

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND



WINTER 2021



AUSTRALIAN
WAR WIDOWS
QUEENSLAND

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

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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.



I hope you like the wonderful cover page photo on this Bulletin of the wonderful war widows who marched for AWWQ at the Brisbane Anzac Day Parade – thank you ladies.

I hope you are all well. We, the members of AWWQ are all growing older, and of

course this must inevitably lead us to think about “end of life issues”. Two things have prompted me to add these thoughts to my report. Firstly, I was approached by the Go Gentle organisation to ascertain the position of AWWQ on “Voluntary Assisted Dying” as this legislative issue will be debated in the Qld parliament in the near future.

We could not give them a “position” for our AWWQ members as this is a deeply personal issue for each of you but if you have some strong views about this please contact myself or the office and we can pass them on.

As this is a sad but important issue I would like to lighten it a bit by sharing a line I would like added to my obituary when the time comes – “It was a privilege to have lived”. And you, the members of AWWQ have helped to make this a privilege for me.

As I now tell you a little of the activities I have been up to as your President I need to say that it is always a great honour to represent AWWQ. One of the most pleasurable things for me is visiting the sub branches and catching up personally with our members. This year I have visited more than thirteen groups and will continue to try to catch up with more. Of course I hope to see many of you at Friendship Day in Marrochydore which promises to be a fantastic day.

On your behalf I attended four Anzac Day Services and for those that I could not get to, Judy Smith, Peta Bunter and Gladys Smith laid wreaths on behalf of AWWQ. I also laid a wreath at the Victory in Europe Service here in New Farm. I know many of you also laid wreaths at your respective RSLs on Anzac Day and I thank you for that. As chief mourners we must never forget! We have tried to capture as many memories as possible with the Anzac Day photos appearing in this Bulletin. Thank you to all who sub-

mitted photos.

Judy Smith and I recently had the opportunity to have “Afternoon Tea and Chat” with Trevor Evans (MP for Brisbane and Andrew Hastie (Assistant Minister for Defence) – it is always great to build up relationships with those who may be able to assist us in some way.

Judy and I have also been invited, as representatives of AWWQ to an “Afternoon Reception in honour of the Official Birthday of her Majesty the Queen”. It is always an honour to be invited to Government House – we will miss Governor De Jersey when he vacates the office this year.

I was invited to Government House also to sign the official Condolence Book for the Duke of Edinburgh on your behalf (See photo below).

It was also an immense pleasure to attend a service at the Eastern Star Foundation where we received the donation of a very large cheque – photo and more information about how this grant will be used is in this Bulletin.

I have so many people to thank, not least, the staff for their efforts and hard work in carrying out the Head Office move to the United Service Club – I would like to particularly thank Rachel and Jason who put in a huge effort. I would also like to thank the members of the Board for all their assistance in providing input in to the many consultations and submissions that AWWQ has been asked to have input in to this year. It has been a big year so far!

I hope you enjoy this Bulletin. It is a “bumper edition” and many thanks to Jason who does a great job of producing this for us.

Until next time – stay safe

Jenny





Dear AWWQ Members,

Firstly, I'm happy to announce head office has relocated to the United Service Club and in celebration we will be holding a Members High Tea event on the 30th July, we hope you can join us (details page 6).

Since the last edition of the Bulletin we received the exciting news that AWWQ was selected as the Eastern Star Foundations (ESF) largest grant recipient. The grant amount, being \$200 000 over 3 years is also the largest grant AWWQ has ever secured. The grant will enable us to assist our members with transport options and allow for our members to reconnect with each other. Whether it be at group meetings, AWWQ events or just being able to get together with your fellow members. I have included a transport assistance questionnaire on page 33 and ask that you fill this in and return to head office as this will serve as your voice on how we can help you.

I'd also like to thank our State President, Jenny Gregory who along with her busy calendar of meetings and events always offers her time and assistance in obtaining milestones such as the ESF grant for AWWQ.

On that note I would also like to thank our sub branch Presidents and Group Coordinators for their tireless efforts assisting our members along with our

dedicated team at head office who not only support our members but each other. We are so lucky to have such a strong group of ladies & staff leading the way.

Over the past few months head office has been busy processing the membership subscriptions, supporting our groups with visits to their meetings and member enquiries. We thank all of you who keep your memberships fees up to date and for the generous donations we receive.

Our end of financial year, March 2021 approached quickly this year and our annual audit will commence in June and reported on at the AGM. If you would like to attend the AGM & Friendship Day which will be held on the 8th & 9th of September in Maroochydore please contact Judy Smith to secure your spot! We have a wonderful guest speaker, internationally renowned Australian Poet Mr Rupert McCall attending the AGM and Friendship Day is a fantastic event which brings so many of our members across Queensland together. Details page 38.

On behalf of our entire team, Jason, Sue, Jo, Lindy & Suzi please stay safe and we look forward to catching up with you all soon.

Take Care!
Rachel Johnson





Let me start by acknowledging the sad passing of His Royal Highness Prince Phillip, Duke of Edinburgh and joining with you in sending thoughts and prayers to Her Majesty, Queen Elizabeth II, who finds herself where we have all been at some time in our

life, a war widow. As your National President, I have sent an official message of condolence to the Queen and her family at this sad time.

As women, I believe we are the main custodians of remembrance. It is our duty to bring to mind the often untold, unspoken and, therefore, unknown grief that families, relatives and communities embrace as a result of wounds, injuries and illness sustained in conflict by men and women who serve and have served this great country;

We are the lovers and chief mourners of the unsettled spirits of those whom we have witnessed such atrocities and pain, that no language could possibly articulate, and the carers and comforters of those still fighting the demons of war at home. But we, the widows of war, do not stand alone in that grief. That grief is experienced most deeply by all mothers, wives, daughters, sisters and indeed all veterans and their families united by defence service.

With ANZAC Day having passed, and in the words of Dr Brendan Nelson, "...We owe it to those brave men and women, to their descendants, to our children and ourselves to not ever allow the past to become a distant stranger and to never forget that those sacrifices for peace and freedom were made in our name." To acknowledge and honour our past is an important and integral part of who we are, but I also believe it is just as important to look forward. Looking through the rear vision mirror provides important perspective and helps us understand where we have come from; however, it is also imperative to focus on where we are going to ensure a strong future for the generations to come.

I believe, the Australian War Widows, as one of Australia's leading ESOs (Ex-service organisations)

with its rich 75 year legacy, we have a responsibility to pay attention to both the front and rear if we, as women, are to not only survive, but grow stronger to play an effective part in looking after our veterans and their families into the future.

