

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

MERRY CHRISTMAS!

In this issue:

- Detecting Scams
- Your liver
- Beautiful Bonsai
- Remembering Betty Luke
- Calcutta - Bombay
- Jessie Vasey Day Photos

SUMMER EDITION 2019

AWWQ CONTACTS

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HlthServMgt

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Ms Jenny Walker

WAR WIDOW DIRECTORS

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Mrs Maureen Rush
Mrs Judy Smith
Mrs Roslyn Wilkes

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Natasha Oickle, Chief Executive Officer
Rachel Johnson, Administration Manager
Susan Hilditch, Lifestyle Support Coordinator
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GRATITUDE TO OUR PATRON

His Excellency the Honourable Paul de Jersey AC
Governor of Queensland



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The material in the AWWQ Bulletin has been checked and to the best of our knowledge is correct. However, errors may occur which are beyond our control. If this should happen, we apologise most sincerely.

PHONE NUMBERS

Australian War Widows Queensland Head Office	07 3846 7706
Australian War Widows Queensland Head Office (Free Call)	1800 061 945
Beyond Blue	1300 224 636
Centrelink (MyGov)	1300 169 468
Crime Stoppers	1800 333 000
Do Not Call Register	1300 785 958
DVA General Enquiries	133 254
DVA Transport	1800 550 455
Lifeline	13 11 14
Meals on Wheels	1300 909 790
My Aged Care	1800 200 422
Open Arms	1800 011 046
Police (Emergency) / Fire / Ambulance	000
Policelink (Non urgent matters)	131 444
Seniors Enquiry Line	1300 135 500
SES (Flood & Storm Emergency)	132 500
Veterans Home Care	1300 550 450

WELCOME NEW MEMBERS!

Margaret Barker, Burdell
 Lyn Barron, Burpengary
 Jenny Boyes, Caboolture
 Glenda Butler, North Bundaberg
 Maureen Chidgey, Palm Beach
 June Doroschenko, New Farm
 Susan Errington, Burdell
 Mairilyn Fielding, Sunnybank Hills
 Daphne Frost, Boronia Heights
 Rita Harker, Bundall
 Gloria Hennessy, Hyde Park
 Rita Hoult, Nudgee

Colleen King, Forrest Beach
 Ann Kinch, Mermaid Waters
 Laraine Phillips, New Farm
 Giosie Rivellini, Ingham
 Betty Root, Woorim
 Dawn Rush, Bellbowrie
 Joyce Sambo, Nudgee
 Jennifer Seymour, Condon
 Fay Stafford, Morayfield
 Thelma Tiley, Southport
 Linda Tomlinson, Ningi



STATE PRESIDENT'S REPORT



Season's Greetings to all my fellow members and readers of our Bulletin.

I am honoured to be able to tell you that recently eight volunteers from AWWQ attended a morning tea at Government House in honour of International Volunteer Day. It is wonderful that our volunteers can be recognised in this way. I also acknowledge that we have many more than eight volunteers in our organisation but this was the number of places we were allocated.

As President, I am always heartened by the great contribution of all our volunteers who spend vast amounts of their time assisting to improve the quality of life of our members. All of our members who attend our group meetings provide companionship to each other, some of you visit sick members in hospital or do errands when a member is ill or provide transport to meetings or other events. And of course, then there are the group leaders and committee members who give many hours of their time to their sub branches and social groups. For this you have my heartfelt thanks.

I am constantly reminded as I

go to various events as your representative that I, and indeed all of us, need to appreciate that we belong to a unique organisation, where the members of today are benefiting from the members of the past and also paying it forward to the members of the future.

Our CEO Natasha and I attended the War Widows Guild of Australia National Council meeting in October in Canberra. They will be changing their name to Australian War Widows which means we will be completely aligned with National. It was great to meet up with the other State Presidents again and I also got to have dinner with two of my grandsons and their girlfriends. It was so lovely to see them.

We had some sad news in October. Kim Morgan-Short's husband Stew passed away after a lengthy battle with cancer. We offer our sincere condolences to Kim and thank her for her time on the Board. On Remembrance Day, many of us laid wreaths in honour of the partners/husbands of all our War Widows.

On that sad note, I report that Kim resigned from the Board in the latter days of Stew's illness and this left two War Widow Board member positions vacant. I would like to welcome two new interim members to the Board, Maureen Rush from the Gympie group and Lyn Wilkes from Lotus group. We will keep these ladies busy as the Board has many tasks and one of them will be working on and revising our strategic plan for the coming year and beyond.

We remain focussed on ensuring that we secure AWWQ funds so that we can continue our activities well into the future. However, the ultimate measure of our success isn't how much money

we have or how much revenue we generate – it's how well we serve our members because you are the people we work for.

Talking of serving our members, our Jessie Vasey events in Brisbane and in Bundaberg were a huge success. Thank you to all those who attended.

I have two more AWWQ activities that I would like to share with you. As you should all be aware a survey to ascertain the needs of our members has been sent out to you all. I urge you to respond to this survey as your answers will assist us in knowing more about what services you require.

I would also like to tell you that although we had minimal interest from our members in participating in the DVA 10,000 steps challenge we have entered three AWWQ teams. The names of these teams are the Maroochydore War Widow Challengers, the Currumbin Cougars and the Stepsisters. (I am participating with the Stepsisters) I wish these teams good luck and hope you have lots of fun – and end up very fit in the process. The challenge is Australia wide and runs from 11 November to 8 December 2019. I will keep you posted with the results.

As Christmas is a special time, I would like to conclude with a quote from member Carole Waller in her article in the "To Have and to Hold" booklet produced for Friendship Day 2019.

"We never know when we do something lovely, just how far into the future that loveliness travels"

Best wishes and happy holidays
-Jenny Gregory

CEO'S REPORT



It is difficult to believe that another year has passed. This has been a very interesting and successful year for AWWQ. I would say challenging too but really, every year has its challenges. We've come through this one strong and full of momentum.

I would like to extend a special thank you to each of the committee members across our Regional Groups who dedicate their time to improve the lives of War Widows in your areas. So many of you deserve credit for AWWQ's success in 2019. Your efforts drive the motivation, member engagement and community spirit in each of the regional areas. Your dedica-

tion to AWWQ and its members is clearly recognized and appreciated by all. We do not take it for granted, thank you.

I do specifically want to recognize the hard work of the State President, Mrs Jenny Gregory. Thank you for attending countless important events throughout the year and supporting staff and member endeavours on a daily basis. Your hard work, much of which takes place outside of regular business hours, is the glue that helps makes AWWQ such a special organisation to work for.

In addition, I would like to thank the Board Directors of AWWQ. The board has supported me every step of the way by embracing new ideas and allowing me the flexibility to think outside-the-box. This has been greatly appreciated.

To all our members, it is fantastic to see such close groups around Queensland. These connections and friendships are particularly important in bringing comfort and support and often provide improvement in the overall quality of life, in particular the mental health and wellbeing of our members. I am sure 2020 will hold many exciting challenges for

the AWWQ team but I have great trust that as in 2019, those challenges will be met with the continued dedication and commitment to provide ongoing support to our members.

And finally, to the staff of AWWQ who manage the administration, finance, compliance, IT and operations that underpin everything we do. It is your dedication that gives us a growing reputation as a provider of high quality services, and I thank you all for your continued commitment and great work throughout the year. It is your work that makes the difference to members' lives on a daily basis. Your positivity, expertise, creativity and initiative allow AWWQ to continually improve on how we meet the needs of our members.

On behalf of the AWWQ staff, I wish everyone a Merry Christmas and a prosperous and happy new year. Have a great and well-deserved break, enjoy the summer holidays and time spent with your loved ones.

Natasha Oickle
Chief Executive Officer



AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convenor: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
BRISBANE WEST	2nd MONDAY 10:15am Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 Coordinator: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com
BUNDABERG	2nd TUESDAY 10:30am Bundaberg RSL 17 Quay St Bundaberg Central QLD 4670 President: Kerry Simpson 07 4155 6900 Secretary: Judy Mitchell 0407 676 344 Treasurer: Grace Muchow 07 4152 7258 E: jbmitchell238@gmail.com
CABOOLTURE	2nd FRIDAY 10:30am Caboolture RSL 1 Hasking St Caboolture QLD 4510 President: Estelle Anson 07 5495 1215 Secretary & Treasurer: Cathy Hartshorn 07 5428 0210 E cathhartshorn@live.com
CAIRNS	1st WEDNESDAY 10:00am Baclaclava Hotel 423 Mulgrave Rd Earlville Cairns QLD 4870 President: Helen Atfield 07 4054 6542 Secretary & Treasurer: Lorraine Watts 07 4054 1174 E: lorw01@bigpond.com
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 President: Roohangiz Doherty 07 5437 8619 E: roohi1@bigpond.com Vice President: Margaret Fraser Secretary: June Hall 07 5491 8168 E: Juleshall@dodo.com.au Treasurer: Christine Gann 07 5491 9664
GOLD COAST NTH	4th TUESDAY 10:30am RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Jan Franz 0404 817 012
GOLD COAST STH	1st MONDAY 10:30am 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
GYMPIE	1st FRIDAY 10:00am Gympie RSL, 217 Mary St Gympie QLD 4570 President: Maureen Rush 07 5483 7410 E: maureenrush@bigpond.com Secretary: Linda Collins 07 5482 2416 Treasurer: Lesley Cullis 07 5482 9777 E: lesley.cullis@icloud.com randla@westnet.com
HERVEY BAY	1st MONDAY 10:00am Hervey Bay RSL 11 Torquay Rd Hervey Bay QLD 4655 President: Marion Redfern 07 4125 6306 Secretary: Christine Starr 0407 575 624 E: finstarr@hotmail.com Treasurer: Patsy Squires 07 4124 2754
INGHAM	3rd THURSDAY 10.30am Ingham RSL 4 Hawkins St Ingham QLD 4850 Coordinator Denise Scott 0419 774 102 or 07 4777 2237 E: denise.f.scott1@bigpond.com
IPSWICH	1st THURSDAY 10.00am Ipswich RSL 63 Nicholas St Ipswich QLD 4305 President: Marea Teakle 0402 493 038 E: west.side41@bigpond.com Secretary: Denise Stokes Treasurer: Noela Stephens 07 3201 6687
LAVENDER LADIES	3rd SATURDAY 12:00pm Various venues on the Coast Contact: Terry Yates 0458 851 243 or Bron Drinkwater 0400 098 310
LOTUS CLUB	1st SATURDAY 12.30pm Various venues Coordinator: Lyn Wilkes 07 3355 2198 E: shodley@gmail.com

MACKAY	2nd TUESDAY 1.30pm RSL War Veterans' Home 18 / 5 Creal St Mackay QLD 4740 President: Ethel Reaston 07 4942 1353 E: ereaston@icloud.com Secretary: Clare Burke 07 4957 3200 E: clare@mtsnq.com Treasurer: Barbara Mau 07 4957 4452
MAROOCHYDORE	4th MONDAY 10.00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 President: Judy Smith 0419 725 292 E: smithj1992@gmail.com Secretary: Elizabeth Burrell Treasurer: Glynis Burns 07 5452 5651 E: boxerhaven@ozemail.com.au
MARYBOROUGH	3rd TUESDAY 10.00am Maryborough RSL 163-175 Lennox St Maryborough QLD 4650 Coordinator: Daphne McLennan 07 4129 4259 E: demac5@bigpond.com
NAMBOUR	2nd MONDAY 10.30am Nambour RSL 14 Matthew Street. Nambour 4650 Coordinator: Dorothy Jacobsen 07 5478 9109
NEW FARM	2nd TUESDAY 9.30am Marina Court Community Room 227 Moray Street, New Farm 4005 Convenor: Jenny Gregory 0409 885 473
REDCLIFFE	1st FRIDAY 10.30am Redcliffe RSL Irene St Redcliffe QLD 4020 President: Ruth Mateer 07 3293 1121 E: ruthmateer@bigpond.com Vice President: Judy Harvey 07 3889 4031 Secretary: Helen Finley 0418 198 940 E: cartmell9@bigpond.com Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotmail.net.au
REDLANDS	Last FRIDAY 10.00am Redlands RSL 8 Passage St Cleveland QLD 4163 President & Secretary: Noelene Costello 07 3824 2429 Treasurer: Faye Cross 07 3207 6609 E: nco16141@bigpond.net.au
ROCKHAMPTON	2nd TUESDAY 10.00am Frenchville Sports Club 105 Clifton St. Nth Rockhampton QLD 4701 President: Jenny Ireland 07 4928 5651 Secretary: Jan McPherson 0407 642 186 E: jamcpherson52@gmail.com Treasurer: Cecilia Miller 07 4922 3144
SHERWOOD	3rd TUESDAY 10.30am Sherwood/Indooroopilly RSL 2 Clewley St. Corinda QLD 4075 Convenor: Ruby McFarlane 07 3719 5347 E: ruby.mcfarlane@bigpond.com
SOUTHEAST	3rd FRIDAY 10.00am Easts Leagues Club 40 Main Ave Coorparoo QLD 4151 Coordinator: Elizabeth Cowell 07 3349 2084 E: epcowell@outlook.com
SOUTHWEST	1st FRIDAY 10.30am Greenbank RSL 54 Anzac Ave. Hillcrest Greenbank QLD 4118 President: Patricia Wood 07 3287 5164 Secretary: Jennifer Ries 07 3388 2689 Treasurer: Grace Banham 07 3800 2903
TEWANTIN & NOOSA	2nd MONDAY 10.30am Tewantin Noosa RSL 1 Memorial Ave. Tewantin QLD 4565 Coordinator: Anne Carter 0439 776 793 Support Coordinator: Lorna Porteus 07 5447 3248
TOOWOOMBA	2nd WEDNESDAY 10.00am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Helen Strange OAM 07 4691 0287 E: strangehelen9@gmail.com Vice President: Robyne Hilditch 07 4614 0080 Secretary: Beth Johns 07 4634 8972 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10.00am 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
WARWICK	1st THURSDAY 11.00am Warwick RSL 65 Albion St. Warwick QLD 4370 Vice President: Nancy Payne 07 4661 2270 Secretary/Treasurer: Dorothy Rubie 07 4666 3347

