

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

SUMMER 2023

In this issue:

- Friendship Day 2024
- Christmas Lunch Photos
- Chair yoga
- Light up Queensland



SUMMER 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

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WEBSITE

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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 Payment and Reimbursement Team

ambphmepi@dva.gov.au

DVA Pharmaceutical line

1800 552 580

DVA Rehabilitation Appliances Program

ambrapge@dva.gov.au

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 / openarms.clientassist@dva.gov.au

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

Melanie Allen- Freshwater

Maureen Austin- Main Beach

Esther Bell - West Mackay

Eunice Beutel- Deception Bay

Kim Bishop - Maryborough

Louise Bogdanovic - Maroochydore

Lesley Boye - Caboolture South

Anita Cooper- Bongaree

Margaret Crawley- Morayfield

Robyn Davis- Banora Point

Pamela Goss- Birkdale

Lynn Hall - Caloundra

Suzanne Hazel - Varsity Lakes

Lindy Henson- Heatley

Rosalind Hourigan - Mitchelton

Lorraine Hurren - Everton Park

Carolyn Jones - Deception Bay

Lucy Kingston-Kerr- Runaway Bay

Christine Mackay - Kearneys Spring

Judith Laidlaw - Leslie Dam

Wilma McAllister - Morningside

Janet McMillan - Kirwan

Gay Middleton - Margate

Patricia Newman -Salisbury

Elda Orenshaw - Southport

Patricia Pattle - Pelican Waters

Narumon Summerhill - Arundel

Helen Townsend - Mount Nathan

Virginia Watson - Oakhurst

STATE PRESIDENT REPORT



meet next year.

I hope that many of you were able to celebrate the second Queensland War Widows Day with your local group. I know that there were a variety of celebrations being organised, a High Tea, a River Cruise, a Bus Trip and many more. Thank you to the coordinators/organisers for making these events happen. At New Farm, Grace Grace MP hosted morning tea in Marina Court Gardens to celebrate War Widows Day. It was fitting that while celebrating her birthday we remembered that in 1966 Jessie Vasey visited Brisbane for the opening of the Marina Court units at New Farm. After a brief holiday in Qld Mrs Vasey and her sister were driving back to Victoria when near Grafton Mrs Vasey suffered a stroke and died.

In Brisbane at the Anzac Square & Memorial Galleries the AWWQ Board Directors hosted a morning tea for our Patron Her Excellency the Honourable Dr Jeannette Young AC PSM, Mr Bart Mellish MP, State Library Staff and a small group of guests to the launch of the Jessie Vasey OBE CBE digital story. This was a commitment made by the Premier at the first War Widows Day Luncheon last year. Thank you to the State Library staff and to Jessie Vasey's granddaughters for making this video and ensuring that the story of Jessie Vasey lives on.

On Remembrance Day on behalf of all war widows I laid a wreath at the Queensland State Remembrance Day ceremony in Brisbane. Thank you to all those

This year I have enjoyed the opportunity to visit the sub branches and social groups and meet so many of our wonderful war widows and hear your stories. You have made Sue and I so welcome at your meetings. Thank You. To those I missed I am sorry, perhaps we will have the opportunity to

members who attended services and laid wreaths at the various locations throughout Queensland.

Thank you to those who took part in the voting process to ensure that the AWWQ Constitution meets the requirements of the Australian Charities and Not-for-profits Commission (ACNC) the national regulator of charities, and we retain the status of a charitable organisation. My apologies for the short notice, this was unavoidable due to the brief time limits given us by the ACNC.

I hope those who attended the AGM and Christmas Luncheon enjoyed the event. It was great to be able to share the day with so many of you. What an incredible young woman is Macey Bennett, it was interesting to hear how the Australian Veterans' Childrens Assistance Fund Scholarship, supported by AWWQ is benefiting her.

Most of you will have finished the year with war widow business and be preparing for Christmas. To all the volunteers thank you for all you do, and please take a well-earned break. To those who are travelling over the holidays, safe travels. To my fellow board members, Rachel, and her wonderful staff and of course to all the Queensland War Widows, enjoy the Festive Season, have a happy New Year and I look forward to meeting up with you again in 2024.

Judy



EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

As the year closes to an end, it is time to reflect on AWWQ's accomplishments. One of the highlights was our annual War Widows Day on the 19th of October. Twenty-three groups joined the celebration by organising wonderful events for their

members. We have received tremendous feedback from our members on the events as it allowed them to feel supported by the organisation to commemorate this day in each region. Thank you to our State President Mrs Judy Smith who started this initiative and visited many groups this year. In Brisbane we were honoured to have our Patron Dr Jeanette Young AC PSM along with other dignitaries to launch the Jessie Vasey Digital Story which was produced by the Queensland State Library. The touching story highlighted the strength of our founder Mrs Jessie Vasey and the remarkable work she has accomplished for war widows.

Friendship Day in Redlands attracted 180 members who travelled from all areas of Queensland. The joyous day was filled with fun and laughter, we thank the Redlands Group Executives for their tireless work to put together such a memorable event. The annual general meeting and Christmas lunch in Brisbane was held on the 27th of November and enjoyed by 160 members. I would like to thank the Eastern Star Foundation for their continued support of the AWWQ Transport Assistance Program, the generous grant has enabled many of you to travel to and enjoy group meetings and events.

Personally, I would like to thank the AWWQ head office team. Wellbeing Program Manager Sue Hilditch who always goes above and beyond for our members, Jason Orchard who has tirelessly served our members for over 13 years, Emma Quigley who has embraced the role of Administration & Property Coordinator and exceeded in her role by managing all of the property issues, particularly at Marina Court and Lindy Beehre for organising all of our members transport needs and connecting with the members as she continues to phone them all throughout the year. Behind the scenes the head office team supports the Board Directors, stakeholders and most importantly our members. Their loyalty and dedication to the organisation is priceless and I thank them all.

A final and most significant thank you to you, our members who have supported AWWQ for the last 76 years. It has been a joy engaging with many of you, I look forward to our continued collaboration as we empower, support, celebrate and inspire war widows.

I wish you all a very Merry Christmas and a happy and healthy New Year.

Take care & stay safe.

Rachel Johnson

NATIONAL PRESIDENT REPORT



What a busy and exciting year we have had. By the time you read this we will have celebrated War Widows Day in five states, ACT, SA, WA, NSW and QLD. This is a great tribute to our founder Jessie Vasey and also a great tribute to us, the wives and partners of those who were willing

to give their lives in the service of our nation. "Lest we forget".

Plans are afoot to begin social group meetings in Melbourne for any war widows living in or near Melbourne. We hope this will gain interest and that more war widows will come together in other areas of Victoria to re-convene social groups.

We are planning to celebrate a National War Widows Day next year and will keep you informed as to what form that celebration will take. The 19th October (Jessie Vasey's birthday) will still be recognised and celebrated in each state but in planning for a National Day we will be inviting war widows in Victoria, Northern Territory and Tasmania to also be part of the celebration.

As I said in my spring report I am very excited to be attending the ACT celebrations for War Widows Day in Canberra and also looking forward to meeting up with the ACT war widows.

I will be visiting AWW SA in November for their AGM and I am very pleased to be able to visit the war widows there.

I hope that many of the Vietnam war widows were able to attend commemoration services for the 50th anniversary of the end of the Vietnam War. I attended and laid a wreath at the Canberra service on behalf of all war widows in Australia. It was a very moving service.

