

# BULLETIN

## AUSTRALIAN WAR WIDOWS



QUEENSLAND

### SPRING 2023

#### In this issue:

- AGM & Christmas lunch
- Volunteers wanted
- Benefits of an OT
- Recipe
- Friendship Day Pics



*Jessie Vasey stamp released in 1995*

SPRING 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 OAM

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

Level 4, 183 Wickham Terrace, Spring Hill, QLD, 4000

## POSTAL ADDRESS

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Brisbane QLD 4003

## 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

AWWQ Transport Assistance Program (Lindy Beehre)

Aged Care Placement Agent (Leona Bonning)

Beyond Blue

Centrelink (MyGov)

Crime Stoppers

Do Not Call Register

DVA General Enquiries

DVA Payment and Reimbursement Team

DVA Pharmaceutical line

DVA Rehabilitation Appliances Program

DVA Short-term Crisis Accommodation

DVA Transport

Lifeline

Meals on Wheels

My Aged Care

Open Arms

Police / Fire / Ambulance

Policelink (Non urgent matters)

Seniors Enquiry Line

SES (Flood & Storm Emergency)

Veterans' Home Care

07 3846 7706 or 1800 061 945

0478 398 931

0408 748 341

1300 224 636

1300 169 468

1800 333 000

1300 792 958

1800 838 372

[ambphmepi@dva.gov.au](mailto:ambphmepi@dva.gov.au)

1800 552 580

[ambrapge@dva.gov.au](mailto:ambrapge@dva.gov.au)

1800 011 046

1800 550 455

13 11 14

1300 909 790

1800 200 422

1800 011 046 / [openarms.clientassist@dva.gov.au](mailto:openarms.clientassist@dva.gov.au)

000

131 444

1300 135 500

132 500

1300 550 450



## WELCOME TO NEW MEMBERS

Sue Bird- Gympie

Bernardita Carbery- Redcliffe

Gay Collison – Berserker

Ann Cossey- Urraween

Norma Cumming- Granville

Bernadine De Jong – Ballarat

Lillian Dellit- Toowoomba

Esther Hinsley – Baringa

Bruce McGowan- Wariwck

Cynthia Munro – Elanora

Enid Norman – Annandale

Julie Paul – Forrest Beach

Maria Peterson- Scarness

Wendy Shearer – Banksia Beach

Yaja Shields- Kepnock

Linda Sullivan – Arundel

Elizabeth Vanderaar – Mt Gravatt

Moira Van Hattem – Jamboree Heights

Lorraine Volpe – Scarborough

Lorna Voss – Warwick

Thea Watts- Currumbin

Agnes Wyburn- Manunda

Faye Young- Walkervale



# STATE PRESIDENT REPORT



I have to say that the last few months have been busy. Sue and I have continued our visits to the regional sub branches and social groups. Many of you have had the opportunity to speak with Sue and discuss your problems face to face rather than speaking to her by phone. It has been

a pleasure for me to meet so many of you and thank you for making us welcome at your meetings and for a chat over lunch. I also thank those members who took the time to tell me that they appreciate the help they get from AWWQ, staff, and in particular help from Sue. It is helpful to know that we are providing the help you need.

Following the last two years when everyone was careful about going out in groups it is encouraging to see attendances at meetings are generally back to where we were pre COVID, and in some cases even better. I have also met members now attending meetings who previously would only attend meetings occasionally. We all need these social activities in our lives, and I encourage members wherever possible to attend a meeting if only for a chat and 'cuppa' with friends. If you need help with transport to attend meetings, please call Head Office and ask about Taxi Vouchers, these can be posted to you.

There are still a few groups to visit. Sue and I will see you at Townsville and Rockhampton, Gold Coast North, Brisbane West, and South West by the end of November.

White Cross Service and Friendship Day at Redlands was well attended with groups from as far away as Cairns and Townsville, and what a great day it was. Tommy Memphis was entertaining and kept everyone on their toes. A big 'Thank You' to Lynne Martin and her committee for organising the events and a special mention to the Redlands RSL for the support and help they provided on both days. Next year Friendship Day will be held in Brisbane on 22nd May 2024. Note the change of date for next year and make sure you put the date in your diary, and PLEASE

call the office and make your bookings early in the new year.

This month marks the end of the 75th anniversary celebrations of AWWQ (War Widows' Guild of Australia QLD Inc). War Widows' Day will continue to be remembered and celebrated on the 19th October (Jessie Vasey's birthday) each year. There will not be a major event in Brisbane this year, instead each sub branch or social group has been invited to organise an event for their members with some financial help from Head Office. If you haven't already, call the office for details. In Brisbane, the Story Bridge and other landmarks will again be lit up in blue for one week to mark the event.

With only a few months to the end of this year we have Veteran's Health Week and then it won't be long before the AWWQ AGM and Christmas Lunch. The good news is that this event will be held at City Hall, and we will be able to accommodate many more than in recent years. Look for news later in this Bulletin for details of upcoming events.

An important part of my duties as State President is to represent Qld War Widows at ceremonial events. It is a privilege for me to attend these, of which there have been many recently. I attended the Vietnam Veteran's Memorial Service at Anzac Square on the 18th of August and was touched by many comments thanking me for the work that our organisation does for war widows.

Your AWWQ Board continues to meet regularly and recently held a planning day, after much discussion it was agreed that the current Strategic Plan is on target and our priority is to continue with what we are doing, that is, looking after you, our members.

I know that there are some members celebrating 100-year birthdays around this time. Congratulations and Happy Birthday on reaching this milestone.

Finally, to members who may be in hospital or unwell and our board director Denise Fridolf, our thoughts are with you and please 'Get Well Soon'.

Stay safe and keep well.

*Judy*

# EXECUTIVE OFFICER REPORT



Dear AWWQ Members

On Thursday 24th August, more than 170 members took part in the Friendship Day festivities in Redlands. I'd like to congratulate Lynne Martin and the Redlands committee for all their hard work in organising such a lovely occasion. For

many members the White Cross Service and dinner at the RSL were also highlights.

As our annual War Widows' Day, which falls on the 19th of October, approaches, head office has been busy assisting our groups in planning their very own events. Once again, we commit to lighting up numerous Brisbane icons this year, and from Monday the 16th of October, through to Sunday the 29th of October the AWWQ banner will sail high atop the Story Bridge in Brisbane. A bumper sticker is included in this Bulletin to honour War Widows' Day. It can be used to pass on to family or friends or to put on your car.

This year's Veterans' Health Week is being held from the 8th to 15th of October 2023 and is themed Mental Wellness Matters. The theme aims to promote good health and wellbeing in the everyday life of veterans and families and shines a spotlight on the importance of mental health. We look forward to sharing pictures from our groups who are participating in the events.

In addition, head office has been very busy with our yearly audit for the financial year 2023, which is now completed. The Australian War Widows annual general meeting, which will take place on the 27th of November at Brisbane City Hall, will feature the presentation of the annual report. We encourage you to reserve your spot as soon as possible for our Christmas lunch, which will also be held on the same day.

On a personal note, I'd like to thank our State President Judy Smith for her commitment and dedication to AWWQ. Judy is an absolute pleasure to work with and always has your best interests at heart. I do hope you are all well and are looking forward to some warm spring weather.

On behalf of Jason, Sue, Emma & Lindy, we wish you all the best and look forward to seeing you soon at our upcoming events.

Take care & stay safe.

Rachel Johnson  
Executive Officer  
Australian War Widows Queensland

# NATIONAL PRESIDENT REPORT



Welcome to spring, everyone. How lovely it will be for us to see the sunshine again after such a lot of rain in many areas around Australia. It is hard to believe we are, already, more than halfway through the year.

I so enjoyed our National Council get

together in May that I must mention it again. We stayed at an excellent hotel close to the airport (the Vibe) where we were able to meet up with old friends and make some new ones. We were also delighted to have Alison Frame the new Secretary of DVA join with us and discuss some issues that have been of concern to us. After the meeting we met up with Minister Matt Thistlethwaite (assistant minister for Veterans Affairs) at Parliament House where he listened to some of our concerns.

I look forward to attending the celebration of War Widows' Day in the ACT on October 19 as they have been successful in having this day acknowledged by the ACT Legislative Assembly. I would like to wish AWW WA, AWW ACT and AWWSA a very successful War Widows' Day as all those states have successfully gained recognition for this day. I will also be attending the AGM of AWW SA in Adelaide later in October and I am really looking forward to visiting SA again as I was born in Adelaide and did my nursing training there many years ago.

It is always an honour for the National President to visit and meet the war widows from around Australia. COVID 19 and limited finances have prevented many interstate visits over the last few years so it is great to have the opportunity again.

I should point out that I have represented war widows at a number of events since my last report. I continue to attend meetings with DVA such as ESORT, Operational Working Party and other groups to bring attention to the issues that are of concern to us. I was invited as a guest of the US Consulate to a reception aboard the "USS America" aircraft carrier. It was an interesting experience and the crew were very welcoming.

