

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

SPRING 2021

In this issue:

- Jessie Vasey Day
- Christmas Lunch / AGM
- Surviving Lock-Down
- Crafty Ladies



AWWQ CONTACTS

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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

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Susan Hilditch, Wellbeing Program Manager

Jason Orchard, Operations Manager

Suzi Vincent, Administration Support (North QLD)

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GRATITUDE TO OUR PATRON

His Excellency the Honourable Paul de Jersey AC
Governor of Queensland

CONTENTS

STATE PRESIDENT'S REPORT	2
OFFICE REPORT	3
NATIONAL PRESIDENT'S REPORT	4
NEWS & REMINDERS	5
GROUP DIRECTORY	6
GROUP NEWS	8
RSL ARTICLE	12
VIETNAM VETERANS' DAY	14
HAPPY BIRTHDAY	16
DUTY FIRST LEGAL	17
SCAMS AWARENESS	18
OPEN ARMS	21
DVA TRANSPORT	22
CRAFTY LADIES	23
ADVERTISEMENTS	24
MARCIA SCHOLES OAM	30
RAFFLE	32
WENDY MCGREGOR	33
MEMBERS' HIGH TEA	34
SURVIVING LOCK DOWN	36
PEN PALS	37
NBN	38
INDOOR PLANTS	40
JESSIE VASEY DAY	42
CHRISTMAS LUNCH & AGM	43
ACCOMMODATION	44
WHY?	45

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

Jodie Allan, Kelso	Philomena Flenley, Ormeau	Joy Rigter, Burleigh Waters
Elsie Andrews, Gympie	Wendy Goodman, Crankbrook	Ann Shaw, Pacific Paradise
Joan Axford, Keperra	Jean Hardy, Everton Park	Jennifer Shores, Pie Creek
Millicent Barnes, Wil桐ton	Elaine Hockey, Bray Park	Irene Sim, New Farm
Maree Bredhauer, Coes Creek	Janet Hogan, Ashgrove	Margaret Thompson,
Gail Brown, Redcliffe	Ambre Hudson, Burpengary	Bonara Point
Alma Cairns, Condon	Anny Hurst, Aitkenvale	Wendy Travers, Buderim
Phyllis Chalmers, Carseldine	Coralie Lihou-Edwards,	Tracy Tully, Toowoomba
Patricia Cook, Bongaree	Bribie Island	Susan Webber, Southport
Lolo Conway, Burpengary	Rebecca McEwan, Kilcoy	Gail Whately, McDowall
Angela Costelloe,	Lil McPhee, Bargara	Rhonda Woodhouse,
Maroochydore	Veronica Murn, Wynnum	Mooloolaba
Susan Duers, Kinkora	Srisamon Owers, Newtown	Trish Young, Nelly Bay
Patricia Evans, Clontarf	Josephine Richter, Buderim	



"Patience is bitter, but its fruit is sweet". Aristotle knew a lot about human nature, and his observation encapsulates the attitude we all need to follow for the remainder of the weeks or months that we need to comply with the restrictions that occur due to the Covid pandemic.

I do hope you are all staying safe and well during these difficult times. AWWQ staff are always there for you if you need any assistance during the following weeks or months of restrictions.

Please continue to wear your masks and please, please get vaccinated!

Around the world, and locally and in our AWWQ community, festivals, sporting events, conferences and community celebrations have had to be cancelled or postponed due to concerns over the spread of COVID-19.

Our own Friendship Day 2021 organisers at Maroochydore have had to make the difficult decision to cancel this event in the best interests of the safety and well-being of our members. Our thoughts go out to Judy Smith and her committee for all the work they have put in to organising Friendship Day only to have to cancel for the second time.

AWWQ and the Maroochydore war widows sub-branch have learned that if there is anything more difficult than planning for and producing an event like Friendship Day, it's cancelling one.

Perhaps also of some comfort during these difficult times were the "Games that conquered Covid, the light at the end of the tunnel". How great it was to be able to watch so many great sports men and women compete at the Olympics and inspire us all – while we were in lockdown.

You may be having feelings of disappointment and frustration as we become affected by event cancellations but we need to bear in mind the power of celebrating with friends and community at future in-person gatherings. How lucky were we to be able

to enjoy a special High Tea at the United Service Club at the end of July (just before restrictions were imposed!). What a wonderful function that was with a great attendance by our members, yummy morning tea, and fantastic entertainment from the University of Queensland Acapella choir. We were very pleased to have the Chairman and Board member from the Eastern Star Foundation attend this function so that we could thank them for their very generous donation to us.

We will now also look ahead and plan for another up-coming very special event which will be our celebration of Jessie Vasey Day with a lunch on October 19. We have already flagged this event with the grandchildren of Jessie Vasey who have indicated that they would be delighted to attend this event and celebrate with us and tell us a little more about Jessie.

Our AGM which was to be held at Maroochydore on 8 September has been postponed to November 29. This will be prior to our AWWQ Christmas lunch – just as we did last year and will be held at the United Service Club. You will find further information about our upcoming events further on in the Bulletin. Meantime stay safe and well.

- Jenny





Dear AWWQ Members

Let us say goodbye to winter to welcome the beauty of spring. Firstly, I'd like to express my thanks to the members who joined us at the AWWQ High Tea in July. The event was in celebration of the Eastern Star Foundation grant and held at the United Service Club. We have received wonderful feedback from those who attended.

We hope to see our members together again on Jessie Vasey Day on the 19th October this will be a most memorable event. Our 2021 financial audit has been finalised with UHY Haines Norton, we look forward to presenting our annual report to members at the AGM in conjunction with our Christmas party which will be held on the 29th November at United Service Club.

In the last edition of the Bulletin we introduced the AWWQ Transport Assistance Program and have received some valuable feedback from our groups & gained a better understanding on how we can assist members with transportation. Our Member Support Officer Lindy is doing a wonderful job of rolling out the program and it is well underway. If you'd like any further information please contact head office or Lindy Beehre at lindy@warwidowsqld.org.au

We are happy to announce approval of our Veterans' Health Week grants. 19 of our groups will be participating in the "Get Moving" theme coming up in October. We look forward to sharing some pictures showing how our ladies celebrated the event. I'd like to congratulate Sue Hilditch on her new title of Wellbeing Program Manager. Sue's knowledge of DVA entitlements, Gold Card benefits and the aged care sector in addition to her dedication to our members is second to none. Our head office team continue to offer constant support to members along

with all the administrative duties to keep us up and running even during lockdowns.

We continue to welcome new members and keeping everyone connected through our Zoom meetings, Pen Pal Program and other activities such as the Quilt project. The AWWQ website and Facebook page continues to be updated regularly and we encourage our members to check these for relevant information.

Once again on behalf of our entire team, Jason, Sue, Jo, Lindy and Suzi please take care & stay safe.

Rachel Johnson



Hello to all Members and Friends in Queensland

It is pleasing to see Queensland staying safe with the pandemic. This can also be a difficult time if you are unable to visit family and friends with the travel restrictions. I encourage

you all to reach out to your Australian War Widows Queensland (AWWQ) state office should you need to chat to another person. I do hope you are all taking special care of yourselves.

I would like to acknowledge the challenging time for many of our veterans who served in Afghanistan and the families who provided support to them during this war. We hope they continue to be proud of their service and the contribution they have made for our country. Australia is very proud and grateful for their service.

To the families who have lost loved ones, we honour the sacrifice you and your veteran have made for Australia. They will not be forgotten and will always be honoured.

I continue to attend meetings, on the most part these meetings are virtual, with DVA and other Ex Service Organisations as I continue to advocate for Australian War Widows.

Recently the Australian Government announced the Royal Commission – Defence & Veteran Suicide has been formally established. AWW provided a submission to the Terms of Reference and will continue to ensure we are part of the process going forward,

including providing support to our members. Please contact your state office if you require support during the times in front of us. We will continue to provide updates to your State President on the progression of the Royal Commission.

