

BULLETIN

AUSTRALIAN WAR WIDOWS
QUEENSLAND



SUMMER 2020

In this issue:

- Life Hacks
- Our Members
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- Staying Healthy This Summer
- Beating The Season Blues

SUMMER EDITION 2020

AWWQ CONTACTS

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Mr Stephen Scott

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Ms Jenny Walker

Mr Chris Richards

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Mrs Maureen Rush

Mrs Judy Smith

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GRATITUDE TO OUR PATRON

His Excellency the Honourable Paul de Jersey AC
Governor of Queensland

ADVERTISING IN THE BULLETIN:

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DISCLAIMER:

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

USEFUL PHONE NUMBERS

AWWQ.....	07 3846 7706 or 1800 061 945
Beyond Blue.....	1300 224 636
Centrelink (MyGov).....	1300 169 468
Crime Stoppers.....	1800 333 000
Do Not Call Register.....	1300 792 958
DVA General Enquiries.....	133 254
DVA Transport.....	1800 550 455
Lifeline.....	13 11 14
Meals on Wheels.....	1300 909 790
My Aged Care.....	1800 200 422
Open Arms.....	1800 011 046
Police / Fire / Ambulance.....	000
Policelink (Non urgent matters).....	131 444
Seniors Enquiry Line.....	1300 135 500
SES (Flood & Storm Emergency).....	132 500
Veterans' Home Care.....	1300 550 450

WELCOME TO NEW MEMBERS

Claire Aylen-Brown, Currimundi
Margaret Biddlecombe, Barga
Shirley Birch, Kirwan
Susan Broadbridge, Hawthorne
Elizabeth Bubke, Coorparoo
Janette Byden, Thornlands
Ruth Dean, Baringa
Vonda Fooks, New Farm
Laurel Gibson, South Brisbane
Nimfa Gilbert, Sunnybank Hills
Eleanor Graham, Howard
Pamela Guy, Gympie
Gaye Haggerty, Coombabah
Lorna Johnson, Enoggera
Noela Johnston, Sippy Downs
Jennifer Jude, Albion
Beverley Kennedy, Golden Beach
Kathleen Kerr, Halifax
Naomi Kirkegard, Buderim
Pamela Large, Caloundra
Fay Madden, Bray Park
Elaine Matthews, Nudgee

Susan McCallum, Koongal
Patricia Mckay, Teneriffe
Helen McDiarmid, Thornlands
Ruth Minnis, Cleveland
Barbara O'Bree, Warana
Wendy Petrie, Highfields
Cecilia Proud, Kawana Island
Margaret Rodgers, Southport
Louise Rooney, Burpengary
Patricia Ruddick, Barga
Sylvia Seaton, Beachmere
Marilyn Smith, Cooloola Cove
Una Sullivan, New Farm
Bette Upson, Caloundra
Ryuei Vize, Gold Coast
Gloria Walker, Rangeville
Delma Ward, Maroochydore
Vanessa Windsor, Burleigh Heads
Brenda Winter, Twin Waters
Yvonne Wormald, Toowoomba
Susan Yonna, Redcliffe



Season's greetings to all our wonderful members.

The past few months have been difficult but it is great to see our members beginning to gather again for social events and regular meetings. Thank you to our groups who have worked hard to ensure

that events and lunches comply with COVIDsafe regulations.

I would like to remind you all that we are responsible for keeping each other safe and healthy. Many of our members are in the highest risk category for this virus so it is important that we work together and do everything we can to protect each other.

It was with sadness that we heard the news of the sudden passing of Lyn Wilkes, a valued Board member, coordinator of the Lotus Club and member of many ex-service organisations. I was honoured to be able to attend Lyn's funeral. She was a much loved mother, grandmother, exservicewoman, friend to many, and will be greatly missed.

I would like to congratulate those of our members who are ex-servicewomen and who received the World War II Medallion recently (there are photos of some of you with your medallion in this Bulletin). This commemorative medallion and certificate of commemoration was produced and issued by the Department of Veterans' Affairs to mark the 75th anniversary of the end of the second world war.

As your representative on the National War Widows' Council (now named Australian War Widows) I am proud to inform you that I am now the National Treasurer/Secretary and as such will be able to report more matters of national importance which may affect our Queensland war widows.

With the gradual easing of the social distancing restrictions in public venues it has been very pleasing for me to be able to attend a number of the groups' Christmas lunches which I have enjoyed very much. It has been particularly pleasing to be able to meet up with members who I have not seen since last year.

I know that many of you have recently enjoyed the events that have been supported by the Veterans' Health Week grants and AWWQ is grateful to DVA for supporting us with these grants. We are well looked after by DVA and need to acknowledge and remember this.

Those of you who were lucky enough to be one of the members who were able to attend the AGM and Christmas lunch hosted by Head Office will support me in saying what a great event this was and join me in thanking the staff for their efforts in making this so enjoyable.

On Wednesday 25 November Judy Smith and I were honoured to be invited, as guests of the Governor, to the opening of Queensland Parliament and the reception which followed. The Governor has always been a big supporter of veterans and, as Patron of our organisation, a big supporter of war widows.

Rest assured that as your president I am always proud and honoured to represent AWWQ at all official events and commemoration services. I was honoured once again to be able to lay a wreath for all Queensland war widows at Anzac Square on remembrance Day. Lest we forget!

Have a wonderful Christmas!

Jenny





Dear AWWQ members,

As the end of the year fast approaches I think we can all agree 2020 has been a completely different kind of year. Challenging times often make people reflect on the importance of the people in their lives and the gratitude for those who helped

them get through the year.

This year, in particular our members, board and staff have embraced the Australian War Widows Queensland mission, motto and values. Since March we have all faced the unpredictability of COVID-19 which affected our members and groups in many different ways. Due to the everchanging circumstances it became apparent that our members were more than capable in adapting to new technology and reaching out to each other in other ways.

The success of the group Zoom catch ups, Facebook school, the pen pal program and quilt project proved how we could adapt even with all the restrictions we faced.

During the year we have provided our sub branch and group leaders a more concise Members Handbook, updated the AWWQ website, relayed relevant information to all members through Mail Chimp emails and Facebook posts plus accomplished another successful financial audit. In addition, our

members needs have been supported by our Life-style Support Coordinator and we are receiving more positive feedback on our latest editions of the Bulletin than ever before!

Unfortunately, many group meetings and our annual events were cancelled. Thankfully our AGM & Christmas lunch was able to go ahead and our members thoroughly enjoyed the day.

I would like to extend a special thank you to all our branch presidents and group coordinators, I appreciate your support throughout this past year and hoping you get the opportunity to relax and spend some time with your loved ones during the holidays.

In addition, I would like to thank the AWWQ Board of Directors, in particular our State President Jenny Gregory whose willingness, support, guidance and hard work is admirable. Last but not least to the amazing head office team; Jason, Sue, Jo and Suzi up north, the service you provided to our members exceeded all expectations over these challenging times. Thank you for standing with me during all the ups and downs, it's your dedication that has contributed to our success.

May the Christmas season end the present year on a cheerful note and make way for a fresh and bright New Year. Here's to a fabulous 2021!

