

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

AUTUMN 2021

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AUTUMN EDITION 2021

AWWQ CONTACTS

QUEENSLAND STATE PRESIDENT

Mrs Jennifer Gregory

CHAIRMAN

Mr Stephen Scott

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 Debbie Baczyk

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

Lindy Beehre, Member Support Officer

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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

Ann Arnott, West Bundaberg

Irene Black, Beerwah

Pamela Brown, Victoria Point

Patricia Bruce, Wynnum West

Helen Callaghan, Stafford

Beverley Ellis, Bongaree

Beryl Fawkes, Boronia Heights

Patricia Field, Avenell Heights

Karen Fraser, Morayfield

Viikki Harradine, Marsden

Lorraine Hemmings, North Bundaberg

Catalina Holmes, Bundaberg

Eileen Jones, Thornlands

Carol Lacey, Mt Perry

Patricia Lesina, Bracken Ridge

Caroline Mazzoni, Ingham

Rosemary Miller, Loganholme

Sonia Mills, Bray Park

Beres Mooney, Bundaberg

Donna Reggett, Flinders View

Patricia Rieken, The Gap

Wendy Smith, Cloncurry

Denise Studders, Gaythorne

Jean Watkins, McDowall

Stephen William, Mt Perry

AWWQ has been overwhelmed with articles from our members. So if you have sent an article in but have not seen it displayed, please do not worry as we plan to include all articles in future editions.



I hope that you have all recharged your batteries over the Christmas New Year period.

As I put pen to paper I reflect that it is that time of year again – Queensland storm season (and a La Nina one at that) and time for setting new year resolutions.

If you take part in any of these programs such as the recent one offered by QUT could you let us know your experience as we would appreciate any feedback.

This year, once again AWWQ will be supporting the RSL program “Light up the Dawn” which we all enjoyed last year standing at our driveways. Alternatively, at the time of this magazine going to print, QLD Premier Annastacia Palaszczuk has announced that ANZAC Day dawn services, marches and commemorations will proceed as normal this year. Please check with your local RSL for services in your area.

Following on from the most unpredictable year in living memory, I have begun 2021 with some distinctly COVID inspired resolutions as they relate to AWWQ.

My first resolution is to ensure that we continue to progress our strategic plan, the focus of which is to make contact with each and every one of our members to see how you are doing and to see if there is any assistance we can provide. The second is to ensure that all of our members are kept informed about any issues that affect war widows in Queensland and indeed more broadly in Australia. One of the ways that we are trying to achieve this is to hold a monthly Zoom meeting with representatives from our sub branches and social groups in order to promote an exchange of information.

Our new national war widow president, Rhondda Vanzella OAM, is passionate about war widows and will be working really hard to advance our cause and promote communication at a national level. Her report is featured in this Bulletin. Rhondda has just been appointed to the Board of the War Memorial and we congratulate her on this appointment.

From time to time we put articles in the Bulletin about programs that are available for our members.

I will be attending a much smaller Brisbane Anzac Parade which will take place at the Brisbane Showgrounds. Rest assured that I will continue to participate in any commemorative events that are able to be scheduled in 2021 in order to represent AWWQ.

Once again the Governor of Queensland, his Excellency Paul de Jersey AC, has recognised AWWQ by inviting Judy Smith and myself to the 2021 Commonwealth Day Multicultural Service at St John’s Cathedral on Monday March 8. Below is a photo of the Governor with Judy and I at the opening of State Parliament function last November. Please note the strict observance of social distancing for the taking of the photo.”

Finally, speaking a little about Board matters, I would like to welcome Debbie Baczyk on to the Board as an interim Board member until the AGM in September. Debbie will fill the position that became available after the sad passing of Lyn Wilkes.

Wishing you all the best for a peaceful and healthy 2021.

Jenny





Dear AWWQ Members, suzi@warwidowsqld.org.au for further details.

Welcome to 2021 and happy new year to you all!

Since staff have returned from their Christmas break, head office has been a nonstop stream of activity. I am happy to announce we have

employed a new staff member Lindy Beehre who will take on the role as Member Support Officer. Lindy will work closely with our current Lifestyle Support Coordinator, Sue Hilditch and will be contacting members over the next few months to ascertain how we can serve you better.

Our Christmas party, though limited in numbers, was a huge success. We have received wonderful feedback on the party venue which was the Glasgow room at the United Service Club in Spring Hill. On that note, we have some exciting news, head office is relocating to the United Service Club, Spring Hill at the beginning of May 2021. The office space will be well equipped to welcome our members and also to host many of our future events. We hope to see many of you pop into the new location and I encourage all of you to join our events and be active in your friendship with each other this year. Further details on our new office can be found in the news section (refer page 26).

We are thrilled to hear many of our groups are up and running again, Sue has been delighted to visit many of you already. The 'Zoom' meetings have also recommenced in February. We welcome any of our members to join in on the meetings. Please contact Suzi Vincent on 0409 880 902 or

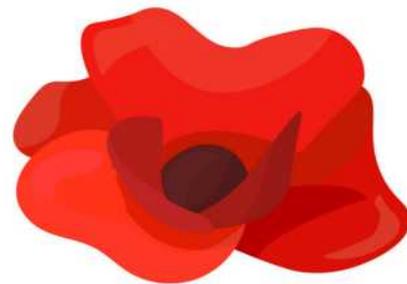
Once again ANZAC Day will look differently this year, rest assured Australian War Widows QLD will be represented here in Brisbane. I also hope many of you are able to hold your own commemorations whether it's with your sub branch, groups or with family & friends.

I would like to welcome our new AWWQ members and a reminder to our existing membership renewals are due by 31 March 2021, the membership fees remain at \$20 per year. We are currently updating our database with current next of kin details, please remember to fill this section in on the membership renewal form (refer page 39) or call the office with any updates.

On page 35 of the edition you will find a nomination form for the position of War Widow Board Director. Three positions will be available this year. If you believe you would be a good addition to the Board, please fill out the enclosed form and send it to the head office postal address found on the inside cover of this magazine.

I will keep my report short & sweet. I hope you enjoy this edition of our Bulletin and hopefully I will catch up with many of you soon.

Take Care & Stay Safe!
Rachel Johnson



LEST WE
FORGET



As the new National President of the Australian War Widows, firstly, I'd like to say what an honour it is to stand on the shoulders of giants. Energetic and passionate leaders such as our founder, Jessie Vasey, a compelling leader with a sharp wit, a regal bearing and compelling character

who commanded respect and passionately represented the needs women affected by war and by doing so changed the course of history.

When Jessie Vasey founded the organisation in Victoria 75 years ago, its mission was one of women helping women, holding governments accountable and lobbying for benefits and recognition for its members. A vision which I believe is as important today as it was 75 years ago.

NSW's principal war memorial, the ANZAC Memorial in Hyde Park, has at its core the suffering of women in wartime. The central sculpture "Sacrifice" with its three female figures- a mother, sister and wife bearing the weight of a lost son, brother and husband- demonstrates women as chief mourners for whom the scars of war continue to be felt long after their guns fell silent. Women have always played and continue to play a significant role in the building and protection of our nation, however, this role, is largely overlooked and, whilst slowly changing, their stories still mostly unknown.

Since 1945, our organisation has opened its arms to all widows of war and more recently, all women united by defence service. As women, we understand each other, and we offer each other love and support. As we move forward, we are more committed than ever to help all women united by defence service, including our young widows and their families who need our understanding and compassion as they reach out to us. We reach out to them and, as our motto says, "We all belong to each other. We all need each other and it is in serving each other, and in sacrificing for our common good that we are finding our true life." This was our founder, Mrs Jessie Vasey's, dream. Every movement begins with a dream. This dream is the force that helps us create the future. Nations and organisations cannot sur-

vive without those who come behind catching that dream.

