

# BULLETIN

## AUSTRALIAN WAR WIDOWS



QUEENSLAND

### WINTER 2023

#### In this issue:

- Board Nominations
- ANZAC Day Photos
- Vietnam War Commemorative Medal
- Transport Assistance Program



White stone Cenotaph war memorial in Hobart, Tasmania

WINTER EDITION 2023

# AWWQ CONTACTS

## QUEENSLAND STATE PRESIDENT

Mrs Judy Smith

## CHAIRMAN

Mr Stephen Scott

## INDEPENDENT DIRECTORS

Ms Jenny Walker

Mr Chris Richards

Mrs Narelle Stanton

## WAR WIDOW DIRECTORS

Mrs Maureen Rush OAM

Mrs Jenny Gregory

Mrs Debbie Baczyk

Mrs Denise Fridolf OAM

## MEMBERS OF STAFF

Rachel Johnson, Executive Officer

Susan Hilditch, Wellbeing Program Manager

Jason Orchard, Operations Manager

Lindy Beehre, Member Support Officer

Emma Quigley, Administration & Property Coordinator

## STREET ADDRESS

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## OFFICE HOURS

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## PHONE

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## EMAIL

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[bulletin@warwidowsqld.org.au](mailto:bulletin@warwidowsqld.org.au)

## WEBSITE

[www.warwidowsqld.org.au](http://www.warwidowsqld.org.au)

## GRATITUDE TO OUR PATRON

Her Excellency the Honourable Dr Jeannette Young AC

PSM, Governor of Queensland

<https://www.govhouse.qld.gov.au/>

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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 CONTACTS

AWWQ	07 3846 7706 or 1800 061 945
AWWQ Transport Assistance Program (Lindy Beehre)	0478 398 931
Aged Care Placement Agent (Leona Bonning)	0408 748 341
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	1800 838 372
DVA Pharmaceutical line	1800 552 580
DVA Short-term Crisis Accommodation	1800 011 046
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 / <a href="mailto:openarms.clientassist@dva.gov.au">openarms.clientassist@dva.gov.au</a>
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

Berris Bainbridge – Bundaberg	Lyrian Hughes – Holmview	Ivy Saunders- Keperra
Venita Bolt- Caboolture	Joyce Kay- Burpengary East	Beverley Shaw- Redcliffe
Roma Burns- Toowoomba	Glennis King – Point Vernon	Delmay Stewart- Warwick
Janet Carter- Toowong	Denise Lee – Wellington Point	Emelita Sweeper – Fitzgibbon
Dot Clarke- Gumdale	Judith Mason- Cleveland	Miara Turnbull- Kepnock
Gwendoline Cooke – Runaway Bay	Aurora McGurk – Acacia Ridge	Desley Van Haren – Bundaberg
Gudrun Duus – Flinders View	Branka Medlock – South Kolan	North
Maree Featherstone – Victoria Point	Elizabeth Nicholls- Inala	Veronica Weir – Palm Beach
Patricia Ferguson – New Farm	Diane Rieck- Bundaberg	Imelda Williams- Chermside
Ursula Fraser – Everton Park	Glenis Rogers- Brendale	Helen Wyatt – Bargara
Carolyn Henderson- Parrearra	Christine Rosser – Redland Bay	



## STATE PRESIDENT REPORT



Autumn is here with some very pleasant weather, but winter is not far away with the forecast for some cold days so make sure you rug up and keep warm.

On Anzac Day it was a privilege for me to lay a wreath for AWWQ at the Dawn Service at ANZAC Square Bris-

bane. Then I watched a small but very proud group of our war widows displaying our banner in the Brisbane ANZAC Day Parade. Thank you to all those who participated.

A special thanks to Jenny Gregory, Chris Richards, Pam Dittmar, Pam Hoy, Peta Bunter, Denise Fridolf OAM, Margaret Hough, and Maureen Morrison for attending services that I was unable to attend because of heavy commitments on the day.

In Brisbane, AWWQ was represented at ANZAC Square Student's Service, Australian Catholic University Service, ANZAC Square Dawn Service, Greenslopes Hospital Dawn Service, Toowong RSL Dawn Service, Ithaca Memorial Service, Kedron-Wavell RSL, Coorparoo RSL, St Andrews Hospital Service, and New Farm Social Group ANZAC Service.

Thank you to Jenny Gregory for organising an ANZAC Day Service at Marina Court and to Chris Richards for your support with this service. This is the third ANZAC Day Service Jenny has organised at Marina Court and by the attendance this year I think the expectation is that this will become an annual event.

On the eve of ANZAC Day, the Western Australian Premier announced that 19 October would be set as War Widows Day in Western Australia. This follows the announcement on the 16 March that the South Australian Government will also commemorate War Widows Day on 19 October each year. Congratulations to South Australian and Western Australian War Widows.

While War Widows Day will be recognised in a small way in Brisbane this year, the board wants each

group to have their own celebration event. You choose how you want to celebrate, and a subsidy will be available to help with this. Keep in touch with your group to see what is being planned, don't miss this important event.

The ladies at Redlands have Friendship Day plans well underway and looking forward to making you welcome. You won't want to miss out so get your registration forms and your payment to your group or to Lindy 0478 398 931 ASAP. You will find a Registration Form and general information further on in this Bulletin.

This year the Australian Government will mark the 50th anniversary of the end of Australia's involvement in the Vietnam War and will produce a Commemorative Medallion and Certificate of Commemoration. This will be available to widows of Vietnam veterans and other family members of veterans of the Vietnam War. Information about how to apply is available further on in this Bulletin.

In July your board will take a day to review the work AWWQ is doing and to make sure our Strategic Plan is making best use of our resources to provide you the members with the appropriate services to best meet your needs.

Your Board is calling for nominations from war widows to fill two Board positions. This comes about as per the requirements of the Constitution. If interested, you will find a Nomination Form in this Bulletin and call Rachel (07 3846 7706) if you would like more information. The election of these members will take effect from the AGM on 27 November 2023.

Thank you to Denise Fridolf OAM who accepted the invitation to fill a temporary vacant position on the AWWQ Board when Cath Hartshorn resigned recently. I thank Cath for her work and support she has given to AWWQ over many years and look forward to working with Denise.

To the groups I have already visited this year, thank you for making me so welcome and I look forward to more visits in the coming months.

For now, stay well and keep warm.

*Judy*

# EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

Firstly, I would like to thank our members who continue to support AWWQ and have ensured their membership fees are up to date. One of the highlights during membership renewal time is that head office staff speak to so many

of you and we appreciate those who continue to provide us with such positive feedback on the job we do. Our State President, Judy Smith along with our Wellbeing Program Manager, Sue Hilditch have kept a busy schedule as they continue to visit groups. The positive feedback we are receiving from members who have enjoyed these visits has been outstanding.

During May, AWWQ acknowledged National Volunteers Week and on that note, I would personally like to thank our Sub Branch Presidents and Group Coordinators for their tireless efforts assisting our members. Knowing that such a formidable group of women is guiding the way is truly an incredible gift.

Our end of financial year, March 2023 quickly approached this year, and our annual audit will commence in June and reported on at the AGM. Further details on the AGM & Christmas lunch will be included in the upcoming Spring (September 2023)

Bulletin. For now, I'd like to remind members to make their Friendship Day bookings. Redlands Sub Branch will be hosting Friendship Day on 24th of August.

Also approaching is our War Widows Day, once again we encourage all our groups to plan something special for their members. The organised event does not have to be held on the 19th of October, please speak to your members and see when and how they would like to commemorate the day.

In closing and on behalf of our entire team Jason, Sue, Emma & Lindy we would like to congratulate Denise Fridolf OAM and Narelle Stanton on their recent appointments to the Board.



## War Widows Day

19TH OCTOBER 2023

For War Widows Day 2023, there won't be a large head office organised event.

Rather, each group is encouraged to organise local events, such as morning teas, lunches, bus trips, or any preferred activity. The event can be held anytime during the year.

We also encourage groups to invite their local council members and apply to illuminate local assets for the occasion.

Head Office will assist by subsidising financial members to attend your group event. Transport assistance can also be arranged through our Transport Assistance Program. For further information please contact Rachel at Head Office on (07) 3846 7706.



AUSTRALIAN  
WAR WIDOWS  
QUEENSLAND



# NATIONAL PRESIDENT REPORT



personal sacrifices of war widows and widowers with an annual day of commemoration on 19 October.

We look forward to WW ACT achieving this same result and having a declaration of this special day in ACT. Then it is up to AWW to get Victoria, Tasmania and NT involved and make this day a National War Widows Day.

I am happy to report that we have had an offer from a Victorian war widow to re-activate a war widows' group in Melbourne. If you know of anyone who may be interested in being part of this group, please contact AWW on 0427 735 871.

I would like to thank all the war widows who represented Australian War Widows at their state or sub-branch level in laying wreaths or attending an Anzac Day Service in their area. This is an important occasion where we can pay tribute to our loved ones' dedication, service and sacrifice.

