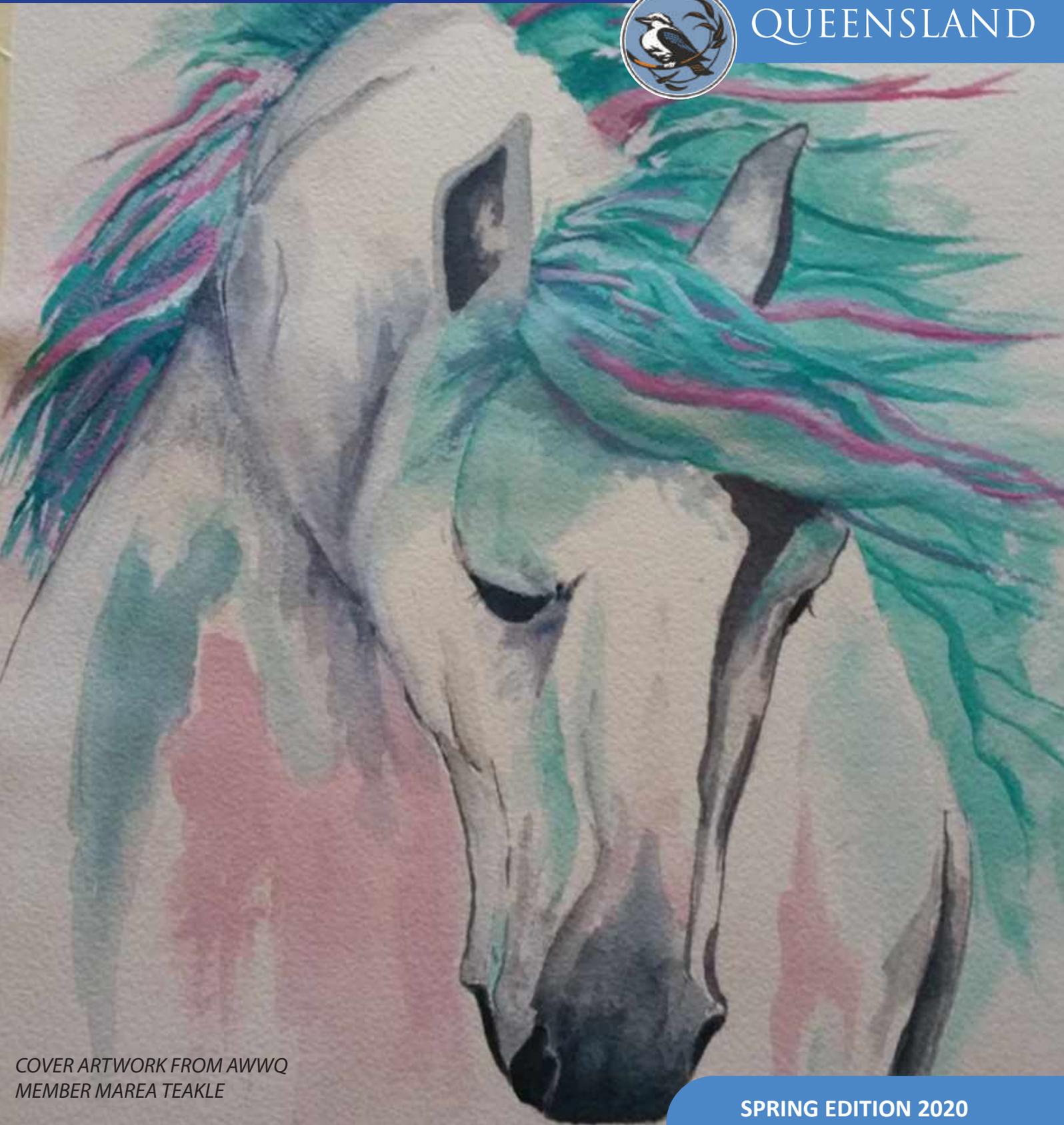


BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND



COVER ARTWORK FROM AWWQ
MEMBER MAREA TEAKLE

SPRING EDITION 2020

AWWQ CONTACTS

QUEENSLAND STATE PRESIDENT

Mrs Jennifer Gregory

CHAIRMAN

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INDEPENDENT DIRECTORS

Mrs Michelle McGrath OAM

Ms Jenny Walker

Mr Chris Richards

WAR WIDOW DIRECTORS

Mrs Cathy Hartshorn

Mrs Maureen Rush

Mrs Judy Smith

Mrs Roslyn Wilkes

MEMBERS OF STAFF

Rachel Johnson, Executive Officer

Susan Hilditch, Lifestyle Support Coordinator

Jason Orchard, Operations Manager

Suzi Vincent, Administration Support (North QLD)

Joanne Hill, Administration Coordinator

STREET ADDRESS

41 Merivale Street South Brisbane QLD 4101

POSTAL ADDRESS

PO Box 13604 George Street Post Shop

Brisbane QLD 4003

PHONE

07 3846 7706 or Free call: 1800 061 945

EMAIL

reception@warwidowsqld.org.au

bulletin@warwidowsqld.org.au

WEBSITE

www.warwidowsqld.org.au

GRATITUDE TO OUR PATRON

His Excellency the Honourable Paul de Jersey AC

Governor of Queensland

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DISCLAIMER:

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

USEFUL PHONE NUMBERS

AWWQ.....	07 3846 7706 or 1800 061 945
Beyond Blue.....	1300 224 636
Centrelink (MyGov).....	1300 169 468
Crime Stoppers.....	1800 333 000
Do Not Call Register.....	1300 792 958
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 / Fire / Ambulance.....	000
Policelink (Non urgent matters).....	131 444
Seniors Enquiry Line.....	1300 135 500
SES (Flood & Storm Emergency).....	132 500
Veterans' Home Care.....	1300 550 450

WELCOME TO NEW MEMBERS

Haline Allison

Ann Arnold

Norma Brown

Maureen Burke

Ailsa Byrnes

Avril Clark

Jennifer Clark

Jean Collett

Hazel Dighton

Robyn Fisher

Iris Frangos

Carol Fraser

Janice Friar

Daphne Hall

Shirley Hamilton

Donta Harper

Jean Harris

Linda Hayward

Patricia Hill

Sandra Jones

Judith Klein

Beverley Lane

Marjorie Latimer

Julita Lawson

Florence Lowe

Leila Lyall

Jean Lyttle

Joyce Mapson

Katherine MacLean

Annette McDonald

Judith Merrick

Margaret Moravec

Lorraine O'Neil

Valma Pugh

Yvonne Quinn

Maureen Riley

Marjorie Salter

Ann Schultz

Gwen Sim

Jean Smith

Patricia Smith

Gabrielle Sneddon

Judy Spanner

Kanokporn Theodore

Maureen Thompson

Janet Thomson

Ann Wareing

Pamela Watson

Joyce Welfare

Margaret Welsh

Edna Winkel

Ethel Witherspoon

Elizabeth Wheeler

Gwen White

Katherine White

Mary Williams



“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain”

This quote from author Vivian Green seems very appropriate and uplifting for the unusual and somewhat troubling times we find ourselves in at present.

I believe many of you have learnt to “dance in the rain” by the very nature of the support and kindness that you are showing each other and by the efforts of many of you to reach out to strike up new friendships with other members via the pen pal and Zoom group programs which Suzi Vincent has so kindly set in motion.

Some of you may be thinking of returning to your sub branches and social groups as it has been a long absence from catching up with friends. I urge caution in doing this as we must make sure that we are able to keep each other safe and healthy by abiding by any restrictions that are put in place for our protection.

I have not been able to visit any of the groups for the last few months and I have missed seeing all your friendly faces. I have contacted a number of you by phone and it is always good to hear that you are all supporting each other. The presidents and coordinators of all our groups have been meeting online regularly via Zoom conference to share information and ideas to implement and pass on to you our members when meetings eventually resume.

Usually in October we celebrate Jessie Vasey Day with a special lunch but unfortunately we will not be

able to do that this year because of the uncertainty about being able to hold large group events. Also we hold as our first priority, the health and safety of our staff and their families, our members and the communities in which we live.

I thank the Board and staff for making difficult but fair decisions for each development during the current crisis and we hope we have communicated our decisions and advice to you in a balanced and timely way. We are also aware that during this period “we cannot lose sight of who we are”.

Our Lifestyle support coordinators (LSC) Sue and Suzi have responded quickly and efficiently to meet some of the urgent needs of our members and I thank them for this. I am also very proud of our members who have responded well to the increased use of technology precipitated by the pandemic. Many of us used this technology to attend Zoom and Facebook school with Suzi – myself included.

I would also like to welcome our new staff member Joanne Hill to AWWQ and I know she will look after you well when you speak to her by phone or at the office. While talking about staff I would like to also thank Jason for his work on the Bulletin. I really loved the last issue as I am sure you did too. And last but absolutely not least I would like to thank Rachel for the amazing job she is doing as our Executive Officer. She has handled this difficult time of the pandemic with efficiency, grace and understanding. This makes my role so much easier.

In closing I remind us all that AWWQ continues to follow the original purpose of our organisation “To watch over and protect the interests of war widows.” Take care and remain healthy.

Jenny Gregory



Lyn Wilkes, Jenny Gregory, Denise Fridolf OAM, Jean Hoffman and Joan Harrison at a Government House Morning Tea



Dear AWWQ Members

“Spring will come and so will happiness. Hold on. Life will get warmer”

These are uncertain times with many unknowns but what heartens me are the many small acts of kindness and generosity we are seeing take place in our war widow community.

Our members are reaching out to neighbours, friends and even strangers, with a sense of open-hearted compassion to care for the most vulnerable.

This truly is the very best of humanity. I am sure it is this war widow spirit of community that will prevail.

As part of ensuring continual support to our members head office has been bustling over the past three months.

Firstly, we welcome Joanne Hill to the team. Jo joined AWWQ as Administration Coordinator in August and has joined Jason, Sue, Suzi and myself. Jo’s positivity and wealth of knowledge in administration & member services is already proving to be a huge asset to AWWQ!

We have been crunching numbers as usual and our 2020 Financial Audit has been finalised with UHY Haines Norton, we look forward to presenting our annual report to members at the AGM. The Lifestyle

Support Coordinators, Sue & Suzi continue to offer constant support to members, their families and our community. We hope you have enjoyed the Zoom & Facebook schools and the quilt project we have been offering, it has been wonderful to see so many members participate.

I am happy to announce AWWQ has received more membership applications over the past four weeks than ever before in such a short space of time. We sincerely welcome our 62 new members!

The AWWQ Members’ Handbook has now been finished and circulated to all of our sub branch presidents and group coordinators. The members committee and staff worked together closely to provide our groups with a very concise publication.

Our website is a work in progress and we have made some improvements to hopefully make it a little more user friendly. We encourage our members to check the website and our Facebook page for relevant information and updates.