As a woman united by defence service and a widow myself, I know the great burden we carry in our hearts. This stays with us always because this is our story. It is the story of love; for our husbands, our brothers, sisters, children, families and love for our country. It is also a story of change. 1970s singer, Debby Boone, put it beautifully- "Dreams are the seeds of change. Nothing ever grows without a seed and nothing ever changes without a dream."

It is my dream as your new National President, that we work together to preserve and grow the legacy Jessie Vasey and those early pioneers of this organisation worked so hard to create- women helping women, holding governments accountable and lobbying for benefits and recognition for its members. I believe more than ever to grow this vision, we need to find new ways to include all women and their families who have served or are still serving their country either in service themselves, or by supporting one who has or is still serving.

As the song we sang at the last Honouring Women United by Defence Service Dinner in 2019 says, "For too long, we've stood alone..." and may I conclude by encouraging you, a woman united by defence service, with the continued excerpt from the song, "... Hand in hand we stand together, heart to heart we stand as one, stronger together, making things better, together we'll light up the world...by lifting each other we rise, together we'll light up the world."

As 2020 is now closed and we look to 2021 with hope, please know, more than ever, we are here to support you and your family.

I look forward to working with you all in 2021 as we are "Stronger together...making things better."

AUSTRALIAN WAR WIDOWS QUEENSLAND

Friendship Day

Unfortunately due to COVID-19 restrictions last year's Friendship Day & AGM to be held in Maroochydore was cancelled. We are pleased to inform you that both events will be returning this year in Maroochydore. The details for the events are as follow:

AWWQ 74TH ANNUAL GENERAL MEETING

Date: Wednesday 8 September 2021

Time: 2:00pm

Cost: Free

Where: Maroochydore RSL
100 Memorial Avenue Maroochydore
(Parking available)

FRIENDSHIP DAY LUNCHEON

Date: Thursday 9 September 2021

Time: 10:30am for 11:00am start

Cost: \$45

Where: Maroochydore RSL
100 Memorial Avenue Maroochydore
(Parking available)

Entertainment by The Baby Boomer Party Band

Please fill out the application form on page 37 of this magazine if you would like to attend.

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 Convener: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com
BUNDABERG	2nd TUESDAY 10:30am Veteran's Social Centre 71 Takalvan St Bundaberg 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 Lynette Bennett; Norma Basset
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 07 5476 7015 Secretary: June Hall 0459 118 918 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: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.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 Gardens 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 0404 759 289 Secretary: Helen Finley 0418 198 940 E: cartmell9@bigpond.com Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotmail.net.au
REDLANDS	Last FRIDAY 10:00am Redlands RSL 8 Passage St Cleveland QLD 4163 President: Lynne Martin 0416 224 453 Vice President: Krys Wade 07 3822 9502 Secretary: Helen McDiarmid 0411 485 032 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 Sub Branch 2 Clewley St. Corinda QLD 4075 Convenor: Teresa Howkins 07 3379 2420 E: tee@hiprofile.com.au
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 Woods 07 3287 5164 Vice President/Secretary: Roslyn Close 0412 614 766 Treasurer: Grace Banham 07 3800 2903
TOOWOOMBA	2nd WEDNESDAY 9:30am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 Vice President: Robyne Hilditch 07 4614 0080 Secretary: Beth Johns 07 4634 8972 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10:30am Townsville RSL Club, 139 Charters Towers Rd, Hyde Park 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

GROUP NEWS

BRISBANE WEST

Welcome to 2021 and a happy New Year to all. Let us hope that this year will be more settled than the last one. As our first meeting on the 11th January was cancelled owing to the three day COVID lockdown, we did not meet until the 8th February. We had a good attendance and we are all looking forward to the coming year.

Our Christmas meeting and luncheon was very well attended and we all enjoyed the festivities.

We were all saddened at the passing of our much loved Laura Allan in January. Laura actively participated in our trips and activities and was a great support to our group. She was a lovely, fun-loving lady and she shall be greatly missed.

On the 24th February we are looking forward to attending the Ion Cafe, Mitchelton for a luncheon.

Our March meeting is our Easter meeting this year and we are looking forward to some Easter treats.

We are currently planning our lunches and outings for the next several months including travelling to Maroochydore for Friendship Day.

I would like to conclude my report with a acrostic poem that I have made which I think accurately describes us war widows.-

Wonderful
Assertive
Resilient

Wise
Industrious
Determined
Optimistic
Wow
Sassy

Narelle Stanton

BUNDABERG

Our first meeting of the New Year was held and it was lovely to see everybody again and to catch up.

Sue Hilditch attended the meeting and gave information on several subjects. Instructions were given for iPhone and Android usage. Sue also gave us information re our gold card entitlements and made sure we were aware of all the avenues it covers. After the meeting Sue joined us for a light lunch.

For all the restrictions etc. that COVID-19 laid upon us last year there was a very good thing to come out of that for our group. The meeting room that has always been used at the R.S.L. was not large enough for us with the social distancing rule. After enquires we are now having our meetings at the V.S.C. now operating here in Bundaberg. The R.S.L. Ladies Auxiliary are doing some catering there and are providing a light lunch for us which gives us a wonderful opportunity for fellowship together. We are very lucky.

Happy New Year to all and hope 2021 is a much kinder year for us all than 2020.



Bundaberg members during their Beconnected class

CAIRNS

We are now well into 2021 with much hope of a better and more productive year than last year.

Our social club morning tea meetings commenced in February and was well attended by our ladies and Les. We have returned to the Cairns RSL for our meetings and thank Cairns RSL for their help and assistance.

In February we held an outing at the Kee Kong Restaurant which was well attended and enjoyed by all. Even though our number of members has fallen, we intend organising an outing on the third Wednesday of each month to keep the ladies entertained. Some of our members have already committed to attending Friendship Day in Maroochydore in September and are looking forward to attending the AGM and Friendship Day.

Our best wishes go to all at head office and to all branches for a successful year.

CALOUNDRA

Hi everyone, welcome to the year 2021. Hope you all had a good time during Xmas and the holiday season.

2020 was a completely different year for us. Our social activities were restricted, and many of us had to be careful of the kind of social gathering to choose.

On 14th of December we had our Xmas lunch at the RSL Club. The lunch table was set up with Xmas decorations and the ladies had a good time.

We had three new members in our meeting, Jan Friar, Noela Johnston and Ruth Dean. Our first meeting in 2021 started on Monday 8 February, followed by lunch at the RSL Club. 25 mem-

bers attended the meeting.

I hope this year bring the best for everyone. God bless all. love Roohi Doherty.



Caloundra members enjoying a Xmas luncheon

GOLD COAST SOUTH

We are back in the saddle. We had our first meeting today and it was lovely to see each other. Alas we had quite a few apologies as health issues are the problem as we all get older.

We are working on Friendship Day, hoping to make it a three day event. I promised our older members we will take good care of them.

The dreaded virus continues to sway us in our way of thinking. We are very lucky that we can still get together, go to lunches and enjoy being “mask” free.

There is so much change going on in the Gold Coast. The road-works are bull dozing all the trees and it’s hard to recognise where you are. It’s sad, I wonder what happens to the wild life.

Ladies, can I recommend that you all make a list of medications you are on and put it in your wallet and perhaps the front of your fridge. I’m volunteering at the training of our paramedics and this is one of the things they seriously recommend.

Cheers
Bron



Dora Hughes cutting the Christmas Cake



G/C Sth members at their Xmas Luncheon

GYMPIE

We held our first meeting on Friday February 4 since March last year and it was great to be back together again. We also welcomed three new members, Rita Forge, Marilyn Smith and Glenda Harington. We hope they have a long and happy association with us. Martin Muller President of the RSLA Sub Branch spoke to the meeting and offered to supply morning tea for us at all meetings in the future as well as the room we have our meetings in. We thank them very much for all their care.

