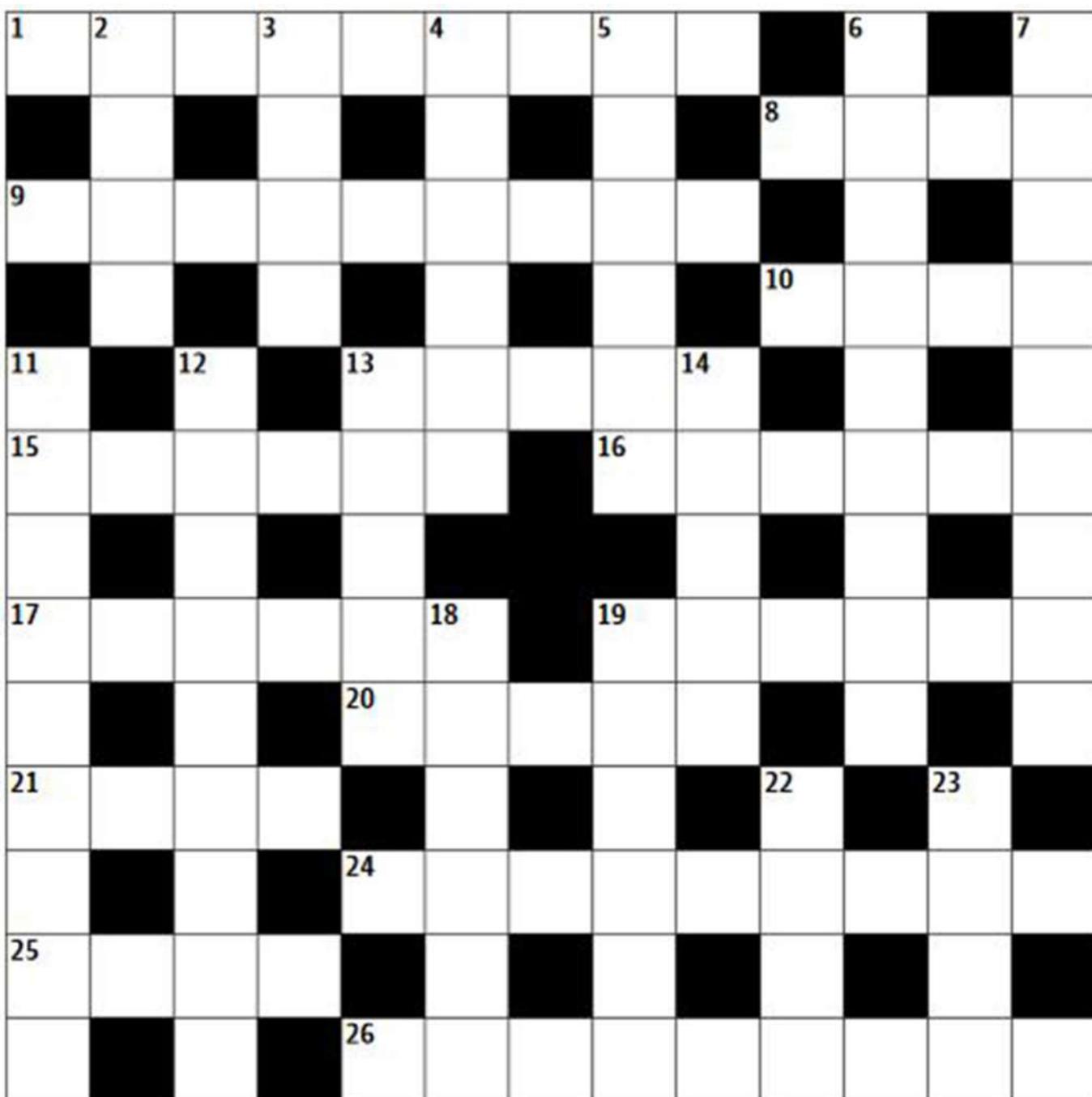
WELCOME TO NEW MEMBERS

Alison Anstee, Kallangur
Alison Menzies, Mount Low
Bernice Landells, Bucasia
Catherine Tricklebank,
Rockhampton
Davina Noreiks, Corinda
Deborah Baczyk, Gilston
Denise Farrow, Kirwan
Elaine Greig, Bongaree
Elizabeth Winters, Miami
Estelle De-Loryn, Ingham
Ethel Lind, Buderim
Fay Lovekin, Edmonton
Faye Porter, Dalby
Gail Davey, Tewantin
Glenda Broughton, Deagon
Heather Rush, Brassall
Helen Mason, Tewantin

James Bowling, Ferny Hills
Janice Graham, Kawana
Jean Funnell, Burpengary
Jennifer Gillan, Toowoomba
Jennifer Runciman, Munruben Forest
Joy Inman, Edmonton
Joy Fitzgerald, Tewantin
Joyce Stanton, Wavell Heights
June Hall, Little Mountain
Karen Riley, North Rockhampton
Kerry Brooks, Nerang
Laurel Eaton, Gaythorne
Leanne Wells, Wilsonton Heights
Lucy Connell, Benowa
Lynette Slattery, Runaway Bay
Margaret Richards, Redcliffe
Margaret Scorse, Rowes Bay

Maria Chandler, West Rockhampton
Maria Wright, Allingham
Marie Bain, Earlville
Maureen Di Giacomo,
Woolloongabba
Myra Whelan, Nambour
Nicolette Keane, Moffatt Beach
Patricia Baumgart, Widgee
Rhonda Greentree, Ingham
Rhonda Bowling, Ferny Hills
Roberta Edes, Rochedale
Rona Borgges, Heatley
Roslyn Smit, Stafford Heights
Ruth O'Neill, Ingham
Susan Rodger, Southside
Valda Fletcher, Tewantin
Valma Spence, West Burleigh

CROSSWORD



Across

1. Quip (9)
8. Sow's mate (4)
9. Silly person (with sparrow's mind?) (9)
10. Procreated (4)
13. Racist or sexist? (5)
15. Rescue (anag) (6)
16. Shellfish soup (6)
17. Strain (6)
19. Spanish wine shop (6)
20. Refuse with contempt (5)
21. Give out (4)
24. Priceless! (9)
25. Sea eagle (4)
26. Desire to travel (5,4)

Down

2. Wading bird (4)
3. Rise and fall of the sea (4)
4. Knitted jacket that buttons up the front (abbr) (6)
5. Bicycle-like device for sliding down snow slopes (3-3)
6. Nickname - Boers quit (anag) (9)
7. Path for horses (9)
11. Kind of triangle (9)
12. Arachnids with a sting in the tail (9)
13. Copper and zinc alloy (5)
14. Big Hybrid of the cat family (5)
18. Run fast (6)
19. Bring up for discussion (6)
22. Lovers' row (4)
23. Fibre used for making sacking and ropes (4)

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- ▶ Resistance exercises for bone density



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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)