I was honoured to be awarded a Medal of the Order of Australia in the recent Kings Birthday 2023 Honours List. I will do my best to continue to live up to the high expectations of this award in serving the veteran and war widow community.

Communications from the ESORT meetings that I attend are sent out in the form of a Communique to the veteran community – an initiative of the new DVA Secretary, Alison Frame. Some of the more salient issues for war widows included discussions on the new Model of Care for Open Arms, and also on the draft reform legislation which is expected to be released for public comment by early 2024. There was much discussion around the implications of the changes that are being proposed. Of particular interest to war widows will be the definition of "Wholly Dependant Partners" which is how war widows are referenced under MRCA.

I have added my voice to a growing group of ESO's who are concerned about the transition of veterans and war widows to aged care. DVA continues to advocate for veterans to be a priority group and is actively engaging with the aged care sector to promote a greater understanding of the veteran community and its needs.

On that note I am pleased to advise that the new Repatriation Commissioner, Kahlil Fegan DSC AM, will be attending the AGM of AWW on 21st November. Kahlil is also very committed to aged care issues and will outline his approach to improving the process of transition to aged care.

In closing, I wish you all a happy and safe Festive Season.

Jenny

NEWS & REMINDERS

VETERANS HEALTH WEEK GRANTS

Groups from all over Queensland enjoyed planning various activities supporting the theme of Mental Wellness Matters, for the benefit of the veteran community.



JENNY GREGORY OAM

Congratulations to Jenny for receiving her well-deserved OAM award on 14 September 2023.



LIGHT UP QUEENSLAND

In Brisbane The Honourable Dr Jeanette Young AC PSM joined invited guests at the Anzac Square Galleries to launch Jessie Vasey digital story produced by the State Library of Queensland. The Governor's speech can be found on page 34 of this edition.

FRIENDSHIP DAY 2024

Friendship Day 2024 will be held in Brisbane. Please see page 16 of this edition for further information on the event.

OFFICE CLOSURE

A reminder that AWWQ Head Office will be closing on Friday 22nd December at 4:00pm, and will re-open on Tuesday 2nd January 2024 at 8:00am.

SALE OF CENTREPOINT CALOUNDRA UNIT

Due to a decline in reservations, a decision was made by the AWWQ Board of Directors to sell one of the units at Caloundra, subsequently one unit was sold in October 2023. AWWQ members can still enjoy the use of the holiday accommodation and bookings can be made directly through Centrepoint Caloundra by calling (07) 5492 0100.

CABOOLTURE WELLNESS HUB

State President Judy, National President Jenny and Wellbeing Program Manager Sue attended the opening of the Veterans' and Families' Wellbeing Hub in Caboolture on 11 October. It is operated by Lives Lived Well and the Vietnam Veterans Association of Australia (Queensland Branch). It is a purpose-built setting that provides free social and wellbeing support for veterans and their families. Their services include advocacy, case management, clinical support, mental health and addiction support, counselling, and support for those transitioning out of the ADF. Their contact number is 1300 727 957.

The facility was formally opened by the Minister for Veterans' Affairs Matt Keogh and Daryl Shipp from the Vietnam Veterans Association of Australia (Queensland Branch).



THANK YOU WESTSIDE HQ

Sue Hilditch attended the morning tea and presentation of a cheque by Westside HQ given to the Sherwood War Widows. The donation of \$3000 was presented to Betty Dreves, a long-standing member of the Sherwood branch. This group has generously decided to donate these funds to their chosen charity, Guide Dogs Australia.

The cheque was presented by various members of Westside HQ - Matt Conway - President, Marc Dunphy-General Manager, and Peter Pattison a committee member. Thank you to Sammy Bell, Fundraising Manager, and Katie Townsend, Operations Manager Sub-Branch for arranging the function and providing the ladies with a delicious morning tea.



AUTHOR LUNCHEON EVENT

On 13 February 2024, the United Service Club (USC) is holding a Author Luncheon Event with Anthea Hodgson, the author of "The War Nurses" to be held at 183 Wickham Terrace, Spring Hill. A moving and inspiring WWII novel of friendship and courage, based on the events of the Bangka Island Massacre which took place on 16 February 1942. Tickets are \$55 per USC member, and \$60 per USC member's guest. For further information and bookings, please contact USC on (07) 3831 4433.

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 Jacaranda Cafe, 103 King Street, 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: Margaret Theobald 0419 671 305 Thelma Tiley 0415 746 652
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 Veterans Service Centre, 44 Nash Street, 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 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 41 Brisbane Road, Bundamba, QLD, 4304 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 0413 688 601 E: teresahowkins@gmail.com
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: 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

After a long stay in hospital it is great to be back with my group. I have missed out on a few things like Joyce Banister's birthday, but with the help from my daughter and some of the ladies from my group it all went ahead. My daughter made a video so it could be shown at celebration. The ladies thought it was a wonderful gesture as I had done a lot in the planning, so I wanted to be there in some way.

The celebration of the quilts of valour went ahead as planned but with Thelma and I in hospital, the people who came to do the presentation didn't want Thelma to miss out so they went out to the hospital Thelma was in and made her presentation of the quilt. She was ever so happy as the nurses and some patients were witness to it which made it special to her.

September, Dr Cliff Pollard came and shared some stories with us about the military hospitals in Brisbane.

We celebrated War Widows' Day on 17th of October with lunch at Geebung RSL club. We were going to also celebrate Thelma Tayler's 100th birthday, but unfortunately Thelma was back in hospital.

She didn't miss out on a party which I must add she had helped organise. So, with a leave pass from the hospital and dressed in her favourite colours of pink and mauve she made a grand entrance. She had to give in to one thing, it had to be in a wheel chair. That was the reason why she didn't make it to our gathering.

We went ahead with the cake and flowers so the ladies were able to have some of the cake and I got her on the phone

so we could sing happy birthday to her. Later I took the flowers and cake down to her.

For Veterans Health Week we were able to go to Gallipoli Barracks. A retired colonel spoke to us about the mental health and suicide amongst some of our service personnel, and the impact on families.

We are looking forward to our Christmas party at City Hall. It is always a good catch up with other members.

Our combined war widows / legacy Christmas lunch will be held at Geebung RSL Club on 21st November.

May you all have a wonderful Christmas with family and friends and I look forward to catching up with you all next year



At the Gallipoli Barracks for Veterans Health Week

BRISBANE WEST

Hello everyone. The end of year is fast approaching and we have again enjoyed an enjoyable year of outings and activities.

On the 22nd September, 18 of us attended the Ion Cafe at Mitchelton for lunch. It was thoroughly enjoyable sitting on the patio in the tree-tops enjoying the lovely food.

On the 5th October, we celebrated Jessie Vasey Day by having a bus trip to Caloundra for an eco tour of the Pumicestone Passage. We enjoyed a morning tea on the boat and were shown very interesting bird life and were told of their habits and migrations. The passage has certainly changed since the ocean broke through and divided Bribie Island. After the cruise, we enjoyed lunch at the Pelican Waters Tavern and then home. It was a great day.

On the 9th October, we participated in the Veteran's Health Week by having a luncheon. We were pleased to have Judy Smith and Jenny Gregory attending on the day. The focus this year was mental health and the importance of monitoring one's mental and well-being.

Jean Hoffmann and Narelle Stanton represented our group by laying a wreath at the Gaythorne



Enjoying lunch at the Brook Hotel



Denise Fridolf and Thelma Tayler at Thelma's Birthday party

RSL Remembrance Day Ceremony.

