

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

WINTER 2025

In this issue:

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- **Board Voting Papers**
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*Friendship
Day*

WINTER EDITION 2025

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

Emma Aldridge- Aitkenvale

Jennifer Bohl – West Woombye

Marilyn Brack – Smithfield

Tschuischa Braun- Gympie

Diane Carr- Glengowrie

Helen Corelli- Goomboorian

Janet Edwards – Deception Bay

Violeta Johnson- Lutwyche

Valerie Leaver – Victoria Point

Judith Pilcher- Maroochydore

Luciana Ricato- Wakerley

Susan Smidt- Rothwell

Elizabeth Steele – Cooloola Cove

Demelza Werly- Mooroolboola

Robert Werly- Mooroolboola

Shez Wright- Samford

Shari Young- Morayfield

STATE PRESIDENT REPORT



March and April are usually the busiest months of the year. This year was no different, except that during March in SE Qld, we had to add disruptions caused by Cyclone Alfred, a long-lived, erratic tropical cyclone. Eventually, 'Alfred' moved on after causing

the worst eventuated. Fortunately, the worst we experienced was a lot of rain. However, as a precaution, many events were cancelled or postponed and had to be rescheduled.

April was busy, with numerous commemorations and services leading to ANZAC Day. Rachel and I attended the 73rd Field of Remembrance, organised by the NSW Families of Veterans Guild at St Andrews Cathedral in Sydney. It was an honour to be invited to lay a cross on behalf of Australian War Widows Queensland members.

Unfortunately, ANZAC Day in Brisbane and surrounding areas was very wet for the Dawn Service, but some of us braved the weather and laid wreaths on behalf of all war widows. The rain cleared, and a determined group of members took part in the Brisbane Parade.

Sue and I had to cancel some annual visits due to the cyclone in March. These will be rescheduled at a convenient time, and our visits will be as scheduled from 1 June. We look forward to sharing these special days with you and apologise for any disruptions.

If you have not had your immunisations, please talk to your doctor. From experience, I can say that you do not want to get Influenza.

In May, I attended two sub branch AGMs. The Redcliffe group, while well attended, did not have enough members able to take on the roles of a subcommittee. After some discussion, I am happy to report that the members agreed to become a Social Group. Congratulations on making the decision to change, and I look forward to hearing that the Redcliffe group is enjoying less formal and more social

activities.

Next was the Rockhampton AGM and celebration of the 40th Anniversary of that sub branch. Rockhampton is an active group, and while I am not sure what tactics were used in the background, every committee position was willingly filled on the day. Jenny Ireland, who has held positions as Vice President, Treasurer, and President over the last 31 years, has finally retired. Thank you, Jenny, for all you have done for AWWQ and the Rockhampton members. I am sure your family will enjoy having more time with Grandma.

Thank you to those members who have kept these groups active and best wishes to those who have undertaken to continue that work.

By the time you read this, I am sure all those who attended will have enjoyed the Maroochydore hospitality at the 2025 Friendship Day. Thanks to the Maroochydore Social Group, which accepted the challenge after having to cancel the events in 2020 and 2021 due to COVID restrictions.

The AWWQ Annual General Meeting will again be held at the United Service Club on 20 August 2025. Details are further in this Bulletin, including information on nominations that require you to vote for your preferred member to take a place on the Board. These positions are essential as it is YOUR BOARD, and it is the BOARD that represents and makes decisions on your behalf. Thank you to those who have made themselves available for nomination.

AWWQ carries on the legacy of Jessie Vasey and all those who followed her. We continue to support and advocate on your behalf and create opportunities for you to connect and support each other. An example of this will be the first AWWQ War Widows Day Field of Remembrance, held at St John's Cathedral in Brisbane on Monday, October 20th, 2025, the day following War Widows' Day. This will be a significant day on which, side by side, we will remember and honour our loved ones with our personal tribute. More information is provided in this Bulletin.

I look forward to seeing many of you at events in the coming months.

Take care, stay well, and keep warm.

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

As we move into the winter months, I'd like to extend my heartfelt thanks to all our members who continue to support Australian War Widows Queensland and ensure their memberships remain current. If you haven't yet renewed, a copy of the membership renewal

form is included once again in this edition of the Bulletin.

You may recall that nomination forms for Board Director positions were circulated in the Autumn Bulletin. I'm pleased to share that we received three nominations for the two available positions. I encourage all members to take part in the voting process. Voting papers and nominee details can be found on page 35. Please note that voting closes on Monday 21 July at 4pm.

In May, we celebrated National Volunteer Week, and it is only fitting that we acknowledge the incredible efforts of our sub branch Presidents and group coordinators. These women generously give their time and energy to support fellow members, and their contribution truly exemplifies the spirit of AWWQ. We are grateful for their leadership and dedication.

Our annual Friendship Day, held on 28 May at the Maroochydore RSL, was another joyful success, bringing together 140 members. Special thanks to the Maroochydore committee, for such a wonderful day. The Baby Boomers lit up the room with their performance, and it was heart-warming to see so many smiling faces dancing and singing together. Events like this remind us of the strength and connection within our community.

We are also thrilled that Friendship Day 2026 will be hosted by the Townsville Sub Branch. Our members love the opportunity to explore different parts of Queensland, and we're looking forward to collaborating with the Townsville committee to create another memorable event.

Looking ahead, our Field of Remembrance service will be held on 20 October 2025 at St John's Cathedral, Brisbane. This special event will form part of our annual Queensland War Widows Day commemorations. The Field of Remembrance offers a meaningful opportunity to honour and remember the service and sacrifice of our member's late partners and all those who have served. We look forward to welcoming members and guests to what promises to be a moving and respectful occasion. More information, including how to RSVP, can be found on page 32.

As the financial year wrapped up in March, our annual audit process has been completed. The 2025 Annual General Meeting will be held on 20 August at the United Service Club in Brisbane, where we will present the Annual Report for the 2024–25 period. Seats are limited to 80 guests, so please refer to page 34 to secure your spot early.

Wishing you all warmth and wellness this winter.

Rachel Johnson
Executive Officer

NATIONAL PRESIDENT REPORT



Every year, I vow to refrain from commenting on how quickly the year has flown, yet here we are in May, and it feels like only yesterday we were celebrating Christmas. There is a saying that “time flies when you are having fun” and, although not all that we do at a national

level is fun it is certainly enjoyable and rewarding, especially when we achieve positive outcomes for all war widows in Australia.

We have managed to survive a federal election and we hope that the re-elected Labour Government will work with us to defend, protect and promote the interests of war widows and their families.

I am particularly focused on our older war widows whose needs are too often overlooked. The number of people aged 65+ is expected to grow by 2.35 million by 2041, and those aged 85+ expected to grow by almost 850,00 over the same time. The experiences of our older war widows’ matter and we need to promote the importance of knowledge, wisdom and insight gained during their lifetime of experience.

Having been scammed recently, I urge our members to protect yourselves against scams. There is information, education sessions, and resources available on how to identify scams and what to do if you have been scammed.

I also urge members to make sure that you avail yourselves of the free flu vaccine. I recently spent five days in hospital with Influenza A – and I had been vaccinated before I became very ill so it could have been a lot worse. I believe there have been 70,000 cases of flu in Australia this season.

