

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

SPRING 2025

In this issue:

- Field of Remembrance Crosses
- Changes to My Aged Care
- Pet Photos
- Board Election Results



SPRING 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/>

CONTENTS

STATE PRESIDENT REPORT	2
EO REPORT	3
NEWS & REMINDERS	4
VALE	5
GROUP DIRECTORY	6
GROUP NEWS	8
MY AGED CARE	14
TRANSITCARE	16
INCONTINENCE	17
MYTHS ABOUT ARTHRITIS	18
2024/2025 SNAPSHOT	20
LIFE HACKS	22
RECIPE	23
VIETNAM VETERANS' DAY	24
WOODEN CROSS INSTRUCTIONS	26
FIELD OF REMEMBRANCE	27
FIELD OF REMEMBRANCE BOOKINGS	28
ELECTRICAL SAFETY	29
CROSSWORD	30
SUDOKU	31
PETS	32
XMAS LUNCH BOOKING FORM	33
FRIENDSHIP DAY 2026	35
DONATION FORM	36
ACCOMMODATION	37

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.

AWWQ

Advocacy Register

Aged Care Placement Agent (Leona Bonning)

Beyond Blue

Caring Cuisine

Centrelink (MyGov)

Crime Stoppers

Do Not Call Register

DVA Booked Car With Driver

DVA Community Nursing

DVA General Enquiries

DVA Payment and Reimbursement Team

DVA Pharmaceutical line

DVA Rehabilitation Appliances Program

DVA Short-term Crisis Accommodation

DVA Transport

Income Support Team

Lifeline

Meals on Wheels

My Aged Care

Open Arms

Police / Fire / Ambulance

Policelink (Non urgent matters)

Seniors Enquiry Line

SES (Flood & Storm Emergency)

Travel Claims

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

Qmbbcwd@dva.gov.au

nursing@dva.gov.au

1800 838 372

ambphmepi@dva.gov.au

1800 552 580

ambrapge@dva.gov.au

1800 011 046

1800 550 455

ncome.Support.New.Claims@dva.gov.au

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

Transport.Claims@dva.gov.au

1300 550 450 / vhc@dva.gov.au



WELCOME TO NEW MEMBERS

Jennifer Adcock- Margate

Lorraine McDowall – Hervey Bay

Marietta Bathgate – Bracken Ridge

Lesley Minner – Croudace Bay

Mercedes Casper- Taigum

Ruth Orrell- Mansfield

Helen Cornish – Sinnamon Park

Mary Perry – Scarborough

Lynette Guilford- Banya

Merle Salmon- Garbutt

Margaret Layton- Scarness

Juanita Smith – Bracken Ridge

Dawn Matthews – Little Mountain

STATE PRESIDENT REPORT



It is hard to believe that we are already well into the second half of this year. Shortly, it will be spring with warmer weather, and longer days. Hopefully, it will be the end of the winter 'ills' that so many of us have experienced this year. Recently, Sue and I have had to postpone some of our

regional visits due to illness/weather. We hope to complete these visits over the next few months.

Once again, thank you for making us welcome in your groups. Your kind hospitality is appreciated, and it is helpful for us to understand the issues particular to your group.

In June, I had the pleasure of attending the Gold Coast South Group's 40th Anniversary celebration. My sincere thanks to Debbie and Rosemary for organising such a wonderful event, and to Carol for the excellent slideshow showcasing the group's activities over the years. The presentation sparked many laughs and warm memories, as members reminisced about days gone by.

Recently, I represented AWWQ at the funerals of two of our long-time members. Barbara Murphy passed away on the 29th of June, aged 96 years. Barbara served on the Vasey Housing Association, the Qld Australian War Widows' Guild and was Qld State President 2006 to 2009.

Daphne McLennan passed away on the 6th of July, six weeks before her 95th birthday. Daphne has had a long association with Maryborough, running that group for many years; the Maryborough members will miss her. Our sincere sympathy to the families of Barbara and Daphne.

I have attended the usual round of meetings with ESOs and DVA, and as usual, Sue or I will pass on any changes that will affect our members in any way.

The Menin Gate Memorial, Last Post Service in Menenstraat, Belgium, is held every evening at 8

o'clock, in honour of the soldiers who fought and died in the area during the First World War. It was a privilege to have Jenny Walker, AWWQ Board member, lay a wreath at the Service on the 6th of August on behalf of AWWQ. Thank you, Jenny, for doing this.

It was pleasing to have two of our members, Lauren Ashby and Donata Harper, attend the TAPS Australia Postvention workshop in Sydney from July 24 to 28, 2025. The Workshop was a first-of-its-kind in Australia, designed for veteran families bereaved by suicide. I look forward to hearing reports from Lauren and Donata.

On the 15th of August, Victory in the Pacific Day- or 'VP Day'- is commemorated across Australia as the anniversary of the day World War II ended. It is 80 years since that day in 1945. It was my honour to represent AWWQ at the Premier's Reception to commemorate the anniversary at Parliament House, and other receptions commemorating this important day in our history at Kedron-Wavell RSL, South East District RSL, and the Gaythorne RSL Dinner with Narelle Stanton and Denise Fridolf OAM.

At the AGM on the 20th of August, we heard that AWWQ is in good hands. Congratulations to Maureen and Denise on retaining their positions on the Board for another term. Thank you, Wendy Goodman, for your interest and for what you already do for AWWQ. Please consider nominating again next year.

The Field of Remembrance at St John's Cathedral, Brisbane is on the 20th of October 2025. You will have received your Cross with all the details in this Bulletin. While this is a free event, please call and let Head Office know if you will be attending the service. This is the first time such an event has been held in Brisbane, and I hope as many members as possible will make the trip to Brisbane for this special service.

The last event for the year will be the AWWQ Christmas Luncheon on Monday, 24th November 2025. This will be a fun day with music, raffles, good company, and a two-course meal at Brisbane City Hall. Details are in this magazine.

Take care and keep well.

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ members,

The past few months have been a busy and rewarding time for Australian War Widows Queensland as we continue our mission of supporting and connecting our members across the state. Head Office has been working steadily

through our yearly audit for the 2024/2025 financial year, ensuring we maintain the highest standards of transparency and governance.

Our Annual General Meeting was held on the 20th of August 2025 at the United Service Club in Brisbane. It was a pleasure to welcome members to this important occasion. The meeting featured the presentation of our Annual Report, highlighting the achievements and challenges of the past year. We also celebrated the re-election of Mrs Maureen Rush OAM and Mrs Denise Fridolf OAM to the Board of Directors — a warm congratulations to them both. Their dedication, experience, and passion for our cause are deeply valued, and I look forward to continuing our work together over the next 12 months.

On the 19th of October, we will commemorate Queensland War Widows' Day, several iconic landmarks around Queensland will be lit up in blue and white in recognition of the courage, sacrifice, and resilience of our members.

The following day, 20 October, will mark our first Field of Remembrance at St John's Cathedral, Brisbane. This special ceremony will be attended by members and dignitaries, providing a moving opportunity to honour and remember those who have served, as well as the enduring contribution of war widows to our nation's history and community. Planning is well underway, and I am deeply grateful to our staff, volunteers, and partners who are working to make this inaugural event a fitting and memorable occasion.

Also in October, Veterans' Health Week will be held, with dates to be confirmed by the Department of

Veterans' Affairs. The expected theme for 2025 is Mental Wellness Matters, focusing on the importance of looking after our mental wellbeing and supporting each other through connection, understanding, and shared experiences. Once official dates are released, we will share them with all groups. In the meantime, many of our groups are already brainstorming meaningful ways to bring this theme to life, and we look forward to showcasing some of these activities in the next Bulletin.