This year, our group has had its fair share of illnesses, injuries, hospitalisations and a life event of moving into care. Those ladies have faced these challenges with bravery and resilience and we support them.

We are now busy preparing for our Christmas celebrations and would like to wish everyone a very Merry Christmas and a happy and healthy 2024.



Jean Hoffmann, Narelle Stanton and Gaythorne RSL President, William Hetherington



Members on a bus trip to the Eco Cruise Caloundra for War Widows Day

CABOOLTURE

At last our group has found a home that is suitable for our purposes. The Jacaranda Café has provided a large room for our meetings that is also suitable for our functions such as Jessie Vasey Day and Christmas celebrations. Sara the Manager is always willing to listen to our requests and is happy to meet our catering needs.

We had a very enjoyable Jessie Vasey Day with a good group of members in attendance. The lunch served by Sara and her helpers was enjoyed by everyone, so much so that we are having our Christmas lunch at the same venue. President Estelle gave a short resume on the life of Jessie

Vasey and her work to establish the Guild and provide ongoing assistance to our War Widows. Estelle encouraged everyone who had not done so to read the book on Jessie Vasey's life, *No Mean Destiny*, which she advised is available from our Secretary.

Having our meetings in the Café at Bolton Clark also means that some of our members who are in residential care at Bolton Clark are now able to come down and join in with us, whereas previously they were unable to attend meetings. We have also signed up three new members which is encouraging and we hope that they will enjoy their time with us.

A group of five ladies are attending the A.G.M. and looking forward to the Luncheon and catching up with friends.

We wish all members a happy Christmas and good health in the New Year.
Cath

CAIRNS

The end of the year is close again. We wish everyone a happy, healthy and safe year.

For our August meeting we had a special visit from our new President – Judy Smith and Sue Hilditch. We were all pleased to see Sue again and meet Judy for the first time. We thank both for answering our many questions.

In September we had our special War Widows Day Celebration at Palm Cove with a walk on the beach and a meal after at the Surf Club. The day was very enjoyable and relaxing.

In October for 'Health Week' we visited 'The Dome' on top of the Casino, which houses a number of animals and lots of birds, including an albino kookaburra. After the visit to The Dome, we enjoyed a delicious lunch at the Casino.

On Remembrance Day, Lyn and Christine laid a wreath at the cenotaph in front of the RSL on the Cairns Esplanade.

Take care and be safe,
Lyn Bennett



Cairns group enjoying a meal at the Surf Club Palm Cove

CALOUNDRA

We opened our meeting on the 13th of November with attendance of 20 members and eight apologies.

After the meeting we had a bus trip to Water Front Hotel in Diddlibah. We had nice lunch and the view was lovely.

9th of October we celebrated Veterans Health Week, we had a Physiologist from Rep Resolve to speak for us. After the meeting we had lunch at RSL Club.

Three of our members had surgery in October, but they are ok.

Our Christmas party is on Monday 11th of December at the RSL Club.

I wish you all well and Merry Xmas and a happy new year.
Roohi Doherty



Caloundra members with Tom the Physiologist for Veterans Health Week



Rita Palmer, Louise Rooney, Roohi Doherty and Christine Gann on Remembrance Day



Gift boxes made up for the members for the Christmas Lunch

GOLD COAST NORTH

Hello spring. Sadly we said goodbye to two of our ladies, Jan Franz who passed on 03/09/2023, and Cynthia Stebbing who passed on 05/10/2023.

We had a great bus trip on 28th September to The Carnival of Flowers in Toowoomba. What a great introduction to spring, such a fabulous display of flowers, the trees had opened up their new lease on life with a wonderful display of leaves and flowers. We then went to The City Golf Club for lunch, here we met up with a group of Toowoomba War Widows. The ladies were a very friendly group who made us feel

welcome chatting away with our members. We appreciated the fact they made time to catch up with us.

Our guest speakers for September were Judy Smith and Sue Hilditch. The ladies enjoyed their visit very much. Once again, the information was great for our ladies. They all joined in rather vocally with questions and some relating their stories. It was a pleasure to see them so animated.

For Veterans Health Week, our group were invited to Morning Tea by Southport R.S.L. Sub Branch. They had guest speakers from Open Arms and Southport Physiology. We had a lovely day listening to the talking about Mental Health issues not only veterans, also general public.

War Widows/Jessie Vasey Days were celebrated on 19/10/2023 with lunch at Anglers Arms Tavern Southport. With a lunch everyone enjoyed themselves.

As we approach the end of our year celebrations comes around fast. The Christmas function for us will be lunch at Southport Sharks on 21st Nov.

A number of our group will be attending the AGM and Christmas lunch at Brisbane City Hall on 27th November. This will be a great opportunity to have a chat with other members.

We would like to take this opportunity to wish everyone a very Merry Christmas and healthy New Year. See you all in 2024.

Stay Safe.

Sharon Gold Coast North



Gold Coast North members enjoying lunch



Flowers from the Toowoomba carnival of flowers

GOLD COAST SOUTH

The last quarter of 2023 has been a busy one.

August saw a small group of us attend Friendship day at Redlands. A good time was had by all. Thank you to all those involved in organising, as we all know, it is an awful lot of work to make these functions happen.

October was a busy month with Veterans Health week mindfulness morning where we had a "name that tune" activity which proved to be fun listening to music from the past and ended up as a sing along to music from Elvis, The Seekers through to Doris Day, this was followed by lunch. A few days later we spent the morning Tenpin Bowling. The small group that attended, particularly our star Pat Alderdice really enjoyed the day, although she found the morning

quite tiring, by the next week she was asking the question "So when are we going again?" It is very inspiring when we see some of our more senior ladies actively participating in activities that are on offer.

On Monday the 16th October we had our special lunch to celebrate War Widows Day where we reflected on the amazing work that Jessie Vasey did in fighting for and securing the benefits that we have in place today.

We are grateful for the Eastern Star foundations continued support with the taxi voucher scheme that enables some of our ladies that would otherwise not be able to travel to functions.

In the first week of November, Currumbin RSL had an ESO expo, and we participated holding a stand. Information was passed out to the general public as well as other ESOs to pass onto their members.

Remembrance Day was once again a major event at Currumbin RSL. We are always included in the commemoration and are also invited to attend a lovely luncheon at the conclusion of the service.

Christmas is rapidly approaching and a small group will be attending the head office Christmas party at Brisbane City Townhall, which will be followed by our local Christmas party that will be held at the club mid December. We are lucky enough to have the one and only Tommy Memphis performing for us so a good time will be had by all.

All the members of Gold Coast South wish all our friends from all over the state a safe, happy and healthy Christmas and look forward to a bigger and even better 2024.

Debbie President GC South



At the November Sub Branch meeting



Debbie, Carole, Rosemary, Pat and Dawn at Ten Pin Bowling



Two of Gold Coast's longest serving members, Betty Roger and Blanche Wall

GYMPIE

Gympie War Widows have celebrated Jessie Vasey (War Widows Day) and Veterans Health Week in style.

For War Widows Day, 19 of us rode the Silver Bullet train (Rattler) to Dagon enjoying firstly a glass of Champagne and then a High Tea. Food was delicious and plenty of it and volunteers looking after us very well. The camaraderie among the ladies was wonderful, lots of photos taken.

Many thanks to head Office for their contribution and thanks and much appreciation to the Gympie RSL who donated \$500 towards the trip.