THE ARTISTIC GENIUS OF CAROLE WALLER



AWWQ member, Carole Waller, has a very special and unique talent indeed! Carole is far too modest to speak about her own talent, so I have decided to speak for her. She is a well-known bonsai artist residing on the Gold Coast. Bonsai is a Japanese art form using cultivation techniques to produce miniature trees that mimic the shape and scale of full size trees. Similar practices exist in other cultures, including China and Vietnam. The art form dates back over a thousand years and is a very difficult one to master.

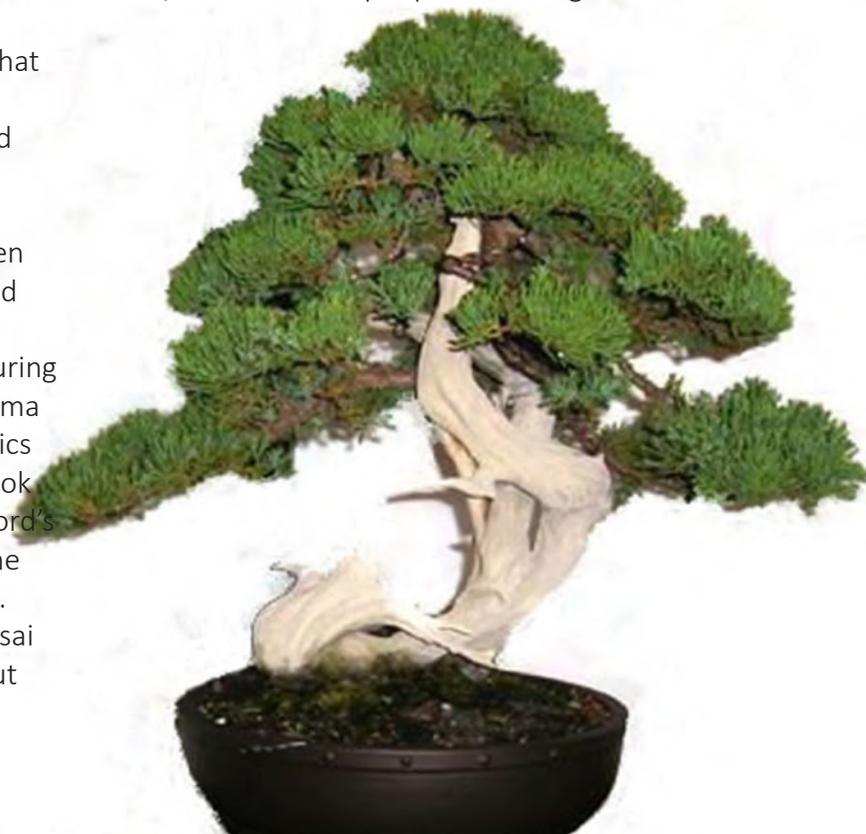
Born in Sheffield Tasmania, Carole had polio when she was six. After her release from hospital, she had difficulty walking the two miles to school, so stayed with her grandmother who lived near the school during the week and went home of a weekend. Her Grandma was a keen gardener and she taught Carole the basics of plant care. At around age 30, Carole bought a book on conifers and used to take it to the late Ron Radford's Conifer nursery at Heybridge in Tasmania, where she would pick a conifer, find it in the book and study it. Towards the back of the book was a photo of a bonsai and Carole felt an instant desire to learn more about bonsai.

In 1977 on one of her visits to Ron's nursery, she bought a beautiful little cedar bonsai even though she didn't believe it was real. Thus, a life long love affair with bonsai began. Carole and her family moved from Tasmania to Queensland in 1982. Since then she has been President of the Bundaberg Bonsai Club; President; Vice President; Secretary and Newsletter Editor of the Gold Coast Tweed Bonsai Club and Newsletter Editor for the Toowoomba Bonsai Group. While in Toowoomba, she worked full time as Head of Human Resources for Heritage Building Society. She resigned and moved to the Gold Coast in 1996 when her husband was transferred by his employer Metway Bank.

She joined the GCTBC Inc. in 1996 and was made a life member of the club in 2007. In the same year, she was made an honorary member of the Launceston Bonsai Group in Tasmania.

In April 1996 Carole opened 'Bonsai World', the Gold Coast's first bonsai nursery and in June 2002 the Gold Coast Tourist Bureau awarded it No.7 out of the Top Ten Best Shopping Experiences on the Gold Coast, beaten by businesses like Movie World and Cavill Mall! The nursery was totally closed to the general public in 2013 following several costly and heart wrenching robberies.

For years Carole has taught a range of classes from Beginners to Advanced and is a Registered Tutor with the Australian Association of Bonsai Clubs, where she is asked to travel to Clubs both locally and interstate to share her knowledge. In 1984 as President of the Bundaberg Club, Carole and the Secretary organized The Bonsai Spectacular. This was a well-supported event, with over 200 people attending.



Carole co-ordinated the very successful 3 day AABC Convention held at Legend's Hotel on the Gold Coast in 2006 returning a profit of \$24,000. She was on the Planning Committee for Queensland's first International Bonsai Convention held in August 2014, where she was in charge of design and layout of the bonsai display. There were 450 people from many countries at the three-day convention.

Carole has been a student in many workshops led by International Masters including one with Japan's most talented Mr. Masako Kimura. In 1982 she successfully completed a course with Dorothy Koreshoff and gained a Certificate for Bonsai and Saikei on behalf of the Nippon Bonsai Society of Japan.

She has had an article published in the Australian Wired Magazine and photos of some of her bonsai have been published in International Magazines. In April 2016 a book was published by Bonsai Clubs International, which features bonsai selected from members worldwide and one of Carole's trees is included in the book.

Since early 2012 Carole has been on the

Selection and Ambassadorial Committee for the National Bonsai & Penjing Collection of Australia (NBPCA), which is based at the national arboretum in Canberra. She resigned last year for health reasons. Carole has been the President of the Gold Coast Tweed Bonsai Club Inc. twice and resigned in March 2019. One of her bonsai was donated to the permanent collection of the NBPCA upon the request of the Curator who believed it to be the best bonsai of its species in Australia. It was insured for \$6,500 before being transported to Canberra. Some of Carole's trees are displayed there on loan for 12 months. HRH Prince Charles viewed the Callistemon as it was coming into flower when he visited the Arboretum in 2015.

Carole has won numerous awards for her bonsai over the years including three gold medals for bonsai excellence, but her greatest achievement is the Gold Medal awarded at the International Convention on the Gold Coast in 2014. The judge was Japanese Master Shinichi Nagajima. Below and to the left are samples of Carol's beautiful work.- Natasha



CALCUTTA - BOMBAY



World War II and the Pacific War affected India where I was born. My father was a Merchant Navy Officer with the British India Steam Navigation and my mother was a second generation of English descent who was also born in India. In Calcutta we lived with my grandmother, and my cousins lived on the 2nd floor of the house. At school age I attended a convent where Mother Teresa taught religion; I remember her as a very gentle woman.

Following the birth of my sister, my mother took us across India by train to live in Bombay (Mumbai), as Bombay had become my father's base port. This journey took three days and to me it felt like forever, but there was one highlight along the way. Suddenly out of the blue an announcement was made, "Close all windows" followed by "Do not try to exit train without assistance from railway staff as the Gibbons will invade the train." These animals were frantic to get into the train as they wanted food and people getting off the train had to be protected. It was an incredible sight to witness the mayhem on the station.

Bombay was a special place, we lived a couple blocks away from "The Gateway to India" where I often went for walks and to the "Elephanta Caves" on a nearby island. Months after moving to Bombay my mother found she was pregnant so, once more, we returned to Calcutta so she could be attended to by the same specialist. One of my memories is my mother keeping coconuts under her bed so she could drink the juice throughout the day. This had been a recommendation by her specialist. Eventually Tony,

my brother, was born and I could not believe the colour of his skin, which was yellow.

Japanese raids in Calcutta started and it was bedlam trying to get all of us including the baby into the basement from the seventh floor of the building. Regrettably, my baby brother died at four months of age, I was heartbroken, and my poor mother continually cried. Worse was to come as the British community were still in the Victorian era and this meant Tony's tiny body had to be displayed in his christening gown for three days following his death. My reaction was to pinch his skin in the belief he would wake up. At the cemetery I can clearly remember saying, "Look at all those happy faces" and a kind person said, "Daphne dear those are called Pansies and they are on a child's grave." At the end of the service I was so confused and upset, not understanding what was happening. To this day I am totally traumatised by this macabre event and cannot talk about it without crying.

Later in the same year we returned to Bombay and my father sailed from there to East Africa, where he remained for two years unable to return due to the war. Suddenly I was sent to a boarding school and

"At school age I attended a convent where Mother Teresa taught religion; I remember her as a very gentle woman."

have no idea why, this school was in an Indian town named Poona, now known as Pune City.

I was desperately unhappy, and this experience affected me so badly. Children living in India were not told anything, definitely 'seen and not heard' was a very ridged rule in my family. Eventually, my mother came to visit me and not long after I was taken back to Bombay and was placed in a local school. At this time Bombay became a military transit centre for the Pacific War.

On April 14, 1944 I was walking home from school when there was a deafening massive explosion. I immediately thought the Japanese had arrived. A large steamship docked at the Victoria Dock of Bombay was carrying hundreds of cotton bales, gold bullion and 300 tons of TNT. The cotton bales caused combustion and when alight set off the TNT. One piece of gold bullion was found a mile away. Unfortunately, thousands of people were killed, and I guess I was lucky not being one of them. All able women including my mother left home to help at the hospital.

Following the war in Europe we travelled to England for six months to stay with my grandfather. While there I attended a school near an aunt's home. It was freezing cold and once more I was still so very lonely. The return journey to India was relaxing, which we all needed, and I looked forward to seeing our faithful 'Ayah' and going for long walks with her.

On the 15th of August 1947 India became the first colony to be granted independence. Lord Mountbatten and his wife were in India to celebrate this occasion. There was much uneasiness as the country had been divided into India and Pakistan by a stroke of a pen, no planning had occurred concerning the best way to divide. It was also a time when Mahatma Gandhi

showed leadership and compassion to all. This man had been educated at Cambridge University in England, so he developed consideration for all people, which was his downfall as he was assassinated on 30th January 1948 by a fellow Indian.

