

# BULLETIN

AUSTRALIAN WAR WIDOWS

QUEENSLAND



## SPRING HAS SPRUNG!

In this issue:

- Northern focus
- Your rights
- Friendship week
- Health feature
- AWWQ year in review
- Date claimers

SPRING EDITION 2019

# CONTACTS

## QUEENSLAND STATE PRESIDENT

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HlthServMgt

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Ms Jenny Walker

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Mrs Cathy Hartshorn  
Mrs Judy Smith

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### Thanks to our Patron

His Excellency the Honourable Paul de Jersey AC  
Governor of Queensland



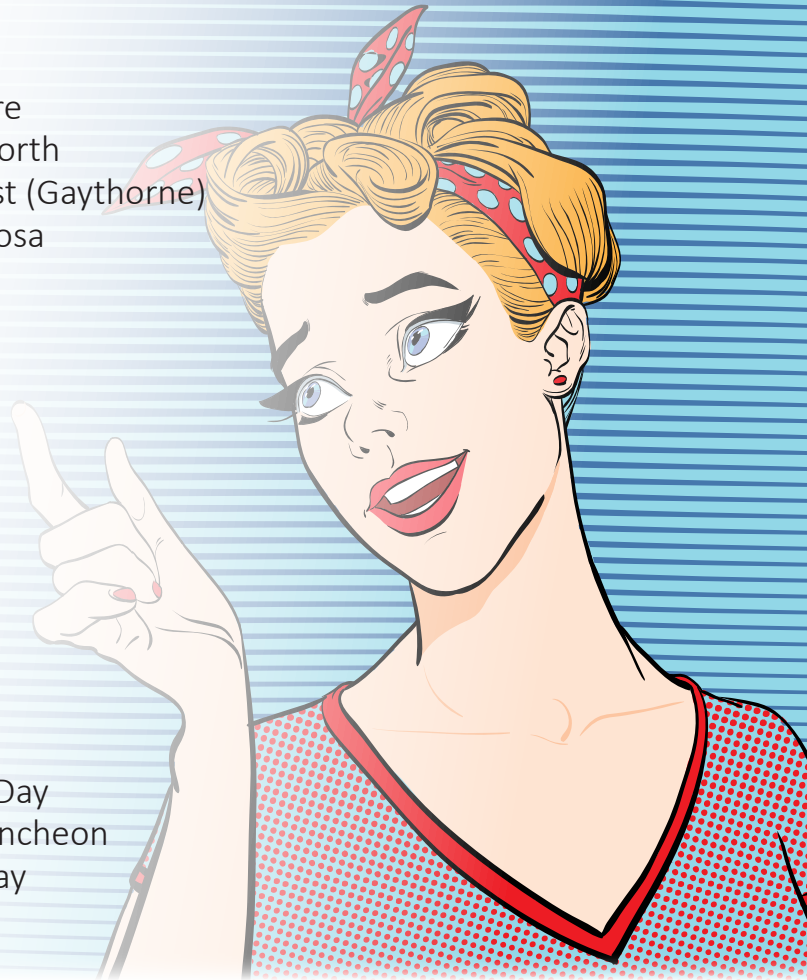
# DATE CLAIMERS

AWWQ staff will be visiting the following Groups on the dates below for Be Connected IT Training:

Monday, 23 September 2019	Maroochydore
Tuesday, 24 September 2019	Gold Coast North
Monday, 14 October 2019	Brisbane West (Gaythorne)
Monday, 28 October 2019	Tewantin/Noosa
Thursday, 5 March 2020	Ipswich
Friday, 6 March 2020	Gympie
Tuesday, 17 March 2020	Townsville
Friday, 27 March 2020	Redlands
Wednesday, 1 April 2020	Cairns
Friday, 3 April 2020	Redcliffe
Monday, 13 April 2020	Caloundra
Tuesday, 14 April 2020	Bundaberg
Tuesday, 14 April 2020	Mackay

## EVENT DATES

Thursday, 17 October 2019	Jessie Vasey Day
Monday, 25 November 2019	Christmas Luncheon
Thursday, 20 August 2020	Friendship Day



# WELCOME TO NEW MEMBERS

Ellen Wease, Tewantin  
 Eugenie Brookes, Petrie Terrace  
 Ines Lane, Ferny Hills  
 Ivy Smith, Birkdale  
 Jennifer Cumner, Coes Creek  
 Joan Sinclair, Tewantin  
 Joy Pollard, Rothwell  
 Juanita Wallis, Urangan  
 Lorraine Dawson, Heatley

Meilan Zhang-Morgan, Mount Gravatt East  
 Muriel McCaffrey, Douglas  
 Pamela Kirkhope, Urraween  
 Pamela Whisson, Arana Hills  
 Pamela Downie, Taylor's Beach  
 Pauline Brice, Amamoor  
 Roslyn D'Arcy, Buxton  
 Sharan Bavell, Greens Creek  
 Sylvia Cobble, Tallai



# STATE PRESIDENT'S REPORT



I am in a reflective frame of mind as I write this report after our 2019 AGM in August.

There are a few stand out thoughts that I wish to share with you all. Firstly, it was pleasing to see a really good attendance at the AGM which indicates to me that our members are really interested in being involved and having a say in matters such as proposed changes to the Constitution. Secondly, I was very impressed and very moved by the address from our guest speaker, John Dunlop, the son of Weary Dunlop. What a story he told of the courage, bravery and resilience of those POWs! Thirdly, I am very proud of the very professional and illuminating AGM Report that our CEO produced for us.

If you have a copy of the report you can take a look at some of the impressive work

achieved by our organisation in the past 12 months. You can also access the report on our website.

Those of you who attended the AGM know that the changes to the constitution were passed and I believe that most of you will realise that these changes will benefit the organisation.

I would also like to reflect on the success of the 2019 Friendship Day Celebrations on the Gold Coast. Bron Drinkwater and her team did an excellent job to organise this three-day event. I know, from feedback received, that a good time was had by all. It was wonderful to have the Governor of Queensland attend the Commemorative Service as he is tremendously supportive of our members.

Although all of the initiatives I have mentioned above are impressive, they must be recognised alongside the massive efforts of our members and volunteers around the state, who give up countless hours to help our War Widows, organising functions and outings and attending commemorative services. Your dedication is appreciated.

I would like to inform you, our members, that from a governance perspective the organisation has really moved on from the "we've always done it this way" approach and has substantially matured and modernised. The past few months have certainly

been intense and stressful for the Board as we negotiated through these modernising activities. I look forward to working with the new Board as we continue to build solid foundations and move forward in the best interests of our members.

Of course, none of our achievements are possible without a passionate, talented and capable team of staff and I thank them for their commitment over the past 12 months.

I continue to enjoy my visits to the Regional Groups and look forward to seeing many more of our members on future visits. I also continue to represent you all at the many commemorative services that I attend. I was honoured to be the guest speaker at the Vietnam Veterans Day 2019 Service at Nerang RSL on 18 August. I hope our attendance at this, and other events, enhances the power of War Widows' voices in the community.

I wish you all well.

# CEO'S REPORT



Looking back, I can hardly believe that I have already been at AWWQ for over a year. How time flies!

One of the first projects that the Head Office staff and I worked on together was the implementation of a new database that enables us to electronically monitor and track data trends. Even better, it was free! Although it took some time to adjust to the new system, the effort was well worth it. For the first time, we are able to provide comprehensive information on our activities over the past year, answering that old question that many of you have asked, 'what do the staff do at Head office?'

AWWQ is increasingly seen as the 'go to' place for War Widows. Referrals to AWWQ from other organisations has increased a whopping 647% in the past year. Many War Widows with complex or intensive needs are referred to us from DVA Social Workers, Occupational Therapists, Hospital Discharge Planners, Aged Care Placement Consultants, Veteran Liaison Officers, Nursing Homes, private contractors, other Ex-

Service Organisations and family members living overseas who have cause for concern.

Over the past year we have:

- Responded to 49 members in urgent need (eg: high-risk situations where there is immediate danger such as elderly abuse);
- Responded to 7,200 calls for assistance with activities of daily living (for example, requests to pay or understand a bill);
- Received 2,840 referrals from other service providers who were unable to assist War Widows with complex needs;
- Managed the AWWQ properties that housed 94 War Widows, both temporary and permanently;
- Made 2,450 referrals to other service providers (such as myagedcare);
- Provided 5,096 hours of informal counselling;
- Provided almost 14,000 publications of our Bulletin;
- Applied for 98 grants from DVA and Department of Human Services exceeding \$300,000 to support our members and the growing costs of our support services.

As you have already heard, I was so pleased that we were able to secure funding for our Regional Groups' bus trips. I would like to extend our gratitude to the staff at DVA who work so hard to go through the many funding submissions. Their support is much appreciated, but often overlooked. We live in a country where our Government supports

War Widows very well.

In order to ensure sustainable growth, we didn't take any shortcuts! We have created consistent branding, written new policies that align to current legislative requirements, created online marketing (such as Facebook) for our younger or more computer savvy members, improved communications with members via increased visits to Regional Groups and attended as many seminars, commission hearings and other networking activities as possible.

The professionalism and support of the Board Directors have made all of this possible with their positive ongoing support and shared excitement.

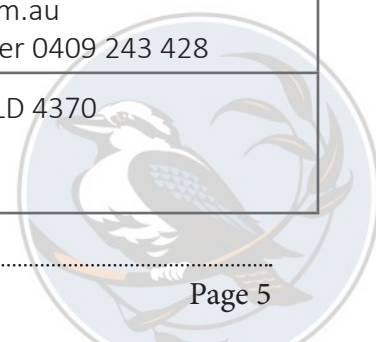
Aside from being very busy during the weekdays, we also have our own family lives. I have just returned from leave- a much break to grieve the passing of my mother in Nova Scotia, Canada. I was heartened to return to so many cards of condolences and letters from our members. In this issue of the Bulletin, I have included one of my mother's favorite recipes- a naughty snack that I, as a child, loved eating in excess.

In closing, I would like to extend my sincere gratitude to all of our members who have been so kind and supportive. Your friendships make our jobs feel less like 'jobs' and more like a daily pleasure.

# AWWQ GROUP DIRECTORY

<b>BRISBANE NORTH</b>	3rd <b>TUESDAY 11:00am</b> Geebung RSL 323 Newman Rd Geebung QLD 4034 Convenor: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
<b>BRISBANE WEST</b>	2nd <b>MONDAY 10:15am</b> Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 Coordinator: Narelle Stanton 07 3354 3969 E: n_stanton@yahoo.com
<b>BUNDABERG</b>	2nd <b>TUESDAY 10:30am</b> 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
<b>CABOOLTURE</b>	2nd <b>FRIDAY 10:30am</b> 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
<b>CAIRNS</b>	1st <b>WEDNESDAY 10:00am</b> Baclaclava Hotel 423 Mulgrave Rd Earlville Cairns QLD 4870 President: Helen Atfield 07 4054 6542 Secretary & Treasurer: Lorraine Watts 07 4054 1174 E: lorw01@bigpond.com
<b>CALOUNDRA</b>	2nd <b>MONDAY 10:00am</b> 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
<b>GOLD COAST NORTH</b>	4th <b>TUESDAY 10:30am</b> RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Jan Franz 0404 817 012 E: janfranz31@outlook.com.au
<b>GOLD COAST SOUTH</b>	1st <b>MONDAY 10:30am</b> Currumbin RSL 165 Duringan St Currumbin QLD 4223 President: Bron Drinkwater 0400 098 310 E: bronny45@bigpond.com Secretary: Carole Waller 0412 135 030 Treasurer: Jenny Gregory 0409 885 473
<b>GYMPIE</b>	1st <b>FRIDAY 10:00am</b> 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 or lesley.cullis@icloud.com
<b>HERVEY BAY</b>	1st <b>MONDAY 10.00am</b> 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
<b>INGHAM</b>	3rd <b>THURSDAY 10.30am</b> Ingham RSL 4 Hawkins St Ingham QLD 4850 Coordinator Denise Scott 0419 774 102 or 07 4777 2237 E: denise.f.scott1@bigpond.com
<b>IPSWICH</b>	1st <b>THURSDAY 10.00am</b> 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
<b>LAVENDER LADIES</b>	3rd <b>SATURDAY 12:00pm</b> Various venues on the Coast Contact: Terry Yates 0458 851 243 or Bron Drinkwater 0400 098 310
<b>LOTUS CLUB</b>	1st <b>SATURDAY 12.30pm</b> Various venues Coordinator: Lyn Wilkes 07 3355 2198 E: shodley@gmail.com