In a world that desperately needs positive change, we are determined that the Australian War Widows Queensland team will continue to find ways to have even greater positive impact on the lives of those we serve.

Take Care & Stay Safe.
Rachel Johnson

AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convener: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
BRISBANE WEST	2nd MONDAY 10:15am Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 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: Laurel Crawford 0428 523 033 Coordinator: Gabbrielle Ryan 0402 268 794 Coordinator: Judy Mitchell 0407 676 344 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 "Rona Shute Room" Cairns RSL, 119 Esplanade, Cairns, QLD 4870 Coordinators: Lorraine Watts 07 4054 1174 E: lorw01@bigpond.com Fay Lovekin 07 4045 2285
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: juleshall42@icloud.com Treasurer: Christine Gann 07 5491 9664
GOLD COAST NORTH	4th TUESDAY 10:30am RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Jan Franz 0404 817 012 Assistants: Deirdre Breakwell & Sandra Small
GOLD COAST SOUTH	1st MONDAY 10:30am Currumbin RSL 165 Duringan St Currumbin QLD 4223 President: Bron Drinkwater 0400 098 310 E: presidentwwgc@outlook.com Vice President & Treasurer: Deborah Baczyk 0408 807 600 E: treasurerwwgc@outlook.com Secretary: Carole Waller 0412 135 030 E: secretarywwgc@outlook.com
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 Coordinators 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/Treasurer: Denise Stokes
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
NEW FARM	2nd TUESDAY 10:00am 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: 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 Acting President: Merrill Ovenden 07 3207 2710 Treasurer: Faye Cross 07 3207 6609
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 9:30am 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	1st MONDAY 11:30am Tewantin Noosa RSL 1 Memorial Ave. Tewantin QLD 4565
TOOWOOMBA	2nd WEDNESDAY 10:00am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Helen Strange OAM 07 4691 0287 E: strangehelen9@gmail.com Vice President: Robyne Hilditch 07 4614 0080 Secretary: Beth Johns 07 4634 8972 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10:00am Townsville RSL Club, 139 Charters Towers Rd, Hyde Park Acting President: Wilma Kent 0412 341 293 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
ZOOM LADIES	2nd FRIDAY 2:00pm. Join ladies from around Queensland for afternoon tea and a chat via Zoom. To RSVP or to find out more contact Suzi Vincent – 0409 880 902 or suzi@warwidowsqld.org.au

BRISBANE NORTH

Well not too much has happened as you would be aware. I have had small group lunches at a club. The ladies who did come enjoyed the get together.

On August 15, VP Day, a group of us attended the Geebung RSL for the service and wreath laying. This ceremony has been put on there for our war widows' group. There was a larger crowd than normal as it was 75 years since the end of the war in the Pacific. I laid a wreath on behalf of war widows, and the ladies from Brisbane North laid a cross in remembrance of those who lost their lives during this terrible war. The RSL put on a lunch for us. It was lovely catching up with some people I hadn't see for months.

Apart from this gathering, I have just mainly been doing telephoning. I did enjoy our Zoom conference. This was a great way to discuss things which could have been a benefit to others within the state. Looking forward to the next one coming up soon.

I have a lunch organised for 20th August. For any members who want to come, this is being held at the Geebung club. I have indicated to my members that we will be back to a meeting on Tuesday 15th September. This will be our normal meeting day. On October 20th, unless advised otherwise, this will go ahead.

On November 17th I'm looking forward to our Christmas lunch. This is part of the plan but will see how things go from here.



Brisbane North members at the VP Day Ceremony



Denise Fridolf laying a wreath at the VP Day Ceremony

BRISBANE WEST

Our world has continued to evolve over the past few months. With care, we have been able to venture out and socialise. We are continuing to keep in touch by telephone and are looking out for each other.

We are still not able to have our meetings due to our RSL Club's restrictions. However, most of us were able to catch up for a luncheon adhering to social distancing and rules. Previous birthdays were celebrated and there was lots of laughter and talking with everyone catching up. All going well, it is anticipated that we will be having regular luncheons in the future.

We all wish our member, Joy Milner, the happiest of birthdays as she turns 100 in August. Joy has been a member of our group for many years and we wish her well.

Congratulations to Suzi Vincent for conducting the Zoom meetings over the past months. It is lovely to catch up with ladies from other groups and discuss ideas and events.

Until next time, everyone stay safe.

CAIRNS

At long last our members have got together and had a morning tea/meeting. Our numbers are not good with only 12 ladies in attendance, however, we have vowed that we will carry on and keep going for as long as possible.

We have returned to the Cairns RSL, and thank them for looking after the ladies. Prior to the meeting we organised a luncheon at Dunwoodys Hotel, which was enjoyed by all who attended.

Our latest outing was held at the Kee Kong Restaurant, which is always a great venue, and once again enjoyed by all. If there are any widows out there, who are not in our group, please come along, and you will see that our functions are well organised and good fun.

On a sad note I have to advise that our President, Helen Atfield, is moving on. She has decided to go back to Townsville, to be closer to family. We give her our best wishes, but I am sure she will visit us, and we all look forward to that.

As some of our members had already booked airfares and accommodation in Maroochydore, prior to Friendship Day being cancelled, and being unable to get refunds, we are off to Maroochydore to check out what is on offer, and are looking forward to looking around the area.

One of our longer serving members Norma Willis is not well, and we send best wishes.

CALOUNDRA

After four long months finally we opened our meeting on the 10th of August at 10:00am at Caloundra RSL Club, with attendance of 22 members, seven apologies and two new members.

We would like to welcome Mrs Daniela Barker and Pam Large to

our war widows' group. After the meeting we had lunch at the RSL Club. The members enjoyed their lunch and had a good day.

During Coronavirus restrictions, I kept in touch with our members a few times. One of our members, Faye (Stella) Clarke, turned 102 years young. On 28th of July Christine and I visited her and celebrated with Birthday cake and a pot plant. She looked lovely and welcomed us with a big smile.

Our next meeting is 14th of September and we are using our grant money for lunch at the RSL Club.

Please take care and god bless you all.

Roohi Doherty



Stella Clarke & Roohi Doherty

GOLD COAST NORTH

Unfortunately we are still unable to have the meeting room at the RSL yet, so we have been having small groups for a luncheon each month.

Below are some photos of a Christmas in July function held at one of our ladies houses.

Wishing you all the best!



Gold Coast North members enjoying a Xmas in July Lunch



Gold Coast North members enjoying a Xmas in July lunch

GOLD COAST SOUTH

Gold Coast South had their first meeting back and it was a really lovely morning. There were only 11 of us so we had a social. The nice thing was that usually everyone sits at the same table at the meeting, at this get together we all sat facing each other, with distancing. Some ladies got to interact with others that they normally wouldn't. We were planning on inviting other war widows to join us for lunch in September, alas we feel that things are too much up in the air and are just going to take each day as it comes with very little planning ahead. I think for all groups it's going to be very low key.

Second World War services were very very low key. Our men and women getting very low in numbers and ageing is taking its toll. Vietnam Veterans Day was also very low key. Four of our ladies went to the service at Nerang RSL and paid our respects. War widows have a dedicated seat in the memorial garden there, which we are very proud of.

We continue to send out our newsletter, which is really well received by our ladies. The fact that we can bring cheer into the day is a great thing. It also helps our members because they can share the jokes with their family and friends. Our Secretary Carole does an amazing job. We are so

very appreciative.

GYMPIE

As we have not returned to meetings I have stayed in touch with all my ladies by phone. They are all doing well. We may get to have a Christmas lunch either at the end of November or early December, as the RSL renovations are well underway.

Gwen Albury hosted a morning tea to farewell Jeannie Byng who has now gone to live with her daughter in Buderim. Jeannie has already made contact with the Maroochydore Group. We will miss your sense of fun and your jokes, Jeannie. We also had a small Birthday lunch for Jill Lennon. So in small groups we are amusing ourselves.

Sadly, our past President, Ada McHarg passed away on July 27. She was a very valued member of our group but went into care about two years ago.

Thank you to Suzi Vincent for the Zoom meetings, it is a great way to stay in touch. To Jenny and all the staff, you have done a great job all through this COVID time. Thank you all.



Gwen Albury with her dotting project



Jill Lennon's Birthday



Gympie members farewell morning tea for Jeannie Byng

INGHAM

A few members joined me at the Ingham RSL for our first meeting since last year, on the 20th August. It was wonderful to see their smiling faces and hear what they had been doing in that time.

After plans were made for our next meeting we enjoyed a delicious lunch in the RSL's restaurant.

Denise Scott



L-R Suzette Randall, Beth Geeson (seated), Margaret Pether & Rhonda Greentree

MAROOCHYDORE

While writing this I sadly remind myself that we should have been celebrating Friendship Day 2020 this week. On a positive note Maroochydore will host Friendship Day in September 2021. Look out for details in the next Bulletin.

At Maroochydore we continue to observe health and safety precautions as a result of Covid-19. The meeting rooms at the RSL remain closed and it is unlikely that we will be able to resume regular monthly meetings this year.

We were able to take a limited number of ladies for a bus trip to Gympie in August and enjoyed lunch with some of the Gympie members at Gunabul Homestead. Thank you to Lynn and Andrew of Mystic Mountain Tours for making this possible for us, the day out was appreciated by all. Another trip is planned for September and again we can only take a maximum of 18 people.

At the end of August a group met for lunch at the Maroochy RSL and were happy to finally be able to get together and catch up for the first time since March. We will continue these lunch 'catch ups' at the RSL for the remainder of this year.

A lunch and meeting at the Maroochy RSL Events Centre is planned to replace the usual monthly meeting in September. Reservations need to be made, members please call Judy 0419 725 292 or Heather Fazldeen 5444 0281 to book your place at the table.

Our last event for the year will be our Christmas function at the Maroochy Events Centre planned for November 27, 2020.

Keep well and stay safe.



Maroochydore members on a bus trip to Gympie

NEW FARM

We are so lucky at New Farm as we have been able to continue to hold our regular monthly meetings because we meet in the beautiful garden area of Marina Court. In July we celebrated Christmas in July after our meeting and, although the weather was a bit cool, the ladies enjoyed a very nice lunch courtesy of members Jean Le Garde, Pam Dittmar, and Ailsa Whitehead.

In August we were lucky to have fine weather. We had Jacques from The Mission to Seafarers come to talk to us about the work this Mission does. We now have a knitting pattern for beanies and our knitters and craft group ladies have volunteered to knit beanies for the sailors to donate to the Mission. The ladies found Jacques's presentation very interesting.

At this meeting we also celebrated QCWA's 98th birthday by hosting "Sconversation". We enjoyed scones made by Chris Griffiths and Pam Dittmar for our morning tea after the meeting. We will send a photo of our ladies enjoying scones to QCWA.

We were also very thankful to receive re-usable cloth masks made by Val Rooney as she made enough for all the residents of Marina Court. The ladies were thrilled to receive these and there is a photo below of a few of the ladies wearing their new masks. Many thanks Val.