As our war widow membership in all states is declining due to the age of our widows the AWW National Council will be discussing the future of the organisation at our AGM and planning day later this year. AWW is also planning for National War Widows' Day and the 80th Anniversary of the founding of our organisation by Mrs Jessie Vasey.

The Northern Territory ladies have once again been able to approach their Minister for Veterans to host an event in Darwin for National War Widows' Day and the 80th Anniversary. I am also hoping that some celebratory events can take place in Victoria. We are hopeful that the Governor General will host an event in Canberra. All other states are organising their events for this special occasion.

I have been invited to attend the AGM of AWW SA and AWW WA. I very much look forward to being able to catch up with our SA and WA members.

There are a number of consultations taking place for the setting up of a Peak Body to represent all Ex-Service Organisations in Australia and AWW has been involved in these discussions. The concept is a recommendation from the Royal Commission into Veteran Suicide.

We are also working with Open Arms to ensure that the programs they offer are suitable and available to our war widows.

I will continue to advocate for all war widows at National level.

Jenny Gregory
National President

NEWS & REMINDERS

2025/2026 MEMBERSHIP RENEWALS

Your annual membership fees were due on 31 March 2025. If you have not renewed yet, you can find a renewal form with payment options on page 40 of this edition.

BOARD VOTING

We have received three nominations for the AWWQ Board Director positions. Please refer to the voting form, voting procedures and nominee biographies from page 35 of this edition. Please make sure you have carefully read the voting rules in order for your vote to be accepted. We encourage every member to vote for the nominees of their choice.

ANNUAL GENERAL MEETING

The Australian War Widows Queensland Annual General Meetings will be held on Wednesday 20 August 2025 in the Glasgow Room located inside the United Service Club. Bookings are limited to 80 people. The booking information can be found on page 34 of this edition.

VOLUNTEER VISITORS NEEDED

Do you enjoy connecting with and supporting fellow war widows? Do you have some spare time and transport?

We have socially isolated members—mainly in aged care—who would love a visitor.

If you're interested in getting involved, please contact Lindy:
P: 0478 398 931
E: Lindy@warwidowsqld.org.au

PET PHOTOS

Proud Pet Owners – We want to hear from you!
Share the joy your pets bring with the AWWQ community!
Our pets are often our most loyal companions — they comfort us, make us smile, and brighten even the cloudiest of days. Whether it's a cuddly cat curled up on your lap, a playful pup waiting at the door, or a chatty bird keeping you company, we know many of our members share a special bond with their animal friends.
We'd love to showcase the wonderful pets of AWWQ in an upcoming edition of the AWWQ Bulletin.
If you have a much-loved pet, we invite you to send in:

- A clear photo of your pet
- Their name
- A few sentences about what makes them special (funny habits, a story, or why they're important to you)

Let's celebrate the love, companionship, and fun that our pets bring into our lives!

Submit your photo and story to: bulletin@warwidowsqld.org.au or PO Box 13604, George Street Post Shop, Brisbane, QLD, 4003.

FRIENDSHIP DAY 2025 PHOTOS

We had some wonderful moments captured during Friendship Day, thanks to a professional photographer at the event. The photos highlight the fun and connection shared by everyone who attended. If you would like a copy of a photo you were in, or a link to the online gallery, please contact head office on (07) 3846 7706.

VALE

In memory of our departed members, whose presence will be dearly missed by the war widow community.

Elizabethhe Ballard

Zita Ashlin Beasley

Eileen Bourke

Hilda Buckler-Robson

Peg Burgin

Norma Collis

Lorna Cook

Shirley Mary Corney

Heather Cossart

Patricia Jannette Crawford

Heather Fazldeen

Bettie Gillespie

Heather Grebert

Beryl Hand

Norma Le Bherz

Edna Mackay

Letty Marriott

Catherine Meiklejohn

Gloden Mercer-Fitzpatrick

Mavis Merritt

Marjory Moffat

Merrill Ovenden OAM

Hether O'Brien

Heather Patterson

Janet Price

Mavis Beryl Purdon

Fay Ryan

Jean Stevens

Joyce Swinton

Constance Symons

Thelma Tayler

Essie Thomson

Jenny Turner

Valda May Vikuckis

Joyce Welfare

Valerie Wiggins

Lorna Wolens

AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convener: Denise Fridolf 07 3865 8006 E: dfridolf9019@gmail.com
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 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 Coordinator: Lyn Glover 0417 570 631
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 CSI Club 5 Lowry Street, North Ipswich, QLD, 4305 President: Marea Teakle 0402 493 038 E: mteakle2@bigpond.com Treasurer: Virginia Smith 0407 859 406
LOTUS CLUB	1st SATURDAY 11:30am The Beach House Corner Elizabeth & Albert Street, Brisbane, QLD, 4000 Coordinator: Jenny Gregory 0411 512 310 E: Jenny2gregory@hotmail.com

MAROOCHYDORE	4th MONDAY 10:00am Maroochydore RSL 106 Memorial Ave. Maroochydore QLD 4558 Coordinator Glynis Burns 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 Brunswick Hotel New Farm, QLD, 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 Coordinator: Gay Middleton 0439 323 557 Coordinator Judy Harvey 0404 759 289 Treasurer: Jennifer Armstrong 0421 820 415
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 WEST

Hello everyone. Our ladies are generally keeping well and we are averaging 35 in attendance at our meetings. Shirley Rose, a long standing and very supportive member of our group has now gone into Care. We shall miss her laugh and positive attitude.

Owing to the cyclone in March, our meeting, unfortunately, was canceled. However, on the 21st of March, a group of us enjoyed lunch at The Gibson at Stafford. We had a lovely time and it was good to catch up.

At our April meeting, we welcomed our popular guest speaker, Alison Cowan who gave an interesting talk on medical aids to assist us in the home.

Our group attended the Brisbane North (Geebung) Social Group 20th Anniversary lunch on the 15th April. Congratulations must go to Denise and her ladies for hosting such a beautiful event. We thoroughly enjoyed the day.

For Anzac Day, Jean Hoffmann laid the wreath on our behalf at the Gaythorne RSL Service. Other ladies attended various Anzac Day memorials and also the Anzac Day march in Brisbane.

Jose Sarmiento of the Queensland Police attended our meeting in May and spoke to us about safety in the home. He advised that the use of closed-circuit cameras have averted a lot of break-ins. We should ensure that we have secure locks on our doors, and to be aware generally for our safety.

Coming up, we are looking forward to attending Friendship Day at Maroochydore. We are now preparing for the second half of the year. Best wishes to all.

BUNDABERG

We have had a sad start to the year with two of our members passing away. Our membership is lowering and more of our ladies needing to be collected. We are very fortunate our Local Legacy Branch helps us to much by picking up our ladies for meetings and they drove said ladies in the Anzac Parade.

We had less members able to march on the walk with the Legacy ladies under their banner. A wreath was laid by myself on behalf of our group.

We are a social group now and the change is working very well having a morning tea format instead. We have an interesting couple of guest speakers coming up.



Anzac Day in Bundaberg

CALOUNDRA

Hello to all our members at Caloundra and state-wide. After many years operating as a sub branch, the transition has taken place to a social group and members are starting to embrace the change and the social side of our coffee chats. We offer friendship, information, relaxation, time for stories and catching up with friends in a quiet atmosphere. Tea/coffee is provided by the RSL sub branch. Lunch is always on offer after our meet for anyone

wishing to stay on longer.