Take Care & Stay Safe
Rachel Johnson



AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convener: Denise Fridolf 07 3865 8006 E: dfridolf@smartchat.net.au
BRISBANE WEST	2nd MONDAY 10:15am Gaythorne RSL 534 Samford Rd Mitchelton QLD 4053 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 Fay Lovekin 07 4045 2285
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 President: Roohangiz Doherty 07 5437 8619 E: roohi1@bigpond.com Vice President: Margaret Fraser 07 5476 7015 Secretary: June Hall 0459 118 918 E: juleshall42@icloud.com Treasurer: Christine Gann 07 5491 9664
GOLD COAST NORTH	4th TUESDAY 10:30am RSL Southport 36 Scarborough St Southport QLD 4215 Coordinator: Jan Franz 0404 817 012 Assistants: Deirdre Breakwell & Sandra Small
GOLD COAST SOUTH	1st MONDAY 10:30am Currumbin RSL 165 Duringan St Currumbin QLD 4223 President: Bron Drinkwater 0400 098 310 E: presidentwwgc@outlook.com Vice President & Treasurer: Deborah Baczyk 0408 807 600 E: treasurerwwgc@outlook.com Secretary: Carole Waller 0412 135 030 E: secretarywwgc@outlook.com
GYMPIE	1st FRIDAY 10:00am Gympie RSL, 217 Mary St Gympie QLD 4570 President: Maureen Rush 07 5483 7410 E: maureenrush@bigpond.com Secretary: Linda Collins 07 5482 2416 Treasurer: Lesley Cullis 07 5482 9777 E: lesley.cullis@icloud.com randla@westnet.com
HERVEY BAY	1st MONDAY 10:00am Hervey Bay RSL 11 Torquay Rd Hervey Bay QLD 4655 President: Marion Redfern 07 4125 6306 Secretary: Christine Starr 0407 575 624 E: finstarr@hotmail.com Treasurer: Patsy Squires 07 4124 2754
INGHAM	3rd THURSDAY 10:30am Ingham RSL 4 Hawkins St Ingham QLD 4850 Coordinators Denise Scott 0419 774 102 or 07 4777 2237 E: denise.f.scott1@bigpond.com
IPSWICH	1st THURSDAY 10:00am Ipswich RSL 63 Nicholas St Ipswich QLD 4305 President: Marea Teakle 0402 493 038 E: west.side41@bigpond.com Secretary/Treasurer: Denise Stokes
LAVENDER LADIES	3rd SATURDAY 12:00pm Various venues on the Coast Contact: Terry Yates 0458 851 243 or Bron Drinkwater 0400 098 310
LOTUS CLUB	1st SATURDAY 12:30pm Various venues Coordinator: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com

MACKAY	2nd TUESDAY 1:30pm RSL War Veterans' Home 18 / 5 Creal St Mackay QLD 4740 President: Ethel Reaston 07 4942 1353 E: ereaston@icloud.com Secretary: Clare Burke 07 4957 3200 E: clare@mtsnq.com Treasurer: Barbara Mau 07 4957 4452
MAROOCHYDORE	4th MONDAY 10:00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 President: Judy Smith 0419 725 292 E: smithj1992@gmail.com Secretary: Elizabeth Burrell Treasurer: Glynis Burns 07 5452 5651 E: boxerhaven@ozemail.com.au
MARYBOROUGH	3rd TUESDAY 10:00am Maryborough RSL 163-175 Lennox St Maryborough QLD 4650 Coordinator: Daphne McLennan 07 4129 4259 E: demac5@bigpond.com
NEW FARM	2nd TUESDAY 10:00am Marina Court Community Room 227 Moray Street, New Farm 4005 Convenor: Jenny Gregory 0409 885 473
REDCLIFFE	1st FRIDAY 10:30am Redcliffe RSL Irene St Redcliffe QLD 4020 President: Judy Harvey 07 3889 4031 Secretary: Helen Finley 0418 198 940 E: cartmell9@bigpond.com Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotmail.net.au
REDLANDS	Last FRIDAY 10:00am Redlands RSL 8 Passage St Cleveland QLD 4163 Acting President: Merrill Ovenden 07 3207 2710 Treasurer: Faye Cross 07 3207 6609
ROCKHAMPTON	2nd TUESDAY 10:00am Frenchville Sports Club 105 Clifton St. Nth Rockhampton QLD 4701 President: Jenny Ireland 07 4928 5651 Secretary: Jan McPherson 0407 642 186 E: jamcpherson52@gmail.com Treasurer: Cecilia Miller 07 4922 3144
SHERWOOD	3rd TUESDAY 9:30am Sherwood/Indooroopilly RSL 2 Clewley St. Corinda QLD 4075 Convenor: 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 Wood 07 3287 5164 Vice President/Secretary: Roslyn Close 0412 614 766 Treasurer: Grace Banham 07 3800 2903
TEWANTIN & NOOSA	1st MONDAY 11:30am Tewantin Noosa RSL 1 Memorial Ave. Tewantin QLD 4565
TOOWOOMBA	2nd WEDNESDAY 10:00am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Helen Strange OAM 07 4691 0287 E: strangehelen9@gmail.com Vice President: Robyne Hilditch 07 4614 0080 Secretary: Beth Johns 07 4634 8972 Treasurer: Delma Starkoff 07 4635 8516
TOWNSVILLE	3rd TUESDAY 10:30am Townsville RSL Club, 139 Charters Towers Rd, Hyde Park Acting President: Wilma Kent 0412 341 293 Secretary: Lynne Clancy 07 4724 2188 Treasurer: Wendy Tranter 0409 243 428
WARWICK	1st THURSDAY 11:00am Warwick RSL 65 Albion St. Warwick QLD 4370 Vice President: Nancy Payne 07 4661 2270 Secretary/Treasurer: Dorothy Rubie 07 4666 3347
ZOOM LADIES	2nd FRIDAY 2:00pm. Join ladies from around Queensland for afternoon tea and a chat via Zoom. To RSVP or to find out more contact Suzi Vincent – 0409 880 902 or suzi@warwidowsqld.org.au

BRISBANE NORTH

In September we gathered for our first meeting. We had a member from the QCWA come and speak on the history of the Country Women. Most of us were amazed at what the Association has achieved. Women achieving a lot before their time and are still out there making their mark.

I asked that we should have some cook books for our members to purchase. Well there were many sold and I am sure they are going to daughters and granddaughters. We did have a wonderful morning with our first meeting in October. We did some planning for our Christmas Lunch, which we are going to use our Veterans' Health Week Grant towards. This will be the last for the year. We will be back in February officially but seeing we still have a grant to use we are going to have a high tea in January to use those funds up.

BRISBANE WEST

Once again Christmas is upon us after a very different year for us all. We are busy preparing for our Christmas festivities and are also looking forward to spending Christmas with our families.

Despite not having meetings for five months, we have welcomed seven new members to our group this year.

We were all saddened by the sudden passing of our much loved member, Roslyn (Lyn) Wilkes. She was one of the three ladies who attended the inaugural meeting of our Brisbane Social Group and was a very active member of our group until her death. As well as being an AWWQ Board member, she established the Lotus Club and conducted a very enjoyable luncheon every month for the younger at heart War Widows in Brisbane. Lyn was also a very

active in other military services groups, loved singing in her choir, and as she stated in her previous Bulletin article, she was a very proud mother, grandmother and great-grandmother. Lyn will be greatly missed by us all.

Our November meeting was followed by a very enjoyable luncheon to commemorate Veterans' Health Week.

On Remembrance Day, our group were represented by Lynne Hackwood and Narelle Stanton and we paused to remember the fine service men and women who had been lost in the various conflicts over the years.

We take this opportunity to wish everyone a very merry Christmas and a happy and safe New Year.



BUNDABERG

What a year it's been for everybody. After COVID eased off, the executive had to find a new venue for meetings as our old room at the R.S.L. was not large enough to cope with social distancing. We finally started meetings and get together at the Veterans Social Centre in September and have been busy ever since.

On the 19th October our Group used the \$800 grant money to hold our annual White Crosses Day Ceremony combined with a Luncheon. This Club has been having a White Cross Day on Jessie Mary Vasey's Birthday since 2015 and was the first Club to do so. That first ceremony was held out-

doors, but because of hot weather and the age of a lot of our widows it has become an indoor function. One of the R.S.L. members made us a larger cross with slots to insert our small crosses in them to remember our deceased ones.

Our November meeting was a special meeting and lunch combined for Veterans' Health Week. It really has been great to get together at these functions after so long without.

Today the 18th November the War Widows and Legacy Widows Groups held their combined Xmas Breakup Lunch. It has become a yearly event now that both groups have diminished numbers. We are very fortunate here in Bundaberg that we have a very strong and caring Legacy Assn. There is a lot of interaction between both groups as most of them belong to both organisations. Legacy provide monthly morning teas as well as take us on two bus trips a year to near by places.

This year we have lost four members and have had five new members.

On Remembrance Day the War Widows and Legacy Widows combined to lay a wreath at our ceremony here in Bundaberg. A large crowd attended – socially distanced.

We would like to wish all our fellow members a Merry Xmas and a healthy and happy New Year and hope next year sees us all back together again.