We also welcomed Sue Hilditch and Joanne Hill to our meeting in August. Jo is a new member of

AWWQ staff and came along to make herself known to our members.

We are hoping to have live entertainment at our September meeting and use our "Be Connected" money to have this meeting catered for.

We are very grateful to the Brisbane City Council for approving a grant for us to purchase a roving microphone. This has been a great asset for us to enable the ladies to hear everything that is said at our meetings. There is a photo of Vicki Howard, our local councillor, addressing our meeting in July and using the newly acquired microphone.

We send our best wishes to all members hoping you all stay well and safe.

Jenny Gregory



Ailsa Whitehead AM and Ann Stafford



Vicki Howard & Jenny Gregory with the new microphone



Laraine White, Chris Griffiths, Pam Dittmar and Pam Hoy

REDCLIFFE

Welcome to everyone. The COVID-19 pandemic has certainly put a damper on a lot of events and get togethers. Our group is unlikely to hold any meetings until next year in 2021. We have been attending Zoom meetings with head office and these meetings have kept us informed on important matters.

Our group has had a couple of small get togethers, morning tea at Cafe63 in Redcliffe attended by about 12 ladies and a morning tea at Amity Place attended by most of the residence and a couple of invited guests.

Our beloved Avis Hall who turned 100 years has received her letter from the Queen.

Ruth Mateer our President has stood down and Judy Harvey has stepped into her shoes. Judy, Jan and Ruth have been keeping in contact with our members by phone.

May you all stay well and safe. Bless you all and pray we get through these unpredictable times.

Helen Finley



Avis Hall with her letter from the Queen



Morning tea at Amity Place

ROCKHAMPTON

Hello everyone. How the year is flying by considering we have spent so much time at home. It is nice to start catching up again. We have suspended our meetings till next year but on our normal meeting day those that want to are welcome to get together for a coffee and a chat at 10am at the Frenchville Sports Club.

For Vietnam Veterans Day on the 18th August some of our members were able to travel to Cockscomb Veterans Bush Retreat where we participated in the service and wreath laying ceremony and then enjoyed the meal that followed.

Some members have been able to join the Zoom meetings and learn how the other branches are coping.

We are looking forward to a bus trip on 16th September to Yeppoon for morning tea followed

by lunch at Byfield. We are also looking forward to joining a Laurel Club bus trip on the 21st October to the Canal Creek War Memorial for morning tea followed by lunch at the Royal Oaks Hotel at Yaamba for lunch.

Best wishes to everyone till next time, stay healthy.

Jan McPherson



L-R Ruth Russell, Esma Humphries, Deb Harris, Joanne Price, Sue McCallum, Karen Riley, Gloria Lynch, Cecilia Miller and Jurin Geedrick at the Vietnam Veterans' Day Ceremony

SOUTH EAST

Spring is here and still it is unsafe to attend community activities. Members who live close by are able to meet in small groups but conditions apply. Most of the South East Group are scattered across the South East suburbia.

I have tried to phone the ladies to keep in touch over the recent months and have discovered that several have not been well with their own health problems with a few having spent some time in hospital. I hope all are now home and recuperating whilst taking precautions against COVID-19.

Let us hope all of our readers stay safe and that we will eventually get the "all clear".

TOOWOOMBA

Hello ladies, at long last we are getting a bit of normality back into our lives again. It really is good to be out and about.

Due to social distancing our

Tombola to aid the Toowoomba Hospice had to be cancelled, however the raffle will be drawn at the September meeting. We will still be making a donation to the hospice as we have been doing for the past 17 years.

When things started opening up in June, we had morning tea at the Golf Club. There was a good attendance and everyone enjoyed themselves. Catching up with friends is always heartwarming. The morning tea was such a success that arrangements were made to hold our July meeting at the Golf Club. The meeting was very casual but it brought everyone together.

Our August meeting was held in the Dr. Price Rooms, there was a good attendance and it was good to be back in our usual room. The Toowoomba Council was responsible for sanitizing the rooms which made it easy for us. The usual personal details were required on entering. After the meeting some members went for lunch at the Westlakes Restaurant. As usual the meal was excellent.

Just before I go, a big THANK YOU to everyone for keeping in touch with each other when we couldn't go out. That is true friendship. Also, a reminder to let us know if you just need someone to talk to, or visit you in hospital please let us know.

Remember-

LIFE IS SHORT, so - BUY THE SHOES, DRINK THE WINE, and ORDER THE DESSERT.

Bye for now.



Helen Moloney & Jan Stanborough at the bus hub

TOWNSVILLE

How do we start a new year- new time- For Townsville's first meeting back at the RSL, 29 ladies were looked after with a beautiful morning tea by the RSL staff. It was an opportunity to catch up with some we hadn't seen for some time and have a chat. The ladies also had fun playing bingo and look forward to the next get together.

Something else a few ladies enjoyed was the street art in our beautiful city. Going out on day trips is of interest, but doing it alone is no fun.

Wilma Kent

WARWICK

We are still in recess and at the present time we are not going to resume meetings. Vice President Nancy is keeping in touch by phone.

We may decide to have a Christmas Lunch, but this would depend on future developments.

Best wishes to everyone - and take care.

Dorothy Rubie



COMMEMORATIVE MEDALLION AND CERTIFICATE RECOGNISE SECOND WORLD WAR VETERANS

A special commemorative medallion marking the 75th anniversary of the end of the Second World War is now available to every living Second World War Veteran to say 'thank you for your service'.

Minister for Veterans' Darren Chester today launched the medallion and certificate in the lead up to the end of the Second World War commemoration of 15 August, awarding the first medallion to Sale veteran Rose Jackson.

"As we approach this special anniversary, we recognise that it will be one of the last opportunities we have as a nation to publicly acknowledge the remaining veterans of the Second World War, of which there are around 12,000 still with us today," Mr Chester said.

"These brave Australians served our nation in the far corners of the world, fighting in theatres of war from Europe to North Africa, the Mediterranean and the Middle East, to Asia and the Pacific, with the conflict also reaching Australian shores"

"Australia can never fully repay the debt we owe these amazing men and women but, to mark their service, the Federal Government is producing the

Commemorative Medallion and Certificate of Commemoration for the remaining living Second World War veterans."

"I am delighted to be in Sale today to present the first of the Commemorative Medallions to an Australian Second World War veteran, Rose Jackson."

"Rose served in the Australian Women's Army Service during World War Two and served as a private.

She was posted to Bandiana, Victoria after undertaking training and worked in a clerical role."

"Thank you for your service, Rose"

The medallion, available to all living veterans who apply, will be presented in a display case and is a gesture of appreciation from a grateful nation to those veterans who fought to protect our way of life in the terrible conflict that ended 75 years ago.

Second World War veterans, or their families on their behalf, can apply online for the Commemorative Medallion or, for those without internet access, by phone on 1800 VETERAN (1800 838 372) during business hours.



NONI WAKELY



Noni was born in Pentland, North Queensland on 31 January 1921, where her mother Eva Mary Edgar was born in 1896. Noni lived her entire life in Queensland, with only short stints living in NSW.

Noni was brought up in numerous small towns in outback Queensland, where her father Will Mitchell worked for Queensland Rail as the local Stationmaster, and moved around regularly. Noni spent a lot of her childhood days playing tennis out in the hot sun in these small Queensland towns.

Noni has described some of her very many childhood homes as very spartan. There was typically no running water, just an external rainwater tank that collected rainwater from the roof, and also collected small green frogs. This tank water had to be boiled to be drinkable. There were typically no curtains, just two nails to hold a white sheet over the window. Cooking was done on a wood-fired stove. The floor was earth, which had to be swept regularly.

Noni trained as a RN (Registered Nurse) in Charters Towers Hospital in North Queensland during WW2, from 1939 to 1942, then went to Bundaberg Hospital in 1943. She studied midwifery at Royal Women's Hospital in Brisbane in 1944, then worked at Mary-

borough Hospital in 1945, and then moving onto the Repatriation General Hospital in Kenmore, Brisbane, for six weeks. Noni then worked in the Repatriation General Hospital in Greenslopes, Brisbane, from 1946 to 1949.

She lived in the Waterloo Hotel with many other nurses, and was taken by bus to Greenslopes every day. Noni met her husband Fred Wakely in Greenslopes Hospital. Fred was a patient in the hospital, having returned from active war duty in England (19 operations as a tail gunner in Lancaster bombers over Germany in 1943 and 1944), with both knees damaged in a plane crash.

Noni then worked in Concord Repatriation General Hospital in Sydney in 1949 and 1950, then Lismore Hospital in 1950, to be near Fred, who had by this time commenced working in the family Newsagency and General Store in Brunswick Heads, NSW. Their twin boys Clive and Neil were born in Lismore Hospital on 4 Nov 1952, and Noni remembers the whole staff coming out to celebrate the births.

In May 1963, Noni and Fred moved to Brisbane, largely due to Fred's failing, war-induced, bad health. Fred passed on 23 February 1965, leaving Noni to bring up and educate the twins alone.

Noni joined the War Widows' Guild in 1965, and was part of the "welcoming team" for inner city monthly get togethers, before moving onto working on the Bulletin magazine, which you will find her name mentioned in the book "No Mean Destiny" for this work. Noni also served on the State Council and was a hospital visitor. During this time Noni got to work alongside "the three musketeers", Billie, Hazel and Margery.

Noni loved to listen to her old 33rpm classical music and opera records on the old brown Kriesler radio-gram, such things as The Gondoliers, and Nelson Eddy, Mario Lanza, and The Merry Widow. Fred preferred listening to English comedy on the radio (You have just been listening to, or have just missed, "Hancock's Half Hour"), as well as The Goons. Fred loved Victor Borge. Noni collected silverware, which she spent lots of time cleaning with her mother Eva. It really was beautiful stuff. Noni hired a small black-and-white TV for school holidays, but would not

allow a TV in the house during school term.

In 1994, Noni sold her home and moved to New Farm, the boys having left Brisbane soon after finishing Uni in late 1974. Noni lived in a lovely 1-bedroom war widows' apartment at "Marina Court" at 38/227 Moray Street, New Farm for the next 24 years, and loved it there. She continued to go down to the New Farm shops every day, right up to leaving Moray Street in September 2018, when she moved to the marvelous Palm Lodge in New Farm, after a series of falls at Moray Street. Noni loved Palm Lodge.

We would like to conclude with one of Noni's favourite quotes that she lived her life by:

***"We pass this way but once, there are no replays so give it your best shot!"
(anon)***



AUDIO DESCRIPTION

What is audio description?

Audio description (AD) offers people who are blind or have low vision an understanding of what is happening visually within a theatre, television, film, DVD, museum, exhibition or other arts related productions.

AD is an additional narration that succinctly paints an image of transitions, movements, gestures, props, settings, costumes and scenery woven between the dialogues.

Audio Description on Television

Recently ABC and SBS have launched 14 hours of audio description content on each channel.