Three of us attended the AGM and Christmas party at the United Services Club and fun was had by all. Thank you to Sue for my lovely Elf ears.

Our combined Christmas party with the Laurel Club and our Legatees was a great success thanks to the Beconnected Grant. The renovations were in full swing at the RSL but they still found a room

for us.

On Sunday the 14th it was National Serviceman’s Day. As two of our ladies are widows of National Servicemen I had them lay the wreath on behalf of War Widows. This is the first time we have been asked to take part.

We have organised a bus trip to Tewantin with lunch to be had at the Royal Mail Hotel on March 5 thanks to our bus grant.



Gympie members laying a wreath



Gympie members at their Xmas Luncheon



Gympie members at their Xmas Luncheon with the Laurel Club and Legatees



MAROOCHYDORE

Maroochydores members have begun 2021 not quite back to pre COVID-19 but being positive and doing what we can with facilities available.

The year began with the January bus outing being cancelled at the last minute due to the COVID-19 lock down. Later in January the ladies enjoyed an informal get together over lunch at Maroochy RSL.

The February outing went ahead with members and friends enjoying a day out with lunch and a wander through the shops at Dayboro. The bus trips will continue as planned on the second Wednesday of each month for the rest of the year unless health regulations require any changes to protect the health of members. Call Glynis 5452 5651 for information or to book a seat on the bus. \$25 plus cost of your lunch is good value for a day out with friends. Visitors and friends are always welcome.

Regular monthly meetings cannot resume until mid year as the RSL meeting room is not yet available. We did something different in February with a 'Scones, Jam and Cream Morning Tea' in the Events Centre with Sue Hilditch

as guest speaker reminding us of available benefits.

The May meeting will be a 'Lunch Meeting' at the RSL Events Centre. Please call Heather Fazldeen, Ph 5444 0281 if you will be attending. In between these dates there will be informal lunch 'catch ups' in the Maroochy RSL Bistro. See the monthly newsletter for dates of activities.

Friendship Day 2021: After having to cancel the event last year plans are well ahead for the 2021 AGM and Friendship Day at the Maroochydores Events Centre Maroochydores. The Australian War Widows Qld AGM will be at 2pm Wednesday 8 September 2021 and Friendship Day lunch will be Thursday 9 September 2021. More details are in this Bulletin.

Don't forget to plan ahead to join us in September. Reservations can be made with Judy Smith (0419 725 292 or email friendship2021@warwidows.org.au). There are plenty of accommodation options close to the venue if you would like to stay for a few days on the beautiful Sunshine Coast.

Several members have had falls recently needing a trip to hospital and lots of rest, others a dented pride and lots of bruises. A fall can happen so easily so please take care.

Sadly our oldest member, Valma Hunter, passed away on 20 December 2020 after celebrating her 100th Birthday on 4 November 2020. Valma will be sadly missed.



Jenny Gregory presenting Caitlyn Owens the 2020 War Widows' Bursary



President Judy Smith presenting Marie Towell & Olga Frazer a gift for their 90th birthday

NEW FARM

Since our last report we have had two enjoyable meetings with a difference. In January we held our meeting in the evening but once again in the beautiful gardens at Marina Court. We are lucky because we do not have to make a booking for our venue but can schedule our meetings for whatever time suits us. Our outdoor meetings suit the ladies well as we have fresh air, great ambience and always the wonderful opportunity to socialise and "catch up" with our war widow friends.

In February, we used our Beconnected grant funds for a sumptuous lunch at a local venue, the Oxlade Event Centre. This was attended by 27 of our ladies which was very gratifying as we wanted as many of our members as possible to be able to share in the way we spent the grant. This venue is right on the river at New Farm so we had a fantastic view of the river in a very peaceful and beautiful setting.

At our April meeting we will be having a visit from Annie from Uniforms4kids who will speak to us about how recycled items are used to make uniforms for disadvantaged children. Unfortunately, our guest for our March meeting has had to cancel so it will be a "mystery" guest for that meeting.

Our numbers continue to grow

and we invite all war widows in the New Farm and surrounding suburbs to join us and in fact we would love to have visits from any members who are able to travel to beautiful New Farm.

As there will be restricted services for Anzac Day we will join with RSL Qld in their "Light up the Dawn" program just as we did last year. We will disseminate more information as it comes to hand.

We wish all of our ladies who have had birthdays so far this year a Happy Birthday, especially our oldest member at New Farm, Gladys Smith who celebrated her 99th birthday.

REDCLIFFE

Redcliffe war widows held their first meeting for 2021. We had a very good turnout. Everyone was happy to be able to socialise and catch up with friends. After our meeting lunch was provided by the Redcliffe RSL we utilised our Beconnected grant.

There were three war widows who turned 90 in 2020 (Betty Rogers, Kathleen Phillips and Audrey Kregenbrink). Sadly we were unable to celebrate their birthdays. In 2021 we have three war widows who turned 80 (Lorraine McKay, Margaret Capel and Janice Sengstock). Each war widow received a beautiful bouquet of flowers.

We have lost one of our war widows Naomi Viola Vita McSweeney who passed away on the 20th March 2020.

Bless you all and keep well.
Helen Finley



Redcliffe member receiving a bouquet of flowers for their birthday



Redcliffe group meeting during Sue Hiditch's visit



ROCKHAMPTON

Hello everyone. On the 7th December a number of our members combined with the Laurel Club and the RSL Women's Auxiliary to enjoy a Mystery Bus trip. The destination of this trip was to Golden Park Retreat at Goovigen. Some of us enjoyed a walk through the garden which included some bridges and walkways finishing at a large rosewood shed equipped with bar-b-q and camp ovens where we were served morning tea of different flavoured dampers with our tea and coffee. We then looked through an antique machinery museum and looked around till it was time for our lunch. Our lunch consisted of camp oven roast meats with camp oven vegetables and gravy. This was followed by fruit salad and ice cream. It was a good trip and different to what we have been doing.

On the 9th February 12 members including our new member, Joanne Price, attended our first meeting for 2021. It is our first meeting since covid sent us all into lockdown.

Two of our members have enjoyed birthdays so far this year, Mrs Gloria Lynch was 86 and Mrs Joyce Marler was 99. Happy birthday Ladies.

Our next meeting is on the 9th of March.

Regards, Jan

SOUTH EAST

Unfortunately our group has not met over the Festive Season so very little news is forthcoming.

Friday 19th February 2021 was our first meeting for the year and guests included State President Mrs Jenny Gregory, Lifestyle Coordinator Mrs Susan Hilditch, Judy Smith President AWWQ Maroochydore and Physiotherapist Greg Taylor. Greg has helped our

members at several meetings with talks on the best ways of maintaining safe mobility, with or without walking aids, and exercising for physical strength and balance.

The next meeting will be on March 19th at the East Leagues Club Coorparoo at 10AM.

TOOWOOMBA

Hello ladies, by the time you read this we will be well into the new year and caught up with our other members.

Our first meeting for the year was very well attended and it seemed to be a happy occasion for all. Please remember the starting time for our meetings is now 9:30am (still in Dr. Price Rooms). If you have any queries please get in touch. Unfortunately, we are still not able to have our cup of tea before meetings, I'm sure we would all like to get back to "normal" again. With a bit of luck and good management we can make it happen.

Arrangements for ANZAC Day are still up in the air. The Dawn Service is by invitation only and the ANZAC Day March will not be on. More details should be available at a later date.

By now I guess most members will be aware that President Helen has handed in her resignation. As well as being our President for so many years, Helen also served as State President and held various other positions within the war widows community. Thank you Helen for looking after us and now it is time for you to give the Dragon Fruit a bit more of your time. 'THANK YOU AND GOOD LUCK HELEN'.