<b>MACKAY</b>	2nd <b>TUESDAY 1.30pm</b> 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
<b>MAROOCHYDORE</b>	4th <b>MONDAY 10.00am</b> 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
<b>MARYBOROUGH</b>	3rd <b>TUESDAY 10.00am</b> Maryborough RSL 163-175 Lennox St. Maryborough QLD 4650 Coordinator: Daphne McLennan 07 4129 4259 E: demac5@bigpond.com
<b>NAMBOUR</b>	2nd <b>MONDAY 10.30am</b> Nambour RSL 14 Matthew St. Nambour 4560 Coordinator: Dorothy Jacobsen 07 5478 9109
<b>REDCLIFFE</b>	1st <b>FRIDAY 10.30am</b> 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@hotmail.net.au
<b>REDLANDS</b>	Last <b>FRIDAY 10.00am</b> 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
<b>ROCKHAMPTON</b>	2nd <b>TUESDAY 10.00am</b> Frenchville Sports Club 105 Clifton St. Nth Rockhampton QLD 4701 President: Jenny Ireland 07 4928 5651 Secretary: Jan McPherson 0407 642 186 E: jamcpherson52@gmail.com Treasurer: Cecilia Miller 07 4922 3144
<b>SHERWOOD</b>	3rd <b>TUESDAY 10.30am</b> Sherwood/Indooroopilly RSL 2 Clewley St. Corinda QLD 4075 Convenor: Ruby McFarlane 07 3719 5347 E:ruby.mcfarlane@bigpond.com
<b>SOUTHEAST</b>	3rd <b>FRIDAY 10.00am</b> Easts Leagues Club 40 Main Ave.Coorparoo QLD 4151 Coordinator: Elizabeth Cowell 07 3349 2084 E: epcowell@outlook.com
<b>SOUTHWEST</b>	1st <b>FRIDAY 10.30am</b> Greenbank RSL 54 Anzac Ave. Hillcrest Greenbank QLD 4118 President: Val Rooney 0408 001 352 E: voo1938@gmail.com Vice President: Patricia Wood 07 3287 5164 Secretary: Jennifer Ries 07 3388 2689 Treasurer: Grace Banham 07 3800 2903
<b>TEWANTIN &amp; NOOSA</b>	2nd <b>MONDAY 10.30am</b> Tewantin Noosa RSL 1 Memorial Ave. Tewantin QLD 4565 Coordinator: Anne Carter 0439 776 793 Support Coordinator: Lorna Porteus 07 5447 3248
<b>TOOWOOMBA</b>	2nd <b>WEDNESDAY 10.00am</b> 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
<b>TOWNSVILLE</b>	3rd <b>TUESDAY 10.00am</b> Holy Family Parish Hall, 168-174 Palmerston Street, Gulliver President: Suzi Vincent 0409 880 902 E: svincent@westnet.com.au Secretary: Lynne Clancy 07 4724 2188 Treasurer: Wendy Tranter 0409 243 428
<b>WARWICK</b>	1st <b>THURSDAY 11.00am</b> Warwick RSL 65 Albion St. Warwick QLD 4370 Vice President: Nancy Payne 07 4661 2270 Secretary/Treasurer: Dorothy Rubie 07 4666 3347



# INGHAM

The newest AWWQ Social Group is located at Ingham and was recently formed by Coordinator, Denise Scott.

Ingham, with a population of 4,357, is approximately 110 kilometres north of Townsville and 1,437 kilometres north of Brisbane. Ingham supports 17,000 people who live in the surrounding areas.

Ingham is the service centre for many sugarcane plantations, which are serviced by the two sugar mills located in the Ingham district: Victoria Sugar Mill (located approximately 6 km from Ingham), which is the largest sugar mill in Australia and one of the largest in the southern hemisphere, and Macknade Mill, which is the oldest operating sugar mill in Queensland. Both mills are owned and operated by Wilmar Sugar Australia Limited. The majority of the cane is transported to the mills by light tramlines. Once processed by the mills, the raw sugar is then transported by tramline to the bulk sugar terminal at the nearby seaside port of Lucinda and loaded onto ships for export via the longest pier in the southern hemisphere (4.75 km long).

Other industries in the Ingham area include cattle, watermelons, rice, horticulture, fishing, timber and tourism.

The Australian-Italian Festival is held in Ingham on the first weekend of August each year and is one of the most popular events in the region, with thousands of people attending the event. The festival celebrates Ingham’s cultural background, dating from the 1890s, when the first Italian immigrants came to the region to work in the cane industry. At one point, there were four times more men than women in the town. More than half the population of the town are of Italian descent. The town is known as “Little Italy”. Apart from those with Italian heritage, now many other cultures call Ingham “home”.

Ingham is home to the Lees Hotel which is the original “Pub With No Beer”, the only Hotel in Queensland with official iconic status. It was made famous by Slim Dusty who based the song on the poem “The Pub Without Beer” from Ingham’s favourite poet Dan Sheahan.

The Mercer Lane Mosaic (pictured right), is a community project which celebrates Ingham’s sugarcane farming history. The 42-metre mosaic runs the whole length of the lane and is made from old

wall and floor tiles which were donated by local families. The mural was created by volunteers to express pride in their heritage. Plaques provide information about the mosaic and stories about the early settlers to the district. This unique and interesting project is well worth a look.

Recently Townsville Sub Branch members travelled by bus to Ingham for the day and were joined by members from the new Ingham Social Group.



Wallaman Falls, Ingham Source: [tripadvisor.com](https://www.tripadvisor.com)







# VACATION ON THE BEACH

## Centrepoint Caloundra Holiday Apartments

Reservations : 07 5492 0100

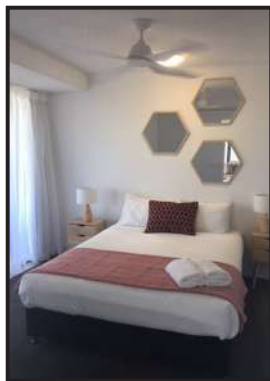
Do you need a break? Are you looking for a place to enjoy a holiday with family or friends? Come stay in our two-bedroom units in Caloundra!

Just five minutes walk from Bulcock Beach, Centrepoint Apartments Caloundra boasts a heated swimming pool, a sauna and two hot tubs. Guests enjoy an on-site café and balcony views over the Pumicestone Passage. All apartments have air-conditioning, a fully equipped kitchen, a dining setting, laundry facilities, a lounge area with a flat-screen TV with free cable channels. Each apartment has two bedrooms, one with two single beds and the other with a queen size bed. Unit 18 is an exception, with four single beds.

Located in the heart of Caloundra, Centrepoint Apartments are three minutes walk from The Esplanade's shops and restaurants. The Glasshouse Mountains are a 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.

- Two night minimum stay in unit 17
- Seven nights minimum stay unit 18
- War Widows, Associate Members & Ex-Service Organisation staff members receive a 25% discount off the advertised rate.



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# GROUP NEWS

## BRISBANE NORTH

On June 18th we had Susie Thomas from the Stroke Foundation come and speak on the subject of signs of stroke and what we should know about the importance of getting medical help at the first signs a very informative discussion which we all felt was important.

July 16th we had Sue Hilditch come for a visit and explain what her role is and myagedcare. We did discuss a little on the phones but we left that until August.

On August 20th we had our using of mobile phones. It was a fun morning and I am sure those who participated received a lot out of it. We did have some funny questions, but all were sorted. I now have very jazzy music that gives me directions on my GPS. Thanks Rebecca. The ladies had a very enjoyable morning tea and lunch. We have in our group two ladies turning 96, Joyce Bannister on 26th August and Daphne Gough on 29th September. Both these ladies attended Friendship Day which they made into a mini holiday.

We all had a wonderful time at Friendship Day and some of us stayed for the week. It was lovely catching up with some that I hadn't seen since last year and connecting with some for the first time. Had a couple of trips over the border which were very enjoyable. Thank you to all at Gold Coast South for putting on a wonderful Friendship Day and wreath laying ceremony

## BRISBANE WEST

The year is passing very quickly and dare I say it, but it will soon be Christmas. Since our last report, we have welcomed four

lovely ladies into our group.

Our much loved member, Joan Saunders has now gone into care and we wish her all the best. We will be visiting her often. Over the years, Joan has been a very active member of our group and in particular, attending our trivia nights and often saving us from a disastrous round with her extensive knowledge of history and World War II.

We celebrated our Group's 15th anniversary in June. We all enjoyed the meeting and luncheon – especially the cake!

A group of our ladies enjoyed a few days at Currumbin for Friendship Day. We were well represented at the luncheon and all had a great time. Congratulations must go to Bronwyn and her ladies for the luncheon and festivities.

Coming up, we have a bus trip to Montville for lunch and shopping. Also, we are looking forward to our bus trip to Tea Vine House Tallebudgera for High Tea in October and our trip to the Melbourne Cup in November.



*Brisbane West members during their 15th anniversary luncheon*

## BUNDABERG

Winter is nearly over. What a wonderful time we all had at Friendship Day: The Memorial Service as well as the Friday activity. A big thanks to the South

Coast for hosting such a great time. We all look forward to next year's Friendship Day.

We have a couple of new members in this last little while and we welcome them to our group.

In August, Bundaberg War Widows had a luncheon funded by the grant that Head Office obtained and all who were present had a wonderful time together of fellowship and dining. We thank the people responsible very much.

In October, we are looking forward to the Jessie Vasey Birthday celebration being held here in Bundaberg.

## CABOOLTURE

In July, we attended the Memorial Service for the sinking of the Montevideo Maru. This service was held at the Shrine in Brisbane and was quite well attended, wreaths were laid to remember all those Australians who died. Over 1,000 Australians perished during this event including Prisoners of War, Civilians and the Salvation Army Bandsmen from Brunswick.

24 of our members joined with our friends from the Redcliffe Branch for a midyear luncheon at the Dolphins Leagues Club which as usual was a delightful spread and we thank our friends for including us in this celebration.

A small group attended Friendship Day at Currumbin and despite some accidents we managed to have a most enjoyable time.

In August, we welcomed Rebecca for our Be Connected Day and some 38 members attended and remained for the luncheon. We must thank

Rebecca for her most informative and helpful session, everyone seemed to be happy with the information and spent time texting, sending photos to each other etc. and learning new skills. We highly recommend these sessions. Our ladies were very happy with the way Rebecca handled their enquiries.

On the 15th of August, Victory in the Pacific Commemoration Day was held at the Kedron Wavell RSL and we attended this function and laid a wreath on behalf of our ladies.

Sunday the 18th saw us attending the Vietnam Veterans Day march and service at ANZAC Square and once again laying a wreath on behalf of our widows. Darren Curtis was the Master of Ceremonies and carried out his duties in his usual efficient and caring manner.

The AGM at City Hall was a very successful day and quite well attended. The high tea was exceptionally tasty and appreciated by all attendees. Our thanks must go to Natasha and the staff who worked so hard to ensure that every part of the proceedings ran so smoothly. Our thanks also to the Chairman Stephen and President Jenny Gregory for ensuring the meeting progressed in a timely manner. The speech by John Dunlop and screening of the memorabilia, while heart rending, was excellent and was appreciated by all who were there.



### CAIRNS

Our AGM was held in June, and we were very happy to have the State President, Jenny Gregory in attendance. A luncheon followed the AGM, which was enjoyed by all members who attended.

As part of the "Be Connected" programme, our Sub Branch held a High Tea at the Pullman Hotel, it was well attended, and all of our members were impressed with the function and the venue.

Friendship Day is over once again, and was attended by four members of our Sub Branch. Our thanks to the South Gold Coast Sub Branch for their efforts in hosting this annual function.

### CALOUNDRA

July was a busy month for a lot of war widows. The Friendship Week included 3 days starting on 24th of July with a memorial service and wreath laying Ceremony at Currumbin RSL Club at 4:00 pm, followed by Service Reception, which was hosted by the Mayor of the Gold Coast Mr Tom Tate.

The State President Mrs Jenny Gregory and Sub Branch President Mrs Bron Drinkwater welcomed the Guests. The Friendship lunch on 25th of July was at Currumbin RSL Club at 11:30. We had an entertainer who had a good voice and got the ladies to dance. The guests included His Excellency Paul de Jersey Governor General, Darren Curtis and Mr Nomie Rowe who sang (Bring Him Home)

which was very emotional.

Friday 26th we had a Mystery Bus Tour. We stayed in Coolangatta and our room was facing the sea. We had a lovely time. I am sure the Friendship Day memories will stay with us for a life time.