Lists of programs which have Audio Description are available through Vision Australia or the ABC and SBS.

Links to the audio description program guide below:

www.abc.net.au/tv/audiodescription

www.sbs.com.au/aboutus/audio-described-programming

Popular programs on the ABC that include audio description include: Gardening Australia, Back Roads and Foreign Correspondent plus many more. On SBS Who Do You Think You Are? and Great British Railway Journeys have audio description also. There are many varied programs available on both channels to view with audio descriptions.

How do I turn audio description on my television?

Many televisions have an accessibility section in “settings”. If your television has accessibility settings, go to those settings and turn on audio description.

Alternatively, check your remote for a button with the words Audio, Settings, Options, Smarthub or Language. Press this button and follow the screen instructions to activate audio description.

Some older televisions may not be able to use audio description service.

More information about Audio Description can be found on the below websites, or by phoning Vision Australia on 1300 847 466:

<http://audiodescriptionau.com.au/>

<https://www.visionaustralia.org/community/events/audio-description-services>



NEWS & REMINDERS

XMAS & AGM

AWWQ Christmas party & AGM will be held in Brisbane. Due to COVID restrictions we are unable to provide details of the venue or numbers that are able to attend. Please call the office on 3846 7706 on/after the 2nd November for more information.

JESSIE VASEY DAY

Unfortunately, Jessie Vasey day 2020 has been cancelled. We will hold the event next year. Further details will be available in the New Year.

AWWQ PLAQUES

We are putting a call out to all members and sub branches for the location of war widow plaques so we can do a feature on them in a future Bulletin. If you know the location of any war widow plaques, please contact Head Office on 07 3846 7706.



WELCOME JO!

We are excited to announce the hiring of Joanne Hill who is our new Administration Coordinator. Jo brings along a great skillset that will help streamline many processes, and she looks forward to speaking to and meeting you all very soon.

"MY WISHES"

Gold Coast South sub branch committee have put together a "My Wishes" booklet for our members. For further information please contact Bron Drinkwater on 0400 098 310.



A NOTE FROM SUZI VINCENT

Hi Ladies

Just to let you know that sadly I will no longer be working in the role of "Lifestyle Support Coordinator North Queensland" due to one of my other roles- caring for my grandson. I will, however, remain employed at AWWQ in an Administration Support role and will still be involved with: Zoom and Facebook training, Zoom meetings, projects such as the "Friendship Quilt" and other duties as required.

I have very much enjoyed my role as "Lifestyle Support Coordinator North Queensland". The best part was "meeting" so many wonderful ladies over the phone.

If you need to contact me my email address is unchanged on: suzi@warwidowsqld.org.au but my phone number has changed to: 0409 880 902.

Suzi Vincent

VALE

Bless the memory of our members who have passed before us:

Joan Achilles
Enid Bartley
Ailsa Chapel
Fay Clarke (Cairns)
Merril Dixon
Lorna Dodd- Skinner
Ann Downie
Phyllis Dunshea
Jean Finden
Betty Gilchrist
Fay Golder
Helen Harris
Yvonne Hawkins
June Healy OAM
Jean Howard
Elva Kernovske
Leila Mackay
Elva Matveyeff
Evelyn McDermid
June McGreevy
Ada McHarg
Eadith McNab
Naomi McSweeny
Alice Neill
Monica O'Halloran
Olive Paul OAM
Hazel Price
Isabel Sharp
Eunice Soper
Rose Southey
Meryl Stone
Valma Spence
Joan Thomas
Norma Walters
Gladys Wedgwood
Thelma Weis
Coral White
Dorothy Wise
Laura Young
Patricia Zemek

JOHN COCKBURN LAWYER

Holding an effective Enduring Power of Attorney document (EPA) allows your most trusted family member/s (or friend/s) to look after your affairs when you are no longer mentally capable of looking after yourself.

It is my strongest advice that everyone but particularly the elderly should hold an effective EPA. It is as important as having an up to date Will in place.

Under the EPA, your Attorney/s can look after both your financial and/or personal affairs. You can place limits upon their discretion in the EPA. You can even appoint different Attorneys to look after your financial affairs from your personal arrangements.

Everything in this world comes with its own risks. Surrendering control of your financial life to someone else is a bit like jumping out of a plane: you really hope the parachute works. What makes it so risky? Access to money can do funny things to people – even the ones you love.

Misused EPAs figure largely in the financial abuse of our elderly – and the culprits are often the children. I call it “inheritance impatience”. An EPA can amount to handing over a blank cheque. Once the EPA is signed, there is no independent oversight of the Attorney/s who take charge of your affairs.

The potential misuse of an EPA document however is not a reason to not have it. The key is to carefully consider your choice of attorney and place sensible restrictions upon their discretions.

My DOs

1. Wherever possible appoint two Attorneys - children preferably. Try and avoid appointing just the one Attorney.
2. Speak with your lawyer in private before you sign the EPA – do not even tell the children you are seeing the lawyer – get a taxi. A caring lawyer will visit you if you are not mobile.
3. Carefully consider the wording of the EPA to restrain how the Attorneys can deal with the sale of your home or the transfer of significant amounts of money.
4. Wherever possible have the lawyer talk with your choice of preferred Attorney/s before you finalize the EPA. An experienced lawyer can often sniff out a potential risk before a problem occurs.
5. Carefully consider and nominate your preferred nursing home/care facility in the EPA.

This article is not intended to be an advertisement for lawyers. The reality is however that your lawyer is your best placed advisor to know what financial abuse cases have come before the courts, identify potential risks and offer well drafted EPA documents to avoid you becoming a victim of fraud.

There are of course legal remedies to recover lost monies but they do not offer much comfort where the money has really been wasted and or particularly where you are faced with recovering money from a wayward child.



John had nearly 20 years' experience in national and Qld firms before establishing Cockburn Legal. As a partner of Gilshenan and Luton he was responsible for establishing its administrative law and industrial and anti-discrimination practices.

John's focus for some years now has been upon estate planning issues including Trust wills and effective legal structuring for business assets. He is experienced across the spectrum of legal concerns facing aging Australians.

John is also a member of STEP- the international peak body for Trust and Will practitioners – The Society of Trust and Estates Practitioners. He has undertaken specialist education in Self Managed Superannuation Funds through the University of Adelaide. He is often consulted to assist business with difficult workplace investigations and employment disputes.

0421 611 543 / (07) 3356 9366

JOHN@COCKBURNLEGAL.COM

98 ENOGGERA ROAD, NEWMARKET, QLD, 4051

WIVES AND PARTNERS OF VIETNAM VETERANS

WERE YOU MARRIED OR PARTNERED WITH YOUR VIETNAM VETERAN WHILE HE WAS DOING A TOUR OF DUTY IN VIETNAM?

If so, I would love to hear your story on what it was like for you during the time he was away. This is because I am writing a book (title yet to be decided) on how women and the children of that relationship coped while they were away.

I feel it is of the utmost importance that society hears the voices of what it was like to be the wife or partner of a soldier at war while you stayed at home to fight your own battles alone during this time. We read so much about the soldier's experience (which is great) but very little about Australian wives and how they managed. You have a story to tell and I would love to hear it and wherever possible include it in my book.

Here are some prompts that may help you put pen to paper or jump on your keyboard to see your story come to life

- i. How old were you when your partner went to war?
- ii. How long was he in Vietnam?
- iii. Did you have children to care for while he was away? If so, how many and how old were they? Were they healthy, did they have any problems?
- iv. What supports did you receive?
- v. Was the service (army, navy, airforce etc) your partner was in helpful to you while he was away?
- vi. Who was the greatest support and how did they help you while you were on your own?
- vii. What was the hardest thing to deal with on your own?
- viii. Did you correspond regularly while your partner was away?
- ix. Were you scared your partner may not come home?
- x. Do you think society was supportive with their views on the Veteran and his family?
- xi. Did you experience any abuse from anyone while you were waiting for your partner to come home?
- xii. How was your health while your partner was away?
- xiii. Were you shamed or felt shamed by society because your partner was serving in the Vietnam war?

Anything else you talk about that is not on the list would be great. Everyone will have different experiences and we need to hear them all. If you are interested in telling your story can I request your submission by the end of October 2020? Submissions can be accepted by email or hand written and posted to me. Each contributor to the book will of course receive a copy which will be in paperback form and audio.

A LITTLE BIT ABOUT ME...

I am the wife of a Vietnam Veteran who served during 1970-71 with 161 INDEP RECCE Flight. We had two young children and he was away for 366 days.

I am a published author of a book titled 'Violence in a Box' (published under my maiden name Helen Austin) and I will draw on my experiences as a writer when compiling this book.

Your story will be published with your name unless you do not want to identify yourself. Please let me know if this is your wish. Photos of your young selves and children would also be good.

Please add your partners regiment if you feel comfortable to do so.

I can be contacted at the following;

Helen Townsend

8 Parma Court

Mount Nathan QLD 4211

helhilt@bigpond.com

Mobile: 0428 839 944

Thank you so much for your time and participation in what will be a most interesting book which will validate the enormous contribution you made on the home front.

Hello ladies and families,

Leona here, you may remember that last year I provided information about residential aged care and many of you contacted Sue at war widows for a referral to my placement services. Some families just needed clarification on certain points, while others needed assistance with permanent residential aged care, and I was able to relieve some of the stress of applications and provide guidance with decisions needed in a health crisis.