I will be laying a wreath on behalf of all Vietnam War Widows at the Commemoration Service for the 50th anniversary of the end of the Vietnam War on the 18th of August in Canberra. On this day, communities around the country will also pause to honour the service and sacrifice of our Vietnam Veterans.

The recently bereaved war widow is too often forgotten and we are pleased that after many years of negotiation DVA is now informing AWW in each state of the passing of a veteran whose death leaves a widow. We can now contact that widow and invite her to join our organisation.

AWW is no different to any other volunteer organisation, we volunteer for many and varied reasons but mainly in the hope that we can make a difference to our war widows' lives. We have many volunteers across the country who do an incredible job across the AWW spectrum. I would like to thank all of those who help make a difference. Many of our volunteers have been with AWW for many years and they are passionate about what they do. If AWW is to have a future we really need younger members to volunteer to sustain the organisation, and to raise more current issues that affect us as war widows. Please consider encouraging someone you know who is a war widow, or a family member to join.

Keep well and enjoy the flowers.

Jenny Gregory OAM

National President

Australian War Widows



# NEWS & REMINDERS

## BOARD NOMINATIONS

We did not receive any nominations for the position of board director, so current directors Maureen Rush OAM and Denise Fridolf OAM will retain their spots on the board.

## WAR WIDOWS' DAY

We would like to congratulate our friends in the ACT for their successful request of having War Widows' Day officially announced. The inaugural day will be on 19th October 2023.

## BUMPER STICKER

To celebrate War Widows' Day on the 19th October, we have enclosed a bumper sticker with this bulletin. The sticker can be used on your car or passed onto family or friends.



## CHRISTMAS LUNCH & AGM

The AGM & Christmas lunch will be held on Monday 27th of November, in the Ithaca Room at Brisbane City Hall. Please see page 39 of the bulletin for further details.

## CHRISTMAS RAFFLE DONATIONS

We are now accepting raffle prize donations for the Christmas lunch. If you have any gifts to donate, please contact head office for further details on (07) 3846 7706

## CHRISTMAS OFFICE CLOSURE

AWWQ Head Office will be closing on Friday 22nd December 2023 at 4:00pm, and will re-open on Tuesday 2nd January 2024.

## FRIENDSHIP DAY 2024

We are pleased to announce that Friendship Day 2024 will be held in Brisbane. Further information will be included in the summer 2023 edition of the Bulletin.

## FACEBOOK

If you have content or pictures to share with other war widows, please contact Lindy on 0478 398 931 or Lindy@warwidowsqld.org.au who can post them on Facebook for you.

## QUEENSLAND SENIORS MONTH

Queensland Seniors Month is on from 1st- 31st of October, with a host of activities planned. For further information visit <https://qldseniorsmonth.org.au> or phone (07) 3316 2999

## TRANSPORT ASSISTANCE GRANT

We are pleased that more members have been taking advantage of the Transport Assistant Grant to assist in getting to and from AWWQ events. If you would like to utilise the generous grant from Eastern Star Foundation, please get in touch with Lindy on 0478 398 931 or Lindy@warwidowsqld.org.au

## GROUP WAR WIDOWS' DAY

Reminder for all groups to start organising their event to celebrate War Widows' Day. Please contact Head Office for information on how they can assist to subsidise the cost of an event.

## LIGHT UP BRISBANE

We are pleased to announce that landmarks around Brisbane will once again be lit up blue on October 19th for War Widows' Day and Jessie Vasey's Birthday. In addition, between Monday the 16th of October and Sunday the 29th of October, the AWWQ banner will also be displayed on top of the Story Bridge. The approved landmarks so far that will be lit up are :

- City Hall / King George Square
- Story Bridge
- Kurlipa Bridge
- Parliament House
- Wickham Terrace Car Park Architectural Wall
- Breakfast Creek Bridge



# 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: 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
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 Secretary: Shree Rogers 0416 062 115 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, Hut 6, Darter Street, Oonoonba QLD 4811 President: Wendy Goodman 0408 584 929 Vice President: Wilma Kent 0412 341 293 Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Elaine Volker 0418 612 287
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

There is much excitement at our group as we look forward to celebrating two of my ladies who are turning 100. I have had one lady who celebrated her millstone while still coming to the group. I am at the moment organising celebrations for them both, Joyce Bannister in August and Thelma Tayler in October. We won't make the photos for this edition but we will be in the summer one.

One of the highlights we have had was a visit to Marina Court to have lunch with the ladies from there. 11 of us went so we were able to use our bus to transport us there and back. We had a lovely roast lunch in the garden. And the weather was beautiful, thank you to the ladies for their hospitality. We hope to meet up with them again at Redlands. We have 13 going to Friendship Day, four of us are going down on the Wednesday for the White Cross Service and dinner.

On August 15th we will have a lunch and celebrate Joyce Bannister's Birthday. Then on the 25th we will have quilts of valour presented to both ladies at a lunch at Kedron Wavel Club.

September we will be having Dr Cliff Pollard come to the group and speak to us further on the history of nursing. October 17th we will be celebrating War Widows' Day plus celebrating Thelma Taylers 100th.

For Veteran's Health Week, I 'am organising a bus trip to Gallipoli Barracks for a morning tea with the dad's army of volunteers who tend to the memorial walk.

The two ladies in the centre of the picture on the right are Joyce and Thelma who will be celebrating their 100th.



## BRISBANE WEST

Hello everyone. The last few months have been a busy time for us.

On the 1st July, Lynne Hackwood, Jean Hoffmann and Jean Hardy attended the 81st Memorial Service of the sinking of the Japanese Naval prisoner of war ship MV Montevideo Maru off the west coast of the Philippines. Lynne took with her a book of mementos recounting the story of the Salvation Army Band from Melbourne who were captured and aboard the ill-fated ship. Lynne's uncle, a member of the

band, was among the 1,053 Australian, allied and civilian prisoners of war who tragically lost their lives in the sinking. The service was held in the crypt under the Anzac Square flame.

Also, on the same day, Narelle Stanton laid a wreath on behalf of the AWWQ at the Reserve Forces Day Memorial Service in Anzac Square. The Reserve Forces provide valuable assistance to all the permanent Services and they work and train alongside them. The service was well attended by the Governor, State Government and City Council Members and representatives from all the Defence Services.

We enjoyed a Christmas in July lunch at the Brook Hotel at Mitchelton. We had 27 ladies attend including our National President, Jenny Gregory, our State President, Judy Smith and Lauren Ashby from the Persephones Group. An enjoyable day was had by all.

On the 3rd August, fifteen of us attended Remembrance House, Burpengary. Remembrance House is a shelter for homeless veterans and is managed by the Vietnam Veteran's Association. The house is set in peaceful bushland and they provided a beautiful BBQ lunch for us. They rely heavily on assistance from the community and were thrilled to receive our donation on the day.

On the 9th August, eight of us enjoyed a bus trip to the Eumundi Markets. It was a very pleasant day and we all found treasures there. After the markets, we had lunch at the Cooroy RSL and then home. We arrived home very tired but very happy with our purchases.

Jean Hoffmann and Elizabeth Frew laid a wreath at the Gaythorne RSL Club on Vietnam



## Veterans' Day.

On the 23rd August, Kathy Sheavils attended the White Cross Service at Cleveland and then on the 24th August, twelve of us attended the Friendship Day at the RSL Club at Cleveland. We had a very enjoyable day with some winning a raffle prize and Tommy Memphis, the entertainer for the day, dancing and serenading with our own Jean Hoffmann. Congratulations must go to the ladies of the Redlands Sub Branch for hosting the event.

Coming up in September, we have a lunch at the Ion Cafe at Mitchelton. Then in October, we have our Jessie Vasey Day outing with an Eco cruise down Pumicestone Passage with morning tea and then to the Pelican Waters Tavern for lunch.

Take care and stay safe.



Narelle Stanton with Capt. RWG Hume RFD RANR (Retd.) RFDC (SQ)



Brisbane West members at Remembrance House, Burpengary



Brisbane West members celebrating Friendship Day

## BUNDABERG

Greetings. Busy end of the year coming up. We have finalised our Veteran's Health Week activity with a Luncheon and a Health Professional Guest Speaker.

This year the Legacy Torch Relay from France to Melbourne came through Bundaberg. Four of our War Widows are also Legacy Widows, and each carried the Torch for one of the legs. Laurel Crawford, Margaret Biddlecombe, Judy Sheean and Mabel Matthews honoured us with Mabel at 101 years of age carrying the Torch for the last leg and lighting the Cauldron. We were so proud of them.

At our last meeting we were very happy to welcome State President Judy Smith and Sue Hilditch. It was great to catch up on the latest help etc. and found Sue's address very informative. Lovely to meet our new State President.

Have begun to organise our Xmas functions. Brings the end of the year very close. Take care all.



Laurel Crawford, Margaret Biddlecombe, Judy Sheean and Mabel Matthews were honoured to carry the torch for the Legacy Torch Relay

## CAIRNS

We are still enjoying the last of our cool winter weather. We've had a lot of members away during this time on holidays, injuries, flu and of course, Covid. Annie's in the Philippines and Donata has gone to the Vietnam Veterans' celebrations in Canberra.