On September 9, we have a meeting and Cent Auction (July Cent Auction differed to September) lunch at the RSL Club. On October 14th after our meeting we are having a bus trip and lunch. October 23rd we have booked for 23 ladies at The Event Centre using the grant money for morning tea, a show and lunch. November 11th is our meeting and we will be having lunch at the RSL Club. On December 9th we are having a meeting and Xmas lunch at the RSL Club. This will be our last meeting for the year.



*Caloundra President Roohi Doherty with His Excellency Paul de Jersey Governor General*

### GOLD COAST SOUTH

Well after many months of planning and working towards Friendship Events, it's like Xmas: a big build up and then, whoosh it is gone. I would like to say, once again, thank you to everyone that made the events great. Nothing is perfect, but we are happy with the outcome. Remember without you supporting Friendship Day, it would not happen.

As to the mishap/adventure with the bus trip, well it was a Mystery tour! I think seeing the ladies rocking and rolling in their

chairs was a big highlight for me: a sea of happy smiling faces.

I'm glad to have my house back to its normal tidy state; no boxes and parcels building up. I'm looking forward to a cruise which I am doing in a couple of months.

I'm happy to say our group is going well and that our ladies love catching up each month, the chatter in the room says it all.

To those who are no longer able to attend June, Pam, Kath, Nola and Lorraine (there are lots of you) we do think of you and I will continue to send our monthly newsletter to those that want to receive it. It keeps you up to date with your friends and what we are getting up to.

Anyone that would like to receive the monthly newsletter just let me know and I can put you on the mailing list.

My best wishes to all. Take care.- Bron

**GYMPIE**

Thank you to the staff at Head Office for the Be Connected grant they were able to get for us. We had a fun day with a lunch for 27, some lollies and chocolates for the tables and a special Lucky Door prize made of local products. Vic and Gail came along and sang many old songs and the day was thoroughly enjoyed by all.

Helen Garret was a special guest (also won the prize) as she is the Welfare Officer for the Gympie RSL Sub Branch. She has been visiting all of our ladies who have gone into care. She is also available to visit the homes of all widows and veterans who feel isolated and lonely.

We are blessed here in Gympie with the RSL Sub-Branch, Vietnam Veterans and Legacy all making sure we are well cared for.

Linda and I enjoyed our few days on the Gold Coast for Friendship Day. It is always good catching up with ladies each year. Thank you to Gold Coast South for all your hard work. I am sure the highlight of the trip for Linda was having her photo taken with Normie Rowe. I stayed on for a few days as my sister from Whyalla was visiting her daughter and my grand-daughter from Darwin who now live on the Coast.

We have had good discussions at our meeting about the referrals to Allied Health workers. My best advice was to speak to their GP's.

The photo is of nine War Widows having a great day at Fraser Island courtesy of the Vietnam Veterans.- Maureen Rush



*Gympie members L-R Jill, Clare, Linda, Maureen, Sue, Patsy, Lesley, Maureen and Pat*

**INGHAM**

Over the past few weeks, the Ingham War Widow's Social Group of Townsville AWWQ have enjoyed learning how to use their mobile phones. Colleen King and Joyce Press are volunteer trainers, helping the elderly of Ingham unscramble technology and exercising their brains in the process. They have shown us so many new useful parts/options in the operation of our phones. Having fun and learning with friends, then enjoying lunch together in the RSL restaurant is a bonus.

We all agree that we have learnt so much and now feel confident. So, thank you to all who made this possible. Cheers for now, Denise Scott JP (Qual)



**IPSWICH**

On 6th June after our meeting, 10 ladies had lunch at Ipswich Golf Club, we all enjoyed the outing. On 4th July after our meeting, the Alcemy Street Choir entertained us then we all had a light lunch.

On 25th July, 12 ladies went by bus to the Friendship Day Luncheon, which was delicious. We also enjoyed the entertainment, including dancing, and was excited about winning raffles. On the 18th of August, five ladies attended Vietnam Veterans service at RSL Sub Branch honour stone. Ipswich president Marea laid the wreath, it was a beautiful and dedicated service. On the 21st of August seven ladies attended the AWWQ AGM in Brisbane.

The 5th of September was our 45th birthday where we

celebrated at Ipswich Country Motel. It was an alternate two course Luncheon. Our State President, Jenny Gregory attended plus 30 ladies. It was a fantastic day.

On the 17th October some ladies will be celebrating Jessie Vasey Day for high tea. The dress theme will be 1940's.

November 7th will be our bring and buy. Also, on November 25th some ladies will be attending AWWQ Christmas party in Brisbane. November 28th is our club's Christmas party.

Finally, December 5th is our clubs Christmas break up party. Best to all



*Ipswich members at their 45th birthday celebrations*

**LOTUS CLUB**

We continue to have monthly lunches in various locations across the CBD. We welcome any members who wish to join us, even if you are a member of another Sub Branch or Social Group as some of our ladies are. The lunches are purely a social outing for a nice day out and to share a few laughs. Please contact Lyn Wilkes on 3355 2198 or 0401 736 464.

**MACKAY**

At our meeting on Tuesday 13th August, 22 members were present with 3 apologies. Two of our ladies (Valma Weiss and Rose Quadrio) celebrated their 90th birthdays this month.

A luncheon, attended by 25 members, was held at Ocean International Hotel on Tuesday 27th August.

Preparations for our Christmas Lunch are well in hand. Some members have enjoyed cruises or holidays with family members.



*L-R Connie Smith, Margaret Thomas, Heather Brown, Beryl Connolly, Jean Warner and Fay Hughes*



*Mackay members enjoying lunch at the Ocean International Hotel*

**MAROOCHYDORE**

Much has happened since our last report. Monthly bus outings have taken us west to the Sunshine Coast Hinterland with lunch at Secrets on The Lake, north to Boreen Point with lunch at the historic Apollonian Hotel and south to Caboolture Historical Village with a Devonshire morning tea. October trip will be to Redcliffe with lunch at Redcliffe Leagues Club and the last trip for the year in November will be to Gympie with lunch at

another piece of history, Gunabul Homestead. The bus leaves the RSL at 9am, returning about 3.30pm. Visitors welcome. Call Judy to book your seat.

Monthly meetings continue to be interesting. Rebecca Cordingley has given us an introduction to technology, challenging but well worthwhile. Anne Moorehouse, a local author has introduced us to the art of memoir writing. In November we will celebrate Jessie Vasey's birthday, will have a cake for our members who have turned 90 during the year and present the annual Maroochydore War Widows' Bursary to a local University student.

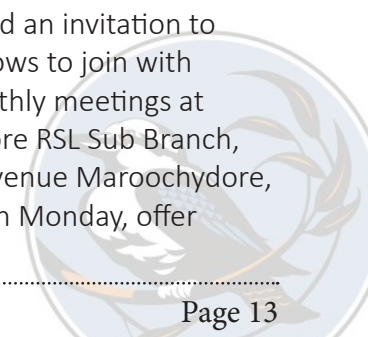
Nine members travelled to Brisbane for the AWWQ Annual General Meeting. Before business of the day, you could have 'heard a pin drop' while John Dunlop related stories of his legendary father Sir Edward 'Weary' Dunlop.

President Judy Smith represented Maroochydore at Friendship Day in July and Ipswich 45th Birthday Luncheon in September. A group of Maroochydore ladies will be entertained at Jessie Vasey Day celebrations in Brisbane and some of our ladies are going to celebrate at the AWWQ Christmas Luncheon in Brisbane.

Another busy year will end with our Christmas Lunch at the RSL Events Centre on 29 November 2019.

Sadly we farewelled two of our members Elma Johns and Maureen Steed recently, they will be missed.

We extend an invitation to all War Widows to join with us. Our monthly meetings at Maroochydore RSL Sub Branch, Memorial Avenue Maroochydore, on the fourth Monday, offer



friendship and sharing with each other many happy occasions. Complete the morning with lunch together at the RSL Club.

Maroochydore Sub Branch will host Friendship Day 2020, Thursday 20 August 2020 at Maroochy RSL Events Centre.



*Maroochydore members during trips to the Petrie Historical Village and Mapleton*

### MARYBOROUGH

We were saddened with the news of the passing of one of our members, Fay Childs. Our thoughts are with her family.

A few of us will be catching a bus up to Bundaberg to celebrate Jessie Vasey Day on the 17th of October. If you would like to join us please don't hesitate to contact me on 4129 4259. - Daphne McLennan

### NAMBOUR

For our September meeting we were so happy to welcome Jenny Gregory, State President and Sue Hilditch, Lifestyle Support Coordinator. We learned about the Be Connected Program. Our member, Shirley Sandilands is in hospital and we wish her a speedy recovery. I attended Friendship Day and it was great time catching up with old friends.

Until next time- Dorothy Jacobsen



*L-R - Maureen Stockill and Dorothy Jacobsen*

### REDCLIFFE

Welcome to everybody with the thought of warmer weather coming at long last. From what I hear from my sister in Townsville nearly everyone up there is quite happy at having an extended winter.

After a struggle in May, I am, at long last, back on my feet. With September meeting coming up we will be having our usual "flower show" where our women bring small arrangements of flowers and we put coins near the ones we like the best, and at the end of the meeting the one with the most coins against it is the winner and gets the prize which is always supplied by Sheila Dockrill. It is one way we try to raise money for our coffees.

Several of us attended the Friendship Day, which was hosted by Bronwyn Drinkwater. It was a lovely day and thankfully the weather was fine. We have the curator of the Memorial Walk which is at Gallipoli Barracks, formerly Enoggera Barracks, in Brisbane to tell us the history of the walk, before we have a trip and lunch down there. Five of our girls stayed down at Currumbin for 5 nights. They enjoyed themselves and the Mystery Bus Trip into New South Wales.

We are looking forward to the State AGM next week, then Jessie Vasey Day, which is being held at Rydges Hotel. Together with

our dear friends at Caboolture we have plans for a few trips. We enjoy one another's company and it also helps with the cost of the buses. All the best to everyone till our next Bulletin.

-Ruth

### REDLANDS

Winter has now passed and we welcome the warmer weather. We continue to enjoy our monthly meetings at the Redlands RSL and encourage any members to join us.

A few of our ladies travelled to the Gold Coast for the Friendship week celebrations which was a fantastic event as always and our congratulations go to the Gold Coast South ladies for putting it together.

One of our members, Doreen Matthews, is featured in this Bulletin and I encourage you to read her story.

### ROCKHAMPTON

We were all very saddened to hear about the passing of our ex-secretary of 40 years, Shelmadine (Shelma) Boyes. Thank you Shelma for your excellent contribution and for guiding me into the position of Secretary.

We had our AGM on the 11th of June with Mrs Val Rooney overseeing the election of Office Bearers. Our Committee was returned for another year.

In July, six of our members enjoyed a road trip to Currumbin where we were joined by another member and we all then attended the Friendship Day events. The first of the events being the Wreath Laying Ceremony at the Currumbin RSL Club where our Sub Branch President, Jenny Ireland, and Vice President, Ruth Russell, laid the wreath for our Sub Branch. The next day



we attended the luncheon and caught up with old friends and enjoyed the entertainment. The guest speaker was amazing to listen to and made us all realise how lucky we are. On the Friday, we enjoyed the mystery bus trip before heading home on Saturday.

At our August meeting, we welcomed Rebecca Cordingley from Head Office who provided us with important information and updates on what is happening.

Four of our members are planning a train trip to Bundaberg to attend Jessie Vasey Day on 17th October.



L-R Michelle Reynolds, Ruth Russell, Cecilia Miller, Jenny Ireland, Jan McPherson, Karen Campbell and Gloria Lynch

## SHERWOOD

The Sherwood Group has few members, however we still look forward to our monthly meeting, which for some of us is one of few outings. Keeping in touch is so important to one's wellbeing.

The visits from several office members has been a highlight, everyone was interested in hearing all the information regarding the help available, as we need it. Putting a real person to the name in the Bulletin is very much appreciated.

Several of our members were able to attend Friendship Day and reported having had a most enjoyable two days.

Ruby McFarlane

## SOUTH EAST

Since regular bus trips are not on our agenda now, we rely on guest speakers and entertainers to visit our monthly meetings. The June meeting saw a very interesting lady from Senior Enquiry Line who was able to explain how helpful the organisation can be to any senior person with a question or problem, all very confidential. This talk was well received by those present.

July meeting had the toes tapping and even some singing of the music of the John and Graham guitar duo who have been visiting our meetings annually for some time.

August will be a special morning tea with a representative from the Department of Veteran Affairs to answer any concerns our ladies may have. It is also the month of the War Widows AGM at the City Hall to which many of the members will be attending.

We look forward to the September meeting to learn more about the useful technology, especially mobile phones, so convenient once understood. This time of year is always a busy time and we look to an enjoyable few months.