It was not safe to remain in India, so my family left on a PO line cruise ship bound for Fremantle, Western Australia. We arrived as migrants in July 1948 and I am so proud to be Australian and to have been commissioned as an officer in the Australian Army in February 1956. The photo is of me in an Australian Army uniform, one of five who graduated out of fifteen women. - *Daphne Brydon, Marina Court, New Farm*

GRIEF



As we all know, Christmas (and other special days) can cause such a mixture of emotions as well as a great deal of stress for widows and other family members. The emotions of grief seem compounded when these occur at a time when you are "meant to be happy". This rollercoaster of feelings can hit you with a thud during: Christmas, birthdays, anniversaries and any other special family celebrations.

Like some of you I have tried to "put on a brave face" so as not to spoil the fun of others. As we all know when we suppress this sadness we can be like a "simmering volcano waiting to erupt". It is much better to release this pressure, express your feelings and often things seem to become a little easier. Sadly the hardest times are the first few years after our husbands have died but we still continue to miss them at any time.

At a recent family event to celebrate my daughter becoming a doctor, which occurred seven years after my husband's death, I was not able to complete my speech when I came to the part about him being so proud of his daughter. I was prepared and had my speech typed so my son finished this for me. Although I became emotional, I was not embarrassed or disappointed by my reaction. We have all been guilty of apologising when we get upset. If this is an appropriate reaction, we must not do this.

"Sometimes it is ok to not be ok". As my grief has progressed, I have become more confident with this.

Many widows have told me how important it is to include their husbands in some way at special events and to create some new family traditions for your family. Some ideas are: having a toast to your husband, reminisce over past family events and discuss them freely. At my daughter's university graduation, I presented her with an award from her father that includes one of his common sayings (see photo). I am sewing a teddy bear from my husband's shirt fabric for a future grandchild.

When special events are on the horizon it is helpful to do some planning. For example: consider being with a friend or family at these times, let those close to you know what will help you or perhaps do something completely different from your usual manner of celebration. Consider beforehand, how to respond to greetings such as "Merry Christmas" and "Happy Birthday" when you do not feel either merry or happy. Perhaps respond with "thank you", "I will do my best" or "best wishes to you too" (as appropriate). Widows who have been widowed for some time will tell you that grief gets easier but never goes away. Even though we are sad missing our husband it is also wonderful to embrace any happiness at these times. Some ladies feel almost guilty for enjoying events as their husband are not there, but it is ok to have fun! As we all know- life is short so make the most of it and create some new memories. - *Suzi Vincent*

Resource: www.grief.org.au – fact sheet "Grief, Anniversaries and Significant Events"

FAMILY MEMORIES: BETTY LUKE



Betty Mary Roberts was born in June 1928 at the end of the “Roaring Twenties.” The “War to End Wars” was over, the British Empire was safe and sound and a seemingly endless period of peace was to come. Unfortunately, it was a false dawn! The Great Depression and the gathering storm clouds of war would ensure that Betty would enjoy neither peace nor prosperity for very long. Rather, as the old Chinese curse would have it, she was destined to live in interesting times.

Wartime Britain was a difficult and frightening environment, especially for a young girl on the threshold of adult life. For some time, Betty and her brother, Glenn, endured life as an evacuee, forced to live and work away from her family and friends.

Glenn recalls that, “Betty, known affectionately to me as Bet, was only 13 or 14 when she was made responsible for me, aged 9 or 10, during the war years in England when we were forcibly evacuated away from the major bombing zones to the country side. She was more like a mother to me than a big sister. She did her best to shield me from what were rather difficult times in various foster homes where we were put to work for our keep.

When Betty and I were eventually reunited with our mother in 1942, we found we had a new baby step sister, Julia, with our brother Robin arriving on the scene in 1945.”

Unfortunately, in the false security of the post “Blitz” era, the war remained and ever present danger. One day as Betty aged 15, was wheeling her bike out the front door to go to work as a Junior Clerk at Longmoor Military camp in Hampshire, a V1 rocket, commonly known as “Doodlebug”, landed without warning in a nearby field. These early forms of cruise missiles were fired from occupied France in the general direction of England and, with their 2000 pound warheads, were very lethal weapons. When this particular Doodlebug exploded, Betty was blown across the lounge room and slammed forcefully into a cupboard door, bending a key at right angles in the process. She got to her feet, picked up her bike, went outside and rode off to work. Girls were certainly made tough in those days!

Betty met her first husband, Denis Coleclough, a Sapper in the Royal Engineers unit based at Longmoor. They were married in 1944 when she was just 16 years old. In the early post war era, newly married Betty and Denis decided that war ravaged Britain had few opportunities for them. In 1948, they decided to migrate to Australia when their first son Mark was six months old. Although, life in post war Australia definitely wasn’t “easy street”, they made the most of any opportunity to improve their life, working hard to raise and educate their boys and meet the mortgage payments on what would have been a pipe dream had they stayed in England – “a home of their own.”

Sons Mark and Shaun recall, “Although money was very tight and a constant cause of concern for mum and dad, they never denied us any reasonable request for things we asked for. Mum fed the family good wholesome meals on a shoestring budget. The only “take away” meal was occasional Fish n Chips on Friday night – which at the time was “as cheap as chips.”

There were times, as in the case with all adolescents, that we thought she was a hard task master and difficult to live with, but we were of course at an age where “we knew everything.” In spite of any differences, she was always fair. We will never forget her work ethic, determination and guidance. She gave her love and support unconditionally to us, her extended family and friends.

She was also very community minded and became involved in all of our school, scouts and sporting activities – Little athletics, gymnastics, football, surfing and so on. She always had a very competitive nature in all that she took on and when she started

playing Netball she excelled and went on to become a well renowned Coach for the Box Hill Netball Association.

Brother Robin recalls “our mother decided to follow Betty and Denis to Australia. With elder brother Glenn, Julia and myself in tow, we duly set sail for the Antipodes. Brother Glenn quickly made his way in his new country, but our mother struggled to raise my sister Julia and myself. The loss of our family home in a bushfire saw our mother go and spend the rest of her life with Betty and Denis in a backyard bungalow.

When I turned 18, I received an “invitation” to join the Australian Army. During my subsequent tour of duty in Vietnam as an infantryman, Betty kept me supplied with much appreciated fruit cakes and packets of Happy Aid powder that made my canteen water more palatable.

When I returned home to recuperate from wounds incurred during Operation Bribie, Betty and Denis found room for me at their 2 x bedroom Box Hill home (thank you Mark and Shaun for sharing your room for so long) which would otherwise have seen me languishing in an Army Personnel Depot prior and subsequent to a series of operations.

After Betty and Denis separated in the mid 1990’s, Betty focused on improving her bowling skills with sighted bowlers at the Bribie Island Bowls Club and regularly travelled by train into the New Farm Bowls Club to compete with other blind bowlers. It was during this time that she befriended Bert Luke, a World War II Veteran, who volunteered as a helper for the Blind Bowlers Association. With Bert as her helper/called on the bowls green, Betty went on to win Blind Bowling Championships at local, national and international levels. In addition to her many medals and trophies, she was justifiably proud to be awarded Caboolture Shire Council’s 1998 Sportsperson of the Year Award.

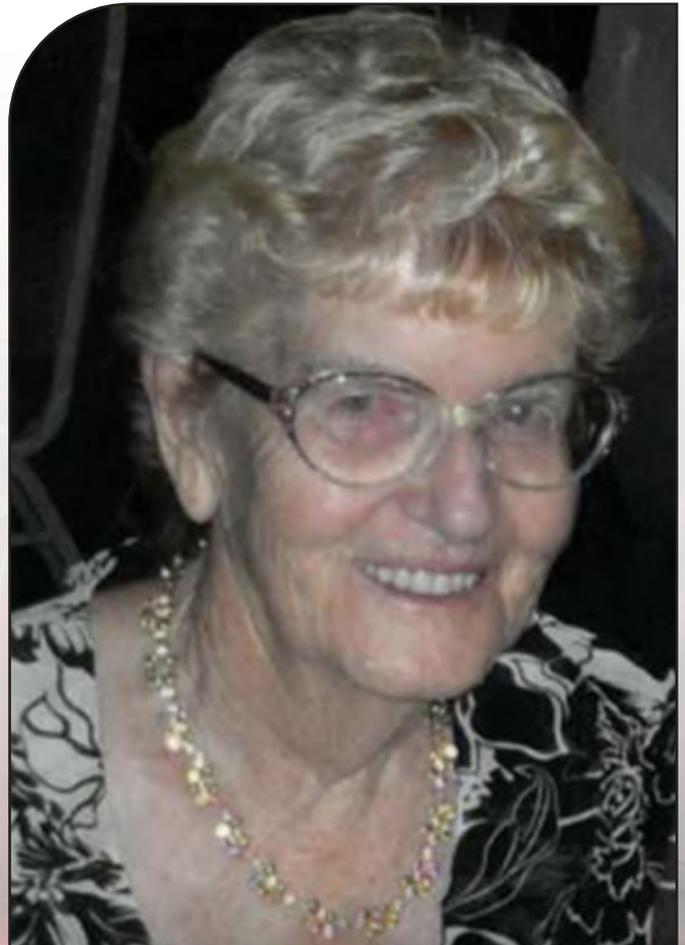
Many years later she and Bert were married and although the marriage was fairly short as a result of Bert’s illness and sudden death from cancer, it was wonderful to see the love and happiness between them and to see Betty get to travel with Bert and achieve so much as a blind bowler who represented Queensland at the National level and Australia at the International level. In those few short years with Bert, she was able to make up for many of the things she had to forego in her earlier years.

Betty started to slow down after Bert’s death with fractures to the spine that reduced her mobility and ultimately ended her days on the bowls green. Ongoing complications with blood pressure, cardiac failure, lung and renal problems further reduced her

mobility and caused significant anxiety in her final years. This was a time of significant ups and down for her and the family. However, when she felt well, she remained cheerful and mentally alert and was an active member of the Bribie Island War Widows Association and the Vision Impaired Group.

Her brother Robin believes that her difficult early life probably made her a stronger person. It is said that the best steels are forged in the hottest fires. She was loyal and supportive to her family and friends. She also had good common sense and formed strong opinions on many subjects, she was the “go to” person of the family and usually acted as the conduit for important family news. I have often wondered how she would have fared if she had been born later and had the opportunities that are so taken for granted by later generations.

In early February 2019, Betty made calls to her brothers and sons telling them that she was feeling very low. She said that she was sure she was “on the way out” and was ringing to say goodbye, as she felt we would be upset if she failed to do so. It did not take long for us to realise that she was not going to bounce back this time. In the early hours of Tuesday 12 February, she sadly lost a well-fought battle.



Betty Luke
19 June 1928 - 12 February 2019

GROUP NEWS

BRISBANE NORTH

The last months have been busy with mobile phone training which was fun, and having morning tea and lunch as well made for a very special day. Our next grant we received was part of the Mental Health grant that we used for a trip to the Buddhist temple at Priestdale. That was a very enjoyable morning of hearing from one of the nuns on what happened at the temple. After that we participated in a tour around parts of the temple. We finished off the morning tea and a visit to the gift shop.

From there we went to Diggers Services Club at Logan for lunch. A very enjoyable day was had by all.

We had a member from the Bee Society Northside speak to us on bee keeping and also provided honey for us to buy .

We celebrated Remembrance day at the Geebung Club where I layed a wreath on behalf of War Widows and Christine Atkins for Legacy. After the ceremony, we went into the Club where the Sub Branch provided lunch.

We finished our year off with a lovely Christmas lunch at the Geebung RSL Club. We had a wonderful time filled with laughter and enjoyable food. The monster raffle is always a hit. The President and Secretary attended with us and they also enjoyed themselves. Thank you to the Sub branch for subsidising our lunch and also for the wine which we used as lucky door prizes

We have had an enjoyable year with Friendship Day and all the extras. Our group now goes into recess and joins again on February 18th, 2020. Wishing all a happy, safe and peaceful Christmas and I look forward to catching up next year.

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BRISBANE WEST

The end of the year is approaching very quickly and we have been enjoying our meetings and social outings as well as organising our

Christmas festivities.

In August, our ladies enjoyed a bus trip to Montville for lunch and shopping. We were surprised and delighted to travel on the State of Origin Maroons and Broncos bus on the day. Our Jean Hoffmann, who is a Bronco loyal follower, was very happy to say the least.

We were saddened by the passing of our loved member, Joan Saunders in August. Joan had recently gone into care and we shall miss her terribly.