The first months of 2021 have seen me attend a number of meetings, forums and functions discussing veteran suicide. This is proving to be the biggest war we are currently facing- the war on the home front! Whilst there is some good work being done to address this problem, I believe big egos, competing agendas, and organisations stuck in their silos are not helping the situation. Add in the complexities of an antiquated system, loud, but not always helpful, voices and very little collaboration or coordination among ESOs and service providers and we have a very serious problem on our hands with veterans and families often not knowing where to turn in times of their greatest need.

When Jessie Vasey started this organisation, she was a visionary who saw that major change was needed in the veteran and family space of her day and she went about to make that change, albeit against the tide. I believe we are once again in a similar situation and have a responsibility to come up with solutions to this problem. As your National President, I will continue to work hard to make this happen for the good of all whilst looking after the interests and future of our organisation.

This ANZAC Day, we never forgot the service and sacrifice that has been made in our name as we honour the names of fathers and sons, mothers and daughters, sisters and brothers, who gave their tomorrows for our today, for this country and the people they loved.

Whether you went to your local service, stood in your driveway or joined a service online, let me encourage you that we are all in this together as we light up the dawn guided by the lives and example of those that have gone before. Lest we forget.

Rhondda Vanzella OAM
National President

NEWS & REMINDERS

NATIONAL SENIORS

State President, Jenny Gregory, was invited to speak at a National Seniors meeting in April. National Seniors returned the favor by donating \$250 to AWWQ. Thank you very much!

AUSTRALIA REMEMBERS CEREMONY

AWWQ is looking for any members who attended the Australia Remembers Ceremony, held at Kind George Squared on 17 August 1995, or know the lady featured in the picture below. If you have any information please let us know by calling head office on 07 3846 7706.



MEMBER OUT REACH PROGRAM

AWWQ Member Support Officer Lindy has reached over 380 of our members throughout Cairns, Townsville, Mackay, Rockhampton, Gladstone, Hervey Bay and Ingham. What has been established is a lot of our members phone numbers are invalid. As a reminder If you have moved or changed your contact phone number please call head office so we can update our records. Feedback from the outreach program has been overwhelmingly positive and Lindy looks forward to reaching more of our members over the coming months.

SAVE THE DATE

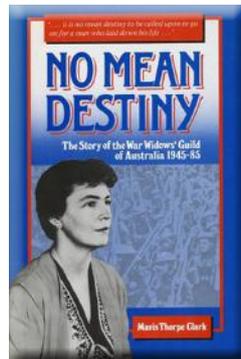
Jessie Vasey Day - Tuesday 19 October 2021
AWWQ Christmas Lunch - Monday 29 November 2021.

MEMBER SUPPORT

We encourage family members / friends and acquaintances of Australian War Widow members to get in touch with the office if a member is significantly unwell for a period of time. We can provide support and after hospital care if required. The office has also received feedback from members saying "they would like to know if one of their war widow friends is unwell so that they can help to support them".

NO MEAN DESTINY

The Story of the War Widows' Guild 1945-1985. Copies available to borrow from Head Office. Please call 07 3846 7706 for further information.



2021/2022 Subs

We have received a few member subscription payments online in our bank account that have no reference. If you have paid your sub online, and have yet to receive your receipt, please phone head office to see if yours may be one of these.

VOLUNTEERS WANTED

AWWQ is looking for volunteer drivers to help with our Transport Assistance Program.

If you would are interested, or for more information, please call head office to register.
Phone: 07 3846 7706.

CONCESSION GUIDE

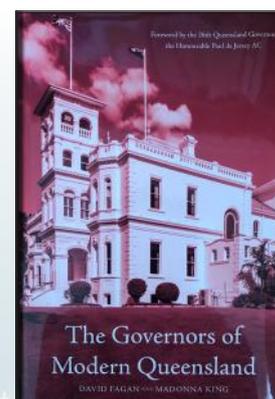
The below link provides a full guide to the 'Every dollar counts Queensland Concessions Made Easy'. The information is provided by the Department of Communities (QLD State Government)
<https://www.marksandmorrow34th.com/concessions-made-easy.pdf>

THE GOVERNORS OF MODERN QUEENSLAND

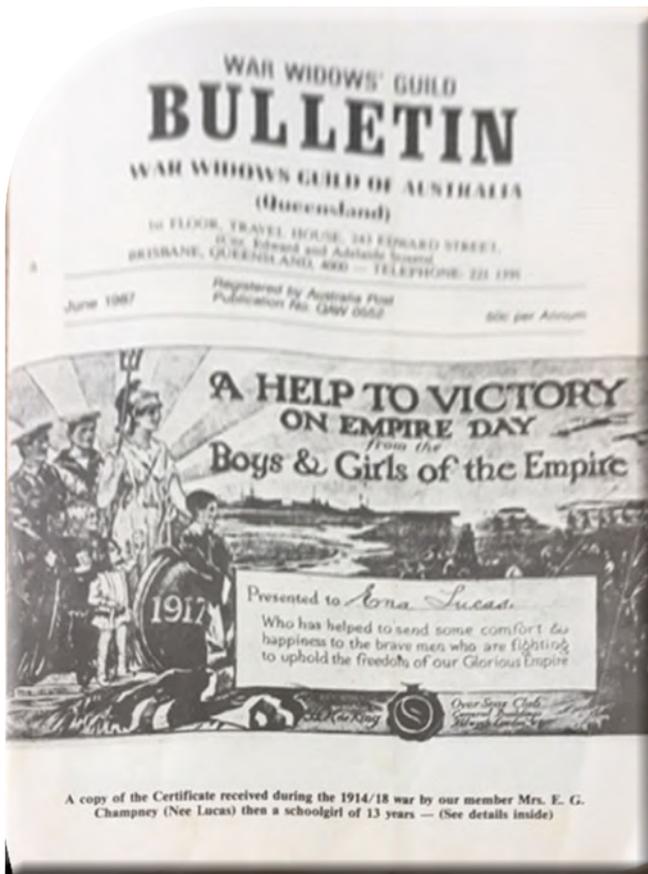
The Governors of Modern Queensland is a publication which was conceived at Government House some years ago, commissioned in 2019 and officially launched by the Governor and Mrs de Jersey on 15 March 2021.

It aims to increase public understanding of the contemporary role of the Queensland Governor and capture the mood of Queensland since the *Australia Acts* of 1986, something no other publication has sought explicitly to do.

If you would like to purchase a copy of this book, copies can be purchased directly through the UQP website at www.uqp.com.au for \$35.



STORIES FROM THE PAST



I have been reading War Widows' Guild Queensland Bulletins from 1986-87 and find many of the articles very interesting. I thought that publishing some snippets from these Bulletins might bring back memories for some of our older members and be thought provoking for those who have only been widowed in recent years.

In the June 1987 edition I found this article on the book about the life of Jessie Vasey "No Mean Destiny". I will share some of this article written by Mrs Barbara Gunthorpe of Ashgrove with you.