*Previous pic: South East members enjoying lunch at Easts Leagues Club*

## SOUTH WEST

We have had another busy few months and July was both busy and a highlight for quite a number of our members, 22 of whom attended Friendship Day at the Gold Coast. Several stayed there for a whole week, a time which they shared with some of the Toowoomba ladies. Their activities included visiting the Margaret Olley Studio at Murwillumbah, and trips to Nimbin, Uki, Canungra and Mt. Tamborine. Then they attended the more solemn AWWQ Memorial Service, followed by the Friendship Day luncheon, and finally enjoyed a Mystery Tour during which even their two bus drivers became lost.

State President Jenny Gregory was our guest at our July General Meeting, and said Head Office would be providing official letters of accreditation, and perhaps badges, for our volunteers who visit members in hospitals. And in August, our guest speaker Vic, assisted by his wife Sue, from Bayview Tower Resort at Yeppoon, encouraged the ladies to organize a group visit next year in order to enjoy their wonderful facilities at the southern end of the Great Barrier Reef.

On Vietnam Veterans' Day our President, Val Rooney, together with Patricia Elliott, laid a wreath at Mabel Park High School. Our Vice President, Patricia Woods and Val laid a wreath at the Greenbank RSL two days later.

Our August bus trip was to Queen's Park at Ipswich, and was followed by a visit to Colleges Crossing Recreation Reserve at Chuwar. At our September General Meeting we expect Sue and Samm from State Head Office

to give us instructions in the use of computers and mobile phones. In November, we will celebrate the 13th Anniversary of our Sub Branch's Inaugural Meeting in 2006, and combine this with the Veterans' Health Week theme of mental wellness.

Our President Val's latest enviable holiday, coming up shortly, will be in Japan, from where she will return to Australia by cruise ship. Some people really do have all the luck!



*South West Region ladies at Colleges Crossing, Chuwar on their August outing*

**TEWANTIN / NOOSA**

Coordinator Ann is having a well-earned break for two months; all our members are throwing in their weight, plus the helpful staff at AWWQ to see us through this period.

We are looking forward to celebrating our founder, Mrs Vasey's birthday on the 23rd of October at our favourite Chinese restaurant, who have catered for this occasion for the last 12 years, and even making sure that our dietary problems are met.

This winter has seen many of our member's succumb to illnesses (after all, we are not getting any younger) so our InTouch ladies have been busy telephoning and visiting these ladies.

I would like to add that our oldest member, and poet extraordinaire, 98 year old Edna Thorne is still in hospital after a stroke and we wish her a full recovery.

Finally, I would like to add that the booklet "To Have and to Hold in Friendship" has been well received by our members, and a big thank you to the instigators and the contributors.

**TOOWOOMBA**

Hello ladies, by the time you read this Spring will be with us and hopefully some spring rain as everything is very dry.

To all of our members who are not feeling the best, we hope you will be feeling better soon.

At our June meeting a cheque for \$1,551.00 (the proceeds of the Tombola to aid the Toowoomba Hospice) was presented to Mark, who in turn invited members to hold our meeting and then have lunch at the Hospice Board Room. The offer was gratefully accepted.

**FRIENDSHIP DAY TRIP!!!**  
 What a great time we had. The Margaret Olley Museum has so many styles of art work, and Nimbin, the name speaks for itself. The Memorial Service and Civic Reception was held outdoors but under cover, wreaths were laid and a poem was read by Bron Drinkwater. We were also surprised when Normie Rowe appeared and sang for us. The Friendship Day Luncheon was excellent. There was much talking, laughing and dancing if you so desired. On our last day there we visited the House Without Steps. It is a farm where disabled persons live and work. They seem to enjoy their work and be self-confident. After a full on week away we were glad to be going home. Any members who have never attended a Friendship Day, please consider going it is a good experience.

In July we had an invitation to attend an advance screening

of DANGER CLOSE, the movie about the Battle of Long Tan. An Australian movie about real Australian soldiers. It is well worth watching.

After our August meeting we had lunch at the Golf Club. It was good having members sharing a meal together.

Before I go just remember, so far you've survived 100 of your worst days; you're doing well.

**TOWNSVILLE**

The City of Townsville is slowly recovering from the devastating floods in February. Many residents are still without homes, many businesses and community groups are still struggling. Many will never be restored. Several of our members are still feeling the effects of this event. Some have only recently received their insurance payments so are just now arranging repairs. The Townsville RSL, where our Sub Branch usually meets is only partially opened due to insurance issues so is not able to accommodate community groups. We have fortunately been able to access another lovely venue for our meetings for a very reasonable cost but which we previously did not have to budget for. Our meetings are now held in a hall which requires committee members and helpers to set up and pack up completely as well as to bring all items for our morning tea. The positive of all of this is what a great team Townsville is! We are never short of smiling helpers.

Sourcing a venue for our AGM meeting and lunch was a challenge due to the flood but the ladies were wonderful accepting the added strain of travelling to an RSL on the outskirts of Townsville. Our guest

speakers were Helen James and Chris Jensen from Townsville City Council. They were keen to chat to the ladies regarding their experiences during the floods and to highlight support that is available to them.

Ten Townsville ladies travelled to the Gold Coast for Friendship Day. We all had a wonderful time thanks to Bron and her team. We stayed on for an extra couple of days and went to The Outback Spectacular and a day tour of Mt Tambourine.

In early August 20 ladies from Townsville Sub Branch travelled to Ingham for the day to be joined by members of Ingham Social Group. We enjoyed visiting: TYTO Visitors Centre and Wetlands, buying pasta and nougat and listening to talk about the Ingham Mosaic Wall. After lunch we travelled to Halifax Museum which had many artefacts from yesteryear. It was lovely to hear the ladies reminiscing about their childhood. Ladies recollected their mothers using the appliances on display.

In July our guest speaker was from the Fire and Emergency Services regarding fire safety at home which was extremely interesting. We are looking forward to more fun for the rest of the year with more guest speakers and fun at our monthly meetings. Coming soon- a Bush Poet performance as well as a talk from the Department of Transport. It seems as though our Christmas lunch meeting is just around the corner!- Suzi Vincent, President, Townsville Sub Branch

*Previous photo: Townsville members on a bus trip to Ingham*



*Helen James from Townsville City Council and Betty McCourt at the Townsville AGM*



*Above: Christine Parker and Paul from Fire Emergency Services. Next: Jan Stanborough & Chris Jensen from Townsville City Council*



**WARWICK**

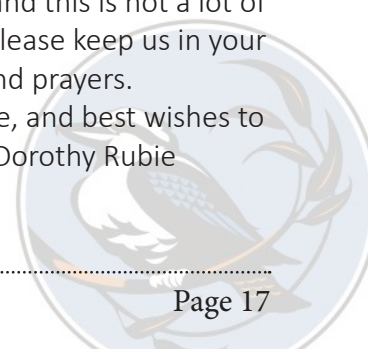
Despite the cold mornings, our meetings have been well attended.

For our September meeting we are looking forward to a visit from Sue Hilditch and I am sure she will have lots to talk about. For our October meeting day our Vice President Nancy has invited members to an afternoon tea at her home. Last year was a great success so we are all looking forward to this year.

On our August meeting day we had our “Be Connected” Luncheon at “Joie De Vivre Café and coffee Shop. We were joined by Helen, Delma and Robyn from Toowoomba Sub Branch and Ida from Legacy. After the meal we were entertained by the owner Denny Kohler-Caporole, who sang for us.

As you have all probably read in the papers, we are in the grips of the worst drought in living memory up here on the Darling Downs, and if rain doesn't come soon, a couple of towns will run out of water, something that is hard to comprehend- no water. At the moment in the Southern Downs region we are on 120 litres per day (per person) and as of 1st September that will be cut to 100 litres, and this is not a lot of water- so please keep us in your thoughts and prayers.

Take care, and best wishes to everyone- Dorothy Rubie



# CHARTER OF AGED CARE RIGHTS

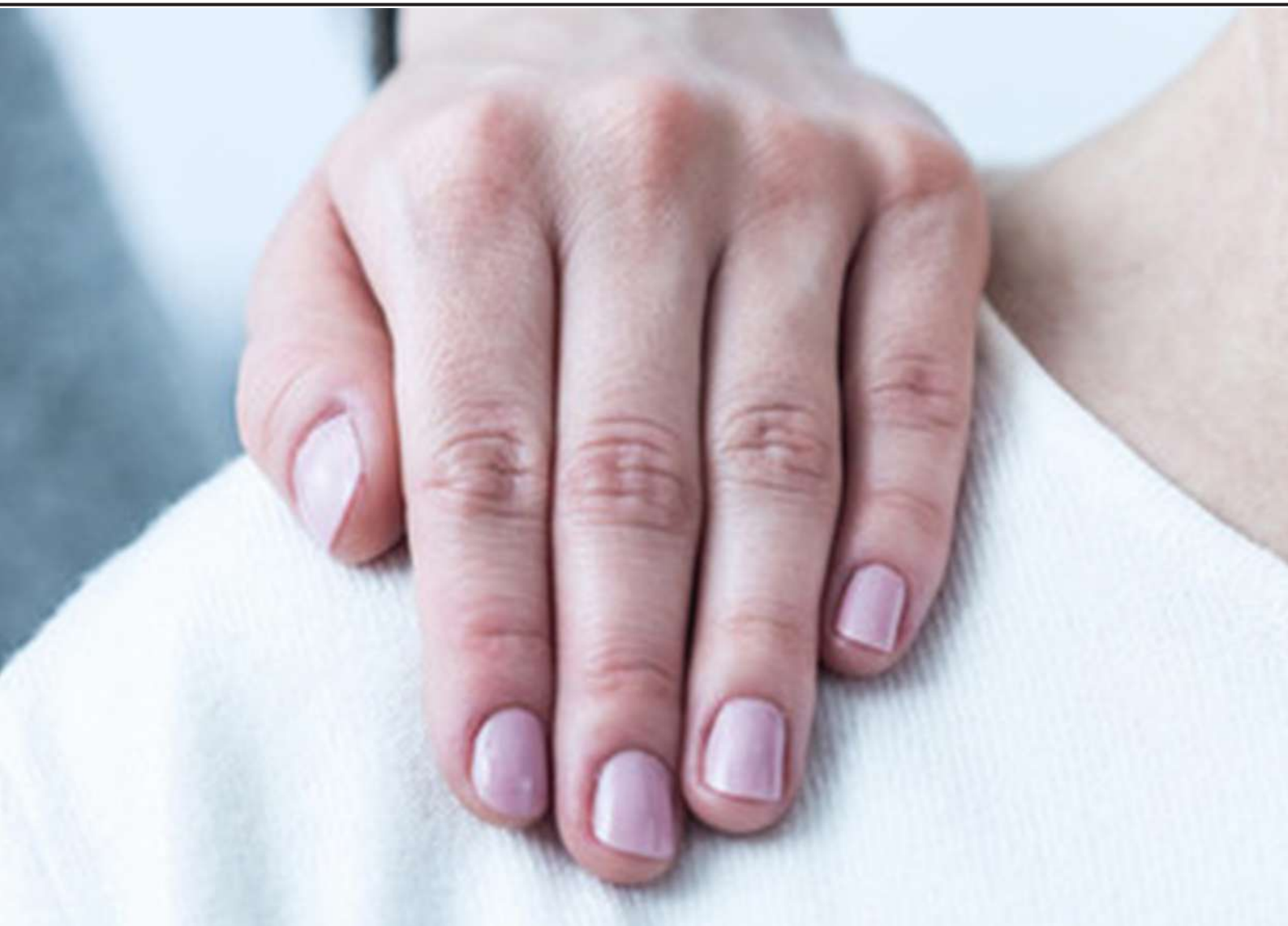
Consumers receiving Australian Government funded aged care services have the right to be properly looked after, treated well and given high quality care and services. The rights of consumers are protected by a Charter of Aged Care Rights.

On 1 July 2019, a single Charter of Aged Care Rights (Charter of Rights) came into effect. It replaced previous charters of care recipients' rights and responsibilities.

The comprehensive, concise new Charter provides the same rights to all consumers, regardless of the type of subsidised care and services they receive. It covers the 14 fundamental protections.

I have the right to:

- safe and high quality care and services;
- be treated with dignity and respect;
- have my identity, culture and diversity valued and supported;
- live without abuse and neglect;
- be informed about my care and services in a way I understand;
- access all information about myself, including information about my rights, care and services;
- have control over and make choice about my care and personal and social life, including where the choices involve personal risk;
- have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions; my independence;
- be listened to and understood;
- have a person of my choice, including an aged care advocate, support me or speak on my behalf;
- complain free from reprisal, and to have my complaints dealt with fairly and promptly;
- personal privacy and to have my personal information protected;
- exercise my rights without it adversely affecting the way I am treated.