TOWNSVILLE

Here we are at the start of a beautiful New Year with 40 love-

ly ladies at our first meeting for 2021. David from Access Therapy gave the ladies a talk about what could be done to help them stay in their own homes.

We have braved the heat and the wet days and one scary night with strong winds coming from different directions. For one hour around midnight there were loud cracks of thunder rolling across the sky just over the roof, followed by lightning which lit up the sky. The lawn grows up behind the mower, which keeps those of us, who still are able to mow our own yard- fit.

Hopefully things will get back to normal in the coming months. In March Sue Hilditch and State President Jenny Gregory will be with us. This is another opportunity to have questions answered.

Keep well and stay safe.

WARWICK

We had a lovely Christmas lunch at the Warwick RSL, our first get together in quite some time. We had three guests from the Toowoomba Sub Branch. It was great to catch up with everyone in person, and the chatter around the table was lovely to listen to. It was a lovely meal of roast lamb, roast vegetables, seasonal greens, Christmas pudding, custard and ice cream and punch. Everyone received a Christmas gift from Vice President Nancy. Thank you, Nancy. And some got a gift from the lucky draw, and everyone went home happy.

It looks as though from our annual meeting that we will be changing our status from a sub branch to a social group. This has not been decided without a great deal of discussion and soul searching, but our membership is at an all time low and age is catching up with us all. As this will not make

any difference to our meetings and lunches all our members are happy with the change.

We need rain badly up here on the Darling Downs, it is so very dry. At present we are on extreme water restrictions of 120 litres per person per day.

We have just had our Allora show (where I live). It was a great success, even with all the Covid restrictions we had to adhere to. As I am a patron of the Allora Show Society I got my photo on the members ticket together with the show president. Best wishes to everyone and keep sanitising

Dorothy Ruby



LIGHT UP THE DAWN THIS ANZAC DAY



For information on local services, contact your Sub Branch or visit lightupthedawn.com.au

Lest we forget.

This ANZAC Day, RSL invites all Australians to unite safely, and honour and thank our nation's veterans on Sunday 25 April, 2021.

Contact RSL Queensland for further information Ph: 3634 9444



RSL
Queensland

CRAFTY LADIES

Stitches of Friendship

AWWQ is always looking at ways to keep its members connected which was particularly challenging during 2020 due to COVID-19. The "Friendship Quilt" was one such program.

Members of all ages and backgrounds, including those residing in aged care facilities, embraced this challenge. Ladies worked in small groups, individually and even mother and daughters worked together. All skill levels were able to participate as the hearts could be simply or elaborately decorated. Ladies used techniques such as: embroidery, silk ribbon flowers, applique, patchwork, felt work and painting as well as embellishments with: buttons, beads, ribbons, braids and sequins. The top of the quilt has now been constructed with quilting, backing and binding to follow.



Participants in the AWWQ "Friendship Quilt" thoroughly enjoyed this process. Several ladies said "it gave their day meaning" while being isolated at home and are all eager to view the finished quilt. This will be displayed around the AWWQ sub branches located around Queensland as well as being showcased at "Friendship Day", this year at Maroochydore in September.

The unique AWWQ "Friendship Quilt" is a wonderful display of the imagination, skill and connectedness of the ladies involved. Many are asking when the next quilt will be started!

Mission to Seafarers

At the August meeting the war widows' New Farm group were fortunate to enjoy the attendance of Jacque from the Mission to Seafarers. She told us about the Day Centre at the Port of Brisbane, "The Flying Angel Club" where sailors on day leave from their ship can relax or even catch a shuttle bus in to the city.

The staff from the Mission are happy to give the sailors, both men and women, new beanies as they can easily be blown off in bad weather. 13,000 beanies were donated last year! At our meeting, beanie patterns

were given to prospective knitters.

Mollie Jean Hunt from New Farm took up the challenge and has knitted and donated quite a number of beanies and this photo above is an example of her work.



The Mission is always grateful for donations of knitted beanies. If you are interested, and have the time to knit a beanie and would like to donate to the Mission, then you can contact Heather at the Mission on 3895 1181.

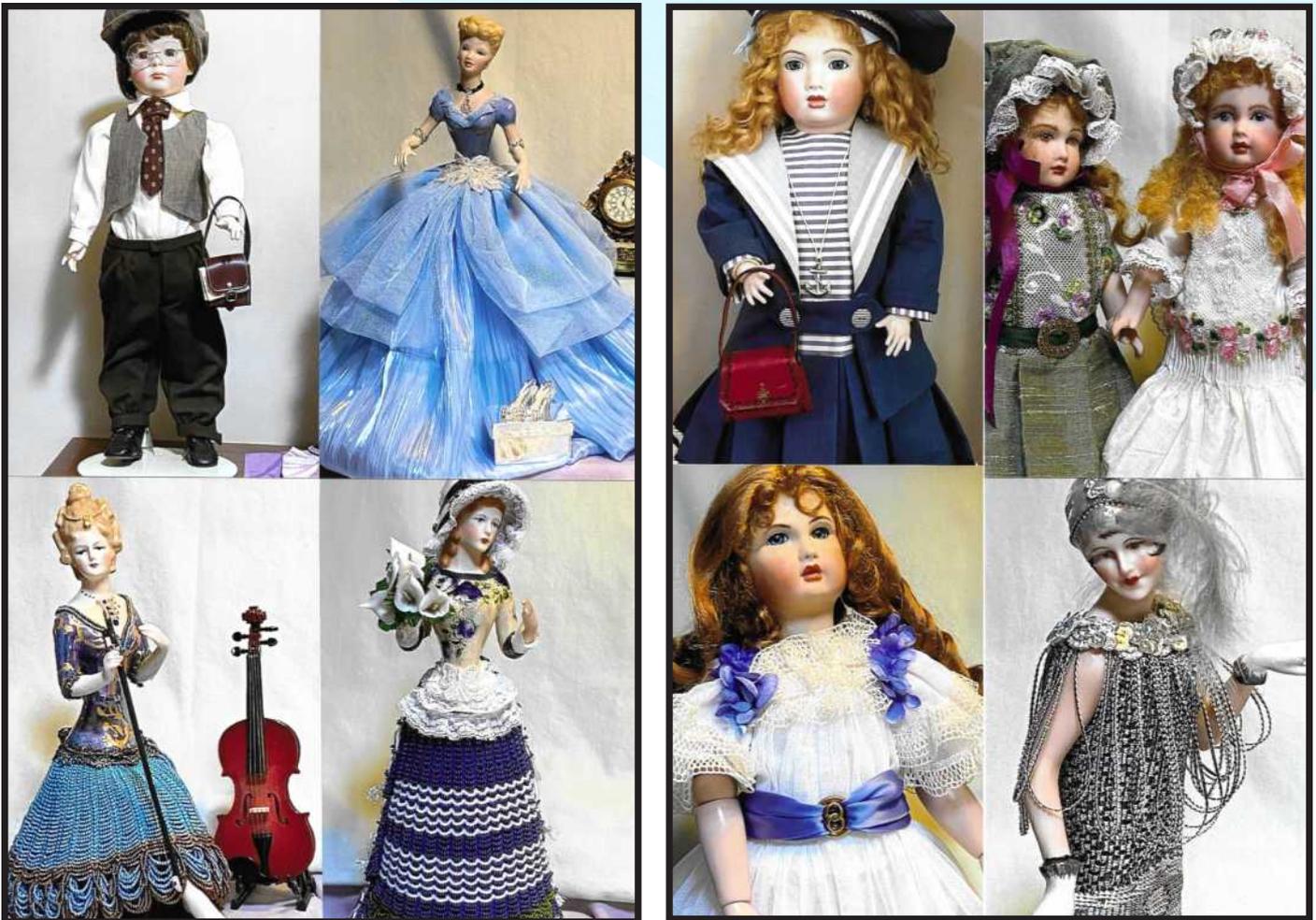
June Hall's Doll Making

When Caloundra member, June Hall, retired to The Sunshine Coast from Canberra with her husband in 1980 it was time to explore some new hobbies. She started with ceramics and then moved onto doll making. According to June this was initially quite scary as learning these crafts was exceedingly difficult.