'No Mean Destiny' - three short words – 13 letters, but what a wealth of knowledge in all we are told of the life of Mrs Jessie Mary Vasey and her wonderful achievement- the War Widows' Guild of Australia. How many knew of this before reading this book?

The fact that not many members or the general public seemed to know about Mrs Vasey made Barbara wish to do something about letting the general public know of her life, her work, her courage, her spirit, her leadership qualities that inspired the early widows to follow her and

work so hard to help her achieve all she did, and Barbara thought that one section of the public she could make this book available to was the non-sighted. Barbara spent much of her time transcribing school books and University lectures from print to Braille. She asked permission to transcribe 'No Mean Destiny' for the Queensland Braille Library and was able to do this. It was also to be catalogued in the National Library and made available to the other States.

Barbara informed the Guild that the book went in to 13 volumes of Braille and took her two months. Thank you Barbara!

Although we have not been able to track down any of the Braille copies of the book, Rachel is in the process of having 'No Mean Destiny' digitised so that it can be made available to our members online. There are still some hard copies available to purchase from the office for \$20 and I believe some can be obtained on eBay.

To Barbara, and to us as war widows, Jessie Vasey's life was one to inspire us all to work towards leading more worthwhile lives ourselves. Surely we have the opportunity to honour her name and say thank you to her and to the early war widows who worked so hard to give us all the comfort and security we have and value so much today, by letting all our family, friends and acquaintances know of this book 'No Mean Destiny'.

Jenny Gregory

AWWQ MEMBER EVENT

AWWQ would like to celebrate our relocation to the United Service Club along with the recent grant award from the Eastern Star Foundation. You are invited to celebrate with us and enjoy High Tea at the United Service Club.

Time: 10am

Date: Friday 30th July 2021.

**Venue: Glasgow Room, United Service Club, 183
Wickham Terrace, Spring Hill, 4000**

**Tickets are \$25 per head and available to purchase
through head office.**

**Please call us on 07 3846 7706 to book.
Spaces are limited so get in quick!**

RSVP by 16 July 2021

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 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: Kryz Wade 07 3822 9502 Secretary: Helen McDiarmid 0411 485 032 E:shufrog21@gmail.com 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 10:00am 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 0407 724 946 Vice President: Jennifer Runciman Secretary: Vicky Houlson 3273 1930 Treasurer: Grace Banham 07 3800 2903
TOOWOOMBA	2nd WEDNESDAY 9:30am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Robyne Hilditch 07 4614 0080 Vice President: Delma Starkoff 07 4635 8516 Secretary: Helen Puxty 07 4634 7086 Treasurer: Christine Hilditch 0412 078 631
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

BRISBANE NORTH

March meeting finished off our phone training some have now upgraded their phones.

In April we had a volunteer come to speak on the history of Fort Lytton It was an interesting morning.

May we had two ladies from the Nundah Historical Society come and share the history of Nundah. The power point presentation was excellent with an array of photos from the past. The ladies gave a book on the history for a lucky door prize. It was won by Pat Chandler. The win was befitting to her as her grandfather was born and lived there. Pat was excited to share it with her family.

BRISBANE WEST

We are now almost half way through the year and have returned to our normal routine of meetings and outings. Also, we have recently welcomed three lovely ladies to our group.

We attended the Ion Cafe in late February. It was very enjoyable sitting on the cafe's verandah among the treetops enjoying good food and company. At our March meeting, we utilised the balance of our Grant by holding an Easter lunch with chocolate goodies. Our April lunch was Anzac Day themed with Anzac biscuits. Our Jean Hoffmann represented our Group at the Anzac Day Service at the Gaythorne RSL.

We enjoyed our May meeting with our Guest Speaker, the 6RAR Senior Representative of the Red Shield Defence Services at Gallipoli Barracks, "SALLYma'am", Lauriee Arthur. Lauriee discussed her very important role as the Salvation Army Representative in the Defence Services and regaled us with stories of her experiences both within Australia and overseas.

We are looking forward to our holiday at the Gold Coast in June. We will be enjoying the sights of the Gold Coast and surrounding areas culminating in our attending the Outback Spectacular.

To one and all, stay safe and keep well.

BUNDABERG

Our meetings are going well at the Vetrans' Welfare Centre and with the availability of a light lunch afterwards it is great.

At our recent meeting this week we were saddened to learn one of our older and loving members has gone to Brisbane to live closer to family. We will surely miss you Mary. Also at this meeting we were busy getting our bus trip organised and under way. We are very grateful for this opportunity.

On Anzac Day our war widows marched with the Legacy Widows under the Legacy Banner and a wreath was laid by our President on behalf of the War Widows Group. We were all invited to the R.S.L. Luncheon afterwards.

A couple of weeks the war widow ladies joined the Legacy group on a bus trip to Mt.Perry and what a lovely day it was. Sight seeing and Lunch in Mt. Perry all provided by our Bundaberg Legacy. We are very fortunate here in Gladstone with the support we get from Legacy. As all our war widows are Legacy widows we get looked after very well.

It is great to be able to get back to normal after last years COVID-19. We are so lucky. Hope you are all looking forward to winter and warm fire laces.



Bundaberg members enjoying lunch

CABOOLTURE

Our sub branch has finally managed to have a reasonable number of members attend our monthly meetings and this is really encouraging. A year of Covid fears and restrictions coupled with declining health has made a vast difference to the monthly meetings we have been able to organise. Changes at our meeting venue, with the R.S.L. sub branch no longer being involved in the Club and the Sports Club having complete ownership has further complicated our existence. Many negotiations and meetings were required before we were confident that we would be able to carry on. The future of this arrangement is of course still a worry but we are hopeful that it will remain static.

While we have had to curtail outings we now have some interest from members to attend Friendship Day at Maroochydore and we are looking forward to meeting up with old friends and of course making new ones. We anticipate arranging further outings later in the year.

Sadly, we had to say farewell to some of our members this year and one of these was our most senior member Pat Wise, who passed away peacefully at the age of 107 yrs. Pat was an inspiration to all who met her and at the age of 105/6 was still attending meetings with eager anticipation and

looking forward to outings as she loved socializing. Pat had a love of the pokies and never left the Club without having a quick try to win the "Jackpot". Our members attended a moving family service to celebrate Pat's long and love filled life.

Marie Pinches a foundation member of the branch and a lady who served in many positions on the Committee over the years and currently held the position of Vice President has unfortunately suffered ill health and is now a resident in a Care Home. Marie is well known in the district and remained a staunch supporter of the war widows, but unfortunately will no longer be able to attend functions. Her outgoing personality and care for others will be missed by all our ladies.

While Anzac Day was curtailed by many restrictions our R.S.L. sub branch held a service at 10.00 but without the march, it was well attended and our ladies laid wreaths as usual. There was no official Dawn Service this year unfortunately, but many locals observed the Light up the Dawn.