Each year our National Council come together for our Annual General Meeting and Conference. Our National Council is made up of each of the State Presidents from around the country. We meet to review the past year and to strategically plan for the future of our organisation. This year, due to travel restrictions, we will meet virtually.

As your National President, I will continue to ensure we remain an integral part of the decision making at a National level for the future of our organisation.

Rhondda Vanzella OAM
National President
Council member Australian War Memorial

Dear AWWQ Members,

With the distressing images of developments in Afghanistan, Australian War Widows Queensland is reflecting on our members whose lives have been impacted either directly by this war or as a consequence of hearing about the recent developments in the Middle East. For most, the battle continues as family member's grieve in different ways and each person is forced to adjust to a life without their soul mate, without their mother or father, without their son or daughter, brother or sister. Today, our members who carry the burden of war, may be questioning the point of all their sacrifices. We are thinking of you- we honour you and your family and your partners for keeping us safe and free.

We are here to support our members and we thank those who are constantly supporting each other and encourage all our members to check up with one another during this difficult period. Please do not hesitate to reach out to us on 07 3846 7706.

Kind regards,
AWWQ Head Office Team

NEWS & REMINDERS

FRIENDSHIP DAY 2021

Unfortunately, once again, due to Covid-19 the 2021 Friendship Day has been cancelled. The Maroochydore executives made the difficult decision following the recent outbreak. Please contact the Maroochydore Sub Branch or your local group to arrange your refund.

ST GEORGE HOLIDAY HOME RAFFLE

As the winner of this raffle was to be announced at Friendship Day, we have now extended the raffle to be drawn at Jessie Vasey Day on 19 October 2021. Tickets can be purchased up to 15 October 2021, and will be available on the day of the JVD event. Please see page 32 of this magazine.

CHRISTMAS LUNCH & AGM

The 2021 Christmas Luncheon & AGM will be held on Monday 29 November commencing at 10:30am. Please see page 43 of this edition for the booking form.

COVID VACCINATION

For many of our members it will be easiest to get a print out from their doctor confirming your vaccination status.

All COVID vaccinations are funded by Medicare, and not the DVA Gold Card, so those members who have a Medicare card, and who have linked their Medicare account to their myGov account, they may be able to print off their vaccination certificate from the myGov site.

Alternatively, you can call Australian Immunisation Register on 1800 653 809 to obtain a copy.

ANZAC SQUARE GUIDED TOUR

Interested in Queensland's Military past? Enjoy a free, 45-minute guided tour of Anzac Square Memorial Galleries, departing every Wednesday at 10.30am. Our experienced guides will take you on an interactive journey from the First World War to today—exploring highlights from State Library's digital collection of military sto-

ries, diaries, letters, photographs and artefacts—with featured items tailored to suit your interests.

Bookings are essential:
<http://ow.ly/kR2V50EZD3F> or phone 0466 922 259.

CHRISTMAS RAFFLE DONATIONS

We are now accepting raffle prize donations for the Christmas Luncheon on 29 November 2021. If you have any prizes you would like to donate, please contact AWWQ Head Office on 07 3846 7706 for further details.

MEMBER INTERVIEWS

The State Library of Queensland recently conducted a digital stories project . Our State President Mrs Jenny Gregory and Brisbane West member Mrs Jean Hoffman were featured in the interviews, and can be viewed at: <https://www.warwidowsqld.org.au/member-interviews/>

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: Gabrielle 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 E: g7christine@gmail.com
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 Diringan 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@hotkey.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 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: jampherson52@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, QLD, 4810 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

GROUP NEWS

BRISBANE NORTH

With lockdown we have not been able to do our trip to Kalbar and Boonah but we may be able to do that very soon.

We were all disappointed that Friendship Day had to be cancelled...but I am sure we will catch up with a few at Jessie Vasey Day. High Tea was a great catch up with lovely entertainment and High Tea.

We had Emily from COTA come and speak to us about being very vigilant with what comes through on our phones and computers.

On Vietnam Veterans' Day I laid a wreath at Geebung RSL on behalf of War Widows Qld. In July we had a member from Sandgate Water Rescue. It was very interesting as he spoke on successful, and sadly some that were not so successful.

BUNDABERG

Our lives since the last snippets have changed again thanks to COVID 19. We do live in a very good part of Queensland and the change has been very slight. We do however feel for the Ma-roochydore Ladies who have been working to arrange W.W. Yearly Friendship and to have it cancelled yet again must have been a big disappointment. So much hard work goes into these days.

Our branch now days averages between 15 and 18 members a meeting so we are a shrinking group. However, we are still a close-knit lot and get a lot out of our gatherings. Last June we had a Bus Trip to Toogoom near Hervey Bay and had a lovely lunch there and a tour around the area.

At the moment we are organizing our Jessie Mary Vasey Luncheon and White Cross Ceremony

in October.

As the year gets closer to Xmas we are working with the Legacy Widows on our combined Xmas Luncheon. It is always a great day with much fellowship and greatly looked forward to.

At our May Meeting President Laurel arranged for an Occupational Therapist to come to our meeting and show us so many aids and a DVA display which was very helpful and informative.

Our President Laurel joins the Zoom Meetings and keeps us all in touch. Thank you Laurel.

I hope the rest of the year stays safe for everyone.
and take care.

CALOUNDRA

We had our last meeting on the 14th of June, with attendance from our State President, Jenny Gregory, Board Director Judy Smith, Susan Hilditch our lifestyle Support Coordinator and Emily Gould from National Senior Associations. Emily is Community Resource Officer and spoke about Scam awareness. It was interesting to know how scams work their ways into our computers and mobile phones.

Over the months of July and August, we did not have any meetings because of the Corona Virus restrictions.

We enjoyed our High Tea on 30th of July. It was a good day out.

Well stay safe God Bless you all.
Roohi Doherty.

GOLD COAST NORTH

Earlier in the year, our members enjoyed a bus trip to Wellington Point. We are having another bus trip on 10th of September to

Toowoomba Carnival of Flowers.

After our meeting on Tuesday the 24th, we all had lunch at the RSL.



Gold Coast North members on their first bus trip since Covid, earlier in the year

GOLD COAST SOUTH

I think everyone is in the same situation. Those of us that have meetings on Mondays have had so many public holidays, between those and COVID we have less time together than normal. We still meet on holidays but some are tied up with family. Considering all this we have had a couple of nice events, such as the Korean Service and a wonderful Vietnam Veterans' service.

It was very emotional as it was our first service at our own club. The words that were spoken were wonderful, they acknowledged wives & families. We really felt included.

A few members also attended a service that the Korean Community put on at the Cenataph in Cascade Gardens.

Even though our numbers are dropping we are having good meetings. We have events organised for health week, with Ten Pin Bowling planned for Lavender Ladies, followed by lunch. We are blessed to be able to come together and enjoy our friendship.

Cannot believe that we will be

starting to organise our Christmas function.

Best wishes to all.



Dee Halifax, Dawn Hanson, Carole Waller, Terry Yates & Bron Drinkwater at the Vietnam Veterans' Day service in the Gold Coast



Barbara Lease, Bron Drinkwater & Pat Alderdice at the Korean Memorial service

GYMPIE

We are back in full swing with thirteen to twenty ladies attending our meetings. Not much happening at present and we have been very fortunate here in Gympie as there have been no cases of Covid-19 so not the restrictions of some places.

A number of our ladies attended the Vietnam Veterans Memorial Service and Jenny Shores and Sharan Bavall (both VV widows) laid the wreath on behalf of War Widows. We are organising a high tea for the ladies who can no longer go on bus trips, and hopefully we can take the ladies somewhere suitable in Veterans' Health Week. Spring is upon us so all enjoy the beautiful weather.



Jenny Shores & Sharan Bavall who both laid wreaths at the Vietnam Veterans Day service



Linda Collins & Jill Lennon at the Vietnam Veterans' Day service

HERVEY BAY

On behalf of all our members and executives, we would like to extend our sincerest thank you to former President, Marion Redfern, for her years of service to the Hervey Bay sub branch and Australian War Widows Queensland.