White Cross Day

CALOUNDRA

Hi everyone. We are so lucky that we can have our meetings resume since 10th of August. In our September meeting I received a World War 2 Medallion for Faye Clarke, one of our members. Christine and I visited her and gave her the Medallion. She was very happy to see it.

Unfortunately, we have lost one of our members Jean Howard in August. She joined the Australian Royal Army in May 1953 and discharged on April 1954. She also was the President of War Widows and Legacy.

We used the Beconnected money for lunch at the RSL Club. After lunch we had our mobile skill lessons with Sue and Joanne from head office, and afternoon tea and coffee was served.

In October we had 25 attendance and one new member and five for the previous month. I read Jessie Vasey's Biography and the news from members that weren't able to come to the meeting, then we had lunch at the RSL Club.

On 9th of November we had our meeting with attendance of our President Jenny Gregory, Judy Smith, Lorraine White and Joanne Hill our Administration Coordinator. We used our Veteran Health Week grant money for lunch and the photo has been taken with the poster of Veteran Health Week.

Sadly, we have lost another member Doreen Mahon in early November.

On 11th of November I laid a wreath on behalf of our War Widows at the RSL memorial garden, followed with BBQ sausages, coffee and tea.

Our next meeting is our Xmas Party on the 14th of December at the Caloundra RSL Club.

I wish you all a Merry Xmas and Happy New Year.

Love and best wishes Roohi Doherty



Jean Maley & Roohi Doherty at the RSL Memorial Gardens

GYMPIE

Not much is happening in Gympie at present. A few of the ladies meet every couple of weeks for coffee or lunch.

I had the honour of laying a wreath on behalf of the war widows on Remembrance Day.

We are having a combined Christmas lunch with the Laurel Club ladies and Legatees at the RSL on December 14.

From us all here in Gympie, we wish everyone a very Merry Christmas and a Happy and Healthy New Year.



Maureen Rush laying a wreath on Remembrance Day

LOTUS CLUB

There was a good rollup for our last lunch at the Stanton Restaurant at our November lunch where we used our VHW grant. We had a small memorial moment for Lyn Wilkes who will be missed.

The December lunch was at Jo Jo's courtesy of "Be Connected". First meeting for 2021 is Saturday 6 February."

MAROOCHYDORE

After a year of limited opportunities to meet we are about to end the year with a fine Christmas Luncheon. This will be a combination of events that had to be cancelled. We will celebrate with Leah Wilson, Olga Frazar, Marie Towell and Marj MacPharlan who turned 90 this year and present the War Widows 2020 Bursary to USC student, Caitlyn Owens.

On 4th November Valma Hunter celebrated her 100th birthday, and marked the occasion with family and a few close friends.

While we haven't had our usual monthly meetings we have been catching up for lunch at the RSL each month. In October the ladies celebrated Veterans Health Week by joining for lunch provided by the Veterans Health Week Grant. Thank you DVA and the RSL staff for a most enjoyable meal.

We have recommenced monthly bus trips, thanks to Lynn and Andrew for making these trips possible. The October trip included a walk through the shops at Montville and November to Bribie Island with lunch at Bribie Island Surf Club. These bus trips will continue in 2021, visitors are always welcome on these outings. Call Glynis on 07 5452 5651.

After a year of uncertainty and few opportunities to meet we are looking forward to an exciting year in 2021 with plans to host the AWWQ Annual General Meeting and Annual Friendship Day in Maroochydore. Apologies for having to cancel the event this year due to COVID-19.

The AGM will be held at the Maroochy RSL on Wednesday 8 September 2021 and Friendship Day Thursday 9 September 2021.

Mark these dates in your diary and join us on the beautiful Sunshine Coast for a time of fun, fellowship and frivolity! You will be entertained with a variety of music by The Baby Boomer Party Band. More details will be out soon and registration forms will be in the Autumn 2021 Bulletin.

With Best Wishes for a Happy Festive Season, and Healthy, Happy 2021.



Maroochydore members enjoying lunch



Glynis Burns representing Maroochydore War Widows on Remembrance Day

MARYBOROUGH

The Maryborough group celebrated their Christmas function on Tuesday 17 November with a delicious lunch. Daphne McLennan read a beautiful poem on friendship and spoilt members with a tin of biscuits.

Their next meeting will be on the 16th February - the 3rd Tuesday of the month. They wish all members a safe and happy Christmas.



Maryborough members enjoying lunch

NEW FARM

What a wonderful concert we had at our November meeting! We were delighted to host an acapella choir from QUT who sang a variety of songs for us and stayed on for morning tea which was kindly sponsored by our Veterans Health Week grant. Such a lovely group of young people. They are willing to perform for other groups and if you want contact details please phone the office or myself.

On December 1, 20 of our members attended the Lord Mayor's Christmas Party at the Brisbane City Hall. This was kindly sponsored by our Central Ward Councillor, Vicki Howard.

At our December meeting we will have Andrew from Lifestyle Breakthrough to provide chair exercises and information about the "My Health for Life" program. We will also enjoy some Christmas festivities. In January we will be doing our "Be Connected" training with Sue.

We have been fortunate to obtain two gazebos to keep us shaded when we have our outdoor meetings. One was able to be purchased due to a generous donation from Cathy, one of our members here at New Farm. The other was a donation from Buntings Newstead.

I would like to thank the AWWQ staff for their efforts in obtaining both the VHW grant and the Be Connected grant for us.

The New Farm members wish all war widows in Queensland a very happy, healthy and safe Christmas.





Acapella choir singing for the New Farm Group

REDCLIFFE

Welcome to everyone. Our situation has certainly shifted and we have a bit more freedom with things that we are able to do.

Our group is hoping to have our first meeting in 2021 either at the Redcliffe RSL or Amity Place and all our ladies no doubt are looking forward to getting together.

Remembrance Day was celebrated at Amity Place with our Treasurer Jan laying the wreath. Our little group of 28 war widows also attended the Veterans' Health Week Luncheon held at the Redcliffe Tavern. The ladies had a wonderful time.

May you all stay well and healthy.



Jan Kersnovske laying a wreath



Redcliffe members enjoying lunch

ROCKHAMPTON

Hello everyone. First of all, our meetings are starting again on the 9th February 2021 at 10am at the Frenchville Sports Club, Covid permitting of course.

A number of our members attended the Remembrance Day Commemoration Service at the Frenchville Sports Club and laid white crosses.

We were lucky enough to use the DVA Veterans' Health Week Grant to enjoy lunch at CocoBrew Restaurant and morning tea at the Riverston Tea Rooms. Thank you DVA and also AWWQ for organising the application for the grant.

We have just enjoyed our Christmas lunch at the Kalka Hotel and members exchanged small gifts. It is so nice to be able to get together again.

Best wishes to everyone for the Festive Season. Hope you have a good time.

Look forward to getting together again next year. Jan McPherson

SOUTH EAST

At last we meet again. The October Meeting went well on the usual third Friday. Not all members were able to attend but those who were, enjoyed the casual chat about recent issues.

The November morning/luncheon day on the 20th was a happy party event at the Easts Football Club starting with tea/coffee and general greeting of friends, some with carers, who had not

been together for weeks.

By 10.15am the ladies were seated and enjoying each other's company over their tea/coffee. After the normal introduction and club news, Susan Hilditch spoke about the "be connected" programs and opportunities for those with the mobile phones, then had time to take a group photo of the south east ladies in the function room.

At 11.00am guitarists John and Graham entertained with "Hits of the Past" as well as a few well known Christmas Songs and "Happy Birthday to Everyone", closing their program at 11.30 with "Auld Lang Syne".

President Jenny Gregory was able to speak to our aging members which is all of us, on how to get needed help especially when being discharged from hospital. This took the morning up to 12.00pm when Jenny read the new AWWQ Grace before meals and lunch was delivered.

Table distancing didn't prevent much enjoyed chatting and table hopping. By 1.30pm dessert was consumed and the room started to empty. By 2.00pm all were homeward bound after a very happy Social AWWQ gathering.

SOUTH WEST

Hello Ladies. The South West Region had its first function since March this year. It was a coffee/luncheon held this month. It was lovely to see 28 ladies enjoy themselves. It was also a farewell for Alicia Robertson, who is off to Maleny to live.