Veterans Health Week was celebrated with lunch at Kingston House where 17 of us once again enjoyed the food and the company of each other. Our guest speaker, a Physiologist was unable

to come so with the help of the Health Department website I was able to speak about the importance of socialising, doing things we enjoy, and there were many ideas on the website. Staying in touch with friends and family, and being there for each other, are all very important for our Wellness and Mental Health.

We will have a quiet Christmas lunch at the RSL in December and then recess until February.

I was honoured to lay a wreath on behalf of War Widows on Remembrance Day and then we were invited to the RSL for lunch. Wishing you all a very Happy Christmas and safe and healthy New Year.

Maureen



Maureen Rush at Remembrance Day



At Dagon station on War Widows Day



Lunch at Kingston House

MAROOCHYDORE

Greetings from Maroochydore. Coordinator Heather is enjoying a beautiful holiday in Europe and the Mediterranean, so I have been designated to write the Bulletin report.

15 ladies enjoyed a bus trip to Woodford. As usual, bus driver Andrew gave us an exciting ride. A short cut that took us on a dirt, corrugated road through a state forest. I think the ladies were still suffering from vibrations for a while after our arrival.

We visited the Woodford Museum, where there was a wonderful collection of miniature buildings and memorabilia representing the history of Woodford. Lunch was at the Woodford hotel.

We have still been having alternate meetings and lunch get togethers. Unfortunately, our numbers have decreased as a few of our ladies have moved into care and a couple have passed away. We were informed of the passing in September of Lorna O'Gorman, one of our older members.

At our October meeting we celebrated Jessie Vasey Day and gave our annual War Widows bursary in honour of our late member Wyn Rahilly. Heather made the presentation to the recipient Lucy Graham a 2nd year nursing student at University Sunshine Coast.

On Remembrance Day I represented Maroochydore War Widows and laid a wreath at the Cotton Tree Cenotaph.

Four ladies will be attending the AWWQ AGM and Christmas party at City Hall. We will finish off the year with a Christmas lunch at Maroochydore RSL.

On behalf of all the Maroochydore ladies I wish you all a very Merry Christmas and a happy and healthy 2024.
Glynis Burns



Glynis Burns at the Remembrance Day Service

MARYBOROUGH

Jessie Mary Vasey or War Widows Day was celebrated with a luncheon at RSL, thanks to the generous grant from head office.

Though we are only small in number, we enjoy each other's company, staying close to our war widow's creed, "we all belong to each other, we all need each other".

There are few nonagenarians and octogenarians in our group and the rest are in their seventies and sixties. As they say, age is only a number; all of us are actively enjoying life, making the most of it and trying to ignore the years that fortunately or unfortunately keep piling on our age.

Our small group with a monthly attendance of 15 to 18 people enjoy the social benefits as we carry the different activities we allocate ourselves for our monthly meeting. For this year we enjoy the visit of our dear president, Judy Smith and Sue Hilditch.

We had a taste of Filipino food at my humble residence accompanied by games of mahjong and rummikub along with lots of chats and laughter in between. We also started a game of bingo, welcomed by all, small proceeds go to our fund.

On the month of November, a member is having a birthday

and everyone is invited where a mouth-watering roasted pig is waiting for us to enjoy, as well as a host of Filipino cuisine and most of all her warm welcome and friendship.

Fe Cassell



Celebrating Seniors Day

NEW FARM

What a wonderful event we had in October for Veterans' Health Week! Our "paint and sip" function was so much fun and all our members found their hidden artistic talent. I believe that the event did wonders for our Mental Health wellbeing as everyone was getting into the spirit of painting their Van Gogh sunflowers with gusto. Many thanks to Narelle Stanton who gave us her artistic expertise and arranged all the paints, canvasses and brushes for us.

Also, in October we celebrated War Widows Day with a morning tea hosted by Grace Grace our State government representative. We are also incredibly lucky to have a lot of support from Bunnings Newstead who have generously donated items for our garden on numerous occasions.

Sadly, our oldest resident, Gladys Smith 101 years old, passed away in October. She will be missed as she still got involved and enjoyed our meetings and events right up to the week she passed away.

In November we will have a representative from the Brisbane City Council come to talk to us about Waste Management.

A number of our ladies will be attending the AWWQ AGM and Christmas lunch on November 27.

Then in December we have the Lord Mayor's Christmas concert, our Christmas "spit roast" function and then a well earned rest for everyone who has been busy organising events throughout the year, until we resume again in February.

Happy Festive Season to all and stay safe.



Councilor Vicki Howard with New Farm members during the Paint and Sip



New Farm members at the Paint and Sip event

REDCLIFFE

Welcome to our Bulletin Report – summer edition. The weather is warm, and at Suttons Beach, families and friends are gathering to BBQ, and swim at our beaches. We so blessed to live in the Moreton Bay region, with so many annual activities to attend, not to mention our weekly Sunday Mar-

kets, attracting visitors from many areas of Brisbane and surrounding suburbs.

Since our last Bulletin report, our meeting member attendance has increased to an average of 33 members attending monthly, including three new members. However, we have several members still not able to attend due to health issues.

August was Friendship Day at Redlands RSL which was an exceptional event. 10 of our members attended to join in with other branch members in the spirit friendship.

In September we were blessed to have guest speaker from Redcliffe Hospital Auxiliary President Liz Hancock, who presented a very informative outline on how their group of volunteers assist the hospital.

October our guest speaker, Tom Law, AOM, DIP. Fitness, spoke to our members about the importance of health and wellbeing, and invited them to participate in a series of exercises with music, suitable for the age our members.

Also in October 29 of our members attended the QCamel tour on the Sunshine Coast, what an exciting day it was. Absolutely an outstanding experience for all who attended. Not only did we get a wonderful presentation about the Camels, but the members also had a hands-on experience to feed and cuddle Camels. Morning tea was served, and those who take milk, Camel milk was on offer.

November each year War Widows and Legacy Ladies Laurel Club combine for the annual Christmas Party. This year it was our turn to host the event. We had 58 members attend, and from the feedback received, all our members enjoyed the day.

Our calendar has certainly been packed with a variety of

events for our members.

This year has been a big one, and we appreciate the many member volunteers and committee members who work hard to make our Redcliffe Sub-Branch a friendly engaging club for our member. A special thank you to the Hon Yvette D'Ath MP and staff for generously doing our photo copying.

In closing this summer Bulletin 2023 I Quote:

Don't count the days, make the days count.



Kathleen Phillips feeding a camel



Vicki Wintzloff and Lorraine McKay meeting some friendly camels



Some of the Redcliffe members enjoying a day out

ROCKHAMPTON

Hello from Rockhampton. For our October meeting we were lucky enough to have our State President, Judy Smith, and Sue Hilditch, Wellbeing Program Manager, in attendance. It was good to have their input and we enjoyed our time spent with them.

On the 19th of October for War Widows Day we held a 'Picnic in the Park' at Kershaw Gardens and those that could wore blue. After reciting the Ode, we had our White Cross service and placed our small white crosses into our large White Cross. A short poem befitting the day was read and then followed morning tea and a multidraw.

On the 29th of October for our Veterans Health Week event, 11 of our members assembled near the Heritage Hotel in Quay Street and headed out for a walk along the riverbank to meet our other three members who were waiting for us at the Hummingbird Cafe for morning tea. We were lucky enough to have a Social Worker give us a short talk and some pamphlets about mental health. Our members agreed that we invest in a first aid kit to be carried with us to all our outings and bus trips.

Our members helped to sell memorabilia in the lead up to Remembrance Day. We attended the Remembrance Day Service at the new Memorial Wall at the Frenchville Sports Club. Our members laid our white crosses. The Service was followed by lunch at the Frenchville Sports Club.