As June's skills with doll making developed, with the support of her husband, she bought her own kiln for firing smaller dolls as this was more convenient than traveling great distances for this process. Eventually a larger kiln was purchased from America.

The process for creating the dolls is as follows:

- The selected doll mould is poured with porcelain slip and left to harden slightly before it is removed
- Seams of the doll are cleaned and smoothed
- Eye sockets are removed if eyes are to be inserted
- This is called greenware and must be fired to 1200 degrees to become bisque and very strong
- Painting of the doll follows and includes blushing, lips, eyebrows and eye lashes. It takes a great deal of time to paint the face and many firings are required. Eye lashes are the hardest to paint
- The dolls are then dressed and hair etc added



If dolls are to be entered into shows all fabrics must be 100% cotton but added laces, ribbons, silk fabric and wool are acceptable for judging.

June's favourite dolls are French and German. She has also decorated half dolls with beads knitted with crochet cotton using very small needles as well as silk fabric and laces. Porcelain flowers can be added before firing. These dolls require a cone stand or legs. Antique half dolls are sometimes for sale in shops but are very expensive.

June has also made small children and baby dolls as well as doll house dolls for the doll houses that her husband built for her.

AWWQ CHRISTMAS PARTY 2020





NEWS & REMINDERS

2021 MEMBER SUBS

A reminder that your 2022 membership subscriptions are due on 31/03/2021. A renewal form is included in this issue on page 39.

MY WISHES BOOKLET

If you would like a copy of the "My Wishes" booklet, which was put together by Gold Coast South President Bron Drinkwater, please phone head office on (07) 3846 7706.

SCAMS AWARENESS

There are a vast number of scams, with new ones emerging all the time. However, many of them have similar approaches and techniques and there are steps you can take to protect yourself. The Seniors Enquiry Line is able to provide information sessions around scams to Seniors Groups in South East Queensland. If you would like to have a representative come out to speak at one of your monthly group meetings, or you would like further information, feel free to contact the Seniors Enquiry Line on 1300 135 500.

SHINGLES VACCINE

We are aware of some cases of shingles in the community and we would like to remind our members to ask their doctor whether the shingles vaccination is suitable to them. According to The Queensland Health website a single dose of the shingles vaccine is funded for all adults aged 70 years of age under the National Immunisation Program. There is a catch-up program for people aged 71 to 79 years until 31 October 2021. The vaccine can also be approved by the DVA Pharmaceutical Approval Centre on 1800 552 580 if the doctor provides clinical reasoning for the vaccine- it is treated on a case-

by-case basis."clinical reasoning for the vaccine- it is treated on a case-by-case basis.

OFFICE RELOCATION

AWWQ Head Office will be moving to the United Service Club, in Spring Hill commencing Monday 3 May 2021. The postal address will not change, and further details of the move will be provided to all members in due course.

MEMBER OUT REACH PROGRAM

Lindy Beehre has joined the team on a part-time basis as a Member Support Officer. As each and every member is important to us we will be rolling out a Member Outreach Program over the coming months. Lindy will begin by conducting phone calls to members for a chat and to find out whether there are any services we can arrange or information we can provide to help our members remain independent and feel supported as they age. Members will receive a phone call from Lindy in due course- please extend her a warm welcome.



ANZAC DAY 2021

At the time of this magazine going to print, public ANZAC Day ceremonies around Queensland will be going ahead. Alternatively, RSL will once again be doing a "Light Up The Dawn" service for people unable to make it out. Please see page 13 for more information on this.

VALE

Laura Allan

Pamela Arthur

Jean Axi

Valerie Bennett

Jessie Burley

Bev Davis

Nora Felsch

Hazel Gothard

Norma Hazzard

Valma Hunter

Jean McKay

Naomi McSweeney

Margaret Ryan

Olive Siggs

Colleen Smith

Alison Worrall

Myrtle Zahnow



FREDA & KEITH LOWE

My husband, Keith's, grandmother migrated to Australia as a young woman. When she died my mother and an aunt of Keith's corresponded. During the war, Keith came to England. He was in the Airforce and as he had been given our address he came to visit us. We lived in Hampshire and we were surrounded by army and airforce stations. Keith was stationed for six weeks at Middle Wallop and during that time he frequently used to ride a bicycle the two miles to visit us. He claimed that 'live eggs' were much nicer than the dried variety at the station. We did have the odd outing during that time and he eventually went back to Cranfield. He used to visit us now and again after that and on one of those occasions he proposed. I did ask him if he was joking, as it had been a fairly platonic relationship. I guess I was a bit Naïve. However, he assured me he was serious. We were actually married 3 1/2 weeks later. The banns had to be called in the Anglican Church for three Sundays.

We were married in the village church at Upper Clatford on 15 August 1945 (VJ Day). The church bells rang for us – the first time in peace, as during the war years, bell ringing was to be a warning that there was an invasion. We had difficulty getting a taxi when we arrived in Cheltenham for our honeymoon as everyone was celebrating and I can remember being frozen waiting on the railway station. One of my Husband's sayings has been "for all the rest of the boys the fighting had finished!"

In November 1945, Keith sailed home for Australia and it wasn't until the following May that I sailed on the Atlantis. It was wholly a brideship – four hundred brides and children. I was fortunate on being an officer's wife and shared a large cabin on B deck with seven other girls. The Atlantis had been a hospital ship and our cabin had obviously been a sick bay. There were girls with better conditions but some poor things only had bunks on the lower decks. It was a lot of fun and we were all looking forward to be reunited with our husbands.

I was met in Fremantle by relatives and taken to Perth. I was really impressed at how clean everything looked and black swans instead of white. On to Melbourne and more relatives and then the train ride to Brisbane. I can only recall one other girl going further north in my carriage. We seemed to leave everyone in Melbourne or Sydney. The country looked so dry with fields and fields of dead trees, I learned later on that these had all been ringbarked. I thought I had seen pineapples growing on trees and took some convincing later, then they grew on the ground. I had seen the fruit on the Pandanus Palm.

I often wondered what Keith's parents thought when they received his aerogram – "Getting married in three weeks time." We actually had our first daughter in May 1947. Our family consists of two girls, two boys, ten grandchildren and three great grandchildren. We lived in Maryborough, north of Brisbane and did have to live with Keith's parents for three months. Houses and flats were in short supply. It was Winter naturally and everyone was cold and I thought it was lovely and warm. The mosquitoes liked me and I was covered in bites. Often, I sat in the evenings wrapped in a sheet and a citronella lamp burning to try and ward them off. I thought the girls all looked a bit old fashioned. Their dresses were long and we were wearing ours so short at that time. The tropical fruit was nice yet I preferred the tartness of our English berries.

One of the highlights of our marriage was in 1995 when we renewed our wedding vows. Our best man from Melbourne, my sister from England, who was our bridesmaid and our niece, which is an ordained minister also from England, officiated at the service – and of course it was the celebration of 50 years of peace. Another of my husband's favourite sayings is that 'I took you off the shelf, dusted you off, brought you to a land flowing with milk and honey and gave you four lovely babies and I still don't think you appreciate it!' (I was only 19 when we were married).

I have had, in spite of jokes, a very caring husband and also a close and caring family. I count my blessings.

- Freda Lowe

DOREEN MAHON

*In loving memory of Doreen Winifred Mahon (nee Radcliffe)
22/10/1930 - 05/11/2020*

Doreen was born at Matron Phipps house behind the Dawn Theatre in Chermside on 22 October 1930. She was the youngest of seven children to Catherine and Derwent Radcliffe. Like her siblings, Doreen had to help her dad on the milk run in the early hours before school. She saved her pocket money and bought a pushbike from Tom Wallace Bikes.