As an aged care consumer, your provider is legally required to help you to understand your rights under the Charter. A copy of the Charter must be given to you before or when you start receiving aged care. In addition, your provider is required to sign the Charter and to also give you the option of signing it. This is in addition to your aged care agreement. By signing the Charter, you acknowledge you have received it, been assisted to understand it and understand your rights. You don't have to sign the Charter: you can begin or continue to receive care and services even if you do not sign it.

Your provider is required to give you either an original or a copy of the Charter that has been signed. It is a good idea to share this information with your family, friends or others involved in your care.

Source: <https://www.agedcarequality.gov.au/consumers/consumer-rights>

You have a right to receive high quality care and services and to ***always*** be treated with respect and dignity.



# FRIENDSHIP WEEK 2019



















# WE ARE REACHING OUT

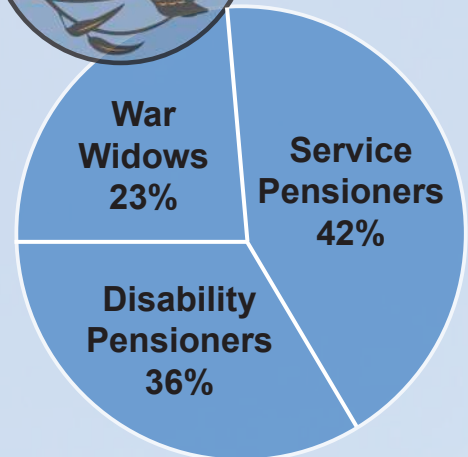
One of the most important services we provide for War Widows is opportunity to connect with one another. This year we have expanded our platforms for reaching out and this has enabled us to be more inclusive of War Widows of different ages as well as their families and the community at large. As War Widows age, their need for social interaction does not diminish, however, the manner in which they interact does. AWWQ acknowledges and accommodates these changing needs.

Some of the commonly known triggers causing social isolation include:

- Losing a loved one or friend
- Lack of close family ties
- Living alone
- Decreased mobility and access to suitable transport
- Frailty and declining health
- Depression or anxiety
- Feelings of being “different” in society
- Lack of purpose or meaning in life

Statistics from Beyond Blue show that approximately 10-15 percent of older people experience depression. Most individuals may experience one or a few of the above triggers. However, the vast majority of War Widows experience all of the them and this means that the incidence of depression is far greater.

In addition, AWWQ recognises that our younger War Widows often miss out on events due to family or work commitments. As such, this year we started an AWWQ Facebook page and online Young War Widows' Chat Group. We also started utilising e-communication platforms that enable us to disseminate information efficiently and effectively to members and the community.



*Percentage of War Widows, Service Pensioners & Disability Pensioners Australia*

**48**

**Enews articles & social media posts to 873 members & stakeholders in the community**

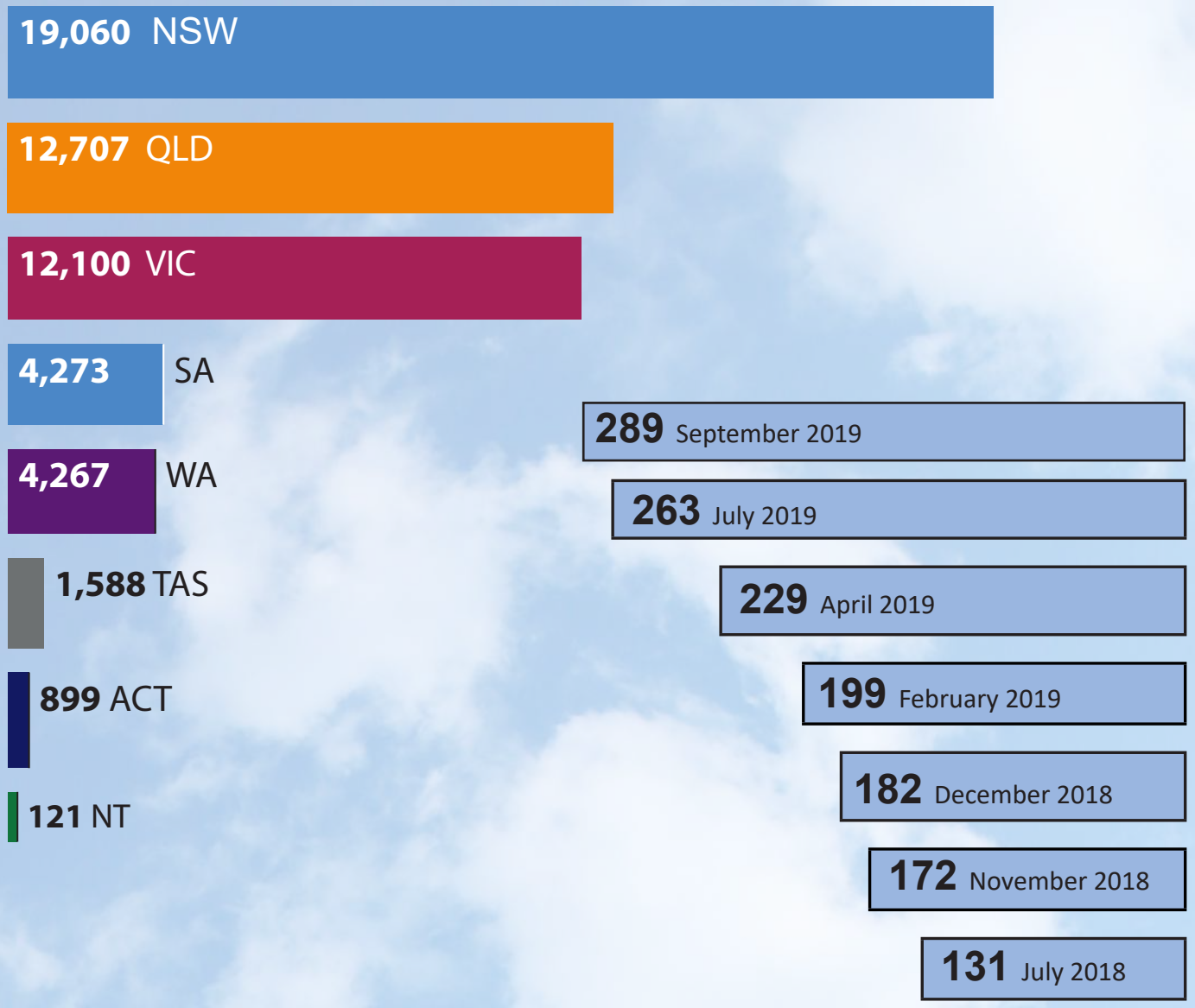
**60**

**Visits were made to AWWQ Regional Groups**

**65**

**Presentations given in the community to raise awareness of AWWQ support services**

Number of War Widows by State



*Growth in Facebook followers  
July 2018 - September 2019 .  
Month-end figures*



# WE ARE SUPPORTING MEANINGFULLY

**AWWQ is the only direct service provider solely dedicated to War Widows in Queensland.**

Supporting War Widows meaningfully, requires a broad and flexible approach to service provision. One size fits all simply doesn't enable effective or sustainable solutions to the myriad of challenges our War Widows face. This year, in response to those changing needs, we implemented a support model that is goal-based, self-directed and contextualised to individual circumstances and desired outcomes. We recognise that helping War Widows doesn't always mean supporting only the War Widow and, as such, our support extends to the family unit.



Responded to

**49**

**members in urgent\* need**

\*situations of high risk where there is immediate risk to life (eg: suicide risk, critical elderly abuse)

Housed

**94**

**War Widows in temporary or permanent accommodation**





# WE ARE MAKING A DIFFERENCE

...and the difference is measurable.

For the first time, we are quantifying the work we do and this enables us to clearly see the impact we are making on the lives of those we serve.

Made

**2,450**

referrals to other  
service providers

Provided

**5,096**

hours of counselling to  
members experiencing  
difficulties

Responded to

**7,200**

calls for information  
or assistance

# MANAGEMENT OF INCONTINENCE

The complete inability to control urination (Urge incontinence) is a massive problem to manage. It causes embarrassment for one in three women and is more prevalent in older women past the menopause years.

**What is Urge Incontinence?** It is a sudden and strong need to urinate very frequently. It can be referred to as an overactive bladder, or detrusor instability. In a properly functioning bladder, the bladder muscle (detrusor) remains relaxed as the bladder gradually fills up. In youth, the bladder responds to what the person thinks, and the brain can control when the bladder needs to be released. The bladder should be able to hold 500 millilitres (mls) of urine, but with overactive muscle release, it contracts at 200mls capacity. This means the bladder is contracting very frequently throughout a 24-hour day.

**Why is this happening to 'me'?** This condition appears to be inherited and is triggered by menopause, operations to the lower back, previous pelvic organ prolapse and hysterectomies:

- Ageing of the bladder muscle can decrease the bladder's capacity to store urine. Also, involuntary bladder contractions become more frequent with aging;
- After menopause women produce less estragon, a hormone which helps keep the lining of the bladder and urethra healthy. Deterioration of these tissues can aggravate incontinence. Estragon therapy may be suggested;
- A woman's bladder and uterus are supported by many of the same muscles and ligaments of the bladder. Any surgery involving a woman's reproductive system, including removal of the uterus, might damage the supporting pelvic floor muscles, which can lead to urge incontinence.

Complications of chronic urinary incontinence:

- Skin infections and sores can develop from constantly wet skin;
- Urinary tract infections due to bacteria thriving in a wet environment;
- Impact on personal life including social, work and personal relationships.

Management of Urge Incontinence

Make an appointment to visit a General Practitioner

and ask to see a specialist who can organise an Urodynamic Bladder test to ensure the diagnoses of Urge Incontinence and not another form of incontinence or to exclude other complications. Once the diagnoses is ascertained, the following measures might be put in place:

- A course of medication named Mirabegron, which comes in 2 to 50 milligram (mg) tablets, is a safe medication and recommended for older people. It specifically relaxes the bladder muscle and can increase the amount of urine the bladder can hold. This medication is a small brown tablet, which really does work plus other measures need to be considered:
- Visiting a physiotherapist who specialises in training pelvic muscles;
- Maintaining a healthy weight by not eating foods with processed sugar;
- Avoiding bladder irritants, such as caffeine, alcohol and acidic foods.

## Occupational Therapists approved by DVA

Occupational Therapists can discuss and advise you as to what products are suitable for your special incontinent needs. They can order products for you and have these delivered. This service is invaluable, particularly if you have an illness or disability, which has left you with minimal energy. There is a huge range of products available including:

- Female urinal bottle which is made of a semi-clear material with a measure on the side. This allows the reading of the amount of urine, which can be held by the bladder and measures the improvement following taking Mirabegron medication;
  - Travel urinal uribag - female discreet, which can be a blessing when on a trip or staying with family or friends;
  - Incontinent pads  
"Poise" Pads Extra Plus;  
"Tena" Duo Protection Layer;  
"Conni" Incontinent briefs;  
"Conni" Chair Pad large, which have been made for wheelchair use and;
  - A non-slip waterproof mat for beside the bed.
- The above products are invaluable if a recent illness or disability has caused the increase in urgency and frequency or urine flow.

**Experience with embarrassment, searching for the correct products and management of failed bladder control – Personal story:**

The author of the article is a War Widow and has needed to manage Urge Incontinence since 2007 following a total hysterectomy due to stage 2 cancer. At first, it was embarrassing; some measures were taken to deal with medium incontinence problems with no hope of preventing urination if the bladder was full. This continued over the years until it became a major problem following treatment for Stage 3 Lymphomas (cancer in the lymphatic system, which eventually crossed from the lymphatic system into the skin). Constant Chemotherapy is given via drips, and sometimes during five to six-days hospitalisation, accompanied by a massive flushing out of the kidneys to prevent kidney damage or failure. As can be imagined, urge incontinence kicked in with a vengeance.