Looking a little further ahead, our Christmas Luncheon will be held on Monday the 24th of November 2025 at Brisbane City Hall. This is always one of my favourite events of the year — a time when we come together to celebrate friendships, share stories, and enjoy a beautiful meal in a festive setting. The booking form is located in this Spring Bulletin, and I encourage you to RSVP early as seats are always in high demand.

On page 36, you'll find a special feature showcasing our members' much-loved pets — including my beautiful dog, Frankie. Our furry companions bring us joy, comfort, and unconditional love. They have a special way of lifting our spirits, encouraging us to be active, and reminding us to enjoy life's simple pleasures. For many, pets are cherished members of the family who provide companionship, reduce stress, and brighten even the cloudiest of days.

Throughout all these activities, I am reminded of the extraordinary community spirit that exists within AWWQ. Our members continue to inspire me with their generosity, resilience, and willingness to support one another. Whether it is through attending events, volunteering, or simply checking in on a fellow member, your contributions strengthen the fabric of our organisation.

On behalf of Jason, Sue, Emma, and Lindy, I thank you for your continued support of Australian War Widows Queensland and the dedicated work of our Head Office team. Together, we will carry forward the legacy of those who came before us, ensuring that war widows are recognised, respected, and remembered.

Take care and stay safe.
Rachel Johnson

NEWS & REMINDERS

WOODEN CROSSES

Included with this Bulletin, you will have received a wooden cross. A detailed write up on this cross, why you received it and how to use it, can be found on page 30.

LIGHT UP BRISBANE

We are pleased that once again, on the 19th of October 2025, the following Brisbane landmarks will be lit up in blue & white in honour of War Widows' Day. Applications have been made to other councils throughout Queensland, which we hope will also be approved.

- Breakfast Creek Bridge
- Brisbane City Hall & King George Square
- Kangaroo Point Bridge
- Kurilpa Bridge
- Neville Bonner Bridge
- Reddacliffe Place Sculptures
- Sandgate Town Hall
- Story Bridge
- Victoria Bridge
- Wickham Terrace Architectural Wall

The Australian War Widows Queensland banner will also be displayed on the Hale Street Overpass from Monday 13th October to Monday 27th October.

QUEENSLAND SENIORS MONTH

October 1st-31st is Queensland Seniors Month, with a host of activities are planned throughout the state. For further information, please contact COTA Queensland on 1300 738 348, or visit qldseniorsmonth.org.au

OFFICE CLOSURE

AWWQ Head Office will be closing on Tuesday 23 December 2025 at 4:00pm for the Christmas / New Year break, and will re-open on Friday 2nd January 2026 at 8:00am.

GROUP WAR WIDOWS' DAY EVENTS

AWWQ Head Office will once again be reimbursing groups if they choose to hold a War Widows' Day event. Groups will be reimbursed \$25 per financial member in attendance. Please contact Head Office for further details.

PET PHOTOS

In the previous bulletin, we made a call out for pet owners to send in photos of your pets so we can showcase them. On page 36 of this edition, you will find photos featuring some of our furry friends. 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 chaty bird keeping you company, we know many of our members share a special bond with their animal friends. We'd love to showcase some more of your wonderful pets in upcoming editions of the 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

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.

UK PEN PALS

We've recently connected with the War Widows Association in the UK, and they're eager to correspond with our AWWQ members. Whether via email or post, It's a wonderful chance to connect and share support. To express your interest, please email Lindy at Lindy@warwidowsqld.org.au or call 0478 398 931.

CHRISTMAS RAFFLE DONATIONS

If you have any gifts you would like to donate for the AWWQ Christmas Luncheon raffle, please contact Head Office for further details, on (07) 3846 7706



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

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

Myrtle Ashton	Norma Hewitt	Ruth Mole
Margaret Bell	Paula Hoffman	Joan Murchie
Maureen Joan Brook	Patricia Hogarth	Barbara Murphy
Ivy Bruce	Norma Hughes	Ailsa Nicholls
Mary Joan Burton	Margaret Jorgensen	Brenda Offord
Nola Cartmer	Doreen Kaiser	Eunice Osborne
Joan Chapman	Mildred June Kath	Patricia Rew
Margaret Clark	Ellen Kirk	Alicia Robertson
Jean Comer	Patricia Laughner	Alison Rogers
Joan Craine	Daphne Lees	Betty Root
Gwendoline Cullen	Norma Leven	Jean Sargeant
Neita Elliott	Dorothy Lloyd	Joan Shadlow
Joan Erwin	Marie Logan	Gladys Smith
Shirley Foster	Margaret Major	Rita May Steindl
Janice Fry	Audrey Mason	Betty Thomsen
Doris Gardiner	Barbara Joan Mason	Barbara White
Anna Glendon	Patricia Matthews	Joan Wilson
Betty Goiser	Adele McIntosh	Jessie Wust
Iris Guttridge	Daphne McLennan	Carmel Zammit
Marie Hayes	Audrey Claire Miller	

AWWQ GROUP DIRECTORY

BRISBANE NORTH	3rd TUESDAY 11:00am Geebung RSL 323 Newman Rd Geebung QLD 4034 Convener: Denise Fridolf OAM 0417 651 447 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 Durling St Currumbin QLD 4223 President & Treasurer: Deborah Baczyk 0408 807 600 E: presidentwwgc@outlook.com Secretary: Rosemary Miller 0407 133 026 E: secretarywwgc@outlook.com
GYMPIE	1st FRIDAY 10:00am 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 Coordinator: Susan Croydon 0403 404 426 E: nanacroydon@gmail.com Treasurer: Virginia Smith 0407 859 406
LOTUS CLUB	1st SATURDAY 11:30am Held at various venues in the Brisbane CBD Coordinator: Helen McDiarmid 0411 485 032

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: Cristelita Ryan 0448 665 274 E:geron10@hotmail.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 Coordinator & Secretary: Vicky Houlson 3273 1930 Treasurer: Vikki Harradine 0408 445 735
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

In April this year we celebrated our 20th anniversary. The group was originally founded by Norma Whitfield, a former State President. An invitation was sent to three guest speakers who had been part of the journey of the group over the 20 years. Joan Bell and I are two of the original members. Joan and I cut a cake for the occasion and the members were able to take home a slice. It was a wonderful day, and we were joined by the social group members from Gaythorne.

For our May meeting, we were joined by Cluney Seager who gave us an insight into nursing within the military. There were a couple of former nurses amongst us, plus the daughter of a former nurse who was able to share some stories about their experiences. It wasn't very easy in those days.

In June, we had Bob Walker from the justice department come and speak to us about scams we are to be on the lookout for. Scammers are getting very clever, and we have to be alert at all times so we don't become a victim.

July, we celebrated our Christmas in July function. Another large crowd and this year we were joined by two ladies from the newly formed Redcliffe Social Group, plus members from Gaythorne Social Group who join us each year. Sue Hilditch was the designated driver who brought part of the Gaythorne group over. A delicious Christmas style lunch was put on by our catering staff. Christmas pudding was superb. Jacque, our function manager, performed her magic by decorating the room in red and white and a lovely assortment of Christmas decorations adorned the tables,

and the chairs were covered in white covers with red bows. Cr Sandy Landers from Bracken Ridge ward donated a beautiful hamper as a raffle prize. A very happy winner from Gaythorne.

August and September to be advised. We are all looking forward to the Field of Remembrance service on October 20th. Please make sure you have it in your diary.