Our November meeting was our last for the year and was followed by our Christmas lunch. Our meetings start again on Tuesday the 13th of February, 2024. Hope you can join us.

Wishing you all a very Happy Christmas and best wishes for

2024.

Regards Jan McPherson



The new Memorial Wall before it's official opening



The Memorial Wall at the Remembrance Day service

SOUTH EAST

In August, some members were able to attend services for Vietnam Veterans Day which fell on the day of Souths regular meeting.

September brought sadness in the passing of our beloved member Beth Mahoney who is sincerely missed at our present meetings.

In October an invitation was received from Coorparoo RSL and Community Club to represent War Widows at their Armistice Day Service on 11th November. Three of the South's group, Maureen Morrison, Jillian Mahoney and Elizabeth Cowell attended and a wreath laid on behalf of AWWQ.

November is the last of our meetings for this year, a time to look back over the events of the year, the ups and downs, gains

and losses, and still those who are left continue to hold firm to the motto "we belong to each other, we need each other" etc. which is proved on meeting day as our active members and friends come together to share time and current interests.

We at South East send Season Greetings and thanks to all war widows members and staff for helping us through yet another year. We look forward to a new year meeting on January 19th in the familiar Coorparoo Football Club Bistro Lounge.



Maureen Morrison, Elizabeth Cowell and Jillian Mahoney on Armistice Day

SOUTH WEST

Rather sad news as I started writing this report. We had word that Grace Banham had passed away on the 10th of October. She had been SW regions treasurer for 14 years. A lot of the ladies would have known her from when she attended the many functions on offer. Her memorial was held on the 23rd of October at Greenbank Services Club and was very well attended by the members of the various groups she belonged to.

Now that spring is with us we are entering a busy time of the year. Our October meeting was attended by Our State President Judy and Sue Hilditch, our Wellbeing Program Manager. Two ladies from Open Arms were our guest speakers, with mental health being the theme for veterans health

week.

On the 19th October, War Widows Day, we took a group of our ladies to Royal Pines resort for a High Tea. A very enjoyable event. We were well looked after.

November meeting is our Birthday month on the 17th. Grace always supplied the birthday cake at her own expense. We will hold it in her honour.

November 27th will be Head Office AGM and Xmas. Several of our ladies will be attending.

December 1st will be our Xmas break up. We will be having a luncheon and entertainment.

I wish you all a very happy and safe Christmas, and a peaceful New Year.

Regards,
Pat.



Members enjoying High Tea for War Widows Day

TOOWOOMBA

It is nearly the end of 2023, and the year has simply flown by. Our numbers have decreased, during the year, with an average attendance of 10.

On 27th August, members attended the service at St James Anglican Church for 81st Anniversary of Milne Bay. Afterwards there was a ceremony at the Mothers Memorial.

Our chairman attended the 2023 Vietnam Veterans Service at Mothers Memorial, where she laid a wreath.

On 11th October members enjoyed a Veterans Health Week bus outing to Highfields. Morning tea was enjoyed at a coffee shop and then they wandered around the small shops and items were pur-

chased. Onto the bus again and the driver took them for a drive around the area before heading to Highfields Tavern for lunch. Unfortunately the kitchen had had a fire so another venue was chosen – the Meringandan Hotel. Large sized meals are served there so doggie bags were in demand. Everyone enjoyed the day out, and did not need dinner that night!

On 8th November, we held a short meeting then had our breakup lunch at the Toowoomba Sports Club. We will be meeting again on 10th February 2024.

We, at Toowoomba Sub-Branch would like to wish everyone a Happy Christmas and a hope that 2024 will be a good year for us all.
Helen Puxty
Secretary.

TOWNSVILLE

Townsville Sub Branch has had a busy few months with a visit to 2RAR Museum, a High Tea and visit from Judy Smith and Sue Hilditch, Veterans Health Week event, War Widows Day celebrations and our Christmas event marking the end of the year.

I wish all a merry Christmas and a safe and happy New Year. See you all next year with renewed vigour.

Wendy Goodman
President AWWQ Townsville Sub Branch



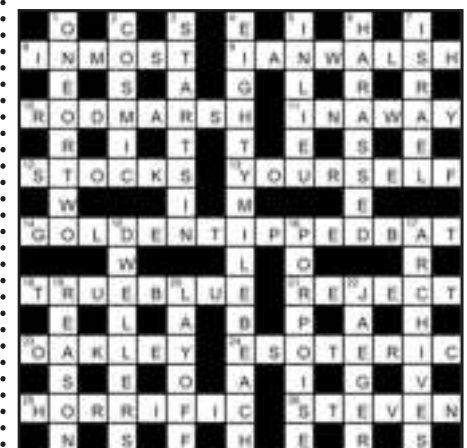
Townsville members at Veterans Health Week



Members during Judy Smith and Sue Hilditch's visit



Solutions to Word Search and Crossword on pages 38 & 39



FRIENDSHIP DAY 2024

Friendship Day 2024 will be held in sunny Brisbane on Wednesday 29 May, in Brisbane City Hall.

Friendship Day is one of AWWQ's biggest events of the year. For some, this is their only trip for the year. Members from all over Queensland travel to Friendship Day to enjoy the festive atmosphere, so make sure not to miss out.

Brisbane has a host of local attractions and sights to see, so be sure to stay a few days and make the most of your visit!

We have suggested some things for members to do while in Brisbane, so get your groups together and start planning.

Tickets are priced at \$55 per person, which includes a two-course lunch, with a cash bar also available. An application form can be found on page 31 in this edition.

FREE attractions in and around Brisbane:

ANZAC SQUARE & MEMORIAL GALLERIES:

285 Ann Street, Brisbane City, QLD, 4000

CITY BOTANIC GARDENS

147 Alice Street, Brisbane City, QLD, 4000

MUSEUM OF BRISBANE

Level 3, Brisbane City Hall, 64 Adelaide Street, Brisbane City, QLD, 4000

SOUTH BANK PARKLANDS

Clem Jones Promenade, South Brisbane, QLD, 4101



NEW FARM PARK

1042 Brunswick Street, New Farm, QLD, 4005

MOUNT COOT-THA LOOKOUT

1012 Sir Samuel Griffith Drive, Mount Coot-Tha, QLD, 4066

GALLERY OF MODERN ART

Stanley Place, South Brisbane, QLD, 4101

DAISY HILL KOALA CENTRE

253 Daisy Hill Road, Daisy Hill, QLD, 4127



STATE LIBRARY OF QUEENSLAND

Cultural Precinct, Stanley Place, South Brisbane, QLD, 4101

CITY HOPPER (FREE FERRY ON THE BRISBANE RIVER)

Sydney Street Ferry Terminal, New Farm, QLD, 4005

QUEEN STREET MALL

Queen Street, Brisbane City, QLD, 4000

ROMA STREET PARKLANDS

1 Parkland Blvd, Brisbane City, QLD, 4000





FRIENDSHIP DAY 2024

When? Wednesday 29 May 2024

Where? Ithaca Room, Brisbane City Hall, 64 Adelaide Street, Brisbane City, QLD, 4000

Price? \$55 per person

RSVP: Friday 17 May 2024



VALE: GLAD SMITH

Born on 18 February 1922 in Sydney, then abandoned by her birth mother, Gladys Lofts was unaware of this until she was 14 and legally adopted by her 'mother' Margaret Mewburn. Glad had a happy life with her adopted family living in Sydney and later moving to the country to share life on relatives' farms.