We will be resuming our normal meetings on Nov 4th. This will be our 14th Birthday also.

During the past seven months we have kept in touch with the ladies by phone and with a monthly newsletter.

Grace, our Treasurer has

continued to send birthday cards with a gift voucher to those ladies having birthdays.

Our former President, Val Rooney, has finally received her O.A.M. last month. It was held under strict COVID-19 conditions, but by all reports run smoothly. Congratulations Val.

We also went through a period last month of having six ladies in hospital for various reasons. It was unfortunate Theo Stewart passed away.

Our hospital visitor, Carina, hasn't been able to visit the hospitals but has kept in touch with phone calls which the ladies appreciate.

I hope this finds the ladies in good health.

Regards

Pat Woods S.W.Region
President.



South West Region members laying a wreath

TOOWOOMBA

Hello ladies, once more we have reached the end of another year, thankfully we have all managed to keep clear of the COVID19 virus.

Even though some of our meetings had to be cancelled we still had plenty of opportunities to keep in touch with each other. We were fortunate to have Sue and Joanne from head office visit us. After our meeting they helped us to try and better understand mobile phones and tablets. When the lesson was finished, it was out to the Golf Club for lunch. Thanks to all the drivers who helped get us there. I hope Sue and Joanne

enjoyed their visit here because we are a friendly group and enjoy a good day out.

As usual we have had our trip to Dalby and lunch at the Windsor Hotel, even though there was only a few of us, the atmosphere was good and so was the food.

As Remembrance Day fell on our meeting day, no meeting was held. There was a good attendance at the Mothers Memorial and it was a very moving service. After the close of the service we went to the Westlakes Restaurant for our break up lunch. To some people, it may seem like we spend a lot of time eating together but that is what makes us a friendly successful group, as well as a President who is a wonderful organizer. Take a bow Helen!

Even though Tombolas were cancelled, the Donated Prizes for the Raffles were drawn. With luck, next year we may be able to hold our fund raising events again. A cheque for \$425-00 has been presented to the Toowoomba Hospice. Not as much as we normally give, but next year is sure to be better. Thanks to all who donated prizes.

That's about all for this year, so have a MERRY CHRISTMAS and a HAPPY NEW YEAR and stay safe. Meetings begin again in February. So until then—

Don't cry over the past, it's gone.

Don't stress about the future, it hasn't arrived.

Live in the present and make it beautiful.



Helen Strange OAM & Delma Starkoff



Toowoomba members

TOWNSVILLE

2020 has been a learning experience for everyone. Some of us war widows who can connect through internet and Zoom, still find it can never replace the personal touch.

In Townsville we had our Biannual General meeting in September. Elected as president: Wilma Kent; Vice President: Denise Farrow; Secretary: Lynne Clancy; Treasure: Wendy Tranter; Committee: Gloria Edwards, Gail Stevens, Marilyn Kwas.

A very surprised Gloria Edwards was presented by Jenny Gregory with a certificate of appreciation and a scarf for her dedication to the Townsville War Widows for the last 10 years. Even more surprising for her was her daughter was there for the occasion.

Our guest speaker Janet Robino from the Native Bird Club, showed us many beautiful photos of our native birds while giving us valuable information about them. The most important thing is "they only need water from us."

November: A number of our ladies had a very enjoyable time at a movie and lunch for Veterans' Health Week. One of the movies "Never Too Late" brought laughter and tears but finished up on a happy note.

Christmas lunch is the last meeting for the year.

We resume our meetings at the RSL in Charters Towers Road on the 16th February 2021.

"2020" - A year to remember. With Covid-19 still around. Let's do the best we can for our fellow humans. A blessed Christmas and a safe and healthy 2021 to us all.



Standing: Marilyn Kwas, Denise Farrow, Wilma Kent, Wendy Tranter, Gail Stevens & Jenny Gregory. Sitting: Gloria Edwards & Lynne Clancy

WARWICK

We come to the end of another year, and what a challenging year it has been for everyone. A year that none of us has ever experienced before and hope we never do again. At least now with some of the restrictions easing perhaps we can look forward to spending the festive season with our loved ones.

Vice President Nancy has kept in touch with our members by phone and we thank her for this time and effort as it is greatly appreciated. She has made arrangements for a Christmas Lunch for us on Thursday 3rd December at the Warwick RSL and we are all looking forward to catching up.

Since last Bulletin we have lost two much loved members, Beryl Henriksen and Pat James. Both members are regulars at our meetings.

Wishing everyone a happy and holy Christmas and a happy and Covid free new year. From Vice President Nancy and members of the Warwick Sub Branch.

CONGRATULATIONS IVY

My beautiful granddaughter Ivy Dugdale, who was one of two the school captains, graduated from St. Patrick's College, Gympie on November 17

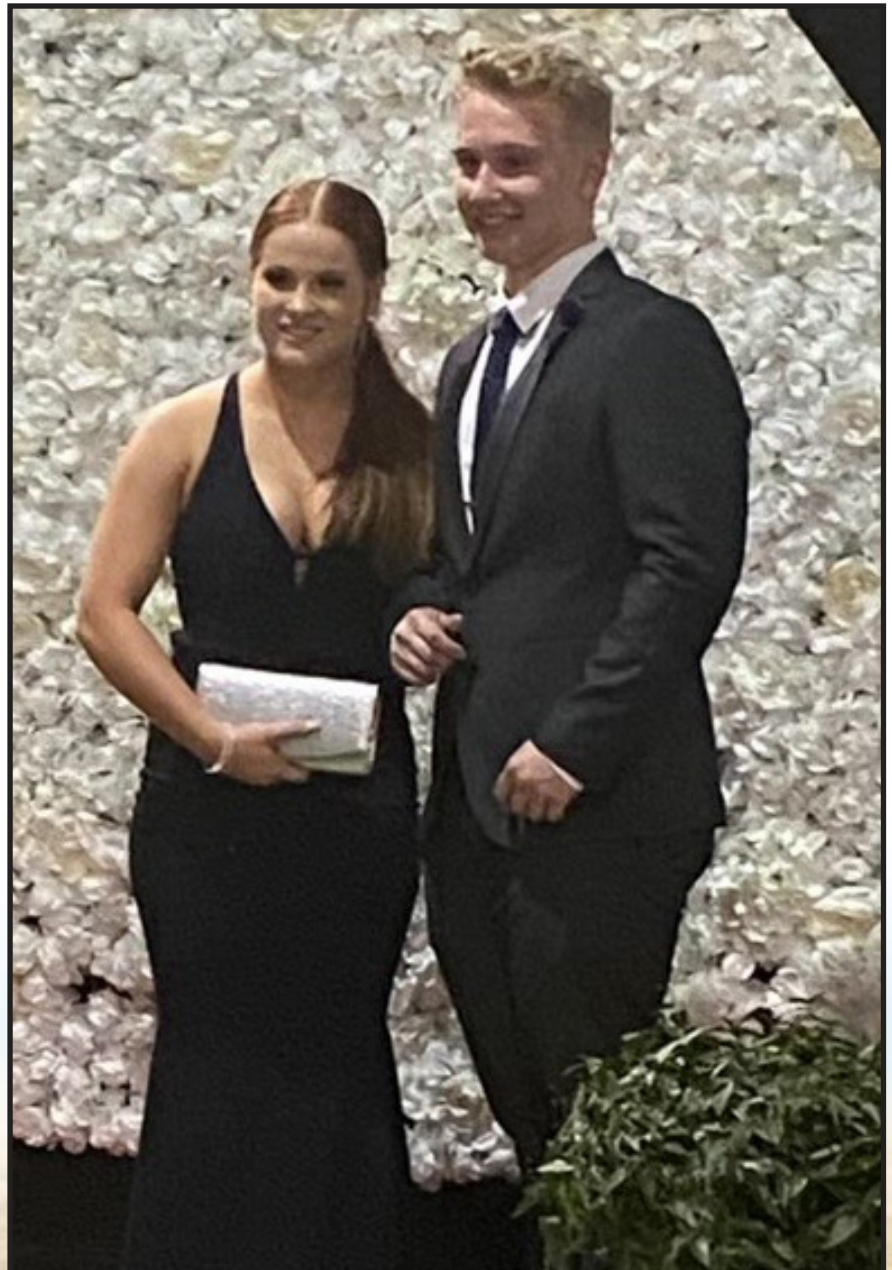
As well as many Academic Awards Ivy also won the Long Tan Award. We were all thrilled, surprised and very proud.

