

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

SUMMER 2024

In this issue:

- **Friendship Day 2025**
- **War Widows' Day**
- **Christmas Lunch Photos**
- **Transport Assistance Program**

SUMMER EDITION 2024

AWWQ CONTACTS

QUEENSLAND STATE PRESIDENT

Mrs Judy Smith

CHAIRMAN

Mr Stephen Scott

SECRETARY

Mrs Narelle Stanton

INDEPENDENT DIRECTORS

Ms Jenny Walker

Mr Chris Richards

WAR WIDOW DIRECTORS

Mrs Maureen Rush OAM

Mrs Vikki Harradine

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

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

Advocacy Register

Aged Care Placement Agent (Leona Bonning)

Beyond Blue

Caring Cuisine

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

www.advocateregister.org.au

0408 748 341

1300 224 636

07 3354 3919

1300 169 468

1800 333 000

1300 792 958

1800 838 372

ambphmepi@dva.gov.au

1800 552 580

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

000

131 444

1300 135 500

132 500

1300 550 450



WELCOME TO NEW MEMBERS

Estrella Abasolo, Stanthorpe

Judith Bell, Manly West

Elizabeth Black, Kippa-Ring

Roslyn Boyd, Townsville

Joanna Burnet, Albany Creek

Vicki Cavanagh, Stanthorpe

Melinda Clarke, New Farm

Jeanette Cockerell, Stanthorpe

Helen Corbett, Stanthorpe

Gwen Cullen, Walkervale

Janice Cunningham, Banksia Beach

Kay Craig, Virginia

Lizzy England, Mount Pleasant

Barbara Hack, Burleigh Heads

Mavourneen Hunter, Flagstone

Lynette Kent, Taigum

Lynnette Linton, Burdell

Carmen Moore, Stanthorpe

Wendy Muir, Strathpine

Barbara Murray, Stanthorpe

Bonnie Poulter, Nightcliff

Valda Robinson, Svenson Heights

Janelle Rhodes, The Gap

Helen Russell, Park Avenue

Veronica Ryan, Storm King

Patricia Tregilles, Mount Clear

Gabrielle Vieth, Booval

Kitty Winyard, Koongal

STATE PRESIDENT REPORT



My goodness, here we are, almost at the end of another year, with Christmas just around the corner.

Sue and I enjoyed sharing some of your DVA Health Week and War Widows' Day activities with you. I was encouraged to see how well these events were

attended, especially by some of our oldest members as well as some new ones. Thanks to the organisers of these events. I know it is not easy making these things happen, and the AWWQ board and I thank you for what you do. It is good to see that some of our smaller war widow groups are working with and being supported by other service organisations in regional areas.

This year, War Widows' Day became 'National', with all states and territories celebrating with an event. Let's hope the Federal Government will eventually declare a National War Widows' Day.

Sadly, the Transport Assistance Program is ending, and Cabcharge vouchers will no longer be available. AWWQ thanks the Eastern Star Foundation for making the grant available. Rest assured, we will be looking for other avenues to provide assistance in the future.

The Queensland state government offers assistance for people with disabilities through the Taxi Subsidy Scheme, which subsidises half the total fare up to \$30 per trip. If you have mobility issues, ask your doctor if you are eligible to use this scheme.

The Pen Pal Program is active, with many ladies actively corresponding within Australia and with war widows living in the UK. One of our members who has recently paired up with a UK member was in London for Remembrance Day and was able to meet up with her UK Pen Pal. We expect a report in the next Bulletin. If this is something you might like to do, contact the AWWQ office and ask for Lindy Beehre or email Lindy@warwidowsqld.org.au

Sadly, I recently represented AWWQ at the funerals of two of our well-known members. Helen Strange was president of the Toowoomba Sub Branch for 20 years, a member of the State Council and State President. Marie Cournane was a much-loved and long-time member of the Sherwood Group. Our thoughts go to the families of these members at this difficult time.

The term 'Wholly Dependent Partner' has been a contentious issue this year, and I thank you for all your comments and feedback. A submission went to the Minister for Veterans Affairs, letting him know what Queensland members think. There is much work to do, most importantly, finding a name that widows Australia-wide agree to! I will keep you posted.

It was my honour to lay a wreath at ANZAC Square, Brisbane, on Remembrance Day, on behalf of AWWQ members. Thank you to all who laid wreaths for war widows and attended services throughout Queensland. This is another significant day for all of us.

The refurbishment of the Marina Court units will be completed by Christmas. If you need somewhere to live or finding it difficult where you currently live, have you considered moving to one of AWWQ's units? Call the AWWQ office. Any of our helpful staff will be happy to provide you with information.

Next year will be another busy year. Watch the Bulletins for details. Some exciting things are planned.

Thank you all for your continued support. I look forward to our visits and to meeting with many of you again next year.

If you travel during the holiday season, please be careful and be prepared for the hot weather.

To all the volunteers, thank you for your work. Enjoy the break and come back refreshed and ready for 2025.

To everyone, I wish you a wonderful Christmas and a very happy New Year. See you next year.

Judy

EXECUTIVE OFFICER REPORT



As we approach the end of another year, I am pleased to reflect on the significant accomplishments and ongoing efforts within the Australian War Widows community. Our shared journey through 2024 has been marked by resilience, camaraderie, and unwavering support for one another.

On the 19th of October 2024, we celebrated War Widows' Day for the third year since the Queensland Government formally recognised the day in 2022 on our 75th Anniversary. Once again, we illuminated iconic landmarks in Brisbane, Rockhampton, Townsville and other regional areas as well as displaying our banner on the Caxton Street Bridge in Brisbane. Our Patron, Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland shared a heartfelt message to our war widow community which you can read on page 15.

We were delighted to host the annual Christmas celebration on the 25th of November 2024, in Brisbane. This joyful event gathered 140 members for a day brimming with joy and festivity. A special performance by the talented Mal Wood Trio along with a variety of raffle prizes enabled the members to wholeheartedly enjoy the start of the festive season.

Over the last year, the Transport Assistance Program continued to provide immense benefits to our members, with overwhelmingly positive feedback indicating that the program has boosted attendance at AWWQ meetings and events. This initiative has allowed members, who would not otherwise have the opportunity to leave their homes, to engage in social interaction, aligning with our key objective of providing avenues of friendship for our members.

Though we have approached the end of the grant allocated to transport assistance, it has successfully supported our members with transport options over the past three years. The AWWQ minivan, also acquired through the Eastern Star Foundation grant, remains a valuable resource for Brisbane members. We now have four Brisbane-based volunteer driv-

ers and one Ipswich driver facilitating our minivan outings.

The Pen Pal Program was established in 2020 to provide a platform for war widows who couldn't leave their homes to connect, share experiences, and find companionship. Earlier this year, AWWQ connected with the War Widows Association in the UK to offer an opportunity for war widows in Australia and the UK to connect, share support, and forge meaningful connections across continents. The AWWQ initiative has also garnered substantial media interest, including an ABC radio interview and a published online article, a short segment on Ten News First's midday news program and a recent article in the VetAffairs publication. The media coverage has helped raise awareness about the program and its benefits, encouraging more war widows to participate and connect with others.

As always, our foremost priority has been to provide strong and relevant support to our members. Our Wellbeing Program Manager plays a crucial role in ensuring that war widows across Queensland receive timely and comprehensive assistance regarding the benefits and services available, along with guidance on how to access these services. Additionally, the latest version of our Benefits & Services Booklet has been mailed to all AWWQ members.

We have successfully secured grants that not only support our members but also enable sub branches to host events, outings, and lunches for our members. These grants have been instrumental in fostering community and providing enjoyable experiences. Notably the Queensland Government awarded AWWQ a \$250,000 grant through the Queensland Remembers Grants Program. This funding is being used to refurbish units for war widows in New Farm, Brisbane. It's a significant contribution that will help improve the living conditions and support services for war widows.

As we move into 2025, we remain committed to our mission of supporting and empowering war widows across Queensland. I hope you enjoy the holiday season, and I look forward to a wonderful year ahead. Take care & stay safe.

Rachel Johnson
Executive Officer

NATIONAL PRESIDENT REPORT



What a great response we had for our very first National War Widows' Day! This year War Widows' Day was celebrated for the first time in Darwin, NT, as well as Melbourne and Wangaratta in Victoria.

In Victoria the RSL Wangaratta held an afternoon tea for war

and defence widows in the surrounding area. In Melbourne, a small group of war widows attended a high tea at the Sofitel in the city.

Queensland celebrated the day for the third year since its formal recognition by the Queensland Government in 2022. War widow groups across the state gathered for lunches and celebrations to commemorate the day. Once again iconic landmarks were lit up in blue in Brisbane, Townsville and Rockhampton and the AWWQ banner was proudly displayed on Caxton Bridge in Brisbane CBD.