In October, our ladies also attended the AWWQ Jessie Vasey Day celebration high tea at Rydges, South Brisbane. A lovely day was had by all and congratulations must go to those who organised the day. Sue Hilditch from Head Office attended our October meeting. She provided valuable information on how to effectively use our computers, iPads and mobile phones. It is good to have knowledge on how to use a phone effectively in case of emergencies in this technological age. Also in October, our group travelled to Tea Vine House at Tallebudgera for a High Tea. We were fortunate to receive a grant for this trip in aid of Veterans' Health Week. It was a beautiful day to travel, spend some money at the little shop at the venue and enjoy the food.

In November, a large group of our ladies travelled to Melbourne for a few days of sightseeing and attending the Melbourne Cup. They enjoyed the Werribee Zoo, Mornington Peninsula, travelling on the Puffing Billy in the Dandenong Ranges, enjoying the beautiful food at the marvellous restaurants and the Q train, and not to mention the Melbourne Cup. The rain cleared on the day and they travelled to the venue

by boat. On arrival they had easy access to the race course. A delicious luncheon was provided on the boat and the ladies could watch the races from the boat if they wished. A wonderful trip was had by all who attended and thanks must go to Lyn Wilkes who was the tour leader. We take this opportunity to wish everyone a wonderful Christmas and a very happy and healthy New Year.



BUNDABERG

On the 17th October a lovely morning was held at the RSL in Bundaberg for Mary Jessie Vasey Day. Organised by AWWQ, it was attended by members from Bundaberg, Rockhampton and Maryborough. The Occasion was a lovely morning tea and it was great to catch up with every one. The Chairman of the AWWQ

Board, Mr. Stephen Scott and his lovely wife, Maryse, joined us for the occasion. Stephen gave us a talk about his work with Jessie Vasey and his current involvement which was very informative. All present caught up with Stephen and Maryse and found them delightful company. It was a wonderful morning.

Our Xmas Lunch, which we share with the Legacy Widows, is being held on the 20th November. We have 2 more meetings and then into the holiday break until the 11th February 2020. Our monthly morning teas at the Tom Quinn Centre and much enjoyed by all. A great chance to chat and catch up.

Thanking AWWQ for the Jessie Vasey morning tea and wishing all our fellow members and all the office personnel a wonderful and blessed Xmas and a Happy and Healthy New Year.

CABOOLTURE

We seem to have had a very busy time since the last Bulletin report on our activities. Our President Estelle and Secretary attended the 45th birthday of the Ipswich Branch and had a most enjoyable time with the ladies and their guests, and were entertained by a professional singer. This was followed by one of our visits to the Gympie group for their White Cross Service and this was a most moving service and appreciated by all the War Widows attending. Following this a delightful luncheon was served. Well done Maureen and the team for the most moving ceremony we have attended for this special day.

Jessie Vasey Day on the 19th was a great success and a most delightful new venue for this event. On the 24th we attended another high tea due to an invitation from Partners of

Veterans on Bribie Island. This was an interesting day and a number of members from our group attended with the view of getting to know each other.

We visited Cairns Group after a delightful few days on the Tablelands. During our time on the Tablelands we visited Rocky Creek Memorial and then to Yungaburra to walk the Afghanistan Avenue of Honour on the shore of Lake Tinaroo. A most impressive National Memorial and a lasting tribute representing all Australian service and women. Helen, Rona and the members made us very welcome at their meeting and we had a delightful day there with them all. Then sadly it was back to catch our return flight to Brisbane. Defiantly another branch we would like to visit again in the future.

Remembrance Day was well attended and our ladies attended Kilcoy, Wamuran, Bribie Island, Burpengary and Caboolture and laying a wreath at each service. It was heartening to see that two of our new members were keen to volunteer and take part in the wreath laying ceremonies.

Our end of year luncheon was held at Secrets on the Lake and we can highly recommend this venue. The building holds extensive wood carvings and we sat in a lovely breeze in the shade on the veranda and overlooking lake Baroom. At the end of the function each of our ladies received a beautiful red or white freshly cut Rose from the management of the restaurant, such a nice touch to end a wonderful day.

Following our other Christmas outings I am sure a diet regime will be instituted to take care of the extra kilos. Wishing our President Jenny, Board members, CEO Natasha and all the staff

a Happy Christmas. This is also extended to all of our members throughout Queensland. Good health for the coming year.



CAIRNS

The year is almost over and Christmas is just around the corner. We have had a very good year. Our numbers have remained stable and the members who attend our meetings and outings find them enjoyable.

State President, Jenny Gregory

recently conducted a meeting with our group, outlining the benefits that are available to our members, and updating the members with regards to the hard work the staff at head office are doing in an effort to obtain grants for various outings, which give the members something to look forward to.

The grant received for Veterans' Health Week was gratefully received, and was used to get our ladies together, by planning a lunch at a restaurant on our beautiful Esplanade, and incorporating the celebration of Mrs. Vasey's birthday. This function was very well attended, and a birthday cake was provided. The cake was spectacular, with the war widows' logo, decorating the cake. The lady who made and decorated the cake must be thanked for her wonderful work.

It has been decided by our members, from the start of the next financial year, we will be making the change from a sub-branch to a social club. This is due mainly, to our ageing members needing to slow down, and make life a little easier.

As our war widows' year is coming to an end, we would like to wish head office staff our best wishes, your efforts are very much appreciated. We also wish all of our members a happy and safe Christmas, and a prosperous and healthy new year.

CALOUNDRA

2019 was a year of activities and socializing, we have been busy organizing events for our ladies. On October 23, we booked the Event Centre with the DVA grant money we received from head Office. Ladies enjoyed the Tenori show, which included morning tea and the show and lunch. Truly it was a good day out.

On 11 of November on Remembrance Day, it was also our meeting day, I managed to lay the wreath on behalf of our members. On November 20th, we booked High Tea, which was the grant money for Veterans' Health Week, with some bottles of wine to finish it off. We had a lovely time.

Our thanks to our CEO, President and all the Staff members who make it possible for the war widows to put a smile on their face, and to know they are not forgotten. Our next meeting is 9th of December and follows our Xmas Lunch at the RSL Club. This is our last meeting for this year. I wish you all a merry Xmas and a happy New Year. Love, Roohi Doherty.



GOLD COAST SOUTH

What a year it has been. There have been interesting challenges re Friendship Day, and our Committee was very dedicated. It would not have been possible if not for all the efforts put in by these wonderful ladies.

Our group grows smaller as different ladies have health problems, go into care or pass away. Thank you to Debbie our Vice Pres. for Remembrance Day.

I hear it was a good day, with a really good turn out of our War Widows.

Lavender Ladies lunches have been well attended and we have Terry Yates to thank for choosing great venues. Our Xmas venue was excellent. We thank the staff for the grants we have been lucky to receive this year. It's great because everyone makes the effort to stay after the meeting and enjoy time together, enjoying a lovely meal. I wish a safe, healthy and Happy Christmas and New Year.



GYMPIE

The last meeting of the year is coming up and is also our Christmas lunch. Renovations will begin in February on the top floor of the RSL Club so Steve, the Manager, has kindly offered us the restaurant from 9am to 11.30am each month for as long as the renovations take. Thank you very much Steve.

At our October meeting we celebrated Jessie Vasey Day with a very delicious Red Velvet cake and had our oldest member Dorothy Simon cut it. Following our meeting we then held our

White Cross Day. Cathy Hartshorn and Gynith Whatmough from Caboolture joined us. It was a very moving commemoration for our ladies. We then all enjoyed our lunch courtesy of the Vietnam Veterans.

Thank you to the staff at Head Office for our grant from DVA for Veterans Health Week. I had intended keeping our brains active with some trivia and giving a chocolate for each right answer, but we ran out of time so just distributed chocolates to one and all. Then we enjoyed a very nice lunch and a fun day was had by all.

Sue Rodger and Jill Lennon laid a wreath on our behalf on Remembrance Day. Every year the Gympie Legatees organise our Christmas lunch on that day for all widows in the Gympie area. This year there was a lovely surprise as a representative from Quilts of Valour came with nine quilts. Two were for two Veterans who are also Legatees and seven were given to our War Widows.

Four of us attend the Christmas Party at Rydges. It was a great day, and we are very spoilt by the staff. It is always good catching up with ladies from other groups. I wish you all a very happy and Blessed Christmas and a Healthy New Year. Stay safe and keep cool.





HERVEY BAY

The Hervey Bay ladies attended Woodgate for their Jessie Vasey Day luncheon. All ladies enjoyed the outing and look forward to the outing next year. We will be attending the Remembrance Day Wreath laying to support our local community.

Our next outing is on the 25th November 2019 for our Christmas Luncheon - we are all looking forward to that as well. We return to our meeting on the 3rd February 2020. Until then, Merry Christmas & Happy New Year to all. Christine Starr, Secretary



IPSWICH

It's hard to believe we are at Christmas already, where did the year go? Our members have continued to enjoy our monthly meetings with informative guest speakers throughout the year.

Our final meeting for the year was on Thursday 5th of December, and resuming again on the 6th of February. We are all looking forward to Christmas to catch-up with family and friends. Wishing all of the AWWQ members a happy Christmas.

INGHAM

21st November, was the date all the Ingham War Widows were invited to the RSL. It was a pre Christmas party with lots of gifts, raffles and great food. 15 ladies were entertained by two "oldies but goodies" gentlemen from Ingham. They played their guitars and sang quietly. All the ladies enjoyed swaying along and the songs that were of the correct time. Old friends and new, some with their helpers or family members had a wonderful lunch chatting laughing and reminiscing. The table was set with small Christmas trees; tinsel and the great part was the food placed in the middle of the table and the younger ladies had the honour of serving the others just the right amount. It was wonderful to be able to go back for seconds if you wanted.

Thank you to all the staff at AWWQ who work so hard in lobbying the government for all our pensions and benefits. Without this valuable intervention we, as War Widows, would have nothing.

The photo is of the War Widows and some caterers enjoying a great day. Merry Christmas and I pray that next year is a great year for all. We will remember them. Regards, Denise Scott from sunny, if hot North Queensland.



LAVENDER LADIES

2019 has been a great year for Lavender Ladies. Earlier in the year we attended musicals at the Little Theatre and we will be organizing theatre outings in 2020. We go to matinees on Sunday afternoon – this day suited all of our ladies who enjoy live theatre.

We have our monthly Lavender Ladies Lunches on the 3rd Saturday each month at different restaurants on the Gold Coast with a good number of ladies attending.

I would like to acknowledge the Lotus Ladies who have supported us this year coming down from Brisbane – some driving – some taking the train and tram to the venues. We, in turn, attend their lunches in Brisbane travelling by train. We have all made some lovely friends.

December for all of us is a busy time so we decided to have our final lunch in November attending a lovely Restaurant at Marina Mirage, Main Beach. I'm sure all would agree we had a great day.

LOTUS CLUB

Members are continuing to enjoy our monthly lunches across locations in Brisbane CBD. We have also had the pleasure of being joined by the Gold Coast Lavendar Ladies, as well as heading down to the Coast to join them and make new friends along the way.

Wishing all members a happy and healthy Christmas and New Year.

MAROOCHYDORE

Christmas is fast approaching and we wish all members a joyful season. At Maroochydore we will be celebrating the end of another year of supporting each another with a Christmas Lunch at the RSL Events Centre on 29 November.

October was a busy month, with President Judy Smith and Treasurer Glynis Burns meeting our 2019 Bursary Recipient, Sophie Dumoulin at the University of the Sunshine Coast Celebration of Philanthropy. Glynis and Judy also attended the Partners of Veterans High Tea at Bribie Island. The delicious High Tea to commemorate Jessie Vasey Day at Rydges, Southbank, was a highlight for nine of our ladies. Ten members returned to attend the Christmas Luncheon. Thanks to AWWQ staff for organising these two enjoyable events.

Four of our members turned 90 in the past year and we celebrated this milestone at our October monthly meeting with a presentation to Margaret Hall, Beryl Wiggins, Betty Reid and Mavis Purdon. On a sad note, we said farewell to Dulcie Smee, a much loved member of our group, she will be missed.

Glynis and Judy laid a wreath for War Widows at Cotton Tree on Remembrance Day. In November, Diane Melloy, Vice President of the Military Historical Society, gave us a fascinating insight into how jokes and laughter during wartime helped service men and women keep going in the face of difficult circumstances.

Bus trips were to Redcliffe, where several of the Redcliffe War Widows joined our party for lunch. November bus trip was to Gympie and we enjoyed the company of four Gympie War

Widows for lunch at the historic Gunabul Homestead. Myra Whelan, a Maroochydore member relived some childhood memories, her family lived at the homestead when Myra was about 10. We had lunch in what was a bedroom when Myra lived there.