You will have heard that there are some changes proposed to the Veterans Legislation and many of you may have contributed to discussions around this issue. The proposed new system aims to establish a single ongoing Act (MRCA) but grandparenting all existing arrangements to ensure there is no reduction in entitlements currently being or previously

received by veterans/widows. AWW has given feedback about the proposed legislative reform and in particular, requesting that the language used is clear and simple and that the changes are articulated clearly and timely to the veteran community.

The National Council met in Canberra in May to review our vision and purpose and how we can best support our many war widows in Australia. One of our main concerns is to activate AWW in those states who do not currently have a war widow's organisation.

We are very pleased that the DVA publication of "Vet Affairs" has allocated additional space for War Widows to advertise our activities and promote our organisation.

I have continued to attend ESORT meetings, the Budget briefing at DVA in May, an RSL Forum for Ex-Service Organisations in Sydney, webinar sessions regarding the proposed changes to Veterans' Legislation and liaised with Alison Frame (Secretary DVA) regarding issues affecting war widows.

Along with the AWWQ President, Judy Smith, I attended a Coronation Dinner for His Majesty King Charles III and Her Majesty Camilla Queen Consort at the Tattersall's club in Brisbane. Do you all recall that Jessie Vasey attended the coronation of Queen Elizabeth II?

I will continue to represent all war widows in Australia at any relevant meeting or occasion.

It is a great honour for me to be able to do this.

Jenny Gregory  
National President  
Australian War Widows Queensland

# NEWS & REMINDERS

## BOARD NOMINATIONS

The 2023/2024 Board nominations are now open and there is two war widow director positions up for nomination. Please see page 39 of this edition for the nomination form.

## FRIENDSHIP DAY

Friendship Day bookings are filling up fast if you haven't already done so remember to book ASAP. There is also a timing correction from the last Bulletin. Redlands sub branch has now advised the start time of the luncheon on Thursday 24 August will be **11:30am** for a **12:00pm** lunch.

## TRANSPORT ASSISTANCE GRANT

We have received another installment from Eastern Star Foundation to continue our Transport Assistance Program.

We would like to thank the Eastern Star Foundation for their continued support of AWWQ. If you would like to utilise the Transport Assistance Grant, please see page 14 of this edition for more information.



## MEMBERSHIP SUBSCRIPTIONS

A reminder that your \$25 2023/2024 membership renewals were due on 31/3/2023. If you

have yet to pay, please contact head office on (07) 3846 7706 to arrange payment.

## MAUREEN RUSH

A big congratulations to Maureen Rush for officially receiving her OAM award. Maureen has worked tirelessly in the community and this is great recognition for her hard work. Congratulations Maureen!



## PENSION RISE

As from 6/4/2023, there has been a rise to the pensions. Please see page 25 of this edition for more information.

## DISCOUNT HOLIDAY ACCOMMODATION

Air Force Holidays are a Not-For-Profit who provide discount holiday accommodation to current and former serving members of the Australian Defence Force, their families and Defence Australian Public Servants. Their website also shows a link to other RAAF holiday accommodation Australia wide. visit <https://www.airforceholidays.com.au> for more information.

## INCREASE IN FUNDING FOR HOME CARE PACKAGES

Following the Australian Government commitment to increase the wages of aged care workers and the subsequent 15% award increase, the government has also increased funding for the home care packages by 11.9% from 1 July 2023. This will ensure that recipients of HCP can continue to receive the same number of hours of services that they were receiving before the wage increases.

PACKAGE LEVEL	NEW SUBSIDY FROM 1 JULY
LEVEL 1	\$28.14
LEVEL 2	\$49.49
LEVEL 3	\$107.70
LEVEL 4	\$163.27

## AVCAT SPONSORSHIPS

AVCAT tertiary scholarship applications for children and grandchildren of Australian ex-serving veterans open on 18 August 2023, and close midnight on 31 October 2023. The scholarships are between \$4,000- \$6,000 a year, for three years. For more information and to apply online, visit [avcat.org.au](http://avcat.org.au)



# 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 "Legacy House", 11 Williams Road, Svensson Heights, 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: Lyn Bennett 0404 868 449 E: Bennett.lynn@aapt.net.au Norma Basset 0408 537 547 Donata Harper 0428 581 158
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 President: Roohangiz Doherty 07 5437 8619 Vice President: June Hall Secretary: Louise Rooney 0428 230 294 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: Sharon Grut-Mackay 0468 776 119 E: shazza66@y7mail.com Assistants: Deirdre Breakwell & Sandra Small
GOLD COAST SOUTH	1st MONDAY 10:30am Currumbin RSL 165 Durling St Currumbin QLD 4223 President & Treasurer: Deborah Baczyk 0408 807 600 E: presidentwwgc@outlook.com Secretary: Rosemary Miller 0407 133 026 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: mteakle2@bigpond.com Treasurer: Lorraine Hughes 0412 826 381
LAVENDER LADIES	3rd SATURDAY 12:00pm Various venues on the Gold Coast Contact: Bron Drinkwater 0400 098 310



LOTUS CLUB	1st SATURDAY 12:30pm Various venues Coordinator: Narelle Stanton 0418 731 686 E: n_stanton@yahoo.com
MAROOCHYDORE	4th MONDAY 10:00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 Coordinator Heather Fazldeen 5444 0281   0409 260 031 E: Fazah@bigpond.com
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 0411 512 310 E: Jenny2gregory@hotmail.com
THE PERSEPHONES	1st SATURDAY 10:00am - 2:00pm (Subject to change and availability) Coordinator: Lauren Ashby 0409 951 158 E: renash03@bigpond.com
REDCLIFFE	1st FRIDAY 10:30am Redcliffe RSL Irene St Redcliffe QLD 4020 President: Jenny Armstrong 0421 820 415 Vice President: Judy Harvey 0404 759 289 Secretary: Gail Brown 0419 789 022 E: walgailb@bigpond.net.au Treasurer: Jan Kersnovske 0430 149 396 E: jhkers@hotmail.net.au
REDLANDS	Last FRIDAY 10:00am Redlands RSL 8 Passage St Cleveland QLD 4163 President: Lynne Martin 0416 224 453 Vice President: Krys Wade 07 3822 9502 Treasurer: Fay 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: Gloria Lynch 07 4926 3947
SHERWOOD	3rd TUESDAY 10:00am Sherwood/Indooroopilly RSL Sub Branch 2 Clewley St. Corinda QLD 4075 Convenor: Teresa Howkins 07 3379 2420 E: cthowk@bigpond.net.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
TOOWOOMBA	2nd WEDNESDAY 9:30am Dr Price Meeting Room 6 Little St. Toowoomba QLD 4350 President: Robyne Hilditch 07 4614 0080 Vice President: Mary Anne Wheatley 07 4698 7789 Secretary: Helen Puxty 0428 908 864 Treasurer: Christine Hilditch 0412 078 631 Assistant Treasurer: Delma Starkoff
TOWNSVILLE	3rd TUESDAY 10:00am The Oasis, 1 Staging Camp Ave, Oonoonba QLD 4811 President: Wilma Kent 0412 341 293 Vice President: Wendy Goodman 0408 584 929 Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Wendy Tranter 0409 243 428 Assistant Treasurer: Trish Hunter 0418 958 927
WARWICK	1st THURSDAY 11:00am Warwick RSL 65 Albion St. Warwick QLD 4370 Secretary/Treasurer: Deborah Wheeler 0414 852 492 E: Info@kyoomba.com

# GROUP NEWS

## BRISBANE NORTH

Our year has started off with a visit from Barbara and Bill Kenney, QLD coordinators of Quilts of Valour, where Gloria Kane was presented with a quilt in recognition of her husband's service with the Royal Australian Regiment in Malaysia and Vietnam. The quilt was created by Lyn Madden and finished by Michelle Green. Gloria was so thrilled to receive the quilt.

In April I had a special morning tea for my members and also invited some members who don't come to a group. Judy, Jenny and Narelle attended as well. It was a morning of connecting with one another and from that morning 10 people have decided they will come along to my group. It was nice welcoming some new faces.

Also, in April we had Sgt Kim Richter from QLD police come and speak to the group about scams that are going around and how we should stay vigilant, what we read on our computers and also the calls we receive that all sound great, but if it sounds or looks amazing that is a red flag on what may be involved. Be cautious.

Our May meeting is being held at Geebung and we will be having the Gaythorne group coming to visit us. We are all looking forward to sharing the morning with them, and I have a guest speaker coming as well who all will enjoy listening to.

It was my first year of not laying a wreath for war widows but it all went well on the day. My stand in was my great grandson, Joshua Fridolf. Josh has been coming to the dawn service for four years and has laid the wreath with me. He was so proud and excited at doing it today with his dad, Ben. And I must say they did an excellent job. Maureen Hinchey laid

the wreath for war widows at the Zillmere service. Thank you to you both.

On Monday 24th of April I was asked to attend the Anzac service at QLD Catholic University at Banyo. The service was moving as the younger servicemen were represented through the service most are students from the university they do have a wonderful program running there to help veterans transition to civilian life and study for another career.