Denise Fridolf OAM and Joan Bell cutting the 20 year anniversary cake



Brisbane North members enjoying the 20 year anniversary celebrations

BRISBANE WEST

Hello everyone. By the time you are reading this, spring will have arrived and we will be enjoying the warm weather.

We have had good attendances at our meetings averaging 30 ladies.

In June, our guest speaker was Diane from Angel Flight Australia who gave a very interesting talk on its invaluable contribution to society.

Sixteen members of our group attended Friendship Day at Maroochydore on the 28th May. We had a wonderful time. Congratu-

lations must go to the Maroochydore ladies for organising the event and making it the success that it was.

On the 20th June, twenty-one of our ladies enjoyed lunch at the Brook Hotel at Mitchelton. It was lovely to see so many ladies enjoying themselves. On the 15th July, we attended Brisbane North Group's Christmas in July party. We all dressed up in our Christmas outfits and had a wonderful day. Congratulations go to Denise and her ladies for hosting the day.

Celebrations were held for our member Mollie-Jean Hunt on reaching her 100th birthday in July. She was our beautiful birthday girl and I know Mollie-Jean ate lots of cake during her birthday month. Congratulations Mollie-Jean.

On the 11th August, we hosted Marianne Curtis and Sarah Lowe from Veterans Affairs and Open Arms who presented a very lively and interesting group discussion on "Sleeping Better". We were pleased to have in attendance, our State President, Judy Smith and Wellbeing Program Manager, Sue Hilditch. Also, at our meeting we welcomed Denise Fridolf and her ladies from Brisbane North (Geebung) Social Group as well as Jenny Gregory and her ladies from the New Farm Social Group. We thank Jenny for collaborating with Marianne to enable the presentation of this discussion.

Our group has also represented War Widows by attending ceremonial events. Narelle Stanton laid a wreath on behalf of the AWWQ at the Reserve Forces Day Service in Anzac Square on the 29th June. The service was well attended by local dignitaries and representatives from all the

Defence Services. On the 18th August, Jean Hoffmann, Elizabeth Frew and Narelle Stanton attended and laid a wreath at the Vietnam Veterans' Memorial Service at the Gaythorne RSL.

We are now looking forward to our events for the remainder of the year.

Take care and stay safe.



Narelle Stanton with the President of the Naval Association of Australia, Patrick Ringold



Mollie-Jean Hunt celebrating her 100th Birthday

CAIRNS

I hope everyone has come through winter in good health and without too many colds and viruses, or covid. Once again, we've had lots of members away this year having operations and hospital stays and looking after family who are suffering too. There's also been some holidays and travelling.

We had a really good turnout for the meeting when Judy and

Sue visited our group earlier. It is always good to see them and hear all the news from the Brisbane office. Some speakers have to cancel or postpone their presentations for another time, but we have managed to have a presentation or an activity for most meetings.

Donata participated in new course run in Sydney for the families of those members who have suicided.

Lunches at the Bungalow Hotel and at Dunwoodies were lots of fun, and good food.

On Vietnam Veterans' Day, Lyn laid a wreath at the Cenotaph on the Cairns Esplanade, on behalf of War Widows.

Next meeting we will be visiting the Kokoda Museum upstairs at the RSL after our meeting. It should be very interesting to see lots of memories of what happened in Cairns and this region during the first and second World Wars and other conflicts.

I hope everyone keeps well as we head towards summer and Christmas again.

Lyn Bennett

Coordinator, Cairns



Cairns members at their monthly meeting

CALOUNDRA

The Caloundra War Widows continue to meet on the second Monday of each month in a casual relaxed atmosphere for a friendly chat over coffee/tea in the RSL Sub-Branch. We had 14 attend our last meeting in July, and it is nice to see some members returning. A warm welcome to Lynette Goldford our newest member. Information is passed onto our members from the monthly state Zoom meetings. Lunch is always available after our meeting for those wishing to stay.

Four members attended High Tea put on by the RSL Sub-Branch ladies auxiliary (photo included.) The day was a great success and the food amazing, also a fashion parade to entertain us.

We had eight members attend Christmas in July at the RSL function room, another lovely outing for our ladies. Included are photos of members attending the July meeting, and High Tea.

I am setting up a group email so information can be sent to members who are unable to attend on a regular basis. If you would like your name added to the email list, please contact me on ann299@bigpond.com

We look forward to continued growth and welcoming new members to our group. My thoughts are with members who are not well. Take care of your friends, they are precious.

Ann Stephenson OAM
Coordinator



High Tea put on by the RSL Sub Branch



Caloundra members at the July meeting

GOLD COAST SOUTH

Hello from Gold Coast South. Our group continues to be a happy group of friends who enjoy regular catch-ups filled with lots of laughs.

We celebrated our 40th birthday at our June meeting, where our usual crew and a few old faces joined us to celebrate the milestone.

We enjoyed a wonderful slideshow of photos from long ago and more recent times. Many faces have since passed, but the memories still live on.

In July, we headed out for a day of lovely sunshine and information at Tropical Fruit World. Lunch was topped off with the world's largest ice cream — it was delicious!

On Monday 18th August, we attended Vietnam Veterans' Day commemorations at the RSL, followed by a lovely luncheon. Two of our ladies laid a wreath, and all members placed a single red rose on the cenotaph in memory of our lost loved ones.

We are currently planning a bus trip to the Margaret Olley Art Gallery in September. After that, Veterans' Health Week and War Widows' Day will soon follow. Bye for now, Debbie
Gold Coast South



Gold Coast South members at Vietnam Veterans' Day



Blanche Wall cutting the Gold Coast South 40th anniversary Birthday Cake

GYMPIE

Hello from Gympie. The nights are still cold, but days are warm if you stay out of the wind. I hope everyone has avoided the dreaded flu.

We usually have 14-18 ladies for our meetings and after a small hiccup at our RSL we are now settled into a permanent room. Thanks to our Sub-Branch we enjoy cappuccinos for our morning tea. All but a couple of ladies are also Legacy Widows, so on the third Monday of the month, which was our Laurel Club Day, we now just meet at the RSL for coffee and chat morning. Once again, the RSL Sub-Branch pay for our coffee, and we buy a few cakes.

For our May meeting, Donna an OT brought along many goodies old and new for us to see. She reminded us that we need a referral from our GP preferably with why she is needed. Makes her job easier with DVA.

Jenny Shores kindly attended the Dawn Service on Anzac Day and laid the wreath on our behalf as I was not well enough to attend. Thank you, Jenny.

As we are only a small group it is too expensive to organise bus trips, but quite a few of us also belong to the Vietnam Veterans' Association and we join them for outings. A few weeks ago, we enjoyed a lunch locally at the Mt Pleasant Hotel. In June, we are

going with them to the Dusty Hill Winery.

There were thirteen of us that attended Friendship Day. A great day was had by all. As it was so close, carpooling worked very well. Thank you, Maroochydore.

The photo below is the Bentley that Jenny and a family friend have worked on every Monday and Friday (hence no WW meeting for her) for five and a half years. Jenny's husband bought the car before he died, and Jenny is not sure if it is tenacity, resilience or stupidity but she stuck with it. I was fortunate enough to have the first ride. The Bentley in all its glory was ready for the Anzac Day March. Jenny will now be able to join us on our Friday meeting day.

As I missed the last deadline, I am adding that, in July, Judy and Sue visited us and as usual very informative and helped with one lady dealing with My Aged Care for her mother.

On August 1, we had a bus trip to Maleny and lunch at Mary Cairncross Park courtesy of The Vietnam Veterans and the Gympie RSL. The weather a little cold but not raining so we all had a stroll in the main street and enjoyed a coffee and some shopping before going to lunch.