LAVENDER LADIES

On Saturday 21st August, the Lavender Ladies Group spent a lovely day at Freeman's Organic Farm in the Currumbin Valley.

David Freeman is a veteran and was the Emcee at the wreath laying ceremony at the 2019 Friendship Day function on the Gold Coast held at Currumbin RSL.

We decided to support one of our own as business has been slow due to the COVID restrictions.

David gave us a personal tour and explained his family history and his passion for organic farming.

Recently David has donated a

small plot of land to Veterans to use to learn skills or as a place to go to be at peace with nature and heal. We all had a lovely day, enjoyed delicious coffee and yummy lunch with magnificent views of Currumbin Valley.

This was a different type of venue for our outings but proved to be one that was enjoyed by all



MAROOCHYDORE

After careful consideration, regrettably we had to cancel Friendship Day 2021. In uncertain times the health and safety of all members was our priority. After having to cancel two years in a row we will not chance a third time leaving an opening for another group to host Friendship Day 2022. All members payments will be refunded.

While we were able to resume regular monthly meetings at the RSL sub branch in June, we were only able to hold one meeting before being shut down again. Hopefully we will be back there for the monthly meeting on 27th September.

In July we held a morning tea and informal meeting in the RSL Events Centre to farewell long time member, Shirley Murphy. As well as being a member for over 20 years, Shirley served on the committee for many years as the designated hospital visitor, Vice President and then President. Shirley will be missed by her many friends at Maroochydore, and we wish her well in her move to Toowoomba.

The ladies are still enjoying the

monthly bus outings, sadly though October will definitely be the last regular outing due to lack of numbers now joining these outings.

With the end of 2021 nearing, there are several events planned to include Veteran's Health Week activity on 8th October, a special celebration on 25th October and Maroochydore Christmas Luncheon on 26 November. A number of Maroochydore members are looking forward to going to Jessie Vasey Day and AWWQ Christmas/AGM function in Brisbane.

Keep well and stay safe.



Glynis Burns helping Mary Norris celebrate her 99th birthday in hospital



Jacques Follett singing a farewell song in French to Shirley Murphy

NEW FARM

At New Farm we were lucky enough to be able to have our June and July meetings, but our August meeting needed to be cancelled in order to comply with the Covid restrictions in place. This was disappointing as we were to have Dan from Bunnings at Teneriffe come to speak to us. They have been very generous to us.

At our July meeting we had Emily Gould come to speak to

us about scams and she gave us many really useful handouts. At our September meeting we will welcome Renee from Guide Dogs to be our guest speaker and we are hoping she will bring one of her guide dogs with her.

We are able to keep in close contact with our members as most of them live in the units at Marina Court and the other local members are only walking distance away. We do however enjoy the company of members who travel quite a distance to join us. I think it is all down to our yummy home-made morning teas!

At either our October or November meeting we will have a BBQ event subsidised with a Veterans' Health Week grant – all going well! Thank you to Head Office for assisting with applying for this grant.

We do hope that members all over Queensland are keeping safe. Of course we all hope that lockdowns will soon be a thing of the past.

- Jenny

REDCLIFFE

Since our last report COVID 19 has returned to Queensland with this rebound of the new variant all events had to be cancelled. We are hoping that we will be able to hold our meeting in September. During our stay at home some of the ladies have taken up knitting and crocheting and donating the items to the homeless.

We utilised our Bus Grant for our luncheon to Bribie Island RSL. It was a wonderful day for our trip, the meal was terrific and thoroughly enjoyed by everyone. Redcliffe RSL held Christmas in July and this was attended by Jan, Judy and Lorraine.

Our prayers and well wishes go out to Edna Buckland and Julie Shaxton who are currently ill.

Bless you all and keep well.

Helen Finley

Secretary

Redcliffe War Widows



Redcliffe members enjoying lunch at the Redcliffe RSL

ROCKHAMPTON

We continue to enjoy our meetings even though our numbers are low. It is nice to have morning tea and a chat following the meeting and sometimes some are even able to stay for lunch as well. If you are sitting at home feeling lonely then come along and join in the friendship.

Our next meeting is on the 14th September at the Frenchville Sports Club at 10am. There will only be two more meetings after that till we break for Christmas.

Some of our members attended the service and wreath laying ceremony for Vietnam Veterans' Day held at Cockscomb on the 18th August. We were able to place our white crosses during the wreath laying. We were well looked after down there and enjoyed a bar-b-q lunch before heading home.

We are sorry that Friendship Day had to be cancelled again. Thank you Judy and your team who worked so hard organising

the Friendship Day and all that goes with it only to have it cancelled for a 2nd time. We are all disappointed for you.



Our members at Cockscomb Jurin, Jan, Cecilia, Jenny, Sue, Maria, Joanne, Karen, Esma, Gloria & Ruth

SOUTH EAST

The South East Social Group meets in the comfortable coffee lounge at the Easts Leagues Club on the third Friday of each month for a mid morning 'cuppa and chat'. Although we may be small in numbers, there's always much to discuss and many of the ladies continue socialising during lunch, some joined by extended family. The ladies are always happy to greet each other and we've discovered more about each other at these informal gatherings.

In June, we helped Heather Cossart, our most senior member, celebrate her 103rd birthday. Heather continues to amaze us with her alertness, her keen interest in everyone and her gentle ways. Her birthday was a happy occasion with a special birthday cake provided by her daughter, Rois.

A few of our members attended the party to celebrate the Australian War Widows Queensland's office relocation to the heritage listed United Services Club on Wickham Terrace. Entering the building is like stepping back in time. What a gracious setting – good choice War Widows Queensland! This special party

was a great opportunity to meet like minded ladies from other parts of Queensland and to hear their stories. The beautifully presented high tea was delicious and the A Cappella choir, a real treat. We also heard about the very generous grant from the Eastern Star Foundation. What better way to spend a lovely morning in beautiful surroundings amid great company, hearing interesting updates and being waited on hand and foot by the attentive staff!

During these uncertain times, it is reassuring to know that there will be friendly faces and kind words spoken each time we gather as War Widows.

We'll leave you with these quotes.

"Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief." (Marcus Tullius Cicero)

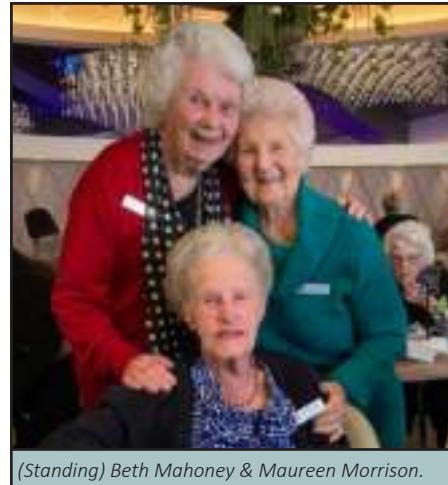
"Friends are those rare people who ask how we are and then want to hear the answer." (Ed Cunningham)

"Remember that the most valuable antiques are dear old friends." (Author unknown)

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." (Marcel Proust)

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart." (Eleanor Roosevelt)

Keep well and stay safe everyone.



*(Standing) Beth Mahoney & Maureen Morrison.
(Sitting) Heather Cossart*

SOUTH WEST

As I started to write this report we were coming out of another lock down.

It is several months since we have had a meeting, so it's rather difficult to write something for the Spring Bulletin.

Eight of the South West Region ladies attended the High Tea Head Office held on 30th July. It was well presented and we all enjoyed it.

A group of young people from QUT entertained us with their unique harmony.

Eastern Star Foundation chairman, Jonathan Nantes, was present and spoke of the grant given to war widows. Jenny Gregory also spoke on how the money will be distributed.

This week sees another important day for many of us. Vietnam Memorial Day (August 18th). Luckily, we are able to hold this service as some of the school services have been canceled.