We were fortunate to have our State President Judy Smith and Executive Officer Rachel Johnson attend our February meeting. The day was very informative with most members staying for lunch after. Thank you, Judy and Rachel, for your support.

Rita Palmer and I attended the Anzac Day Service and laid a wreath on behalf of War Widows Caloundra at the Bob McInnes Memorial Garden (Caloundra RSL Memorial Garden). The weather was not kind to us with pouring rain and overcast but with special prayers from my friend Padre Arthur Fry the rain held off for an hour just to enable the ceremony to take place.

We have several of our members attending the Friendship Day at Maroochydore RSL on the 28th May. Thank you to the RSL Sub Branch for providing a bus and driver to enable our members to attend.

Three other outings we have planned are Christmas in July in the RSL function room. Also, high tea to be held at the RSL Sub Branch in July.

We are hoping to rekindle some past members and grow the group with the hope of many more coming along to join,

Special thoughts to our members who are unwell, wishing you a speedy recovery.

"Friendship is a gift-look after each other"

Ann Stephenson OAM
Coordinator.

GOLD COAST SOUTH

Winter is slowly showing itself here on the Gold Coast with lovely days and chilly nights, which are welcome.

We've had a pleasant start to the year with our monthly meetings still being well attended.

ANZAC Day was a busy one here on the Gold Coast, starting with the Dawn Service at Elephant Rock. The weather was kind to us, but the mid-morning service was a different story. The heavens opened, and many attendees were soaked. Thankfully, our group was seated in the dry area, for which we were grateful.

The service was followed by a lovely lunch that the club hosts each year.

Next week, six of our members will be heading to Maroochydore for Friendship Day. We're all looking forward to a few days of fun in the sun.

Gold Coast South will be celebrating our 40th birthday at our June meeting, so plans are well underway for that. Looking back at where we were all in our lives in 1985 has been a real eye-opener. The average price of a car was around \$2,000 and a home was \$50,000.

I'll be able to share some photos from the celebrations in the next bulletin.

Debbie – Gold Coast South



Anzac Day at Elephant Rock



Curumbin RSL Commemorative Service

LOTUS CLUB

Lotus will now meet at the Beach House in the Brisbane CBD for the next few months. We have been well looked after at this venue and it is easy to get to by public transport.

Our numbers are slightly down but we encourage any other war widows to attend who would like to share friendship and a nice lunch on the first Saturday of each month at 11.30am.

Thanks

Jenny

NEW FARM

We have had our last meeting at Marina Court as we are now going to hold our meetings at the Brunswick Hotel. They have offered us a good package and it will save a lot of work setting up etc. at Marina Court.

We had a great meeting in May with a talk from an exercise physiologist who also ran us through a few simple exercises especially around balance and muscle strengthening.

Next month Sue will visit us

and in July we may have a visit from Open Arms who will do a short presentation on "Sleeping Well".

We have had a number of ladies who have not been well but all seem to be on the road to recovery now.

We look forward to catching up with old friends on Friendship Day. Jenny

REDCLIFFE

Our March meeting had to be cancelled because of the cyclone that landed in our bay. It did a lot of damage, but fortunately not to our members' homes. In April we enjoyed our new venue at the RSL, with five new members joining us. Our speaker was Wendy Griggs, Secretary of the local and state Ex-Service Women's organisations. Wendy invited all war widows and those who serve the community in any capacity to attend a Wreath Service in September at Caboolture.

In April we all enjoyed a High Tea at a local café, with an array of food and full teapots on three long tables. (See photos). April was also a busy month for Anzac week, starting with the Poppy ceremony on Sunday 13th at the cemetery. Two of our members represented the club on Thursday 24th at an excellent Anzac ceremony at the Clontarf Beach High School. The students prepared a lovely morning tea after the service for all the guests. Unfortunately, Anzac Day was very wet, with the mid-morning service having to be cancelled.

May 2nd was a historic Annual General Meeting for us, an enjoyable event well catered for and with several special guests, including State President Judy Smith, Executive Officer Rachel Johnson, and our local State Member Ker-

rie-Ann Dooley. Judy and Rachel spoke of coming events, including the Field of Remembrance in Brisbane in October.

Why historic? When the 2024-25 committee stepped down, it was not possible to fill the positions, so Judy Smith explained the alternative of moving to a social group rather than a sub branch. A motion to that affect was carried by our enthusiastic members. Two members, Former Vice President Gaye Middleton and former President Judy Harvey, volunteered themselves as Coordinators, and they both were welcomed into that position. Ex-President Jennie Armstrong offered to take care of the finances as Treasurer. Ex-Secretary Rhonda will continue to submit Bulletin articles and photos and also keep the schedule of monthly speakers.

We are confident our Social Group will continue to serve our members in a friendlier and less formal fashion into the future. Monthly social meetings will continue at the RSL.



High Tea at The Jetty Lounge

ROCKHAMPTON

Hello from Rockhampton. The Dawn Service in Rockhampton was attended by Jenny Ireland, Gay Collison and Jan McPherson. Jenny and Gay laid wreaths. Ruth and Helen Russell attended the Dawn Service at The Caves and also laid wreaths.

Our meetings are being attended by 15 to 18 members. We had our AGM on the 13th May and we were lucky to have Judy Smith, our State President, and Sue Hilditch, Wellbeing Program Manager, in attendance. It was good to hear what Judy was able to advise us of the happenings in Brisbane. Sue was able to answer some questions asked by our members.

This year is our 50th birthday and we celebrated at the AGM with a birthday cake made by our President, Ruth Russell, and biscuits shaped like a kookaburra and a poppy that were made by our Treasurer, Gloria Lynch, all yummy. They also presented each member present with two bags both decorated with kookaburras, one contained a notepad with a kookaburra celebrating 50 years and the 2nd bag decorated with a kookaburra and stated Rockhampton Branch 50 years Australian War Widows Queensland. We have very talented members. Judy presented Ruth with a framed certificate celebrating 50 years.

Five of our members are looking forward to attending Friendship Day at Maroochydore and spending some time sightseeing before returning home.



Rockhampton's AGM & 50 year celebration

SOUTH EAST

Since the last Bulletin the South East Social WWQ Group were saddened with the loss of their most senior member Heather Cossart who would have made 107 on 6th June. Our membership is shrinking but those who are still able enjoy the monthly gathering in the Bistro of the East Leagues Club at Coorparoo from 10am. New members are always welcome, no entrance fees or raffles but refreshments can be purchased if desired.

The past few months have been a busy time and Alfred caused havoc for a while. Friendship Day will be the highlight for many before the winter gets serious in the meantime everyone take care.





South East members during their monthly meeting

SOUTH WEST

We had a very interesting guest speaker in March. Her name was Antonella Spatola, Primary Violence Preventer Educator. Empowering individuals. What she spoke about was very powerful. If you are looking for an interesting guest speaker I would highly recommend her.

In April we were once again invited to Browns Plains High School and Maple Park High School for their ANZAC Day Services Which I myself and several of the ladies attended.

May sees us SW Region having a Mystery Bus Trip. This will be the first of what should be a series of bus trips.

We are looking forward to Friendship Day events.