In July we will be going to Marina Court to have lunch with the New Farm group.



Gloria Kane receiving her quilt from Quilts of Valour



Joshua Fridolf laying a wreath at the Geebung RSL Anzac service

## BRISBANE WEST

Hello everyone. The time is passing so quickly and we are now almost half way through the year.

In March, we enjoyed a lovely high tea at Teavine House at Tallebudgera. We had previously visited Teavine House a number of times in the past and unfortunately, the venue closed permanently a few days after we attended. However, they were selling their lovely china tea settings and our ladies were able to purchase their beautiful china as mementos.

Our meeting in April was a combined theme of Easter and Anzac Day with chocolate goodies, Anzac biscuits and lunch. This year, our ladies attended various Anzac Day memorials and also the Anzac Day march in Brisbane.

In May, we attended Brisbane North (Geebung) group and were heartily welcomed by Denise and her ladies. We listened to a very interesting talk by Dr Cliff Pollard who told us of the history of the Rosemount Hospital at Windsor. After that, we enjoyed lunch and a lovely day was had by all.

We are now preparing for the remainder of the year which includes travelling to Redlands for Friendship Day in August.

Congratulations must go to Bev Summers, our Treasurer. She is a participant in the Legacy Relay which is running through Brisbane on the 9th June 2023. We will be cheering her on.

Best wishes to all.



Margaret Blake and Sue Hilditch





Brisbane West members at High Tea

## CAIRNS

Hi to all from Cairns. The year's going very well.

At our March meeting we were visited by four charming and very knowledgeable members of the Fire Service in Cairns. We were treated to a very interesting and entertaining presentation about fire safety around the home or unit, and also including safety around smoke detectors and ion batteries.

Our excursion during April was enjoyed by all. We visited the Museum in Gordonvale, and then had lunch at a local hotel. The museum was very interesting and the lunch at the hotel was great.

May has started well. We all made a silk orchid arrangement which we took home for ourselves for Mothers' Day. Patricia's arrangement won the day as totally original.



Cairns members at thier monthly meeting

## CALOUNDRA

We had our meeting on the 13th of March with 23 members attending that day. We had a bus trip for lunch at Coolum Bowls Club.

On the 29th of March we went for High Tea at Flaxton Garden with 18 ladies. We had a lovely time and the food was delicious.

Our April meeting was on Easter Monday, 19 members turned up and we had 11 Apologies. We had a nice lunch in the RSL Club. On the 25th of April I laid a wreath at Caloundra RSL on behalf of our ladies. There were a lot of people in attendance this year.

Our last meeting was on 8th of May with 18 members in attendance and 12 apologies. One of our members had a knee opposition at Buderim hospital, she was in rehab so Christine and I visited her and she is doing ok.

After the meeting we had a bus trip for lunch at Coolum Beach Hotel. It was a nice day and the meal was nice. Our next meeting is 12th of June.

Roohi Doherty



Caloundra members at their High Tea

## GOLD COAST SOUTH

Hello all from Gold Coast South.

As winter is upon us we marvel in what a great part of the world we live in, bright sunny days with a slight chill in the air followed by nights that are cool enough to be able to snuggle under the blankets.

We have had a good start to the year with a steady group attending.

At our meeting in April we had

Helen Austin, the author of "Like Shadows in the Corner", speak to our group. Helen is a local Vietnam Veteran's wife who had written and self published a book sharing her story and the stories of others and their struggles while their husbands were away in Vietnam.

ANZAC Day was as usual a very busy one for our group as Currumbin RSL are always front and centre with the services. Rosemary and I braved the wind and rain at the Elephant Rock dawn service followed by a lovely simple service around a tree outside my unit complex where many of the surrounding residents came out to pay their respects. 10 ladies then went to the mid-morning service where we are acknowledged as the Chief mourners and each lay a rose to acknowledge our loss. Lunch followed and a good day was had by all.

At our May meeting we celebrated Mother's Day with a high tea attended by 25 ladies. They were asked to bring along a photo of their mum to share and reflect on their memories of them. Rosemary once again spoilt us with a goodie bag!

Our monthly newsletter is still the glue that keeps us together especially those ladies that through age or illness can no longer attend our monthly meetings. Carole continues to do an amazing job.

Since the last Bulletin we have sadly farewelled Val Bennett. Val's ashes were scattered at sea during ANZAC service. Vale, Val.

Goodbye for now.

Debbie

President Gold Coast South





Mother's Day High Tea at the May meeting



Group photo at the High Tea

## GYMPIE

We are having some very cold mornings so hope everyone is rugging up and keeping warm.

I once again laid a wreath at the Anzac Day Dawn Service. At 9.30am 12 ladies marched behind the Legacy Banner to celebrate their 100 years. The RSL always invite us for a free breakfast and lunch, which is very much appreciated.

On April 29 Jenny Walker (Director of War Widows) Joyce and I attended the RSL Inaugural Masked Ball to show our support for all they do for us. A good time was had by all, and a much-needed amount of money raised for homeless veterans.

At our meeting prior to Mother's Day, we brought our finest cup, saucer and plate, bought some very delicious food and had a morning tea/ brunch party. Lots of laughter and chatter.

Our next meeting Joyce is bringing some craft for us to do, not sure what but I am sure it will create a fun filled morning. Thank you Joyce.

The July meeting will see Judy and Sue from Head Office visit us, so ladies have any questions you might have ready to ask Sue.

Stay warm.

Maureen



Gympie members at their brunch party



Gympie members at their brunch party



Maureen Rush and Jenny Walker at the Masked Ball

## IPSWICH

Ipswich had 13 members at our last meeting. After our meeting we went to Chards for lunch.

We are working on doing a trip to the Currumbin Bird Sanctuary in July. Hoping some of the Currumbin ladies will join us, if not for the Sanctuary then for lunch at the Currumbin RSL.

Marea laid a Wreath on Anzac Day in Ipswich whilst Bron laid one at the Railway museum service.

We are organising ourselves for friendship day and looking forward to meeting up with others.



Ipswich members at their monthly meeting



Marea Teakle, Elsie Johns and Judy Smith

## MAROOCHYDORE

Hello ladies.

How lovely is our cooler weather. I must admit I am enjoying it.

We continue to have alternate meetings and lunch get togethers, and the ladies are enjoying this set up. It gives them more time to have a good catch up with each other. We have had bus trips to Bribie Island followed by lunch at the Surf Club there and also a great visit to the Vietnam Veterans Remembrance House at Burpengary. That was a fantastic day and they made us feel so welcome. Owing to no government funding, they rely on donations and grants to run this amazing place. I would recommend you contact them and make a visit there sometime.

Sadly, two of our members passed away in April. Heather Hunter and Edith Blackmore. Heather was a member of Maroochydore for 34 years. Dorothy Jacobsen recently went into aged care.

At our April meeting we had a guest speaker, Brian, who spoke on the origins of whiskey. Most informative and no, there was no taste testing. In June we have a lady coming to show us her miniature dolls and other craft.

Several members of our group laid wreaths at their local RSL

Anzac Services and other venues. Lorraine O'Neal and myself laid a wreath on behalf of our group at the Cenotaph at Cotton Tree.

It was lovely to welcome our State President Judy Smith and Sue Hilditch to our May meeting. Sue spoke to the ladies about DVA Home Care and encouraged those who have not registered with My Aged Care to do so.

We look forward to seeing everyone at Friendship Day in August. In the meantime, stay well and stay safe.

## NEW FARM

As the weather was very cold for our May meeting, it was held indoors. There was a good attendance of ladies although a few were away, or unwell. Judy Smith convened the meeting as Jenny was in Canberra at an ESORT meeting (DVA). Our guest speaker, Helen Austin-Townsend was also unwell and sent her apologies. Helen is the author of "Like Shadows in the Corner" which is stories about the experiences of Vietnam wives while their husbands were serving. We will have Helen back to speak to us on 18th July when the Brisbane North group joins us for our meeting followed by a spit roast lunch.

In June we have a return visit from the Mission to Seafarers and in August we will have a speaker from BCC Waste Management to talk to us about recycling. We have a number of our ladies already registered for Friendship Day at Redlands and we are very much looking forward to this. We will travel by bus to Redlands with the Gaythorne and Geebung war widows.

In September we have a member of the Crime Prevention Police visiting us.

We are starting to think about how we will celebrate War Wid-

ows Day in October as it is up to each of our war widow groups to plan how we wish to celebrate the occasion.

## REDLANDS

Star Seas Quilting Group Cleveland so generously gave the Redlands War Widows five quilts for our ladies. Last year, because of their generosity, we were able to donate a quilt to every member in a nursing home.

A presentation was made at the conclusion of our February meeting to the following ladies for their long-time dedication to our group - Merrill Ovenden, Fay Cross and Ruth Minnis. Doreen Mathews, who is leaving our group and moving to Bowen to be closer to her daughter, will be 99 next birthday, also received a quilt.