Her late Grandfather served in the Royal Australian Air force for 20 years and did a tour of Vietnam with No 2 Squadron in Phan Rang. He would have been so proud of Ivy.

Ivy is going to the Sunshine Coast University and studying Medical Science.

As a very proud grandmother with all my love I wish her all the very best in her life's journey.

Maureen Rush



BECONNECTED & VETERAN HEALTH WEEK LUNCHES





NEWS & REMINDERS

CHRISTMAS OFFICE CLOSURE

During the Christmas holiday period, AWWQ Head Office will be closed commencing Wednesday 23 December, and will reopen on Wednesday 30 December.

2022 MEMBER SUBS

A reminder that your 2022 membership subscriptions are due on 31/03/2021. A renewal form will be enclosed in the March Bulletin, or if you would like to pay earlier please phone head office on 07 3846 7706.

NEW DVA PHONE NUMBER

DVA has changed their phone number to 1800 VETERAN (1800 838 372) to make it easier for the caller to speak to the right person at first point of contact. The previous phone number will stay active during the transition.

NEW NATIONAL PRESIDENT

We would like to congratulate new War Widows' National President, Rhonda Vanzella OAM, on her recent appointment. We know she will represent the war widows proudly.

OFFICE HOURS

A reminder that AWWQ head office hours are 8:00am - 4:00pm Monday to Friday.

SAVE THE DATE

The Maroochydore sub branch is planning to hold Friendship Day 2021 at the Maroochydore RSL, on Thursday 9 September 2021. A application form with further details for the event will be available in the Autumn 2021 Bulletin magazine.

CONGRATULATIONS

Congratulations to our member June Hopkins for making the final of the AVCAT essay competition.

BENEFITS & SERVICES BOOK

Lifestyle Support Coordinator, Sue Hilditch, put together a Benefits & Services booklet which we sent out with the Spring Bulletin. The Booklet has received fantastic feedback, and if you would like a copy please contact head office, or head to our website.

WWII MEDALLIONS

Following our article in the last Bulletin, we are pleased to say that some members, including Thelma Hughes and Faye Clarke pictured below, have received medallions for their service in WWII.



WWII Medallion recipients. Above: Thelma Hughes, Below: Faye Clarke

VALE

Asna Arucs
Norma Baker
Patricia Birrell
Heatherbelle Biviano
Dorothy Black
Minnie Blackman
Hazel Bodley
Audrey Champion
Valerie Colless
Judith Conelius
Joyce Dallas
Joyce Frankison
Phyllis Freemantle
Cecile Gaul
Adelaide Gray
Ann Guest
Bessie Harding
Claire Harrinon
Beryl Henricksen
Noreen Hensler
Yvonne Hungferford
Mary Jackson
Pat James
Veronica Johnson
Joan Jones
Ailsa Kelly
Beryl Kelly
Lola Kennewell
Hewrietta Kimmorley
Shirley Krueger
Doreen Mahon
Betty Mahony
Barbara Marchant
Claire Martyn
June McGreevy
Jean McKay
Ivy Muller
Shirley Neilson
Kathleen Philips
Eileen Rachow
Theo Stewart
Barbara Thornton
Vada Valentin
Noni Wakely
Elaine Wardlaw
Lyn Wilkes
Alison Worrall

CRAFTY LADIES

Welcome to our first “Crafty Ladies” page where we can showcase and share the creativity of our members. This can be anything that has been created – sewing, art, crafts, gardening or baking. If you have any suggestions for stories about a creative member, would like to share what you have been doing, a crafty hint or photo please contact me.

Suzi Vincent 0409 880 902 or suzi@warwidowsqld.org.au

Denise Scott's Eggcellent Creations

Denise Scott, Ingham Social Group Coordinator, has been decorating eggs since she was ten years old when she painted hard boiled eggs for Easter. After reading a book about Faberge Eggs she became hooked on decorating eggs. She has decorated many types of eggs including: gecko, finch, dove, quail, bantams, chickens, duck, goose, crocodile, swan, emus and ostrich.

Denise has been commissioned to decorate eggs to: celebrate anniversaries, baby announcements, to top wedding cakes or to hold an engagement ring. Her eggs can contain: clocks, scenes, photo frames or jewelry boxes. Her commissioned work has been sent to: England, Italy and Japan.

Denise decorated an Ostrich egg with decoupage depicting her husband's photo and naval details to be used for the interment of her ashes at the Ingham RSL.



AWWQ's Friendship Quilt Update

So far we have ninety- five completed squares returned for our quilt with construction starting very soon. Our clever ladies have decorated the hearts on their squares using varying techniques including applique, patchwork, embroidery, painting and attaching embellishments. It has been a popular project as we have been able to involve members from all over the state, including those residing in aged care. We will be looking at undertaking another group project in 2021. Please let me know if you have any suggestions.



Memorial Bear

As we all know after our husbands pass away, we are left with their clothing and personal belongings to deal with. Many people have made quilts from shirts or neck ties to keep as a memory. Recently I made a teddy bear from one of my husband's shirts for my new grandson. These are very simple to make and I am happy to help any ladies who "are not sewers" with this.

Creating for Charity

Life's Little Treasures is charity based in Victoria which requires goods to be knitted, crocheted or sewed for premature babies (website below). If you don't have access to email and would like patterns and details mailed to you- please contact me.

<https://lifeslittletreasures.org.au>



BEATING THE FESTIVE SEASON BLUES

What you can do to beat the festive season blues...

Across Australia, it is estimated that one million people will be dealing with depression and loneliness at Christmas time.

With festive occasions, Christmas trees, gifts and celebrations, comes a myriad of emotional triggers caused by feelings of loneliness, grief, sadness, self-reflection, excessive spending, drinking and fear of socialising.

For those who are isolated, Christmas can often be the season they would prefer to avoid. Even for those with family and friends who celebrate the event, it can feel overwhelming.

So, here are our top tips on how to get through during the silly season.

If you're recently bereaved, manage expectations and honour your loved one's memory

Feelings of loneliness and loss are unpleasant — and particularly if you're recently bereaved, sometimes there's nothing to do but to sit with those feelings.

If you've recently lost a loved one, it's fair to expect Christmas day to be a bit difficult.

Try to see it as one of those things you need to get through, says Ros Knight, president of the Australian Psychological Society.

It's about not having too many expectations, and not expecting Christmas to feel the same as it always used to feel.

That said, it can help to find new ways to create a new tradition, which might mean having a gathering with neighbours or other friends, or parts of your family that you're still connected to.

"It's about trying to connect with those around you

who can show some understanding for what you're going through," says Ms Knight.

It can be other family members who are differently connected but can still relate to the loss of the person.

You may find it helpful to include the memory of the person you've lost in Christmas somehow. You could include a special item of theirs in the proceedings or acknowledge them through a special toast, Ms Knight suggests.

Consider joining a community event

You might like to consider getting involved in a local community event, such as a festive lunch run by a charity, your neighbourhood's carols by candlelight night, or a volunteer event on Christmas day.

If you're involved in the local religious or sporting community, find out what's on and make it a priority to get involved, says Dr Grant Blashki, lead clinical adviser at beyondblue.

Be upfront that you'd like to be involved.

Usually it's a time of year where people are feeling quite welcoming, and you can get along and have quite a nice time and meet some people.

Many people find that volunteering can help them feel connected to others over the festive season. This can be either a formal volunteer position — such as packing Christmas parcels or working at a soup kitchen with a charity — or an informal role such as visiting isolated neighbours.

Volunteers find their work gives meaning, it gives purpose, they're learning new skills, they're connecting with others.

To give something back to your community is incredibly important.

Check your social media use

Christmas is a time when Instagram, Facebook and other platforms are bound to be flooded with joyous family portraits and fun party snaps, it's worth considering whether scrolling through social media may be making you feel worse.

I don't think it's as simple as saying don't do social media. It's just about the purpose of your interactions that's important.