We will attend and lay a wreath on Vietnam Veterans' Day. Maureen.



Maureen Rush laying a wreath at Vietnam Veterans' Day



Jenny with the Bentley she and a friend worked on for five and a half years

IPSWICH

Our ladies over the last few months have enjoyed some fun days out starting with a great day out to Caboolture War Plane Museum. A very interesting museum, and after jumping into relic choppers and reading all the history, we enjoyed lunch at Caboolture Sports Club.

We've travelled to Maroochydore to attend Friendship Day. On our morning tea stop we met other war widows who were travelling as well.

Another day out took us to Pohlman's Nursery at Gatton. This nursery supplies many seedlings to Bunnings, Coles and other places for the public to buy. Pohlmanns have been the Plant People for over 40 years and is situated on over 150 acres.

We hopped on the Nursery Train which took us round the whole working areas of the nursery with commentary explaining in detail what goes on. Poulman's kindly donated four plants to us ladies which we gave out as door prizes on the day while visiting Esk Grand Hotel. Scrumptious lunch and dessert and a nice day out.

Xmas in July was celebrated by the ladies. We all carpooled out to Fernvale to Barb's Kitchen. What a wonderful venue. The gift shop / café gave the girls retail therapy, and we all bagged ourselves some bargains and enjoyed some yummy food. Secret Santa added a surprise or two, and some of the girls which continued shopping

through town. A great day was had by all.

Goodbye, farewell and amen to our beautiful President who has decided to enjoy more family time and will be moving to Gympie. Marea Teakle has been President of Ipswich for over 10 years and has given many of us ladies opportunities to see places and meet interesting people and enjoy new friendships and with her leaving has passed the reigns over to me. Wow, I certainly have big shoes to fill, but she certainly has given me the tools to keep our group together and I know we will try to do her proud.

We wish you all the very best, Marea, and you will be missed. Us ladies have agreed to a day or an overnight trip in the new year to Gympie to catch up with you and share all our news.

Our August meeting was an interesting one with Tim Rumsey an O.T. coming along explaining to the ladies the many products available that could make our daily lives easier. In friendship
Susan



Riding the Nursery Train at Pohlman's Nursery



Marea Teakle taking the controls at the War Plane Museum

LOTUS CLUB

Helen McDiarmid is the new coordinator for the Lotus group. The group will be meeting at various venues in the Brisbane CBD. Please contact Helen for details

of the venue. The group is still going well and all newcomers are welcome.

MAROOCHYDORE

Greetings from Maroochydore Social Group. It has been a quiet few months.

Our group is still averaging 15 members at meetings. Getting guest speakers is still a problem, so I have to put my thinking cap on when they cancel at the last moment. Our June meeting was a prime example. Thank goodness for Amazon and Temu. I ordered some diamond art hanging butterflies, which proved a hit for most ladies and put most outside their comfort zone, but made for an enjoyable meeting with lots of laughs.

Luckily Judy and Sue visited in July and imparted their volumes of knowledge. Sadly, we have lost another older member this month. That's five for the year.

I was invited to attend the Vietnam Veterans' Day commemorative lunch at Maroochydore RSL and it was lovely to have the Vietnamese community involved and the ladies dressed in their national dress.

At our August meeting we will be celebrating 80 years since VP day. Our own historian Diane Melloy will be guest speaker, and we are encouraging ladies to dress for the occasion and bring in memorabilia from the era to share.



Maroochydore ladies working on their diamond art



Bev Connor, Terri Toye & Lorraine O'Neil with their diamond art

NEW FARM

The New Farm group continues to meet at the Brunswick Hotel on the second Tuesday of each month and are very grateful for the hospitality provided there. We commence our meetings with morning tea provided by the hotel – scones are so good.

In August we had a presentation from Elan Health and in September we are hoping to welcome Vicki Howard, our local councillor, who is a great supporter of our New Farm war widows.

We look forward to celebrating Veterans Health Week later in the year and many of our members are also looking forward to attending one of the Lord Mayor's Christmas celebration functions at City Hall in December.

I think we will all be pleased to welcome some warmer weather as we move into spring.
Jenny

REDCLIFFE

Following our decision to change from a sub-branch to a social group, our monthly meetings have continued in a more relaxed fashion. We meet at the Redcliffe RSL on the first Friday of each month. Our Coordinators are Gay Middleton and Judy Harvey, with Jennie Armstrong taking care of finances. We have welcomed several new members over the winter.

We continue to have relevant speakers or activities for each meeting, including our local State Member Kerri-Anne Dooley in June. Kerrie-Anne updated us with local projects including the redevelopment of our local hospital.

In July, Katie from the local branch of the Qld Ambulance Service gave a very helpful and reassuring talk on when to call an ambulance and what happens when they arrive. With a "Christmas in July" theme, we dressed

for Christmas, with Jenny winning the prize for the best outfit. We also enjoyed home-made Christmas cake, thank you Vicki.

In August, new member Truus Perry, who is also a delegate of the Council of Ex-Servicewomen's Association Qld, shared the Council's invitation for any of our members to attend a Memorial & Wreath Laying Service at Kallangur on September 10th. "The Memorial was designed to honour the women of Australia, both military and civilian, whom, through their dedication and courage, provided a significant contribution during all wars and conflicts."

We look forward to several other coming events, including Vietnam Veterans' Day, a fashion parade by "Lady Claire" at our September meeting, and celebrating Jessie Vasey Day at the Field of Remembrance Service in Brisbane on 20th October.



Local State Member Kerri-Anne Dooley MP (centre) at the AGM with Jennie Armstrong, Beverly Shaw, Rhonda Murray and Gay Middleton

ROCKHAMPTON

Hello from Rockhampton
At our August meeting we had 15 members attend, three apologies and one new member join us.

On the 7th of June a number of our members attended the RSL organised Combined Services Dinner to commemorate the 110th Anniversary of the landing at Gallipoli, and to pay tribute to the Battle of Binh Ba 6th-8th June 1969.

Five members attended the Friendship Day lunch at the Maroochy RSL and thoroughly enjoyed it. The next day we joined the organised bus trip and had an-

other great day. The following day we had a cruise on the canal, and this was followed by the included lunch on the wharf.

On the 6th of July, two Members attended the annual Service of Remembrance at St Christopher's Chapel at Nerimbera. It is a heritage-listed, non-denominational, little bush chapel built by American servicemen stationed in Rockhampton during WW2.

Three members joined the RSL bus to attend the Canal Creek Memorial Service on the 20th July to commemorate one of the worst air disasters in Australia during the second World War. Thirty one American soldiers perished in the crash to the North of Rockhampton.

On the 18th of August a number of our members attended the Vietnam Veterans' Day Service at Cockscomb Veterans Retreat at Cawarral near Rockhampton and laid our white crosses at the wreath laying ceremony. This was then followed by a bar-b-q lunch. It was a pleasant day.



Members at Cockscomb Veterans Retreat for Veterans' Day

SOUTH EAST

July meeting day for the South East Social Group became a special outing at Keri Craigs in the Brisbane Arcade. Through lack of numbers on the one day, no outings have been viable for a long time, so it was decided at last to go with the members who were available on the day. Ten ladies arrived at 11.30am and were welcomed, fed, and feted like royalty by the friendly and efficient staff

of this unique establishment. One of our members celebrated a 98th Birthday but all those present felt special with so much attendance provided.

Our numbers are dwindling but we continue on the third Friday of each month to meet in the Bistro Lounge of the East Leagues Football Club from 10am until whenever, lunch is also available from 12 noon.