This time I would like to provide some thoughts on

“How your DVA entitlements may change if you need to enter residential aged care”



- when you go into residential aged care, your assets and income will be assessed
- your DVA income will be counted, together with any other income or assets you own, to calculate what you will need to pay to enter residential aged care
- your DVA income will not change except if you have been receiving rent assistance
- your DVA income support supplement will not change unless you have a large number of financial assets
- if you sell your property there may be some financial implications, but you are able to keep your home for two years if you can afford care from your current income/assets or if a protected person has lived with you for some years- every circumstance is different

Understanding what you will pay for residential aged care:

- Daily care fee- everyone pays this = 85% of a single Centrelink pension- most war widows receive more than Centrelink pension

In addition to the daily care fee, you may need to pay, depending on your means i.e. the below are means tested:

- RAD- Refundable Accommodation Deposit is to be paid by a resident who owns their home and has some assets (called a “financial resident”)- it is returned to your estate when you pass away, government guaranteed at all accredited residential aged care centres
- Fully supported residents do not have to pay the Refundable Accommodation Deposit- this depends on your assets and income and DVA determines this via the Assets Assessment (I can assist with this process)
- Additional fees are non-refundable
- Means tested care fee - the government requires those who can afford to contribute more towards their care, to do so

Additional things you need to know

Respite care

- Respite care is temporary aged care and gives you a chance to test out how residential aged care works. It also gives you and your family a break especially if they go on holiday- they know you are well cared for- so peace of mind
- Approval of respite care is arranged via your ACAT assessment; you are entitled to 63 days per financial year for respite care at a daily care fee = 85% of a single Centrelink pension, although residential aged care centres are at liberty to advise you how many days they can offer you. Extra services apply if you enter a centre where these fees are applicable
- DVA pays for 28 days respite care (included in the 63 days total) provided you book and have approval from DVA before entering the care centre

Allied Services, Medications and other Health Providers for permanent residential care

- Medications will continue to be paid by DVA. The patient contribution fee of \$6.60 continues to apply until you reach the PBS cap of \$316.80- this equates to 48 scripts per calendar year. After this, PBS medications with scripts will be free in the calendar year and the cost starts again the following calendar year
- You can continue to use DVA cars for medical appointments
- Allied services including podiatry, dietitian, physio as well as a local visiting GP and continence products are provided by the care centre
- Should additional remedial physio services be required for a potential low care resident, then special permission from DVA to fund these services is needed before moving into residential aged care.
- Should additional physio be required only once a member is already a resident in a care facility, and these services are more than the care facility agreed to provide in the contract, then a special request to DVA to fund these services can be made- it has been observed that approval of these requests are treated on a case-by-case basis.
- If you are assessed by the Aged care facility as being high care then physio is provided to keep you moving and pain free are free- these sessions are in your suite for a short visit and are organised by your residential care centre
- Podiatry can be arranged with your current DVA provider, everything needs to be arranged in advance, DVA permission is required, and your podiatrist needs to agree for a home visit to your new care centre
- Many centres have extra/additional or signature services and each brand has special services that you pay for, sometimes this is not optional as this is part of their accreditation

What to expect in residential aged care

- A bright and tastefully decorated suite with your own bathroom, wardrobe, some centres provide a TV and all provide call buttons in several easy to reach places in your suite
- Highly qualified registered and enrolled nurses and carers with certificates in aged care training are available to assist with your personal grooming and needs
- Meals are cooked/prepared on site and you will have a choice at lunch and dinner of a healthy well-balanced diet. Menus rotate monthly/seasonally. Morning and afternoon teas are included
- The daily care fee covers your meals, cleaning and all your washing
- Services included in the daily care fee are: activities to promote socialising, appropriate exercises/ group walk in the park and regular small group bus trips locally, themed events such as Mother's Day, ANZAC services and church services and organized arts and crafts, bingo, trivia, games and live entertainment with singing – something to do every day
- Additional services can be paid for on a fee for service basis- you will still need to pay for your phone, Foxtel and Wi-Fi just as if you were using these at home – every centre is different

Many times, you will have a choice of residential suite depending on your wish list. Check in with me, as I am well known for achieving the best outcome especially for war widows and their families. My services do attract a fee and include consultation, support and helping to find, recommend and place you or your loved one in a care centre with appropriate assistance depending on your needs.

Information provided by Leona Bonning – Aged Care Placement Assist

STAYING BUSY IN LOCKDOWN

I've lived in my house coming up 12 years. In summer I swim, in cooler weather I walk. I actually prefer walking.

So, I would walk down my street and see this family, a husband, wife and a couple of children. Two children became three children, then four.

Weekends you would always see them together, and then about six years ago they went on a long caravan trip. I sort of missed seeing them as I passed.

As the years went past I would see mum, dad and the children going out, surf boards or bikes, always a family unit. I'd say hello as I passed, then came Corona Virus.

One day there was a knock at my door. It was the mother, Amanda and the eldest daughter! They had baked fresh cookies and came to give me their phone number in case I needed anything.

They came a few days later to make sure I was ok, and this time it was different children with mum, so I ended learning their names! Three girls and a boy. Jasmine, Skylar, Macy and Ben.



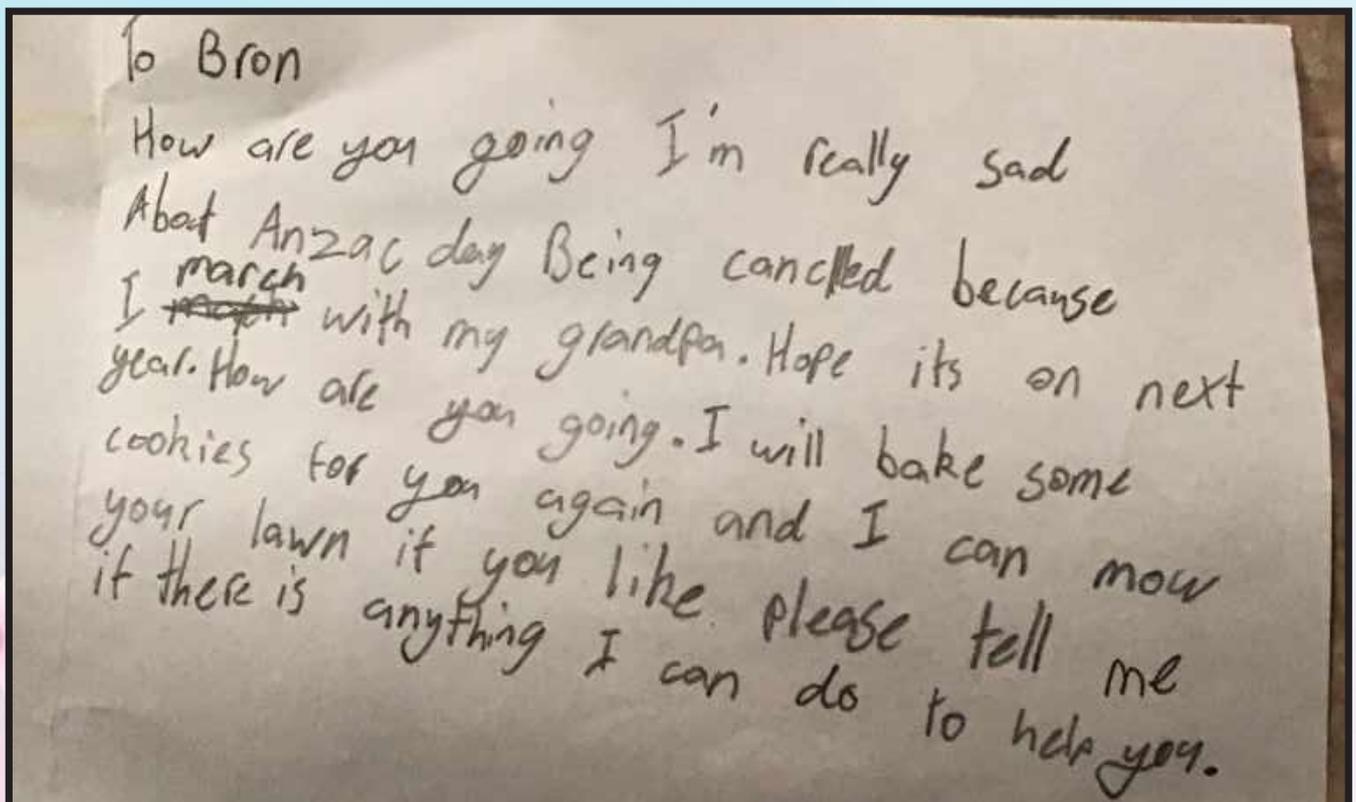
They came in and we chatted. They noticed the paper tole around my house, so I asked if anyone wanted to learn? Yes, says young Macy. Her first picture was of a clown and she did extremely well. She would come up in the afternoons doing a bit each time, and we home framed it.

She is now doing Mickie Mouse having afternoon tea with Minnie Mouse, which is a lot harder! So, there are four children and mum is home schooling. I decided I can help them by cooking. I like cooking, it's therapeutic for me!

I cooked a pan of Nasi Goring and the friendship developed. One night I had the children over for dinner so mum & dad could have a "date". I loved having the children, who are an absolute credit to their parents.

My story finishes by saying that, for me, I was able to develop a friendship throughout this Corona Virus period we currently find ourselves in. I'm blessed in so many ways and this just adds appreciation to this wonderful family. Allowing me, trusting me with their children.

- Bron Drinkwater



I have not been idle during the lockdown months. I love painting (normally I paint in oils) but decided to give watercolour and acrylic a go.

Firstly, I did my Christmas cards in watercolour (I hadn't as yet mounted them on cards). I next painted an owl. My daughter asked me to paint her a horse with an aqua and pink mane. I have never drawn animals so I turned to Pinterest for guidance, what a great app.

My other daughter wanted a picture in retro colours. Also fitted in next year's supply of birthday cards, the photo shows some of them, I like to do different designs.

Sewing is another love of mine but painting took over. I do knitting, crocheting and reading. Sometimes I feel there are not enough hours in the day.

- Marea Teakle



Carer Gateway launches new support services for Queensland carers

Australia's 2.7 million unpaid carers have access to greater supports, with the introduction of the Australian Government's new Carer Gateway support services last month.

The Government is investing \$550 million in support services for carers across the country through the Carer Gateway – the biggest carer support reform in Australia in more than a decade.

New services for carers include counselling, in-person peer support, carer directed support packages, carer support planning and emergency respite services. These services can all be accessed through the new Carer Gateway.

Some service delivery will be impacted by the Coronavirus (COVID-19) pandemic with current limitations on face to face contact.

These services are free to access for anyone caring for a family member or friend who is living with a disability, a long-term medical condition, mental illness, alcohol or drug dependency or someone who is frail due to age.

Anyone can become a carer at any time – through the birth of a child who has special needs, as a result of a loved-one's accident or illness, if someone close to you has an addiction or a long-term health condition, and sometimes because the people we love simply get older. Whatever your circumstance, the new Carer Gateway is a great free resource available to all carers.

The Carer Gateway provides support through a network of regional Carer Gateway Service Providers across the country. In Queensland, Wellways Australia has been chosen as the Carer Gateway Service Provider throughout the State.

Laura Collister Wellways Australia CEO said the Carer Gateway provides practical advice and support for all carers. Carers based in metropolitan, regional and remote areas will now have greater access to carer support services in their own right.

"No matter where you are located, you can contact Carer Gateway on 1800 422 737 and be directed to the Carer Gateway Service Provider in your local region who will help identify the supports best suited to your needs," Ms Collister said.

"Getting help early can make a big difference to a carer's life, reducing carer stress and improving wellbeing," Ms Collister said. "The Carer Gateway is focused on early intervention services to ensure carers get the support they need."

Since July 2019, the Carer Gateway has been offering free phone-counselling and online self-guided coaching and skills courses through the Carer Gateway website www.carergateway.gov.au

For further information and to register for the Carer Gateway contact 1800 422 737 or Marcela Moreno, Wellways Carer Gateway Coordinator Community Engagement & Volunteering Email: mmorenoramirez@wellways.org or Phone: 0478 409 514

NEVER TOO OLD



I would like to encourage all seniors to chase their dreams. We are never too old to learn, or to achieve if we put our minds to it. I am nearly seventy five, and I have just completed a four year course of study in Creative Writing. I was able to enroll in the Post Graduate course on the basis of my Nursing qualifications, which were accepted as sufficient to enter a tertiary level course. I was a registered nurse and midwife, and a qualified nurse educator, even though I had undertaken my training in the system preceding university courses for the same. I retired from nursing at the age of fifty five.