She was a teenager in the war years and there was a big Army Camp at Marchant Park with plenty of soldiers. This was quite exciting for a young person. Her two sisters were in the WAAF and her brother flew in Lancaster bombers from England on missions.

Doreen attended Chermside State School and State High Commercial. She worked for the Qld Government as a clerk and when she married had to resign as the Government didn't allow married women.

Doreen was twenty-one when she married William (Bill) Mahon on 2 November 1951. Bill was thirty-one and a Returned Soldier who served at Milne Bay in PNG. Bill had built a War Service home at Wavell Heights for his mother so when they were married Doreen had to move in with her mother-in-law.

They had three children at Wavell Heights- Christine, Theresa and John. After Bill's mother passed away, the family moved into a new house at Kallangur. They were only there for a year when they bought a Real Estate business (Corlis & Co) in Caloundra in 1966 which became Mahon's Real Estate. Their last child, Michael, was born in 1967.

Bill passed away in May 1978 from health issues due to his war service and Doreen was left with a business to run and an eleven-year-old son to raise. Theresa worked for the next five years with Doreen in the business until she married and moved to Gympie, and Doreen sold the business in 1986. At the time Doreen would have been the only woman to own and run a Real Estate business in Caloundra.



When Bill was alive, they travelled back to Ireland to see Bill's relatives a number of times. On her retirement, Doreen started travelling extensively overseas. She was very adventurous and went to China not long after it was opened up to foreign tourists.

Doreen had four grandchildren- Catherine, Mark, Erin and Paul and she loved spending time with them. One of the grandchildren's favourite part of Christmas was stirring the pudding that Nana was making for good luck. She sewed clothes for them and even made curtains for Theresa's

new house. She also knitted for charity.

She volunteered in the office at Karingal Aged Care home run by the Caloundra Catholic Parish for many years and helped with activities at Centaur RSL Aged Care.

Doreen learnt the organ, painting and played Mah-jong. In later years, she enjoyed going to music afternoons with some good friends.

Michael passed away in 2017, which was a sad time for her.

Doreen's health was not good in later years but she was a very positive person and didn't complain. Her cardiologist told her family after she had passed that she was a fighter.

Doreen was much loved by her family and friends and has left a big hole in their lives but they know that she is with God and has been reunited with Bill and Michael.

Doreen was a foundation member of the Caloundra War Widows Association that was established in March 1980. In March 2020 when they celebrated their 40th Anniversary, she cut the cake with other foundation members.

Pictures:

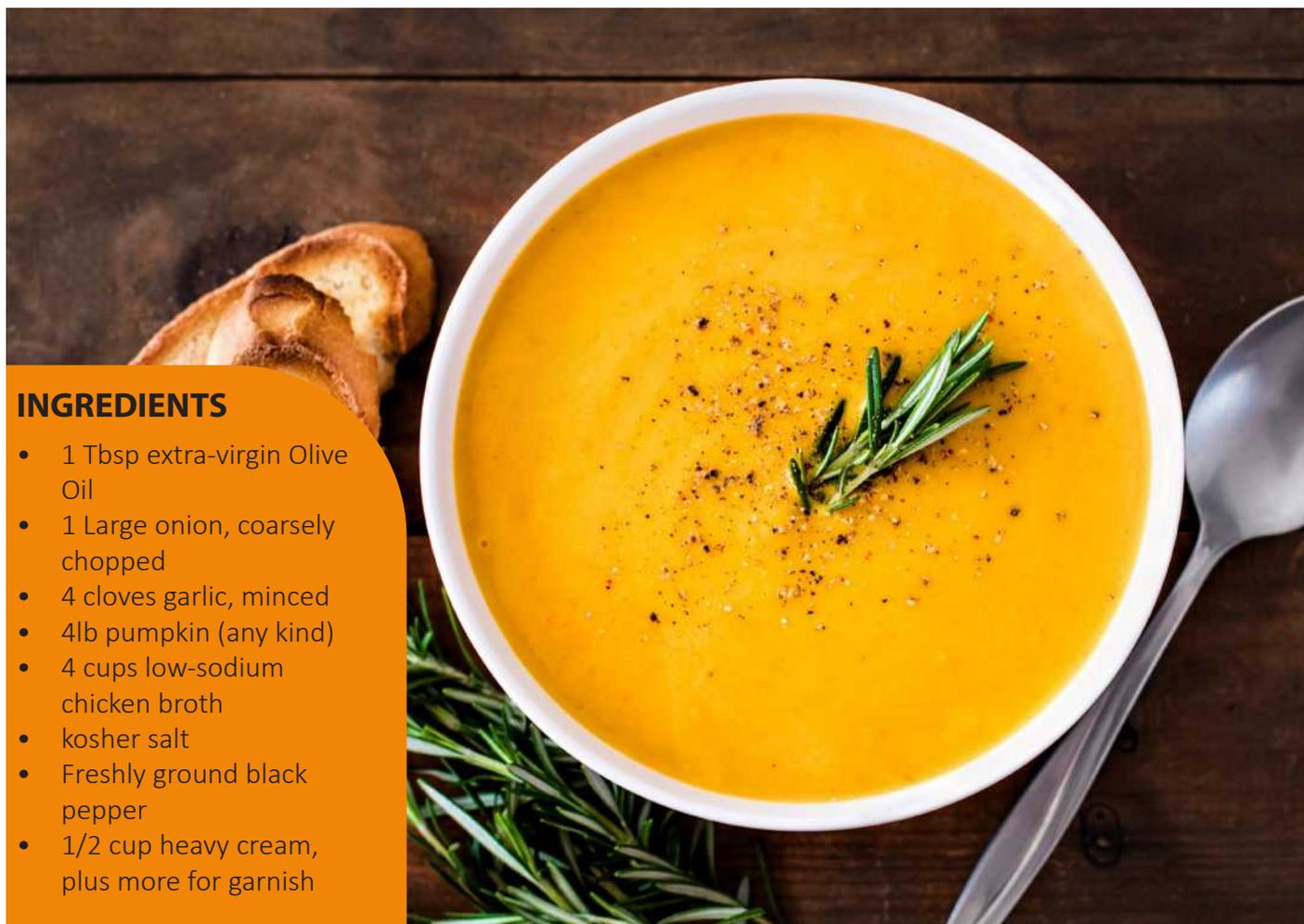
Cpl William (Bill) T Mahon (Right)

Doreen and Bill on their wedding day (Left)

Doreen (middle) with other foundation members cutting the 40th anniversary cake (Below)



PUMPKIN SOUP



INGREDIENTS

- 1 Tbsp extra-virgin Olive Oil
- 1 Large onion, coarsely chopped
- 4 cloves garlic, minced
- 4lb pumpkin (any kind)
- 4 cups low-sodium chicken broth
- kosher salt
- Freshly ground black pepper
- 1/2 cup heavy cream, plus more for garnish

METHOD

1. In a heavy soup pot or Dutch oven over medium heat, heat oil. Add onion and garlic and cook until golden.
2. Meanwhile, halve, peel, and scrape out seeds of the pumpkin. Cut into chunks.
3. Add pumpkin chunks and broth to pot. Season with salt and pepper. Bring to a boil, uncovered, then reduce heat to a simmer. Simmer until pumpkin is fork-tender, about 30 minutes.
4. Remove pot from heat and, using an immersion blender, blend mixture until smooth. (Alternatively, let soup cool, then blend in a blender.) Stir in cream and season to taste.
5. To serve, ladle soup into bowls, add a swirl of cream, and garnish with pepper.