South East members relishing their outing to Keri Craigs

SOUTH WEST

Hello ladies.

First off ladies, a big shout out to the organisers of Friendship Day, what a great day it was. Well done to all the people involved with the organising. The bus trip the following day with lunch at a beautiful location and venue was fantastic. We had a wander through Maleny checking out the boutiques and ice-cream shops on the way down the hill to meet the bus- though I didn't get to finish my ice-cream before getting on the bus!

Our average meeting attendance is a steady 20-22. Number drops to be expected with winter and various appointments. We had a bus trip in June to the Camp

Hill Antiques Centre followed by the Paddington Antiques Centre where a couple of ladies found some little treasures, then to lunch at The Gap Tavern.

We have had some very interesting speakers, in May we had a pilot from Angel Flight, we had no idea that this group are all volunteers receive nil finding, all expenses from the volunteers' and pilots' pockets. Any other funding comes from donations. At the July meeting, we had a very informative young lady from Orange Sky telling us of the very worthwhile work that is being done for the homeless and disadvantaged.

In July we also celebrated the 90th birthday of the lovely Pat Busby, we had a special celebration morning tea for her. Kind regards to all. Vicky Houlson and team.



Pat Busby on her 90th Birthday

TOOWOOMBA

There is not much news from Toowoomba branch for this issue of the bulletin.

Only a few brave souls turned up for the June meeting, due to the cold, so we decided to cancel it. July meeting was not held either, for the same reason. Our August meeting was well attended with 18 members, and we enjoyed a nice morning.

Next month is Carnival of Flowers month, always a busy time in Toowoomba. Hopefully the weather will be kinder for this event.

Helen Puxty
Secretary

TOWNSVILLE

Greetings from Townsville. Firstly, congratulations to Maroochydore War Widows for hosting Friendship Day this year, the bus trip the next day was a great day also. Only three of us attended this year, but we had a wonderful time.

One of our widows celebrated her 100th birthday in August and she also participated in the VP80 celebrations due to her service from 1943-1946, assisting the US Army driving trucks and buses. Vietnam Veterans services were also attended, this year it was held at Laverack Barracks. We are looking forward to hosting a "Mad Hatters" Tea Party in September and Judy and Sue will be attending.

As you might be aware Townsville will be hosting Friendship Day next year. A White Cross Service will be held on Wednesday 27 May 2026 – venue to be confirmed. Friendship Day lunch will be held on Thursday 28 May 2026 – venue to be confirmed. Hoping to see lots of people next year. Kind regards Wendy Goodman and the Executive.



Gladys Marnock during the VP80 Celebrations

CHANGES TO MY AGED CARE FROM 1 JULY 2025

The new Aged Care Act, which commenced on 1 July 2025, will bring significant reforms to My Aged Care. These changes aim to better support older Australians to live independently at home for as long as possible.

Key Reform Timeline

On 1 November 2025, the Support at Home program will replace:

- o Home Care Packages and
- o Short-Term Restorative Care Program

On the 1st of July 2027, the Commonwealth Home Support Program (CHSP) will merge into the Support at Home Packages. Until then, funding for CHSP will continue for both existing clients and new clients with low-level needs.

What happens on 1 November 2025?

For current Home Care Package recipients:

- Users will automatically move to the Support At Home program at your current support level.
- No reassessment is required.
- A "no worse-off" guarantee applies for anyone who, on or before 12 September 2024, was receiving a Home Care Package — meaning you will not pay more (and may pay less) than under your current package.
- You will need to sign a new service agreement with your provider.

For those on the national Home Care Package waitlist:

- You will automatically be placed on the Support At Home waitlist at the same priority level.
- No reassessment is required.

Support at Home Program – Key Features

1. There will be eight funding classifications (replacing the current four Home Care Package levels).
2. There will be quarterly budgets. Only permitted to carry over up to \$1,000 or 10% of your quarterly budget-whichever is greater.
3. Defined service list to ensure transparency.
4. Care management fee: 10% of the quarterly budget will be allocated for care coordination.

The annual budgets for the eight classifications are details below:

CLASSIFICATIONS	ANNUAL AMOUNT	CLASSIFICATIONS	ANNUAL AMOUNT
1	\$11,000	5	\$40,000
2	\$16,000	6	\$48,000
3	\$22,000	7	\$48,000
4	\$30,000	8	\$78,000

In addition to the Support at Home packages, Short-Term Supports will be available which will include:

1. Assistive Technology & Home Modifications Scheme
 - This scheme covers equipment, home modifications, and related allied health costs.
 - Funding tiers (set by assessment):
 - o Low: under \$500
 - o Medium: up to \$2,000
 - o High: up to \$15,000
 - The scheme does allow for funding greater than \$15,000 however, in this instance, a referral from a health professional is required.
 - Equipment can be swapped as needs change.
2. Restorative Care Pathway
 - Up to 12 weeks of allied health support (increased from 8 weeks under the old program).
3. End-of-life Pathway
 - For those with less than 3 months to live, they will have access to an additional \$25,000 for high-level in-home aged care
 - This funding is available to be used within 16 weeks.

What is the cost of the Support at Home programs?

The costs will depend on the type of service being delivered which could be either:

- Clinical care & Restorative Care – nursing, allied health, therapeutic services
- Everyday Living Services- cleaning, meal delivery or preparation, laundry, shopping, gardening and other general household assistance
- Independence Supports- showering, dressing, medication reminders in some cases

Contribution Rates

- Clinical care and/or restorative care will be fully funded by government – there will be no recipient contribution
- Recipients of Everyday Living Services will pay the highest contribution rates – see table below
- Recipients of Independence Supports will pay moderate contribution rates – see table below

Everyday Living Services	Contribution Rate	Independence Supports	Contribution Rate
Full Pensioner	17.5%	Full Pensioner	5%
Part Pensioner	17.5% - 80% (income & asset tested)	Part Pensioner	5% - 50% (income & asset tested)
Self-Funded Retiree	80%	Self-Funded Retiree	50%

Additional notes:

- There is no daily fee under Support at Home—contributions are only charged **based on services actually received**, not daily or hourly flat rates.
- A **lifetime cap of \$130,000** applies to all non-clinical participant contributions (i.e., Independence + Everyday Living). Once reached, no further contribute will be required.

TRANSITCARE

Dear members,

A recent member of the Gold Coast North branch shared with us how well she is supported with transport by Transitcare. This community transport provider offers transport to individuals, community transport, social support programs, and group travel service in the following areas:

- Logan City
- Redlands
- Brisbane South
- Mt Tamborine
- Gold Coast
- Townsville
- Cairns
- Charters Towers
- Ingham, and surrounding area

Each local office has their own transport arrangements, some have minivans and some have coaches. Their service is pre-booked and they offer a door-to-door service.

Transitcare suggested that individuals living in these areas register with My Aged Care for two codes, one for social support group code for Group Programs which subsidises group bus trips and another code for transport for any purpose.

If any of your groups would like to discuss bus trips (specific to your group), please discuss with the relevant contact below:

- Brisbane/Logan – via Di Croonen (Client Services) – dianne.croonen@transitcare.com.au
- Cairns – Branch Manager is Anna Harrison – anna.harrison@transitcare.com.au
- Townsville – Branch Manager is Dean Warren – dean.warren@transitcare.com.au
- Gold Coast Branch – Branch Manager is Tania Brown- tania.brown@transitcare.com.au

Contact details:

Phone: 3422 7900

Email: intake@transitcare.com.au

Website: www.transitcare.com.au

I hope this is useful.