Regards
Cath Hartshorn



Mary Hogan at the ANZAC Day Ceremony



Pat Wise celebrating her 107th birthday!

CAIRNS

Its hard to believe that we are now in Winter. However, we continue to hold our meetings and outings, and even though our numbers are small, we do have some very keen and loyal members.

We have had two outings to The Raw Prawn Restaurant, and to Dunwoodys Hotel. Both venues were well attended, and enjoyed by all. We have also taken advantage of the Bus Grant and organised a coach trip out to the Northern Beaches, and we stopped off at the Trinity Beach Tavern for a very nice luncheon. The Lifestyle Co-Ordinator, Sue Hilditch, attended our May meeting, with regards to the Be Connected Grant. Sue was very informative, and some ladies who had queries were very satisfied with the information received from Sue.

State President, Jenny Gregory accompanied Sue, which was a lovely surprise, as we were not aware that Jenny was also attending.

Once again, if there are any ladies out there, who are members and receive the Bulletin, but do not attend our meeting, please come along and have morning tea, and meet our members, we are a happy group and will make you feel very welcome.

CALOUNDRA

Hi everyone. we used our Grant

money on 8th of March. After the meeting the ladies enjoyed their lunch at Coolum Bowls Club with a happy drink. 22 ladies attended the day.

On Monday 12th of April, we had our meeting with 23 members in attendance, and welcomed our new member, Mrs Esther Hinsley. We then had lunch at the RSL Club.

On 25th of April, I proudly laid a wreath on behalf of our war widows. It was nice to see some friendly faces of our members who attended the Ceremony.

On 10th of May, we had our meeting and followed with bus trip and lunch to Mapleton Tavern, and we used our remaining Grant money for lunch. It was a beautiful sunny day and the ladies had a nice day out. We had 21 members for lunch and one new lady, Mrs Joy Inman.

Our next meeting is 14th of June and we are having a guest speaker, Mrs Emily Gould, Community Resource Officer.

Wish you all well and stay safe.
Love, Roohi Doherty.



Caloundra members having lunch in Mapleton



Caloundra members having lunch in Mapleton

GOLD COAST SOUTH

What a very busy time it's been. Anzac Day was great. This year it was held at Currumbin RSL due to crowds, (never mind that the football can have crowds). It was amazing. The boats on the creek, the sun coming up, the reflection. The ashes were not done at the creek next to the RSL, they were done out at sea, by the Rock. Another lovely service.

Gaye and I lay a wreath at Currumbin Palm Beach School, how that service has grown. It's great to see so many children taking part. We had a good attendance at the service and lunch enjoyed by 10 of our widows.

Blanche Wall lay a wreath for the Battle of Coral Sea. Blanche's husband served in that war. It's good to see the war widows out there being involved in the community.

One of our war widows Phylis Renwick received a community award. You are an inspiration Phil.

We had an enjoyable day going for a drive and having lunch at the Orion Hotel at Springfield. These trips are good because you often

get to sit next to someone that you haven't had a lot to do with and have a good chat.

We have an associate member Sandra who is our "driver". She is a god send. It enables some of our ladies to get out that, that otherwise wouldn't.

Our newsletter continues to be a blessing, keeping us united, in touch and updated with things plus a good laugh. The dedication from Carole in doing the newsletter is appreciated by all our ladies.

We welcomed Jenny & Judy today to our AGM. Needless to say, all positions were filled by the same people.

We are very fortunate to have a wonderful group of ladies, great sense of humour and lots of friendship to go around.

We then had about 20 of us go down stairs to the restaurant, enjoying a chat and lunch.



Blanche Wall & Bron Drinkwater at the Battle of the Coral Sea ceremony



Dee, Bron and Cynthia



Phylis Renwick receiving a community award

GYMPIE

Our monthly meetings are being well attended. The Gympie RSL Club are being very generous in supplying our morning teas because of COVID we are no longer able to supply our own cakes.

Because of lock down in late March I was unable to visit our oldest member Jeannie Lucas who turned 99 on March 31. Her daughter Linda got to see her later and took a cake and flowers and took some photos for us.

Our next meeting day we are having a bus trip to Maleny to use the last of our bus grants. We thank the office staff for the grants we have already thoroughly enjoyed one trip.

I was very excited to find a War Widows plaque at the Gympie Normandy Memorial. It was laid there in 1995 celebrating fifty years since WW2 ended. We are approaching the person who cares for War Graves here in Gympie to have it either cleaned or refurbished.

We have a few ladies attending Friendship Day so looking forward to seeing you there.



Jeanne Lucas 99th Birthday



War Widow plaque at Gympie Normandy Memorial

LOTUS GROUP

Lotus Group continues to meet at 12noon on the first Saturday of each month. The group of 25 – 30 ladies who attend are so keen that we even met on Easter Saturday at the Hyatt restaurant in Queen Street Mall.

In May we used our bus grant money to go by bus from the City to the Wynnum Manly Yacht Club Boardwalk Cafe. This was a great venue with wonderful views, however it was disappointing that it was raining while we were there. We did enjoy a great meal and a very relaxing bus trip.

Our June meeting will be at the Garden Restaurant in Roma Street Parklands. You are all welcome to join us for these great lunches which are all at restaurants in the Brisbane City area which are easy to get to by public transport.



Lotus club members enjoying lunch

MAROOCHYDORE

After just over twelve months Maroochydore members are looking forward to being able to use the RSL sub branch meeting rooms for regular monthly meetings again. Members please note monthly meetings will recommence on the 4th Monday of each month in the Keith Payne room, Maroochy RSL sub branch starting Monday 28th June 2021.

While not having regular monthly meetings Maroochydore ladies have kept together by meeting once a month for lunch at Maroochy RSL. These informal events have proved popular and we may look at continuing these lunch 'catch ups'.

With fewer members able to participate, sadly the end is near for our monthly bus trips. The regular monthly bus outings have been a popular Maroochydore event with Lynn and Andrew from Mystic Mountain Tours looking after us for many years. Andrew has taken us to many out of the way sights while taking great care of all our needs. Thank you Lynn and Andrew, these monthly events will be missed.

Of course our big event for this year is the AWWQ Annual General Meeting on 8 September and Friendship Day on 9 September and Maroochydore ladies look forward to welcoming you to this day of 'Fun and Friendship'. See more information in this Bulletin.

Sadly, we recently lost two of our long time members. Angela Allison was a member at the first meeting of the Maroochydore sub branch in 1989, was president 1998 to 2005 and remained active until her health deteriorated. Angela was a nurse in the Australian Army and served in Malaya and Japan during her service.

Elma Conran was a member for 26 years and still attending and

helping at events until a recent fall. Both ladies will be sadly missed by Maroochydore war widows.

Hope to see you at Friendship Day.