In WA, the day was celebrated with a luncheon at Fraser's restaurant in Kings Park, Perth. In ACT, 50 war widows celebrated the day with a lunch at the Canberra Services Club in Barton. In SA, a service to commemorate the day was held at the Repatriation Hospital Chapel in Daw Park followed by a luncheon. In NSW, their third WWD service was held at the Cenotaph in Martin Place, Sydney, followed by a luncheon.

Jessie would be very proud to see war widows coming together to support each other and to celebrate Australian War Widows, the organisation she founded 79 years ago. October 19, the date that has been chosen to celebrate National War Widows' Day, acknowledges the birthday of Mrs Jessie Vasey OBE CBE.

Australian War Widows Inc. has continued to establish itself as a trusted source of information within the veteran community as we ensure that issues relating to war widows are kept front and centre. Our bi-monthly meetings of the AWW National Council play a crucial role in addressing communication challenges with the DVA, facilitating prompt solutions

and fostering important conversations. Collaboration with other ESOs enables us to tackle challenges collectively.

This year we witnessed significant milestones, including the finalisation of the Royal Commission into Defence and Veteran Suicide and the Government's commitment to address the recommendations. We eagerly await the Government's response and the implementation of crucial reforms.

How the implementation of the Royal Commission recommendations and the introduction of the new Veterans' Entitlements Legislation will assist in reducing suicidal ideation is uncertain but already we can sense renewed vigour within DVA and opportunities for collaboration and positive change.

Recently endorsed by Parliament, the new updated MRCA (2004) legislation will become the single ongoing Act covering all future claims for compensation, with the expected commencement date of 1 July 2026. The input by AWW Inc., DVA personnel and many of our war widow members to reach this stage is to be applauded.

Thank you to all our war widows who have contributed in some way to the consultation processes for both of these endeavours.

AWW is thrilled to announce that Her Excellency the Honourable Sam Mostyn AC, has graciously accepted our invitation to become our Patron.

AWW is also pleased to announce that Australian War Widows NSW, now trading as Veterans and Families Guild, has retained membership of Australian War Widows Inc. due to the endorsement of changes to our constitution to facilitate this.

As Christmas is almost upon us I take this opportunity to wish you all a very happy Christmas and best wishes for 2025.

Jenny Gregory
National President
Australian War Widows Inc.

NEWS & REMINDERS

CHRISTMAS OFFICE CLOSURE

AWWQ Head Office will be closing on Friday 20 December 2024 at 4:00pm, and will re-open on Thursday 2nd January 2025 at 8:00am.

DVA CHRISTMAS CLOSURE

Over the Christmas period, DVA offices, shopfronts and general enquiry services do not operate. They will be closed from Wednesday 25 December 2024 to Wednesday 1 January inclusive.

NAME BADGE PRICE INCREASE

Due to a price increase from our manufacturer, the price of AWWQ member name badges will increase by \$5 commencing 2025. The new price for a name badge will be \$15.

TRANSPORT ASSISTANCE PROGRAM UPDATE

It is with regret that we announce the conclusion of the Australian War Widows Queensland (AWWQ) Transport Assistance Program funding on 31st December 2024. This funding has given our members transport options such as taxi vouchers and bus charters, to attend AWWQ meetings and events.

We appreciate the support provided by the Eastern Star Foundation for this grant, which has greatly benefitted war widows, allowing many members to engage in social

activities. We recognise the positive impact it has had and remain committed to exploring alternative avenues to continue supporting our members' transportation needs.

THANK YOU

We would like to thank each and every member who has volunteered their time in helping run our sub branches and social groups over the year. The groups could not run without your help, and they are extremely vital in keeping members connected with one another and staying socially active.

FIELD OF REMEMBRANCE SERVICE 2025

AWWQ is pleased to announce we will be holding a Field of Remembrance Service on Monday 20th October 2025. The service will be held at St John's Cathedral in Brisbane. Further details can be found on page 26 of this Bulletin.

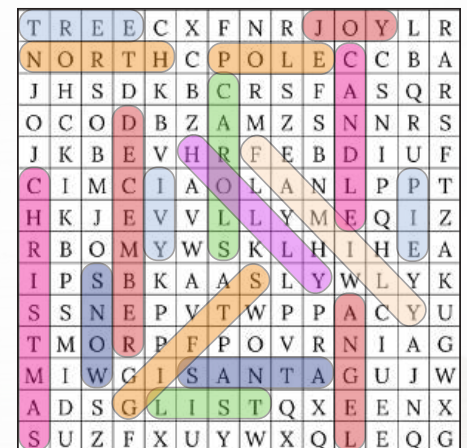
VETERANS' HEALTH WEEK/ WAR WIDOWS' DAY

We are pleased to see the groups getting involved with Veterans' Health Week (VHW) and War Widows' Day (WWD) with such high attendance numbers. \$16,000 was secured through grants to assist the groups with VHW activities, and over \$5,000 was provided to the groups from Head Office to assist with their WWD celebrations.

2025/2026 MEMBERSHIP RENEWALS

Your annual membership fees are due on 31 March 2025. A renewal form will be included in the autumn edition of the Bulletin. However, if you would like to pay early, you can contact head office on (07) 3846 7706.

Solutions to Word Search, Crossword and Sudoku on pages 34, 35 & 36



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

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: lyncarben@gmail.com Norma Basset 0408 537 547 Donata Harper 0428 581 158
CALOUNDRA	2nd MONDAY 10:00am Caloundra RSL 19 West Terrace Caloundra QLD 4551 Temporary Coordinator: Ann Stephenson OAM 0418 740 376
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 Duringan 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 217 Mary Street, Gympie QLD 4570 President: Maureen Rush 07 5483 7410 E: maureenrush@bigpond.com Secretary: Linda Collins 07 5482 2416 Treasurer: Joyce Longhurst 0429 312 708
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: Virginia Smith 0407 859 405
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 Glynis Burn 5452 5651 E: boxerhaven@ozemail.com.au
MARYBOROUGH	3rd TUESDAY 10:00am Maryborough RSL 163-175 Lennox St Maryborough QLD 4650 Coordinator: Daphne McLennan 07 4129 4259 E: demac5@bigpond.com
NEW FARM	2nd TUESDAY 10:00am Marina Court Gardens 227 Moray Street, New Farm 4005 Convenor: Jenny Gregory 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: Jennifer Armstrong 0421 820 415 Vice President: Gay Middleton 0439 323 557 Vice President: Lorriane McKay 0434 539 028 Secretary Rhonda Murray 0416 260 900 E: secretaryrhondaemurray@gmail.com Treasurer: Beverly Shaw 0408 068 349
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: Ruth Russell 0488 081 122 E: russellr14@bigpond.com Vice 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 Beneath Greenbank RSL (in the Sub Branch rooms) 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 0427 400 806 Vice President: Mary-Ann Wheatley 0427 379 978 Secretary: Helen Puxty 0428 908 864 Vice Secretary: Christine Hilditch 0412 078 631 Treasurer: Delma Starkoff 07 4635 8516 Assistant Treasurer: Caroline Pedersen
TOWNSVILLE	3rd TUESDAY 10:00am Townsville RSL, Charters Towers Road, Hermit Park President: Wendy Goodman 0408 584 929 E: Awwtownsville@warwidowsqld.org.au Secretary: Beryl-Ann Kirby 0421 607 552 Treasurer: Lindy Henson 0417 786 920
WARWICK	1st Thursday 11:00am Warwick RSL "Southern Cross Room" 65 Albion St, Warwick, QLD, 4370 Secretary/Treasurer: Deborah Wheeler 0414 852 492 E: Info@kyoomba.com

GROUP NEWS

BRISBANE NORTH

As we come to the end of our year it is time to do some reflecting. We have had an exciting year with a lot of sharing with our fellow social groups. We have had time to share together, a high tea, Christmas in July and Veterans' Health Week. Thank you to our function manager for decorating the room in pink, down to pink bows on our chairs. My granddaughter Estelle finished the room off with a beautiful balloon display.

Our Christmas in July was once again a hit, with visitors from Brisbane West and the Women's Auxiliary Social Group at Geebung. Each guest went away with gifts provided by Brisbane North. Amongst them was a beautiful Christmas brooch, which the ladies really enjoyed.

War Widows' Day was celebrated at Geebung Club where we were served a beautiful two course lunch. The room was decorated in blue. Jenny Gregory our National President delivered a beautiful address about the history of our wonderful organisation. Sue Hilditch also attended. Each guest went away with a gift of Kooka Biscuits in a blue box.

We had Bart Melish State Member for Aspley (at the time I wrote this) come and speak with the ladies about the progress of the Beams Road overpass which is being funded three ways with State, Federal and Brisbane council. The project is working on time and should be finished late next year.