We were looking forward to Friendship Day, with at least 20 of our members attending. What a disappointment for Judy Smith and committee. Let's hope for a better result next year. We still have Jessie Vasey Day to look forward to in October.

Hoping people do the right thing and stay safe.

THE CHANGING FACES OF WAR WIDOWS IN QUEENSLAND

As featured in the latest edition of the RSL news, our war widow directors were interviewed about their backgrounds, joining AWWQ and what AWWQ is currently doing for its members. The article can be read below, and also found on the RSL website at: <https://rslqld.org/news/latest-news/australian-war-widows>



When her husband passed away, Debbie found herself alone, grieving, and unable to fit in with her friends the way she had only months before.

The 59-year-old from the Gold Coast says, "They were busily planning holidays in groups, as couples, and I felt alone. Unable to participate in that world anymore."

It was Australian War Widows (AWW) Queensland that let Debbie reclaim connection to her community.

Debbie joined in February 2019 and is now the Vice President and Treasurer of the Gold Coast South War Widows Sub Branch. She's considered one of the 'younger' members.

A veteran herself, Debbie served in the Australian Army as a dental assistant and hygienist for six years. For 20 years she moved every two years as her husband – also a soldier – progressed through the ranks.

Debbie retired to care for her husband before he passed away in September 2018.

"I've been a widow for nearly three years. I made a call to the head office after he passed and went to the meeting in my local area," she says. "All my peers still work, and I was still lost after he passed away. Being a part of this community has really helped."

While there is a perception that the organisation is for "older" women, Debbie is determined to pave the way for younger war widows.

"You can't write things off before you try. When I first went, I went alone, and it was quite daunting. All these ladies have known each other for years. I felt kind of isolated, but it didn't take long for them to rope me in."

"We're having a high tea to introduce everyone to the new head office in Brisbane and it's been wonderful to be able to invite some of the younger widows – some in their mid-20s. We meet them and encourage them to join us and see what the organisation is about," she says.

"There's an awful lot of women in our community who will become war widows in the future. Perhaps they won't be technical war widows, but there's a lot of TPI (total and permanently incapacitated) wives that when their husbands pass will be deemed a war widow."

"If we can encourage younger members to get together, be proactive and put something together, they'll be able to have the support of one another that so many of us 'older' members have found in our own times of grief. This is a group of women who understand what it's like to be the partner of someone in Defence."

"It is so powerful to know you are not alone."

A TRADITION STILL GOING STRONG

Established almost 75 years ago by war widow Jessie Vasey CBE, the AWW was started to lobby for war widows and their families.

Queensland State President Jenny Gregory says the group initially worked to support women experiencing hardship, homelessness, and reduced income.

“Today there are more than 52,000 war widows in Australia and our mission still focuses on supporting these women through some of the hardest days they are experiencing in their lives,” she says.

“Our members find themselves facing social isolation, mobility and transportation limitations, depression and health issues. Through our network and community we are able to offer support, friendship and advocacy at a bare minimum.

“It’s like-minded people meeting with a common bond. Everybody’s in the same boat.”

And while the group is encouraging younger women to join, their focus isn’t shifting away from the women that made the community what it is today.

“We know that new members are vital to our community growing and continuing for years to come and at the same time we remain committed to our core members.”

WOMEN SUPPORTING WOMEN

AWWQ Wellbeing Program Manager Sue Hilditch agrees that the support the community offers is vital.

“We’re an organisation for women, run by women. We’re advocating for their wellbeing and giving them a community anchor.”

In addition to monthly in-person events, War Widows Queensland also offers support navigating the aged care sector and DVA claims, and affordable rental accommodation for respite or holidays.

“Often the process can be full of quite complicated language, and we find our members can easily feel alone in the process. We are here to help guide them through and make their life easier,” Sue says.

A FRIENDLY FACE TO MAKE IT THROUGH

Debbie describes her own experience joining and becoming a part of AWW Queensland as discovering a friendship.

“Even though the ladies are much older than me – some by 15 years, so a whole generation gap – I truly count them as friends now. I probably chat with them more than I do my own family because they can relate to our shared experience as widows. I think I’d be lost without them.”

For more information on upcoming AWW Queensland events or membership please visit warwidowsqld.org.au.

VIETNAM VETERANS' DAY SPEECH

On Wednesday 18 August, Gympie members attended a commemoration of Vietnam Veteran's Day. During the service, James Nash State High School School Captains, Isaac Emery and Mackenzie Keable, were given the task of presenting a speech to those in attendance. Both of these speeches were met with great praise, especially from our Gympie members. *"We have quite a number of VV widows I thought they might like to know that our young people do care"* says Gympie Sub Branch President, Maureen Rush.

Also, the bugler for this service, Jamie-Lee Griffiths, is the granddaughter of war widow member, Pam Doorman. It is such a wonderful thing to see with so many young people involved in these services, with a true understanding of what our servicewomen and men went through.

The two speeches can be read below:

"I would like to start by saying how grateful Mackenzie and I are for the opportunity to participate in the service today."



Bugler and granddaughter of a war widow, Jamie-Lee Griffiths

Until recently, I knew little about the war in Vietnam, other than the somewhat gruesome and unpleasant stories told to me by peers and other people. Usually, when stories are spread through multiple people they get exaggerated more and more. However, after doing some research on Vietnam, I was shocked to discover just how accurate these stories were, and how very far from exaggerated, and my respect for the Vietnam Veterans who had endured such hardships grew immensely.

You see, my grandfather is a Vietnam Vet. I recently spent a night at my grandparent's house, and at the dinner table I asked my pop if he would be willing to share a bit about his experience in Vietnam. While understandably a little hesitant to delve back into those memories, he shared some stories with me from his personal experience. It saddened me to hear what he had to endure ... not only while in Vietnam, but leaving and returning as well.

My pop's birth date was drawn out of a barrel and just like that he was expected to get up and leave his family, friends and home behind and head off to war, with no previous training, and the understanding that he might not ever return. It was a lot for a young man to digest. He was not much older than I am now. So, he hardened himself to this new reality and left everything behind to go and fight for our country, knowing he might never return.

The horrors that awaited over in Vietnam were not something any human should be forced to endure. But, in impossible circumstances, our Vietnam Vets dug in, endured, stuck by their mates, and did the job they were there to do.

When my pop made it back home, he and his mates deserved lots of rest, appreciation, love and a huge celebration. Sadly, after all they had given and endured, I think the treatment Vietnam veterans received in return was wrong and unjust.

While neither Mackenzie nor I can begin to understand how hard these ordeals were, we are here today to express how extremely grateful we are for the sacrifice you made for us and our country. It will not be forgotten. We will make sure of it."

- Isaac Emery

Vietnam was nothing the world had ever seen before. Many of you were sent without a choice; if your birthday was drawn out, you were sent over, and I'm not sure there would have been anyway for anyone to prepare for what you were about to face. There's nothing I can really stand up here and tell you about the war that you don't already know but I know that it was brutal, and that it was a war like the world had never seen before.

I know that despite the trauma, violence and horrors that you endured you were grossly underappreciated and mistreated when you returned home. I know that many of you lost mates and comrades and that those of you who returned brought with you injuries and scars, mental and physical, and that the support you should have been offered, by your fellow Australians and your country as a whole, you did not receive.

Vietnam brought with it a new kind of warfare; the first use of helicopters in war and jungle and guerrilla warfare combined to craft a vicious battle. The enemy were tactical and ruthless. Despite this you, our troops, did not back down or shy away. You stuck by each other's side and did not leave a mate behind. While speaking with Zac and Mr Costin about the opportunity to speak here today it was mentioned that the Australian troops did not leave one man behind. Even if they had died in the tunnels, they were retrieved and brought home. At first, I found this hard to believe, I had never heard this story before, it truly speaks to the comradeship and regard that our troops had for each other.