We were all pleased to meet Judy Smith, our new President, and of course catch up again with Sue Hilditch at our August meeting, at the RSL. We sincerely thank them for taking the time to provide with lots of information, and answer our many questions.

In July we met for lunch at the Yum Sing Restaurant, and in August we dined at 'The Benson', in the city. Many of us hadn't been to either restaurant before. We all enjoyed the good food, and did lots of talking and laughed a lot.

On Vietnam Veterans' Day in Cairns, Norma and I laid a wreath at the Cenotaph. While at this ceremony we met Jennie Runciman, Vice President of the South West War Widows' Group. Afterwards Jennie joined us at the RSL for an enjoyable evening. It is always good to meet ladies from other groups.

I hope everyone keeps well.  
Lyn Bennett  
Co-Ordinator  
Cairns War Widows Social Group





Cairns members during a visit from Sue Hilditch and Judy Smith

## CALOUNDRA

We had our meeting on the 14th of August. 19 Ladies attended and 12 apologise. One of our members had an operation in Buderim Hospital and the other one had a fall at home.

On the 11th of September we are going to Coolum Surf Club for War Widows' Day. For Veteran's Health Week we are having lunch at RSL Club on the 9th of October. The physiologist is booked for that day.

One of our members, Faye Clarke, turned 105 years young on 29th of July. Every year me and Christine celebrate her Birthday at the aged care centre. This year I went to Woolworths at Currumbundi in Sunshine Coast to order her birthday Cake. I said she is a war widow and war Veteran, and 105 years young, then I said I'll pick-up on Thursday 27th. When I went to pick up the cake, she said I have a surprise for you! She picked up the cake and before we got to the checkout she turned to the flowers department to pick up a beautiful bunch of flowers in the vase and came back to me and said,

this is from Woolworths for the 105 year old lady, you do not have to pay. I was so overwhelmed from joy, the next minute a tear was running. When she saw I was crying, she cried too. The generosity and kindness of Woolworths amazed me, I couldn't thank them enough.

Happily, with cake and flowers, we celebrated Faye's Birthday with the staff in aged care. On the way going home I stopped to Woolworths to talk to the manager, he is nice young man. I showed him the photo of Faye with the cake and the Flowers.

Today I decided to share their kindness and generosity to all of you. Bye for now and god bless you all.

Roohi Doherty



Roohi Doherty and Christine Gann visiting Faye Clarke for her 105th Birthday.

## GOLD COAST NORTH

Welcome from all at North Gold Coast. Our March meeting was

very lively. Sue Hilditch was our guest speaker. Our ladies were very much interested in what Sue had to say. The discussion about what our ladies had access to from My Age Care and DVA, and ladies took part asking questions talking about their own experiences. When the meeting closed the ladies were still talking about how good the information was. Thank you, Sue, for your input.

As our April meeting fell on Anzac Day, as a group we decided to go out to lunch the week before at CSI. Thank you to all the ladies who came. Anzac Day March was cancelled for Southport, however, I went to the Dawn Service and laid a Wreath for Gold Coast North War Widows. Serena Reeves laid a Wreath at Runaway Bay RSL. Thank you, Serena.

We had a good number of ladies at our May meeting, great to see all your lovely smiling faces.

Hello June, winter is upon us with much cooler days. Thank you to our 20 ladies who turned up for our meeting. Our guest speakers were, Laurie Pollards President of SOPO and Peter Boyd Vice President of SOPO. They presented our group with a generous cheque. We had a discussion about what to do with this donation, the decision was a bus trip and lunch for the day. Nothing was decided it is still in the think tank.

July is rolling around quickly. This meeting was a lunch at Anglers Arms, 18 ladies were able to attend. Unfortunately, due to illness, a few ladies were unable to come. Thank you to those who made it.

August is here. Redlands Friendship Day luncheon will have six ladies attending. We are all looking forward to meeting up with other groups.

As we keep going into the year September is knocking on the



door. Judy Smith will be our guest speaker. My lovely group of ladies will enjoy Judy's visit.



GC North members at their meeting

## GOLD COAST SOUTH

Hello Ladies. Well spring has sprung early on the Gold Coast with warm weather already upon us.

Our group continues to move along nicely with friendships growing with each meeting.

Our July meeting was a Xmas in July with activities, Xmas cake and scrumptious goody bags for all. We are tending to stay pretty close to our home base these days as we feel that it makes it easier for the majority of our ladies to attend. Currumbin RSL run activities throughout the month and we encourage those members that like to get out and about to link into these.

Vietnam Veterans' Day is a major event at Currumbin and we

have a major part of the ceremony again this year commemorating the 50th anniversary of the end of the conflict.

The next couple of months are busy ones with Friendship Day and Jessie Vasey Day to look forward to.

We have welcomed four new members to our group over the past months and look forward to getting to know them.

Bye for now. Debbie Baczyk  
Gold Coast South.



Gold Coast North members celebrating Christmas in July

## MARYBOROUGH

Maryborough Social Group's annual luncheon & games afternoon at Fe Cassell's residence in Howard, Tuesday 18 July- Asian cuisine & hospitality enjoyed by all, followed with some intense games of Mahjong & Rumi Cub.

Cheers,  
Fleur



Maryborough members enjoying lunch and games at Fe Cassell's house

## NEW FARM

The New Farm group continues to go well with a very good attendance each month. We are so lucky to have our beautiful garden to meet in and to have such great cooks amongst us to provide a scrumptious morning tea at our meetings.

At our July meeting we were joined by members of the Geebung war widows who were able to enjoy our spit roast lunch catered for us by "Catering to Dine For". Also, they were fortunate to be able to go home with most of



the raffle prizes on the day – well done to them!

In August we had a wonderful talk from Helen Townsend-Austin, author of “Like Shadows in the Corner”. This book contains stories from Vietnam Veteran wives about their lives while their husbands were on active service in Vietnam. During that difficult time a large portion of the community ignored these wives’ existence, ensuring they remained invisible and no more than a shadow during the Vietnam War and for at least 50 years thereafter. Helen’s book is available for purchase.

In September our guest speaker will be Shona from the Crime Prevention section of the Qld Police telling us how to stay safe in our homes. Our October meeting will be held in the evening and will be “paint and sip” event followed by a BBQ dinner.

Meantime, a number of our ladies are looking forward to Friendship Day at Redlands. We hope to see many of you there.



Audrey Bristow with Prince

## REDCLIFFE

Welcome to our Bulletin Report for the spring period. We are all pleased to see the weather is starting to warm up. Our meeting member attendance is now

steady at 26. We welcomed three new members this period to our Sub-Branch. We also welcomed back one former member who renewed her membership. Again, several of our members have been unable to attend due to ongoing medical issues.

At our AGM in May, Judy Harvey retired from the role of President. It was a difficult decision for Judy to make, but due to her medical conditions that continue to be a major concern, she felt the best decision for herself and the Sub Branch for a new member to take over the role of President. But not wanting to sit idle, Judy has taken on the role of Vice President, to assist when required, our incoming President, Jennifer Armstrong. Judy moved to Redcliffe in 2014, transferring her membership from South West Widows Sub Branch to our branch. Judy attended just two meetings before taking on the role of President. Judy was President for almost 10 years. Judy made a commitment to herself to remain as President until our Branch turned 50, and that she achieved. But we can all be assured that Judy will always be in the background available to assist when called upon to do so. Judy Harvey was presented with a personal letter and an arrangement of flowers from State MP, The Hon Yvette Dáth.

Our monthly meetings have been busy. Our June meeting special guest was Russell from Mobility & you. Russell gave an informative presentation about mobility scooters. At our July meeting our members played Trivia, which was well received. All trivia content was of Australian content, designed to appeal to senior members of the community. For our August meeting, our special guest speaker was Redcliffe & Districts Ex-Services Women’s Club Presi-

dent Wendy Griggs. Wendy spoke about her time in the services, plus engaged our members with very entertaining details of her travels around Europe and other places.

Christmas in July was celebrated at the Redcliffe RSL with our War Widows and Legacy Ladies in attendance. A two course meal was served which was delicious. Always good to frock up and enjoy the company of our delightful ladies.

In closing this edition of the Bulletin, I quote:

*“Almost all my middle-aged and elderly acquaintances, including me, feel about 25, unless we haven’t had our coffee, in which case we feel 107.”*

Author Martha Beck.



Outgoing President, Judy Harvey

## ROCKHAMPTON

Hello from Rockhampton. On the 3rd of June a number of our members attended a High Tea at the Yeppoon RSL and had an enjoyable day.



On the 13th June we had our AGM with the same committee members being re-elected.

The 26th July saw some members car pool for a mystery trip to Yeppoon for morning tea and lunch. A nice morning tea was enjoyed at Stitch & Stir followed by lunch at the Waterline Restaurant at the marina.

12 members attended Vietnam Veterans' Day 50th Anniversary at Cockscornb Veterans retreat on the 18th August. We travelled on the bus organised by the TPI Association. Our members laid their white crosses again this year.