On Thursday, Krystyna Wade and Helen McDiarmid presented a quilt to Rosetta Richardson who turned 100 on 24th of April. Rosetta still lives at home and is hoping to renew her driving licence. She still plays 500 and bridge on a weekly basis. Rosetta was born in North Melbourne and attended Glen Huntley high school, was an office worker and later married in 1943. Her late husband was part of the Biscuit Bombers in Darwin when it was bombed. They moved to Thornlands in 1982. They have a son who lives in Melbourne and a daughter who lives locally. We wish her happiness and good health for the coming year.

The following week another quilt was presented to Marjorie Collins who turns 100 on 4 September.

Star Seas Quilting group have donated quilts to our group through their generosity and a big thank you to the group. They are now making quilts for other organisations.



Redlands members receiving their quilts

## ROCKHAMPTON

Hello everyone. Our meetings continue to have between nine to 12 members attending. After the meeting some of the members stay for coffee, lunch and lots of chatting. We will have our AGM at our next meeting in June.

Jenny Ireland and Jan McPherson attended the Dawn Service in Rockhampton and laid a wreath. So lovely to see that the numbers attending the service appear to be increasing every year. Ruth and Helen Russell attended the Dawn Service at the Caves again and thought the numbers attending there are also increasing.

Some members joined the RSL Women's Auxiliary organised bus



trip to Cockscomb Bush Retreat for morning tea and a bar-b-q lunch on the 14th May. It was a very nice day and was enjoyed by all.

Five of our members are looking forward to attending the Friendship Day at Redlands in August. Some members are attending an RSL Yeppoon organised bus trip to the Mackay area in September. Unfortunately, this includes our meeting day so there will be no meeting in September. This bus trip was deferred from last year so let's hope it goes ahead this time.  
Till next time, Jan



Rockhampton members at Cockscomb Bush Retreat

SOUTH EAST

So far this year our group has welcomed two new members but lost one. Our sincere condolences go out to the family of Dorothy Lester who passed away on 18th May after months of ill health. Dorothy kept the South East AWWQ Club going for many years with a membership of over 40 ladies and organizing large meetings and bus trips; however age has caught up and the club has become a Social Group of about 20 with an average of 12 attending monthly meetings for morning tea/coffee and lots of chat.

Because we meet in a public bistro lounge at the East Leagues Club, ladies are able to be accompanied by a family member. Although we are fewer in numbers it is a happy friendly occasion.



South East members at their monthly meeting

SOUTH WEST REGION

Our member numbers are steady. We did have two new ladies join in February.

In March a very generous group called CIS (Community Involvement Solutions) contacted the Sub Branch RSL. Their aim was to donate hampers to the War Widows. The sub branch first contacted (Eunice) Legacy who then contacted us. It was decided that hampers, which were made up of groceries and perishables, might be a little hard to handle so gift vouchers might be better.

As we wanted it to be a surprise for the ladies we invited them to a morning tea supplied by the sub branch. It was a surprise for the recipients. When they were handed the very generous gift vouchers it would be correct in saying they were in shock.

For April, we have been invited to attend and lay a wreath at an ANZAC day service at Browns Plains High School.

Our AGM will be on the 5th May and Jenny Gregory will be chairing the meeting. All positions will be vacant.

Bye for now.  
Pat Woods



National President Jenny Gregory and Sue Hilditch thanking Grace Banham for her many years of dedication and service as SW Treasurer

TOWNSVILLE

Who knows what to expect in Townsville; after daily showers to hot windy drying days to a cool change then back to the heat again. This could be why we have so many of our members not feeling well. Some of our ladies are playing tourists while they are able. This is War Widows' 60th year in Townsville.

At the May meeting Sarah Jarrett and Jillian Kelly advised members of the programs available through Open Arms. We may think these programs will not help us but it is surprising what we do learn by attending. We had chocolate to savour through our stress - amazing what it does. Also, each lady was given a red rose bud for Mother's Day.

In June, July, August: Vietnam Vet, Legal Advice, and Police to advise us how to keep ourselves safe and the help that is available.

Sept-AWWQ President and Welfare visit. Oct. War Widows' Day and Veterans Health Week.

2023 is halfway passed. Yesterday we were young- tomorrow we are ole. So, exercise, walk and laugh while we are still able. Age is only a number.





# VIETNAM WAR COMMEMORATIVE MEDALLION AND CERTIFICATE

To acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War, the Department of Veterans' Affairs will produce a Commemorative Medallion and Certificate of Commemoration.

The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War. Please note that only one medallion is available per Vietnam War veteran. While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, this medallion and certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home.

The obverse design will feature the Commonwealth Coat of Arms with 'Vietnam War' inscribed at the top and "Australia remembers" at the bottom. The medallion reverse design will feature words of thanks at the bottom with the years 1962-73 inscribed at the top to represent the years in which Australia was involved in the Vietnam War. The medallion also features a UH-1 Iroquois "Huey" Helicopter, a depiction of HMAS Sydney (III) "Vung Tau Ferry" and an Australian soldier holding an SLR.

The medallion will be presented in a display case and will include a card that explains the design and contains a brief expression of thanks.

The design of the commemorative certificate will complement the medallion. The design includes the Commonwealth Coat of Arms, 'Australia Remembers' wording and includes the signature of both the Governor-General and the Prime Minister.

The certificate will be contained within its own folder that will allow for independent display, framing and mounting.

To apply for the medallion Ph: 1800 838 372 , prompt "Medallions" or for more information visit the DVA website: [www.dva.gov.au/vietnam50](http://www.dva.gov.au/vietnam50).



# TRANSPORT ASSISTANCE PROGRAM



*Transportation plays a key role in facilitating social interactions and promoting social inclusion, and it has been shown that the mode of transport can have an impact on physical and mental health.*

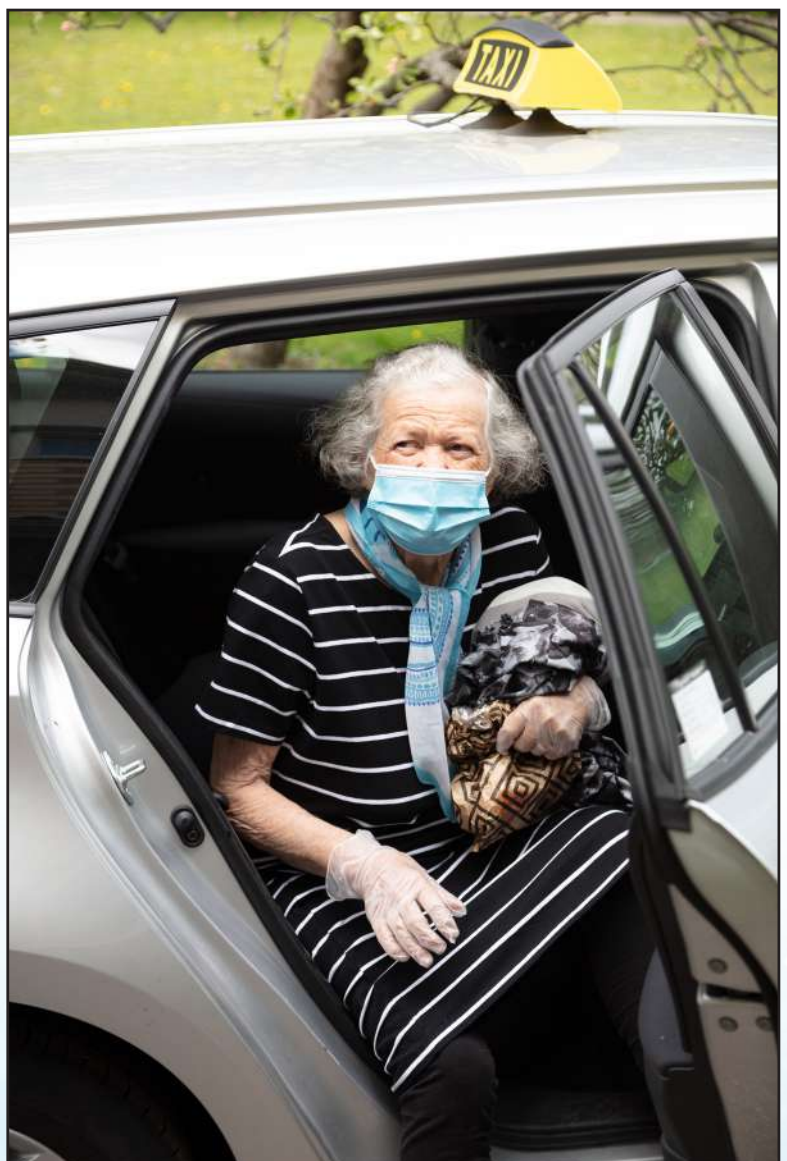
Thanks to the generous sponsorship of the Eastern Star Foundation, we are proud to offer our members a transport assistance program.

This program provides complementary transportation to our meetings and events for transport disadvantaged members, subject to the program guidelines. We can assist with Cabcharge tickets, fuel reimbursement, train tickets, and sub-branch bus hire.

It is important to note that our transport assistance is only available to financial members and is limited to attending Australian War Widow QLD meetings and events. It cannot be used for other socialisation or medical appointments.