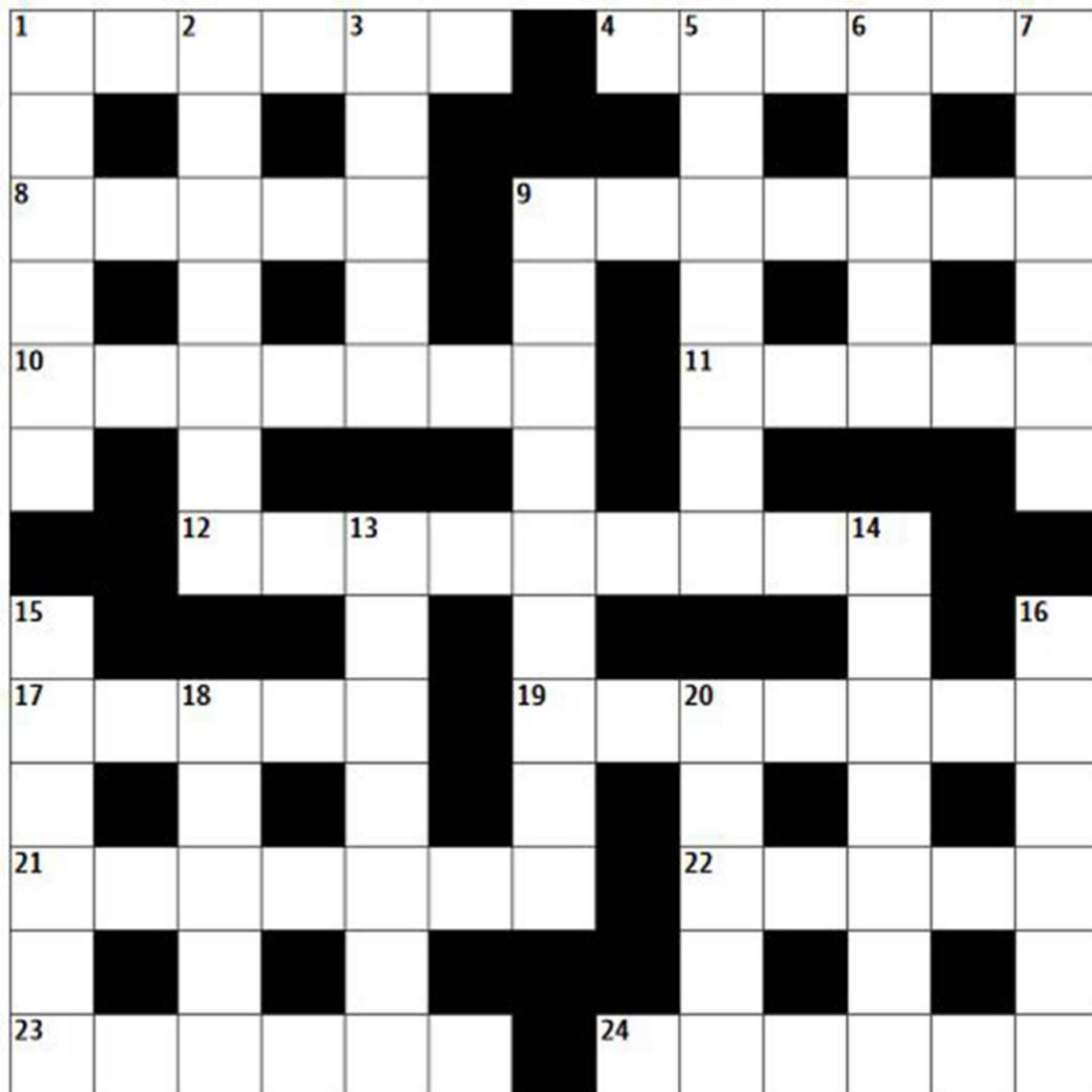
A visit from a DVA approved Occupational Therapist resulted in trials of different brands of incontinent pads plus the provision of a chair pad to protect the sheet and mattress (a third placed to hang over the side of the bed) and a non-slip waterproof mat. Incontinent briefs are invaluable when travelling. The female urinal bottle had been purchased 18 months

previously and proved to be a fantastic addition to pads. The use of the urinal bottle following a night's sleep saved dignity and money, as there was no way of holding on until the bathroom was reached. The bladder automatically contracted as soon as a standing position was obtained and there was absolutely nothing, which could be done, to prevent this happening. All the muscle retraining was for naught and incontinence pads could not hold the urgent flow of urine.

Presently, at bedtime, the urinal bottle is positioned up-right in a waste paper basket set next to the bed. This might be used throughout the night, emptied and rinsed or used only once after waking, this depends on fluid intake. Throughout the day, "Poise" pads are used and if going out a "Tena Duo" pad is cut in half and one half is placed over the "Poise" pad towards the front of this pad for added protection. This works, and both types of protection are taken as spares, if out for the day. Taking a Mirabegron tablet (50mg) has improved the amount of urine, which can be held in the bladder. This has greatly increased the management of the condition. If this article helps one War Widow, it has reached its goal.

- Dealune Pollard, Marina Court, New Farm





**Across**

- 1. Receive voluntarily (6)
- 4. Provide (6)
- 8. Snares (5)
- 9. Long narrow flag (7)
- 10. Tycoon (7)
- 11. Wide open (5)
- 12. Intrepid (9)
- 17. Picture puzzle (5)
- 19. Undertaken (7)
- 21. Large Spanish sailing ship (7)
- 22. Fix computer program problems (5)
- 23. Pamphlets (6)
- 24. Vipers (6)

**Down**

- 1. Season of mists and mellow fruitfulness (6)
- 2. Modified (7)
- 3. Tagliatelle, for example (5)
- 5. Short piece of music played on brass instruments (for the Common Man?) (7)
- 6. 44th US President (5)
- 7. Responsibilities (6)
- 9. Welsh seaside resort- past entry (anag) (9)
- 13. Punnets (anag)- still available (7)
- 14. Capable of being solved (in water?) (7)
- 15. Orville or Wilbur? (6)
- 16. Maxims (6)
- 18. Wood used by model makers (5)
- 20. Given up (5)

# NEWS & REMINDERS

## ANNUAL REPORT

The AWWQ Annual Report has been finalised and presented at the AGM. If you would like a copy please contact head office on 07 3846 7706.

## HAPPY BIRTHDAY

Ipswich Sub Branch celebrated their 45th birthday of operation on Thursday 5 September.

## AWWQ CHRISTMAS OFFICE HOURS

Over the Christmas/New Year break, AWWQ Head Office will be closed commencing Friday 20 December, and re-opening on Monday 30 December.

## QLD DRIVER'S LICENCE

If you are considering giving up driving, please remember to give your licence to the Department of Transport and they will provide you with a Proof-of-Age Card for free. This will ensure you have identification.

## FRIENDSHIP DAY 2020

Maroochydore Sub Branch will be hosting next year's Friendship Day on Thursday 20 August 2020 at the Maroochy RSL Event Centre.

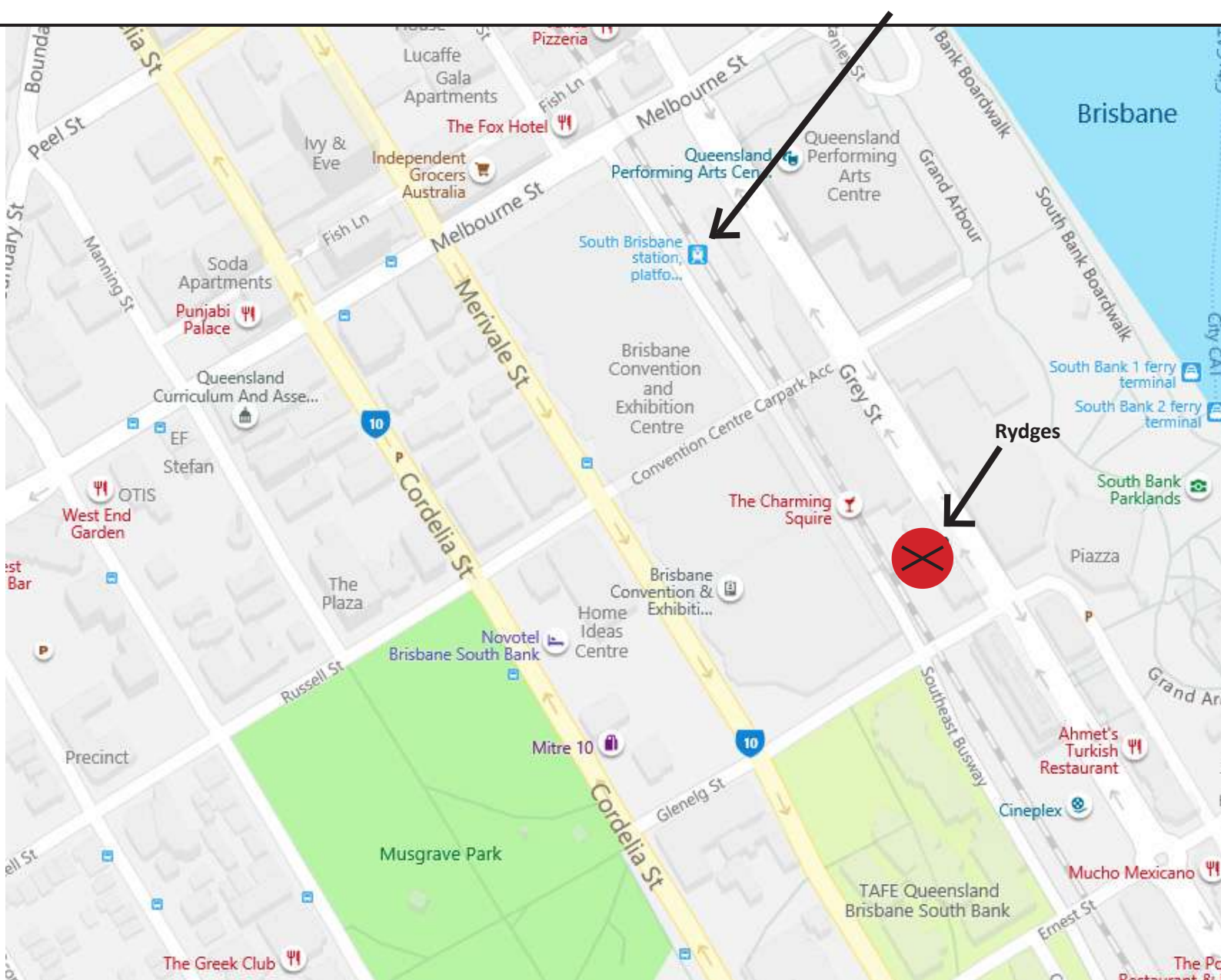
## JESSIE VASEY DAY

As advertised in the Winter Bulletin, Jessie Vasey Day will be held in Brisbane and Bundaberg on Thursday 17 October 2019. Remember to book if you haven't already. Please see map below for directions to the venue. Bookings close on 30th September.

## CHRISTMAS LUNCHEON

The annual AWWQ Christmas Luncheon is being held on Monday 25th November from 11.30am to 2.30pm at the Rydges Hotel, 9 Glenelg Street, South Brisbane, Rooftop Level 12 Price: \$50 per person, includes 2 course luncheon. Please see map below for directions to the venue and South Brisbane Train Station.

South Brisbane Train Station



# THAT'S ARMY LIFE



My Eighteenth Birthday in 1942 seemed a long time coming, but finally it was June and I could join up. At sixteen I had joined a small group of Naval Cadets in Manly in Queensland. I lived in Lota, the next suburb. Under our instructor, Mrs. Pully, wife of the local cabbie, we learned morse code and semaphore and how to work together in a disciplined group.

I was accepted into the A.W.A.S. on the seventh day of September 1942. I did a few weeks rookie training at Indooroopilly where I was made Drummer Girl, which was great, because when we went out on route marches I didn't have to throw myself down beside the road during air-raid training, HAR! Missed those cow pats.

Next we went on to the camp at Chermside, by then I was part of L. of C. signals. One morning we were called out on parade. Volunteers were called on to go to Townsville and it was a good feeling to step forward. I didn't have to go to a school down south as wireless operators were urgently needed up north.

Boy did we have a shock coming to us! Firstly, there was a Troop Train which everyone has heard tales about: the slow train trips and how we had to find a way to sleep on the long journey. But we were younger, eager, and enthusiastic- happy to be on our way to do our bit for the War effort. I guess there were many like me, I had never been away from home before and I missed my parents and four young brothers. It helped to have the company of the other

services men and women that crowded the train. There was a lot to talk about. From Townsville, troops would be sent wherever they were needed. There were mixed feelings all around about facing the unknown, but we got together in our separate carriages and played cards to pass the time and some of the men climbed into the luggage racks to sleep.

On finally reaching Townsville, we boarded

the army trucks and were taken to our camp at Stuart not far from the Jail. When we disembarked we found a house on stilts, (I was used to that), but we soon found that our new home was not the house but the back yard where we were to sleep in tents!