Five members flew to Brisbane on the 20th August to attend the Redlands Friendship Day at the Redlands RSL on the 24th. We also attended the White Cross Service on the previous day. We were lucky to have our member, Karen Campbell, drive us to see the Eternal Flame and the Memorial Galleries at Anzac Square. The next day we went to The Pinnaroo cemetery where we saw the Memorial Wall and found our husbands plaques.

Some of us are looking forward to a bus trip to Mackay and surrounds in September. This trip is organised by Yeppoon RSL.

We are hoping to organise a 'Picnic in the Park' for War Widows' Day and Jessie Vasey Day on the 19th October.

We are looking forward to welcoming our State President, Judy Smith, and accompanied by Sue Hilditch to our October meeting.

A number of our members will be attending the Combined Services formal luncheon for 100 years of Legacy at the Rockhampton Leagues Club on the 9th September.

We won't be having a meeting in September as most of the committee will be on a bus trip. Till next time. Jan



*Gloria Lynch, Jenny Ireland, Jan McPherson, Cecilia Miller and Karen Campbell at the White Cross service*

## SOUTH EAST

As they say spring has sprung and we hope goodbye to the chilly winds and cold nights. The global warming certainly helped our July days but the unexpected changes to our normal winter seems to have produced more than the average winter sniffles and common cold symptoms. Amidst all this life carried on for most of us, family birthdays and weddings, arrivals of grand or great grandchildren etc. and of course the monthly AWWQ meeting. This is a time to look forward to, sharing the latest news of events and enjoying the company of those whose pasts touched a familiar lifestyle.

At our June meeting the group had much pleasure in helping South East's most senior member, Heather Cossart, to celebrate her 105th Birthday at the East Leagues Club. The friendly staff joined with us for the "Happy Birthday" song and taking of photos with cameras and phones as they popped up all around, the red velvet birthday cake wasn't ignored either. It was a week of much celebration for Heather and her family.

July meeting brought more important birthdays with Shirley Hallinan and Ness Poole drawing closer to their centenary year. Shirley baked her own beautiful and delicious cake to bring and share accompanied by the traditional Birthday song to both Shirley and Ness.

Ladies of the South East Social Group have many and varied talents and hobbies and our gathering gives an opportunity to share these interests be it art, cooking, gardening, needlework or whatever, it is an accomplishment worth hearing about. Each of our monthly meetings makes a difference for those able to attend.



*South East members at their monthly meeting celebrating the 105th birthday of Heather Cossart*

## SOUTH WEST REGION

In May we held our AGM. We welcome several new members to the Committee. One of our younger War Widows, Vicky, is now our new Treasurer. With a background in banking she was well placed for the job. Ros is now Vice President. She has been a member for some time. The other committee member, Trish, has also been a member for some time, I look forward to working with these ladies. A big thank you to Jenny Gregory for chairing our meeting.

Our one and only Treasurer for the past 16yrs stood aside due to ill health. As I write this she is undergoing treatment in hospital, we wish her all the best. She was farewelled at the June meeting.

Next week we are joining with National Seniors for our first bus trip in a long time. This is to Twin Towns for a show. Morning tea along the way.

The next big event is Friendship Day. About 10 Ladies will be attending. Several ladies are on the waiting list.

We are asking the ladies how we can celebrate the upcoming War Widows' Day in October.

That's all for now,

Regards

Pat Woods

TOWNSVILLE

We are busy planning for our September visit from our State President and Welfare Officer, and working hard on our planned celebration for War Widows' Day & Townsville's 60th anniversary.

We are organising a visit to 2RAR Museum and a morning tea. There is also Veteran's Health Week to prepare for and our Xmas lunch to arrange. A busy time for the executive, who are working tirelessly to make our meetings friendly, inclusive and memorable.

Wendy Goodman  
President



HAPPY BIRTHDAY JOYCE

Brisbane North member, Joyce Bannister, celebrated her 100th Birthday on the 17th of August. Joyce received a card from The King and Queen, and also celebrated with a birthday lunch at the Brisbane North Group's monthly meeting, joined by her daughters Helen and Kay, and Australian War Widows National President Jenny Gregory.

On behalf of everyone from Australian War Widows Queensland, we wish you a very happy Birthday, Joyce.



CONCESSION STAMPS

Concession card holders may be eligible for a reduced rate on domestic stamps. With a free Australia Post Concession account, you will pay only 60c per stamp, instead of \$1.20. You can purchase up to 50 stamps per year.

The below card holders are eligible to apply for concession stamps:

- Pensioner Concession Card
- Health Care Card
- Commonwealth Seniors Health Card
- Department of Veterans' Affairs Card
- Veterans' Repatriation Health Card

To apply, visit [auspost.com.au](https://auspost.com.au) and type "Concession Stamps" in the search bar, or alternatively phone Australia Post on 13 13 18.





# WE ARE LOOKING FOR VOLUNTEER DRIVERS!

Do you love connecting with and helping other war widows?  
Do you have some spare time?

We are looking for volunteer drivers to add to our pool to drive members in the AWWQ minibus for day trips and outings.



If you are interested, or know someone who would be interested,  
please contact Lindy from AWWQ.

M: 0478 398 931  
E: [Lindy@warwidowsqld.org.au](mailto:Lindy@warwidowsqld.org.au)



AUSTRALIAN  
WAR WIDOWS  
QUEENSLAND



## WHAT IS THE DIFFERENCE BETWEEN AWWQ SUB BRANCHES & SOCIAL GROUPS?

Question	Answer for Sub Branches	Answer for Social Groups
Do we need office bearers?	Yes, as at present official office bearers are: Honorary President Honorary Secretary Honorary Treasurer	No, but you will need a Coordinator. You may decide also to have a joint or assistant Coordinator to help.
Do we still pay membership fees?	Yes, these must be paid to be a member of Australian War Widows QLD.	Yes, these must be paid to be a member of Australian War Widows QLD.
Do we need Guidelines?	Yes, the members handbook can be used as guidelines to running a Sub Branch along with the AWWQ constitution.	Yes, the members handbook can be used as guidelines to running a Social Group along with the AWWQ constitution.
What paperwork is required – do we need to keep books?	Each branch has their own way of managing their Sub Branch. The secretary may circulate an agenda, record names of attendees and prepare minutes. The treasurer is required to provide head office with the Financial Reporting form in March & October each year.	A record needs to be kept of attendance and the financial reporting is required by head office in March & October each year.
Do we need a Code of conduct?	Yes, AWWQ's Code of Conduct applies to all members.	Yes, AWWQ's Code of Conduct applies to all members.
Can our members vote for Directors to be on the Board?	Yes, AWWQ financial members are eligible to vote for AWWQ Directors. However as per 9.1(4) of the AWWQ constitution associate members are not eligible to vote at a state level.	Yes, AWWQ financial members are eligible to vote for AWWQ Directors. However as per 9.1(4) of the AWWQ constitution associate members are not eligible to vote at a state level.
Can our members attend the AWWQ Annual General Meeting?	Yes, all financial members can attend the AGM.	Yes, all financial members can attend the AGM.
How often do the members meet?	Usually monthly or as the members decide.	Usually monthly or as the members decide.
Do we need an AGM?	There is no legal requirement for Sub Branches to hold an AGM.	There is no legal requirement for Social Groups to hold an AGM.
Will we have visits from head office?	Yes, the Sub Branch can request a visit from the State President, Board Directors, Wellbeing Program Manager at any time.	Yes, the Social Group can request a visit from the State President, Board Directors, Wellbeing Program Manager at any time.

Question	Answer for Sub Branches	Answer for Social Groups
If we need it, can we still get support and/or guidance from Head Office?	Yes, this is available from Head Office – just a phone call away.	Yes, this is available from Head Office – just a phone call away.
Will we receive information from Head Office?	Yes, updates and information circulars will be sent as usual from Head Office.	Yes, updates and information circulars will be sent as usual from Head Office.
Will we have speakers at meetings?	Speakers can be organised at the local level if members would like this.	Speakers can be organised at the local level if members would like this.
Will we have social activities, lunches and outings?	These can be arranged by the Sub Branch President or any members of the sub branch.	These can be organised by the Coordinator or any other members.

### Questions about financial matters for Social Groups

What will happen to the Sub Branch funds if we convert to a Social Group?	If there is still money in the Sub Branch account at the time of conversion, members may need to decide how to spend this, or the money can remain in the account for future events.
Will we have a bank account?	A Social Group is not required to have a bank account. If the Social Group has converted from a Sub Branch, the money can remain in the existing account.
How does a Social Group handle money for social outings and activities?	In some cases, money is collected by the Coordinator to pay for social outings and activities. For lunches/outings, it is 'pay as you go.'

# REPUBLIC OF VIETNAM CROSS OF GALLANTRY WITH PALM UNIT CITATION

For the information of our members, the Department of Defence has advised the following –

“In September 2018 an application was made to Defence Honours and Awards that those members of the Army who served at Fire Support Bases Coral and Balmoral should be awarded the Republic of Vietnam Cross of Gallantry with Palm Unit Citation (the VCGPU or Citation).