Veterans' Health Week was combined with the two groups, Brisbane North and West. We had a lunch at Hornets Football Club, our theme being staying connected. The other part of our theme

was having a yoga teacher Lyn Kent come and talk on the benefits of relaxation and a little arm chair yoga.

Remembrance Day I laid a wreath at Geebung RSL for War Widows.

12 of us are going to the city hall for our Christmas Party. I do look forward to it as I get to see some friends.

We will finish our year off with a Christmas Lunch at Geebung RSL Club. Santa will be in attendance with some Christmas gifts.

I wish all a happy Christmas filled with peace and love. We will meet on January 21st for a lunch and catch up.



Members at the Christmas in July Lunch



Veterans' Health Week celebrations



Cr Sandy Landers, Sue Hilditch, National President Jenny Gregory and Denise Fridolf at War Widows' Day

BRISBANE WEST

Hello everyone. The end of our twentieth year as a group is fast approaching and we have again enjoyed a year of outings and activities.

On the 20th September, a group of us enjoyed an Op Shopping day on the Northside of Brisbane. We first went to the Breast Cancer Shop at Zillmere which is a huge shop with a large array of goods. From there we enjoyed a lunch at the RSL Club at Geebung and then we shopped at the five Op Shops in Geebung. We all went home happy with our purchases.

On the 14th October, we celebrated Jessie Vasey Day with a lunch after our meeting. Our guest speaker for the day was Lisa Bird from St. John Ambulance who provided us with very useful information regarding their services for seniors.

Then, on the 23rd October, we participated in the Veterans' Health Week by joining with Brisbane North War Widows by having a luncheon at the Hornets Football Club. We were pleased to have Judy Smith and Jenny Gregory attending on the day. The focus this year was "Connections" and the ladies from both groups enjoyed catching up and connecting with each other.

On the 4th November, which was our last meeting for the year, we enjoyed a lovely Christmas Lunch. We welcomed our guests Peter Thatcher, Area Legatee for Legacy and Maggie Forest, the LNP Federal Candidate for the seat of Ryan. Maggie was representing Andrew Wines, our local Councillor. Our member, Jocelyn Slater, conducted a very successful craft stall at the meeting with the proceeds of the sales to benefit our

group. A huge "thank you" goes to Jocelyn for her hard work. The funds are very much appreciated.

Laurel Eaton is representing our group by laying a wreath at the Gaythorne RSL Remembrance Day Ceremony on the 11th November.

We said goodbye to Billie Lake who passed away on the 18th October 2024. Billie started our group in May 2004 and was a very hard worker for War Widows. She spent her last 12 months in care and we shall miss her.

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

We would like to wish everyone a very Merry Christmas and a happy and healthy 2025.

BUNDABERG

Busy time of the year nearly over. We have been occupied with Vets' Health Week and White Cross Day with Xmas Lunch breakup as well. Our Health Week function was a huge success. Took the form of a luncheon with keep connected as the theme. On the day State President Judy Smith and Sue Hilditch from Head Office were present and gave us an update on several matters. Also present were President and Secretary of our local Legacy Branch who do so much for the War Widows ladies and it was great for them all to meet and catch up.

Our next function was our celebration of Jessie Mary Vasey on White Cross Day which took the form of a High Tea with all the trimmings. It was held on Friday 18th October as Jessie Mary's birthday fell on a Saturday and we always celebrate on her actual

birthday. The High Tea was held at Legacy House thanks to the generosity of our Legacy Branch. We did the catering ourselves with huge input from one of our members who loves to cook. Thanks Betty. The new Kitchen at Legacy makes this an easier job. Everyone enjoyed themselves very much.

Our last meeting was held on Tuesday 12th November and we start again in February 2025. Our Xmas Lunch will be held in conjunction with Legacy Widows on Wednesday 20th November. Arrangements are well underway and all are looking forward to that.

In conclusion I would like to wish all War Widows and the staff at Head Office a blessed Xmas and all the best for the New Year.



Guests and Widows at Bundaberg Veterans' Health Week function



Bundaberg members at Veterans' Health Week



Bundaberg Sub Branch White Cross High Tea

CAIRNS

2024 is nearly finished, thank goodness. This year we unfortunately lost Agnes Wyborn, a very happy spirit at our meetings. Recently, two of our members had hip replacements, two had cataract operations, some of our children have been very sick or had major operations and some of us have lost loved ones close to us as well. We are hoping 2025 will be a better one for our group. Staying healthy as we age is very important.

Even though our attendance numbers have been right down those able to attend have been keeping the group going. We are expecting that most of us will be able to attend our Christmas lunch.

On Vietnam Veterans' Day, Donata and Norma laid a wreath at the Cenotaph in front of the RSL, on the Cairns Esplanade. For the Remembrance Day Service, I laid a wreath there.

At our August meeting we welcomed Judy and Sue again this year. We always look forward to their advice and knowledge. Thanks Judy & Sue.

In September we celebrated War Widows' Day with a special lunch at the Bungalow.

Our October meeting theme was sharing hobbies and we were treated to seeing Peg's special crocheted hook which no one could use but caused lots of laughter.

Veterans' Health Week Activity took us to us to Dundee's at the Pier.

Take care everyone and be safe over the Christmas and New Year season.

Lyn Bennett
Coordinator



Making notebook holders at the branch meeting



War Widows' Day lunch at Bungalow

CALOUNDRA

On the 12th of August 2024 the Caloundra War Widows elected to become a social group and our first group met on the 9th September 2024. Ann Stephenson OAM has taken up the role of coordinator temporarily until we find a permanent coordinator. Many thanks go to Roohey Doherty, Christine Gann and Louise Rooney for their efforts over the past years as President, Treasurer and Secretary of the sub branch. Also, to the many ladies who attend and support our group, your commitment is greatly appreciated. We look forward to growing and having fun as a social group.

We celebrated Health Week with a visit from Donna Mills an occupational therapist who gave good advice on looking after our health and recommended aids that may support us as we age. Following our health session, we lunched at the Caloundra RSL.

This is all in the infancy and we hope you all support War Widows Caloundra by coming along to have coffee chat and give us some ideas on what you would like to

do as a group.

Roohey Doherty and Louise Rooney attended and laid a wreath at the Caloundra RSL on Remembrance Day on the 11th November 2024.

The first meeting for the year 10th February our guests will be Judy Smith State President and Rachel Johnson Executive Officer.

Merry Christmas and a safe and happy New Year to you all and I look forward to meeting with many of our members.

Ann Stephenson OAM
Coordinator

GOLD COAST SOUTH

Hello everyone. The last few months have either been rather quiet or full on!

October is as usual the most hectic of the year. We started the month with a lovely morning tea to celebrate War Widows' Day. A video display was enjoyed by all and many memories were shared.

Two weeks later for Veterans' Health Week a group headed to Paradise Point to enjoy the sunshine and a ride with Cycling Without Age. This organisation provides free trishaw rides for the elderly or disabled and gives a great sense of freedom whilst enjoying the outdoors. We then had a long leisurely lunch by the waterfront. Friendship was the key component in making this day fun for all.

Remembrance Day followed soon after and as usual was a major event at Currumbin RSL with our ladies being invited to lay a rose at the Cenotaph in memory of their lost loved one and also a wreath for War Widows. This was followed by a lovely lunch.

Christmas is now rapidly approaching and that will wrap up 2024.

I wish everyone a happy and

healthy Silly Season and look forward to an even bigger and better 2025.

Debbie Gold Coast



Gold Coast South members at the Remembrance Day Luncheon



Veterans' Health Week cycling fun



Veterans' Health Week luncheon

GYMPIE

Another year ending so I hope you are all keeping cool in this very hot weather and having no damage from the storms.

We had a wonderful War Widows' Day. Shared cake for morning tea with many veterans and partners who were in the club for their coffee and chat morning. We had some pens and bookmarks to give away, which were a great success. We then had lunch with our invited guests. All of this was courtesy of the RSL for which we

thank them and very much appreciate.

A few days later we dined at Kingston House for Veterans' Health Week. I spoke about connectedness which is so important for groups in our age bracket. That we care for each other and socialise, so we don't become isolated. I must say our group is very good at looking out for each other.

We are very spoiled here by our RSL and Vietnam Veterans who have paid for our bus for 12 of us to attend the War Widows Christmas Party in Brisbane.

The Secretary/Manager of the RSL Martin Muller is a great advocate for War Widows and makes sure that I lay the wreath at the same time as the President of the RSL. I am very honoured and thank him very much that we are thought of as the Chief Mourners.

Wishing everyone the blessings of Christmas and a happy and healthy New Year.
Maureen



Gympie Sub Branch members at their War Widows' Day & Veterans' Health Week celebrations

IPSWICH

Our August meeting saw a large attendance from the ladies as we ventured back to our newly renovated venue at Wounded Heroes Bundamba.

Four of our members attended the AGM on the 21st August.