If you reside in the South-East Queensland region, we have a 12-seater minivan available for complimentary day bookings from our head office. Our minivan is designed with a fold-down step to assist those with limited mobility, and our volunteer drivers provide a personal and caring service, helping our members on and off the van.

If you would like to learn more about our transport assistance program, please call Lindy on 0478 398 931 and we would be happy to help.





# AVCAT SPONSORSHIP UPDATE: MACEY BENNETT



Thank You  
Note: Dear  
Australian  
War Widows  
Queensland,

What an exciting year 2022 was! Reflecting on the year makes me feel overwhelmed with emotions of gratitude and excitement. I have most definitely lived life to the fullest

and am very proud of my achievements, but also my contribution to the community and the difference I am making to our modern society.

Semester two started with a bang. Some may say I hit the ground running when returning from my travels overseas to New York and Washington with the Australian Highland Dancing Team. In regard to my dancing, I was able to demonstrate my continuous dedication and determination to my sport and competed at the Queensland Highland Dancing Championships. Coming out from an injury I was very proud of my placings and have big goals for 2023 for my first competition in February Thistle Highland Dancing Championships.

Furthermore, my Community Service Executive Role at Duchesne College this year was incredibly rewarding. A highlight from this semester was raising a total of \$15,000 for the Do It In A Dress Campaign. I am so lucky to have received such a cultivated education that sets me up for a successful future. However, in many countries' education is limited and individuals are not fortunate enough to have any access to knowledge and teaching in their lives. I believe that those who are able to learn are able to find steppingstones to a better life. Thus, along with my Duch girls, I was able to lead 250 young women to wear a school dress every day in September to raise awareness for girls education.

In addition, the college had our recent Annual General Meeting and I was elected as the 2023 Student Club President. I am very excited to challenge myself with this role and make a positive change to residential living throughout Australia. I was then selected to represent Duchesne College as a delegate at the National Association of Australian University Colleges (NAAUC) Annual National Conference. NAAUC is the premier representative body for tertiary students living on campus. With over 230 residences from every state and territory in Australia, NAAUC coordinates a national communication network. Our membership base consists of over 100,000 students living on campus around the country, including all of the Group of Eight Universities in Australia. This opportunity was very eye-opening and inspiring for what change I am able to make in my community.

Finally, balancing all my extracurricular activities with my studies was a challenge. However, I love a challenge, and find that I thrive in these conditions. While I still need to continue to find a healthy balance through the chaos, I am extremely proud of my achievements this year and cannot wait to enter my third year. As I am sure the study load will grow in the year of 2023, I look forward to continue to defy the odds. –

Once again, I could not have achieved any of this without your continuous support. I count my blessings everyday as I would not be in the position without the financial help that you provide. It truly makes a huge difference in my life and has opened my life up to so many incredibly opportunities. Thank you for everything you do.

Macey Bennet

## AVCAT Scholarships

### OPEN AUG 18

Tertiary scholarships for children & grandchildren of Australian ex-serving veterans

Apply online by 31 October





AUSTRALIAN VETERANS' CHILDREN ASSISTANCE TRUST

CELEBRATING 20 YEARS

avcat.org.au



# FRIENDSHIP DAY 2023

A reminder that Friendship Day will be held this year in beautiful Redlands.

On Wednesday 23 August a White Cross Service will be held, followed by dinner at the Redlands RSL. Friendship Day will be on Thursday 24 August. Details for the events are as follow-

## **WHITE CROSS SERVICE**

Date: Wednesday 23 August

Time: 3:00pm- 4:00pm

Cost: Free

Where: ANZAC Park, Passage Street (Opposite the Redlands RSL) Followed by dinner at the Redlands RSL

## **Dinner**

Date: Wednesday 23 August

Time: 5:00pm

Cost: attendees to pay individually

Where: Redlands RSL Club, 8 Passage Street, Cleveland

## **FRIENDSHIP DAY**

Date: Thursday 24 August

Time: 11:30am arrival for 12:00pm lunch

Cost: \$55 Per Person

Where: Redlands RSL Club, 8 Passage Street, Cleveland  
Entertainment on the day will be Tommy Memphis

For bookings, please contact Lindy Beehre on:

M: 0478 398 931

E: [Lindy@warwidowsqld.org.au](mailto:Lindy@warwidowsqld.org.au)

Fur further details, please contact Lynne Martin on:

M: 0416 224 453

E: [stlymart@gmail.com](mailto:stlymart@gmail.com)

# FRIENDSHIP DAY 2023 RSVP FORM

*White Cross Service - Wednesday 23 August , 3:00 pm - 4:00pm*

*ANZAC Park, Passage Street (Opposite the Redlands RSL). Followed by dinner at the Redlands RSL*

.....  
*Friendship Day Luncheon (\$55 per person) - Thursday 24 August, 11:30am arrival for 12:00pm Lunch*

*Redlands RSL Club, 8 Passage Street, Cleveland, Qld, 4163*

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
Events attending	<input type="checkbox"/> Friendship Day only <input type="checkbox"/> White Cross Service, RSL Dinner & Friendship Day <input type="checkbox"/> White Cross Service, & Friendship Day only		
How will you make your payment?	<input type="checkbox"/> By cheque/mail order in the post to the postal address below <input type="checkbox"/> Credit Card by calling Lindy - 0478 398 931 <input type="checkbox"/> EFT to Australian War Widows Queensland <b>BSB: 064 000 Account #: 1496 9480</b> Ref: "FD + Your membership number"		
Emergency contact	Name: Relationship: Phone:		

## RSVP: WEDNESDAY 9 AUGUST

### Contact to book and pay:

Australian War Widows Queensland  
ATTN: Friendship Day  
PO Box 13604  
George St Post Shop  
Brisbane QLD 4003

### Contact Person for event details:

Lynne Martin  
0416 224 453  
stlymart@gmail.com





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

**AUSTRALIAN WAR WIDOWS QLD  
PO BOX 13604  
GEORGE ST POST SHOP  
BRISBANE, QLD, 4003**



**On 11th of January 1973, Governor-General Sir Paul Hasluck issued a proclamation withdrawing Australia's involvement in the Vietnam War. This year marks 50 years since Australia withdrew from the Vietnam War, and in commemoration AWWQ member, Pam Hoy, has written a poem.**

*Fifty years ago the Vietnam War ended.  
For thousands of service personnel they never mended*

*Shunned and abused on their return, unlike World War II,  
welcomed with an open arms  
They didn't deserve this, and it did so much harm*

*Regulars, Nashos all treated the same  
Where none deserved so much pain*

*These men and women were told to go to a country they knew  
nothing about  
None of them did complain or shout*

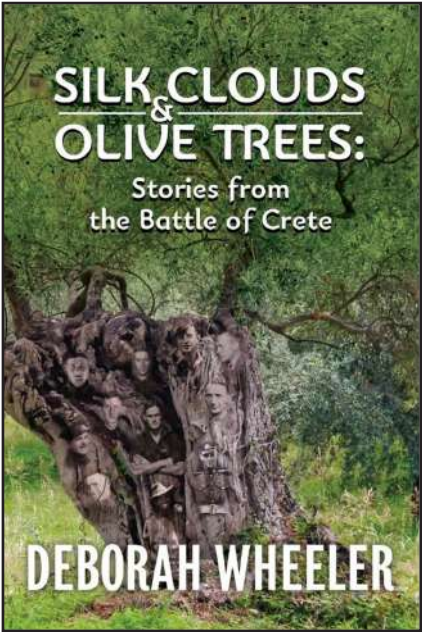
*Because the government of the day sent them away  
where loved ones at home could only pray*

*A true-blue service person never spoke of the tour  
the tragedies, the relentless weather they had to endure*

*Away from families, and a life they had known  
Wishing they were warm comfortable and safe back at home.*

- Pam Hoy

# SILK CLOUDS & OLIVE TREES: STORIES FROM THE BATTLE OF CRETE



Author Deborah Wheeler, has published another Australian military history book called Silk Clouds & Olive Trees: Stories from the Battle of Crete. She writes about the experiences of some Second World War ANZACS who were involved in the Greek Offensive and the Battle of Crete.

This captivating, easy to read book reveals their individual feelings and experiences as they fought side by side with the Greek and Cretan people. One of the veterans who features in the book was Alf Carpenter OAM. Deborah teamed up with This Story Australia to make a documentary on Alf's life.

Alf did get to see the documentary before he passed at the age of 105 in September 2022. Deborah said, "Alf was chuffed to know his story in both the book and the documentary would out live him."

Second Generation ANZAC: The story of Alf Carpenter, has gone on to win 'Best Short Documentary' at the Mykonos International Film Festival.

To purchase a copy of 'Silk Clouds & Olive Trees: Stories from the Battle of Crete' please contact Deborah by phone 0414 852 492 or email [info@kyoomba.com](mailto:info@kyoomba.com) for further details on how to purchase your copy.

All books are autographed and Deborah is happy to write a personal message inside the book if requested. \$5.00 from the sale of all books ordered through AWWQ will be donated to the organisation.