After much correspondence the application was eventually denied by Army and was then appealed to the Defence Honours and Awards Appeals Tribunal. On 31 May 2022 the Tribunal advised that it had;

- Decided to recommend that all units and elements of the 1st Australian Task Force – Vietnam be awarded the VCGPU: and
- Also recommend to the Minister that the Department of Defence be directed to consider whether there are any other units of the Australian Defence Force that should similarly be recommended to be awarded the VCGPU.

Today advice has been received in a letter from the Hon Matt Keogh MP, the Minister for Defence Personnel, that the Department of Defence has recently completed the necessary research required to identify the relevant units, and consequently individuals, who are eligible to apply for and receive the Citation.

Your attention is drawn to this welcome decision and to the following webpage on the Directorate of Honours and Awards website- <https://www.defence.gov.au> and typing "Republic of Vietnam Cross of Gallantry with Palm Unit Citation" in the search bar at the top right of the page.

This page includes a further site, List of Army Units eligible for the Vietnam Cross of Gallantry with Palm Unit Citation

Information on making an application for the Citation, including those made by family members of deceased Vietnam veterans who may be eligible, can be found on the same page, by clicking on "Submit an application" under the "Application" heading.

Alternatively, you can phone the Defence Service Centre on 1800 333 362.



# CONGRATULATIONS JENNY

We are delighted to announce that Jenny Gregory has been recognised with the Medal of the Order of Australia (OAM) award for her service to veterans and their families in the King's Birthday 2023 Honours List. Throughout her career, Jenny has dedicated herself to various roles, ranging from her voluntary work in the Solomon Islands to her position as a registered nurse at a residential aged care facility where she later became Director of Nursing. Her passion for caring for individuals with dementia drove her to play a crucial role in establishing a Dementia Network in Canberra, and Jenny became the inaugural President of Alzheimer's Australia ACT Inc. and worked in this capacity for many years.

Her long list of achievements being, but not limited to-

- Former Registered Nurse
- Former Director of Nursing, residential aged care
- Founder, Women's Group Solomon Islands (overseas aid program)
- Inaugural President, Alzheimer's Australia ACT, 1995-2005
- Former Council Member, War Widows' Guild Queensland (now Australian War Widows Queensland).
- Former Treasurer, Gold Coast South Sub Branch
- National Treasurer/Secretary, since 2020
- Former State President Australian War Widows Queensland
- Current National President Australian War Widows Queensland

In 2013, after the passing of her husband, Jenny joined AWWQ and served as the Queensland State President from 2016 to 2022. Recognising her exemplary leadership and dedication, Jenny was appointed as the National President of Australian War Widows in October 2022.

Jenny's profound impact on the lives of many and her significant contributions to the veteran community have been truly commendable. We extend our warmest congratulations to Jenny on receiving this well-deserved honour.





Being an  
active partner  
in your care

[veteransmates.net.au](http://veteransmates.net.au)

## DRY OR ITCHY SKIN? TOP TIPS TO HELP

Dry or itchy skin can be common as you get older and can make you feel quite miserable. It can increase the risk of having a skin tear, make you feel anxious and can even keep you up at night. The good news is that there are some simple things you can do each day to treat dry or itchy skin.

This brochure gives you tips on how to manage dry or itchy skin and which treatments might help. It also covers other steps you can take to help keep your skin healthy as you get older.

### ✔ Moisturise, Moisturise, Moisturise

Moisturising regularly is one of the best treatments for dry or itchy skin. As older skin can be thinner, it also helps prevent skin tears. In fact, Australian research has found that men and women who apply an appropriate moisturiser twice a day halve their chance of having a skin tear.

suitable than others. Ask your GP or pharmacist about which moisturiser might suit you best.

***Moisturisers such as QV skin lotion<sup>®</sup>, Alpha Keri Lotion<sup>®</sup> are available to DVA gold card and some white and orange card holders through the Repatriation Pharmaceutical Benefits Scheme (RPBS). Talk to your GP about the best treatment for you. There might be other types of creams or medicines your GP can prescribe for dry or itchy skin.***

### Which moisturiser?

There are many different types of moisturisers and some are more

1. Carville K, Leslie G, Osseiran-Moisson R, Newall N, Lewin G. International Wound Journal. 2014; 11: 446-453.



## What can I do to treat dry or itchy skin?

- Apply moisturiser liberally morning and night. Make it part of your day by moisturising at the same time each day e.g. after showering in the morning and at bedtime at night.
- Keep your shower or bath as short as possible and use warm rather than hot water.
- Refrigerate your moisturiser for extra cooling effects.
- Use a soap substitute cleanser when bathing. Soap can dry out and damage your skin. Ask your GP if you are eligible for a prescription of a soap substitute cleanser such as e.g. QV® Range, Alpha Keri®, Hamilton®.
- Take care when using a product that may make surfaces more slippery. Dry your hands after using a moisturiser and be careful of getting it on the soles of your feet as it might make them slippery.
- Make these practices part of your daily routine even once your skin no longer feels itchy to prevent it from reoccurring.

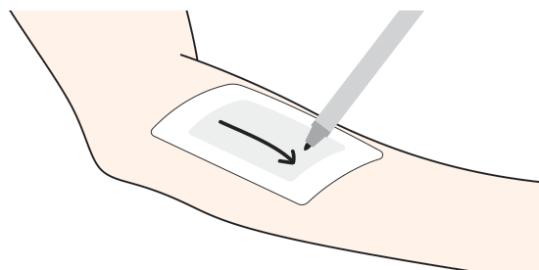


## ✓ Be aware of possible triggers that dry out your skin

Dry itchy skin can be made worse by certain triggers such as soaps, perfumes, cosmetics, detergents, certain clothing, stress and infection. Think about which products you have recently changed and try avoiding them.

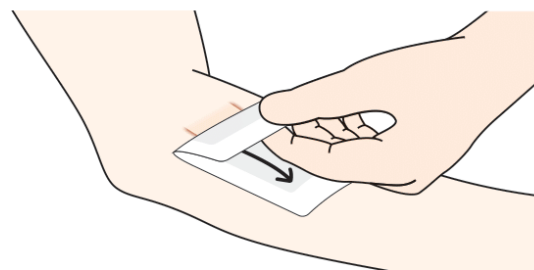
## ✓ Take steps to prevent skin tears

As you get older, it can become more common to get a skin tear. A skin tear is where the outer layer of skin peels back and looks like a flap. It can happen from simply knocking your arm on a chair, or catching your arm on a plant while out gardening. The best prevention is to moisturise twice a day. However, if you do get a skin tear see your GP. Your GP or a nurse can check the wound is clean and give you advice on how to look after it and how to safely remove the dressing.



**Figure 1: Dressing your skin tear**

Cover the wound with a non-stick dressing pad. Draw an arrow on the top of the dressing to indicate the direction for removing. The arrow should be pointing in the same direction as the intact edge of the skin flap.



**Figure 2: Safe removal of the dressing**

Remove the dressing slowly and close to the skin, using the arrow to guide you. **Never pull against the direction of the skin flap.**

## ? What about if I have been prescribed a corticosteroid cream?

If your skin becomes inflamed your doctor might also prescribe a corticosteroid product (a cortisone cream, lotion or ointment) for short periods, e.g. 2 to 4 weeks, when the skin becomes inflamed. If your skin is not improving after this time return to your GP who will reassess your treatment.