We are holding our AGM in June. Judy will be chairing our meeting.

As this will be my last report I will be stepping down as Presi-

dent I would like to wish you all good health and happiness in the coming year.

Regards Pat Woods.

TOOWOOMBA

Weather has not been the best lately, with cool winds and showers happening quite a bit. It would be lovely to have some sunshine. The main thing is for us to keep well and I hope everyone is.

Toowoomba branch has had an average of 12 attending our meetings, and we were able to welcome a new member this week, which was lovely.

Five of our members attended the Anzac Service at Newtown State School, where the students take part, always a lovely occasion. Due to the inclement weather, only two were able to go to the service at the Mothers Memorial on Anzac Day. Our President, Robyne, laid a wreath. Some members also went to the service at Drayton Cemetery on 27th April.

Our last meeting was our Annual General Meeting and the officers remain the same.

Only a few of our members indicated they could go to Friendship Day, and with the bus costs too expensive, it was decided that this trip could not be done. Instead after our AGM, we enjoyed lunch at Picnic point café.

We hope that everyone who goes to Friendship Day, has a wonderful time.

Helen Puxty
Secretary

TOWNSVILLE

Greetings from Townsville. We have had a busy few months with Easter, Anzac Day and Mother's Day.

Our Anzac Service was assisted by Adam West, Townsville RSL Vice President. He enjoyed the interaction without Widows and assisted Gwen Usher (our 98 year old) to lay a wreath.

We are all looking forward to the cooler months ahead and hopefully no more rain.

Townsville Executive and Widows/Widowers wish everyone a safe and healthy winter.

Kind regards

Wendy Goodman and the Executive.



Townsville Anzac Day Service



2026 SCHOLARSHIPS



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

HOW TO APPLY

Check your eligibility
Prep your paperwork
Fill out the online form
Upload required documents
Submit by 31.10.2025

AVCAT.ORG.AU

ELIGIBILITY

Child or grandchild of ex-serving Australian veteran
Full-time tertiary student at university, TAFE or RTO in 2026
Eligible for government means-tested educational
payment in 2026
Australian citizen or permanent resident

APPLICATIONS OPEN 18.08.2025



Frequently Asked Questions

When can I apply for an AVCAT Scholarship?

Applications open 18 August, and close at midnight October 31.

Do all applicants receive an AVCAT Scholarship?

The selection process is very competitive and scholarship numbers are limited therefore, not all worthy and eligible applicants will receive a scholarship.

How will my scholarship application be assessed?

Applications are assessed on financial need, academic potential and personal circumstances.

What supporting documents do I need for my scholarship application?

It is advisable to start preparing your documents before applications open. Please read the application guide, available at avcat.org.au.

When will I be notified of the outcome of my application?

Applicants will be notified of the outcome of their application from late February through to early March.

Where can I find more information?

AVCAT website at avcat.org.au or by contacting the AVCAT office Monday - Thursday on 02 9127 9880, or at info@avcat.org.au.



‘I can say with confidence that my AVCAT scholarship has given me the reach I needed to grab hold of my dreams and aspirations.’

— AVCAT Scholar



MERRILL OVENDEN OAM

Merrill was born on the 5th July 1938, her father was an Army man and subsequently went off the war never to return. Merrill became a Legacy Girl.

Merrill completed teachers' collage and was employed for many years. She met and married Rob Ovenden; Rob was in the Army. Life continued for them both, they soon found out that they would not be blessed with children, and true to form they both set out researched and eventually adopted two children, Penny and Greg



As children do, they grew up and started school. Merrill and Roy thought that it would be good for them both to join a Scout group, it got the tick of approval and all the family joined in the activities. Soon Rob and Merrill became parent helper then both became leaders; cub leader; District cub leader; Area leader; Joey Scout Leader; group leaders and Scouts at Birkdale became their second home.

Merrill took on the task of teaching the groups to sew and they were able to sew on their own badges. As the go to person in the wardrobe department Merrill soon found enjoyment making the costumes for the Redland Review, The Brisbane Gang Show and other performing arts activities. She encouraged many children to learn new skills time and patience was given to all that need the extra care. Scouts estimate that Merrill touched the life of over 1000 boys and girls.

A lifetime achievement of 45 years looking after the boys and girls that came through the den. The Scouts at Birkdale managed to have the park near their den named in their honour, and Merrill was awarded an OAM early in 2024 for her work with the Scouts. She was so thrilled to receive this very prestigious award, she told everyone about it before it happened.

Merrill was an active member of Birkdale Scouts until she passed in December after a short illness. A memorial service was held at the Birkdale Scouts Den on 15/3/2025. It was attended by over 300 people, including scouts from all over Brisbane who attended to show their respect. During the service a parade was held showing all Merrill's costumes she had designed and made over the many years. Mention was also made of her driving, lots of people that attended could tell some funny stories about their ride with her, it was only ever one ride.

Merrill was always knitting, no matter what meeting she was attending, her knitting was there too. Her sewing and other craft generally keeping busy, she helped with making poppies for Anzac Day giving them to War Widows, Legacy and Scouts. She also helped at the Redland RSL with the wreaths for Anzac Day.

Merrill stepped into the Presidents role at War Widows Redlands when her friend became too ill to carry on as President.

She will be missed by all that knew her.





BACON AND CORN FRITTERS

- 200g bacon, diced
- ½ cup self-raising flour
- 2 eggs
- 300g frozen corn kernels, thawed
- your choice of dipping sauce, to serve
- vegetable oil for shallow frying
- sea salt
- Chives (optional)

Step 1

Place the bacon in a cold frying pan. Turn the heat to high and cook until crispy. Transfer to a plate lined with paper towel and allow to cool

Step 2

Place the flour, eggs, half the corn kernels and a pinch of salt into the bowl of a food processor. Blend until smooth. Transfer the mixture to a large bowl and fold through the remaining corn and cooled bacon. Mix until well combined.

Step 3

Pour enough oil into a large frying pan to shallow fry (about a 1cm depth of oil is good). Place over high heat. When the oil is hot, spoon heaped tablespoons of the batter into the oil. Cook for 3-4 minutes, turning often, or until golden and cooked through. Drain on paper towel. Repeat until all the batter is used up.

Step 4

Sprinkle with chives and serve warm with your choice of dipping sauce.

STAYING STEADY ON YOUR FEET: A GUIDE TO AVOIDING UNFORESEEN FALLS

Let's be honest, nobody enjoys that sudden, unexpected meeting with the floor. While the odd trip or stumble can happen to anyone, for us fabulous folks over 60, these little "oops" moments can sometimes lead to bigger dramas. But don't worry, we're not here to scare you with tales of woe! Instead, let's shine a light on why these tumbles can happen and, more importantly, how we can stay as steady as a rock and keep enjoying all the good things life has to offer.

Now, for a few friendly facts: did you know that around 1 in 4 of us seasoned Aussies might experience a fall each year? It's a pretty common thing, and often it's down to those sneaky little changes our bodies go through, or even just a bit of clutter in the wrong place. And while most of the time we might just dust ourselves off, sometimes a fall can lead to more serious bumps, like a hip fracture, which can put us out of action for a while.

The good news is that there's plenty we can do to keep our feet firmly planted on the ground! Think of it as your personal mission to stay upright. Motivation, smart habits, and being a bit of a detective around the house can all play a big part in keeping those tumbles at bay.