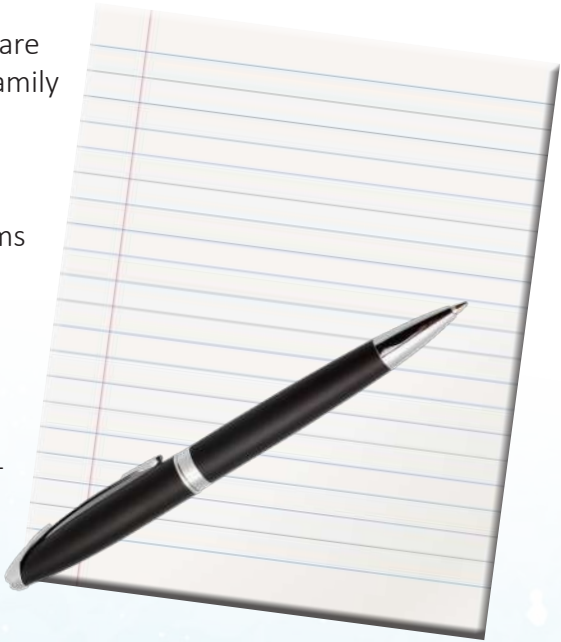
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## PEN PALS

At Head Office, we regularly receive phone calls from members who are feeling alone with no one to talk to as they do not necessarily have family or friends living close by due to many reasons.

A Pen Pal is a great way to connect with someone in similar circumstances as yourself, or just to get the feel of pen to paper, which seems to be a lost exercise these days. AWWQ has a pen pal program connecting its members with each other.

If you would like to send and receive mail and make a new friend, please contact Lindy Beehre on 0478 398 931 or [Lindy@warwidowsqld.org.au](mailto:Lindy@warwidowsqld.org.au). Lindy will then get back in touch to notify you once you have been matched with someone. Once you are matched you can communicate freely with your new pen pal, and hopefully make a new lifelong friend.



# PENSION RISE

As pension rates are calculated on a daily basis, the pension paid on payday 23 March 2023 will be paid partly at the old rate and partly at the new rate. The first full payment at the new rates of pension will be payday 6 April 2023.

The maximum rate of single service pension will rise by \$37.50 to \$1,064.00 per fortnight and the maximum rate for couples will increase by \$28.20 to \$802.00 per fortnight (each).

The Special Rate of Disability Compensation Payment (T&PI payment) will increase by \$59.04 to \$1,676.20 per fortnight. The Extreme Disablement Adjustment (EDA) rate will increase by \$31.90 to \$904.60 per fortnight and the 100 per cent General Rate of Disability Compensation Payment will increase by \$20.50 to \$581.90 per fortnight.

The pension paid to war widow(er)s will increase by \$38.20 to \$1,082.50 per fortnight (including the

energy supplement), while the ceiling rate of the income support supplement will rise to \$321.10 per fortnight.

Payments will also increase certain benefits under the Military Rehabilitation and Compensation Act 2004 (MRCA). The weekly MRCA wholly dependent partner payment will increase by \$19.10 to \$541.25. This is paid fortnightly (\$1,082.50).

The indexation factor used to index pensions each March and September can be based on either the Consumer Price Index (CPI), the Pensioner and Beneficiary Living Cost Index (PBLCI) or Male Total Average Weekly Earnings (MTAWE). For 20 March 2023, the indexation was driven by CPI.

For more information on the new pension rates, call 1800 VETERAN (1800 838 372).

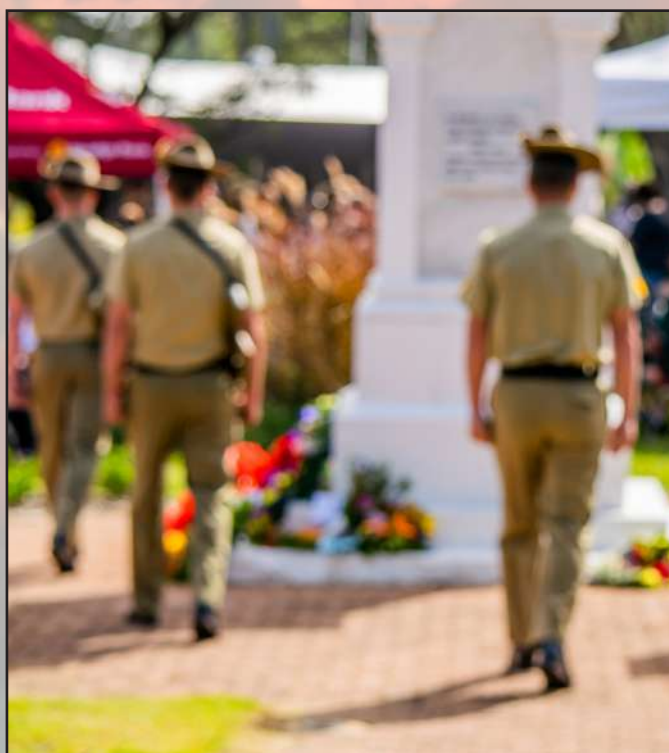
SERVICE PENSION	Old rate (fortnightly)	New rate (fortnightly)	Increase (fortnightly)
Single person	\$1,026.50	\$1,064.00	\$37.50
Couples (each)	\$773.80	\$802.00	\$28.20
Single person – transitional	\$856.40	\$887.60	\$31.20
Couples (each) – transitional	\$690.90	\$716.10	\$25.20
<b>WAR WIDOWS</b>			
War widow(er)'s pension	\$1,044.30	\$1,082.50	\$38.20
Income support supplement	\$309.60	\$321.10	\$11.50
<b>DISABILITY PENSION</b>			
T&PI (Special rate)	\$1,617.16	\$1,676.20	\$59.04
Intermediate rate	\$1,072.10	\$1,111.30	\$39.20
EDA	\$872.70	\$904.60	\$31.90
100 per cent	\$561.40	\$581.90	\$20.50
10 per cent	\$63.07	\$65.12	\$2.05
<b>VETERAN PAYMENT</b>			
Single Person	\$1,112.30	\$1,153.50	\$41.20
Couples (each)	\$867.20	\$899.30	\$32.10
<b>MRCA*</b>			
Wholly dependent partner payment	\$1,044.30	\$1,082.50	\$38.20
Special Rate Disability pension (SRDP)	\$1,617.16	\$1,676.20	\$59.04



# ANZAC DAY 2023









## MY AGED CARE

Dear members,

Many of our members who have a gold card and are entitled to a host of services from DVA will ask whether they are allowed to register with My Aged Care without jeopardising their DVA entitlements. The answer to their concern is that all DVA gold card holders are entitled to register with My Aged Care provided they are over 65 years.

The second concern shared by many members is why should they registering with My Aged Care given most of their needs are met by DVA. The reason we are encouraging all our members over 65 to register with My Aged Care is because they offer services that DVA do not offer such as assisted shopping when a support worker collects you from your home and takes you shopping, or drives you to a social event like meeting your friends for coffee, or visits you in your home for a chat, or helps you prepare your favourite meal. These services become more important once you stop driving or when your family or friends move away. There are also a host of other services offered by My Aged Care but that will meet each individuals unique situation.

To register with My Aged Care simply call 1800 200 422. Ideally, you would want to call My Aged Care when you have a family member visit you so that you can arrange for them to be your representative on My Aged Care. Both parties just need to give verbal permission to My Aged Care. This will mean that your chosen family member can talk to My Aged Care to arrange services and assessments when you are unable to, when you are in hospital or sick in bed. For the same reason, we also recommended that your family member also register with Veterans Home Care. This can also be telephonically arranged by calling VHC on 1300 550 450.

My Aged Care will take approximately 45 minutes to answer the phone so I suggest making a cup of tea before calling and decide how you will occupy your time while you wait. Maybe you are able to put the phone on loud speaker while you wait and continue chatting with your family member or doing an activity you enjoy. This will hopefully put you in a positive frame of mind when your call is picked up. The staff at My Aged Care are very helpful and professional. They will need to collect information from you so be ready to share your details with them – DVA Gold card number, medical history etc. You will need to request that you would like a representative added to your profile. You can make your representative your primary representative or just your representative. If your family member becomes your primary representative then MAC will call them first should they want to contact you. If the family member or friend is just your representative then MAC will call you first. Your representatives will receive a copy of all correspondence sent to you.

I hope this is useful and I look forward to hearing your feedback on your experience with registering with My Aged Care!

Kind regards,  
Sue Hilditch  
Wellbeing Program Manager



# VALE

## HEATHER JEAN HUNTER

Heather was born at Gympie on 29th April, 1924. Along with her parents and siblings, she lived on a farm at Amamoor and started school there. At a very young age Heather lost her father. Her mother packed up the family and they moved to Murgon. It was there Heather's mother had a guest house and Heather continued her education until she was thirteen. She had various jobs, including helping her mother at the guest house.