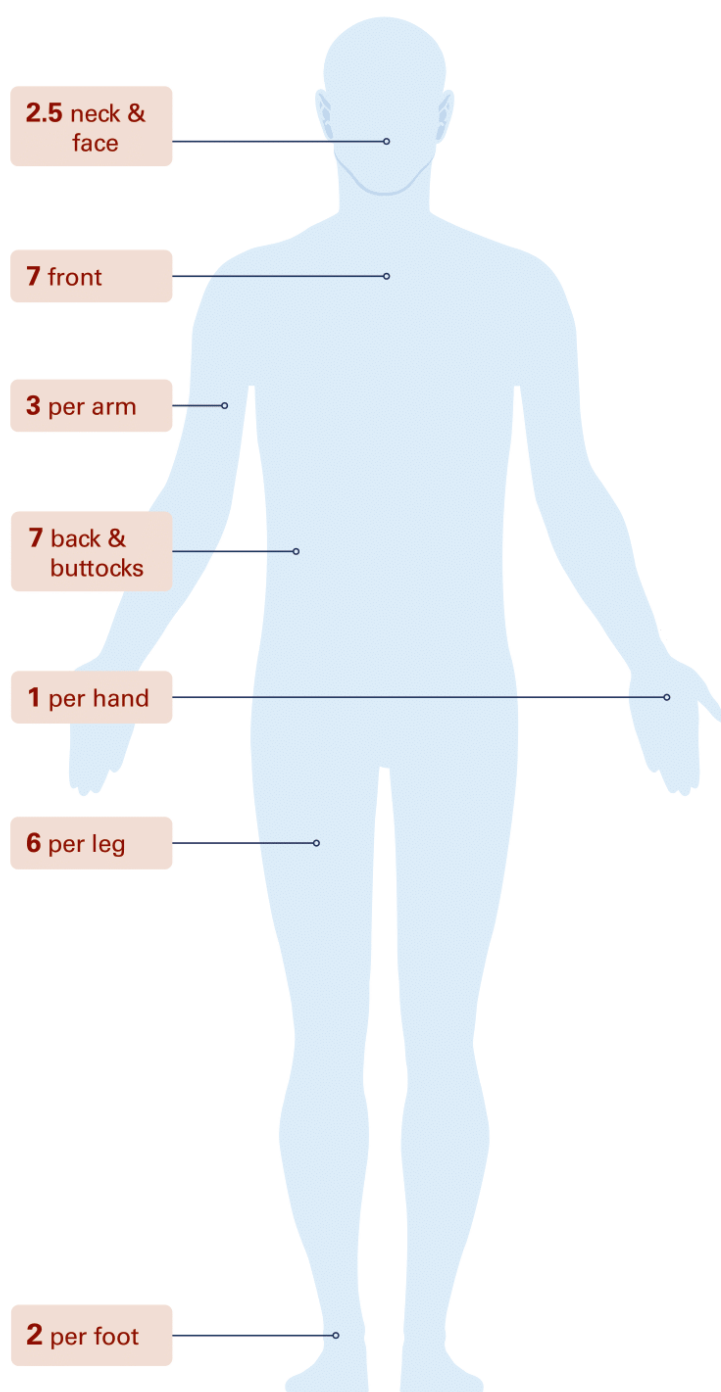
***Be aware that corticosteroid creams are NOT moisturisers. Keep using your moisturiser twice a day to get the best result from your treatment.***

### How much corticosteroid cream should I use?

You'll get the most benefit from a corticosteroid medicine by using the correct amount. The best way to measure the correct amount is the fingertip unit. That's the amount of cream or ointment squeezed from a tube to cover the tip of your index finger to its first crease.



The number of fingertip units required will depend on the size of the area being treated (see Figure 3). Make sure you spread the cream or ointment as advised by your doctor or pharmacist.



**Figure 3: Fingertip units for different areas of the body**  
Number of fingertip units required to completely cover different areas of the body. Reduce as appropriate to cover smaller area of dermatitis.



## ✓ Protect your skin from the sun

In Australia, skin cancer accounts for about 80% of all newly diagnosed cancers which is one of the highest rates in the world. Take steps to protect your skin and talk to your GP about having an annual skin check.

### What do I need to know about sun protection?

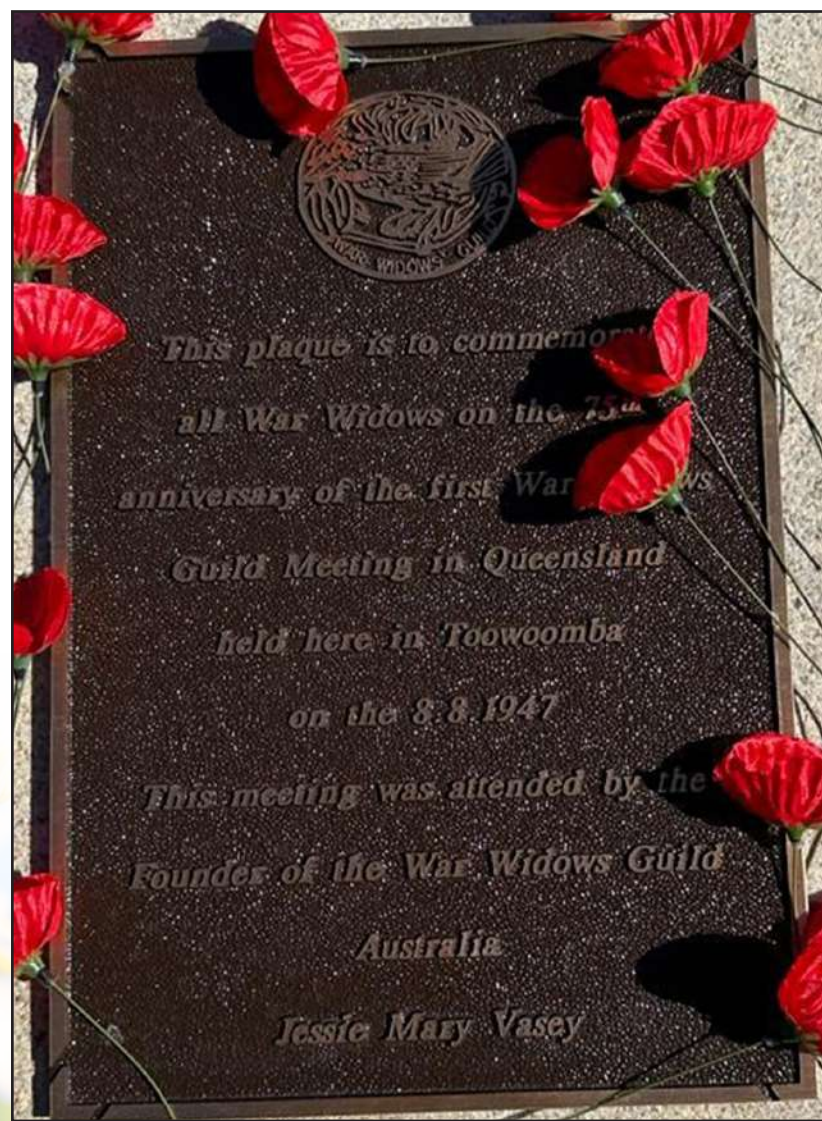
- Where the UV rating is above 3 wear sun protective clothing (e.g. broad-brimmed hat, long sleeves, and trousers). Download the free SunSmart Global UV app on your phone to find out the UV level in your location.
- Put on SPF50 sunscreen, ideally 20 minutes before going outside. If you are eligible, your GP can prescribe high SPF sunscreen of 50+ available through the Repatriation Pharmaceutical Benefits Scheme (RPBS).
- Wear sunglasses that meet Australian standards with a UV rating of two or higher.
- Talk to your GP if you notice any skin changes or if you have any spots that don't heal.



### What else can I do to keep my skin healthy?

- Eat a balanced diet, which includes fruit and vegetables, daily and keep adequately hydrated.
- Keep moving – exercise improves blood flow and can help improve balance which reduces the risk of falling which can cause damage to your skin.
- Maintain a healthy weight – being either overweight or underweight can increase your risk of skin problems.
- Do not smoke. For help with quitting smoking, talk to your GP or visit [www.quit.org.au](http://www.quit.org.au)
- Some medicines can cause dry itchy skin or impair wound healing. Talk to your GP if you are having ongoing trouble with dry itchy skin or a wound that isn't healing easily.







# THE MOTHERS' MEMORIAL GARDENS TOOWOOMBA

The Mothers' Memorial was constructed as a symbolic monument dedicated to the memory of those who gave their lives in the Great War (1914-1918) for the liberty of Toowoomba. It is one of the very few such memorials commissioned by women and is outstanding for its elegance and appropriate symbolism. The form of the memorial and the use of trachyte stone appears to be unique in Queensland.

The vision for this memorial was presented to the city of Toowoomba by prominent women of the community at the time, and therefore was referred to as the 'mothers' proposal'. Funding for the memorial was raised by these women in part by selling bunches of *Viola odorata* (now known as The Toowoomba Violet). The memorial was erected in the centre of Toowoomba at the intersection of Margaret and Ruthven Streets in 1921 and officially unveiled by the Qld State Governor Sir Matthew Nathan on 28 January 1922 who then placed the first wreath from the Mothers' Memorial Committee on the memorial.

Further panels were added to the memorial in 1955 to record the names of fallen soldiers during the Second World War and the Korean War and in the 1970s following the Vietnam conflict.

From the mid 1960s attempts to move the memorial out of the growing urban centre of Toowoomba were met with fierce opposition. The Mothers' Memorial was eventually moved to its current location in East Creek Park in October 1985, 'to enable the remembrance of loved ones in a reflective and suitable setting'. This location, now known as the Mothers' Memorial Gardens, offers a place where the memorial can be observed in a peaceful environment.

Today, as well as the Mothers' Memorial, there have been created memorials to the fallen from the Boer War, Royal Australian Navy, Siege of Tobruk, Royal Australian Air Force, Vietnam, Women's Royal Australian Airforce, the National Service, Toowoomba Legacy Club, 25th Battalion, Lone Pine, the Peace Garden and the Centenary Wall with granite pedestals erected in a semicircle in front of this entry for the placements of other future memorials.

## Anzac Centenary Wall

The Anzac Centenary Wall has been designed and constructed to hold all future plaques approved to be placed in the Mothers' Memorial Garden precinct.