Christmas is a time where many of us compare ourselves to others.

Have a plan to spoil yourself

Planning ahead can help turn a stressful or gloomy day into a treat. For someone on their own, if they can make a proactive plan to make it a nice day, that's going to serve them well, says Dr Blashki.

Consider making yourself up a nice Christmas package, he suggests. That might include a nice bath soap, something fun to eat, and some great feel-good movies that you're going to watch for the day. Making a great music playlist for the day can also help.

Know your triggers

Be realistic and real. Manage your expectations – knowing what or who you have to cope with – and be true to yourself. Don't do things that you think will make other people happy, and don't fall into the trap of thinking that other people will change for you. Avoid known triggers, and put yourself first.

Do more of what you enjoy!

Think about the things that bring you peace and contentment and whatever those things are spend more time doing them! In a lot of cases, that old adage "fake it until you make it" holds some truth. Obviously, you can't entirely avoid triggers of loneliness

and depression, but you can try to balance out your feelings and emotions so that you can experience some degree of peace and calm every day.

Get ahead of it - be organised

Start planning early so you don't feel so overwhelmed. Shop for gifts as early as possible and if you can, shop online for the best deals. Stick to your budget, spend only what you can afford to avoid the stress of overspending. There is no need to feel obliged to spend more than you can afford- if it helps explain this to your loved ones.

Avoid drowning your sorrows

Dr Blashki recommends resisting the urge to turn to alcohol for comfort.

While it's fun perhaps to have a little bit of alcohol, I'd say don't overdo it, he says.

Generally, if people are experiencing loneliness or even mental health issues, I find as a GP that there are a number of proactive positive things they can do which tend to make them feel better. And they include eating good food and getting some exercise.

On the flipside, there are a bunch of really counter-productive things. And they include excessive drinking, gambling, violence, and ruminating on all the things they're missing out on.

Christmas doesn't have to be perfect. It doesn't have to be a commercialised celebration, it doesn't have to be lonely and it doesn't have to be fraught with family tension. By taking the time to think about what triggers negative feelings and emotions, you can attempt to put strategies in place to avoid them, or at least minimise their impact.



ACTIVE CHOICES: A NEW PHYSICAL ACTIVITY PROGRAM



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

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

Who can get involved?

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

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



STAYING ACTIVE

These strength and balance activities can be done at home, for example, while watching TV or waiting for the kettle to boil:



Heel raises for strength and balance: Stand sideways next to a bench with your feet apart and hold on to the bench with one hand to support yourself. Slowly rise up on to your toes, hold for one second and slowly lower again. Do this a few times to begin with, increasing to more times.



Side leg raises for strength and balance: Stand sideways to a bench, hold on with your right hand to support yourself and slowly take your left leg out to the side. Keep your back and both legs straight, and hold the position for one second before slowly lowering. Repeat a few times at first, increasing to more times. Turn around and hold on with your left hand while you raise your right leg.



Knee lifts for strength: While sitting in your chair with your back straight, bend your left knee and lift your left leg towards your chest. Hold for a few seconds then slowly lower. Do this a few times with each leg.



Stand up and sit down (or chair raise) for strength and balance: From sitting on a chair with your feet flat on the floor and slightly apart, and keeping your back and shoulders straight, slowly stand up, trying not to use your hands. Then, slowly sit back down and pause. Do this a few times.

For more examples, see the useful resource: 'Choose Health: Be Active – A physical activity guide for older Australians' at: www1.health.gov.au/internet/main/publishing.nsf/Content/phd-physical-choose-health

SUMMER LIFE HACKS

1. For instantly cool drinks, fill water bottles up halfway with water and lay them on their side in the freezer. When it's time for a cool drink, fill it up with your beverage of choice, and let the wall of ice in the bottle keep your drink chilled



2. While at the beach, a hollowed out lotion bottle is the perfect disguise for hiding your valuables. Cut an empty bottle with some scissors at the top of the bottle wide enough for your valuables to fit through. Snap the lid back on to create a secret stash that thieves will never think to look in.
3. Frustrated with those annoying mosquito bites? Put a dot of toothpaste onto a bug bite to reduce the itchiness and swelling. The menthol flavor from the toothpaste acts as a cooling agent.
4. You can use a cupcake wrapper to keep the mess of ice blocks away. Just cut a slit in the bottom of the cupcake holder and stick your popsicle stick through it. This is great for when the grandkids are visiting and you want to reduce mess.



5. To get the most out of your ceiling fans, make sure they're spinning counter-clockwise in Summer, which helps create a downward breeze and keeps things feeling cool, and clockwise in Winter to push the air upward and circulate warm air. Most fans will have a switch on them to change this setting.
6. Take a fitted bed sheet to the beach to keep the sand away from you and your belongings. Just turn up and place heavy items such as a cooler and bags in each corner. This will create a sand-free enclosure



7. Keep your tubbed ice cream soft by placing it in a zip lock bag before placing it in the freezer



8. Freeze some aloe vera in an ice tray for a soothing way to treat sun burn.
9. Hot waterbottles also work for cold water. Fill it with cold water and place it under your ankles or knees to cool down your body.
10. If you need to quickly cool down bottles of soft drink, beer or wine, individually wrap them up in a damp paper towel and place them in the freezer for up to 15 minutes. The moisture in the paper towel will quickly evaporate and freeze to cool the liquid in the bottle faster than the air in the freezer.

VALE - ADA MCHARG



Ada McHarg was born on July 5, 1928 and passed away peacefully on July 28, 2020.

Ada became President of the Gympie War Widows in June 2009 and held the position until December 2017 when ill health meant she had to go into care.

Ada is survived by her children Neville, Robyn, Helen, Narelle and Wendy, thirteen Grandchildren and twenty three Great Grandchildren. She was well known in singing circles as a former member of the Arion Singers also a member of St Peter's Anglican Church Choir.

Ada and I have been friends since school days. We both raised five children and every fortnight I would walk to Ada's with the children and had afternoon tea together. Both Ada and I belonged to Mothers Union and remained close friends until her death. She led a very fulfilling life and will be sadly missed by all.

- Audrey Goldsworthy

.....

QUILTS OF VALOUR

Following tragic loss and injury of Defence Personnel in Afghanistan in 2010, a resident of Victoria learnt of the need to reach out to wounded ADF personnel and honour their sacrifice for serving Australia on combat deployment.

Other coalition forces are involved in making quilts to wrap the wounded in love, care and healing. It is such a powerful symbol in a traumatic time that it felt like an important issue that Australia should become involved.

Victorian resident, Helen, learnt how touched an injured soldier was by the warmth of the quilt he was awarded by the American Quilts of Valor, she was inspired to establish an Australian organisation based on this foundation. Through consultation with this foundation and support from the Victorian Quilters' Guild and the Berwick RSL sub-branch, Quilts of Valour Australia was formed in 2012.

Maureen Rush presented Jenny Gregory with a QOV in recognition of the service, sacrifice and valour for Australia by her husband and for her services to war widows in Queensland.

Donations can be made online via the Quilts of Valour Foundation website.

quilts of valour.com.au



MARY HOGAN: MEDALS

During these months of isolation, it has given me the opportunity to do something different and pick up the Family Genealogy which my late husband had started.

My Husband's Aunt who was a nurse during WW1 met a wounded soldier William Stewart Jeffrey who was a POW captured by the Germans at Reincourt in April 1917. After a long engagement they married in May 1932.

They were only married for six weeks when he was accidentally killed when a gun discharged in a lift by a security man. The Aunt never married again and when she passed away in 1960 my husband was entrusted with his medals and dog tag.



In March 2020 I subscribed to Ancestry for one month and found the biological family of the soldier and contacted the family to confirm the relationship. However because of the virus we couldn't meet until a few weeks ago when she visited me. Unfortunately her father who was 91 passed away before he could receive his Uncle's medals but was thrilled to know they would be given to the family.

I had also arranged for his Service History to be sent to me by a researcher and I passed this on to the Great Niece with the medals.

Stewart was repatriated Jan 1918 and travelled through Holland to England and admitted to King George Hospital as his wounds were severe. He arrived back in Australia later in 1918 for further repatriation.