What Makes Us a Little Wobbly?

Sometimes, there are a few extra things that can make us more prone to a little slip or trip. These aren't meant to alarm you, just to make you aware:

- **Been There, Done That (More Than Once):** If you've had a couple of falls in the last six months, your body might be trying to tell you something. It's a good idea to pay attention!
- **Rider (Blood Pressure):** Some of us naturally have lower blood pressure, which can make us feel a bit lightheaded or dizzy when we move.
- **The Speedy Stand-Up:** Ever felt a bit woozy when you get up too quickly from sitting or lying down? That's postural hypotension, and it can be a sneaky cause of imbalance.
- **Conditions That Change the Game:** Things like a stroke, Parkinson's, or arthritis can affect how we move and our ability to catch ourselves if we stumble.
- **Sweet and Sour (Diabetes):** Fluctuating blood sugar can make you feel faint, and diabetes can also affect your eyesight and the feeling in your feet and legs.
- **Blue Moods:** Interestingly, some medications for depression can sometimes increase the risk of falling.
- **Brittle Bones (Osteoporosis):** While not directly causing falls, weaker bones mean there's a higher chance of a break if a fall does happen. So, looking after our bone health is still super important.

Our Secret Weapon: Preventing Falls!

The good news is, we have a whole arsenal of ways to reduce the risk of taking an unexpected dive. Let's break it down:

Lifestyle Tweaks for Stability

- **Get Moving, Stay Strong:** Think of exercise as your superpower against falls! Aim for at least 30 minutes of activity most days. It doesn't have to be strenuous – a gentle dance, a Tai Chi session, or a fun group exercise class can work wonders for your strength and balance.

<https://www.60plusclub.com.au/exercise/staying-steady-on-your-feet-our-guide-to-avoiding-unforeseen-falls/>

- **Fuel Your Body Right:** A healthy diet, especially when it's hot, keeps you strong and energised. If you're underweight, a chat with your doctor about supplements might be helpful.
- **Slow and Steady Wins the Race:** Remember to take your time when getting up from lying down or sitting. Give your body a moment to adjust and avoid that dizzy spell.

Home Sweet (and Safe) Home

Our homes should be our safe havens, not obstacle courses! Let's look at a few simple changes:

- **Light Up Your Life:** Good lighting is key! Turn on lights when you move around, especially at night. Net curtains or blinds can help reduce glare during the day.
- **Slippery Situations Sorted:** Non-slip mats in the bathroom and shower are your best friends. Consider non-slip flooring in wet areas. Install handrails or a seat in the shower or bath. And those pesky steps? Add non-skid tape to the edges so they're easier to see. Don't forget outdoor paths – clear them of moss and leaves. And finally, ditch those floppy slippers for well-fitting shoes!
- **Trip Hazards Be Gone!** Even little things can trip us up. Keep walkways clear of clutter, tape down those rogue electrical cords, and mark any small changes in floor level with a bright, contrasting colour. Say goodbye to loose rugs and worn carpets, or at least tape down those turned-up corners. Draught excluders are great for keeping the breeze out, but make sure they're not something you can trip over.

What Happens After a Tumble?

Just a quick note on injuries: fractures, especially hip fractures, are the most common things that land older Aussies in hospital after a fall. It's also interesting to note that women tend to experience more fractures from falls than men.

Building Your Inner Stability: Exercise is Key!

Think of these exercises as your secret agents against falls:

Strength and Balance Boosters:

- **Single-Leg Balance:** Pretend you're a graceful flamingo for a few seconds on each leg. This builds core strength and improves your balance.
- **Sit-to-Stands:** Practice getting up and down from a chair. Stronger legs mean more stability.
- **Sideways Shuffle:** Walking sideways with your feet fairly close together helps improve stability
- **Heel and Calf Raises:** Strengthening those lower leg muscles is crucial for balance and getting around.

When to Have a Chat with Your Doctor

Here's a really important point: if you do have a fall, even if you feel completely fine, please have a chat with your doctor. Falls can sometimes be a sign of other underlying health issues, medication side effects, balance problems, or muscle weakness. Your doctor can help figure out why it happened and suggest ways to prevent future tumbles.

Regular check-ups are also a fantastic way to stay on top of your health and address any potential concerns before they lead to a fall.

So, let's embrace our age with confidence and stay steady on our feet! By being aware of the risks and taking simple steps, we can all keep enjoying an active and independent life, without those unexpected floor meetings. You've got this!

HOW CAN AN OCCUPATIONAL THERAPIST HELP YOU?

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

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

Their services include:

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

How do I know whether I need an OT?

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

Do you have:

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

How does an Occupational Therapy different from Physiotherapy?

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

Did you know?

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

Dear members,

I hope you are all well and getting ready for the cooler months. For many of us living with humidity that means having to wash and refresh our warmer clothes and flannelette sheets that seem to absorb the damp after being packed away for months. Each year I find myself wondering what I actually wore last winter and having to rediscover my winter wardrobe. It may be a good time to go through your cupboard to pass on clothes that no longer fit or you simply don't reach for them anymore. That way there's more space to find the items that you really do enjoy wearing. Decluttering is good for the soul.

Hearing Aids

As we grow gracefully older it is normal to experience hearing loss. DVA will pay for a selection of new hearing aids every five years but you may find yourself needing new hearing aids before the five years is up or you may find yourself preferring hearing aids that are not on the approved list. Do not panic, there is a work around in which DVA will pay for the chosen pair.

It has been documented in the Benefits and Services booklet on page 16 the steps to follow:

1. Doctor's referral to audiologist is required as usual
2. The doctor to state the medical reason why new hearing aids are needed (loss of dexterity etc) or why a particular hearing aid is required that is not be on the approved DVA list
3. The doctor's letter is then attached to a Prior Approval of Audiology Product D9398 that is sent to DVA by the audiologist
4. Once DVA has approved this request, then DVA will pay for the hearing aids

Probate paid on RAD (Refundable accommodation deposit) before it can be paid out by Aged Care Facilities

The family of a War Widows who had passed brought it to my attention that before the proceeds of the RAD (Refundable accommodation deposit) could be paid out, they had to go through the legal process of probate. Probate legally validates the deceased's persons will and, in this case, protects the nursing home by avoiding the liability should the proceeds be paid out to the wrong person. A solicitor confirmed that probate was necessary and he quoted various costs which included professional fees of \$1650 (incl GST), law report fees of \$167 and reduced supreme court fees of \$144 for pensioners.

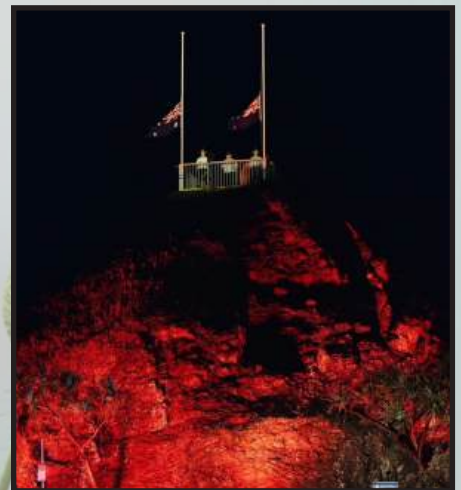
Housing in second marriage's

War widows who have remarried and are living in the house of their partner may find themselves having to find a new home when their partner dies should the house have been only in his name and in terms of the will, the house is left to his children. Invariably the children may want to realise their inheritance by selling the house. This situation leaves the widow very vulnerable having to find a new home when they are also grieving the loss of their partner. It may be a suggestion that the will be amended to enable the widow to live in the house until she passes and this is something that should be discussed with the solicitor. We do have one bedroom units available in New Farm for members with a gold card and rental application forms are available on the website or by calling the office.