Plaques have been located on the Boer Wall Gates at the Margaret Street entrance to the gardens in the past. This area can no longer accommodate any new plaques commemorating the services of all men and women in the armed services. By providing a location for new plaques, the Anzac Centenary Wall ensures that The Mothers' Memorial remains the dominant memorial in this war memorial precinct.

It was here on the Anzac Centenary Wall which faces the entry to the Mothers' Memorial Gardens where the first plaque was unveiled on this wall on 19 May 2023 by the Australian War Widows National President, Mrs Jenny Gregory, and the Queensland State President, Mrs Judy Smith. This plaque commemorated the first meeting of the War Widows' Guild Queensland which was attended by the Founder and National President of the War Widows' Guild Australia Mrs Jessie Mary Vasey on 8th August 1947.

Mary-Ann Wheatley  
Toowoomba War Widows Guild

### Photos:

*Top left: (L-R) Marry-Anne Wheatley, Judy Smith, Jenny Gregory & Robyne Hilditch at the plaque unveiling*

*Middle left: The Mothers' Memorial as constructed in the Centre of Toowoomba CBD in 1921.*

*Bottom left: The Mothers' Memorial as relocated to the Mothers' Memorial Gardens in 1985.*

*Top right: The Anzac Centenary Wall*

*Bottom right: The War Widows' Guild 75th anniversary plaque located in the Mothers' Memorial*

# HOW CAN AN OCCUPATIONAL THERAPIST HELP YOU?

An Occupational Therapist (OT) can help you stay active to enable you to continue doing the activities that you need to, as well as improving the quality of your life.

A therapist always begins with an evaluation to determine what difficulties you might be having that interfere with your independence.

Their services include:

- Adapting the home for safety – e.g. modifications to the home such as ramps, grab rails and magnetic door latches
- Equipment recommendations such as tipping kettles, specialised chairs, beds and toilet modifications
- Assess seating and positioning needs in beds, wheelchairs and wheelie walker; help with selecting the most appropriate equipment
- Help after surgery or a fall
- Teaching a person with arthritis to protect the joints and conserve energy
- Cognitive and memory support such as assisting a person with memory impairment organise and label draws
- Helping a person with limited motion to do stretching exercises and recommending adaptive equipment such as a sponge with a long handle
- Recommending a stretching program to prevent contractions and pain
- Guidance to reduce falls

## How do I know whether I need an OT?

If you answer yes to any of the questions below you will benefit from an OT assessment:

Do you have:

- Trouble doing daily activities such as opening jars or putting on shoes?
- Difficulty moving around your home safely?
- Forgetting some of your appointments?
- Do you feel as though you are losing strength or are you experiencing pain?
- Have had a recent fall, or have a history of falls?

## How does Occupational Therapy different from Physiotherapy?

Many people do not understand how occupational therapy differs from physical therapy. The primary difference is that the occupational therapist assesses the patient's ability to perform their daily "occupations" or activities and the physical therapist focuses on improving mobility. When a physical therapist treats a person with a hip fracture his goal may be for the patient to walk and use the stairs. An occupational therapist, on the other hand, may recommend bathtub grab bars and a raised toilet seat to increase safety and independence during self-care "occupations".

## Did you know that DVA will pay for an OT?

Did you know that DVA will pay for OT services, and the equipment that the OT recommends, provided you have a doctor's referral.

Sue Hilditch

Wellbeing Program Manager



# CHEESY POTATO CRUST QUICHE NEST



## INGREDIENTS

- 4 eggs
- 8 hash browns, halved
- 115g (1 1/3 cups) coarsely grated cheddar cheese
- 100g sliced ham, finely chopped
- 3 green shallots, finely chopped
- 160ml (2/3 cup) pouring cream



## METHOD

### Step 1

Preheat oven to 200C/180C fan forced. Lightly grease a 12-hole, 80ml (1/3 cup) muffin pan with oil and line the bases with baking paper.

### Step 2

Lightly whisk 1 egg in a large bowl. Crumble over hash browns. Add 1/3 cup of the cheese. Season and mix well. Spoon the potato mixture evenly among prepared muffins holes and mould to create a 'nest' shape. Bake for 20 to 25 minutes or until dark golden and crisp on the edges.

### Step 3

Place ham, shallot and remaining cheese in a bowl. Mix well to combine. Divide the mixture evenly among the prepared hash brown cases.

### Step 4

Whisk the cream and remaining eggs in a bowl. Season. Carefully pour egg mixture over ham filling. Bake for 15 minutes or until the filling is set. Serve.



# VIETNAM VETERANS' DAY



In July 1962, Australian troops began arriving in Vietnam to assist in stopping the spread of communism in South- East Asia. Between 1962- 1973, over 60,000 Australians served in the Vietnam War. During that time, more than 500 Australian soldiers died, and over 3,000 were wounded.

The Vietnam war became Australia's longest war, only be surpassed by Australia's involvement in the War in Afghanistan. In late 1970, Australia began withdrawing troops from Vietnam. On 11 January 1973, Governor-General Sir Paul Hasluck issued a proclamation that Australia's involvement had officially ended.

Vietnam veterans were met with hostility on their arrival back to Australia, due to the momentum gathered by anti-war protests from a strong belief that the war could not be won, that Australia was being dragged into an American conflict to its own national interests, and the draft system in which Australian men were chosen and required to serve two years full time in the Army, and an additional three years part-time. Vietnam veterans were not only ostracised by civilians, but even by the RSL who would claim that the Vietnam War was "not a real war".





In 2006, on the 40th Anniversary of Long Tan, Former Prime Minister John Howard apologised to Vietnam War veterans at the Vietnam War Memorial. "They are owed our apology and our regrets for that failure. The very least we can do is to acknowledge that fact". On August 18 2023, the 50th year anniversary since Australia's involvement in the Vietnam War, NSW RSL President Ray James also apologised for their treatment by the organisation. "RSL NSW acknowledges a generation of veterans who are still healing and we publicly recognise our charity's past mistakes this Vietnam Veterans' Day," he said. These apologies, of course, do not erase the pain that the Vietnam Veterans and their families went through following the Vietnam War.

AWWQ thanks all Vietnam Veterans for their service, and to their family and friends who supported and suffered alongside them on their return to Australia following the war.



*Photos:*

*Left page top: Gold Coast South members at the Currumbin Vietnam Veterans' Day Service*

*Left page bottom: Cairns members laying a wreath at the Vietnam Veterans' Day service*

*Left page bottom: Memorial plaque at the Currumbin RSL*

*right Page top: Maria Chandler and Sue McCallum at Vietnam Veterans' Day in Rockhampton*

*Right page middle: Cairns members at the Cairns RSL Vietnam Veterans' Day service*

*Right page bottom left: Ruth Russell and Gloria Lynch at Vietnam Veterans' Day in Rockhampton*

*Right page bottom Right: Deb Harris, Jan Graham and Esma Humphries at Vietnam Veterans' day in Rockhampton*







# WHITE CROSS SERVICE & FRIENDSHIP DAY

## **Remembering and Honouring: White Cross Day at Cleveland RSL Sub-Branch**

In a heartwarming display of remembrance and unity, the Redlands War Widows' Guild orchestrated an unforgettable White Cross Day at the Cleveland RSL Sub-Branch on Wednesday, August 23rd. The event not only witnessed a remarkable turnout but also saw representatives from War Widows' Guilds across Queensland gather to pay homage to our fallen heroes and leave their mark in the sand.

The occasion was a testament to the enduring spirit of camaraderie among those who have experienced the profound loss of loved ones in service to our country. Against the backdrop of the Cleveland RSL Sub-Branch, attendees from near and far came together, sharing stories and memories that illuminate the sacrifices made by our brave servicemen and women.

As the event unfolded, the significance of the white crosses became evident- each cross symbolizing a life laid down for the cause of freedom and the protection of our nation. The act of placing these crosses in the sand carried a powerful weight, as War Widows' Guild members, united in grief, stepped forward to etch their loved ones' legacies into the heart of the earth.

The sight was a moving tableau, a sea of white crosses emerging on the sands- a solemn tribute to lives lived with courage and dedication. The presence of representatives from War Widows' Guilds across Queensland added an additional layer of unity, as stories and experiences were shared, fostering a sense of community that only those who have walked similar paths can understand.

The day's events transcended mere ceremony; they were a bridge between the past and the present, an opportunity for healing and connection. Every white cross planted was a reminder that these brave souls are not forgotten, that their stories continue to shape our shared history, and that their sacrifices have not been in vain.

As we move forward, let us carry the spirit of White Cross Day with us, nurturing the seeds of remembrance and gratitude sown in the sands that day. The event served as a reminder that the sacrifices of the past continue to inspire and guide us, and that the bond among War Widows' Guilds throughout Queensland is unbreakable, as we stand united in our commitment to ensuring that the stories of our loved ones endure. In the end, the White Cross Day was more than an event; it was a shared journey of reflection, remembrance, and renewal. It was a day when white crosses spoke volumes, telling stories of heroism, resilience, and unwavering patriotism.