Angela Allison



Elma Conran



OT Donna Mills and Judy Smith at the April meeting

NEW FARM

Well here we are and it is June already. Our meetings have been going well and our members are still enjoying our outdoor meetings. In April we had Annie from

Uniforms 4 Kids come to speak to us about the wonderful work that organisation does in making clothes for disadvantaged kids out of recycled uniforms. The clothes are stunning and they are also sent to orphanages overseas.

Many of our New Farm members have now become volunteers for Uniforms 4 Kids as they have been assisting with cutting off the badges and any insignia from the uniforms so that just the material is left. Annie brings a bag of uniforms one week and collects them again the following week after the ladies have finished cutting. It keeps the craft group very busy and they are helping a worthy cause.

In June we are hoping to have Kathleen from Wesley Mission-Community Visitor Scheme come to speak to us and in July we have Emily Gould the Community Resource Officer from National Seniors as our Guest Speaker.

We have been very fortunate to receive another donation from Bunnings Newstead – a large outdoor umbrella to protect our raffle sellers from the sun. Bunnings are very generous with their donations to charitable organisations.

Anzac Day commemorations this year were very special for the New Farm ladies. We had our own special service at Marina Court on Saturday 24 April and were delighted to have Alastair Tomkins and his 10 year old son, Hugo, play The Last Post and Rouse for us. Gladys Smith our oldest resident at 99 years laid the wreath on behalf of all Qld war widows. Then on Anzac Day three of our residents marched in the Brisbane Anzac Parade (see front cover photo), three ladies attended the Ithaca Anzac Service and Glad again laid the wreath on behalf of war widows.

A few of our members have

been in and out of hospital and we are all aware of how blessed we are to have the Gold Card and to be so well looked after as far as our health is concerned.

We are also very lucky at New Farm to have a number of our members who are good cooks as we always have plenty of yummy goodies for morning tea after our meetings. Thank you ladies.



Alastair and Hugo Tomkins playing The Last Post



New Farm's umbrella donated by Bunnings

REDCLIFFE

Welcome to everyone. One of our members, Avis Hall, turned 101 in May 2021.

Detective Neil Pile from the Drug Squad was our guest speaker in March. The best speaker we have encountered this year. He gave an exceptional talk on drugs and drug paraphernalia.

We held our AGM in May and the current Executive Committee was reappointed.

Our war widows are looking forward to the bus trip which is

scheduled for the 11th June to Bribie Island RSL.

Lorraine McKay's husband Terrance Dean McKay who served in Korea was awarded the Ambassador For Peace Medal. Lorraine was presented with her husband's medal by the South Korean Ambassador for his service.



Lorraine McKay receiving the medal



Ambassador of Peace Medal

REDLANDS

Gary Tesch was our artist who played the keyboard, and during the performance a few of the ladies took to the dance floor

and enjoyed themselves until Glenda took the hula hula too far and slipped, she was taken to Greenslopes Private hospital and has made a full recovery but has sworn off dancing in the near future.

Lynne Martin (President) and Helen McDiarmid (Secretary) laid a bouquet of flowers at the 10 o'clock Anzac Day Service, with many of our members present.

Paul Bishop our local member for Birkdale attended and gave a rather interesting power point presentation on the Birkdale/Redlands history and the communication centre. It played an important Historical part in the ending of the war. This site is now owned by Redland Council and will over time be made into a community hub.

Five of our member took the opportunity to join the RSL bus for a three day trip to Tenterfield which departed on May 12, Lunch at the Abbey of the Roses was a great start to our 3 days, we stayed at the Sir Henry Parkes Hotel which had excellent meals, visited Ballandean Wines and on the way home stopped at the Jamworks at Glen Alpine, what a great trip.

June 25, will see our members off to have devonshire tea and a guided tour of the Redland Museum.



Doreen Mathews with Councillor Paul Bishop



Merrill Ovenden with Councillor Paul Bishop



Cecilia Miller cutting birthday cupcakes

SOUTH EAST

Our South East Social Group met at East Leagues Club on 16th April with 17 ladies present to enjoy their morning in the Bistro area. With drinks and food delivered to the table more time could be spent catching up and renewing acquaintances. Due to restrictions, some members were attending their first meeting of the new year among them being Dorothy Lester who received a warm welcome when she arrived with daughter-in-law Marleen.

A highlight of the day was a story from members Jillian and Beth Mahoney who recently attended a garden club function and was asked to wear a mask; they improvised with eye protection in the form of masks cleverly collaged with an array of beautiful assorted flowers. Having brought them along to show prompted a quick photo shoot with Beth Mahoney and Maureen Morrison demonstrating. This was the groups first meeting in the public area of the club and we who are able to attend look forward to more of the same each coming month.

ROCKHAMPTON

At our meeting on the 9th March we enjoyed a visit from Sue Hilditch to advise us on the Be Connected information re mobile phone use etc. Sue also reminded us of available benefits and procedures to access these benefits.

Our members who have had birthdays since the last Bulletin are Shirley Stickley, Karen Riley, Kath Tennent, Jean Kerr, Cecilia Miller, Jo Price and Jenny Ireland. Happy birthday Ladies.

Our next meeting is on Tuesday the 8th June, 10am at the Frenchville Sports Club.



Marjorie Collins, June Lancaster, Fay Cross, Lynne Martin and Helen McDiarmid



Maureen Morrison and Beth Mahoney

SOUTH WEST REGION

As it had been nearly two years since our last AGM, we decided to hold it in March 2021. Our State President, Jenny Gregory, chaired the meeting.

I would like to welcome the two new committee members, Jennifer Runciman – Vice President and Vicky Houlson – Secretary. Thank you to Pat Close who filled in as both Vice President & Secretary.

Sue Hilditch, Lifestyle Support Coordinator, accompanied Jenny. The ladies were due to finalise the Be Connected training.

We have welcomed two new ladies to our branch. Margaret (Kay) Elford and Beryl Fawkes. We lost one of our war widows recently, Marjorie Goldspink, who passed away on March 16th 2021. Several ladies have been in hospital. All are recovering.

As I write this we are again in lockdown. I hope it didn't impact on people's Easter plans and you were able to catch up with family and friends.

ANZAC Day has now passed. I hope some of us could attend services. etc. and remember our loved ones.

Happy Mother's Day to all the mothers and grandmothers, and should I add great grandmothers.

Our ladies are looking forward to Friendship Day in September.

Until next time – stay safe and well.

Regards, Pat Woods

TOOWOOMBA

Hello ladies, by the time you are reading this, Winter will be well and truly upon us. Time to make sure all vaccinations are up to date.

A few members attended the ANZAC Day service and a wreath was laid by President Robyne on behalf of members.