Glad enjoyed the country life, but after leaving school at 14 she returned to the city to see how the 'other half' lived, then returned to the country to live with her sister at Dubbo. Glad was working as a waitress when she met her first husband Peter, a soldier stationed at Dubbo, they married on his 21st birthday.

World War 2 broke out, Peter went off to war and Glad gave birth to her son Barry. At the end of the war Glad had a daughter Laraine. After the war the family enjoyed life until Peter passed away in 1971.

Later, on a trip with friends Glad met Bill. She moved to Melbourne and a couple of years later they married. Bill didn't drive or have a car so Glad got her license at 50 years of age and they did some travelling together both in Australia and overseas. Unfortunately, after six years together Bill was killed in a car accident whilst they were visiting friends in WA.

Glad was not one to sit around feeling sorry for herself so she joined a woodworking class and made herself a wall unit, joined square dancing, golf, and found her sport in lawn bowls, winning many trophies.

Then she met Ron Smith, they too married. After holidaying in Hervey Bay to avoid the winter and play bowls, they decided to move to Hervey Bay. On a trip to Longreach Ron passed away after a heart attack. Glad became a war widow and when she received her Gold Card said that it was like winning lotto. Glad decided at 80 years of age to move to Brisbane to be closer to her family.

Glad moved into the Marina Court units 22 years ago, she loved life here and was able to enjoy time with her family extending to grandkids and great grandkids. There was more sadness for Glad when her son Barry passed away just before her 90th birthday. As always Glad kept going and she continued her active

and interesting lifestyle. She travelled to Canada and Alaska, went on weekly bus trips, tours, concerts and shows and not forgetting the many road trips in the Motor Home with Laraine, travelling throughout Australia. There was another trip to the west in the planning stages for next year, the only condition being that Laraine get a rail for the bed so that Glad couldn't fall out of bed!

About four years ago Glad was fortunate to have her daughter Laraine move into the unit next door and become her carer. Laraine made sure that her mother continued to be active, never missing an opportunity to attend a social outing be it laying a wreath on Anzac Day, joining the afternoon Happy Hour at Marina Court, or meeting a VIP. A recent highlight was turning 100 on 18 February 2022. That year she met celebrities including the Governor, the Premier and the Brisbane Lord Mayor.

Just last June, Glad attended a day at the races with the New Farm War Widows hosted by the Minister for racing Grace Grace. Glad was in her element that day, High Tea with Grace Grace in the Committee Room, at the barrier for all the races and having her photo taken with the winning jockey Ben Thompson. Only three weeks before her final trip to hospital Glad took part in the Marina Court Veterans' Health Week 'Paint & Sip' activity. She proudly completed her painting of sunflowers.

Glad loved life at Marina Court and everyone loved Glad in return, always happy to stop for a chat she was regularly seen enjoying the garden, and liked to be part of anything that was happening.



MEDIA RELEASE

THE HON MATT KEOGH MP
MINISTER FOR VETERANS' AFFAIRS
MINISTER FOR DEFENCE PERSONNEL



1 November 2023 **VETERANS TO RECEIVE BETTER ACCESS TO A GP**

The Albanese Government is committed to ensuring the veteran community is provided with the best possible services and supports.

With increasing costs of living and rising costs for business, the veteran community has told us they are finding it harder to find GPs who will treat them without out of pocket costs.

That changes today.

From today it will be easier to access a GP for more than 276,000 Australian veterans.

In line with the tripling of the bill billing incentive, the Albanese Government is investing \$33.3 million to triple the Veteran Access Payment (VAP) for certain GP services.

The VAP is an incentive payment GP's receive, in addition to the Medicare rebate, when treating veterans who hold a DVA Gold or White Card.

The tripling of this payment will help to ensure GPs continue to service veterans with no out of pocket costs.

These changes will see payment for a GP consultation of up to 20 minutes (Level B) increase by more than \$16 in metropolitan areas and more than \$31 in the most remote areas of Australia.

Payments apply to general face-to-face and tele-health GP consultations, including home visits for people who are homebound, and consultations in residential aged-care facilities.

In an effort to further reduce the burden on medical practitioners, a review is currently underway to simplify and consolidate the Department of Veterans' Affairs forms that medical professionals are required to complete.

The first package of the 19 most frequently used forms has been consolidated down to 7, while a process is underway to significantly reduce the remaining 54 forms by mid-2024.

WHO WILL BENEFIT?

This measure will incentivise GPs to treat the more than 276,000 veterans and eligible dependents who hold Veteran White or Gold Cards.

From 1 November 2023, GPs who treat Veteran Card holders will receive increased VAP fees: Modified Monash category	VAP as at 1 July 2023 (pre 1 Nov indexation)	VAP as at 1 November 2023
1 – metropolitan areas	\$8.05	\$24.25
2 – regional centres	\$12.20	\$36.90
3-4 large and medium rural towns	\$12.95	\$39.20
5 – small rural towns	\$13.80	\$41.65
6 – remote communities	\$14.55	\$43.95
7 – very remote communities	\$15.45	\$46.65
Notes: Indexation of 0.5 percent applied on 1 November ahead of VAP increase.		

MEDIA CONTACT: STEPHANIE MATHEWS -
0407 034 485

CHRISTMAS LUNCH 2023









WELLBEING PROGRAM MANAGER REPORT



Dear members,

It has been another busy year and I have enjoyed visiting all the branches with Judy Smith, the State President, and meeting many of our members. I am truly blessed to have the opportunity in my role to meet so many wonderful members who have lived such interesting lives, sometimes in difficult

circumstances, and to work with the dedicated and effective presidents, conveners, co-ordinators, secretaries and treasurers and other assistants supporting the network of social groups and branches.

In my engagement with members I respect that each individual is different and has a unique set of circumstances and needs to make that member feel independent, safe and happy. For those members with gold cards their independence is supported through a very wide range services provided by Veterans' Home care (VHC) such as, but not limited to, domestic services, unassisted shopping, bill paying, limited

personal care three times a week, some home-maintenance tasks such as cleaning of blinds, aircons, windows, and gutters and some safety related tasks that can be achieved by a handy-man such as changing light bulbs and tap washers. More recently VHC have added lawn mowing to the list but that is dependent on there being a service provider in the area. No referral is needed, just call them on 1300 550 450 and be prepared to leave a message stating your name, gold card number and best contact number. They are reliable in returning calls. At times service providers may change and staff may change so you may need to be patient, and on the whole most of our members are happy with the services they receive from VHC.

Many of our members have been able to remain in their homes as they have aged with the amazing support of Community Nursing. I refer to their service as the "gem" in DVA services as for no cost, our members can receive daily personal care, medication management and wound care. The service is needs based which means that some of our members are receiving this service twice a day. A doctor's referral is need to access this service.

Members enjoy the support of allied health professionals who provide and design services tailored to support of members and create a safe home environment. We always recommend that our members engage with an occupational therapist who can provide personal alarms, key safe boxes, chair lifts, ramps, magnets to keep security doors open, tipping kettles, specialist sheets, incontinence products..... their list is endless!

In addition to an extensive range of DVA services offered to gold card members, of which I have only mentioned a few, these members are also entitled to services from another federally funded organisation called My Aged Care. The only restriction to accessing services from DVA and My Aged Care is that the same service cannot be accessed from both organisations i.e. cannot access say cleaning from both organisations. So, what does My Aged Care provide that DVA does not?