I hope you have found my short article to be informative.

Kind regards,
Sue

ANZAC DAY 2025

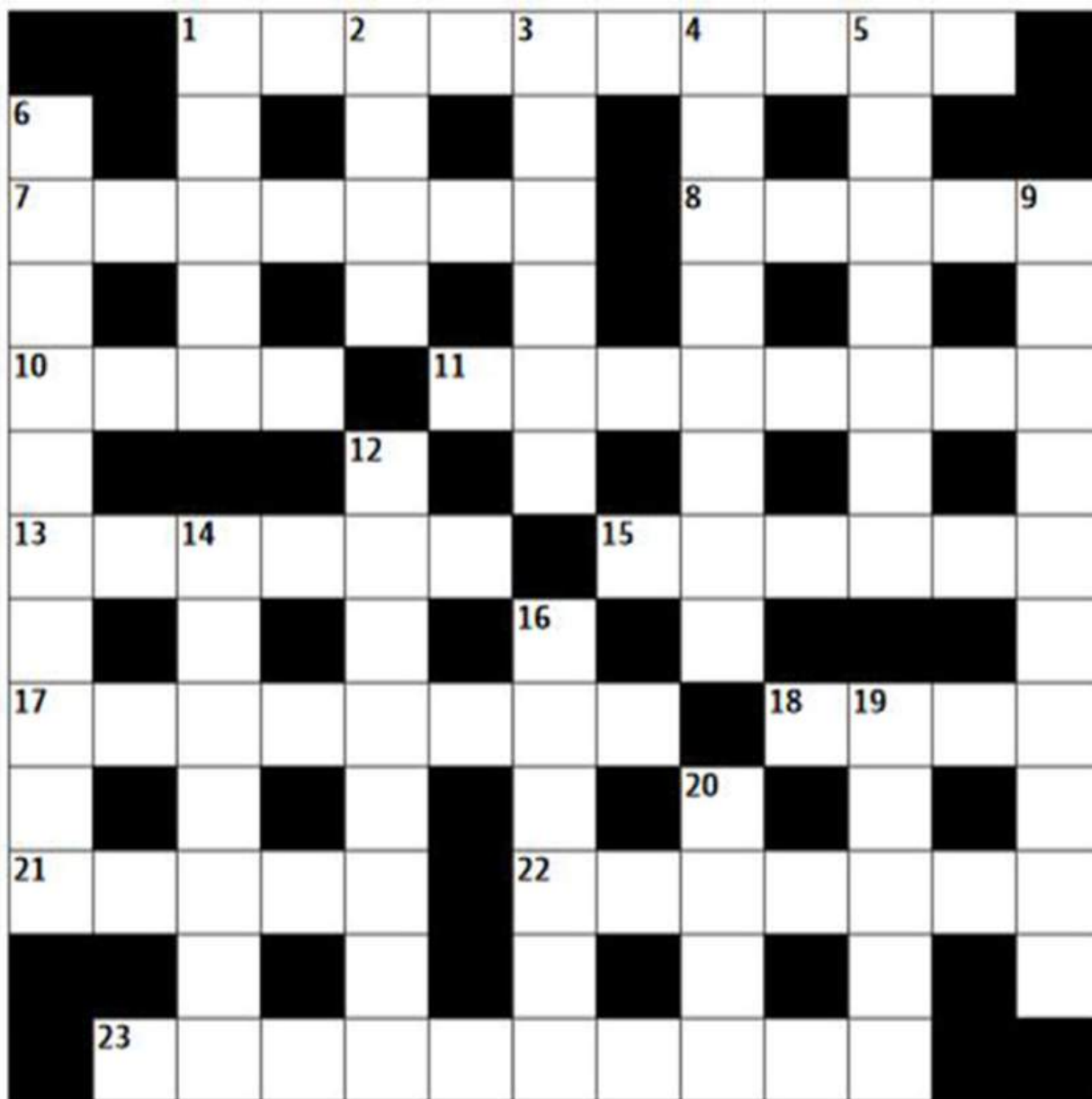


THE BUGLE SOUNDS AT MORNING'S BREAK,
A SOLEMN MARCH FOR DUTY'S SAKE.
BENEATH THE FLAG, THEY STAND SO TALL—
THE ONES WHO ROSE, THE ONES WHO FALL.

BUT FAR FROM FIELDS WHERE POPPIES FLAME,
A WOMAN WHISPERS NOT HIS NAME.
SHE HOLDS THE PHOTO, WORN AND GREY,
AND FIGHTS HER OWN WAR EVERY DAY.

SHE WORE NO BOOTS, NO BATTLE CRY,
BUT WATCHED HER WORLD FALL FROM THE SKY.
HIS FINAL WORDS SHE KEEPS LIKE GOLD,
IN EMPTY ARMS GROWN STILL AND COLD.

SO WHEN THE SILENCE FILLS THE AIR,
REMEMBER HER, THE CROSS SHE BEARS.
FOR EVERY HERO LOST TO FIGHT,
A HEART STAYS BROKEN EVERY NIGHT.



Solutions on inside cover

ACROSS

1. Entreat humbly (10)
7. Brisk and lively tempo (7)
8. Coniferous tree with deciduous bright and green needles (5)
10. Church in Scotland (4)
11. Besides (8)
13. Embraced (6)
15. Gretel's brother (6)
17. Plant used in perfumery (8)
18. Talented (4)
21. Use a divining rod (5)
22. Hurriedly (2,5)
23. Methodical (10)

DOWN

1. Powered by the sun (5)
2. Leaf of a book (4)
3. Watch without getting involved (4,2)
4. Dead end (3-2-3)
5. Prospers (7)
6. Flashy, cocksure young man (4,3,3)
9. Very rarely (6,4)
12. Enter, sir (anag)- put in again (8)
14. Yield (4,3) 16. Boredom (6)
19. Fundamental (5)
20. Informal conversation (4)

Rules for Sudoku -

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

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

Solutions on inside cover

FRIENDSHIP DAY 2025









FIELD OF REMEMBRANCE

Honouring Sacrifice: The Significance of the Field of Remembrance 2025

On 20 October 2025, Australian War Widows Queensland (AWWQ) will host its first Field of Remembrance service—an enduring tradition of tribute, memory, and unity. This deeply symbolic ceremony provides a space for war widows, families, and the broader community to honour those who made the ultimate sacrifice in service to Australia.

The origins of the Field of Remembrance can be traced back to a simple yet powerful gesture: the planting of small wooden crosses, each bearing a name or a memory. These humble tokens represent individual lives—fathers, husbands, sons, daughters—lost in conflict, but never forgotten. The field, gradually filled with crosses, becomes a striking visual testament to both personal and collective loss. Each cross speaks of courage, duty, and the love left behind.