The ladies who went on the bus trip to Wallangarra had a "GREAT DAY OUT". The weather was a bit cold and wet but not enough to dampen our enthusiasm. The first stop was for morning tea at Suttons Apple Juice Factory, then on to Stanthorpe Cheese for some cheese tasting. Lunch was at the Wallangarra Railway Café Museum and Station. After a tasty meal it was then onto the Jamworks Café for jam tasting. The last stop was to the Hermitage Winery for wine tasting (also most important, the last toilet stop.) A good time was had by all, our bags were heavier and wallets lighter. We have another bus trip coming up later, please consider coming.

Our AGM in May was well attended. We now have new Office Bearers. We all know Robyne, who for many years was Vice President is now our new President and Delma is Vice President. Helen, one of our newer and younger members has taken on the position of secretary. Christine, our new Treasurer is also one of our younger members. Thanks to all for taking on these positions.

Once again a Tombola is being planned for July. More information later on.

For members wanting to attend Friendship Day Luncheon, a bus will leave early morning for a day trip only. Please let us know if you

would like to attend.

Before I sign off, remember— Life is short-- Buy the shoes – Drink the wine – Order the dessert.

TOWNSVILLE

This is the Winter edition of our Bulletin. The weather in Townsville is beautiful for Autumn- cool evenings and fresh mornings. The roads are busy and people are coming here in droves.

Our numbers for attendance are still in the high thirties, we lost one of our older widows of twenty years, Irene Parish. She loved going out and always talked about the Friendship Days she attended. She spent the last year in a nursing home. We will miss her.

Last meeting the ladies had a lot of fun playing bingo. Having all the numbers to make a line minus just one number, or not having any numbers and then getting one- a cheer would go up. It is so lovely to see smiles and hear the joy with our ladies. On June the 15th a guest speaker is going to give us some advice on growing and using herbs. Some of us who are young enough to play in our gardens still like to gather nice food which we have grown ourselves.

July 20th lunch at the RSL In August a speaker from the police department will give us some good advice on staying safe on our roads and in our homes. It is a little scary to see a some ones property stolen out of their car or home, whether it belongs to you or some body else. In September, we have a guest speaker on birds. Keep well and as fit as you can, and most of all stay safe.

AILSA KELLY

Ailsa Kinkead Kelly was the daughter of William and Constance Bowler. She was born in Maryborough on the 11th February 1927. Ailsa had two sisters, Moyae and Elaine. Sadly her mother, Constance passed away when Ailsa was only seven years old. Her father, William passed when she was in her early twenties.

Her family moved to Brisbane where she met Douglas Graham Kelly, the love of her life. They were married in 1950 when she was 23 years of age. Graham built two of their houses at Camp Hill and Paradise Point. Graham served his country in World War 2 earning the following medals, 1939-1945 Star, Pacific Star, War Medal 1939-1945, Australia Service Medal 1939-1945, and Australian Service Medal 1945-75 with Clasp PNG. These awards acknowledge the valuable service he gave to our nation. Sadly, Graham passed away in 1987. Ailsa felt so proud to wear his medals on Anzac Day and Armistice Day. After his passing, Ailsa moved to Tully and was living close to her sister Moyae and her family.

Ailsa was a woman of great inner strength and independence, and one who loved her family dearly. She had a lovely smile and could be cheeky at times with a wicked sense of humour. She was easy going and enjoyed playing bridge and lawn bowls. Her greatest love was to travel. Graham and her travelled and saw many parts of Australia. She cruised all over the world and her last cruise was on her 90th birthday.



Finally she moved back to Brisbane and into a war widows' unit at New Farm. It was such a lovely place. After this she moved to another unit with the war widows at Redcliffe. This was her favourite place. She made many friends during this time with the other war widows. She loved her visits from the ladies from war widows and they all loved her. Ailsa loved to walk and she tried to walk twice a day, unfortunately she fell over on one of these occasions and broke her hip.

After a few months in hospital she moved into a nursing home at Bethania, near where her niece Karen lived. She settled in really well at the nursing home and everybody loved her. Unfortunately she passed away on the 18th September 2020. It is true that none of us know when our time will come, but one one thing we know is that Ailsa is now resting in peace, and she will be dearly missed. She would want us to remember her for the laughter and for the smile she bought to your face.



AUSTRALIAN
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FRIENDSHIP DAY 2021

You don't want to miss this day, so if you haven't already registered talk to your local group president / coordinator or contact Judy Smith.

There will be music from the Baby Boomers Party Band, the Friendship quilt that so many of you helped to make will be on display, the usual raffles, good food, friends to catch up with and a prize for **THE BEST DECORATED SPRING HAT**.



AWWQ 74TH ANNUAL GENERAL MEETING

Date: Wednesday 8 September 2021

Time: 2:00pm

Cost: Free

Where: Maroochydore RSL

100 Memorial Avenue Maroochydore

(Parking available)

Guest speaker Mr Rupert McCall

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

RSVP 22 August 2021



The place where Queensland remembers

Gather your friends and discover the people, places and stories that underpin the Queensland war experience on a free group tour of Anzac Square Memorial Galleries.

Our knowledgeable guides will take your group on an interactive journey from the First World War to today exploring the best of State Library's military collection, with a special focus on collections suited to your interests.

For more information, or to book your free group tour of Anzac Square Memorial Galleries, contact our friendly team on **0466 922 259** or email anzacsquare@slq.qld.gov.au.

ANZAC SQUARE MEMORIAL GALLERIES

Open Sun–Fri, 10am–4pm
285 Ann St, Brisbane City QLD 4000
anzacsquare.qld.gov.au

Evacuees from Hong Kong walking on the beach at Redcliffe, August 1940,
John Oxley Library, State Library of Queensland, Image no. 21257614310002061



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Government

AWWQ TRANSPORT ASSISTANCE PROGRAM

Australian War Widows Queensland is thrilled to announce that we are the recipients of the largest grant ever awarded by the Eastern Star Foundation (see next page)

The grant, being \$200 000 was awarded to Australian War Widows Queensland (AWWQ). The grant will fund the purchase of a 12 seater minivan to assist our members with transportation.

The grant will also provide the first year of a multi-year arrangement to help pay for running costs of the minivan as well as the costs of providing transport options to our members.

We are currently developing a AWWQ transport assistance program that will assist our local members along with our regional members throughout Queensland and we seek your feedback.

If you are experiencing difficulty with accessing transportation to attend AWWQ group meetings & events , visiting social groups , or socialising with fellow war widows please fill in the below questionnaire and return to head office ASAP (you may add an additional page if required):

AWWQ Head office, Transport Assistance Program , P.O Box 13604, George Street Post Shop, Brisbane, QLD 4003.

Name: _____

Member # _____

Address: _____

Phone: _____

Do you attend group meetings? Yes / No

If yes which group? _____

If no, why? _____

Would you attend group meetings if transportation was provided? Yes / No

Do you connect with fellow War Widows? Yes / No

Would you connect with fellow war widows socially if transportation assistance was provided? Yes / No

Do you have any other difficulties engaging socially with fellow war widows due to the lack of transport options?