I have written all my life, as a hobby. I have entered and won short story writing competitions, briefly had a column in a newspaper, and have self-published eight books. These are biographies of friends and others who've asked me to write about their life. However I always had some self-doubt in writing fiction. For years I had the framework of a drama story in my head, about the kidnapping of a baby, but felt I lacked some of the skills for putting a longer story onto paper. It takes a lot more than talent.

Learning of the course in Creative Writing I sent off a query. I felt privileged to be accepted into the course, which I did online. Through the wizardry of Zoom, I was able to see my fellow students at times. I enjoyed their feedback on various forums, and was able to contribute my input on their writing. I have completed eight subjects and know I am a more informed, much better writer now. In the past few years, I worked on my novel as well, completing it last year. I have worked at 'polishing' it this year and hope to get it traditionally published. In this COVID-19 climate, even book publishing is on the back burner though, so I may have to wait a while to see if it's accepted.

It is ten years since I lost my husband, a Vietnam Veteran, to brain cancer. Writing has helped me a lot in the interim years since then.

If any war widow has a desire to learn in some field- writing, art, craft, or anything else, don't let anyone dissuade you. Learning adds interesting dimensions to your daily life.

- June Hopkins

Fun with Facebook

Have you wanted to try Facebook but have been too nervous?

Do you have a Facebook account but are not sure how to use it?

Are you worried that Facebook is not safe?

Would you like to enjoy your favourite hobby such as: sewing, reading, cooking or gardening with others on Facebook?

Have your friends or family suggested you try Facebook, but you want to know more first?



Help is at hand with the "AWWQ Facebook School"

AWWQ is offering members "one on one" Facebook assistance over the phone. You can have your questions answered, set up a safe Facebook account as well as learn new Facebook skills including how to: comment on a Facebook post, create and / or share a Facebook post.

To arrange a lesson or to chat about Facebook contact Suzi Vincent on: 0409 880 902 or suzi@warwidowsqld.org.au

OPEN ARMS

Open Arms – Veterans & Family Counselling (formerly VVCS) is here to offer support to current & ex serving members & their families this includes support for any Australian war widow. There are a number of different supports that people can access including:

- Counselling (individual & family) – supporting any concerns not necessarily linked to service or defence
- Complex case managers – for anyone feeling overwhelmed who would like extra support navigating all of the systems and resources available for them
- Peer advisers – team members with lived experience of service or being a family member of an individual who has served to provide support from someone who has been through similar experiences and can link people into the broader network of resources available
- Group programs

Our group programs consist of a wide range of educational and treatment groups aimed at providing an opportunity for people to meet others who might have similar experiences to themselves, learn strategies and skills for living with mental health concerns or supporting someone who has mental health concerns & gain additional support for people to live their best lives.

In 2020 we are offering groups in five locations across South QLD, those locations are;

- Brisbane
- Sunshine Coast
- Gold Coast
- Ipswich; and
- Toowoomba

To register for any of the groups listed below please call 1800 011 046.

Course Title	Format & Times	Dates: 2020	Location
Beating the Blues Understand situations & thinking patterns that can contribute to depression and develop strategies to manage symptoms.	2 days: 10:00am– 4:00pm	13-14 Oct	Ipswich
	2 days: 10:00am– 4:00pm	19-20 Oct	Gold Coast
	2 days: 10:00am– 4:00pm	29-30 Oct	Toowoomba
Doing Anger Differently Understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.	2 days: 10:00am– 4:00pm	24-25 Aug	Spring Hill
	2 days: 10:00am– 4:00pm	10-11 Sep	Ipswich
	2 days: 10:00am– 4:00pm	21-22 Sep	Sunshine Coast
	2 days: 10:00am– 4:00pm	8-9 Oct	Spring Hill
Managing Pain Learn about pain and develop strategies and skills for effective pain management.	2 days: 10:00am– 4:00pm	21-22 Sep	Spring Hill
	2 days: 10:00am– 4:00pm	8-9 Oct	Ipswich
	6 weeks: 9:30am – 12:00pm	15 Oct – 19 Nov	Spring Hill
Mental Health First Aid Practical skills for helping a family member, friend, co-worker or other person who is experiencing mental health problems.	2 days: 9:00am – 5:00pm	2-3 Sep	Redcliffe
	2 days: 9:00am – 5:00pm	7-8 Sep	Spring Hill
	2 days: 9:00am – 5:00pm	10-11 Sep	Sunshine Coast
	2 days: 9:00am – 5:00pm	21-22 Sep	Ipswich
	2 days: 9:00am – 5:00pm	29-30 Sep	Toowoomba
	2 days: 9:00am – 5:00pm	1-2 Oct	Gold Coast
	2 days: 9:00am – 5:00pm	15-16 Oct	North Brisbane
	2 days: 9:00am – 5:00pm	26-27 Oct	Sunshine Coast
	2 days: 9:00am – 5:00pm	28-29 Oct	Spring Hill
Recovery from Trauma Understand the possible impact of trauma and learn strategies & skills to help manage its impact on you and your family.	2 days: 10:00am– 4:00pm	14-15 Sep	Toowoomba
	2 days: 10:00am– 4:00pm	16-17 Sep	Gold Coast
	2 days: 10:00am– 4:00pm	5-6 Oct	Spring Hill

Relaxation and Stress Management Practical skills that can be used in everyday life to de-stress via mindfulness techniques.	1 day. 9:30am – 2:30pm	21 Aug	Toowoomba
	1 day. 10:00-4:00pm	4 Sep	Gold Coast
	1 day. 10:00-4:00pm	28 Sep	Spring Hill
	1 day. 10:00-4:00pm	5 Oct	Sunshine Coast
	1 day. 10:00-4:00pm	12 Oct	Ipswich
	1 day. 10:00-4:00pm	16 Oct	Toowoomba
	1 day. 10:00-4:00pm	26 Oct	North Brisbane
Sleeping Better Education and skills based program for members who want to improve their sleep	2 days: 10:00-4:00pm	22-23 Oct	Spring Hill
Understanding Your Anxiety Helps you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stresses.	2 days: 10:00-4:00pm	10-11 Sep	Toowoomba
	2 days: 10:00-4:00pm	16-17 Sep	Spring Hill
	2 days: 10:00-4:00pm	29-30 Sep	Ipswich
	2 days: 10:00-4:00pm	6-7 Oct	Gold Coast
	2 days: 10:00-4:00pm	12-13 Oct	Spring Hill
	2 days: 10:00-4:00pm	21-22 Oct	Sunshine Coast
	6 weeks. 9:30am – 12:00pm	30 Oct – 4 Dec	Spring Hill
Operation Life: Suicide alertness for everyone (safeTALK) SafeTALK helps people to identify others who may be having thoughts of suicide and provides methods to help connect those people with life-saving first aid resources.	1/2 day. 9:30-1:30pm	20 Aug	Spring Hill
	1/2 day. 9:30-1:30pm	28 Aug	Gold Coast
	1/2 day. 9:30-1:30pm	31 Aug	Ipswich
	1/2 day. 9:30-1:30pm	18 Sep	North Brisbane
	1/2 day. 9:30-1:30pm	2 Oct	Sunshine Coast
	1/2 day. 9:30-1:30pm	14 Oct	Spring Hill
	1/2 day. 9:30-1:30pm	12 Oct	Gold Coast
	1/2 day. 9:30-1:30pm	23 Oct	Ipswich
	1/2 day. 9:30-1:30pm	28 Oct	Redcliffe
Younger Veterans Residential Lifestyle Management Program For veterans and their partners who want to improve their wellbeing and enhance their relationship. Childcare available (Must attend as a partnership) *Please note that for any relationship program a war widow may attend with their current partner.	2 weekends (Friday pm check-in)	Wk 1: 18 – 21 Sep Wk 2: 16 – 18 Oct	Sanctuary Cove
Building Better Relationships Help members rediscover what's important in their relationship, and rebuild a relationship with you partner (must attend as a partnership) *Please note that for any relationship program a war widow may attend with their current partner.	2 days: 10:00-4:00pm	3-4 Sep	Spring Hill

VISION LOSS AND VISION AIDS

As we all know, people are living longer and often ageing can entail loss of eyesight, mainly through Macular Degeneration. Increasingly people are turning to Vision Aids to help them continue to live independently and to keep on doing a wide range of daily living activities.

“Vision Aids” is the term we use to describe the range of devices, gadgets and technologies that enable people to access reading materials; everything from the daily mail, to magazines, the TV guide, packaging on food and medication as well as books. From lights that simulate daylight but stay cool to the touch and new square lenses for magnifying glasses; right through to high-tech electronic magnifying and reading solutions, Vision Aids are now an integral part of many people’s lives.

The product range Quantum provides can assist in maximising a person’s vision, enabling them to complete a variety of daily living tasks more easily and efficiently. Our products help people continue to read and continue recreational interests such as craftwork, cooking and other hobbies.

A brief overview of Vision Aids follows, describing the general categories that are in common use in Australia.

Low Vision Optical & Lighting

The humble optical magnifying glass is still a good starter for anyone with low vision. Portable, low cost and easy to use they are by far

the most commonly used reading aid. However, they are of limited value for extended reading and can be a challenge for older hands to keep steady and track across print correctly. All good magnifiers have a built in LED light source. Recent developments include models that have wireless charging (no need to change the batteries!).



A very popular hands-free option is the Magnificent Lamp, which combines intense task lighting with a magnifying lens on a goose

neck stand. This can be used in a comfy armchair for reading the TV Guide, or perhaps for embroidery or beading or scrapping.

Even if you have only minor vision impairment, optical magnifiers and lamps can be a huge help.

Did you know that DVA Gold Card holders can obtain these items very easily after a home visit by one of our Vision Technology Specialists?

Portable Electronic Magnifiers

These small devices use electronic displays (screen sizes from 3” to 10”) to display magnified information. They feature adjustable magnification, high contrast and full colour viewing modes. A standard model with a 5” screen may perform better than up to 3-4 optical magnifiers of the same physical dimensions.

Desktop Electronic Magnifiers

These range from lightweight units that reside on an over-chair table to larger units that stay in one place. Large screens (up to 24”) provide more words and sentences to be displayed at once and greatly assist reading speeds. Apart from books and newspapers, they are also used for a very wide range of other daily living activities in addition to reading (everything from crafts, crosswords, puzzles, home maintenance to personal grooming).

Talking Desktop Electronic Magnifiers



In addition to magnification, these units will convert text on the screen to spoken words. A person may use their remaining vision to find an article, but

for extended reading the device will do it for them. Multi-lingual voices (including Australian accent!) are available.

Stand Alone Reading Machines

When magnification is no longer useful, we have a range of reading machines that will read just about any printed text.