Sue Hilditch

Wellbeing Program Manager



TransitCare

Connecting people to their communities

MANAGEMENT OF INCONTINENCE

The complete inability to control urination (Urge incontinence) is a massive problem to manage. It causes embarrassment for one in three women and is more prevalent in older women past the menopause years.

So, what is Urge Incontinence?

It is a sudden and strong need to urinate very frequently. It can be referred to as an overactive bladder, or detrusor instability. In a properly functioning bladder, the bladder muscle (detrusor) remains relaxed as the bladder gradually fills up. In youth, the bladder responds to what the person thinks, and the brain can control when the bladder needs to be released. The bladder should be able to hold 500 millilitres (mls) of urine, but with overactive muscle release, it contracts at 200mls capacity. This means the bladder is contracting very frequently throughout a 24-hour day.

Why is this happening to 'me'?

This condition appears to be inherited and is triggered by menopause, operations to the lower back, previous pelvic organ prolapse and hysterectomies:

- Ageing of the bladder muscle can decrease the bladder's capacity to store urine. Also, involuntary bladder contractions become more frequent with ageing;
- After menopause, women produce less estragon, a hormone which helps keep the lining of the bladder and urethra healthy. Deterioration of these tissues can aggravate incontinence. Estrogen therapy may be suggested;
- A Women's bladder and uterus are supported by many of the same muscles and ligaments of the bladder. Any surgery involving a woman's reproductive system, including removal of the uterus, might damage the supporting pelvic floor muscles, which can lead to urge incontinence.

Complications of chronic urinary incontinence:

- Skin infections and sores can develop from constantly wet skin;
- Urinary tract infections due to bacteria thriving in a wet environment;
- Impact on personal life including social, work and personal relationships.

Management of Urge Incontinence

Make an appointment to visit a General Practitioner and ask to see a Specialist who can organise an Urodynamic Bladder test to ensure the diagnoses of Urge Incontinence and not another form of incontinence or to exclude other complications. Once the diagnoses is ascertained, the following measures might be put in place:

- A course of medication can relax the bladder muscle and increase the amount of urine the bladder can hold.
- Visiting a physiotherapist who specialises in training pelvic muscles;
- Maintaining a healthy weight by not eating foods using processed sugar;
- Avoiding bladder irritants, such as caffeine, alcohol and acidic foods.

Occupational Therapists approved by DVA

Occupational Therapists can discuss and advise you as to what products are suitable for your special incontinent needs. They can order products for you and have these delivered, this service is invaluable, particularly if you have an illness or disability, which has left you with minimal energy. There is a huge range of products available including:

- Female urinal bottle which is made of a semi-clear material with a measure on the side. This allows the reading of the amount of urine, which can be held by the bladder and measures the improvement following taking Mirabegron medication;
- Travel urinal uribag- female discreet, which can be a blessing when on a trip or staying with family or friends;
- Incontinent pads- Your OT can advise which pads are best suitable to your individual situation
- A non-slip waterproof mat for beside the bed.

The above products are invaluable if a recent illness or disability has caused the increase in urgency and frequency or urine flow.

11 MOST COMMON MYTHS OF ARTHRITIS

Arthritis is often referred to as a single disease. In fact, it is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet. Arthritis is a common affliction of the ageing process, with over 3.9 million Australians currently suffering from arthritis, which is expected grow to 5.4 million by 2030.

Simply put, arthritis is inflammation in joints and surrounding tissue that causes pain and debilitation. However, with over 100 conditions falling under the scope of arthritis, there are a lot of discerning facts from myths about the symptoms, treatments and environmental factors that trigger pain can be daunting.

This article looks to separate the fact from fiction. What are the real facts on what causes, cures, hinders, and helps arthritis and joint pain.

Myth 1: There's only one kind of arthritis

"There's a perception that arthritis is arthritis, just like some people think cancer is cancer," says Mark Genovese, MD, a rheumatologist and professor at the Stanford School of Medicine. "But it's just not true." It could be gout, crystals, autoimmune rheumatoid arthritis, virus-caused arthritis or as many as 100 other kinds of the disease. That means if you think—or know—you have arthritis, you should slow down before you stock up on glucosamine supplements. Managing arthritis can't start until you know what type you have, says Dr. Genovese. The best course of action if your joint pain is bothersome? Go see a doctor and find out what you've got.

Myth 2: Arthritis isn't that common

"It is one of the most common conditions in the population," says Dr. Matteson. "As you get older, almost everyone gets some form of arthritis. It's usually wear-and-tear arthritis, or osteoarthritis." That means you're not alone—and are far from it. In fact, Americans spend more treating arthritis than they do cancer. In Australia 15.3% of the population (3.5 million people) had arthritis, with prevalence higher amongst women than men (18.3% compared with 12.3%). a study by the Australian Bureau of Statistics (ABS) states that of persons with arthritis, more than half (58.9%) had osteoarthritis (deterioration of cartilage inside a joint), 11.5% had rheumatoid

arthritis (an autoimmune disease in which the body is attacked by bacteria or viruses) and 34.8% had an unspecified type of arthritis. Note that as it is possible to have more than one type of arthritis, proportions add to more than 100%.

Myth 3: All joint pain is arthritis

There are more than 50 types of arthritis, but having a swollen, achy joint does not mean you have one of them. "You need to be properly diagnosed and treated," says Elaine Husni, M.D., M.P.H., director of the Arthritis and Musculoskeletal Center Orthopedic and Rheumatologic Institute, at the Cleveland Clinic. "You may not even have arthritis, but rather a soft tissue injury or bursitis." Other conditions, such as tendonitis, bursitis or other soft-tissue injuries also cause joint pain. Only a visit to a doctor will tell you for sure.

Myth 4: I can't do anything about my disease

"Arthritis can profoundly change your life, especially if it impacts weight-bearing joints or if you work with your hands a lot," says Eric Matteson, MD, Chair of the Department of Rheumatology at Mayo Clinic. But, don't give up, he says. There's a whole lot you can do about it, too. After finding out what type of arthritis you have, the first step may be weight loss, he says, because a lighter load will lessen pressure on your joints. Exercise combined with a healthy diet and necessary medications can often help those suffering from most types of arthritis maintain a mostly normal lifestyle, he says. On top of that, pain relief treatments, such as medications or, in extreme cases, cortisone shots, may also be an option.

Myth 5: Exercise can aggravate joint pain

Possibly the biggest myth of them all. Exercise is beneficial for everyone, with or without arthritis, says Dr. McQuillan. Yet only 13% of men and 8% of women with knee osteoarthritis get the minimum recommended amount of weekly movement. If you are in pain, the best workouts are low-impact, range-of-motion-based exercises, such as the stationary bike, water aerobics, yoga, tai chi or swimming. Low impact aerobics and stretching, even during a pain flare, will help ease the pain of arthritis. "The most important thing is just to get more movement in your life," says Dr. Husni. "The more exercise you do, the better your range of motion."

Myth 6: There's no way to prevent joint damage caused by arthritis

Everyday Health reports, "Arthritis medications — including COX-2 inhibitors, nonsteroidal anti-inflammatory drugs (NSAIDs), anti-TNF compounds, corticosteroids, and disease-modifying antirheumatic drugs (DMARDs) — can help reduce inflammation, relieve painful symptoms, and prevent joint damage." In patients who delay treatment, "we can see drastic erosions in joints in as little as three to six months, which don't grow back," says Dr. Husni. It's best to see your doctor to determine a treatment plan that can help you maintain your quality of life and better manage your condition.

Myth 7: Heat is better for arthritis than cold

Both heat and cold are beneficial to help alleviate arthritis pain. Ice reduces inflammation in joints and heat relaxes the muscles and tendons around the joint. Applying ice at night can ease joint inflammation arising from daily activities. Applying heat in the morning can relax the muscles that move stiff joints.