For many war widows, this act of planting a cross is intensely personal. It is a moment to pause, reflect, and connect with a loved one who is no longer physically present but whose legacy continues to shape their lives. Yet, beyond the personal, the service also offers a collective space for mourning and remembrance. The gathering of widows and families fosters a sense of unity and shared understanding, reminding attendees that they are not alone in their grief.

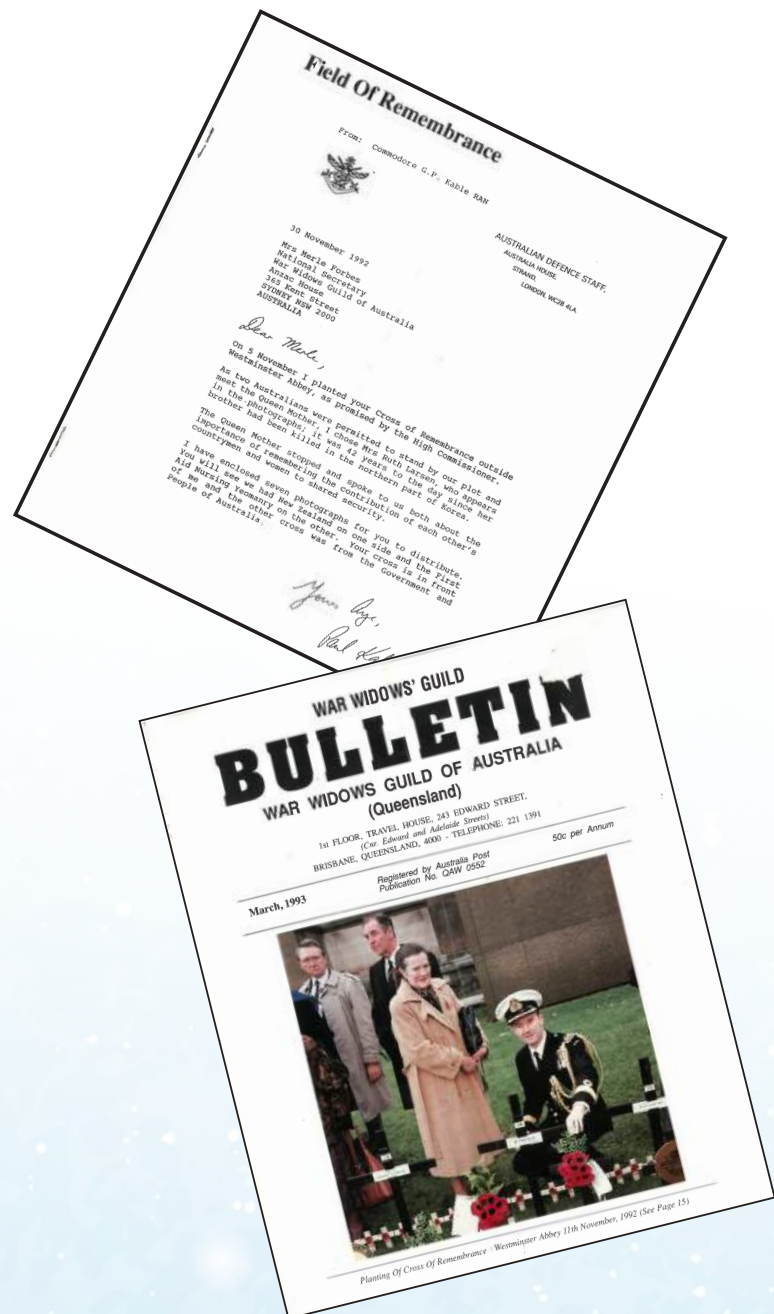
The event also plays a crucial role in preserving historical memory. Through this public act of remembrance, younger generations are invited to witness and learn about the human cost of war. It serves as a living history lesson—one rooted in emotion and resilience—reminding us of the freedoms won and the price paid.

On the 30th November 1992, Commodore G.P. Kable RAN praised the Field of Remembrance as

a vital expression of Australia's enduring gratitude to those who served and to the families who bore the loss. The ceremony affirms the value of remembrance not only for those directly affected but also for the national conscience.

As AWWQ prepares for this year's Field of Remembrance, all members and supporters are encouraged to attend or participate in spirit. Let this event be a reminder of the strength found in remembrance, the comfort of community, and the unwavering courage of those who have endured loss in service to our nation.

Together, we honour. Together, we remember.



War Widows Day Field of Remembrance



Australian War Widows Queensland will, for the first time, host a Field of Remembrance for War Widows' Day in Brisbane, giving our widows the opportunity to commemorate their loved one's service and sacrifice.

Details for the event are as follows:

Monday 20 October 2025
St John's Cathedral, 373 Ann Street, Brisbane
10:00am
A light morning tea will be provided

Registrations are now open, so please phone head office on (07) 3846 7706 to book.



AUSTRALIAN WAR WIDOWS QUEENSLAND

ANNUAL GENERAL MEETING

20 | 08

2025

*Glasgow Room, United Service Club, 183 Wickham Terrace,
Spring Hill, 4000*

10:00am arrival for 10:15am morning tea

Concluding by 12:00pm

Free Entry

To book, please phone head office on (07) 3846 7706.

Bookings are limited to 80 people

BOARD DIRECTOR VOTING FORM



Who can vote

Those eligible to vote must be current financial members of Australian War Widows Queensland.

How to vote

Please follow these steps to ensure your vote is valid:

1. Place a cross in the box (maximum two) of the nominees you wish to be elected to the Board
2. DO NOT put your name on the Ballot Sheet
3. Place the completed ballot sheet in an envelope
4. Write your full name **and** membership number on the back of the envelope. This will enable office staff to ensure your membership is current and your vote is valid.
5. Address your envelope to:

The Returning Officer
Australian War Widows Queensland
P.O. Box 13604
George Street Post Shop
Brisbane QLD 4003

6. If you are a member of a sub branch or social group you may take your sealed envelope to your next meeting and the group president/secretary will collect them and place them in a large envelope and address it as shown above (this is only possible if your subbranch/group meeting date allows sufficient time for posting to head office).
***Closing date is Monday 21 July 2025 at 4pm.**
7. When received by the Returning Officer our records will be checked to ensure that you are a financial member and therefore eligible to vote. Your sealed vote will then be held until counting starts.

REMEMBER: The voting Ballot Closes at 4:00pm on MONDAY 21ST JULY 2025.

Please note, any voting paper received after the closing time and date is invalid. As per the constitution, Associate members are not eligible to vote

BALLOT SHEET FOR THE ELECTION OF BOARD DIRECTORS FOR 2025/2026

(See reverse for voting instructions)

There is a total of three (3) nominations for the two (2) War Widow director positions on the Australian War Widows Queensland Board. The bios for each nominee can be found over the following two pages.

For War Widow director positions on the Australian War Widows Queensland Board

Place crosses in the boxes ☒ besides the names of your preferred nominees for the War Widow director positions.

The maximum number of crosses is two (2)

☐ Denise FRIDOLF OAM

☐ Wendy GOODMAN

☐ Maureen RUSH OAM

BOARD NOMINEE BIOS



Denise FRIDOLF OAM

I have been a proud and active advocate for War Widows and the veteran community since 1995. When I became a widow, I realised that most of the women around me had lost husbands who served in World War II. Despite the age difference, I was determined to contribute and make a difference. At the time, Vietnam War Widows were not represented on the War Widows Council, so I was encouraged to nominate. I was successful and served on the War Widows' Guild Council for 10 years.