There is something about the Gympie weather, we have visited twice this year and on both visits the temperature reached 38 degrees. However, no one complained and by popular demand the bus trips will resume on 12 February 2020.

There is a treat in store at our first meeting for the year as Jim Lergessner, author of historical and science fiction books will be our guest speaker on 20 January 2020. If you are visiting the Sunshine Coast you are warmly invited to join us for this special presentation. On 29 January 2020 we will share an informal lunch together at the RSL. Once again, please join us if you are in the area.

We are looking forward to an exciting year in 2020 as Maroochydore hosts the AWWQ Annual General Meeting and Annual Friendship Day on 19 and 20 August. Remember to reserve these dates in your diary and join us on the beautiful Sunshine Coast for a time of fun, fellowship and frivolity! We will be entertained with a variety of music by The Baby Boomer Party Band. There will be a Spring theme, and you can start planning your prize-winning Decorated Spring Hat for this special occasion. Happy Christmas everyone



NEW FARM

Our new group met for the first time in November in the Community room at Marina Court. 25 ladies were present and shared morning tea and lively discussion. All agreed to continue with the meetings on the 2nd Tuesday of each month. Sue Hilditch from Head Office was our guest speaker and gave a very informative talk about issues surrounding entry in an Aged Care Facility.

We will continue to invite guest speakers to our meetings and encourage any War Widows in the New Farm area to join us. We resume in the new year on 14 January 2020. We also celebrated Thelma Hughes 90th birthday by singing "Happy Birthday" on this special occasion.

REDCLIFFE

Once again it is that time of the year when we scratch our heads and say "where has it gone"? This year one of our members, Betty Rogers, has been a war widow for 50 years. We have had a varied year this year. Thanks to the hard work of Vice President Judy who has arranged for our ladies to go to various places once a month for a get-together and lunches which have been enjoyed by those who turn up.

During October we celebrated Jessie Vasey Day at Rydges South Bank with quite a few of the Regional Groups. It is lovely to see old friends. As well, we were invited to a high tea with the Bribie Island PVA Ladies at the Waterway Motel. It was a lovely morning and it was well catered for with lovely fresh sandwiches and delicate little sweets.

On Remembrance Day our wreath was laid by Judy and Ruth. Our wreaths are made by Gael Bidgood who is the daughter of Beryl Fischer one of our war widows.

We will be having our Christmas Luncheon at the Dolphins League Club on November 27th. Our New Year's get-together will be at Cafe 63. Our first meeting for the year will be on February 7th 2020. So from all of us at Redcliffe we wish you all a Merry Christmas and a Happy New Year.



ROCKHAMPTON

Hello Ladies. At the October

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meeting Vic from Bayview Towers in Yeppoon attended and advised us on what specials they had available plus places of interest to be seen in the local area.

The November meeting was our last meeting for 2019 and it was followed by lunch at the Frenchville Sports Club for our members who could stay and join us. Our first meeting for 2020 will be on the 11th February at 10am at the Frenchville Sports Club.

Betty Anderson celebrated her 100th birthday and our President, Jenny Ireland, and our Treasurer, Cecilia Miller went along to help her celebrate. Four of our members travelled to Bundaberg by train to attend Jessie Vasey Day on the 17th October. We had a great time and were made very welcome by the Bundaberg members.

Ten of our members enjoyed a lunch time cruise around Keppel Island thanks to the VHW grant and the DVA bus grant. Thank you to Head Office for organising these grants. We are looking forward to our last outing for this year which is a bus trip on the 4th December to the Caves for morning tea followed by lunch at the Pine Beach Hotel at Emu Park. This trip is combined with the RSL Womens Auxillary and the Laurel Club.

Wishing everyone Seasons Greetings and Best wishes for 2020. Jan McPherson



SHERWOOD

The Sherwood Group had our October meeting on 15th, it was a most informative morning as we had an OT visit accompanied by the reps from the business that supplies all the aids for living in our homes for as long as we can do so safely. The products now available to help us do that are amazing.

The big attraction for the day was a simple device to prevent that pesky walking stick falling down! Several of our more able members are looking forward to attending various events in the next month. - Ruby McFarlane

SOUTH EAST

Much has happened since the Spring Bulletin. 20th September was the date set for the 'Be Connected' discussion and Susan Hilditch and Natasha Oickle from head office arrived to present to South East members and visitors who were all keen to hear about the uses of mobile phones.

October 17th was a highlight for those ladies able to attend the Jessie Vasey Day celebration at Rydges on South Bank, but it sad that so many war widows are unable to join their group on outings and events made possible by the generous grants recently obtained.

October 18th was South Easts' normal monthly meeting so numbers were down, but those who came enjoyed a relaxed

tea/coffee and chat. After the usual notices Dorothy Lester shared with us her enjoyment of the recent 'Seekers' concert she attended with family, two members each told a joke which raised quite some laughter and in all a pleasant friendly morning lead up to lunch time for those who stayed.

November 15th was the final meeting for the year for the South East group and a most enjoyable time it was. A short memorial service was held as a tribute to Armistice Day. We listened to the recording of 'can you hear the heroes marching' organised by Bill Lester, then the reciting of the ode followed by a minute silence. After the usual club notices the ladies were entertained by the John and Jenny vocal/ukelele duo until lunch was served. The day came to a close with the music of 'auld lang syne' and the goodbyes and best wishes to each other.

February 21st 2020 will be the next meeting for the South East Group with physiotherapist Greg Taylor as guest speaker. Any War Widow able to get to East Leagues Club where we meet is welcome to join us at 10.00am. Meetings usually closes around 11.45. Lunch in the leagues club is served at 12 noon for anyone wishing to stay.

Best christmas wishes to all war widow readers from South East Social Group of AWWQ.



SOUTH WEST

After 13 years as President of the South West Region Sub Branch, I have decided to retire and go cruising, so this is my last contribution to the Bulletin.

In late October I attended, with a very sad heart, the military funeral of the late husband of our past Board Member, Dr Kim Morgan-Short. I had the pleasure of knowing Stewart Morgan, a wonderful man and Kim's soulmate.

The Service at St. John's Cathedral was awe-inspiring, starting as his Coffin was piped into the Church by the mournful sound of a bagpipe and between rows and rows of his Air Force mates – a sea of blue in their uniforms. When this great serviceman of two countries (England and Australia) was taken out of the Cathedral, his Cortege proceeded from the Church grounds to the sound of a Three-Salvo Gun Salute, a truly fitting farewell.

On the home front, our Group has been busy, with monthly bus trips including a visit to see "The Boy from Oz" at the Iona Theatre. At our 13th Birthday Luncheon

we celebrated Veterans' Health Week- our ladies dancing as only they can- to the accompaniment of music and singing. Recently I enjoyed a holiday in Japan with Patricia Merlehan, a former State Councillor and Vasey Board Member for many years. At Yokohama we boarded a cruise ship for a "Legends of the Pacific" tour all the way to Sydney, and this proved quite spectacular, as we visited and learned about the various places where our Allied Service Personnel had fought during the Second World War.

Please keep our country members in your thoughts and prayers, as the drought and bush fires have taken their toll on some of them. And don't forget to celebrate "Kindness Week", especially by being kind to one another. Farewell and God Bless! Val Rooney.

TOOWOOMBA

Hello all, once more we have come to the end of another year, and as we get older the year seems to go faster. We have had quite a busy few months since the last Bulletin.

The Morning Tea and meeting that was held at the Hospice was enjoyed by all that attended. Mark and Graham are always a happy pair and gratefully accepted the donation that was made.

Once more we held a Tombola to aid dairy farmers. Attendances were down a bit but those who attended were very generous with \$2,753 being raised. A "THANK YOU" to the ladies from Gold Coast who donated to our aid funds and also to our members and friends who willingly gave their time and prizes to make this day a success.

Veterans' Health Week was celebrated by having a banquet style lunch at the Westlakes

Chinese Restaurant. All who attended enjoyed themselves so much that it was decided we should go there again for an end of year lunch which proved to be just as good. If possible please try to attend the outings that are arranged as you are sure to have a good time.

The trip to Dalby for Christmas breakup was held at the Windsor Hotel and as always there was lots of good food, presents and good company. See you lovely ladies again next year.

It was unfortunate that the bus trip to Stanthorpe had to be cancelled, but due to lack of numbers it was not viable to hire a bus.

Remembrance Day this year was very special to us as our President Helen gave the address. It was very moving, and brought home just how badly the widows were treated, and the sheer tenacity of Jessie Mary Vasey and her ladies to get a fair deal for the widows. Thanks for reminding all the people about what happened.

President Helen and I had the pleasure of attending the Wilsonton State High School Awards Presentation Night. For many years our Sub-Branch has supported this school. This year the recipient of the Jessie Mary Vasey Memorial Prize is Annaleise Krause. On listening to these young people you know the future will be in good hands.

By the time you read this, the packages for our troops serving overseas should be on their way. Thank you to all members and out of town friends who donated goods, money and time to make this possible. 25 boxes were packed but unfortunately the closing time to post them was much earlier than before, so President Helen is trying to find a way to have them sent. More on

that at a later date.

As this year draws to a close and we look back, we have lost some old friends but gained some new ones. As Christmas approaches and the weather gets hot, tell your friends – I'm not lazy, I'm on energy saving mode. So until next year (Feb 12th 2020) have a Merry Christmas & Happy New Year.

TOWNSVILLE

It is wonderful to see much of the City of Townsville recovered from the floods in February but some homes and businesses are still to be repaired. Townsville RSL is still not able to offer our AWWQ Group a venue for our meetings so we continue to meet at the Holy Family Church Hall. Although this location is very basic, it is comfortable and the ladies are enjoying holding our meetings here. How we were to arrange Christmas lunch was a challenge as there were few affordable alternatives and no commercial kitchen at the hall. The problem was solved by wonderful caterers who brought food already cooked, all cutlery and crockery etc and cleaned up afterwards. It was amazing to see 47 hot meals followed by deserts being plated up and serviced in our little hall. The ladies were most impressed and enjoyed the meal very much.

At our November meeting we presented nine of our members who belong to the "Townsville Sub Branch 90 Club" (that is they are 90 years or older) with a gift and a certificate to acknowledge their valuable contribution to our group. Six were in attendance and enjoyed posing for a photo.

Twenty ladies enjoyed our Veterans' Health Week event recently. We attended the movies to see either funny or uplifting films, ate chocolate and then

enjoyed lunch together. Thanks to AWWQ Head Office staff for putting in this grant application for us.

Townsville Sub Branch is looking forward to a less dramatic year in 2020. However, we can all look back on 2019 as a great year in its demonstration of the friendship and support that we offer each other. Suzi Vincent.





WARWICK

As we come to the end of another year and this terrible drought is still with us (at the time of writing) it is going to be a very bleak Christmas for a good many people. Did anyone ever think that in our life time we

would be rationed water and that towns would run out of water? I know I didn't.

For our October meeting Vice President Nancy Payne invited members to afternoon tea at her home. Everyone enjoyed the outing and a walk around her garden. Four members of the Toowoomba Sub Branch also came along and they each arrived with a large plastic container of water for Nancy to use on her garden. As we are still on critical water restrictions, this was much appreciated by Nancy. For our November meeting we enjoyed lunch to celebrate Veterans' Health Week, and our December meeting day will be our Christmas Lunch.

Thank you to our past President Betty Stable, who now lives in Rockhampton, for donating the lucky door prize for our Christmas Lunch. Happy Festive season to all from the Warwick Sub Branch

PHARMACEUTICAL BENEFITS

Check whether your pharmacy products can be subsidised by the Repatriation Pharmaceutical Benefits Scheme. As a Gold Card holder you are eligible for all Pharmaceutical Benefits Scheme (PBS) medicines, as well as other subsidised medicines which fall under the Repatriation Pharmaceutical Benefits Scheme (RPBS) which is funded by the Department of Veteran's Affairs. An extensive list of medicines, with specific criteria, is available on the DVA website www.pbs.gov.au/browse/rpbs

Should a medication not be listed, the DVA Pharmaceutical Approvals Centre can approve medication on a case-by-case basis. The medicine can then be purchased at any pharmacy at the subsidised cost of \$6.50 per item. It is not recommended to use the script across states due to different state laws governing medication.