In no time at all, we were lined up, given hessian bags and told to fill them from a pile of straw, there were our palliasses which we put on bed boards. It took a bit of getting used to sleeping on that lot, but one thing we never got used to was the ground fleas. There was only one shower in that first camp, and that consisted of corrugated iron nailed around four of the house stumps, no shower hose- OH NO! Instead we had a kerosene tin with holes in the bottom suspended on a rope, tied to a nail in the post. Water was always in short supply, we would soap up fill the tin and quickly jump under, I couldn't imagine we were ever squeaky clean.

We soon settled into camp life, our Army cook used to sprout seeds for some of our meals. There were tables under the house and the seeds were spread between wet potato sacks. What I enjoyed most in those early days were our special treats of Madeira cake spread with butter yummy.

One of the things I had in my gear was a beautiful Kimono, black Swami Satin on the outside, and on the inside, a lovely shade of green with lots of colourful roses embossed right down the front and back. My aunty Ruby had brought it back from overseas. My

family could never have afforded such a garment, we had come through hard times and Dad had been on relief work. Mum had insisted that I have something nice amongst my gear, "to put on after my showers," wshe used to say. It never felt right stuffing that Kimono into a Kitbag.

One afternoon, after I had finished day shift, I decided to wash my gown as I knew it would dry overnight in the heat. The wire clothes line stretched across the yard and had the forked poles to raise it up. Before I closed my eyes that night I couldn't help feeling a little happy to see there was a hot breeze blowing and my Kimono waving around. The next morning there was rude shock waiting, all that was left of my pride and joy were a few tatters hanging from the pegs: the goats of the area had had a great time munching all those roses. The army reimbursed me for what they thought it was worth, but that kimono was, and never could be, replaced.

One day I know I should never have gotten out of bed. I was on day shift at our Roseneath Signal Station, the station was built on a rise and the whole area was enclosed by an electric fence. It was time for my lunch break, so I walked down to the mess hut, I had bully beef again that day, I don't know why but I liked the stuff and enjoyed my meal. I was washing my enamel plate and mug in the dish outside the hut when big Mick said "Hey who threw that plate outside the fence?" The fence had been out of order for a few days so I said "It's O.K. I'll get it." I took my hands out of the water and grabbed the wire, and WOW! It grabbed me right back. I could hear the terrible noise, like a banshee gone mad, but it was me screaming. Little Nell tried to pull me away but couldn't let me go, then big Mick threw a blanket over us and pulled us both off. Lieutentent Wilkenson had been on his way to warn us about the fence being on when he had been handed an urgent message, my bad luck. I went to bed for a few days, my muscles were sore as they seemed to bunch up at the time. I was soon back at work- I loved my job as a wireless operator and even managed the sounder, that clackety clack they used in the post offices and railways yonks ago.

There were lots of happy times, I especially liked the night shift as the stars were so bright up there in the North: I loved to see the morning star come up. Most of our leave was spent at Arcadia on Magnetic Island. We were told that the early Aborigines would never leave the island and go to the Mainland as they were afraid of the sleeping giant, and when you looked back at the mountains behind Townsville you could see what they meant.

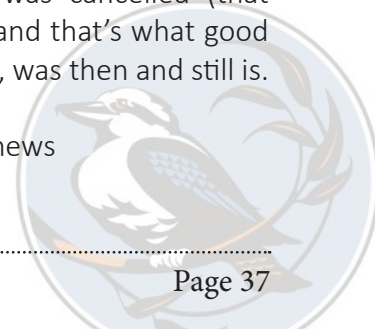
Arcadia was absolutely beautiful and a great swimming area, the water was so clear you could see any small sea creatures on the sandy bottom. I wasn't a bad swimmer as I learned the hard way. At home I was always jumping into the creek to go after my brothers, they could be real little horrors, they would stand on the small side platforms of the railway bridge and wait for the old steam train to get near, then jump into the creek, they could cop a blast from the Drivers. I entered the inter services swim race at Arcadia and came in second, so that early training paid off. We had so much fun over there on the island, it was a really good for rest and recreation.

We were in billets in Denham Street for a time, and everyone was excited about the New Year's dance. I was looking forward to going as there was a great American band going to be playing, but before the night arrived I developed a temperature and ended up in sick bay with the dreaded Dengue Fever, The M.O. wasn't letting me go anywhere, so quite a few tears were shed, but 'them's the breaks!'

Later we went into Billets out near the signal station, they were dormitory - style huts. One Christmas Eve, the night was stinking hot and there was a group of us who didn't have leave passes. We were allowed only one dish of water a day each, and we were hot and sweaty. Someone suggested we visit the Major's garden - a place the Mayor was so proud of. We didn't want his vegies, the treasure we were after was the water. We waited until well after dark when all was quiet and then climbed through the barbed wire fence. We had our bathers and towels, and the trough was a bit green and slimy, but we didn't care. One at a time we got in and had a splash, it was so cool we were laughing and shushing at the same time. We even cleaned our teeth at the tap. Suddenly, one of the girls said. "there's a man!" We had no torches, so we bolted. A few of us got a little bloodied from the barbed wire in our rush to get away we must have been a bit tropo or maybe it was just midnight madness, the man had only been a tree.

The next day was payback time, all of our girls were ordered out on parade, the Major was furious! His garden was a NO NO and we had left evidence behind in our haste to get away. We got a good dressing down and all leave was cancelled (that hurt). Nobody snitched on us, and that's what good old Aussie mateship is all about, was then and still is. We were proud to be part of it.

That's army life.- Doreen Matthews



# AGED CARE PLACEMENT CONSULTANT



My name is Leona Bonning. My mother and both of my aunts were also War Widows. I started my own business in aged care placement, a very much needed assistance for families trying to wade through the process of aged care and still feeling overwhelmed.

I'm here to help you navigate the complex maze for entry into residential aged care. This includes support for things like choosing the right Aged Care facility for you, negotiating with the facility on your behalf, reading through all of the documentation, and asking the right questions and comparing facilities and recommending ones that I am familiar with.

I am here to provide peace of mind when it matters most! I have been working with referrals for permanent placement and respite care for older Australians and have helped many families. I am on the list for all hospitals and most social workers/discharge planners know me as I have worked with most of them over the years. My network of referrals come from public and private hospitals, community organisations, family and friends of people that I have already placed, transition and interim care centres, financial advisors and home care providers when they see that the person is having difficulty managing.

Do you need assistance with aged care placement and information on all the options of available suites/rooms in your area? The timely solution of your successful placement into a quality residential aged care centre can be made easier. Placing your loved one in care is often considered to be one of the most stressful times a family has to face. Your journey will be less stressful as I can assist and guide you through the process and the paperwork.

The most important wish-list requirements for wellbeing and happiness of the person and family includes:

- quality care with a good ratio of staffing at critical times;
- proximity to visiting family members;
- affordability and availability;
- your personal preferences for the type of environment you prefer;
- peace of mind for all concerned;
- meaningful activities for participation, including regular free bus trips
- good fresh food prepared onsite

I work for you and with you to give unbiased options as I do not receive any incentives from care centres, therefore I charge a modest fee for my services.

There is always a solution and I am here to help. It is your choice and there is no need to be overwhelmed

Please call AWWQ Head Office for a referral

## HOME HACKS

1. Stack your clothes in the draw vertically to see them all when you open it;
2. Rub a walnut on damaged wooden furniture to cover up dings;
3. Cut open toilet paper rolls and use as a cuff to keep your wrapping paper from unrolling;
4. Use a stocking over the end of a vacuum to find tiny items like earrings;
5. Keep a square of cardboard in a zip lock bag with you to protect small, important documents like cheques from rain and keep them from creasing;
6. Do something unusual when locking the door before a long trip etc. to remember that you've definitely locked it;
7. Don't burn yourself on those hard to reach candles, light a stick of spaghetti and light the wick with that;
8. When ironing a button-up shirt, flip it inside-out to easily iron over the button side;
9. Put old newspaper at the bottom of your bin to absorb food juices;
10. Use nail polish on keys to help you identify them.







# AUSTRALIAN WAR WIDOWS QUEENSLAND

# CHRISTMAS LUNCHEON

Price: \$50 per person, includes 2 course luncheon (cash bar available)

Date: Monday 25 November 2019

Time & Location: 11:30am - 2:30pm, Rydges Southbank Hotel, 9 Glenelg Street,  
South Brisbane, Rooftop Level 12

Full Name: .....

Membership Number: .....

Dietary Requirements: .....

Payment Method (Please tick) :

- I enclose a cheque or money order with this form
- Over the phone to AWWQ Head Office with a credit card on 3846 7706 or 1800 061 945
- Through direct deposit to: Australian War Widows Queensland  
BSB: 064 000  
Account: 1496 9480  
Reference: Your membership number

**RSVP by Monday 11 November 2019**



# SERVICE & WAR WIDOWS' MOTTO

The War Widows motto includes the words '...it is in serving each other and in sacrificing for our common good...'

The scope to serve is vast; from individual to family, from family to state, from state to country, and from country to international - opportunity to serve is available for every person to express their inherent unselfish nature. Service to others includes need-based, active, and proactive aspects. When we buy petrol from the station, the worker is giving us a **needs-based service**. To volunteer at a club, serving coffee or tea is an example of **active service**, and to commit and work at helping others to maintain dignity is a **proactive** service. The last kind of service can make the most profound difference to the lives of others.

The first way we can provide proactive service to others is through the simple act of kindness. But this can be more difficult than we think because, with real kindness, there must be sacrifice. This sacrifice is not about time or money or such things, rather is about the sacrifice of our perceptions that drive us to think or feel one way or another about a person or situation. Thoughts like, 'I don't like Mary because she is mean,' or 'I am unhappy because I was hoping for this outcome, but I got another outcome,' lands us in a place where our service is limited to people

and situations that align to our perceptions.

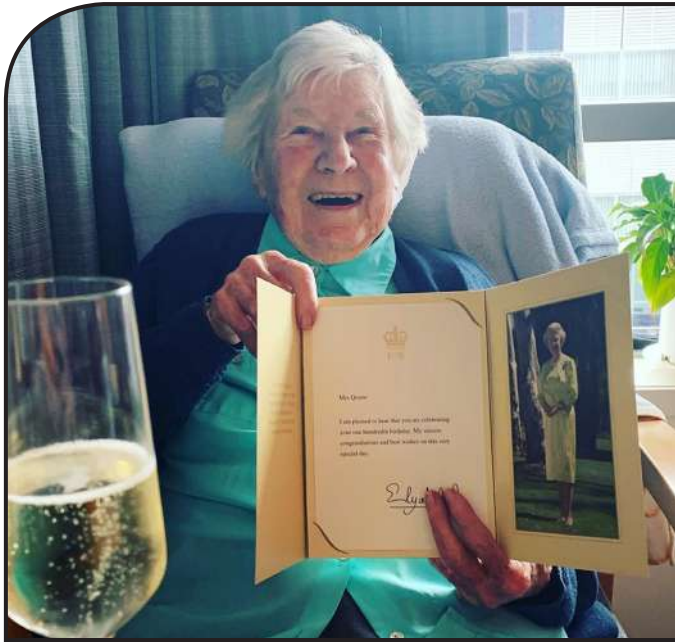
Each of us has evolved to become the sum total of our past experiences. What we like, don't like, want and don't want, think and feel. These experiences are stored in our minds and create our tendencies. We react in a particular way to a particular person or situation depending on the tendencies we have formed. And finally, these tendencies determine our actions toward others. No two people are alike in their perceptions, because their experiences have been different. When something unfolds, we judge it: "I like it"; "I don't like it"; "I wish something else was happening." We have already made up our minds how we want things to be and we may struggle with the person or situation in front of us, unable to sacrifice our perceptions and truly serve.

Service and sacrifice go hand-in-hand. To truly serve, we must first identify and recognise our own self-created preferences and respect every situation and person in front of us, regardless of how our perceptions tell us to we feel about it. Life gives us many unexpected gifts, and sometimes those gifts come in a form that we initially perceive as 'bad,' or 'negative'. But if we can get to a place where we can see everything without allowing it to be filtered only through our perceptions, this is how we may be able to provide proactive service to others.