EASTERN STAR FOUNDATION

Over \$300,000 in grant funding has recently been awarded by the Eastern Star Foundation to help empower older people in Queensland to live well. The successful recipients of the foundation's 2021 grants include Australian War Widows Queensland, Guide Dogs Queensland, Hear and Say, Suncare Community Services, and Samford Support Network Inc.

Eastern Star Foundation Chairman, Jonathan Nantes, said that this year's grant recipients aligned well with the foundation's focus to support evidence-based programs and initiatives that help the aged to remain independent, practice choice, participate in the community and have a support network.

"The initiatives we have chosen to support this year will help organisations who care for our aged communities to empower their clients, providing them with dignity, independence and hope," said Mr Nantes.

The largest grant being \$100,000 was awarded to Australian War Widows Queensland (AWWQ), which will fund the purchase of a minivan so their staff can transport members to meetings and events. The minivan will be particularly useful to help war widows living in regional areas to have a support network and participate in their community of fellow war widows.

The grant will also provide the first year of a multi-year support arrangement to help pay for the fuel and running costs of the minivan as well as the costs of running the annual Sub-branch Taxi Subsidy Program. AWWQ will also receive additional recurrent funding of \$50,000 annually for two further years to support these same programs, helping to reduce the program's operating cost pressures and allow their elderly widows to stay socially connected.







ST GEORGE HOLIDAY HOMES

St George Defence Holiday Suites have generously offered AWWQ an accommodation voucher to win a one week's stay, in a studio ocean view apartment, at the St. George Defence Holiday Suites, Rainbow Bay, Coolangatta on QLD's Gold Coast. The lucky winner will be announced at Friendship Day on 9th September 2021.

Raffle tickets are available through head office and tickets are **\$10 each**. Please purchase by 3rd September 2021.

If you would like to enter please fill in the below and return to:
P.O Box 13604, George Street Post Shop, Brisbane QLD 4003.



Name: _____

Member number: _____

Address: _____

Phone number: _____

I would like to purchase _____ raffle tickets and have enclosed \$ _____

Chq

Credit Card _____

Expiry date _____



NATIONAL AUSTRALIA REMEMBERS FREEDOM WALL

On 15 August 1995, Australia celebrated the 50th anniversary of victory in the Pacific. The National Australia Remembers Freedom Wall is not a war memorial, but a symbol of 50 years of freedom.

The 16,000 tribute plaques which have been placed in the Wall remember loved ones or are simply expressions of thanks.

The Wall was created as a calm refuge in the Brisbane Botanic Gardens Mt Cootha – as a space for quiet contemplation and reflection on the spirit of freedom.

It honours not only those servicemen and women who gave their lives in all theatres of war for this nation, but all those who were involved in bringing freedom to Australia including those that worked on the land, in protected industries, and in organisations such as the Red Cross.

This Freedom Wall has been brought to the attention of AWWQ in recent months and staff and Board members have visited the Wall and realised that there are many war widow plaques inserted in to the Wall.

Some of these plaques have been placed by the war widows of Bribie Island, Gold Coast North, Hervey Bay, Ipswich, Mackay, Maryborough, Nambour, Redcliffe to name a few.

Also a large plaque near the entrance to the Freedom Wall is placed over the ashes of crosses from the Field of Remembrance cross planting ceremony held in King George Square, Brisbane in August 1995.

We are seeking any of our war widows who may have been at that cross planting ceremony in 1995 to give us some more information about that event.

Below are some photos of the Freedom Wall and one in particular is of some ladies who visited the Freedom Wall during Friendship Day 2015 which was held at the Kedron-Wavell RSL. If you recognise and can name the war widows in the photo we would like you to get in touch with the office.

We would like to take a group of ladies who have had any involvement in the Freedom Wall or the cross planting ceremony in 1995 for a visit to the Wall to commemorate and pay tribute to what is now over 75 years of freedom.





AUSTRALIAN
WAR WIDOWS
QUEENSLAND

THE FACTS ON LEGUMES



I'm often asked what food/s are the most under estimated, and the answer would have to be the legumes and the lentil group. Legumes / lentils group are high in fibre, protein and extremely affordable. The old baked bean (navy bean) is approximately \$6.00 per kg verses approximately \$17.00kg for T-bone steak. When feeding a family spaghetti bowl or any lean mince based dishes utilising legumes such as kidney beans or mixed beans to lengthen (pad out) the meal and increase the affordability of the meal.

The fat content of meat options are something we need to be monitoring, red meat is very importance in our diets for iron and of course a great source of protein, however the average fat content of 100g of lean mince is approximately (total fat 11g & saturated fat 4g) verses kidney beans (total fat 1g & saturated fat 0.1g) and for protein 100g T-bone steak (approximately 26g) verses kidney beans (approximately 7g).

Legumes provide 6-9g of fibre per 100g of cooked beans. Some of this fibre is soluble fibre, which can lower blood cholesterol. Legumes also contain oligosaccharides, which escape digestion in the gut to be fermented by bacteria in the large bowel. This is responsible for the abdominal discomfort and flatulence often experienced and is perhaps the factor limiting consumption.

There are several substances / toxins in uncooked legumes that inhibit their nutritional quantity and hence why processing is essential to make the beans edible, improve their nutritional quality and digestibility, but don't let this put you off though. Legumes provide numerous vitamins and minerals including thiamine (helps with releasing energy from carbohydrates), niacin (involved in cell respiration and metabolism of carbohydrates, protein and fat), iron (responsible for taking up oxygen in the lungs and transporting it to peripheral tissues), zinc (involved in hundreds of metabolic processes in the body), calcium (involved in blood clotting, contraction of muscle fibres and bone health) and magnesium (involved in metabolism and neuromuscular activity). In addition, soybeans contain the phyto-oestrogens isoflavones and lignans that may play a role in prevention of certain cancers and coronary heart disease.

So this winter opt for some beans and legumes in soups / casseroles/ mince dishes to increase the calcium, fibre, protein and affordability of your meals.



What can MyService do for you?

MyService is making it easier for veterans and their families to connect with the Department of Veterans' Affairs (DVA) and manage their business online where it makes sense to do so. In this article, we explain how veterans, widowed partners and their families can access MyService, how to make claims, and where to go for help.

What is MyService?

MyService is DVA's point of access to online services and is continually being updated to improve and expand the range of services on offer. Online services provide another way for veterans and their families to interact with DVA, complementing the existing DVA service arrangements in place. When you need help and can't find the answer using MyService, you can call us on 1800 VETERAN (1800 838 372) or visit your nearest Veteran Access Network (VAN) office.

Why use MyService?