The process to claim pharmacy medications under

the Repatriation Pharmaceutical Benefits Scheme is as follows :

1. The doctor needs to provide a prescription for the medication;
2. The doctor has the software to identify whether the medication is on the RPBS list. If the medication is not on the list the doctor can call the DVA Pharmaceutical Approvals Centre on 1800 552 580 to seek approval;
3. The medicine can then be purchased at any pharmacy by presenting the doctor's prescription.

So next time you go to the doctor, make a list of the pharmacy products you use and enquire whether these can be subsidised through the Repatriation Pharmaceutical Benefits Scheme.

Susan Hilditch, Lifestyle Support Co-ordinator



JESSIE VASEY DAY FASHIONISTAS!

150 members from 16 Regional Groups attended Jessie Vasey Day. Thank you to members from Brisbane North, Brisbane West, Caboolture, Caloundra, Gold Coast North, Gold Coast South, Gympie, Ipswich, Lavendar Ladies, Lotus Club, Maroochydore, New Farm, Redcliffe, Sheerwood, SouthEast and SouthWest for making the day such a special occasion. You all looked lovely in your 1940's outfits!









DETECT A SCAM

ON-LINE SCAMS

Scams can happen when malicious organisations or people try to trick you into providing them with your personal information. These scams normally occur via email, text messages, and sometimes, even phone calls. Cybercriminals may claim to be your bank, Australian Tax Office or any other organisation that you normally provide your information to. To avoid falling prey to these scams, we have suggested some steps to detect potential cybercriminals.

SUSPICIOUS CORRESPONDENCE

The content of the email, phone call, or text message will often help you access if the message is legitimate. “Phishers” will usually ask you for personal information that the organisation should already have. For example, if your bank or the ATO sends you an email asking you to provide them with your bank account number and branch code, it definitely is a scam! The tone of the message may be threatening – it is designed to make you act immediately and provide your personal information.

SPELLING & PUNCTUATION ERRORS

In many cases, scams will have many errors whereas communication from a professional business is unlikely to contain spelling and punctuation errors.

IS IT LEGITIMATE?

Inform the organisation that you have received suspicious correspondence. Do not call the contact number on the message – rather look up the business number on their website or go into their office to ensure you are speaking with the organisation directly.

YOUR PERSONAL INFORMATION

Examine the address bar of the website you are visiting to find out whether the site begins with “https” rather than “http.” The “https” part of the web address indicates that the website is secure. Double-click on the padlock icon in the address bar to verify that a security certificate displays on the screen. Some fictitious websites will display just an image of a padlock.

EMAIL ADDRESS

Scammers will try to trick you by using an email address that is similar to the authentic company’s email address. For example, if the email address for a business ends in “group.com,” a scammer may use a variation such as “trusted.group.com” to try and trick you.

YOUR BANK STATEMENTS

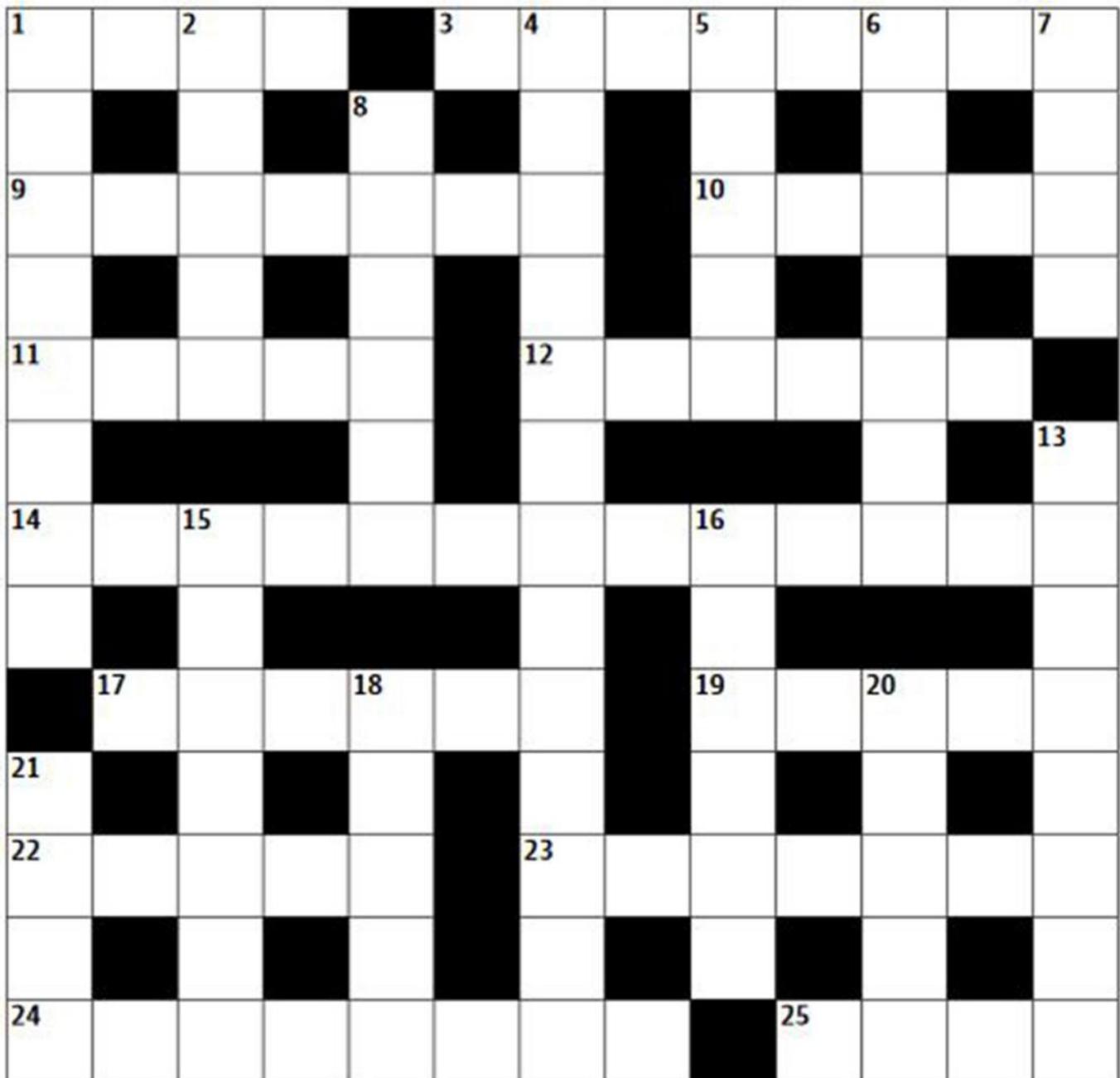
Reviewing your bank statement will allow you to detect any unauthorized charges that have been made against your account. By notifying the bank immediately, this may prevent the fraudsters from continuing to use your information.

WEBSITE LINKS & LOGOS

If your gut tells you the email is suspicious, do not click on any links. Links may cause you to download malicious software, spyware or other programs that can steal your personal information.



CROSSWORD PUZZLE



ACROSS

1. Dreadful (4)
3. Overshadowed (8)
9. Unfavourable (7)
10. Talk show group (5)
11. Abatement (3-2)
12. Allotted amount (6)
14. Hong Kong Airline (6,7)
17. Medical facility (6)
19. Achieve great things (2,3)
22. Spare tyre location? (5)
23. Peeved (2,1,4)
24. Spanish cheese- come hang (anag) (8)
25. Boxing match signal (4)

Solutions on PAGE 1

DOWN

1. Stalemate (8)
2. Metal fastener (5)
4. Selecting only the best (6-7)
5. Provision of data (5)
6. Farewell Celebration (4-3)
7. Unemployment benefit (4)
8. Italian brandy (6)
13. Contemptuous (8)
15. Capital on the Gulf of Finland (7)
16. French brandy (6)
18. Nick (5)
20. Accidental success (5)
21. Bathe (4)

Source: <https://www.theguardian.com/crosswords/quick/15406>
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NEWS & REMINDERS

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.

TOWNSVILLE GET - TOGETHER

Suzi Vincent and the Townsville Sub Branch have organised a Younger Widows Get Together. Join them at: Tom's Tavern, 186 Nathan Street, Aitkenvale, 4814 at 6pm, Friday 29 March 2020 for dinner. Chat with old friends and meet new ones. RSVP: by Friday 6 March 2020 to Suzi Vincent 0409 880 902 or svincent@westnet.com.au

FRIENDSHIP DAY 2020

Maroochydore Sub Branch will be hosting Friendship Day on Thursday 20 August 2020 at the Maroochydore Event Centre. We have listed some accommodation options in this Bulletin.

ALL ABOUT ME SURVEY

The "All About Me" survey should have now arrived in your email or post. This is the first survey on War Widows, so we encourage you to complete it and return it to Head Office. All surveys are anonymous.

2021 MEMBER SUBS

A reminder that your 2021 membership subscriptions are due on 31/03/2020. A renewal form will be enclosed in the March Bulletin, or if you would like to pay earlier please phone head office on 07 3846 7706

PEN PAL PROGRAM

At AWWQ Head Office, we regularly receive phone calls from members who are feeling alone with no one to talk to as they do not necessarily have family or friends living close by due to many reasons, and as the Christmas season approaches these feelings can grow stronger. A Pen Pal is a great way to connect with someone in similar circumstances as yourself, or just to get the feel of pen to paper, which seems to be a lost exercise these days. AWWQ would like to establish a pen pal system connecting its members with each other. If you feel you would like to send and receive mail and make a new friend, please phone Head Office on (07) 3846 7706 and provide your name, phone number and postal address. We will then call you back to notify you once you have been matched with someone and provide the relevant details. Once you are matched you can communicate freely with your new pen pal, and hopefully make a new life long

friend.

NEW VETERAN GOLD, WHITE & ORANGE CARDS



The Veteran Card is a re-design of the existing DVA Health Cards (Gold, White and Orange). The new-look card will make it easier for Australians to recognise and respect the contribution that veterans have made to Australia and for our veterans to connect with the broader Australian community.

All existing DVA Health Cards will gradually be replaced with the new look Veteran Card, either when their current card

expires or as part of the card replacement program, whichever occurs first.

What are the benefits?

Through the Veteran Card, veterans, including War Widows who hold a Gold card or White card, would have access to more than 10,000 offers from around 500 businesses, both over the counter and online. Businesses supporting the Veteran Card include retailers, travel and tourism operators, accommodation and car hire, entertainment, hospitality, restaurants, as well as service and trade industries such as gyms to automotive mechanics. Offers are generally discounts on goods, gift cards and services, and range from 2.5 percent to 40 percent off. Participants include businesses such as Coles, Myers and David Jones.

Will the new Veteran Card affect my services, entitlements or service provider?

There will be no change for veteran service providers as a result of implementing the new Veteran Card. DVA clients will continue to receive the same benefits they are eligible for under their Gold, White or Orange card. For more information, visit www.recognition.dva.gov.au or phone DVA on 1800 VETERAN (1800 838 372).

LIFESTYLE SUPPORT COORDINATOR APPOINTED IN NORTH QUEENSLAND



AWWQ is pleased to announce a new representative based in Townsville. Suzi Vincent has taken on the role as Lifestyle Support Coordinator- North QLD, and will be providing services to members between Mackay and Port Douglas. Services will duplicate what is currently being offered by our Brisbane-based Lifestyle Support Coordinator.

Suzi brings a wealth of personal and professional experience to the role including ten years as CEO of an Aged, Disability and Community-based Care Organisation. Suzi holds a Diploma of Nursing, Post Graduate Qualification in Aged Care, Mental Health & Palliative Care, Diploma of Community Services Management, and a Diploma of Counselling.

INTERNATIONAL VOLUNTEERS DAY

Eight Volunteers from AWWQ attended the International Volunteers Day Morning Tea at Government House on 05 / 12 / 19.



Left to right: Carole Waller, Elizabeth Cowell, Bron Drinkwater, Jenny Gregory

GRUMPY OLD MEN'S COFFEE CLUB

On Saturday 23rd November, Natasha Oickle and Jenny Gregory visited the Grumpy Old Men's Coffee Club at the Wynnum/Manly RSL and gave a presentation about Australian War Widows Queensland. The men, their wives and other visitors donated a generous gift of \$1,000 to AWWQ!

The Grumpy Old Men's Coffee Club is a group of veterans that meets twice a week in Cleveland, to problem solve and socialise with one another.