At eighteen years of age Heather realised she could join the Army. She got herself to Sydney in quick time and enlisted in the Australian Womens Army Service. She served in Sydney, Melbourne, Brisbane and Townsville. Following her discharge at the end of the war, someone asked her what was she going to do now. Her answer was "find a man and get married", and that she did. She met Bill Hunter in Mackay, got married and had her family. They had two daughters, Lorraine and Christine.

Heather and Bill had a great life together. She was by his side all the way, supporting him in the positions of employment he held with Ansett Airways. They moved to Brisbane where they built, lived in and then sold several homes. During this time Heather belonged to many organisations and worked very hard for the community. Their last move was to the Sunshine Coast.

Following Bill's death, Heather became a War Widow. She was a member of Nambour Guild, but owing to the distance to travel, she and a few other ladies broke away and formed Maroochydoore Guild in May 1989. Sadly, the President of Maroochydoore passed away six months later and Heather took on the role of President for six years. During that six years she worked extremely hard to raise funds. She organised many bus trips, many of which were overnight ones, also fashion parades, lamington drives and trading tables at the meetings.

Heather always said she would never leave her home. However, at the grand age of 98 she decided enough was enough and decided to go into aged care. However there were conditions attached to her decision. The facility had to be near where her home was so that her friends from War Widows and the Mouldy Oldies could come and visit her. The other condition was, please ring first before you come- I could be out on a bus trip!! Heather was a member of Kawana RSL and also a very much loved member of the Mouldy Oldies. You had to be over 90 to qualify to be a member.

Heather settled in very well at Tri Care, Kawana. She told everyone the food is wonderful and you get a glass of wine at dinner time. Sadly she was only a resident there for about ten days when she suffered a stroke. Heather passed away peacefully on 6th April, 2023, two weeks short of her 99th Birthday.

Rest in Peace Heather. You will always have a special place in our hearts.



# DETECT A SCAM

Scams can happen when malicious organisations or people try to trick you into providing them with your personal information. These scams normally occur via email, text messages, and sometimes, even phone calls. Cybercriminals may claim to be your bank, Australian Tax Office or any other organisation that you normally provide your information to. To avoid falling prey to these scams, we have suggested some steps to detect potential cybercriminals.

## SUSPICIOUS CORRESPONDENCE

The content of the email, phone call, or text message will often help you access if the message is legitimate. “Phishers” will usually ask you for personal information that the organisation should already have. For example, if your bank or the ATO sends you an email asking you to provide them with your bank account number and branch code, it definitely is a scam! The tone of the message may be threatening – it is designed to make you act immediately and provide your personal information.

## SPELLING & PUNCTUATION ERRORS

In many cases, scams will have many errors whereas communication from a professional business is unlikely to contain spelling and punctuation errors.

## IS IT LEGITIMATE?

Inform the organisation that you have received suspicious correspondence. Do not call the contact number on the message – rather look up the business number on their website or go into their office to ensure you are speaking with the organisation directly.

## WEBSITE LINKS & LOGOS

If your gut tells you the email is suspicious, do not click on any links. Links may cause you to download malicious software, spyware or other programs that can steal your personal information.

## YOUR PERSONAL INFORMATION

Examine the address bar of the website you are visiting to find out whether the site begins with “https” rather than “http.” The “https” part of the web address indicates that the website is secure. Double-click on the padlock icon in the address bar to verify that a security certificate displays on the screen. Some fictitious websites will display just an image of a padlock.

## EMAIL ADDRESS

Scammers will try to trick you by using an email address that is similar to the authentic company’s email address. For example, if the email address for a business ends in “group.com,” a scammer may use a variation such as “trusted.group.com” to try and trick you.

## YOUR BANK STATEMENTS

Reviewing your bank statement will allow you to detect any unauthorized charges that have been made against your account. By notifying the bank immediately, this may prevent the fraudsters from continuing to use your information.





# SPINACH AND FETA TART



## INGREDIENTS:

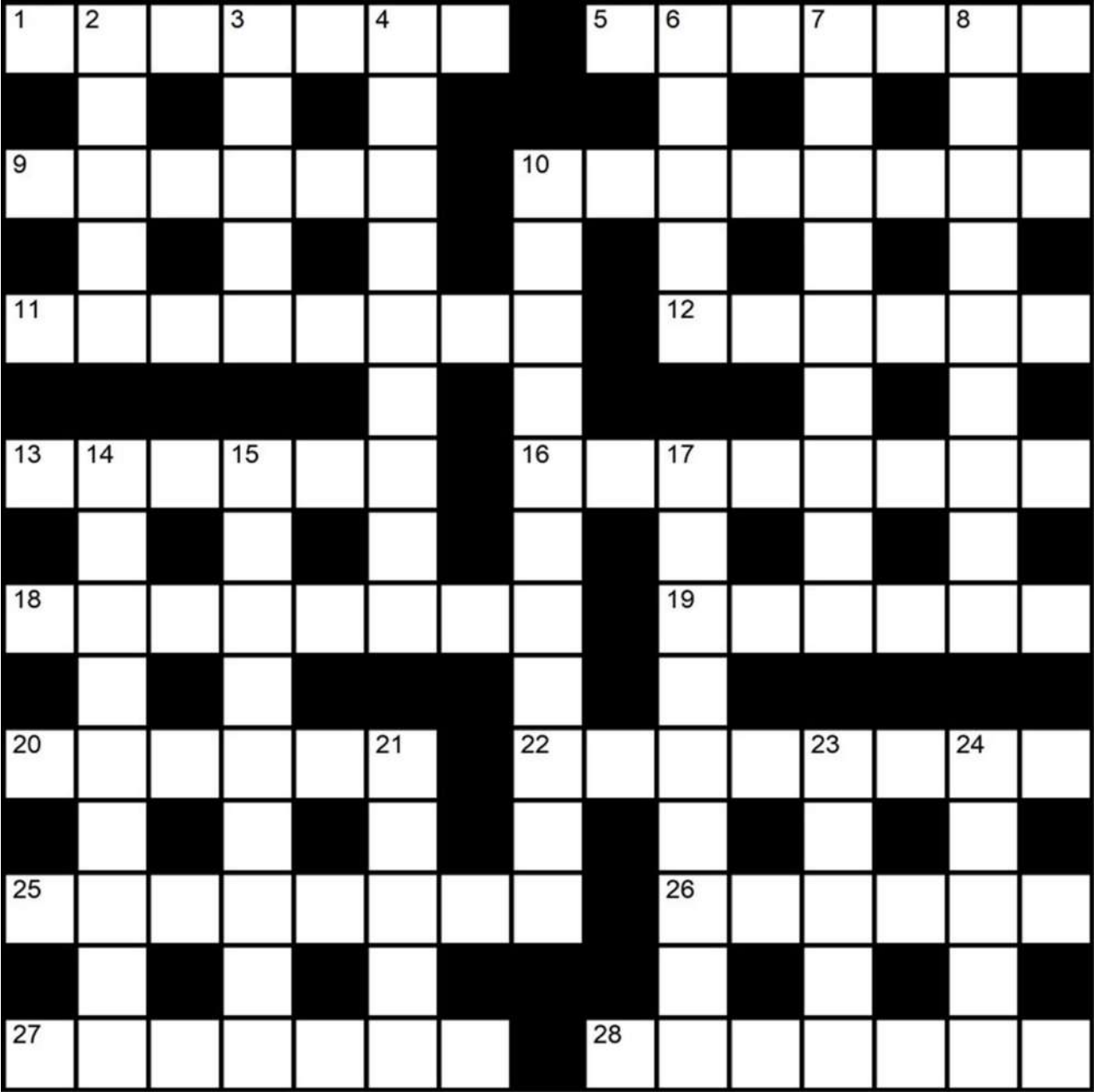
- 250g spinach shredded
- 1 sheet short crust pastry
- 150g feta crumbled
- 3 large eggs lightly beaten (reserve 1 tablespoon)



## METHOD:

1. Preheat the oven to 200C.
2. Heat a large nonstick frying pan, add ¼ cup (60ml) of water and the spinach and cook gently until wilted.
3. Squeeze out excess liquid and set aside.
4. Line a 16cm round cake tin with baking paper and then the sheet of pastry.
5. Add the feta and beaten eggs to the spinach. Mix well and season with sea salt and cracked pepper.
6. Pour the mixture into the pastry case and fold the excess pastry towards the centre.
7. Brush the folded pastry with the reserved egg.
8. Bake for 40 to 45 minutes or until golden and set.