He is listed on the POW Honor Wall in Ballarat Victoria.

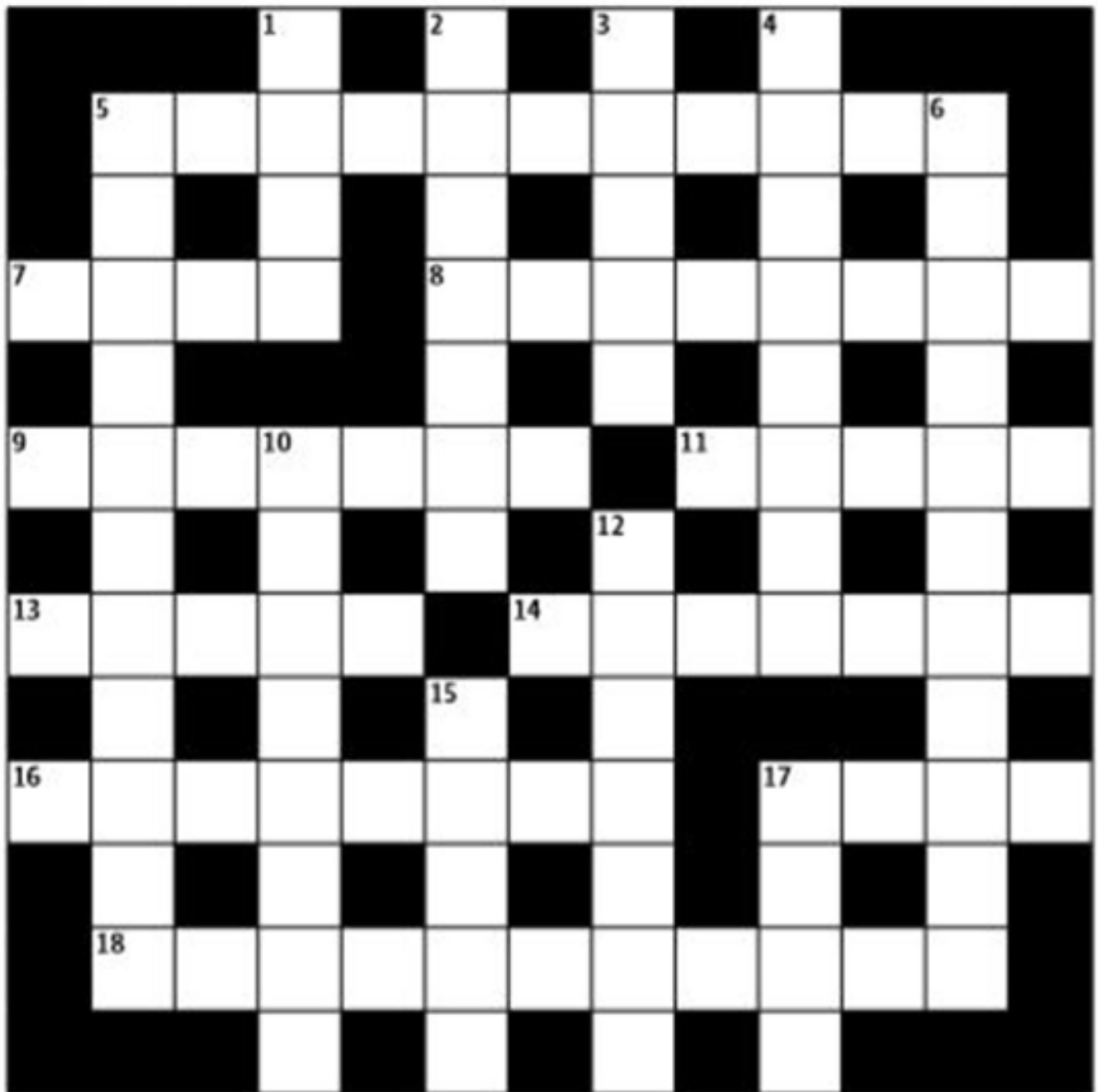
Stewart was awarded the following.

1. The 1914 Star
2. The British War Medal
3. The Victory Medal

- Mary Hogan



CROSSWORD



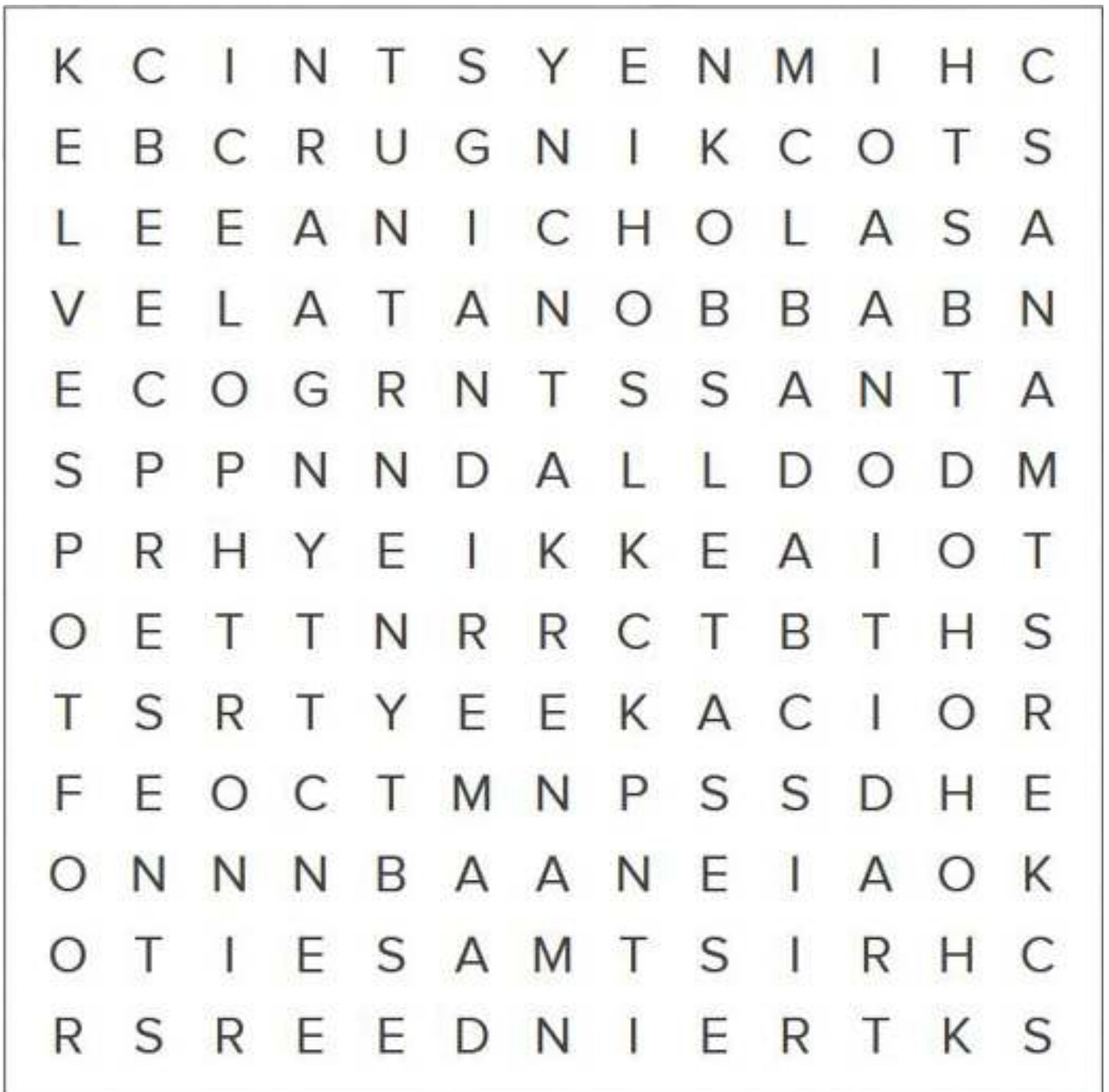
ACROSS

- 5. Healing (11)
- 7. Commotion (4)
- 8. Immortal (8)
- 9. Similes (anag) — weapon (7)
- 11. Save up for future use (5)
- 13. Feeble (5)
- 14. Daydream (7)
- 16. Encouragement (8)
- 17. Gloat (4)
- 18. Shakiness (11)