Our Sept meeting was held at Harrisville Hotel with 16 ladies enjoying the drive out through the country and a good ol' country meal for lunch. A big thankyou to the management for the very kind donation towards our Xmas raffle.

A visit to Toowoomba Flower Festival early Oct saw 12 ladies enjoying the ray of flowers and the colour display was magnificent. A stopover at Gatton for morning tea and then a trip up to Picnic Point to enjoy the panoramic views. After all the sunshine the ladies ventured to the Toowoomba Sports club for lunch. A great day had by all.

Jessie Vasey Day was celebrated with a trip to the Elderflower farm, a favourite spot for the ladies and in Jacaranda season.... why not. Again, we sat under the Jacaranda tree with the delight of dew filled flowers dropping all over the place and a carpet of flowers was the prettiest thing to see. We enjoyed morning tea and then some farm therapy... shopping that is, and then headed off to the barn, within the farm boundaries, for a scrumptious lunch and a chat about a fine lady who started War Widows and how things have evolved and so many women who have been helped through some trying times, yet, new friendships evolved. We are very lucky to have our bus driver Darryl and his wife Louise, who enjoys riding shotgun. Their continued help during the day is priceless. Thankyou both.

November had us ladies catching up at Wounded Heroes again

and all plans for Xmas and the New Year being discussed.

In friendship
Susan



Members enjoying lunch in the barn



Volunteer bus driver Daryl and his wife Louise joining Ipswich members for lunch under the Jacaranda tree

NEW FARM

With Christmas fast approaching there is only one more function for our New Farm group this year. We will be having our Christmas lunch at the Brunswick Hotel for our last meeting of the year on 10 December.

The ladies had a wonderful celebration of Veterans' Health Week with another "Paint and Sip" event followed by a Spit Roast lunch. Thank you to Narelle Stanton for being our artistic director. We celebrated War Widows' Day with a very informal sunset "drinks and nibbles" on 20 October.

On 12 November we acknowledged Remembrance Day with a short service at Marina Court and were delighted to hear two special poems written by Pam Hoy about

this special day.

20 members of the New Farm group will attend the Lord Mayor's Christmas Party on 3 December at City Hall. This is always a wonderful event.

We will take a break over the Christmas/New Year period and resume our normal meetings in February.

Christmas Greetings to all from New Farm.



New Farm members enjoying "drinks and nibbles" for War Widows' Day

REDCLIFFE

Our Redcliffe group stepped into spring with spring outfits for the September meeting. Then in October we had two major events. For our October meeting, we celebrated DVA's Veteran's Health Week with a special event, "Keep Connected", at the Redcliffe Library. Occupational Therapist Liz En-

gland spoke on and demonstrated a range of home aids available from DVA through O.T.s.

Then, to celebrate War Widows' Day, we chartered a bus to Gympie (thank you Head Office) and boarded the Silver Bullet Train for a trip through the Mary Valley, while devouring a delicious High Tea. This included members with mobility walking frames or walking sticks, so it allowed all our members to have an interesting day out.

For our November meeting we had as guest speaker Patrick Ringold, an ex-Navy officer. Patrick spoke on the importance of Remembrance Day, and how it started at the end of World War I when the armistice happened at 11am on November 11th. He emphasized the important but often overlooked role of women, and the deaths of women and children, in wartime.

We will combine with the Legacy Laurel Club members for a Christmas Lunch at the Redcliffe Tavern on November 27th, and our December meeting will include Santa Claus giving out our "secret Santa" gifts.



Redcliffe group on a bus trip to Gympie for the Silver Bullet train ride



High Tea on the Silver Bullet



Redcliffe members at Veterans' Health Week

ROCKHAMPTON

Hello members. We have had a busy time again commencing with 12 members enjoying our Christmas card making session for Veterans' Health Week which we had on our meeting day on the 8th October. This was organised by our President and our demonstrator was very patient with members like myself who had never attempted card making previously. I am sure I have two left thumbs and had trouble pasting things where they were supposed to go. Some members also attended the Yeppoon RSL Veterans' Health week session and had an interesting time.

Our 2024 War Widows' Day was hosted by the Regular Army Personnel at Woolcock Barracks. Upon arrival we held our White Cross service, reciting the Ode at the beginning and the War Widows' motto at the end. Morning tea was then enjoyed with goodies supplied by a member. Following morning tea, a message from the Governor General was read by our President. Those who wished then explored the memorabilia displayed in the accessible areas of the Barracks. A BBQ lunch which left nothing to be desired was next on the agenda. Dessert was a celebration for five members having October birthdays with special cakes and cheese-cakes supplied by members.

We celebrated Remembrance Day at the service at the Frenchville Sports Club Remembrance Wall where our President, Ruth Russell, laid a wreath for War Wid-

ows and then we had our White Cross where our members inserted our crosses. The service was followed by lunch at the Frenchville Sports Club supplied by the Rockhampton RSL Club.

We have a change of start time for our meetings next year, it will commence at 10am starting at our first meeting in February 2025.

Wishing you all a very happy Christmas and best wishes for 2025.

TOOWOOMBA

I trust that everyone has "survived" the heat and storms that we have experienced recently, even though the rain was very welcome.

Our branch has had an average of 10 members attending the meetings. October has been a month where members here in Toowoomba have enjoyed social gatherings. For Veterans' Health Week, lunch was held at Picnic Point café and those who attended enjoyed the outing and the meal was lovely. On 23rd October, we celebrated War Widows' Day and Jessie Vasey Day at the Cobb and Co café where we again enjoyed a very nice lunch. We welcomed Mark from Hospice who joined us for lunch.

We did not receive any communication about the service/wreath laying at the Mothers' Memorial for Remembrance Day this year, so no one from our branch attended. Three of our members travelled to Oakey to attend the 90th Anniversary of RSL Oakey, 200 people were at this celebration. It was a wonderful occasion. Another of our members went to the Air Force reunion on 7th September at the Mothers' Memorial.

Our last meeting of the year was held on 13th November and afterwards we met at the Ipswich

City Golf Club for our breakup lunch. Everyone had a good time.

Our first meeting in 2025, will be held on 12th February at 9.30am.

To close, Toowoomba Sub Branch would like to wish all War Widows in Queensland, a happy, safe Christmas. We hope that 2025 will be a wonderful year for us all.

TOWNSVILLE

In September Judy and Sue's scheduled visit just happened to coincide with our High Tea which was a great success. Judy and Sue provided us with information on a proposed change of name and the importance of filling in a D9325 form for DVA.

In October we celebrated War Widows' Day and had a splendid lunch catered by Cuisine to Go. We had our Federal Minister for Herbert Phillip Thompson attend and as usual he was made very welcome by all who attended.

We have our Christmas lunch in November and the ladies are eager to attend at Brothers Leagues Club.

As we approach the end of the year the Townsville Executives wish all our War Widows, Widowers and Associate Members a very merry Christmas and a safe and happy New Year.

Kind regards

Wendy Goodman and the Executives.

WARWICK

This year we were grateful recipients of a grant from Department of Veterans' Affairs to enable us to host a combined Veterans' Health Week and War Widows' Day here in Warwick.

Thirty members and special guests enjoyed a beautifully pre-

pared healthy lunch, talks from our special guests and a gift bag full of recipes, contact numbers, ideas on how to keep fit, prepare healthy meals, how to stay connected, awareness tips together with some treats.

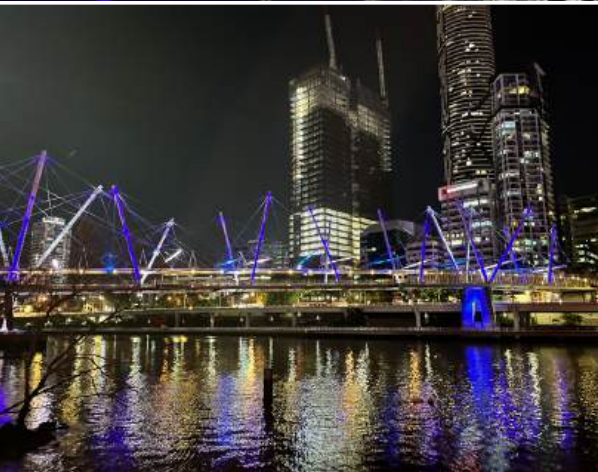
James Lister MP, who is a member of the Warwick War Widows group spoke with the group and was as entertaining as ever. Former serviceman and local councillor Cr Joel Richters joined us for the first time and was very happy to have the opportunity to get to know the members of the group.

Student Community Engagement leaders Alisha Miller and Bonnie Sims from Warwick State High School spoke about the school's Community Engagement project and Bonnie spoke about her grandfather's experiences during his time in Vietnam. Both girls received a hearty round of applause when they have finished their talks and MC Bruce McGowan presented them with flowers and a gift bag.