During my time on the Council, I represented War Widows on the Queensland Council for Women for two years and on the Consumer Cancer Screening Board at Queensland Health for three years, until the group was disbanded due to a change in government.

Beyond my work with War Widows, I spent five years with St Vincent de Paul, helping to resettle refugees, primarily from Sudan. It was a challenging but incredibly rewarding experience, especially seeing the progress the children made as they learned English and adapted to their new lives.

In 2013, I was honoured to receive the Lilly Australia Day Medal for my service to War Widows, Legacy, and my local community, including my work as a Parish Councillor and Fête Convenor. In 2018, I was awarded the Order of Australia Medal (OAM) for my continued dedication to War Widows, veterans, and the wider community.

For the past 17 years, I have served as the Convenor of the Brisbane North War Widows Group, a role I continue to hold today. I also dedicated 25 years to Legacy, recently retiring as Group President/Convenor after a long and fulfilling tenure.

For the past two years, I have been an active member of the AWWQ Board of Directors, contributing to key decisions and governance matters to support War Widows across Queensland.

I am passionate about supporting War Widows and veterans, ensuring they receive the recognition, care, and advocacy they deserve. With my extensive experience in leadership and community service, I believe I can continue making a meaningful impact as a member of the board.



Wendy GOODMAN

I have three sons, two who live in Townsville and two grandsons. My other son still lives in NSW. I joined War Widows when I moved to Townsville from Newcastle, NSW. I was elected Vice President in 2022, and have been President for two years thus far. I get on well with the older ladies as well as the younger ones. I'm attempting to make Townsville Veteran groups aware of what we stand for and how we can work together and help each other.

I have a background in secretarial work, which led to involvement in bookkeeping, wages, and BAS preparation using MYOB. I still assist a friend with his small business of 22 years. While my sons were young, I was active in athletics, serving on committees and eventually becoming the Zone Co-Ordinator for Lake Macquarie Zone. I ran Zone Championships, participated in State Championships as a State Starter, and helped organize the Lake Macquarie Half Marathon annually. I was also invited to join the board of the Hunter Sports Centre by the Mayor of Lake Macquarie. I previously served as a JP in NSW but chose not to renew when I moved to QLD due to differing requirements.

In the 1990s, I became a Life Member of Macquarie Shores LA Club, later returning as Treasurer for two seasons. After moving to Townsville in late 2018, I joined the Legacy Laurel Club following the floods and was encouraged to join War Widows. I'm an active member of the Vietnam Vets Association, TPI Townsville, and the Nashos, and I regularly attend meetings and promote War Widows. I also take part in Welfare Forums at the RSL every two months. I see myself as a team player, always focused on supporting our members.

.....



Maureen RUSH OAM

I am currently a Board Director of Australian War Widows Queensland and proudly serve as President of the Gympie Sub Branch. In 2023, I was honoured to receive the Medal of the Order of Australia (OAM) for my service to veterans and their families.

For over a decade, I have dedicated myself to supporting war veterans and widows in Gympie and the surrounding regions through various committees. I've had the privilege of serving as President of the Gympie Sub Branch, the Vietnam Veterans Association

Gympie, and the Legacy Laurel Club.

I also work closely with organisations such as Quilts of Valour and the Rats of Tobruk Association. I knit poppies for RSLs and other groups for Remembrance Day, contribute to St Patrick's Parish Council and the Gympie Probus Club, and create garments for neonatal infants at the Queensland Children's Hospital in Brisbane.

Since moving to Gympie in 2000, I've been proud to call this wonderful community my home. It would be a true honour to continue serving our war widow community as a Board Director and to keep supporting the people of Gympie and beyond for many years to come.



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?

Donations over \$2 are tax deductible. On behalf of the War Widows who will be helped by your donation, thank you.

Personal Details:

Title:	First Name:	Surname:
Address:		
Email:		

Donation:

Please accept my gift of \$

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

OR Please debit my card ☐ Mastercard ☐ Visa

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.*



2025/2026 MEMBERSHIP FEES

It's that time of the year again! AWWQ collects \$25 from members each year to help support our organisation and the services we offer. To pay your annual membership, please choose **one** of the following options:

1. Completing the renewal form and return to the below address with a cheque or money order. Please make sure that your full name and membership number is included on the form to allow us to identify you. If you are unsure of your membership number please call head office.
2. Phoning head office on (07) 3846 7706 and paying by credit/debit card over the phone.
3. Electronic Funds Transfer to the AWWQ bank account (box on right).

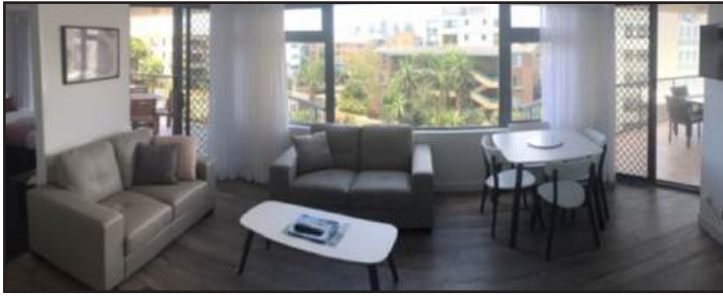


Australian War Widows Queensland
BSB: 064 000 (Commonwealth Bank)
Account Number: 1496 9480
Annual Fee: \$25 (with an optional donation)
Reference: Your AWWQ membership number.

Last Name		First Name	
Membership Number		Phone Number	
Email Address		Membership Fee	\$25
Would you like to make an optional donation?	☐ Yes ☐ No	If yes, how much?	\$
Do you require a receipt?	☐ Yes ☐ No	If yes, which type?	☐ Postal receipt ☐ Email receipt
To help us keep your records up to date, please answer the questions below			
Has your address, phone number or email address changed in the past year?	☐ Yes ☐ No	If yes, please let us know your new details:	
Has your emergency contact/NOK changed in the past year?	☐ Yes ☐ No	If yes, please let us know the new details:	

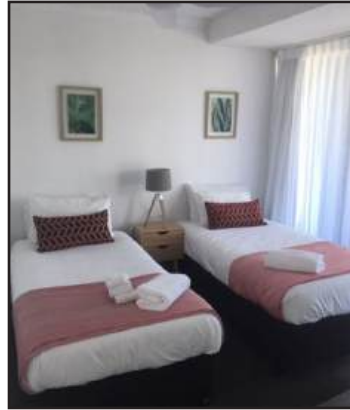
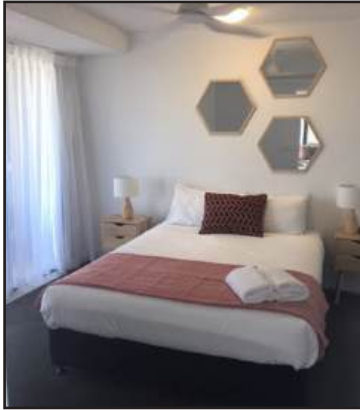
POSTAL ADDRESS: PO Box 13604, George St Post Shop, Brisbane, QLD, 4003

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/respice 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 support them
because they supported us.

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