DOWN

- 1. Swerve (4)
- 2. Touchy-feely (7)
- 3. French woman (sometimes fatale) (5)
- 4. Reliable (8)
- 5. 1955 Little Richard hit (5,6)
- 6. Information detailing patient's illness (4,7)
- 10. Scuffle (8)
- 12. Legal action (7)
- 15. Suggest — drift (5)
- 17. Loop (4)

WORD SEARCH



BABBO NATALE

BEARD

BELT

CAKE

CHIMNEY

CHRISTMAS

CLAUS

DECEMBER

ELVES

HO HO HO

KERSTMAN

KRIS KRINGLE

MYTH

NICHOLAS

NORTH POLE

PERE NOEL

PRESENTS

REINDEER

ROOFTOP

SACK

SAINT

SANKTA

SANTA

SINTERKLAAS

ST NICK

STOCKING

TRADITION

TREE

CHRISTMAS ICE-CREAM CAKE

INGREDIENTS

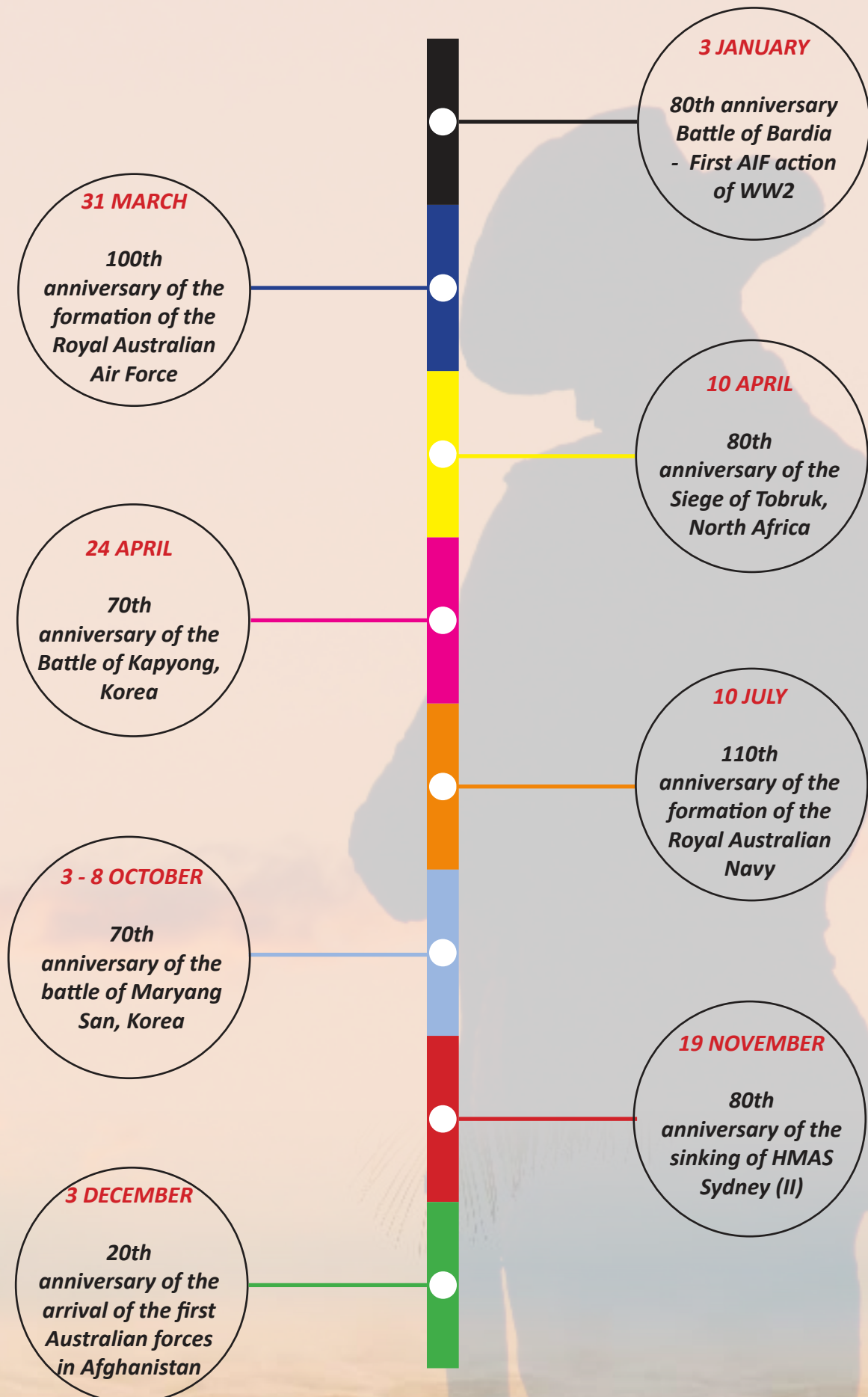
- 800 gram square dark fruit cake
- 550 gram frozen mixed berries
- 1 litre good-quality vanilla bean ice-cream
- 2 tablespoon brandy or rum
- 1/2 teaspoon ground nutmeg
- 1 1/2 teaspoon finely grated mandarin or orange rind
- 1/4 cup (40g) dry-roasted almonds, chopped coarsely
- 10 vanilla flavour mini meringue drops



METHOD

1. Grease a 20cm springform pan; line base and side with baking paper, extending paper 3cm beyond rim.
2. Cut fruit cake into three slices horizontally. Place a square slice in the centre of the base of the pan. Using remaining slices, trim them to fit the gaps; reserve trimmings. Using your hands, flatten fruit cake to form a level base without gaps. Cut trimmings into small pieces.
3. Remove ½ cup frozen red berries, cut any strawberries in half. Press strawberries to the side of the pan using some ice-cream as 'glue'. Place the pan in the freezer for 10 minutes.
4. Spoon remaining ice-cream into a large bowl; stir in brandy, nutmeg, rind and almonds; stir to combine. Spoon one-third of the ice-cream mixture into the pan; scatter with one-third reserved fruit cake, smooth level with a spoon. Repeat with remaining ice-cream mixture and fruit cake. Freeze for 4 hours or overnight until firm.
5. To serve, transfer cake to a serving plate. Layer remaining berries and meringues over the top, crushing some of the meringues in the process.

NOTABLE EVENTS 2021



TIPS FOR STAYING HEALTHY THIS SUMMER

1. **Stay hydrated**

Even if you're not thirsty, make sure to drink lots of water. As we age, we are less aware of our thirst. The standard suggestion is to aim to drink 6-8 cups a day

2. **Use sunscreen**

SunSmart recommends choosing a sunscreen labelled SPF30 or higher and water-resistant. Make sure to reapply every two hours

3. **Be mindful of your clothing**

Make sure to wear light coloured clothing as this helps reflect the sun. Dark colours tend to absorb the sun

4. **Check the forecast before you head out**

When heading out, you want to make sure you are dressed appropriately for the day especially in Queensland when the weather can change on a dime and we are entering storm season

5. **Check your medicines**

A lot of members take medication daily, some of which have side effects such as increased sensitivity to ultraviolet rays. If you have any concerns, check with your GP

6. **Get to know your neighbours**

Reach out to your neighbours to get to know them and their schedules, especially the senior ones. Having someone close by that can come check on you, or vice versa, if you feel something isn't right or they may be in danger is a big advantage. And you also might make a new friend along the way

7. **Sunglasses and hats**

Always wear sunglasses and a hat when you are outside as vision loss is very common with seniors. It's always a good idea to leave a spare pair of sunglasses in your hand bag in case you forget a pair when you go out

8. **Know the signs of Hyperthermia**

Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing any symptoms:

- Body temperature greater than 40 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting



PERMANENT RENTAL UNITS



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



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

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

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. Each apartment has two bedrooms, one with two single beds and the other with a queen size bed. Unit 18 is an exception, with four single beds. Two night minimum stay in unit 17 and seven nights minimum stay unit 18. Members receive a 25% discount off the advertised rate. **RESERVATIONS: 07 5492 0100**





AUSTRALIAN WAR WIDOWS QUEENSLAND

We support them
because they supported us.

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