The DVA's theme 'Keep Connected,' was embraced by everyone who attended and the members were very grateful to the Department of Veterans' Affairs for the grant which enabled us to provide a free lunch to our invited guests and members which we were also able to celebrate War Widows' Day at the same time. We would also like to thank Club Warwick RSL for the effort which was put into the day to make it such a successful day.



Bruce McGowan, James Lister MP, Dawn Franklin, Joel Richters, Nancy Payne and Gloria Mills War Widows' Day 2024



WAR WIDOWS' DAY 2024

In Queensland, we celebrated War Widows' Day for the third year since its formal recognition by the Queensland Government in 2022. Although no central event was held, war widow groups across the state gathered for subsidised luncheons and day outings throughout October to commemorate the day.

Many groups took the opportunity to invite local MPs and Councillors to raise awareness about our organisation and the resources and support available to war widows and widowers.

To further highlight the significance of the day, we once again applied to have iconic landmarks lit up in Brisbane, Rockhampton, and Townsville, and our banner was proudly displayed on Caxton Bridge in Brisbane CBD.

As our founder, Jessie Vasey, once said, "We must show the general public that we remember, otherwise how can we expect them to do so." While war widows carry the memories of their loved ones every day, Jessie believed in the importance of making this visible to the public. War Widows' Day is a powerful reminder of the profound loss experienced by families of those who served Australia and made the ultimate sacrifice.

We are pleased to share a message from the Governor of Queensland to our members

"It is an honour as Governor and as Patron of Australian War Widows Queensland (AWWQ) to provide this message of support for War Widows' Day. This occasion, falling on 19 October, honours the sacrifice and resilience of war widows and their families, and highlights the invaluable work of your organisation over many decades.

Since its formation in 1947, AWWQ has sought to provide essential aid for those affected by the loss or impairment of spouses serving in our defence force, and its modern iteration continues to embrace this vital function. Through various programs and initiatives, AWWQ provides practical assistance, including financial help and access to resources that can improve the lives of its members.

AWWQ has made a huge difference in countless lives through its 26 sub-branches and many social groups, providing a network of friendship and solidarity, and offering a safe space for members to connect, share their experiences, and find comfort in one another's company.

The organisation also engages in advocacy efforts, ensuring that the voices of war widows, carers and families throughout Queensland are heard in discussions around policy changes that affect them.

On War Widows' Day, we celebrate the community that AWWQ fosters and affirm our commitment to their wellbeing and dignity. In turn, I wish to affirm my support for those whose loved ones made such great sacrifices for the freedoms we enjoy."

Her Excellency the Honourable Dr Jeannette Young AC PSM
Governor of Queensland

TRANSPORT ASSISTANCE PROGRAM

Over the past three years, the Transport Assistance Program provided immense benefits to our members, with overwhelmingly positive feedback indicating that the program has boosted attendance at AWWQ meetings and events. This initiative has allowed members, who would not otherwise have the opportunity to leave their residences, to engage in social interaction, aligning with our key objective of providing avenues of friendship for our members.

Furthermore, it has provided valuable opportunities for groups across Queensland to charter buses for day outings. These outings have helped members create new memories and strengthen their bonds as a group. The change in routine and environment, along with the anticipation of an outing, also contributes positively to our members' mental wellbeing.

We are approaching the end of the \$120,000 portion of the grant allocated to transport assistance, which has supported our members with transport options such as Cabcharge tickets, train fares, and bus charters. The AWWQ minivan, also acquired through the grant, remains a valuable resource for Brisbane members. We now have four Brisbane-based volunteer drivers and one Ipswich driver facilitating our minivan outings.

In total, \$111,171 has been spent on travel for members, and \$66,265 for the purchase and running cost of the Minivan. The total remaining balance is projected to be spent on the minivan running costs, and the Cabcharge invoices which are yet to be received. This will see the Transport Assistance Program come to an end on the 31st of December 2024.

We are extremely grateful to the Eastern Star Foundation for their generous grant towards the Transport Assistance Program (TAP) which has made this all possible.



VALE

HELEN KATHERINE STRANGE OAM
1940 - 2024

We were saddened by the recent passing of Helen Strange OAM. Helen was born on 25 February 1940 and passed away on 30 September 2024. She served as President of the Toowoomba Sub Branch from 2000 to 2021, and was also a member of the Australian War Widows Queensland Guild Council for many years, and was Queensland State President from 2010 to 2013. Helen was awarded the Medal of the Order of Australia in the 2004 Australia Day Honours List for service to the community of Toowoomba, particularly the welfare of veterans and their families. Helen's work with war widow was appreciated. RIP now Helen.

ELLEN MARY MCMURTRIE OAM
1927 - 2024

Ellen was a long-time member of the War Widows' Guild, president of the War Widows Gold Coast North Sub Branch for many years and vice president of the Queensland War Widows' Guild.

In the 2003 Queens Birthday Honours, Ellen was awarded the Medal of the Order of Australia for service to veterans and their families, particularly through the Queensland Division of the War Widows' Guild of Australia and the community.



FRIENDSHIP DAY 2025

With plans well underway for Maroochydore Friendship Day next year, we have provided a list of attractions in and around the Sunshine Coast. Also, don't forget about the Blackall Range Bus Tour which is planned for Thursday the 29th of May, the day after Friendship Day. So be sure to stay a few days and make the most of your visit to the beautiful Sunshine Coast. The spring edition of the Bulletin also included accommodation options.

Maroochydore is a popular tourist hotspot, so be sure to start planning your trip as soon as you can! The booking sheet can be found on page 37 of this edition.

Friendship Day Lunch

When? Wednesday 28 May 2025

Where? Maroochydore RSL Sub Branch, Memorial Avenue, Maroochydore, 4558

Price? \$55 per person

RSVP: Friday 16 May 2025

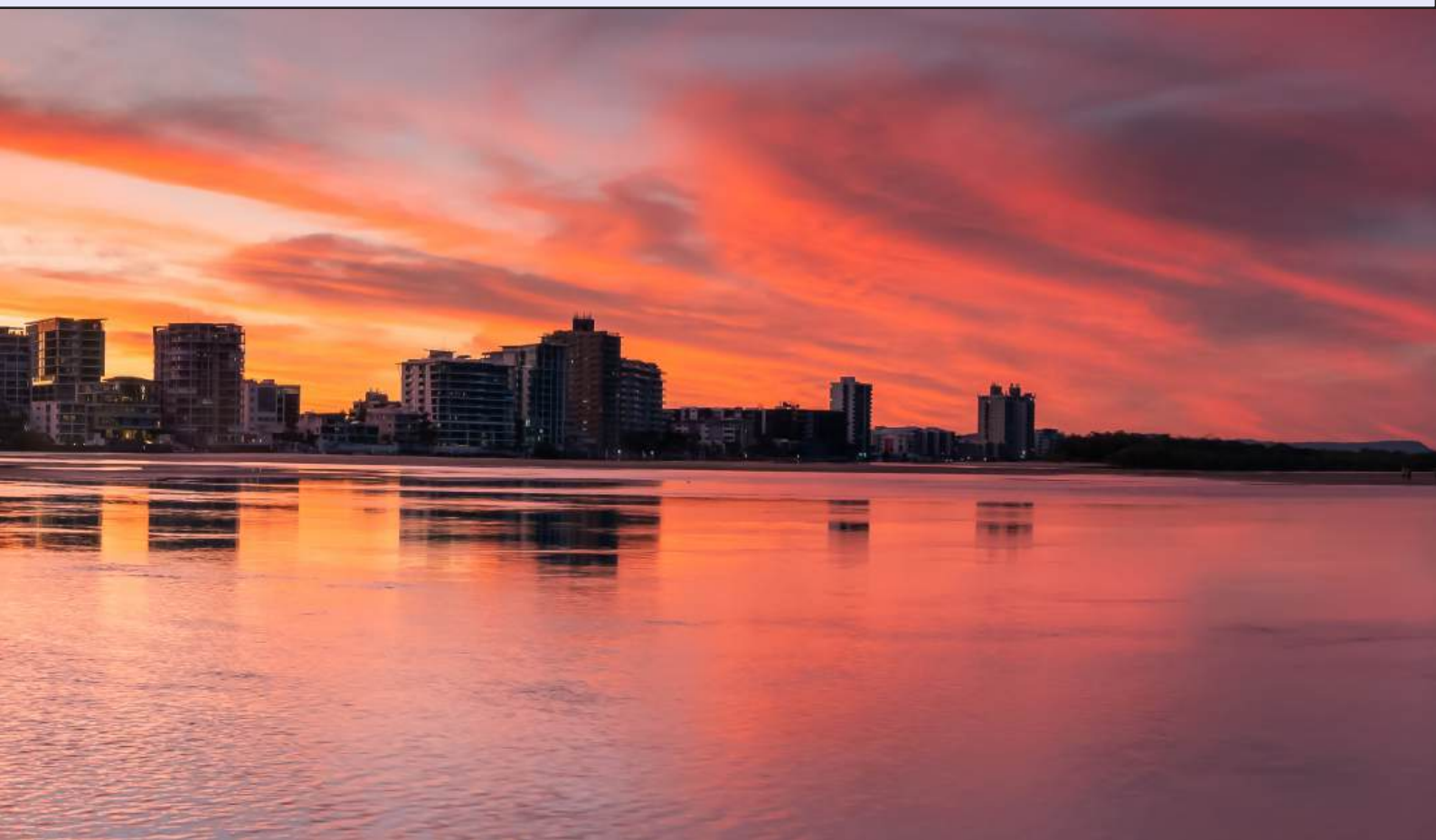
Blackall Range Bus Tour

When? Thursday 29 May 2025

Where? Depart from Maroochydore RSL Sub Branch, Memorial Avenue, Maroochydore, 4558