There is no way, no matter how well I educate myself, no matter how many documentaries I watch and books I read that I can even begin to imagine what it would have been like. Those of us who have not endured the horrors of war can pretend to understand but the truth is we can't. The least any of us can do is support you and show gratitude for your service. We are grateful. I am grateful; that although it was not your country's freedom you were fighting for, you fought alongside your brothers with honour, courage and determination. You demonstrated the Australian spirit and sacrificed not only yourselves but your entire lives to serve our country. Anyone who could do such a thing, conscripted or not, deserves boundless respect and appreciation. Thank you.

- Mackenzie Keable



HAPPY BIRTHDAY

AWWQ member, Edna Thorne, had the pleasure of celebrating her 100th birthday this year, with many of Edna's friends helping her celebrate her on ANZAC Day at Japera Nursing Home Tewantin.

Edna joined the war widows after her husband's passing in 1982. She has been supported by Sunshine Coast Legacy and the many friends she has made within groups.

Her family turned up to see her looking ready to party. Local member, Sandy Bolton, visited on Tuesday.

She also received cards from the Queen, Governor General and friends. And flowers from many.

Her friends Lorna Stratton and Fran Williams made sure she enjoyed the celebration.

- Brenda McFeeters



Lill Sommers was born in Charters Towers on 28th March 1921, celebrating her 100th birthday this year. Her parents were running the Manfred Arms hotel (Cobb and Co. stop) at Julia Creek. So she could get an education they moved to Cloncurry for her to attend school.

At the tender age of six years she lost her mum, so she went back to Julia Creek to live with an aunt while her dad worked as a station hand.

Lill worked in hotels until joining the army in Townsville. She served for two years and in those days marriage meant giving up your career. She married in Julia Creek, and came back to Townsville where her husband John worked as a butcher.

In 1950 they went to Mount Isa where Lil worked in a Dry Cleaners. John decided to take on a pub in Hughenden for eight years. They moved to Torrens Creek for three years then back to Townsville where Lil and John did relief hotel work. Lil was a good hand at any pub-hotel work, from the bar to the cook in the kitchen. They retired when hubby turned 60.



DUTY FIRST LEGAL SERVICE
BY VETERANS. FOR VETERANS

ABN: 90 650 752 113

We are pleased to announce the commencement of Duty First Legal Service which is located in the Moreton Bay Region, more specifically Clontarf.

Duty First Legal Service is a not for profit Legal Service with the primary purpose of assisting those who served in the Australian Armed Services and those who supported them. The Service holds Queensland Law Society Inc approval as a Community Legal Service.

As you are no doubt aware, the unmet need facing Veterans and their partners is significant. Duty First Legal Service will provide general and specialised assistance in most areas of law including legal advice and assistance, court and tribunal representation and community education. In particular, legal and advocacy services will be provided to Veterans in areas of Wills, Estate and Succession Planning; Family Law Matters including Parenting and Property agreements; Mental Health Review Tribunal and Court representation; Traffic and Driving Offences; DVA and Military Compensation and Rehabilitation Claims; Mediation and Dispute Resolution Assistance.

We look forward to assisting you in the future.

Duty First Legal Service
Shop 1, 70-72 Hornibrook Esplanade, Clontarf QLD 4019
07 3283 8157



Scams 101: An Introduction

By Emily with the Seniors Enquiry Line

I have been so fortunate to speak in person with a few of the AWWQ branches as well as the Zoom Ladies. For those who were unable to attend their branch meeting or aren't located in the Greater Brisbane region, I have put together an introduction to scams awareness.

Share this information with your friends and family. Talk to them about the calls and messages you see. The hope is, that with this awareness, you may be able to spot scams and reduce the risk of being caught by one.

In 2020, Australians reported losing \$851,000,000 to scams.

What is a scam?

A scam is an act of deception to take advantage of people. Whether that is to convince someone to share personal information or trick someone into sharing banking information or giving someone money.

We often think of scammers as an anonymous person around the other side of the world on a computer or on the other end of a phone call. This isn't always the case. We might meet scammers in our day-to-day life, perhaps they come highly recommended. Unfortunately, we might be scammed by friends or family members.

A scammer is anyone that uses deception to take advantage of you to steal your personal information or money.

Scammers target everyone

Scammers do not discriminate. They do not care about our backgrounds or who we are. Scammers target people of all ages and all genders. According to Scamwatch, men and women reported losing almost equal amounts of money last year.

Scammers target everyone. All they care about is stealing our money and our information. Everyone is at risk of being affected by a scam.

How do scams work?

Scammers are incredibly crafty and are constantly improving their scams. Some scams, you might spot right away and this can make us assume that all scams are so easy to spot. We should never get complacent. We must stay vigilant to reduce the risk of being caught by a scam. Here are a few ways that scammers convince us:

- **They are plausible** - Scammers might try to give you just enough information or speak in authority to "prove" that they are who they say they are. They might provide you with documentation or have a professional looking website.
- **FOMO** - Scammers often rely on 'what ifs' and fear of missing out. What if I really did win the lottery? What if this person I have not met in person really does love me?
- **Technology advancements** - Years ago, a scammer had to convince you to your face. Though technology has improved many aspects to our lives, Scammers misuse technology to take advantage of us. They have the ability to modify the Caller ID that shows who calls or sends us text messages. This often means, calls from Scammers based overseas appear as if they are coming from Australia or they may modify the Caller ID so it appears

the local police station is calling or you are receiving a text message from the Australia Post

- **Emotional Response** - Scammers often attempt to heighten your emotions in order to limit your capacity to think clearly. They often use fear or stress. An example of this you receive a call claiming you have a debt with the Australian Taxation Office and you are threatened with arrest or significant fine if you don't make payment immediately. They hope that this panic will impact your ability to process.
- **Dominate and not let you end the call** - Once the scammer has you in a heightened emotional state, they will often dominate the call and refuse to allow you to hang up. I've heard stories of scammers refusing to end the call for hours, even days, until they get what they want. By staying on the phone, they isolate you. They limit your ability to call a friend or family member for advice. Remember, you have the right to end the call at any time.
- **Time pressures and urgency** - A big red flag that you are being scammed is that you are being forced to make a decision to take action immediately. You may be told to trust what the person is telling you and that you don't need expert advice or to ask a family member for approval.
- **Luck** - What scammers rely on the most, is luck. In the example of computer software scams or remote access scams where the scammer convinces you that you have internet issues or a virus; they hope that they contacted someone who noticed an issue with their computer.

How are Scammers contacting us?

It used to be that Scammers had to put a lot of time and energy into convincing us to our face. It took a lot of charisma and confidence. Plus, they often had to travel door-to-door. Now with technology ad-

vancements, we are often being contacted by someone in a different country.

Scammers primarily contact us by calling our mobiles and landlines. This is because it is easy! They can obtain lists of phone numbers and make call after call after call. Scammers may also utilise computers to make telephone calls on their behalf using computer generated voice technology. These are commonly known as Robocalls. You may notice that there is a second or two of silence after you answer the phone before a computer generated voice or recording begins.

Scammers also utilise emails to spam scam emails to hundreds and thousands of people at once. We see scammers increasingly using text message and social media.

Though Scammers use a lot of technology to their advantage, it should be acknowledged that not everyone has given up on door-to-door scams and we can still meet Scammers in our day-to-day lives.

Top 3 Scams that Impact People over 65

Scamwatch has reported the people over the age of 65 lose the most money to the following scams.

• **Investment Scams**

Investment scams convince you into investing in opportunities that might not seem genuine. In some cases, the person misrepresents the investment or it doesn't exist and the person pockets the money for themselves.

• **Dating and Romance Scams**

Also known as 'catfishing'. These scams use emotional manipulation to build online relationships in order trick people into sending money or gifts. These Scammers often create a fictitious profile or steal a person's online identity such as personal details and photos. We often think of catfishing taking place on dating websites or apps however these Scammers can be on social media such as

Facebook and Instagram; online marketplaces such as Gumtree; or online games such as Words with Friends.

- **Remote Access Scams**

Remote access scams try to convince you that you have a computer or internet problem and that you need to give permission for the caller to access your computer remotely to “fix” the issue or you may be encouraged to purchase new software to fix the problem.