MyService is designed to work in the same way on different devices (computers, phones, tablets) and internet browsers. This means that you can access the same DVA services on any device, wherever you have internet access, and receive the same, consistent online experience.

Services currently available on MyService include:

- requesting DVA official letters about payments and concession eligibilities, and Income and Assets statements;
- booking transport and claim expenses for approved medical treatment;
- nominating someone to assist you in accessing DVA programs and services; and
- advising DVA of any overseas travel, or report your changes in circumstances, related to income support payments.

From early June 2021, you will be able to use MyService to apply for:

- Income Support Supplement;
- request a review of a decision; and
- let DVA know your preferences for receiving mail from us.

How to access MyService

1. To access MyService, you first need to register for a myGov account. Visit the myGov website to register: <https://my.gov.au/EnrolService/enrolService.htm? flowId=mgv2-enrolment-mg-flow& flowExecutionKey=e1s1>
2. Once you have registered with myGov, sign into your myGov account.
3. Register for MyService.

WELCOME TO OUR NEWEST BOARD MEMBER



I was born in Moree, NSW, the youngest of three girls. When I was one, we moved to Broken Hill where we had a great childhood. In 1971, my dad was transferred to the big smoke in Sydney, where I stayed with my

family until the ripe old age of 17 years and three months, at which point I joined the Army.

After two months recruit training at George's Heights in Mosman, I was allocated to Dental Corp as a dental assistant. I was posted to Melbourne where I stayed for two years and was then posted on promotion to Kapooka where I met and married my husband Jack. One year after we were married, we were lucky enough to get a posting together to Townsville. During our time there, we decided that the time was right to start our family. Jessica arrived in January 1985 and I then took discharge in April having completed six years' service.

I then transitioned to my next stage of being a service spouse and mother. Jack was a career soldier so was often away on either exercise or promotion courses.

We were then posted to Mildura in 1986 and welcomed daughter number two in April the following year. As was the routine after two short years, we moved to Brisbane where I was heavily involved in the National Consultative Group of Service Families ("NCGSF") and other family groups within Enoggera Barracks.

Our next move was to Singleton where I was appointed the role of Delegate for the Hunter Region of NCGSF. This role was acting as an advocate for our area in particularly in relation to housing standards and nationalised standard curriculum and starting age. Delegates met in Canberra twice a year with the Minister for Defence to try to make the lives of our families a little better.

Our next move was to Perth, and then two years later to the Gold Coast, in what ended up being our last posting with the Army. I was once again involved with and later President of the family association.

In July 1995, with another posting only a few months away, Jack decided that he had reached the end of his service career and that we would stay put on the Gold Coast mainly for our girls benefits as moving was starting to get harder for us all.

Jack started a small business and I decided that I should now head back out to work. I applied for and got a job at a local dental practice but not having worked for 10 years, was terrified I wasn't up to par. I was sure that I would be let go in the not too distant future. Twenty-three years later. Only left that position when 18 months after Jack's cancer diagnosis, he needed extra care and that is where I needed to be. He passed away three months later. That was in September 2018.

In February 2019, I attended my first War Widows meeting at Currumbin RSL. Bron and the crew were very busy organising Friendship Day so I was quickly recruited to be an active member of the team. Whilst being younger than some war widows, I now feel like I'm amongst a group of friends that have helped to fill some of my lonely days that I have since losing Jack.

I hope that I can continue to be of help in whatever capacity is required to add a little care and knowledge to our members of Australian War Widows Queensland.

-Debbie Baczyk



PERMANENT RENTAL UNITS

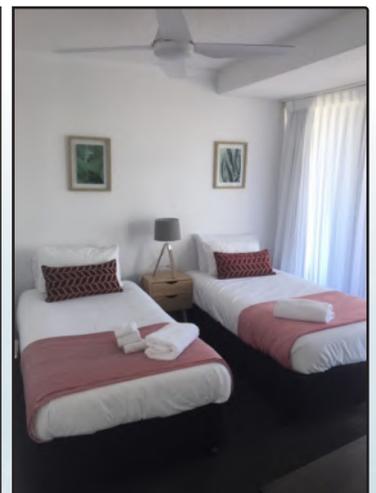
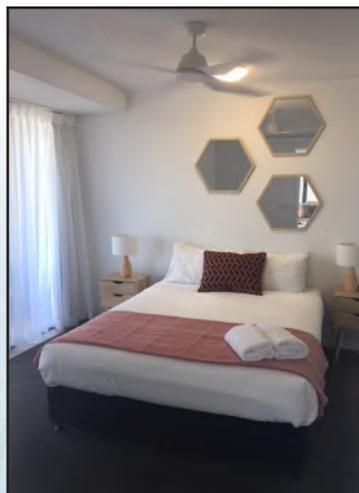
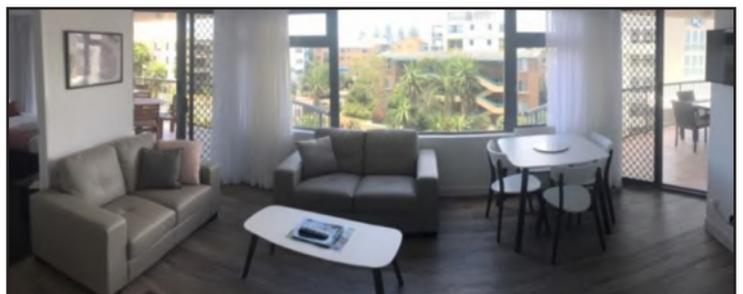
Units at Marina Court, New Farm, are located in a convenient location, near public transport and shops. There are 38 units, lovely gardens, a community room and shared laundry facilities. The units consist of one bedroom, ensuite bathroom, living room and kitchen. Rent for war widows on ISS is \$147 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 & ESO members requiring short stay/respite 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.



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 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 & ESO members receive a 35% discount off the advertised rate for unit 17, and a heavily discounted rate for unit 18. Please call Centrepont Caloundra management on 07 5492 0100 to make a reservation.



THE POWER OF WORDS

Power is what some people seek
But there is power in the words we speak
There is power in the way our words are said
And there is power in the written word of what is read.

Sometimes we need to take care of the words we choose
If said badly, we can have a lot to lose
Power has a purpose and meaning in life
If used for good and not to cause strife.

Some people want power to gain authority
To dominate, control and decide for the majority
Some people want power to always have their way
And some want power to silence those who have something to say.

Power can be used for the good of everyone
And when there is need, to get important things done
Power is lost though, with a bad attitude
And gained when we show kindness and gratitude.

The meaning of power is in what we can achieve
Then learning and knowledge is what we receive
There is power in words of what we speak and write
No matter where from, which country, religion, or colour, black or
white.

By Jan Wulf, Wyoming NSW



AUSTRALIAN
WAR WIDOWS
QUEENSLAND

We support them
because they supported us.

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