Price? \$35 per person

RSVP: Friday 16 May 2025



Things to do around the Sunshine Coast

CHAMBERS ISLAND:

Chambers Island is a small sand island which is located in the Maroochy River
Footbridge access on the corner of Thomas Avenue and Bradman Avenue
2km from Maroochy RSL

CALOUNDRA REGIONAL GALLERY

A beautiful art gallery in the heart of Caloundra
22 Omrah Avenue, Caloundra, 4551
(07) 5420 8299
21km from Maroochy RSL

SEA LIFE SUNSHINE COAST AQUARIUM

A marine mammal park, oceanarium and wildlife sanctuary
Parkyn Parade, Mooloolaba, 4557
(02) 9333 9200
5km from Maroochy RSL



THE GINGER FACTORY

A theme park with displays about ginger, train & boat rides, and a tropical garden walk
50 Pioneer Road, Yandina, 4561
1800 067 686
25km from Maroochy RSL

SUNSHINE PLAZA

Sunshine Plaza is a large regional shopping centre with over 315 specialty stores
154 / 164 Horton Parade, Maroochydhore, 4558
(07) 5443 4133
800m from Maroochy RSL

KAHUNA MASSAGE TEMPLE

Kahuna Massage offers a rhythmic, dynamic and flowing style of massage
2 / 70 Duporth Avenue, Maroochydhore, 4558
(07) 5475 4999
700m from Maroochy RSL

AUSTRALIA ZOO

Home of the late Steve Irwin, The Crocodile Hunter
1638 Steve Irwin Way, Beerwah, 4519
(07) 5436 2000
32km from Maroochy RSL

THE BIG PINEAPPLE

Sunshine Coast's famous heritage-listed tourist attraction
76 Nambour Connection Road, Woombye, 4559
(07) 5442 3102
12km from Maroochy RSL



WELLBEING PROGRAM MANAGER REPORT



As the year draws to a close one reflects on how quickly the year has flown, all the branch visits across Brisbane, the fantastic events that War Widows hosts and what fun I've had with the members and staff supporting the amazing and unique AWWQ charity.

Many of our members would have invested years caring for their families and partner, and may for the first time in their lives experience loneliness and social isolation. These feelings may increase after being unwell, experiencing the loss of independence after giving up a driver's license, and on special occasions like Christmas. According to the National Institute on Ageing the health risks of social isolation are equivalent to smoking 15 cigarettes and we all know how that can impact our health. Although DVA entitlements are very generous they do not fund anything related to socialisation or transport related to socialisation. Grocery shopping is deemed socialisation which is why Veterans' Home Care will only provide a service for unassisted shopping. Together with the Transport Assistance Grant drawing to a close at the end of this year, which many of our members relied on to fund travel to and from the monthly branch meetings, I thought it would be appropriate to provide information on how to access transport from My Aged Care and to provide details on what qualifies a person for a half price taxi fare.

The federally funded organisation My Aged Care is responsible for approving many services to support a person living independently in their home as they age. DVA gold card members are also entitled to access services from My Aged Care. One such service includes transport for social activities including shopping and assisted shopping.

How to access transport services via My Aged Care (MAC):

1. Firstly, register with MAC by calling 1800 200 422, At the end of the conversation you will be provided with an AC number.
2. The quickest way to access transport is from the bucket of funding called CHSP (Common Wealth Home Support Program). Depending on the situation, MAC may require you to have a RAS (Regional Assessment Service) assessment or service plan review or they may be able to immediately provide you with a code for transport and let you know which providers in the area may have capacity to deliver transport services to you. In some cases, you can request taxi vouchers from the suppliers or you may prefer someone to accompany when you go shopping. This service is heavily subsidised and a small hourly co-contribution is payable and a small charge for km's travelled.
3. Transport for socialisation can also be accessed via the bucket of funding available via the Home Care Packages. The packages are designed for people with higher needs and an ACAT (Aged Care Assessment Team) assessment is required which will take months to arrange in the community. It is also income-tested which means that if you have accumulated some money in the bank or other assets, the income tested fee on the lower level packages (Level 1 and 2) is prohibitively expensive but perfect for those where no income tested fee is payable.

Half Price taxi's - Taxi Subsidy Scheme

The half price taxi fares, or officially the Taxi Subsidy Scheme (TSS) is state funded and arranged with your doctor. A person needs to meet one of the six medical criteria for a half price taxi fare to be granted. The scheme funds half of the total fare up to a maximum taxi fare of \$60 i.e. the maximum subsidy is \$30 per trip.

- There is no limit on the number of taxi journeys a member may take to attract the subsidy. The subsidy is paid to taxi drivers.
- TSS membership lasts for a maximum of five years. To extend your membership, you must reapply before the expiry date.

- If you have a temporary disability, 6 to 12 month memberships are available.

Eligibility

To be eligible you must be a permanent resident of Queensland and fully meet at least 1 of the 6 eligibility categories as listed below:

1. Physical disability requiring dependence on a wheelchair for all mobility outside the home.
2. Severe ambulatory problem that cannot functionally be improved and restricts walking to an extremely limited distance.

The requirements under Category 2:

Has a physical disability or other medical condition that restricts the person from walking, unassisted and without a rest, 50m or less, and at least one of the following—

- i. makes the person permanently dependent on a walking aid; or
 - ii. prevents the person from ascending or descending three steps without assistance; or
 - iii. has resulted in a history of frequent falls; or
 - iv. is a condition that is an advanced cardiovascular, respiratory or neurological disorder; or
 - v. causes severe pain limiting ambulation, verifiable by appropriate clinical investigations; or
 - vi. has a physical disability or other medical condition requiring—
 - i. the person to ordinarily carry treatment equipment which, when carried, restricts the person from walking, unassisted and without rest, 50m or less; or
 - ii. someone else to ordinarily carry or administer treatment equipment for the person
3. Total loss of vision or severe visual impairment (both eyes).
 4. Severe and uncontrollable epilepsy with seizures involving loss of consciousness.
 5. Intellectual impairment or dementia resulting in the need to be accompanied by another person at all times for travel on public transport.
 6. Severe emotional and/or behaviour disorders with a level of disorganisation resulting in the need to be accompanied by another person at all times for travel on public transport.

How to apply:

1. I recommend making a double appointment with your doctor so that there is sufficient time for the doctor to provide medical evidence to support your application for a half price taxi fare. I would also recommend that you have completed Part A of the form leaving Part B and C for the doctor to complete.
2. The form is available on the internet by searching for “taxi subsidy application form Queensland” but you are welcome to call or email the office and we will post you a form. You can also call the dedicated taxi subsidy line on 1300 134 755 if you're unable to use this form.
3. Your application needs to be accompanied by two passport size photos.
4. Lastly, mail your application to:

Taxi Subsidy Unit
Department of Transport and Main Roads
PO Box 13347
BRISBANE QLD 4003

Wishing you all a very merry Christmas, best wishes for the new year and looking forward to working with you again next year.

Sue Hilditch
Wellbeing Program Manager

War Widows Day Field of Remembrance



The Start of a Tradition

In November 1928, a group of disabled veterans brought a tray of poppies to the grounds of St Margaret's Church at Westminster Abbey and planted them around a single cross. It was a modest display, but it caught the public's attention and began a tradition that has grown over the decades and is now a national event in the UK.

From London to Sydney

In 1952, Mrs CJ Pope, widow of Rear-Admiral CJ Pope, RAN, assisted by War Widows NSW, organised the first Field of Remembrance in the grounds of St Andrew's Cathedral, Sydney. She had seen a similar ceremony held in the old Churchyard of St Margaret's in London, alongside Westminster Abbey. Now known as the ANZAC Field of Remembrance, the Sydney event has been held during the week of ANZAC Day every year since 1972.

Queensland's White Cross Day

In Queensland, some of our sub-branches and social groups organise a *White Cross Day*, where members can come together to pause and commemorate the service of their loved ones by planting a white cross.