Safety Tips

My number one tip: If you receive a call out of the blue and they claim to be with a well-known business, Government department or service; how do you know they are who they say they are? My number one tip is- STOP and VERIFY.

STOP = Hang up! Some people prefer to say that they “can’t talk right now” to be polite.
VERIFY = Find the correct contact details. You can do this by Googling the organisation or department name. If you would like some help with this, you can call the Seniors Enquiry Line for help. If they had tried to call you, there should be details of this on file.

You have the right to end the call at any time.

Get Expert Advice: Scammers will often say “you can trust me” or tell you that you don’t need to speak with a solicitor or financial advisor. If you are considering a major decision, we recommend that you seek out expert advice.

Talk to your Friends and Family: By speaking with your friends and family, they may be able to pick up on potential red flags that we miss.

Do not give out any personal information: Do not share your banking information, passwords, address and contact information. When using social media, consider whether you want the world to see the information you share before you post.

Call the Seniors Enquiry Line: If you aren’t sure whether something is a scam or not, you can call through to the Seniors Enquiry Line anytime between 9am-5pm Monday to Friday (except for public holidays) to discuss your concerns with a helpline operator. The Seniors Enquiry Line will be able to provide you with the relevant information and link you with the appropriate supports if you are concerned you have been scammed or groomed by a scammer.

More information

Further information can be obtained by contacting Seniors Enquiry Line on 1300 135 500 or by going to ACCC’s ScamWatch website on www.scamwatch.gov.au

Seniors Enquiry Line

Phone: **1300 135 500**

Email: sel@uccommunity.org.au

Website: www.seniorsenquiryline.com.au

The Seniors Enquiry Line is a free, telephone helpline which provides information and referral support to Seniors, friends and family, Carers, service providers and those interested in issues impacting Seniors.

You can contact the Seniors Enquiry Line on 1300 135 500 between 9am-5pm Monday to Friday.

The Seniors Enquiry Line has the ability to provide information sessions around scams and consumer issues to social clubs and service providers. If you’re in the Greater Brisbane Region and would like to organise a session, please contact the Seniors Enquiry Line on 1300 135 500.

Seniors Enquiry Line is proudly sponsored by the Queensland Government and operated by UnitingCare.

BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their children.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help you manage disturbed sleep.

STEPPING OUT

A two day program for ADF members and their partners who are about to, or have recently separated from the military.

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

DVA TRANSPORT

If you are a Veteran Gold Card holder and you are aged 79 years or younger, DVA will transport you to attend treatment if you meet both of the following conditions:

- You are travelling to a specific treatment location- Public and private hospitals (including outpatients services), providers of prosthetics; surgical footware and orthotics, hearing services accredited providers, medical specialist rooms, radiology, imaging and pathology services
- You have one or more of the specific medical conditions which include:
 - a. severely limited independent activity due to frailty, respiratory insufficiency, cardiac failure, recent coronary occlusion, peripheral vascular disease, amputation, arthritis, recent surgery
 - b. conditions that would cause you to be gravely embarrassed or that are unacceptable to other passengers on public transport e.g. incontinence of bladder or bowel, severe deformity or disfigurement
 - c. significant trauma or psychosis, hemiplegia, ataxia

DVA transport is not permitted to be used by members 79 years and younger for:

- General Practitioners
 - Dental Providers
 - Allied health services (physio, psychology, dietician, podiatrist, etc.)
-

AWWQ 2022 QUILT PROJECT

Due to the popularity of the “Friendship Quilt” created by members in 2020, a new project has been launched. Both quilts will be displayed at Friendship Day in 2022.

Individual members or groups are invited to create quilt squares that show what AWWQ means to them. The theme may be: support, friendship, caring, happiness, fun, poppies, a kookaburra or remembrance as examples. 6 $\frac{1}{2}$ inch cotton squares can be decorated and embellished in any way – both simply or more complex using: applique, embroidery, beadwork, fabric paint, ribbons etc.



Squares will be accepted until end of March 2022 so there is plenty of time to be creative! If you have any questions please contact Suzi Vincent on: suzi@warwidowsqld.org.au or 0409 880 902.

CRAFTY LADIES

Thank you to Townsville members Sue Burns who cut out the yellow pieces, Gail Stevens with the red and Margaret Collins busy at the sewing machine making chooks for the ladies. These had to be stuffed with dried leaves from our gardens and other herb repelling smellies to keep the bugs out of our pantries.



Thank you to the busy elves who helped Wilma Kent and our herb speaker make the chooks which the ladies were very pleased to receive.



Time:

Cutting out of materials - 1 hour x 3

Putting together and sewing - 4 hours x 2

Then the collecting and drying special leaves, filling of the chooks and sewing up - 4 hours plus.

MARCIA SCHOLES OAM



Mum, and her younger sister, Norma, didn't have much money, but that didn't stop them from having an amazing childhood. I remember Mum telling me about her dad, who would walk from Bardon into Brisbane city (to save the penny tram fare) looking for work in the depression. Our mother talks of her own parents, saying, "my parents were wonderful caring people. They started me on my volunteering journey and I remember a childhood where we were always helping others. I remember when a lady from Brisbane was marrying a seaman from Blue Funnel liners and there weren't enough flowers for the wedding. My mum and dad had a beautiful garden and they clipped all the flowers in it so this couple would have plenty of blooms on their wedding day. That was just the sort of couple they were". My mother's maternal grandparents, Grandma and Grandpa Lachere lived with the family for some of these depression years too.

During, and after, the 2nd World War years, Mum's parents entertained many serving members of the Forces, sharing whatever they could, food and company, and forging enduring friendships. With such strong bonds of caring and sharing, is there any doubt that our amazing mum was not going to become such a compassionate and generous person herself?? Another lovely story Mum passes on concerns her mother. One day during the Depression when she was at home, a man came to the door selling matches and shoelaces. He had one arm and was a Returned Soldier, and Mum's mother cried because she didn't have a penny to buy anything from him.

Mum joined the Brisbane Mission to Seafarers on St
Page 24

I'd like to introduce you to our mother, Marcia Charlotte Scholes, nee Honeybone, born at home in Toowong on November 19th, 1927 to Norman and Doris Honeybone. Marcia grew up in a home full of love, caring and sharing. The family, consisting of my grandparents,

Patrick's Day, March 17th, 1946. This was in response to a letter in the Courier Mail written by Padre Reilly asking for girls of good character to come down to Petrie Bight to the Mission, with a letter from their local priest, to make a home away from home at the Mission for the seafarers of the world who called into Brisbane. In those days one could look out from the Mission and see the ships anchored at Petrie Bight. These places were havens for Seafarers who had very little money to spend and they came to know the comradeship, pastoral care and social activity that made up the 'Mission', whether it be the Flying Angel Club or the Roman Catholic Stella Maris. The young ladies spent many a night teaching young Midshipmen the intricacies of the Waltz, and a number of them met and married men they met there. Mum remembers a very innocent time; girls didn't leave the Mission Hall, and never went onto the ships. They danced, talked and played games. The men could come ashore, call home, read magazines and newspapers, have a beer in the canteen. And now today.....once English was always spoken. Now so many come from different ethnic backgrounds and different cultures – it's not always a place for social activity. Today a Container ship carries more in a single voyage, than a vessel did in a year, in the 30's & 40's!

Today's Mission provides Wi-Fi connectivity, free beanies and warm clothing for the cold weather, toiletries and snacks for sale, companionship, and a place just to sit. There's always someone with a willing ear to chat.

'Girls' are no more, it's ladies and gentlemen, to man the Canteen, play the Organ for a Service, or just to be there, a friend in a foreign Port. Mum recalls being at a Committee Meeting one evening, speaking to a young lady with her arms full of books she had just chosen from the Mission's library. They began talking about where she came from. She was the Captain's wife. They had recently married and she had chosen to spend time on the ship with him. She called him over and introduced him, and another lovely fellow, from India. No gold braid, he and his First Officer enjoying just looking over the Mission. This was their first time in Australia, and they would be at sea for the next 12 months.