Myth 8: Diet has no effect on arthritis pain

There are definitely foods to add to the diet that can help manage arthritis pain. The foods that can help the most, according to Lona Sandon, RD and spokeswoman for the Academy of Nutrition and Dietetics, are those traditionally included in a Mediterranean diet, such as olive oil, lean meats and fish, vegetables and foods rich in omega-3 fatty acids. Diet is especially important because people with arthritis are more likely to have type 2 diabetes, heart disease or be obese. In addition, maintaining a healthy weight can help ward off certain types of arthritis. "Keeping close to your ideal weight will be protective against osteoarthritis," says Dr. McQuillan, because obesity has been linked to osteoarthritis of the hip and knee.

Myth 9: Topical ointments made from hot chilli peppers don't work

Capsaicin is the ingredient in hot chilli peppers and when applied to joints it can help to block nerve pain. While it will not cure arthritis and it can irritate the skin, Arthritis Research UK reports, "Several studies have found that capsaicin can use up Substance P. Substance P plays an important role in transmitting pain signals from nerve endings to your brain. It's also involved in activating inflammatory substances in joints."

Myth 10: Supplements like glucosamine benefit everyone with arthritis

Glucosamine is a natural compound that's found in your joints and the cartilage around them, says Eric Matteson, MD, Chair of the Department of Rheumatology at Mayo Clinic. And although this supplement is widely available and helpful to some people, it doesn't do what most people think it does. "Patients think taking it as a pill will rebuild joints," he says. But it doesn't. "Unless you inject it into the joint" — which can be done at your doctor's office — "there's no way of getting it into your joints," he says. "And it doesn't restore your joints, although some people say they get some pain relief from it in the short term."

Myth 11: Damp, cold weather conditions trigger arthritis pain

Anecdotal stories about arthritis sufferers predicting wet weather via pain cues abound but there is no scientific evidence to support the connection. However, there is an unsubstantiated theory that a drop in barometric pressure might cause a slight expansion in joints, which might exacerbate pain.

Conclusion

While there are about 100 forms of arthritis, the three most significant — osteoarthritis, rheumatoid arthritis and gout — account for more than 95% of cases in Australia.

Right now, because scientists don't fully understand the causes or mechanisms behind these diseases, true prevention seems to be impossible. However, there is real hope that someday some or all types of arthritis and related conditions can be prevented. We strongly recommend seeking advice from your doctor for more information on arthritis, detailed facts, symptoms and possible diagnosis.



2024/2025 SNAPSHOT

VALUES

SUPPORT

AWWQ exists to support war widows in Queensland. We provide referral and advocacy services and local support through sub-branches and social groups.

HONOUR

We honour not only the sacrifice of those who have died on operational service, but also the sacrifice of our war widows and their families. We acknowledge the hardship they have experienced and the sacrifices they have made and recognise their strength and endurance.

ADVOCACY

We provide a collective voice for change. We advocate on current issues affecting war widows with the aim of protecting the interests of our members.

FRIENDSHIP

We value the powerful bond of shared experience and understanding. We cherish the friendships among our members and support them through various social events and activities.

"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."