The Club was formed after 22 veterans from the three services took part in a DVA Heart Health program at a Cleveland gym. Four years on from the original group, the veterans still get together twice a week to exercise in the gym and have a coffee in a nearby cafe afterwards. *'It not only eases you back into an exercise regime, but also provides education about such things as diet, exercise, weight management, alcohol, back care and diabetes,'* club spokesman, Graeme Ramsden said, *'People may think that this is nothing special, a group of old vets getting together exercising and enjoying each other's company, but they'd be wrong – there are a couple of hundred years of military experience in our group'.*

The Grumpy Old men range from age 79 down to their youngest bloke of 61. Mr Ramsden said the group paid a little over the standard coffee price into a fund managed by a Navy Finance Bosun, and pay fines for absence, regardless of reason. The fines support a lunch or a dinner and any surplus funds go to a charity, with recent beneficiaries including Australian War Widows Queensland, Veterans Off the Streets and the Australian Special Air Services Association Queensland Welfare Fund. *'We also go the extra mile to celebrate birthdays by adding breakfast to coffee and we help each other out,'* Mr Ramsden said. *'If someone is crook, there is always a hand there to offer assistance. We have sufficient expertise and equipment to deal with most things, and a willingness to do anything. 'What this group brings to us is, apart from fitness, a social group where we are accepted and valued – a safe place if you like. And this is an important part of healing which is often missed'.*



Grumpy Old Men's Coffee Club Members



SPARE A THOUGHT FOR YOUR LIVER THIS SEASON

Professor Darrell Crawford is a prominent gastroenterologist and the Director of Research at the Gallipoli Medical Research Foundation. As both a clinician and a researcher, he has seen firsthand the devastating impact liver disease and liver cancer are having on our veteran and wider Australian communities. He's taken the time to share why the liver deserves and needs more attention.

I don't think our liver loves Christmas as much as we do. For most of us, December is traditionally a time of overindulging on delicious food and 'festive cheer'. While we might be mindful of the impact the Silly Season has on our waistlines, most of us do not give any thought to the damage we might be doing to our livers. The liver is the under-rated workhorse of our body, performing over 500 functions. But as industrious as it is, there is only so much it can handle. Over the course of my career, I have seen a dramatic change in Australia's food environment. The focus today is on easy, fast food. This food is high in fats and salts, and it's more accessible than it's ever been. Even what is being cooked at home isn't as 'liver friendly' as you might expect. We're then combining this poor diet with a reduction in physical activity, associated with lifestyle, occupation and domestic changes over the past 30 to 40 years. The result is a build-up of toxins to a level the liver is no longer equipped to process.

When it comes to illnesses of the liver, the statistics paint an alarming picture. One in four adult Australians has, or will develop, fatty liver disease. This disease can lie dormant for years, progressively worsening without presenting noticeable symptoms. If left untreated, fatty liver disease can reach the point of cirrhosis, which is hardening and scarring of the liver. Cirrhosis can lead to liver cancer, the fastest increasing cause of cancer mortality in Australia.

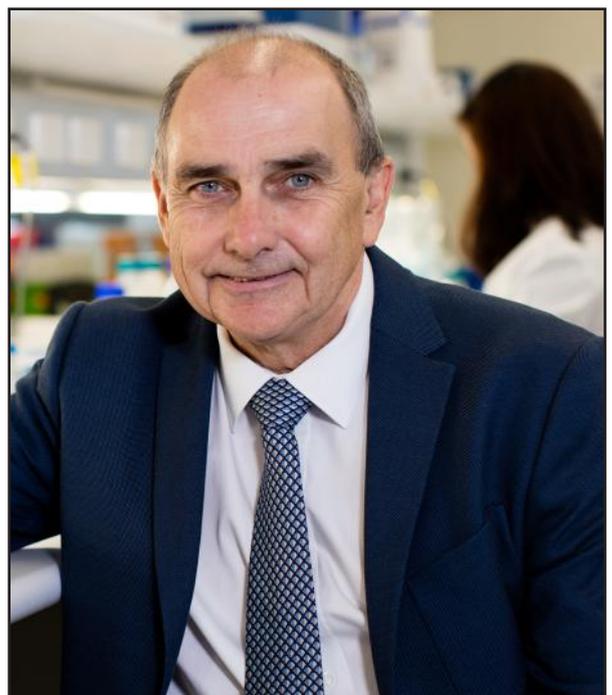
This Christmas, spare a thought for your liver. Just remember, it all comes down to moderation. Moderate your food and alcohol intake and make time to exercise over the holiday period – it could be as simple as going a gentle walk with friends or family after your meal.

While it might not be a crowd-pleaser, I'd also encourage you to start a conversation about liver health with your family. The more people who start a conversation about liver health, the more momentum we gain in working towards solutions. If you're worried about the health of

your liver, or perhaps someone is worried on your behalf, then I urge you to speak to your doctor.

The Gallipoli Medical Research Foundation (GMRF) has a particular focus on liver disease and liver cancer because of the impact these illnesses are having on our veterans. In 2013, we conducted the Post Traumatic Stress Disorder (PTSD) Initiative, in partnership with RSL Queensland. The research revealed an altered liver architecture – most likely due to fatty liver – in veterans, particularly among those with PTSD. The findings continue to inform the research we do today, with a number of sub-studies resulting from the PTSD Initiative.

There is a lot of data that proves fatty liver disease and liver cancer are intimately linked, which is why our Liver Research Unit and Liver Cancer Unit work together closely. Our researchers are examining the underlying mechanisms of this association, with the aim of improving treatment options before fatty liver disease reaches cirrhosis and, consequently, cancer. I am proud of what the GMRF team has been able to achieve through the generous support of our community, but there is a long road ahead of us. On behalf of everyone at GMRF, I hope you and your family have an enjoyable – and liver-loving – festive season.



- Professor Darrell Crawford



Management, Fundraising & Administration Team



Veteran Mental Health Initiative Team



Lab Team- Liver Disease, Live Cancer & Respiratory



Clinical Trials Team



ANXIETY: YOU ARE NOT ALONE

Mental illness refers to a wide range of disorders, which affect mood, thinking and behaviour. It is not something a person can “overcome with willpower,” and can be caused by biological factors such as genes, brain chemistry, trauma and abuse. An insight into the main grouping of mental health illnesses include: Mood disorders (depression or bipolar disorder) involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness;

- Psychotic disorders (schizophrenia with distorted awareness and thinking leading to hallucinations) are characterised by a person seeing images or hearing sounds, which are not real and delusional and become false fixed beliefs. A person with psychosis accepts them as true, despite evidence to the contrary;
- Personality disorders are present when a person has extreme and inflexible personality traits. In addition, the person’s patterns of thinking and behavior significantly differ from the expectations of society and are so rigid they interfere with the person’s normal functioning. Types of personality disorders include antisocial, dependent and obsessive, compulsive;
- Trauma-related disorders (post-traumatic stress disorder (PTSD) can develop following a traumatic and/or terrifying event. Thoughts and memories of the event can be lasting and frightening and tend to be emotionally numbing;
- Substance abuse disorders make a person become so involved with the objects of their addiction they begin to ignore responsibilities.
- Eating disorders involve showing extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa, and binge eating disorder are common eating disorders;
- Anxiety disorders- Certain objects or situations will cause fear and dread, as well as the person displaying physical signs of anxiety or panic, such as a rapid heartbeat and sweating.

This article will primarily focus on anxiety disorder. Although anxiety disorder is a condition, which is extremely common, and it notoriously affects people ages 60 and older. Unfortunately, generalized anxiety disorder is often dismissed or overlooked in the ageing population by the medical profession. As we age and live longer, parts of our physical body do not work the way nature intended. Medical science has found ways to make worn physical

body parts function once more, but in many cases to the detriment of a person’s cognitive function. This occurs when procedures to correct a medical problem require general anaesthesia.

“While older adults can experience Cognitive decline associated as part of the normal ageing process, decline following exposure to anaesthesia and surgery was found to be slightly accelerated beyond that associated with normative ageing” – Lindquist, 2018.

In a 2018 according to a Mayo Clinic Study of Ageing, adults over 70 years of age and who had been exposed to general anaesthesia and surgery were found to demonstrate subtle decline in memory and thinking skills. This study analysed nearly 2,000 participants and found exposure to anaesthesia after age 70 was linked to long-term changes in brain function. “We need to be sure that patients considering surgery, and their families, are properly informed that the risk of cognitive dysfunction is possible,” says Jurai Sprung, M.D., Ph D., a Mayo Clinic anaesthesiologist, who is the study’s senior author.

In August 2019, The American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP®) developed and published a Risk Calculator to provide accurate, patient-specific risk information to guide both surgical decision-making and informed consent. This means there is now the option to view Geriatric Outcomes for patients 65+ years of age. This is a very accurate tool so it is important before undergoing an operation where anaesthetic is required you ask your general practitioner and then your surgeon to go through this Risk Factor with you. If you find you are at risk than ask what measures can be taken to prevent any adverse complications.

As well an anxiety disorder that can be caused when an elderly person experiences a small Transit Ischemic Attack (TIA), a traumatic occurrence or concussion can leave them with a mild deficit in functional cognition. Unfortunately, they would have little knowledge of what is happening to them and use diverse ways of trying to work out what is occurring. Many deny there is anything wrong with them and refuse assistance. Hence, biological denial is the inability of the brain to make sense of what is happening.

Emotional symptoms of anxiety, which can be noted by family, friends and neighbours are:

- seeks continual advice to the point others go out

of their way to avoid them. The person can display a need for emotional support and may tend to talk continually about their situation;

- requires continual need for confirmation/ verification as to what they are being told is correct;
- could request more and more information in their endeavour to conceptualize the whole;
- likely to issue forceful ultimatums;
- plans one week at a time or has difficulty planning a major event;
- unable to reflect on or accurately assess their behaviours, which can include apprehension, panic distress, uneasiness, dread, worry, nervousness fear or terror, feeling overwhelmed, jumpiness or edginess

Family, friends or neighbours might find they need to:

- spend, what they view as unnecessary time, hearing repetitive stories, questions and arguments;
- answer the same questions over and over, as the person seems compelled to ask, “What will happen if?” even though they have been given logical answers;
- listen to the person who appears overly engrossed in “self”, who frequently describes self as the victim of a complex real-life plot;
- understand the person is trying to make sense of what has happened, even though they are not able to conceptualise the answers given;
- encourage them to breathe slowly and deeply – it

can help to count out loud, or ask them to watch while you gently raise your arm up and down, so they can breathe to this movement;

- suggest the person needs to see a counsellor or psychologist to assist them;
- ask for added support services to help with the general cleaning, washing and gathering of food;
- recommend services, which provide prepared meals or provide other delivery services;
- make allowances to spend more time with the person to allow them the time to talk through their fears;
- allow at least 6 months following the first episode for the brain to heal, though this might not occur.

It can sometimes be really challenging to support someone with a mental health illness. If you are caring and support a person with an anxiety disorder, you are not alone if you feel overwhelmed. It is important to remember to look after your own mental health, so you have the energy and time to be able to help them.

References: American Psychiatric Association. (2013). Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5); Lindquist, S. B. (2018). Anesthesia, surgery linked to subtle decline in memory and thinking in older adults. Mayo Clinic Public Affairs, 507-284-5005, newsburwau@mayo.edu ; American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP®) (2019). Surgical Risk Calculator including Geriatric Outcomes <https://www.facs.org/quality-programs/acs-nsqip/geriatric-periop-guideline>

- Delaune Pollard, Marina Court



COOKING HACKS

1. To test if a raw egg is still edible, gently place it in a bowl of cold water. If the egg sinks to the bottom, it is ok. If it floats, it has seen better days.
2. Press a straw through the bottom of a strawberry until it breaks through the top and takes the hull, the white part of the center of the berry, with it. Remove any remaining leaves with your fingers.
3. Slice soft cheeses such as brie and goat cheese with unflavored dental floss to avoid smooshing them. This trick also works for cake and cookie dough.
4. Coat a measuring cup or spoon with hot water or a dab of cooking oil before measuring sticky substances such as or honey. The heat or oil will help it slide right off and into a mixing bowl without leaving any behind.
5. Fit two bowls into the microwave at the same time, simply place one on top of an upside down glass so that it sits higher than the other.
6. Cool down a fresh glass of wine or a fancy cocktail by plopping a few frozen grapes in your glass.
7. Cover leftovers with a fresh shower cap. They're reusable and a lot easier than repeatedly removing and replacing plastic wrap or tin foil.
8. Remove seeds from vegetables such as squash and pumpkin with an ice cream scoop. Because the edge of the scoop is sharp, it cuts through the squash easier.
9. Melt some chocolate into a bowl and then dip an inflated balloon in it so that the chocolate sticks all around it in a semicircular shape. Once it has cooled down just pop the balloon and take it out. You now have chocolate bowls to serve your dessert in.
10. Prevent overboiling by placing a wooden spoon across a pot. Wood is not a good material for conducting heat so the hot water strays away from the handle.