These are very simple to operate and require the user to place the document under a camera and press one button.



Wearables – The Next Generation

This is where science fiction meets reality. A range of new technologies are being employed as devices



that can be worn, like glasses, indoors or out and about. The OrCam (pictured) is a small camera mounted on any spectacle

frame. Point at any text and it will be read back out loud though a small speaker embedded at the back of the camera. This new exciting class of vision aids is poised to change the way we view access to information. It can also read iPad and smartphone screens!

Computer Access

Nowadays, computers are accessible by a person with mild vision loss through to those with total blindness. Software, large print keyboards and attachable scanners are just a few of the many available options.

The vision aids in this article are all simple to use and are designed for a person with low vision, particularly elderly people who have lost their sight later in life. Devices are available for trial to test their suitability with support and training available after purchase.

Quantum Reading Learning Vision (RLV) also runs exciting talks and education sessions for war widows and other community groups including topics such as how to live well with vision loss, overview on the latest Vision Aids and how to make the most of your sight when you have vision loss.

COVID-19 has meant we've had to make changes to the way we run our education sessions. Instead of seeing you face-to-face, we're now bringing our guest speakers - to your computer or tablet device – or to your large screen TV or overhead projector.

Quantum RLV accepts Department of Veterans' Affairs (DVA) cards for entitled veterans, war widows and widowers who are blind or have sight impairment.

For further information on Vision Aids for you, your family or friends or to arrange a talk to your group please contact Quantum RLV on 1300 883 853 or email: info@quantumrlv.com.au

Boxed quotation

“My client was able to use funds in her Home Care Package to purchase a reading machine. She is very happy with it and it has given her a new sense of independence. She is able to read her Christmas letters again.”

Cheryl Mutch, Registered Nurse
Home Nursing Group, Armidale NSW

“Thanks to the ClearView desktop magnifier, reading is once again a pleasure”.

Doug Watts, DVA customer, Earlwood, NSW

Author: Peter Cracknell Vision Technology Specialist, Quantum RLV

WOMEN AND HEART DISEASE

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

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

Why is heart disease less recognised in women?

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

Women's symptoms of a heart attack

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

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

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

When does heart disease occur for women?

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

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

How can women reduce their risk?

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

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

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

Risk Factors

Smoking

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

Hypertension: the silent killer

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

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

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

Diabetes

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

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

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

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

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

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

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

THELMA HUGHES - MY LIFE AS A WAAAF



My Sandgate days began on 15 March 1943, when I arrived to do my "Rookie" course along with about 19 other girls. We had already passed our Medical and Aptitude Tests and were now all ready and willing to do our bit for our country.

As we straggled around the Station in our 'civvies; we were greeted with cries of "you'll be sorry". But I never was, and that day began the best two years of my life. I must admit that we were in for a few mild shocks. Firstly, our introduction to the Paillasse – the large empty sack that we were instructed to fill with straw for our mattress. There were no sheets – just a pillow and three blankets. We soon learned the early morning art of making our bed – the palliasse to be neatly folded in three and topped with the blankets folded just so – with the stripes showing.

Then we did the rounds collecting our uniform issue as we went. Firstly, our kitbag which, along with one metal locker, would contain all our worldly possessions. Our uniform issue was quite adequate – everything labelled "WAAAF" for the use of". There was black lace up shoes, cotton stockings, khaki skirts

and shirts (which later we found would come up well with some cold starch and some soap to give them a shine). There was a beret and navy overalls (shapeless but fine for slipping over pyjamas for early cold morning parades). One fur felt hat with a RAAF badge that we wore with pride after a water soaking to give it 'just the right bash'. For winter there was a navy serge skirt and jacket, worn with a blue shirt and black tie and a jaunty peaked cap – very smart. Not so smart were the khaki shorts, very roomy and to be worn with hemline 4" above the knee. With my long legs I thought they looked ridiculous – who could imagine that now, 45 years later, they would be the very trendy fashion.

The highlight of the issue must have been our issue undies, two pair each of drab and navy bloomers, "WAAAF for the use of" – they were nicknamed "passion killers"

We were shown to our living quarters – long open huts. But we did have beds and despite the lack of privacy, we lived there quite happily. The ablution block was a bit of a shock, with open cubicles with showers and washbasins along the opposite wall. However, we soon found that no one had the time to stand and stare at the various nude shapes and sizes.

The next month passed quickly – parades, marching and drill, injections (funny that the WAAAF handled them better than the men of the RAAF who dropped like flies), lectures, hygiene, aircraft recognition and how to wear a gas mask. Then we were at our Passing Out Parade – how proud we were, and how different to our motley group just one month ago.

We anxiously awaited our postings and sadly we parted from the friends we had made, some I haven't seen nor heard of since. I was posted to Staff at Sandgate, so only had to change huts. For the next year or so I worked with Elma Riddle at WAAAF HQ in an office facing the Parade Ground and the sea – working with the WAAAF Officers, Flt/O Hooper and others, with the Drill Instructor's Office next door. Further along was the Service Police Office, the Padre (Rev. Dent) and yet further along the commanding Officer's Office, Signals, Switchboard and 3ED.

Elma Riddle and I were known as "Riddy" and "Benney" and we remained close friends until Elma died

of cancer some years ago. We married Army mates and so our families have kept in touch ever since. I can still hear Riddy complaining "I joined the WAAAF to see the world, and what did I see? Blinkin' Sandgate!" She had been born and raised at Woolloowin (not far up the rail line).

Riddy typed Daily Routine Orders and such and I completed Personnel Forms, Identity Cards etc. for incoming WAAAF, and we watched many Rookies come and go. These were happy days and we made many lifetime friends. I also did Movement Orders and arranged travel for girls on Posting. On one occasion I got my STTs (school of Technical Training) a little confused and sent one Aircraftwomen (ACW) to Canberra instead of Adelaide. It got easily sorted out with a few hasty signals but my superior Officer S/O Elder said "Bennetts – of all the girls to send to the wrong place it had to be ACW Snitzerling". She wasn't the brightest of ACWs and could sometimes be found down on the beach happily drilling armies of soldier crabs.

Somewhere along the way I obtained my Corporal's Stripes and later did an NCO's course. More drill and lectures – I learned to drill a squad – the chief aim as I remember was to give the right (or was it left?) order before the Squad marched over the wall into the sea. I don't think anyone ever lost a Squad that way though. I now had the privilege of doing nightly torch inspections with the Duty Officer to make sure all my ACWs were safely in bed. Also I could supervise the "panic" nights, the fun nights when we cleaned our huts for inspection (with lots of water and large brooms and squeegees).

About this time I was transferred over to 6 RD (recruit Depot). Because I had previously worked for a solicitor, I was to make many wills for incoming RAAF – although anyone wishing a more complicated will was sent to a private solicitor.

By now I was married to an Army Sergeant, George Hughes, and later I obtained a posting to Williamstown, NSW, when my husband was sent to Singleton. I obtained my discharge in 1945.

I am not sure how many were at Sandgate at any one time, but it was a Recruiting Depot and an Embarkation Depot. There was a large staff of RAAF and WAAAF and lots of movements to and fro. WAAAFs served in a wide range of musterings, clerical, dental, cooks and kitchen staff, drill instructors, signals

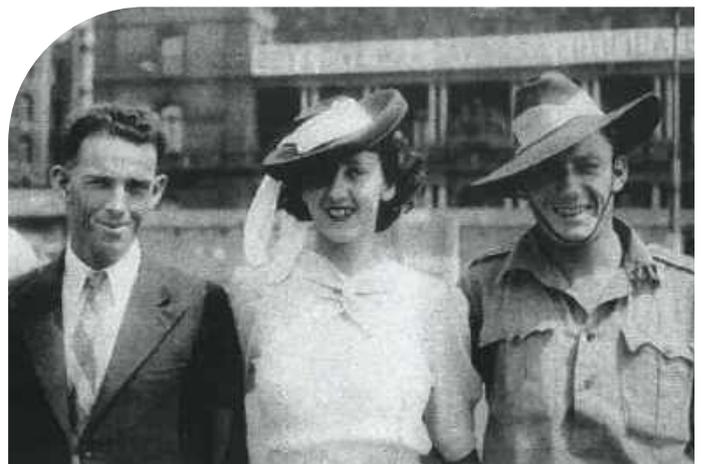
and switchboard attendants, equipment and stores, DMTs (drivers and mechanics), PO and canteen staff and more. Others were posted after the Rookie Course for a wide range of more specialised training in aircraft and other trade work to relieve the RAAF for other duties.

Our C/O, Wing Commander Sewell, was a great man who kept in touch with all the Station staff. He was a very fit man who jogged up and down the Parade Ground early mornings before his daily swim. On one occasion my superior, S/O Elder, decided it would be fun for her and me to jog in the opposite direction – which meant we had to salute each other every time we passed. The joke fell a bit flat however when we declined the C/O's invitation to swim also. I last saw W/Cdr Sewell at Bradfield Park, Sydney, when he saw my name on Discharge papers and sent for me to say goodbye.