Source: <https://www.delish.com/cooking/recipe-ideas/a21950863/easy-pumpkin-soup/>

LIFE HACKS

1. Utilise the camera on your mobile phone. Take a picture of the list of your medications in case you need to quickly refer to them or show them to your doctor. This also works great for car parking spots!
2. In addition to point 1, make a list of your current medications and leave one on your fridge, and one in your wallet in case of an emergency.
3. Always keep a small torch in your handbag, that way you can safely get to the toilet during the night if need be when you are staying at places that are unfamiliar with you, such as with a friend or staying in a hotel.
4. A damp paper towel placed underneath a chopping board will keep it from slipping and causing a potential accident.
5. Ask your pharmacist for non-childproof caps. This will reduce strain on your hands and wrists while opening pill bottles. Just be sure to keep them out of reach for when the grandchildren visit.
6. If you keep missing the alarm clock on your mobile phone, try putting the phone in a glass cup next to your bed which will help raise the volume.
7. Email a family member or close friend a joke or poem every day at the same time. This is a nice way to “check-in” with them to let them know that you are ok, without having to feel like you are bothering them.

WOUNDED HEROES

AWWQ State President Jenny Gregory, Board Director Judy Smith and staff member Sue Hilditch along with her husband Peter and two children Guy and Jenna, spent Christmas Day volunteering their time serving lunch at Wounded Heroes. Wounded Heroes Australia is a national community organisation established in 2007 to support Australian servicemen and women and their families, and to ease the financial, emotional and personal hardships of contemporary military life.

If you would like to help support Wounded Heroes in their mission, donations can be made by visiting woundedheroes.com.au , or by calling them on 1300 853 080.



ACTIVE CHOICES PROGRAM HAS BEEN EXTENDED!



The University of Queensland (UQ) has started a new physical activity support program for DVA clients called Active Choices. The program is funded by DVA and aims to help DVA clients become more physically active and socially connected within their local community.

The UQ team is currently offering Active Choices to DVA clients living in Brisbane who are interested in getting help to manage their physical activity. The free program links DVA clients to physical activities they'd like to try in their local community and offers behavioural and financial support for physical activity over 24-weeks. The program may also benefit DVA clients seeking to reconnect with their local communities following the easing of COVID-19 restrictions. In addition, the program has now been extended until late April 2021.

Who can get involved?

- DVA White or Gold card holders living in the Brisbane region, and receiving treatment from an exercise physiologist or physiotherapist.
- Clients who've been assessed by their exercise physiologist or physiotherapist as being able to safely perform physical activity without supervision, and who don't have complex conditions that require specialist treatment under the supervision of a health professional.
- Clients who aren't already participating in a DVA-funded physical activity program, like Heart Health.
- The UQ team and your health professional will help you determine whether you are eligible for the Active Choices program, should you be interested.

To find out more about the Active Choices program, visit <https://hmns.uq.edu.au/active-choices-dva>
You can also contact Zoe Papinczak at z.papinczak@uq.edu.au or call 0400 178 412.



DIABETES. IT'S ONLY A WORD. NOT A SENTENCE.



I've been a Dietitian for approximately 7 years and in this time something that has become very apparent is the importance of building patient relationships. It is these relationships I've had the pleasure of building and the beautiful people I have been fortunate enough to meet on my journey, who have ultimately trusted me to assist them with their diets/families' diet, and their health/wellbeing that has given me the most joy.

When people envision a Dietitian, they imagine a thin, young generally female professional, that are food dictators at times. We can be deemed as the food police, where you can't eat this and you can't eat that. I'm here to inform you that is definitely not a portrait of what I see myself or our profession to be. I hope to provide patients the knowledge and understanding regarding food and its therapeutic role in improving ones health and wellbeing. To improve patients dietary choices via self-empowerments, self-management and self-understanding of dietary conditions and concepts.

At Champion Health, we see patients who have diabetes for Dietetics; I have found a gap in knowledge and understanding of this condition amongst my patients and therefore I undertook further studies to become a Diabetes Educator.

Diabetes is a chronic condition, yet it is a condition that can be very well managed if understood and controlled through lifestyle modification and consistency.

When I think of Type 2 Diabetes I think of a supermarket (like Coles or Woolworths). The check out staff represent our beta cells found in our pancreas. These staff members (or beta cells) play a key role- they are responsible for excreting insulin (a hormone or substance that will not let customers or glucose-sugar) exit the supermarket without passing through the checkout.

Our customers represent our glucose or sugar that enters the supermarket as a result of consuming

carbohydrates in our diet. Carbohydrates are found in numerous foods; however, a common carbohydrate (carb) food is bread (one that most people are familiar with). When we consume one slice of bread our bodies will process the carbohydrate in the bread into glucose to be excreted into our blood (or into the supermarket) for our brain and muscles to use as a fuel source. Because one slice of bread is only a small portion of carbs, our beta cells (or check out staff) can easily process this quantity of glucose. However, the problem is when we consume large servings or excessive amounts of carbohydrates in one sit-in or meal and our beta cells (or check out staff) are over worked and unfortunately when over worked and undervalued the beta cell resigns. This leaves fewer beta cells to process the glucose effectively – therefore ultimately leaving glucose to pool outside our cells in our bodies causing damage.

The great news is via modification of our diets tailoring our carbohydrate loads or portions at meal times we can manage and control our blood glucose levels and prevent damage. This is where my role as a Dietitian and Diabetes Educator gets exciting. We devise plans and goals with our patients around their eating and lifestyle to maintain a normal and healthy lifestyle.

Diabetes can be overwhelming and challenging at times, but with the right support anyone with this condition can get improvements and feel better both physically and mentally. Reach out to a Dietitian and Diabetes Educator as they will change your mind regarding diabetes. Here at Champion Health we run bulk billed group diabetes classes to support our patients; as well as one on one bulk billed sessions under Medicare (through your GP) – enquire today for further information.

Ph: 07 3299 2794
3409 Pacific Highway Slacks Creek
www.champhealth.com.au
admin@champhealth.com.au

FRIENDSHIP DAY & AGM 2021

Friendship Day & the AGM will both be held at the Maroochydore RSL. The AGM will be on the 8th of September from 2pm, and Friendship Day will be on the 9th of September at 10:30am. Accommodation options which are close to the events are listed below.

ACCOMMODATION OPTIONS

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

NEARBY INTERESTS

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

PLEASE EMAIL QUERIES TO

friendship2021@warwidowsqld.org.au

BOARD NOMINATION FORM

Each nomination is to be signed by a nominator and a seconder who are financial members of AWWQ. An emphasis will be placed on what the nominee can contribute by way of skills and knowledge to the board, so please consider this in your nominations. There must be two nominators for each nominee.

NOMINATIONS CLOSE 4PM ON FRIDAY 28TH MAY 2021.

NOMINATOR

I (NAME) _____ Member Number _____

and **SECONDER**

I (NAME) _____ Member Number _____

being financial members of Australian War Widows Queensland, nominate and second:

NOMINEE
(NAME) _____ Member Number _____

for the position of War Widow Director

I, _____, accept nomination for the position above. I declare that I am a financial member of Australian War Widows Queensland and am not ineligible to be a director under the Corporations Act 2001 (Cth) or the Australian Charities and Not-for-profit Commission Act 2012 (Cth)

Signature of Nominated Member

Date

Nominator's Signature

Date

Secunder's signature

Date



Full Name	Membership Number
-----------	-------------------

Why would you like to become a Director of AWWQ?

Please provide a short bio to represent yourself for this position. Attach a separate sheet if needed.

Board members require a range of skills including effective communication, ability to read and understand financial statements, basic computer skills, ability to communicate constructively and to contribute positively to the sustainability of AWWQ. The Board undertakes from time to time ongoing education to enhance their skills. Please provide a short overview of the skills you bring to the Board. Attach a separate sheet if needed.