## Friendship Day

Bringing together the profound observance of Friendship Day with a heartfelt focus on supporting and celebrating war widows, an exceptional event unfolded at the Cleveland RSL Sub-branch on 24th August, with over 170 members in attendance from across Queensland.

Friendship Day took on new meaning as it became a platform not only for sharing stories and experiences but also for forging new connections among individuals who have walked similar paths. The event resonated with a deep understanding that making new friends, especially those who have lost spouses in the line of duty, can be uniquely challenging. The complex emotions of grief, loss, and at times, financial hardships, create a shared bond that transcends words.

The gathering was not merely an event; it was a testament to the importance of recognising the sacrifices made by war widows and offering them a supportive community. The day provided a safe space where attendees could find solace and companionship, building relationships that go beyond the surface to touch the core of their shared experiences.

The success of "Friendship Day for War Widows" was evident in the stories shared, the connections made, and the shared sense of belonging which contributed to a happy and fun atmosphere. As attendees engaged in discussions, exchanged memories, and supported one another, it was clear that this event was a stepping stone toward healing and growth.

Ultimately, the event stood as a tribute to the strength and resilience of war widows. It showcased the power of forming connections with those who understand the depth of their experiences, and it celebrated the unique journey that war widows undertake. The bonds forged during this event are sure to be lasting, a testament to the enduring spirit of friendship that transcends challenges and distances.

- Shree Rogers















# 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:

Address:

Email:

## 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



(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)

Do you require a receipt? ☐ Yes ☐ No If yes, which type? ☐ Post ☐ Email

## 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.*







# CHRISTMAS LUNCHEON & AGM

## **ANNUAL GENERAL MEETING:**

**Price:** Free

**Date:** Monday 27 November 2023

**Time & Location:** 10:30am - 11:30am

Ithaca Room, Brisbane City Hall, 64 Adelaide Street, Brisbane City  
Entrances located at Adelaide Street, Ann Street and King George Square

## **CHRISTMAS LUNCH:**

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

**Date:** Monday 27 November 2023

**Time & Location:** 11:30am - 2:00pm

Ithaca Room, Brisbane City Hall, 64 Adelaide Street, Brisbane City  
Entrances located at Adelaide Street, Ann Street and King George Square

**PLEASE PHONE HEAD OFFICE TO RESERVE YOUR SPOT BEFORE MAKING PAYMENT**

**Full Name:** .....

**Membership Number:** .....

**Dietary Requirements:** .....

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

**Payment Method (Please tick) :**

☐ I enclose a cheque or money order with this form

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

☐ Through direct deposit to:

Australian War Widows Queensland

BSB: 064 000

Account: 1496 9480

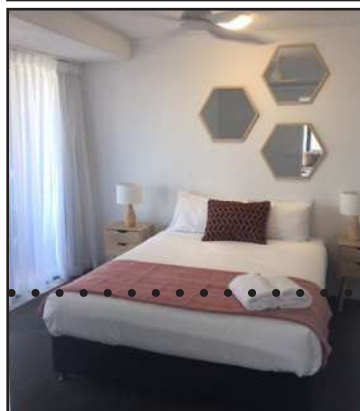
Reference: Your membership number

**RSVP BY FRIDAY 10 NOVEMBER 2023**

**REFUNDS ARE NOT PROVIDED AFTER 10 NOVEMBER**

# 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. The apartment has air-conditioning, a fully equipped kitchen, a dining setting, laundry facilities and a lounge area with a flat-screen TV with free cable channels. The unit 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. Reservations require a two night minimum stay and AWWQ Members & ESO members receive a 35% discount off the advertised rate. Please call Centrepont Caloundra management on (07) 5492 0100 to make a reservation.



# WESTERN AUSTRALIA VACATION RENTALS

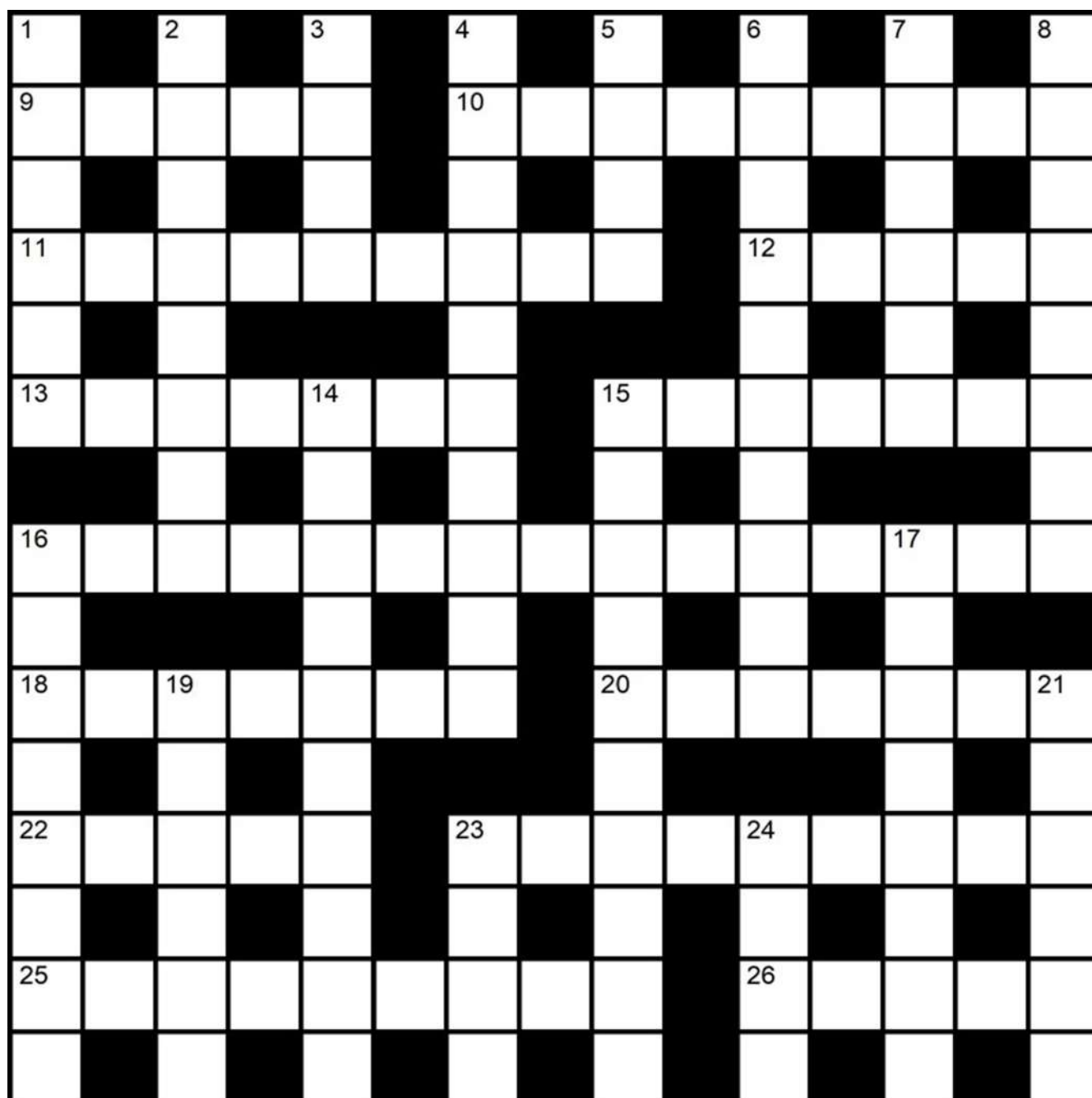
Australian War Widows WA Inc. is pleased to advise that a holiday unit is available for AWWQ members at Forsyth Gardens, located at 15 Plantation Street, Menora, Western Australia, 6050.

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.





**Across:**

- 9** Coarse (5)  
**10** Law (9)  
**11** Reviewing (5,4)  
**12** Group of experts (5)  
**13** Concrete block used as an anchor (4,3)  
**15** Don't have to (4,3)  
**16** Poll outcomes (8,7)  
**18** Area near the wicket (7)  
**20** Play piano, or find lake in NW NSW (7)  
**22** Former national netball captain Liz--- (5)  
**23** The Royal---, a carnivorous white bird (9)  
**25** The golden-headed---, "the finest tailor of all birds" (9)  
**26** True up (5)

**Down:**

- 1** Very cold (6)  
**2** Dismember (8)  
**3** Ruffian (4)  
**4** Olympic gold, silver and bronze rower- and policeman (6,4)  
**5** Free from bias (4)  
**6** Pro golfer Jan--- (10)  
**7** "Imagine" songwriter (6)  
**8** The least change produces competitors (8)  
**14** Vessel in charge of smaller ones (6,4)  
**15** "Sticks", former St. George Dragons pro foot baller and coach (4,6)  
**16** Factual proof (8)  
**17** Prankster (8)  
**19** Simple and unpretentious (6)  
**21** Ashore (2,4)  
**23** Inoffensive one (4)  
**24** Ark wright (4)





# AUSTRALIAN WAR WIDOWS QUEENSLAND

We support them  
because they supported us.

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