A New Chapter in Brisbane

For the first time, AWWQ will host a *Field of Remembrance* for War Widows Day in Brisbane next year. This special memorial service will be held at **St John's Cathedral in Brisbane on 20 October 2025**, giving our widows the opportunity to commemorate their loved one's service and sacrifice personally.

Save the Date

Mark the **20 October 2025** on your calendar; more details will be in the next Bulletin.





COCONUT RUM BALLS

INGREDIENTS:

- 250g packet Arnott's Choc Ripple biscuits
- 395g can sweetened condensed milk
- 2 tbsp dark rum
- 1 1/3 cups desiccated coconut
- 180g chopped dark chocolate

METHOD:

1. Process biscuits in a food processor until crumbs form. Transfer to a bowl. Add condensed milk, rum and 1 cup coconut. Mix well to combine. Refrigerate for 15 minutes or until mixture is slightly firm.
2. Roll level tablespoons of mixture into balls. Place remaining coconut in a shallow bowl. Roll 1/2 the balls in coconut to coat. Transfer to a plate.
3. Place chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%) for 1 to 2 minutes, stirring halfway through with a metal spoon, until melted and smooth. Line a baking tray with baking paper. One at a time, using a fork, dip remaining balls in chocolate, shaking off excess. Place on prepared tray. Refrigerate for 20 minutes or until set. Serve



PHYSICAL ACTIVITY KEEPING THE BRAIN ACTIVE AND HEALTHY



Although the link between exercise and heart health is well-known, researchers are more recently starting to piece together what happens to our most complex organ – the brain – when we work up a sweat.

Through a series of studies, scientists started noticing that older people who take up regular exercise had improved hand-eye coordination and performed better on reaction-time tests over their sedentary counterparts.

It was long after improvements to medical technology instruments provided deeper studies and insights to the idea that physical exercise improved not only our bodies, but also our brain function, at any age.

Physical activity is good for every organ in your body

Professor Anthony Hannan, head of the Neural Plasticity Laboratory at The Florey Institute of Neuroscience and Mental Health in Melbourne, says that physical activity has the ability to strengthen the connection between neurons, which help transmit messages around our mind and body. “Physical activity is good for every organ in your body. Your brain

doesn’t sit up there in your skull in an ivory tower; it’s in constant bi-directional talk across your body with all the other systems,” he explains.”

Exercise boosts neurogenesis, which is the birth of new neurons in the adult brain... it can also impact on synaptic plasticity, which is basically the ‘use it or lose it’ concept.

“Most changes occur overtime, and research shows individuals who are active often and for longer periods, usually with cardio, tend to perform better in brain tests,” says Professor Hannan.

Exercise helping combat early stages of Huntington’s disease

A decade ago, Professor Hannan and his team at The Florey were the first to show that long-term voluntary activity, where mice could freely exercise on the wheel at any time, reduced the late onset of Huntington’s disease — which is an inherited neurological condition that causes damage to the brain. They were also able to show that regular exercise reduces depression — the most common psychiatric symptom of Huntington’s disease.

According to Professor Hannan, “combining physical activity with our unique genetic code is one way of controlling our risk of developing specific diseases such as Alzheimer’s, dementia and other age-related brain disorders.”

Here are some other science-backed benefits from exercise contributing to our body and mind.

1. Exercise boosts your brain power

Regular exercise boosts memory, improves cognitive performance and physically expands the brain to make room for new connections between neurons. One of the largest longitudinal studies to prove this was the CARDIA study, which found that individuals who maintained higher levels of cardiorespiratory fitness between their mid 20s and early 50s scored higher on the verbal memory and psychomotor tests, compared to the lower level fitness groups.

2. Reduces toxic build-up in the brain

The amino acid glutamate is responsible for sending signals between the cells in our brain. But in some people, especially those with Motor Neurone Disease (MND) (Amyotrophic Lateral Sclerosis (ALS)), epilepsy or Huntington’s Disease; glutamate is over-produced, causing blockages that may lead to toxicity in the brain. A 2016 study published in *Applied Physiology, Nutrition, and Metabolism* found that exercise directs glutamate into “spring clean” mode by sweeping out excess amounts of the amino acid, in turn reducing the severity of the disease.

3. Improves mood, reduces anxiety and helps tackle stress

Physical activity boosts the neurotransmitter pathways in our brains, which helps to regulate our emotional health. Regular physical activity, or even as simple as swapping the car for walking shoes or cycling, can contribute to brain health. Physical activity may reduce the negative effects of chronic stress and have an antidepressant effect.

4. Reduce cognitive decline in older age

Everyone’s at risk of the effects of ageing and the associated decline in cognitive function, but the two don’t have to go hand-in-hand. People who regularly exercise in earlier life, and/or continue doing so in older age, possess higher memory retention, and are at reduced risk of Alzheimer’s Disease and other forms of dementia.

Article credit: <https://www.60plusclub.com.au/health/why-keeping-physically-active-helps-keep-your-brain-active/>



How to Stay Active

Now that we understand the importance of staying active, let's explore some strategies that can help seniors maintain a regular exercise routine.

Start Slow

One of the biggest mistakes that older adults make when starting an exercise routine is doing too much too soon. This can lead to injuries and can be discouraging. Instead, start slow and gradually increase the intensity and duration of your workouts. This approach can help prevent injuries and make the exercise routine more manageable.

For example, you might start with a 10-minute walk each day, gradually increasing the duration as your fitness improves. Similarly, if you're starting a strength training program, you might begin with light weights or resistance bands, gradually increasing the resistance as your strength improves.

Choose Activities You Enjoy

Another key to staying motivated to exercise is choosing activities that you enjoy. If you dread your workouts, you're unlikely to stick with them. On the other hand, if you look forward to your workouts, you're more likely to stay motivated and keep exercising.

There are many types of exercise to choose from, so don't limit yourself to activities that you don't enjoy. For example, if you don't like running, you might try

swimming, cycling, or dancing. Or if you prefer activities that are slower paced, you might try yoga, tai chi, or pilates.

Staying Motivated

Staying motivated to exercise can be a challenge, especially when you're just starting out. Here are some strategies that can help.

Set Realistic Goals

Setting realistic goals can be a powerful motivator. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). For example, instead of setting a vague goal like "get in shape," you might set a more specific goal like "walk for 30 minutes a day, 5 days a week."

Remember to celebrate your progress towards these goals, no matter how small. This can help you stay motivated and make the process of getting fit more enjoyable.

Find a Workout Buddy

Exercising with a friend or family member can make your workouts more enjoyable and can provide a source of motivation. You can encourage each other, hold each other accountable, and make the process of getting fit more social and fun.

If you don't have a workout buddy, consider joining a group exercise class or a local walking group. This can provide a sense of community and can make your workouts more enjoyable.



Overcoming Barriers

Despite your best intentions, there may be times when you struggle to maintain your exercise routine. Here are some strategies for overcoming common barriers to exercise.

Dealing with Health Problems

If you have a chronic health condition, you might be hesitant to start an exercise routine. However, in most cases, regular physical activity can help manage your condition and improve your overall health. **It's important to talk to your doctor before starting a new exercise routine, especially if you have a chronic health condition.** They can help you choose activities that are safe and effective for you.

If you're dealing with an injury or illness that makes exercise difficult, consider working with a physical therapist. They can help you find exercises that are safe and effective for you, and can help you modify your exercise routine as needed.

Overcoming Fear of Injury

Fear of injury is a common barrier to exercise among seniors. However, regular physical activity can actually reduce your risk of injury by improving your strength, flexibility, and balance. To reduce your risk of injury, it's important to start slow, use proper form, and listen to your body. If an exercise causes pain, stop and seek medical advice.

If you're concerned about falling, consider exercises that improve balance, like tai chi or yoga. You might

also consider working with a personal trainer who can help you learn proper form and can provide a safe and effective workout routine.

Staying active and motivated to exercise can be a challenge for older adults, but with the right approach, it's an achievable goal. Start slow, choose activities you enjoy, set realistic goals, find a workout buddy, and don't let barriers like health problems or fear of injury stop you. Remember, it's never too late to start exercising and enjoy the benefits of physical activity.

Important note: This is only a generic guide. Please consult a doctor, physician or your local GP before starting any new exercise plan.

And remember to always start with a warm-up and cool down, and progress gradually. If any exercise causes pain or discomfort, it's important to stop and consult a healthcare professional. Additionally, staying hydrated and maintaining a healthy diet can contribute to overall well-being and injury prevention.