By signing below, I declare that my submission is true to the best of my knowledge. I also declare that I know of no reason which would disqualify me from being a Director. I declare that I have read and understand the AWWQ Privacy Policy available on www.warwidowsqld.org.au or in the AWWQ Handbook.

Signature	Date
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FRIENDSHIP DAY / AGM 2021 RSVP FORM

Annual General Meeting - Wednesday 8 September 2021

Maroochydore RSL - Events Centre Memorial Ave, Maroochydore, 2:00pm

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Friendship Day Luncheon - Thursday 9 September 2021

Maroochydore RSL - Events Centre Memorial Ave, Maroochydore, 10:30am for 11:00am start

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Executive Position			
Dietary Requirements			
Events attending	<input type="checkbox"/> AGM only <input type="checkbox"/> Friendship Day only <input type="checkbox"/> AGM & Friendship Day		
How will you make your payment?	<input type="checkbox"/> Deposit to Australian War Widows Qld-Maroochydore & District Sub Branch- BSB: 734 198 Account: 070 225 Please include your full name when making payment		
	<input type="checkbox"/> By cheque in the post		
	<input type="checkbox"/> Paid to your local Sub Branch/ Group		
Emergency contact	Name: Relationship: Phone:		

RSVP 22 AUGUST 2021

Postal Address:

Australian War Widows Qld
PO Box 728 New Farm Post Shop
New Farm Qld 4005

Contact Person:

Judy Smith
M: 0419 725 292
E: friendship2021@warwidowsqld.org.au

PLEASE NOTE: REFUNDS CANNOT BE GIVEN FOR CANCELLATIONS MADE AFTER 22 AUGUST 2021



**FILL OUT THE REVERSE SIDE AND
SEND IT TO:**

**AUSTRALIAN WAR WIDOWS QLD
PO BOX 728 NEW FARM POST SHOP
NEW FARM QLD 4005**

2021/2022 MEMBERSHIP FEES

It's the time of the year again! AWWQ collects \$20 from members each year to help support our organisation and the services we offer. To pay your annual membership, please choose **one** of the following options:



1. Completing the renewal form and send to the address provided with a cheque or money order. Please make sure that your full name and membership number is included on the form to allow us to identify you. If you are unsure of your membership number please call head office.
2. Phoning head office on (07) 3846 7706 and paying by credit card over the phone.
3. Electronic Funds Transfer to the AWWQ bank account (box on right)

Australian War Widows Queensland
 BSB: 064 000 (Commonwealth Bank)
 Account Number: 1496 9480
 Annual Fee: \$20 (with an optional donation)
 Reference: Your AWWQ membership number.

ANNUAL MEMBERSHIP RENEWAL FORM

Last Name		First Name	
Membership Number		Phone Number	
Email Address		Membership Fee	\$20
Would you like to make an optional donation?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, how much?	\$
To help us keep your records up to date, please kindly answer the question below			
Has your address or phone number changed in the past year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please let us know your new details:	
Next of Kin details:	Name:		Phone Number:

Send completed form to: AWWQ, PO BOX 13604, George Street Post Shop, Brisbane QLD 4003

PERMANENT 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. Applications are available by calling head office on 07 3846 7706 or on our website www.warwidowsqld.org.au. Conditions apply.

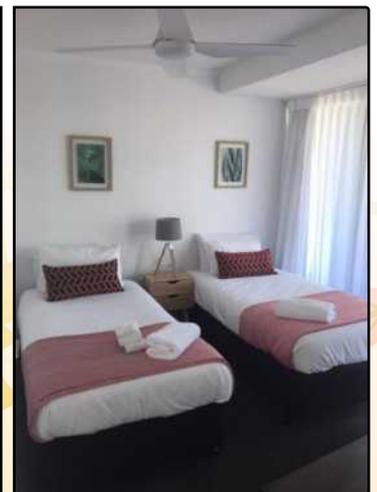
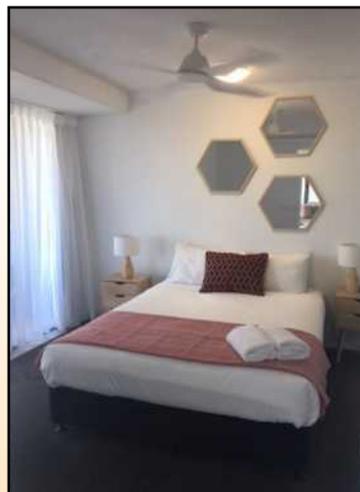


Australian War Widows Queensland provides a furnished unit at Marina Court, New Farm, for members requiring short stay/respice accommodation whilst in Brisbane. The Price is \$50 per night or \$250 per week. Please phone head office on 07 3846 7706 to book. Conditions apply.

Units at Amity Place, Redcliffe, are located within walking distance to the bus stop, cultural centre and the local RSL. There are 24 units and a shared BBQ area. The units consist of two bedrooms, bathroom (with laundry), living room and kitchen. Rent for war widows on ISS is \$220 per week (reviewed annually) and rent for non war widows is \$350 per week. Call head office on 07 3846 7706. Applications are available by calling head office on 07 3846 7706 or on our website www.warwidowsqld.org.au. Conditions apply

VACATION RENTALS

Centrepoint 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 is open to all guests along with guests requiring disability access, it 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. Reservations require a two night minimum stay in unit 17 and seven nights minimum stay in unit 18. AWWQ Members receive a 25% discount off the advertised rate. Please call Centrepoint Caloundra management on 07 5492 0100 to make a reservation.



ENHANCING YOUR COMPANIONSHIP

Last year, with COVID lock down, some of us would have been grateful for the friends and family we had in our lives – those who supported us through that tough time. We encourage our members to proactively build and maintain friendships as companionship is critical for good mental health- it prevents isolation, keeps our mind active and keeps us positive. Below are five reminders of ways we can enhance our companionship:

1) Meet up with your community and neighbours

We all enjoy that lovely sense of belonging and being accepted in a group. Find out what community activities are available in your area such as activities provided by the local church or library or joining a club such as a garden club, rotary club, RSL or join the monthly meetings offered by the local branch of war widows! Also, try to connect with a neighbour or friend who lives nearby. Even a cup of coffee over the fence involves social interaction.

2) Exercise with a friend

It's no secret that exercise releases endorphins which reduces stress and releases feel good chemicals – it's nature's mood booster – and it's easier to do with a friend. Make an exercise date with a friend, neighbour or companion, a few times a week. It doesn't have to be too strenuous or cost anything. You could walk around your garden a few times with a neighbour, or walk up and down the footpath a few times – it all helps to maintain a healthy body, mind and soul.

3) Call an old friend or family member

Make it your 2021 New Year's Resolution to phone an old friend or a distant family member every day. If you're unsure what to say to someone you haven't spoken to in a while, write down your best memory of them. Memories really are the best conversation starters! Ring them up and say, "I was just remembering that day you... and it made me pick up the phone to see how you are." Your old friend will really appreciate hearing from you.

4) Get writing

Oh, the joy of writing a letter! Even if it's just a card – it's still a conversation that you are initiating, and it still counts as a form of companionship. You can take your time if writing by hand has become more difficult – there is no rush. Writing is not only great for your co-ordination, it is also fantastic stimulation for your brain. The best part is – you'll hopefully get a letter back. It's always exciting to receive a letter – that special feeling you get as you open it. If you would like a pen-pal please contact the office and we'll put you in touch with a new friend. Let's get the ball rolling!

5) Take reading that one step further

You may think reading a book is a strange form of companionship. Isn't it something one does on your own? You can transform the experience of reading a book into a social activity by starting a new book club with friends and family. Set a book to read with a couple of friends and talk about the plot over the phone as you all progress. A family book club is also a great activity to do with grandchildren. Some aspects of storytelling have changed – and many others have stayed the same! It's a great way to stay connected with younger members of your extended family and to encourage them to read.



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