My Aged Care offers certain services that DVA does not and these include social support (transport for social functions, assisted shopping, and companion care), meals from organisations like Meals on Wheels and Gourmet Cuisine and home maintenance that require a tradesman, as opposed to a handy-man. These services can be subsidised through common wealth home support funding so there will be a small

co-contribution fee and when the annual funding is spent...well...no further services can be delivered until the following year.

My Aged Care also provides more support through the Home Care Packages. These services are income tested and the War Widow Pension will be deemed income if our members accept these packages. Lower level packages such as Level One or Two can be excessively expensive to those with savings while the higher-level packages, Level Three and Four, can be useful to some members with higher needs. It is also Consumer Directed Care which means members are provided with more choice as to what service they wish to access.

As you can see there is no “one size fits all solution” so please don’t hesitate to call me to chat about how best to access the services you need to keep you feeling supported and independent no matter what your situation is.

I wish you a very happy Christmas and New Year and I look forward to working with you all next year.

Kindest regards,
Sue Hilditch



CARING CUISINE

Homestyle meals, delivered with heart

Caring Cuisine began in the early 1970's with the formation of Mitchelton Meals on Wheels and Meals on Wheels Western Suburbs Inc., and for close to half a century, these organisations supported clients in their respective communities, before amalgamating in late 2021 to form Meals on Wheels North West Inc..

In March 2023, they launched Caring Cuisine. This new name was chosen to better reflect who they are, and gave them the freedom to provide high quality services that are in line with modern community expectations.

- All meals are freshly prepared each day by professional chefs
- We offer a choice from 3 freshly cooked main meals each day
- Menu can be downloaded at <https://caringcuisine.org.au/>
- No minimum orders – you can order as little or as many meals as needed.
- Brisbane wide meal service – supported by caring volunteers – delivered to you Monday through Friday

Free trial meal – ph 3354 3919 or email services@caringcuisine.org.au



Mitchelton Branch

30 Tel El Kebir Street, Mitchelton Qld 4053

St Lucia Branch

23 Guilfoyle Street, St Lucia Qld 4067

07 3354 3919 | services@caringcuisine.org.au

www.caringcuisine.org.au

FRIENDSHIP DAY 2024 RSVP FORM

Friendship Day Luncheon (\$55 per person) - Wednesday 29 May 2024

11:30am arrival for 12:00pm Lunch - Finishing at 2:00pm

Ithaca Room, Brisbane City Hall 64 Adelaide Street, Brisbane City

**BOOKINGS LIMITED TO 200 PEOPLE, SO PLEASE PHONE IN FIRST TO RESERVE YOUR SPOT
BEFORE MAKING PAYMENT**

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
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 BSB: 064 000 Account #: 1496 9480 Ref: "FD + Your membership number"		
Emergency contact	Name: Relationship: Phone:		

RSVP: FRIDAY 17 MAY 2024

Contact to book and pay:

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

Contact for event details:

AWWQ Head Office
(07) 3846 7706
admin@warwidowsqld.org.au



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

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

BOILED PINEAPPLE FRUIT CAKE



INGREDIENTS

- 1 x 450g can Golden Circle Crushed Pineapple
- 125g margarine
- 375g mixed fruit
- 1 cup sugar
- 1 teaspoon mixed spices
- 1 teaspoon bicarbonate soda
- pinch of salt
- 1 cup self raising flour
- 1 cup plain flour
- 2 beaten eggs



METHOD

1. Boil the first seven ingredients in a saucepan for 10 minutes. Allow to cool
2. Add sifted flours and eggs
3. Place mixture in a 18cm square cake tin (or as desired, lined with greaseproof paper.
4. Cook for 1 hour at 160 degrees C. Test with a skewer
5. Leave in the tin for 5 minutes then turn onto rack to cool.

Keep cake in an airtight container.

GOVERNORS SPEECH FOR WAR WIDOWS DAY



Premier of Queensland and Minister for the Olympic and Paralympic Games, the Honourable Anastacia Palaszczuk MP; Assistant Minister to the Premier for Veterans' Affairs and the Public Sector and Member for Aspley, Mr Bart Mellish MP; Deputy Commissioner of the Department of Veterans' Affairs, Ms Tara Hatzismalis; Australian War Widows Queensland Chair, Mr Stephen Scott, Directors, and State President, Mrs Judy Smith; distinguished guests; members and supporters; ladies and gentlemen.

I begin by acknowledging the Traditional Owners of the lands around Brisbane, the Turrbal and Jagera people, and pay my respects to Elders past, present and emerging, and to all First Nations people here today.

As Patron of War Widows Queensland, it's a pleasure to join you for today's morning tea, fittingly being hosted here in the Anzac Square Memorial Galleries.

For many decades, this wonderful organisation has given solace and support to the families and partners of our service men and women, and it is indeed a pleasure to be able to show my gratitude and support for you in return.

War widows and veteran families hold a special place in our society.

Directly or indirectly, they help to defend the interests and security of our nation, often at a time of great need and peril.

And in peacetime, war widows and veteran families are almost always among those pulling together to support their communities, understanding the power of collective action and the need to preserve the way of life their loved ones have risked life and limb to defend.

And there walking beside so many of them, not just during their service but also beyond, through the highs and lows of military life, is War Widows Queensland.

It's no exaggeration to say that you bear the burden of their sacrifice when that burden becomes too heavy.

In 2022, you achieved a significant milestone when War Widows Day was officially declared an observed day in New South Wales and Queensland.

The Australian Capital Territory, South Australia, and Western Australia soon followed, underscoring the nationwide impact of this organisation's work.

As you continue to devote your time, energy, resources and advocacy to supporting, inspiring, and celebrating the widows, carers and families of our Defence Force personnel, I am proud to support you.

I will be publicly declaring that support when we light up Government House in blue and white this evening, joining other landmarks around our State and nation in marking War Widow's Day.

On behalf of all Queenslanders, I thank you for actively making a difference in the lives of women whose husbands have made the ultimate sacrifice in service of our nation.

You have our heartfelt appreciation.

Thank you.



CHAIR YOGA

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

*"I don't believe in age.
I believe in energy.
Don't let age dictate
what you can
and cannot do"*

Tao Porchon Lynch

Warning: if you have a medical condition that restricts you from making certain movements, please seek your doctor's permission before attempting Chair Yoga

Who Can Do Chair Yoga?

Chair yoga classes are most widely available in senior centers and retirement homes, as senior citizens are its biggest target audience, but overweight people and people with neurological diseases are also good candidates to give the chair method a try. Office workers can also take advantage of chair yoga's adaptations to sneak in some stretches at work.

What's In a Chair?

Since chair yoga is all about adaptability, it should come as no surprise that the particular chair you use is not important; you don't have to run out and buy a specialized yoga chair. Chairs with wheels are not ideal since they are unstable, but almost any other chair will do. If you are short, put blocks or a folded yoga mat under your feet to give yourself a firm foundation.



Photo: Tao Porchon-Lynch 97-year old yoga teacher

1.



Chair Forward Bend - Uttanasana

1. On an exhalation, come into a forward bend over the legs.
2. Let the hands rest on the floor if they reach it. Let the head hang heavy.
3. On an inhalation, raise the arms back up over the head.
4. Repeat this movement between a raised arms position and a forward fold several times, moving with the breath.

2.



Chair Warrior I - Virabhadrasana I

1. Keep the right leg in position over the side of the chair while you swing the left leg behind you.
 2. Plant the sole of the left foot on the floor roughly parallel to the seat of the chair and straighten the left leg.
- Keep your torso facing over the right leg as you raise your arms up to the ceiling on an inhale coming to warrior I. Hold three breaths.