Sources: <https://www.lifehack.org/articles/lifestyle/20-basic-cooking-hacks-everyone-should-know.html> & <https://greatist.com/health/kitchen-tips-hacks#1>

FRUIT CRUMBLE

INGREDIENTS

- 1/4 cups rolled oats
- 2 tablespoons flour
- 2 tablespoons brown sugar
- 1/4 teaspoons cinnamon or mixed spice
- 1 1/2 tablespoons margarine or butter, melted
- 1/2 cup fruit, canned or stewed

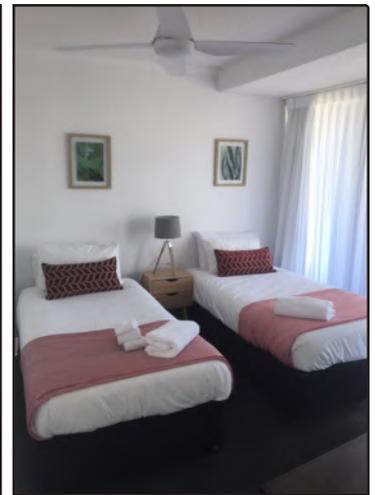
METHOD

1. Preheat oven to 160C
2. Combine rolled oats, flour, brown sugar and spice in a bowl. Add margarine and mix well to make a crumbly topping
3. Place fruit in a small ovenproof dish.
4. Sprinkle topping over fruit and cook for 20-25 minutes or until the topping is golden brown.

Serve with custard, yoghurt or ice cream

ACCOMMODATION

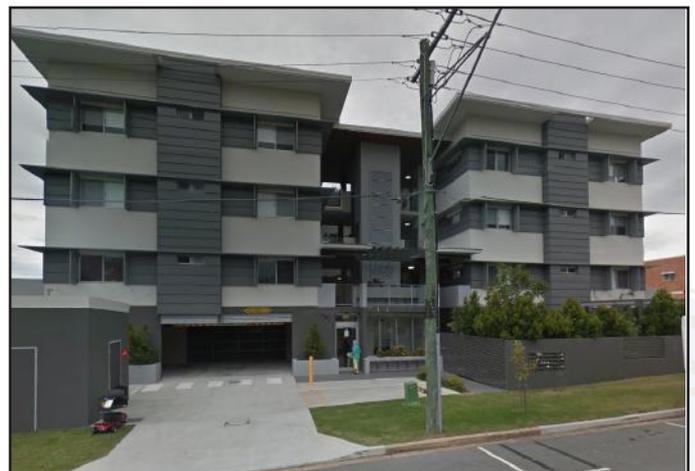
CENTREPOINT CALOUNDRA HOLIDAY APARTMENTS - RESERVATIONS : 07 5492 0100



PERMANENT UNITS FOR RENT IN NEW FARM & REDCLIFFE

Units in Marina Court, New Farm, are located in a convenient location, near public transport and shops. There are 38 units, lovely gardens, a community room and shared laundry facilities. The units consist of one bedroom, ensuite bathroom, living room and kitchen. Rent for War Widows on ISS is \$147 per week (reviewed annually) and rent for non War Widows is \$250 per week. Call head office on 07 3846 7706.

Units at Amity Place, Redcliffe are located within walking distance to the bus stop, cultural centre and the local RSL. There are 24 units and a shared BBQ area. The units consist of two bedrooms, bathroom (with laundry), living room and kitchen. Rent for War Widows on ISS is \$220 per week (reviewed annually) and rent for non War Widows is \$350 per week. Call head office on 07 3846 7706.



FRIENDSHIP DAY & AGM 2020

Friendship Day & the AGM will both be held at the Maroochydore RSL. The AGM will be on the 19th from 3pm and Friendship Day will be on the 20th at 11am. Further details will be included in the next edition of the AWWQ Bulletin. For those of you who wish to plan and book early, accommodation options are listed below.

ACCOMMODATION OPTIONS

Hotel	Address	Phone	Website	Distance from RSL
Waterfront Hotel	2/46 David Low Way, Diddillibah	07 5458 2777	waterfronthotel.com.au	5.8km
Reflections Holiday Apartments	2 Picnic Point Esp, Maroochydore	07 5443 9707	reflections-apartments.com	1.7km
Wunpalm Motel & Holiday Cabins	137 Duporth Ave, Maroochydore	07 5443 4677	wunpalm.com	1.6km
Top Spot Motel	8 Beach Rd, Maroochydore	07 5443 1245	topspotmotel.com.au	1.6km
Elouera Tower	81 Sixth Avenue Maroochydore	07 5443 5988	eloueratower.com.au	1.3km
Mylos Apartments	Maroubra St, Alexandra Headland	07 5443 4077	mylos.com.au	1.6km
Oaks Seaforth	98- 110 Alexandra Pde, Alexandra Headland	07 5475 1100	oakshotel.com	1.7km
Meridian Alex Beach	122 Alexandra Pde, Alexandra Headland	07 5451 8044	meridianapartments.net	1.9km
Alex Seaside Resort	146 Alexandra Ode, ALEXANDRA Headland	07 5479 5055	alexseasideresort.com.au	2.2km
Mandolin Apartments	174 Alexandra Pde, Alexandra Headland	07 5443 5011	mandolin.com.au	2.3km

NEARBY INTERESTS

Brisbane Airport	100km	Mooloolaba Canal Cruise	5km
Sunshine Coast Airport	9.2km	The Ginger Factory- Yandina	23km
Nambour Train Station	16km	Blackall Range / Maleny / Montville	30km
Maroochydore Surf Club	1.5km	Australia Zoo	32km
Alexandra Headlands Surf Club	3km	Eumundi Markets (Wednesday & Saturday)	32km
Mooloolaba Surf Club	5km	Noosa Hastings Street / National Park	40km
Sunshine Plaza (Includes Cinemas)	1.5km	Gympie & Mary Valley Rattler	83km
Sea Life Sunshine Coast	5km		

PLEASE EMAIL QUERIES TO

friendship2020@warwidowsqld.org.au

A PEACEKEEPER'S POEM

*'Twas the night before Christmas
He lived all alone
In a one bedroom house
Made of plaster and stone*

*I had come down the chimney
With presents to give
And to see just who
In this home did live*

*I looked all about
A strange sight did I see
No tinsel, no presents
Not even a tree*

*No stocking by mantle
Just boots filled with sand
On the wall hung pictures
Of far distant lands*

*With medals and badges
Awards of all kinds
A sober thought
Came through my mind*

*For this house was different
It was dark and dreary
I found the home of a soldier
Once I could see clearly*

*The soldier lay sleeping
Silent, alone
Curled up on the floor
In this one bedroom home*

*The face was so gentle
The room in disorder
Not how I pictured
An Australian soldier*

*Was this the hero
Of whom I'd just read
Curled up on a poncho
The floor for a bed?*

*I realised the families
That I saw this night
Owed their lives to these soldiers
Who were willing to fight*

*Soon round the world
The children would play
And grownups would celebrate
A bright Christmas day*

*They all enjoyed freedom
Each month of the year
Because of the soldiers
Like the one lying here*

*I couldn't help but wonder
How many lay alone,
On a cold Christmas eve
In a land far from home*

*The very thought brought
A tear to my eye
I dropped to my knees
And started to cry*

*The soldier awakened
And I heard a rough voice
"Santa don't cry
This life is my choice;*

*I fight for freedom
I don't ask for more
My life is my god
My country, my corps"*

*The soldier rolled over
And drifted to sleep
I couldn't control it
I continued to weep*

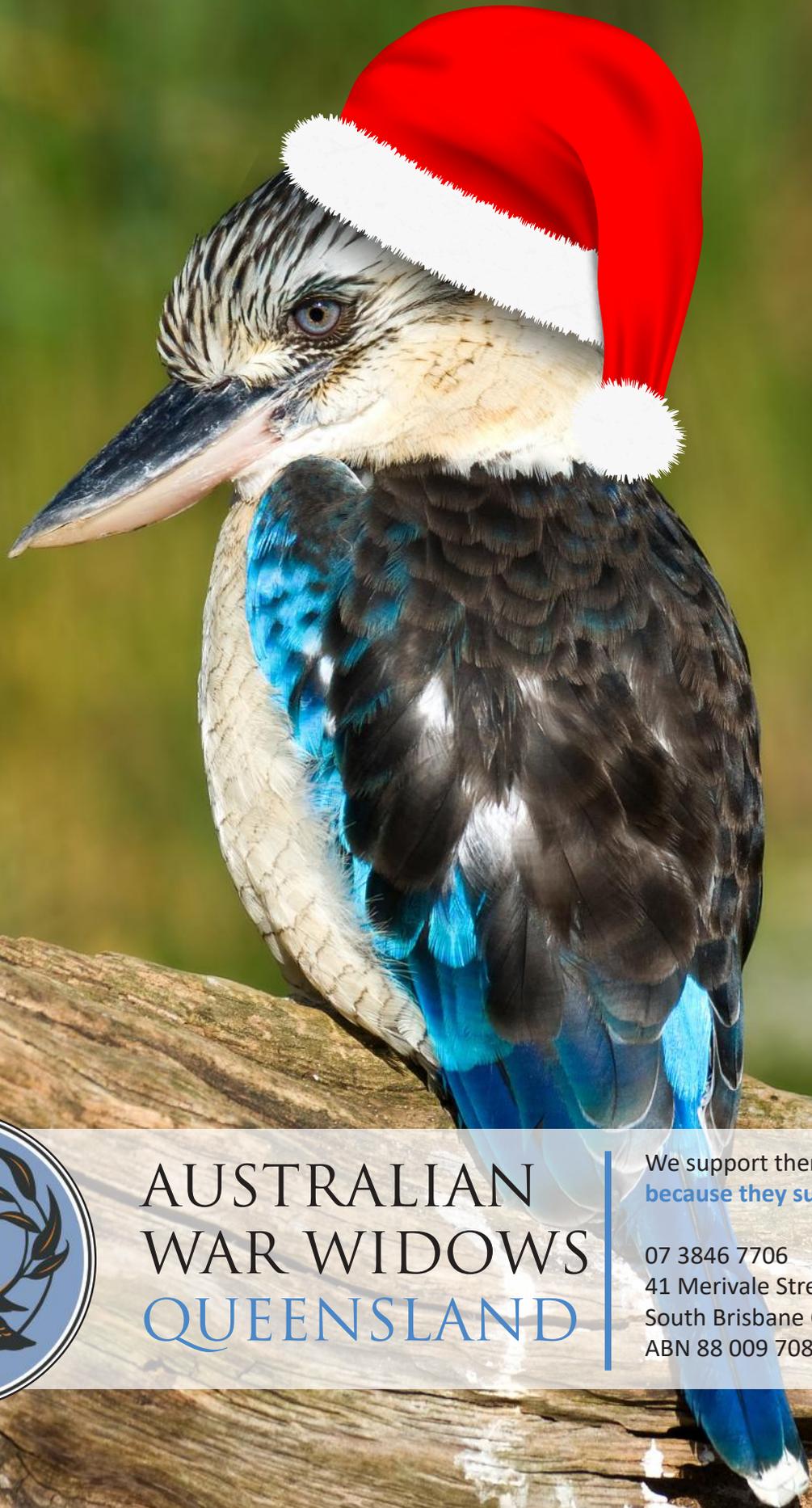
*I kept watch for hours
So silent and still
And we both shivered
From the cold night's chill*

*I did not want to leave
On that cold dark night
This guardian of honour
So willing to fight*

*Then the soldier rolled over
With a voice soft and pure
Whispered, "carry on Santa
It's Christmas day, all is secure"*

*One look at my watch
And I knew he was right
"Merry Christmas my friend
And to all a good night"*

*- Written by an Aussie Peace-Keeper
on deployment during Christmas*



AUSTRALIAN
WAR WIDOWS
QUEENSLAND

We support them
because they supported us.

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