COMPLETE THE FORM ON  
THE REVERSE SIDE, TEAR OUT,  
& RETURN TO :

AUSTRALIAN WAR WIDOWS QUEENSLAND  
PO BOX 13604 GEORGE STREET POST SHOP  
BRISBANE, QLD, 4003

# SAYING 'GRACE'

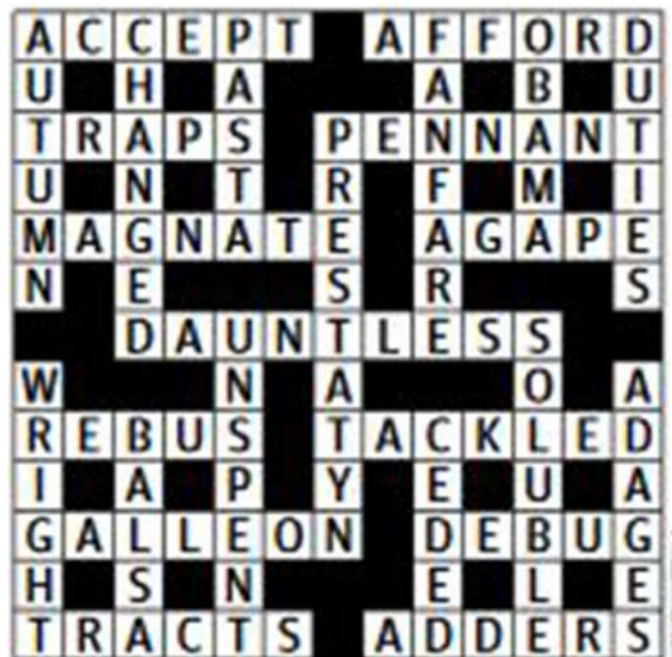


Grace Quane (nee Dwyer) celebrated her 100th birthday surrounded by family, and friends at Duhig Village Holland Park.

Born 12th of June 1919, one of seven children, she grew up in the town of Chinchilla, in Queensland's Western Downs region, about 300km north-west of Brisbane. She met her husband, Jack, who was teaching there before the Second World War. Jack joined the RAAF and was sent to Canada to train as a Navigator. He later flew in Lancaster's for Canadian Squadron 408 (Goose Squadron) in Europe and was awarded the DFC. He later flew in the Pacific.

Grace left Chinchilla to enlist in the Women's Auxiliary Australian Air Force during the war. She served in Brisbane and Toowoomba. After the war, she continued to meet with the women with whom she served. After the war, Jack and Grace were married in Sydney, before settling in Yeronga in the late '40's. Charity work was a big part of Grace's life. She did a lot of volunteer work, working and sewing for the needy. She was also a presence at her children's school tuckshops.

Grace received well-wishes from the Queen, Governor General, Queensland Governor, the Prime Minister, Premier and other federal, state and local government officials. The surprise was a Papal Blessing organised by her local parish priest. The family organised a large birthday party attended by 75 people, with family coming from Perth, Townsville, Rockhampton, Melbourne and Sydney, and a strong contingent from the hometown of Chinchilla.



Answers: crossword puzzle

# LIFE OF ADVENTURE & ACHIEVEMENT



Di McEwan grew up in Victoria, studied at Mac Robertson Girls High School for the academically gifted in Melbourne and then went on to attain a teaching qualification, a Bachelor of Business followed by two Graduate Diplomas – one for Public Service Executive Management – and a Master's Degree in Business, preparing her for a very interesting career.

Di has lived and worked in many parts of Australia. Starting out in Melbourne she taught at a secondary

school for young ladies then moved to Western Australia to teach at the Teachers College in Perth. It was during this time that she met husband Ross, who served in the army.

Di and Ross had two sons and after they had grown, Di took up a position in Alice Springs, where she was given the challenging task of amalgamating the three teaching units of secondary school, TAFE and University College. This was no small feat and Di was grateful for the support of her husband Ross at this time.

She then went on to teach at the Charles Darwin University and was appointed to the position of Chair of the NT Business Women's Consultative Council. During this time Di was given the opportunity to represent Australia, in Malaysia at the World Conference for Business Women, where she was introduced to the King and Queen of Malaysia. In 1995 she won the NT Council for Education Administration Achievement Award. In 1997 she was the NT/Telstra Businesswoman of the Year (public sector).

Opportunities then took Di to South Australia where she became State Manager for Department of Employment and Workplace Relations and then onto Canberra to work for the then Minister for Employment and Workplace Relations, Kevin Andrews.

On retiring, Di and her husband, Ross, moved to Maryborough. Unfortunately, ill health meant Ross needed nursing care and they had to move to Bundaberg until the floods forced them to evacuate.

After a life of adventure and achievement Di is now settled on the Sunshine Coast and a member of AWWQ Maroochydore Sub Branch.

- Di McEwan

# CANADIAN NANAIMO BARS

## INGREDIENTS

- 2 cups of Arnotts Granita **or** Arnotts Shredded Wheatmeal **or** plain Digestives
- 6 oz. semi-sweet chocolate, divided
- 3/4 cup plus 1 tbsp. butter, softened and divided
- 1 egg
- 1 tsp. vanilla
- 1 cup flaked coconut
- 1/2 cup chopped walnuts or almonds
- 3 tbsp. milk
- 2 cups icing sugar
- 2 tbsp. custard powder



## METHOD

Named after the town of Nanaimo in British Columbia Canada, this 'no-bake' sweet treat is enjoyed throughout Canada. It has three layers and best of all—**no baking required!** Be prepared to loosen your belts a few notches!

- Line a 20cm x 30 cm lamington tin with baking paper, allowing a 5 cm overhang.
- For the bottom layer, place the butter in a heatproof bowl over a saucepan of gently simmering water – don't allow the water to touch the base of the bowl. Allow the butter to melt, add the sugar and cocoa powder and stir until well combined. Remove from the heat. Place the eggs in a heatproof bowl over the saucepan and gently warm for 60 seconds. Add the eggs to the butter mixture and mix well. Add the cookie crumbs, shredded coconut and walnuts / almonds and stir until the ingredients are evenly distributed throughout the mix. Spoon into the prepared tin and level the top. Refrigerate for 30 minutes.
- For the middle layer, using a stand mixer, cream the butter until light and fluffy. Add the cream and custard powder and mix until evenly combined. Turn the mixer off and remove the bowl. Add the icing sugar and stir until smooth. Remove the base from the fridge and spoon the butter mixture over the base and smooth the top. Refrigerate for 30 minutes.
- For the top layer, melt the chocolate and butter in a heatproof bowl over a saucepan of gently simmering water. Remove the tin from the fridge and pour the chocolate over the middle layer. Working quickly, spread to cover the surface evenly. Refrigerate for a final 30 minutes before slicing into squares to enjoy this wonderful treat.



# STATE PRESIDENT'S SPEECH

Distinguished guests, Vietnam Veterans and War Widows present here today, ladies and gentlemen. What a great honour and privilege it is to be asked to speak to you all today as we remember those who served in the Vietnam War. As we sit here today, there are, according to statistics from the Department of Veteran Affairs, over 29,000 Vietnam Veteran Service Pensioners and over 33,000 Vietnam Veteran Disability Pensioners in Australia – with the majority living in Queensland. Australia's involvement in the Vietnam War began in August 1962 with a small commitment of 30 military instructors. As the conflict escalated, so too did the pressure for an increased Australian commitment. This commitment grew to involve the Australian Army, Navy and Air Force as well as civilian support such as medical/surgical aid teams, war correspondents and officially sponsored entertainers. By the time of the final withdrawal of the Australian Embassy Guard in July 1973, approximately 60,000 Australian men and over 500 Australian women had served in the Vietnam War. Of these, more than 500 were killed or listed as missing presumed dead and 3,131 were wounded.

The Vietnam War had become Australia's longest war only recently surpassed by our long term commitment of combat forces to the War in Afghanistan. The Vietnam War remains Australia's largest contribution of combat forces to a foreign conflict since World War II and was also the most controversial in Australian Society since the conscription controversy during World War I. Although the Vietnam War initially enjoyed broad support due to concerns about the spread of communism in South East Asia, a vocal anti-war movement developed in response to Australia's program of conscription. Initially there was considerable support for Australians involved in Vietnam, however, as opposition to the war increased, service in Vietnam came to be seen by sections of the Australian community in less than sympathetic terms and opposition to it generated negative views of these veterans. In the years following the war, some Vietnam Veterans experienced social exclusion and problems re-adjusting to society.

As well as the negative sentiments towards returned soldiers from some sections of the anti-war movement, some WWII veterans held negative views of the Vietnam War veterans. As a result, many Australian Vietnam veterans were excluded from joining the RSL during the 60s and 70s on the grounds that they did not fight a "real war". Many Vietnam Veterans were excluded from marching in Anzac Day parades during the 70s because some soldiers of earlier wars saw the Vietnam Veterans as unworthy heirs to the Anzac title and tradition, a view that hurt many Vietnam Veterans and resulted in continued resentment towards the RSL. Australian Vietnam Veterans were not publicly welcomed home until 1987, 24 years after the final withdrawal of our troops, when they were honoured at a "Welcome Home" parade in Sydney on 3 October that year. It was also not until then that a campaign for the construction of a Vietnam Veteran Memorial began. This memorial, known as the Vietnam Forces National Memorial, was established on Anzac Parade in Canberra and was dedicated on 3 October 1992.

Today, I am not able to talk about what it was like to participate in the Vietnam War but I can tell you a little about what it was like to be a wife of someone who served in that war and also a little about how this war affected those who served and their families. There is one big glaring gap in the rhetoric that is spoken about the Vietnam War and that is the collateral damage that encompasses the story of the Vietnam Veteran War Widows. As the Department of Defence puts it:

*"Australians join the Defence Service for a variety of reasons, but collectively they accept the forfeiture of certain freedoms enjoyed, and taken for granted, by all others in Australian society. Almost every aspect of uniformed life comes with a risk or cost to the member and/or their families."*

I would like to say a few words about the unsung heroes of the Vietnam War: the next of kin of those who served and lost their lives either in the war, or as a result of having served in that war – the Vietnam Veteran

War Widows. It is important to remember that our husbands/partners were willing to forgo their lives to ensure that fellow Australians had a future and WE, their wives/partners, were willing to allow them to do that.

We War Widows, and the families of those men (and women), who lost their lives as a result of their service in Vietnam had our lives changed forever by the impact of this war. I can speak from experience about the Vietnam Veteran War Widows who, during this war, became both mother and father to our children, kept the home-fires burning; then waited. For some, our loved ones never came home. For others of us, our loved ones were forever changed. In the main, our profiles were similar, early twenties with one or two children. Many of us never married again. All of us had become and remain hidden casualties of war. For many of us whose husbands/partners returned from Vietnam, we became unpaid full-time carers, counsellors and, in some cases, victims of domestic abuse caused by PTSD and other mental injuries our partners endured. Many of us also cared for our partners' long-term injuries and illnesses caused by physical wounds or the slow poisoning- effects of Agent Orange. When our partners eventually passed away from these injuries, many of us found ourselves in a bleak situation: we had given up our own career dreams, social and education opportunities and therefore, had little to fall back on for our own support. No matter which war, there are always the same consequences including another generation of War Widows with the same courage, loyalty, determination and challenges and with similar profiles of those before us.

I ask that we give respect and gratitude to not only our brave men and women who served in Vietnam but also to all women (and men) who waited for loved ones absent on service during this war and who supported and cared for, those who returned to them scarred by their service and the lack of recognition by the Australian community on their return. We must always ensure that future war widows, veterans and their dependents will always be recognised, supported and cared for. Australian War Widows Queensland has a commitment to do this.

Today as we commemorate the service of all those who served in the Vietnam War and the Battle of Long Tan let us pause and reflect on the bravery, teamwork and endurance that was displayed throughout that battle and the wider war. Let me at this point use the words of the Minister for Veterans' Affairs, the Hon. Darren Chester in his media release. "Today, 18 August, we commemorate Vietnam Veterans Day and the 53rd anniversary of the Battle of Long Tan, where we remember the sacrifices of those who died and say thank you to all those who served. Almost 60,000 Australians served during the Vietnam War, and tragically 521 of them died with a further 3,000 wounded. The Battle of Long Tan took place in a rubber plantation not far from the small village of Long Tan and is widely known as one of the fiercest battles fought by Australian soldiers who faced wet and muddy conditions due to torrential rain. We remember today the actions of more than 100 Australian and New Zealand soldiers who were vastly outnumbered, facing a force of 2,000 North Vietnamese and Viet Cong troops. Tragically, some 18 Australians died and more than 20 were wounded. This was the largest number of casualties in one operation since the Australian task force had arrived a few months earlier. This Battle formed a significant part of Australia's involvement in the Vietnam War – a decade long campaign. The legacy of Australia's Vietnam veterans is still felt by those in the ex-service community and their families today." As a Vietnam Veteran Widow, may I close with a verse from a poem by Brigadier Mansford AM Rtd.

**"Often a still and silent house with that special vacant chair  
Gone the bathroom singing, mid scattered wet towels here and there  
A cold, lonely bed where restless sleep will always be  
Such a hidden and terrible price they paid for you and me."**



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[www.warwidowsqld.org.au](http://www.warwidowsqld.org.au)

We support them  
**because they supported us.**

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