Health & Wellbeing article credit: 60plusclub. For more articles written specifically for Australians aged 60 and over, covering topics like health, exercise, lifestyle and managing finances, visit <https://www.60plusclub.com.au>







word search

Christmas



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

Solutions on page 5



JOY
CANDLE
ANGEL
CAROLS

CHRISTMAS
DECEMBER
SANTA
TREE

FAMILY
IVY
HOLLY
LIST

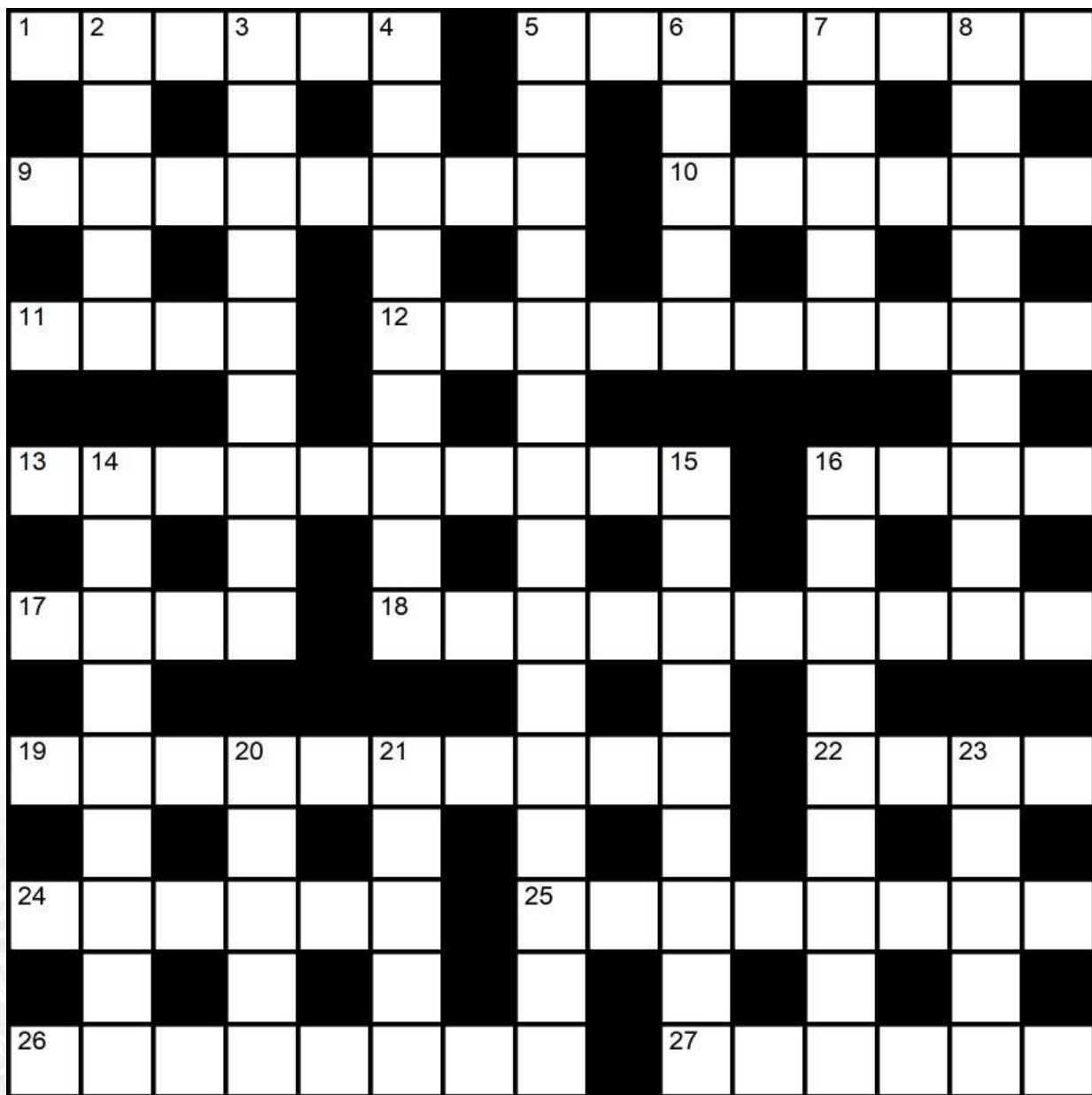
NORTH POLE
PIE
SNOW
GIFTS

Rules for Sudoku -

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

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

Solutions on page 5



Across:

- 1** Computer threat (6)
- 5** Queensland National Park (4,4)
- 9** Drunken tramp saw rodent (5,3)
- 10** Court sport (6)
- 11** "The--- have it!" (4)
- 12** Leaving the home front (6,4)
- 13** Everything considered (10)
- 16** Pigeon talk (4)
- 17** Slip (4)
- 18** Like some costume jewellery (4-6)
- 19** Advice starter (2,1,4,3)
- 22** Letters (4)
- 24** Transcribed (6)
- 25** Simon---, leading cricketer and footballer (8)
- 26** Student's reading (8)
- 27** Try to make ends meet (6)

Down:

- 2** Rough and disorderly (5)
- 3** Agent amends job, botching it (5,4)
- 4** Famed trial venue (9)
- 5** Tall widespread herb, with large showy flowers (6,9)
- 6** Boarded (3,2)
- 7** Japanese assassin (5)
- 8** Proceed independently (2,2,5)
- 14** Large salt pan adjacent to the Flinders Ranges (4,5)
- 15** Ecstatic (9)
- 16** Underground worker (4,5)
- 20** Narrowest part of the torso (5)
- 21** Electromagnetic telecommunication (5)
- 23** Five Pillars faith (5)

FRIENDSHIP DAY 2025 RSVP FORM

*Friendship Day Luncheon - Wednesday 28 May, 11:30am - 2:30pm
Maroochydore RSL Sub Branch, Memorial Avenue, Maroochydore
\$55 per person*

.....
*Blackall Range Bus Trip & Lunch - Thursday 29 May, 10:00am - 3:00pm
Departing from the Maroochydore RSL Sub Branch, Memorial Avenue, Maroochydore
\$35 per person*

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
Events attending	<input type="checkbox"/> Friendship Day only (\$55) <input type="checkbox"/> Friendship Day & Bus Trip (\$90)		
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 16 MAY 2025

Contact to book and pay:

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

Contact Person for event details:

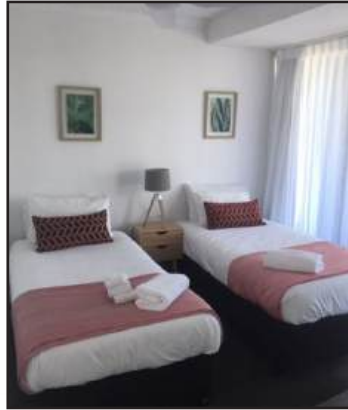
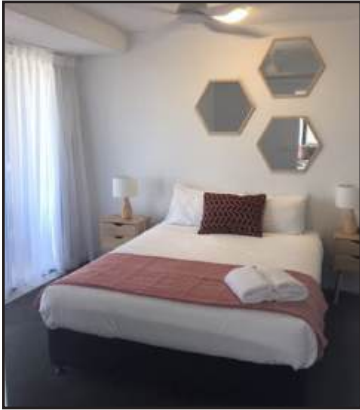
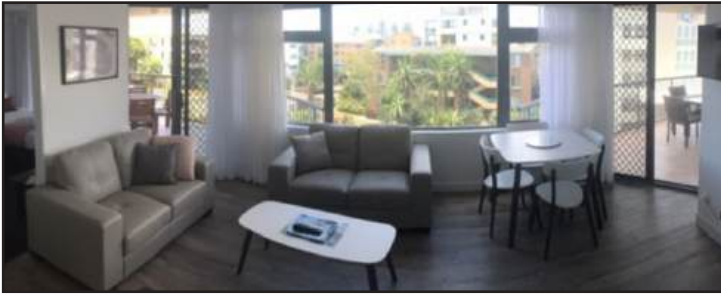
Lindy Beehre
0478 398 931
Lindy@warwidowsqld.org.au



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

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

VACATION/RESPITE RENTALS



CENTREPOINT CALOUNDRA

Centrepont Apartments in Caloundra boasts a heated swimming pool and a sauna. 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

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.



MARINA COURT NEW FARM

Australian War Widows Queensland provides a furnished unit at Marina Court, New Farm, for members & their families along with ESO members requiring short stay/respite accommodation whilst in Brisbane for a maximum of 21 days. The Price is \$50 per night (with a 2-night minimum) or \$250 per week. A \$50 cleaning fee is charged per stay, and cleaning arrangements are organised through head office only. Please phone the office on (07) 3846 7706 to book. Conditions apply.



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 my 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.*





WISHING YOU A SAFE AND HAPPY CHRISTMAS

As 2024 comes to an end, the Board and staff members of Australian War Widows Queensland would like to thank everyone for their continued support, dedication and friendship.

We have had many opportunities to laugh and make memories together.

We wish you a safe and happy Christmas season and look forward to coming together again in 2025.



AUSTRALIAN WAR WIDOWS
QUEENSLAND



AUSTRALIAN WAR WIDOWS QUEENSLAND

We support them
because they supported us.

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