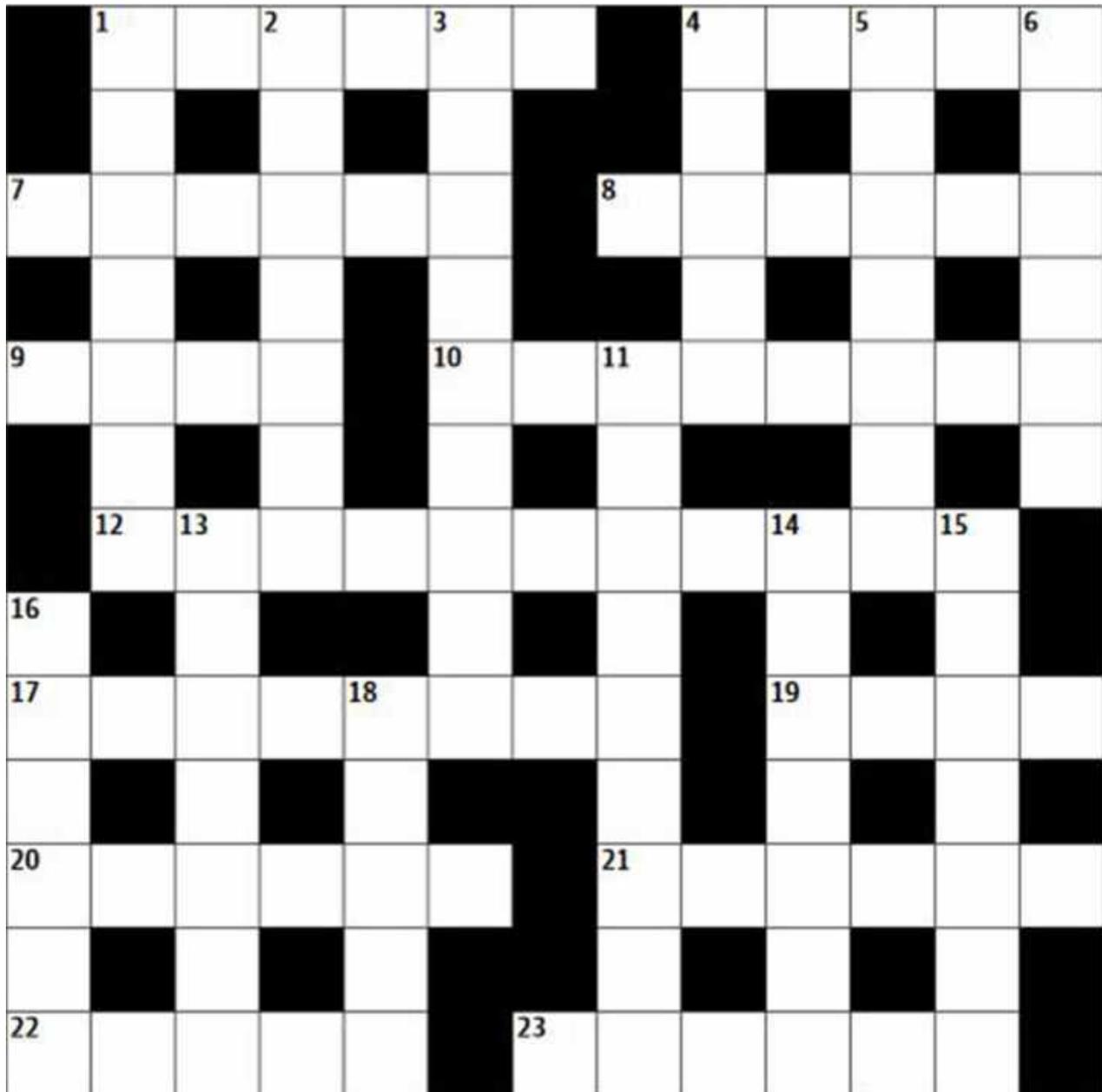
The O/i/c. WAAAF Flt/O Hooper looked a formidable Officer with an eagle eye (I swear she could see around corners to catch me with my shorts rolled up) as I frequently heard "Bennetts roll those shorts down". She did a great job however and was respected by all. I was happy to catch up with her at a reunion in Melbourne in 1981.

There are many things I've forgotten over the years, but Sandgate holds such memories of happy days and of friends we made. There is a special bond between ex-servicewomen all over – some of us still keep in contact, and others we catch up with at reunions. Other memories are of walks along the Esplanade to Sandgate, Shorncliffe and Brighton. We went by train and bus to Brisbane- remember too that last train from Central Station left at 11:20pm. If we slept through Sandgate it was a midnight walk from Shorncliffe. Who would be brave enough to do that now.

- Thelma Hughes



CROSSWORD

**ACROSS**

1. Weak person (informal) (6)
4. Confused sounds (5)
7. Film star in The Iron Lady, b. 1949 (6)
8. Small fry (6)
9. Europe's highest active volcano (4)
10. Wipe out a large number (8)
12. Thrilling in effect (11)
17. Italian aristocrat (8)
19. Proverbially, brass can be found beside this (4)
20. Not dressed (6)
21. Hard to understand (6)
22. Choose (5)
23. Resist (6)

DOWN

1. Changes into something else (7)
2. Get ready (7)
3. Speeds up (9)
4. Pancakes served with sour cream (5)
5. Brightly coloured neckerchief (7)
6. Modest — restrained (3-3)
11. Thrilled to bits (4-1-4)
13. Distinctive elegance (7)
14. Pain in the lower back (7)
15. What, say, Howard Hughes became (7)
16. From Liverpool? (6)
18. Precise (5)

WORD SEARCH



AMNESIA
AWARE
BELIEF
CEREBRUM
CHIMERA
CONCEPT
EGOISM
FANCY
FANTASY
FEEL
FORGET

HALLUCINATE
HEAD
HYPOCHONDRIA
HYSTERIA
INSIGHT
MEAN
MEMORY
MENTAL
MIND
MUSE

NOTION
REALIZE
REASON
RECALL
REFLECT
REVERIE
THINK
THOUGHT
VAGARY
VIEW

LIFE HACKS - GARDENING

1. Did you know that if you plant the ends of spring onions that you would usually discard you can have a never-ending supply? Simply plant the white sections in soil- root side down with a small amount of white above the soil and water regularly. They grow quite quickly! When you need some spring onion for a recipe simply snip some off with scissors.



2. For deep planters, fill the bottom with old cans and plant pots. The cans and pots improve drainage and create air pockets for better aeration and healthier soil.
3. A clean to-go coffee cup with a lid makes an excellent watering can. The hole in the lid is the perfect size for pouring the water slowly, so you don't over water your plants.



4. A mailbox hidden behind shrubs near your garden provides a convenient home for tools.
5. Spear old wine corks on kebab skewers for easy and cheap row or pot markers.

6. Stop neighbourhood pets from getting into your garden by adding plastic forks with the prong facing up.



7. To save water, whenever you boil any vegetables, give it to your plants once it's cooled down.
8. Easily reorganise the garden by double planting your pots. Bury empty pots into flowerbeds at ground level and then put a second pot into the holder.
9. Put a diaper in the bottom of your potted plant underneath the soil to retain water. This is a great way to conserve water and keep them looking fresh longer!
10. Use an old milk carton, cut in half, to act as a weather guard to protect young plants.



TOFFEE APPLE CRUMBLE



INGREDIENTS

- 1 x 50g Crunchie chocolate bar
- 2/3 cup caramel topping
- 1/2 teaspoon mixed spice
- 4 x red apples, cored
- 4 x scoops vanilla icecream
- 60g butter, chopped, plus extra, melted, to brush
- 250g plain biscuits

METHOD

1. Preheat oven to 220°C/200°C fan forced. Line a baking tray with baking paper. Use a small sharp knife to slice tops off apples, reserving tops. Use the knife to mark a 1cm-thick border around inside of apple. Cut out flesh from centre to create a 1cm-thick shell. Peel the tops. Cut flesh and tops into 1cm pieces. Place shells on prepared tray.
2. Melt the butter in a large frying pan over medium-high heat. Add chopped apple and mixed spice. Stir for 2 minutes or until golden.
3. Break the biscuits into a food processor. Process until resembles coarse crumbs. Transfer to a bowl. Break the Crunchie into the processor. Process until resembles coarse crumbs. Add to the biscuit crumbs and stir to combine.
4. Reserve 2 tablespoonfuls of the crumb mixture (to serve). Combine the chopped apple mixture with 2 tablespoonfuls of the remaining crumb mixture in a bowl. Spoon into apple shells. Spoon remaining crumb mixture into shells. Brush shells with extra melted butter. Bake for 10-15 minutes or until crumble is slightly browned. Use an egg lifter to transfer apples to serving plates. Top with ice-cream and caramel. Sprinkle with the reserved crumb mixture. Serve.

Source: <https://www.taste.com.au/recipes/>

Are you sick of housework and big utility bills?

Then I have the answer for you.

My well located but small war widow unit at Marina Court in New Farm benefits me in unexpected ways. Spring cleaning is so much easier and faster as I have become much more of a minimalist, simplifying every aspect of home life. I have an easier time cleaning up and keeping track of my belongings. And of course my monthly utility bills are much less.

Small spaces are less visually complex which is cosy and comforting and gives me a greater sense of control over my environment.

There is less demand to play hostess and I have more time to spend socialising and spending time outside.

If you are thinking of moving in to our units – and I advise you to really consider it – you will be doing some major de-cluttering. Adopting a minimalist approach and de-cluttering has improved my mental and physical health. Added to this, when it comes time for me to move on to “the great unknown” there will be less “stuff” for my family to get rid of.

Living in a small unit has required creativity as I have had to work out solutions such as storage space and to come up with creative ways to make the unit look bigger, brighter and less confined.

If you are interested in the possibility of downsizing and moving in to one of our units you will join me in having the added advantage of being surrounded by neighbours who have a shared history of being a war widow and who are very supportive and able to help us maintain social relationships as we age.

There is no time to be lonely at Marina Court as we enjoy regular social events, happy hour get-togethers, BBQs, card groups, birthday lunches and bus outings. We have our own war widow social group which meets monthly with guest speakers, scrumptious morning teas and recently we enjoyed a Christmas in July lunch in our beautiful garden.

The units are close to the Brisbane river and ferry, bus stop, shops, and the beautiful New Farm park. I have so much more free time since moving here as I spend much less time cleaning and organising a big house. It is a great place to live! Come join me!

Jenny Gregory
State President
AWWQ



RENTAL UNITS

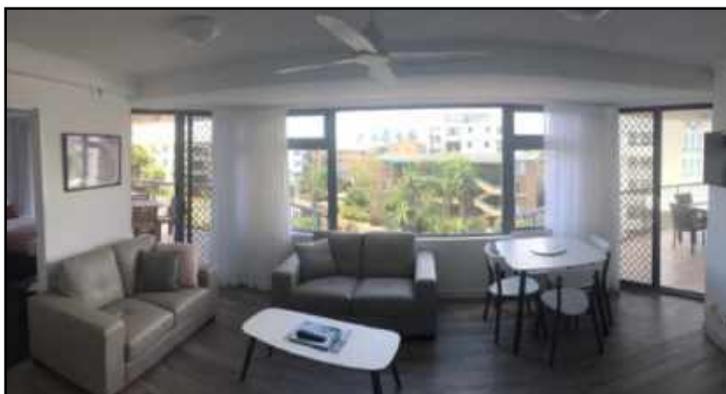


Units at Marina Court, New Farm, are located in a convenient location, near public transport and shops. There are 38 units, lovely gardens, a community room and shared laundry facilities. The units consist of one bedroom, ensuite bathroom, living room and kitchen. Rent for war widows on ISS is \$147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

Australian War Widows Queensland provides a furnished unit at Marina Court, New Farm, for members requiring short stay/respite accommodation whilst in Brisbane. The Price is \$50 per night or \$250 per week. Please phone the office on 07 3846 7706 to book. Conditions apply.

VACATION RENTALS

Centrepont Apartments in Caloundra boasts a heated swimming pool, a sauna and two hot tubs. Guests enjoy an on-site café and balcony views over the Pumicestone Passage. All apartments have air-conditioning, a fully equipped kitchen, a dining setting, laundry facilities and a lounge area with a flat-screen TV with free cable channels. Unit 17 has two bedrooms, one with two single beds and the other with a queen size bed. Unit 18 is an exception, with four single beds. Two night minimum stay in unit 17 and seven nights minimum stay unit 18. Members receive a 25% discount off the advertised rate. **RESERVATIONS: 07 5492 0100**





AUSTRALIAN
WAR WIDOWS
QUEENSLAND

We support them
because they supported us.

07 3846 7706
41 Merivale Street
South Brisbane QLD 4101
ABN 88 009 708 810