CROSSWORD



Across

- 1 Short prayer (7)
- 5 Bounded (7)
- 9 Underlying structure (6)
- 10 Football's "Captain Blood" of yesteryear (4,4)
- 11 Sole wetland in Central West Queensland (4,4)
- 12 Tallied (6)
- 13 Keynote (1,5)
- 16 Rhett's belle (8)
- 18 Software (8)W
- 19 Last movement (6)
- 20 Designer McCartney (6)
- 22 Group of spectators (8)
- 25 Olive-green, black and white avian with a distinctive call (8)
- 26 Chamber music instruments (6)
- 27 Preparing for publication (7)
- 28 3-D artworks (7)

Down

- 2 Japanese port city (5)
- 3 Substantial (5)
- 4 Red-flowered leafless shrub (6,3)
- 6 Obtained on Route 66? (5)
- 7 Small brush wallaby (9)
- 8 Primitive (9)
- 10 Baird Bay, SA, pelican breeding site (5,6)
- 14 Out of the race (9)
- 15 Sydney electronic music band (9)
- 17 Sworn statement (9)
- 21 One of 4.5 billion or so (5)
- 23 Small German WW2 marine raider (1-4)
- 24 Pursue (5)



**Rules for Sudoku -**

- Every square has to contain a single number
- Only the numbers from 1 through to 9 can be used
- Each 3×3 box can only contain each number from 1 to 9 once
- Each vertical column can only contain each number from 1 to 9 once
- Each horizontal row can only contain each number from 1 to 9 once

2					3		7	9
	8					1		
9			2		6			8
				9		7		
	6	8				9	4	
		9		5				
5			4		2			3
		4					9	
8	3		1					4

*Solutions on page 41*

*Sudoku puzzles are provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com) – visit them and get a new Sudoku every day!*







# GIFTS IN YOUR WILL

**W**ould you consider leaving a Gift in your Will ensuring War Widows in Queensland are provided an environment of friendship and care, advocacy and information and vital support.

Through the Gift in your Will you are honouring Jessie Vasey's vision and the sacrifices of war widows and their lost loved ones helping making a difference in their lives.

To request our Gift in Will brochure please contact the War Widows office on (07) 3846 7706 or email [admin@warwidowsqld.org.au](mailto:admin@warwidowsqld.org.au)



# AUSTRALIAN WAR WIDOWS QUEENSLAND

*"We all belong to each other.  
We all need each other.  
It is in serving each other and in  
Sacrificing for our common good  
That we are finding our true life."*

**Can you help continue our advocacy, support and service to War Widows?**

## Personal Details:

Title:	First Name:	Surname:
<hr/>		
Address:		
<hr/>		
<hr/>		
Email:		
<hr/>		

## Donation:

Please accept my gift of \$

Enclosed is my ☐ Cheque/ Money Order (payable to *Australian War Widows Queensland*)

**OR** Please debit my card ☐ Mastercard ☐ Visa ☐ Amex

Card Number:

Name on Card:

Signature:  Expiry Date:  /

### To donate by bank transfer:

**Bank:** Commonwealth Bank of Australia

**Account Name:** Australian War Widows Queensland

**BSB:** 064 000 **Account Number:** 1496 9480

**Bank reference:** Please use your full name so we  
can supply you a receipt



(07) 3846 7706 8am- 4pm Monday to Friday



[www.warwidowsqld.org.au](http://www.warwidowsqld.org.au)



[admin@warwidowsqld.org.au](mailto:admin@warwidowsqld.org.au)

## Please return this form to:

**Australian War Widows Queensland**

**PO Box 13604, George Street Post Shop, Brisbane, QLD, 4003**

- ☐ Please send me information on becoming a member of Australian War Widows Queensland
- ☐ Please send me information on including a gift in your Will to Australian War Widows Queensland

*thank you!*

*For helping us continue our mission to empower,  
inspire and celebrate all war widows and  
families while providing whole of life support  
and assistance.*






# NAMBUCCA HEADS HOLIDAY

AWWQ member Val Rooney have generously offered an accommodation voucher for a two night stay in the Oceanview 1 apartments located in Nambucca Heads, NSW. The stay is valued up to \$500.

Raffle tickets are available through head office and are **\$5 each**. The lucky winner has up to the **23rd of September 2023** to use this prize. The winner will be drawn and notified by phone call on **Monday 10th July 2023**. The funds from this raffle will be put towards the AWWQ Christmas Luncheon.

If you would like to enter please phone head office on (07) 3846 7706, or 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

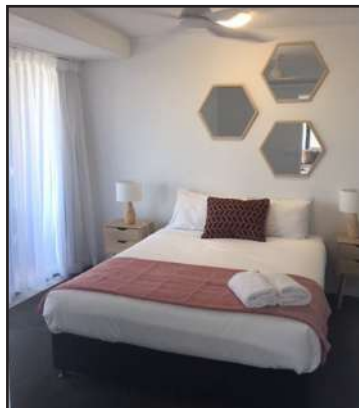
☐ Credit Card \_\_\_\_\_

Expiry date \_\_\_\_\_



## VACATION RENTALS

Centrepont Apartments in Caloundra boasts a heated swimming pool, a sauna and two hot tubs. Guests enjoy an on-site café and balcony views over the Pumicestone Passage. All apartments have air-conditioning, a fully equipped kitchen, a dining setting, laundry facilities and a lounge area with a flat-screen TV with free cable channels. Unit 17 is open to all guests along with guests requiring disability access, it has two bedrooms, one with two single beds and the other with a queen size bed. Unit 18 is an exception, with four single beds. Reservations require a two night minimum stay in unit 17 and seven nights minimum stay in unit 18. AWWQ Members & ESO members receive a 35% discount off the advertised rate for unit 17, and a heavily discounted rate for unit 18. Please call Centrepont Caloundra management on 07 5492 0100 to make a reservation.



## WESTERN AUSTRALIA VACATION RENTALS

Australian War Widows WA Inc. is pleased to advise that a holiday unit is available for AWWQ members at Forsyth Gardens, located at 15 Plantation Street, Menora, Western Australia, 6050.

The one bedroom unit can comfortably accommodate two and is fully equipped for short term stays. Located on the grounds of the Marjorie Le Souef Administration and Community Centre and within close proximity to major shopping centres, transport and the city, it is ideal for a city break or medical appointments. The cost is \$30 per person/per night for war widows and \$40 per person/per night for all others.

Please contact Joanna Simpson on (08) 9371 7470 Monday, Tuesday or Wednesday between 9.30 am and 2.30 pm for further information.





# BOARD NOMINATION FORM

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

**NOMINATIONS CLOSE 4PM ON FRIDAY 18TH AUGUST 2023.**

**NOMINATOR**

I (NAME) \_\_\_\_\_ Member Number \_\_\_\_\_

and **SECONDER**

I (NAME) \_\_\_\_\_ Member Number \_\_\_\_\_

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

NOMINEE  
(NAME) \_\_\_\_\_ Member Number \_\_\_\_\_

for the position of War Widow Director

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

Signature of Nominated Member

\_\_\_\_\_

Date

\_\_\_\_\_

Nominator’s Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Secunder’s signature

\_\_\_\_\_

Date

\_\_\_\_\_



Full Name	Membership Number
Why would you like to become a Director of AWWQ?	
Please provide a short bio to represent yourself for this position. Attach a separate sheet if needed.	
Board members require a range of skills including effective communication, ability to read and understand financial statements, basic computer skills, ability to communicate constructively and to contribute positively to the sustainability of AWWQ. The Board undertakes from time to time ongoing education to enhance their skills. Please provide a short overview of the skills you bring to AWWQ. Attach a separate sheet if needed.	

By signing below, I declare that my submission is true to the best of my knowledge. I also declare that I know of no reason which would disqualify me from being a Director and able to apply for the required Director Identification number through ASIC. I declare that I have read and understand the AWWQ Privacy Policy available on [www.warwidowsqld.org.au](http://www.warwidowsqld.org.au) or in the AWWQ Handbook.

Signature	Date
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The other day a young person asked me how I felt about being older. I was taken aback, for I do not think of myself as old.

Upon seeing my reaction, they were immediately embarrassed, but I explained that it was an interesting question and I would ponder it and let them know.

Old age, I decided, is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh! not my body! I sometime despair over my body— but I don't agonize over it for long. I would never trade my amazing friends, my wonderful life, my loving family, for less grey hair or flatter belly.

As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra biscuit, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with ageing.

Whose business is it if I choose to read until 4am and sleep until noon? I will dance with myself to those wonderful tunes of the 50's and 60's (and 40's) and if I at the same time wish to weep over a lost love, I will.

I know I am sometimes forgetful, but there again, some of life is just as well forgotten – and I eventually remember the important things. Sure, over the years my heart has been broken, how can your heart not break when you lose a loved one, or when your child suffers? But broken hearts are what give us strength, understanding and compassion. A heart, never broken is pristine, sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn grey and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed and so many have died before their hair could turn silver.

I can say "NO" and mean it, I can say "YES" and mean it.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.

So, to answer the question. I like being older. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. For the first time in my life, I don't have to have a reason to do the things I want to do. If I want to write or play games on the computer all day, recline on the couch and watch old movies for hours or don't want to go to the beach or a movie, I have earned that right. I have put in my time doing everything for others, so now I can be a bit selfish without feeling guilty. I sometimes feel sorry for the young. They face a far different world that I knew

growing up, where we feared the law, respected the old, the flag, our country. I never felt the need to use filthy language in order to express myself, and they too will grow old someday. I am grateful to have been born when I was; into a kinder, gentler world. Yes, I like being "OLDER"!

- Submitted by AWWQ member

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# AUSTRALIAN WAR WIDOWS QUEENSLAND

We support them  
**because they supported us.**

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