So, this is life at the Mission today, a world away from when Mum first joined as a young woman. The girls are still around – old girls now – but when they get together they remember the days when the Mission was the hub of their lives, when Liners of the P & O invited the Mission to Afternoon Tea on board, when they watched and cheered Football and Cricket players, served Afternoon Tea and dashed back to the Mission from the Grange field or the Churchie Cricket Pitch, to provide a delicious cold Collation for all the men who had played that afternoon, and then danced the night away to the tunes from records that the Radio Stations had donated to the Mission. Ah.....those were the days!!

These days there is a well tended bar where they may sit in a comfortable chair (donated by some wonderful Church or other), have a drink and use their laptop. Apart from the usual gifts to take home, there are warm sweaters with Brisbane on of course, toothpaste and all the things we take for granted. The men still need guidance from Padre – Confirmation lessons perhaps. We were thrilled just recently when Padre Bill Pearson was asked by the Master of a vessel in Port, would he Bless their Ship. Actually, it was the men who visited the Mission, who then asked their Captain, and it's this kind of thing that makes us feel – it IS good to be alive in Brisbane. Marriages still need propping up when one is away from home for months at a time, and Padres can solve a lot of differences, which, if left could fester divorce.

Our mother and father were married on December 12th, 1953, at St Paul's Ashgrove, by the Padre from the Mission to Seafarers. Our dad joined with Mum's

dedication to the Mission, and became a much loved volunteer himself, until his untimely passing in 1973.

And now, recognition for these 70 plus years of devotion to not only the Mission to Seafarers, but a great number of Anglican parishes that Mum has dedicated her life to helping as well. She has played the Church Organ innumerable times, quite possibly in every Northside church, and many brides have walked down the aisle to her tunes. Mum has made life-long friendships from the Mothers' Union, and been a friend to many. She still attends services at St Matthias' Zillmere when she can. Of course, now she has moved to Stafford Lakes she hasn't stopped! Mum passes on her gardening knowledge at the Garden Club she helped begin, and is great company to many of the residents there, encouraging them to take advantage of the wonderful activities offered.

We are extremely proud to announce that our amazing mum has been awarded an O.A.M. for a lifetime spent caring so much for others. (She was nominated by parishioners from St Matthias.) This was presented to her by the Governor of Queensland, His Excellency Paul De Jersey, AC, CVO, QC in an intimate ceremony at Government House on Wednesday May 12th, 2021. Due to Covid restrictions, it was a private ceremony with only nine people present. After the ceremony, the Governor, his wife and aides, stood with us and we spent a very enjoyable 15 minutes chatting. From there, we proceeded to a dining room where we were delighted with a tasty High Tea complete with wine. Photos on the lawn completed our afternoon.

- Marion Scholes, Jenny and Rob Cousens



ST GEORGE HOLIDAY HOMES

St George Defence Holiday Suites have generously offered AWWQ an accommodation voucher to win a one week 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 Jessie Vasey Day on the 19 October 2021.

Raffle tickets are available through head office and tickets are **\$10 each**. Please purchase by 15th October 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 _____



WENDY MCGREGOR

Bowen, with a population of 19 000, is located on the North-East coast in North Queensland, and is halfway between Townsville and Mackay.

The town enjoys a diversified and prosperous economy based on agriculture, fishing, tourism and mining. Its unusually dry climate for a tropical location, plus its fertile alluvial soil, makes it the ideal place to grow a wide variety of small crops, including tomatoes, rockmelons, capsicums and mangos. Much of the Bowen area is also used for beef cattle.

The “Big Mango”, costing \$90,000 to create, was erected in 2002 as a tourist attraction at the Bowen Tourist Information Centre. In February 2014, the 10-metre high, seven-tonne fibreglass structure was reported to be “stolen” as part of a publicity stunt for the region.

AWWQ member Wendy MacGregor has lived in Bowen for thirty years and is part of a small group of war widows in the town. Like other small areas war widows and Legacy widows often hold combined meetings. Wendy says she enjoys this as there is no concern as to who has a Gold Card and all are made to feel welcome. She finds the local war widows very supportive of each

other.

Wendy spent many years working in agriculture with her husband but after his death she commenced a new career as a respite carer with Bowen Community Health. After her experience caring for her late husband, she has utilised these skills to care for others with a special understanding for veterans who she often supports. Wendy has recently retired but keeps busy in the local community as well as with her interest of reading and the theatre.

According to Wendy being part of a small community such as Bowen means that there is always support available within the community if needed, often without having to ask. Locals “keep an eye out for each other” and Wendy feels “very well looked after”.

One of the main challenges living in Bowen, for many people, is travelling to the closest large regional centre Townsville for specialist medical treatment. This requires a three hour drive each way.

Wendy is very happy with her life in Bowen with the advantages far outweighing the disadvantages, in her opinion.



MEMBERS' HIGH TEA





SURVIVING LOCKDOWN

Dear Members,

Surviving COVID lock-downs

Expert life coach Natalie Bestal says that during times of social isolation like we are currently experiencing with COVID enforced lockdowns, it is natural for people living alone to feel lonely, frustrated- like they spend their day going round in circles- feeling sorry for themselves and down-right miserable! Natalie explains that we have to force ourselves to see what is exciting in our lives. As a mentor and behavioural strategist, she strongly advocates the power of planning to her clients- writing down a list of activities for each day and in fact planning activities for the entire week. The guru further advises that the daily plan needs to be in the order that we would like to do our activities. She explains this proven technique helps us gain clarity and confidence to be the best that we can be.

If you are a morning person, the list of daily activities can be as simple as starting your day with the exercises that your physio recommended to keep you strong and mobile. Include acts of kindness in your list as they keep you in a happy place. These activities can include phoning friends, family or a neighbour to find out how they are, baking treats or cooking a meal for a friend. Cooking for yourself can be uninspiring but cooking for a friend turns the task into a social activity and they benefit from a nutritious home cooked meal filled with love. Repotting plants and nurturing indoor plants, is another activity that provides many health benefits besides looking decorative.

The human mind evolved in a sensory-rich natural environment and the University of Technology Sydney provided measurable evidence on the effects of indoor plants on occupants' wellbeing. They found plants brought a 37 per cent reduction in tension and anxiety, a 58 per cent reduction in depression and a 44 per cent reduction on anger and hostility. The mutual relationship between the plant and the owner also fosters positive feelings of confidence as they are responsible for the plant's wellbeing and keeping it alive. Aesthetics aside, plants improve the air quality that we breathe in. Through photosynthesis, they convert the carbon dioxide we exhale into fresh oxygen, remove toxins, and scrub the air of cancer-causing organic compounds like formaldehyde and benzene. The peace lily can improve air quality by as much as 60 per cent. Wow, nature is truly amazing.

If you are able to, change your sheets on your bed or ask your cleaner to. Studies have found that having clean sheets and making your bed are associated with a better night's rest. I am sure those of you who battle to sleep are rolling your eyes- if only it was that easy!

Lastly, include relaxing fun activities in your daily activity plan such as watching your favourite series on Netflix! From the team at Australian War Widows Queensland, we are thinking of all our members in lockdown and if you need to reach out to any of us for a chat please do not hesitate to call us on 07 3846 7706.

Kind regards,
Sue Hilditch
Wellbeing Program Manager

PEN PALS

Do you enjoy writing and receiving handwritten letters?

Join AWWQ's Pen Pal program so you can write to, and receive letters from, other AWWQ members in the mail.

Where possible we can match pen pals with similar interests.

This is a great way to make a new friend and to feel connected with another war widow.

To find out more call Suzi on: 0409 880 902 or
email: suzi@warwidowsqld.org.au

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NEW MINIVAN

AWWQ is pleased to announce the arrival of our Toyota Hiace 12 seater minivan!

The minivan was acquired through our generous Eastern Star Foundation grant and will be used to assist our members with transport .