3.



Seated Spinal Twist

1. Turn so you are sitting sideways in your chair.
2. Bring both feet flat on the floor.
3. Twist towards the back of the chair, holding the back of the chair with both hands.
4. Turn yourself 180 degrees so you are facing the opposite side of the chair to do the twist on the other side.

4.



Chair Raised Hands Pose - Urdhva Hastasana

1. On an inhalation, raise your arms toward the ceiling.
2. Allow your shoulder blades to slide down your back as you reach upwards with your fingertips. Anchor your sit bones in your chair seat and reach up from there.

5.



Chair Pigeon - Eka Pada Rajakapotasana

1. Bring your right ankle to rest on your left thigh, keeping the knee in line with your ankle as much as possible. Hold this chair pigeon for three to five breaths.
2. You may forward bend to intensify the stretch if you like. Repeat with the left leg up.

6.



Chair Cat-Cow Stretch

1. Come to sit on a chair with the spine long and both feet on the floor. Place your hands on your knees or the tops of your thighs.
2. On an inhale, arch your spine and roll your shoulders down and back, bringing your shoulder blades onto your back.. This is cow position.
3. On an exhale, round your spine and drop your chin to your chest, letting the shoulder and head come forward. This is cat position.
4. Continue moving between cow on the inhalations and cat on the exhalations for five breaths.



Christmas Word Search

S	F	B	J	D	H	S	P	A	R	T	Y	R	F
Y	A	C	S	T	U	R	K	E	Y	Y	B	W	Z
U	M	I	H	P	I	E	W	N	O	G	R	Z	D
C	I	H	E	R	M	V	H	J	C	N	S	A	Y
P	L	L	W	S	I	D	K	S	H	E	T	P	P
O	Y	J	T	N	W	S	T	Y	V	O	J	S	A
I	T	D	N	O	F	H	T	L	B	R	L	T	V
N	G	E	I	W	G	A	E	M	D	C	N	L	C
S	I	C	B	I	T	A	S	R	A	A	C	K	Y
E	F	E	L	S	P	Z	F	J	S	S	N	I	K
T	T	M	T	S	T	A	R	S	F	T	M	O	J
T	S	B	R	Z	G	O	V	T	I	N	S	E	L
I	X	E	B	H	L	M	C	J	S	H	S	H	P
A	C	R	G	N	G	Q	P	N	G	V	F	Z	K

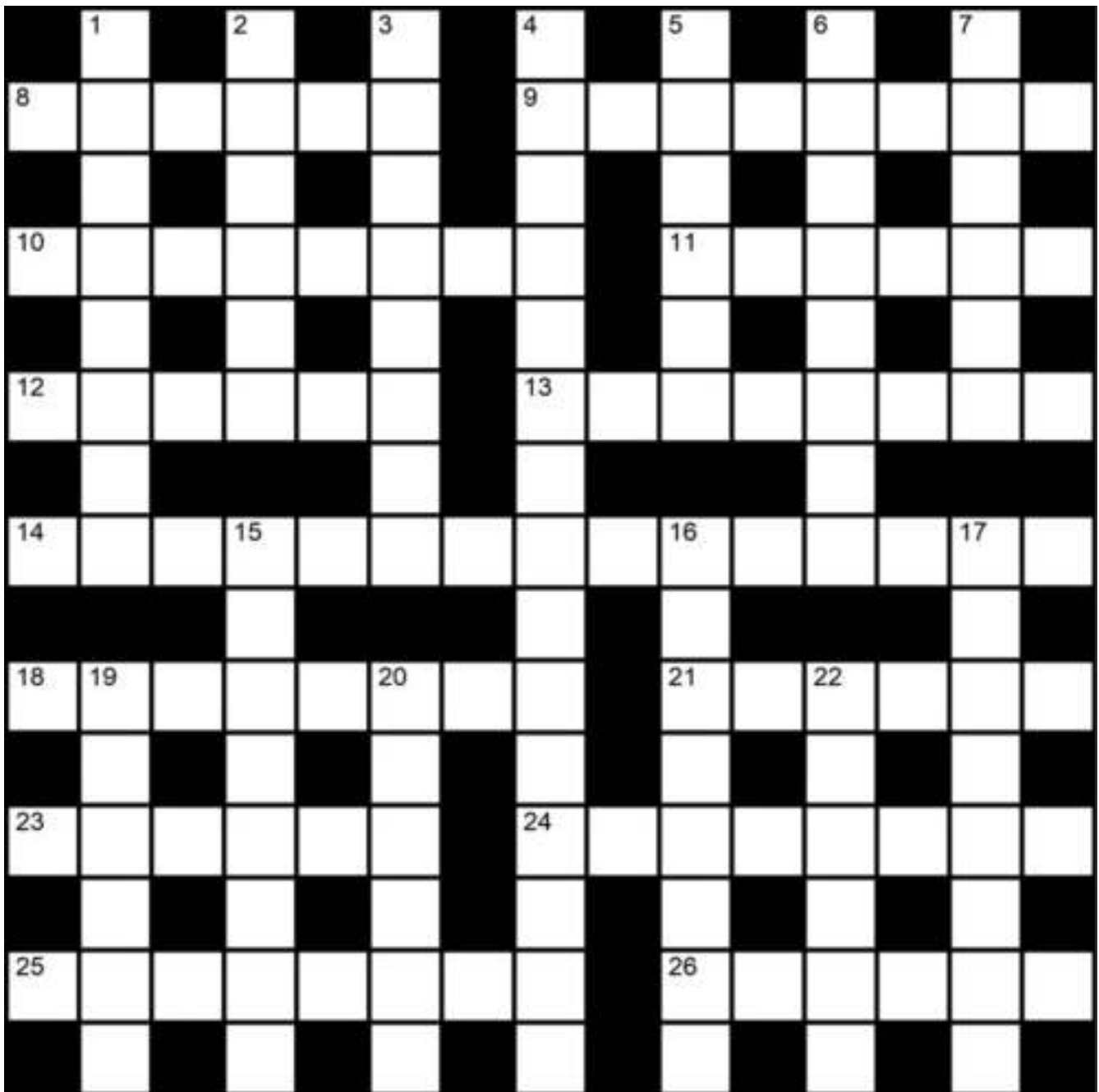


JOY
HOLLY
DECEMBER
FAMILY

TINSEL
TURKEY
STAR
LIGHTS

CHRISTMAS
SANTA
SNOW
GIFTS

PIE
POINSETTIA
PARTY
ELVES

**Across:**

- 8** Deepest (6)
9 Former St. George Dragons pro rugby hooker and national captain (3,5)
10 "Iron Gloves", Test wicketkeeper (3,5)
11 Sort of (2,1,3)
12 Hoards (6)
13 What you usually see in a mirror (8)
14 Rare Queensland spider-eating flying mammal (6-6,3)
18 Patriotic (4,4)
21 Turn down (6)
23 Deadeye Annie--- (6)
24 Obscure (8)
25 Ghastly (8)
26 SA leader--- Marshall (6)

Down:

- 1** A few (3,2,3)
2 Enormous (6)
3 Gets cracking (6,2)
4 Long NW Australian coastal strip (6,4,5)
5 Instead (2,4)
6 Worried (8)
7 East Mediterranean democracy (6)
15 Inhabitants (8)
16 Small whale (8)
17 Place for old documents (8)
19 Explanation (6)
20 Make redundant (3,3)



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

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



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.*



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.





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