If your group would be interested in utilising the minivan, please contact Lindy on lindy@warwidowsqld.org.au or call head office for further information.
Conditions apply



SWITCHING TO NBN WITH A PERSONAL ALARM DEVICE

Over the next few months phone lines in Australia will be converting to the NBN network.

If you haven't already, you will shortly receive a letter from NBN or your phone provider asking you to switch over to the NBN network.

If you have a personal alarm that is connected to your landline, it is a good idea to register your alarm with NBN Co, in case there are any interruptions during the changeover.

An Occupational Therapist can help you with registering your alarm with NBN Co, and help you in making the switch to NBN, (if needed)- just show them this article.

If you don't have an occupational therapist, you can ask for a referral from your doctor.

More information can be accessed online at: <https://www.nbnco.com.au/learn/device-compatibility/medical-alarms>

Step 1

Registering your medical alarm with **nbn** is simple but important

If you or a loved one rely on a medical alarm at home, our Medical Alarm Register provides the information and assistance needed to help check your device is working once your premises has been connected to the **nbn™** access network.



Step 2

After you've registered your medical alarm

We will call you when the **nbn™** access network is available at your home, and when the disconnection of your old phone service is approaching. See important note.

Once you've connected to the network, we'll also work with you to verify your alarm is operating correctly.



Step 3

Power outages and alarm compatibility

As **nbn** is replacing most of the old phone network, your existing medical alarm may not be fully compatible with the **nbn™** access network or operate during a power outage.

Have a chat to your alarm provider – they may suggest a new model that uses a battery back-up and can connect over a mobile network.

That way your alarm can still work, even during a power or **nbn™** access network outage.



Step 4

Once you're connected

After we have worked with you to confirm your alarm is working correctly, we will close your registration.

Any future queries will need to be directed to your phone and internet provider or medical alarm provider.



Step 5

Do you have special needs?

If you have special needs or a serious medical condition, speak to your phone and internet provider today about any assistance services they may offer.

As a wholesaler, **nbn** does not offer these services.

*Telstra is required by the Australian Government to offer **Priority Assistance** services to people with a life-threatening medical. Other phone or internet providers may also offer priority assistance (or similar arrangements) to their customers. More information is available from the Australian Communications and Media Authority (ACMA).*



INDOOR PLANTS

Not only do indoor plants offer us a cost effective way to turn our homes into an oasis, they also offer the health benefits of improving indoor air quality that we inhale. These inspirational plants also assist us in creating an environment where we can achieve mindfulness. In a world that appears to be so out of control, nurturing a beautiful plant gives us a sense of what we can control, it has a calming effect and encourages peace of mind and clarity of thought. Along the way, they also reinforce the principal of reciprocity and remind us how much better things are when we take care of them and of each other.

Raising plants indoors is a home-healthy move because of their ability to convert carbon dioxide into oxygen through an amazing process known as photosynthesis. “Plants breathe like us,” begins Rebecca Lazarou, a medicinal plant research scientist at the Kew Royal Botanic Gardens in England. “But instead of breathing in oxygen and breathing out carbon dioxide, they do the opposite and breathe out clean oxygen. It’s just one of the beautiful cycles that connect plants and people.” And their benefits don’t stop there, the average house-plant can also remove a host of other toxins.

Man-made chemical gases that can have long-term repercussions on your health include formaldehyde and benzene. These toxins are found in pressed wood products, adhesives, household cleaners, tobacco smoke and car fumes. NASA researchers found that plants absorb airborne substances through tiny openings in their leaves, but their roots and soil bacteria are also part of the purification process. Apart from the aesthetic and cleansing benefits plants provide, their positive emotional element cannot be denied.

“The connection between nature and humans has long been known for its restorative benefit, with biologists coining the term ‘biophilia’ to describe this emotional phenomena,” Rebecca shares. Being surrounded by greenery lowers our cortisol levels which is the stress hormone that weakens our immune systems and our memory recall. Truly remarkable!

Now that you can't control your urge to grab a mask and rush out to Bunnings we encourage joining a gardening club. Not only will other gardeners be too happy to propagate and share plants, one may meet new friends with similar values. Local markets also offer a wide range of indoor plants at reasonable prices.

From our research, the list of the best indoor plants for air quality are :

ENGLISH IVY

(Likes moist, well drained soil)



BARBERTON DAISY

(Likes moist, well-drained soil and natural light)



POTHOS

(Thrive in indirect sunlight and sporadic watering; can be easily propagated)



PEACE LILY

(Requires very little watering, avoid direct sunlight as leaves may burn. **It is poisonous if consumed by children or animals**)



PALM LADY

(Loves low light and requires a hefty dosage of water.)



BAMBOO

(Requires watering once a week)



While making room for the most cherished roommates you'll ever have, please check to make sure all containers are water tight to avoid leaking and any cosmetic damage. Enjoy flexing your green thumbs!

- Susan Hilditch

JESSIE VASEY DAY

The 19th of October is a very special day for our war widows across Australia. It is the birthday of Mrs Jessie Mary Vasey who founded the War Widows' Guild in 1947 to assist women widowed through war to come to terms with their loss and sacrifice and to provide for themselves and their children. War widows today have much to thank Jessie Vasey for- their pension, their health entitlements and the recognition of their sacrifice by the Australian society and government which provides compensation and care for its war widows second to no other country in the world.

We would like to invite our members to join us in celebrating the birthday and life of our founder, Jessie Mary Vasey.

Event: Lunch

Date: Tuesday 19 October 2021

Time: 11:45am arrival for 12pm lunch concluding at 2pm

Venue: Premiers and Speakers Hall at Parliament House
Corner of George and Alice Street, Brisbane, QLD, 4000

Limited numbers

For bookings, please call Head Office on 07 3846 7706





CHRISTMAS LUNCHEON

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A G M

ANNUAL GENERAL MEETING:

Price: Free

Date: Monday 29 November 2021

Time & Location: 10:30am - 11:30pm, Glasgow Room, United Service Club

183 Wickham Terrace, Spring Hill, QLD, 4000

Guest Speaker: Rupert McCall

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CHRISTMAS LUNCH:

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

Date: Monday 29 November 2021

Time & Location: 11:30am - 2:00pm, Glasgow Room, United Service Club

183 Wickham Terrace, Spring Hill, QLD, 4000

Full Name:

Membership Number:

Dietary Requirements:

Events Attending: **AGM Only** **Christmas Lunch Only** **AGM & Christmas Lunch**

Payment Method (Please tick) :

I enclose a cheque or money order with this form

Over the phone to AWWQ Head Office with a credit card on 3846 7706 or 1800 061 945

Through direct deposit to:

Australian War Widows Queensland

BSB: 064 000

Account: 1496 9480

Reference: Your membership number

RSVP BY FRIDAY 12 NOVEMBER 2021

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 two furnished units 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

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



WHY, WHY, WHY?

1. Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

BECAUSE: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

2. Why do ships and aircraft use 'mayday' as their call for help?

BECAUSE: This comes from the French word m'aidez - meaning 'help me' - and is pronounced, approximately, 'mayday.'

3. Why are zero scores in tennis called 'love'?

BECAUSE: In France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'the egg.' When tennis was introduced in the US, Americans (naturally), mispronounced it 'love.'

4. Why do X's at the end of a letter signify kisses?

BECAUSE: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

5. Why is shifting responsibility to someone else called 'passing the buck'?

BECAUSE: In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would 'pass the buck' to the next player.

6. Why do people clink their glasses before drinking a toast?

BECAUSE: In earlier times it used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

8. Why is someone who is feeling great 'on cloud nine'?

BECAUSE: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

9. Why in golf, where did the term 'Caddie' come from?

BECAUSE: When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game 'golf.' He had the first course outside of Scotland built for her enjoyment.

To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her.

Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into caddie.

- Submitted by Bron Drinkwater



AUSTRALIAN WAR WIDOWS QUEENSLAND

We support them
because they supported us.

07 3846 7706
Level 4, 183 Wickham Tce
Spring Hill QLD 4000
ABN 88 009 708 810