29

Events held

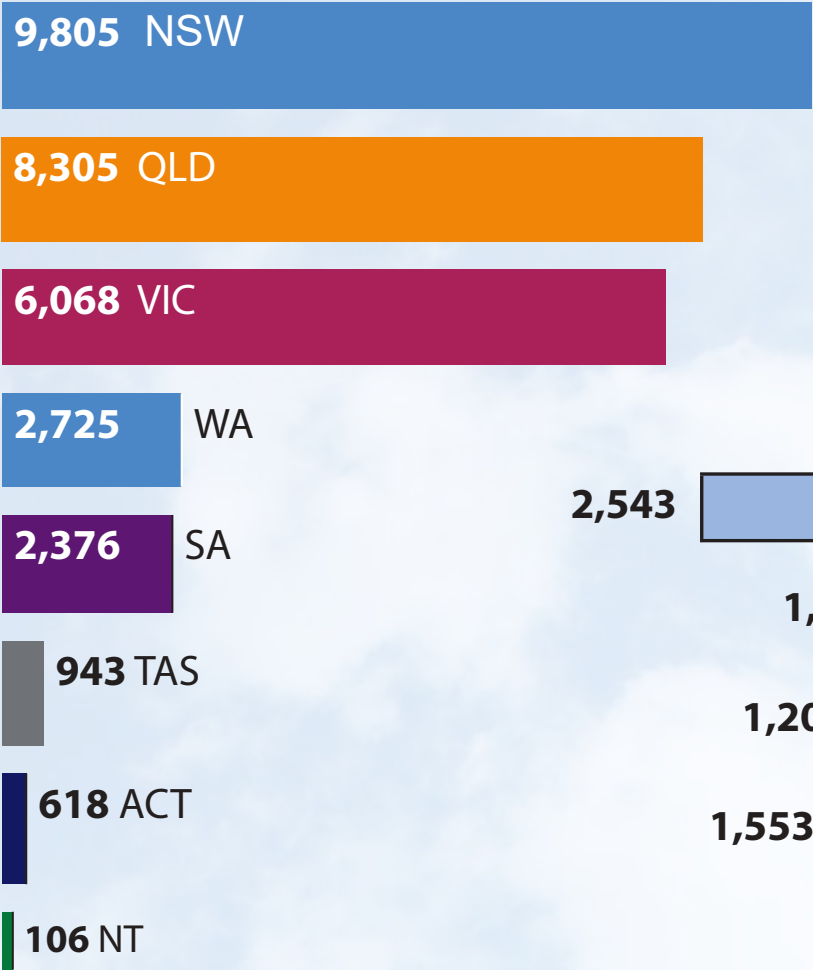
31

Group meetings
attended by the
State President
or staff member

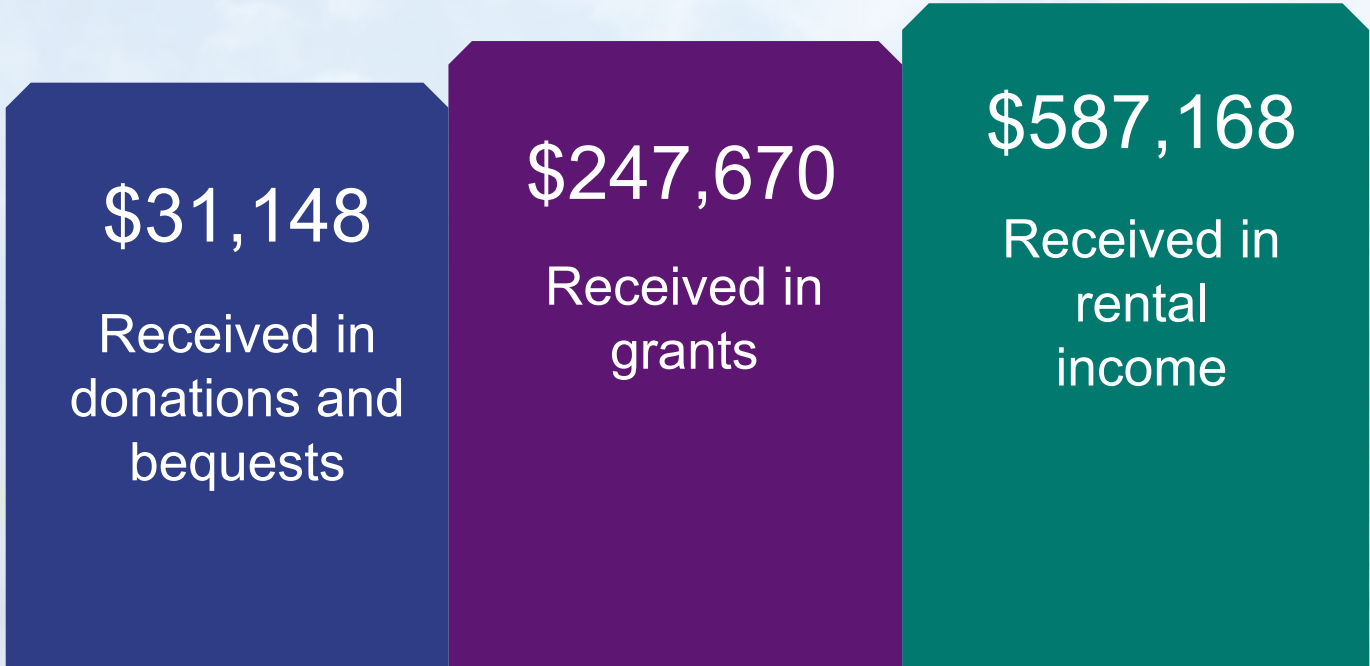
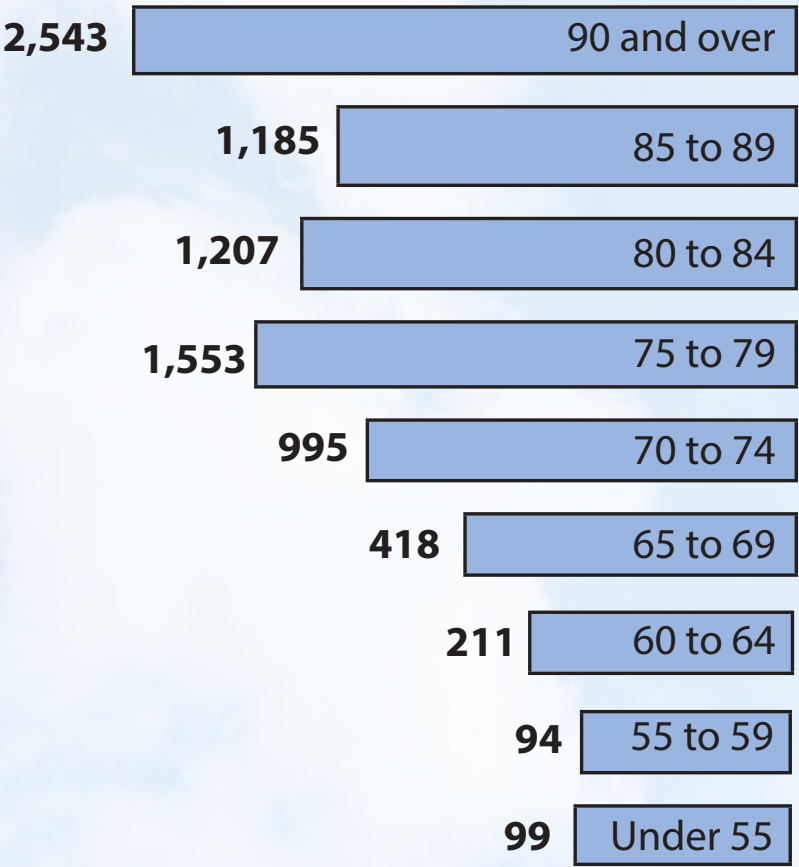
260

Group meetings
held

Number of War Widow(er)s by State



Age of War Widow(er)s in Queensland



LIFE HACKS

1. Keep Seeds Fresh

If you have some seeds left in seed packets, place them in an airtight container with silica packets to keep them fresh. The silica packets will prevent the seeds from germinating or getting moldy.



2. Lampshade Lint Roller

If you have dust or pet hair building up on your lampshades, use a lint roller to roll away the unwanted debris. Just make sure to be gentle as lampshades can be fragile.

3. Extra Kitchen Bench Space

Low on counter space? Pull out a draw and place a cutting board on top.



4. Remember Where You Left Things

If you have the habit of putting something down and forgetting where you left it (like keys, phones, glasses etc.) say out loud what you have put down and where you have put it. This engages the part of the brain which helps you remember. E.g "I have put my glasses on the bedside table."

5. Keeping Bin Bags Secure

Stick adhesive picture hooks to the sides of your bin to keep the handles of the bin bag secured down.



6. Automatic Watering System

If you are going away for a few days and are worried about your plants not receiving enough water, fill up a clean bottle with water and place it upside down in the soil next to your plants. This will slowly distribute water to them.

7. Picture Frame Message Board

A picture frame makes a creative message board. Grab a picture frame and some paper. Cut the paper to fit the frame and set it in behind the glass. The glass makes an excellent dry surface.





BANANA BREAD WITH RASPBERRIES

INGREDIENTS:

- 1 cup (260g) mashed banana
- ½ cup (160ml) light-flavoured extra virgin olive oil
- 4 eggs, lightly whisked
- 1 cup (220g) raw caster sugar
- 1 teaspoon vanilla extract
- 1½ cups (225g) self-raising (self-rising) flour
- ½ cup (40g) shredded coconut
- 1 teaspoon baking powder
- 1 cup (125g) frozen raspberries

METHOD:

1. Preheat oven to 180°C. Lightly grease a 10cm x 20cm (2-litre-capacity) loaf tin and line with non-stick baking paper.
2. Place the mashed banana in a large bowl. Add the oil, eggs, sugar and vanilla and mix to combine.
3. Add the flour, coconut and baking powder and mix until just combined. Add the raspberries and fold through.
4. Pour the banana mixture into the prepared tin and bake for 1 hour 10 minutes or until cooked when tested with a skewer+. Allow to cool in the tin for 5 minutes before placing onto a wire rack to cool

VIETNAM VETERANS' DAY

This speech was presented by Dolly Jensen at Rainbow Beach for Vietnam Veterans' Day on 18th August 2025.

Today, we remembered our Vietnam Veterans and the Rainbow Beach RSL kindly invited me to speak at their service. My darling friend Bern Johnson who tragically died late last year was the proud wife of Barry Johnson, a veteran, so today I dedicated my speech to Bern and all of the wives of veterans. Afterwards, I was overwhelmed by the response from the ladies, the wives. They had tears as they thanked me for honouring them. They took away copies of my speech. Bern would have been so happy and proud. Here's what I said...

Friends, fellow servicemen, and fellow citizens,

Today, I want to talk about a different kind of veteran. Not the ones who fought in the jungles and rice paddies of Vietnam, but the ones who waged their own war on the home front. The wives of Vietnam veterans.

We often hear about the soldiers' struggles: the PTSD, the physical wounds, the emotional scars. But what about the women who waited? The women who received telegrams, who saw their husbands' faces on the nightly news, who prayed every night that their loved one would return. And then, when they did, they were not the same men who had left.

The war didn't end for these families on a distant battlefield; it came home with their men, a silent and invisible enemy. Wives became caregivers and counselors, navigating the minefields of their husbands' trauma, nightmares, and emotional distance. They battled the social stigma and the lack of understanding from a nation that didn't know how to welcome its soldiers home.

These women fought their own war—a war of resilience and love. They learned to live with the echoes of a conflict they never saw. They sacrificed their own dreams to help their husbands heal, all while holding onto the fragile hope of finding the man they once knew. This is their story, a testament to the strength and enduring spirit of the wives who served silently on the home front.

These women were thrust into a new reality. Their husbands, once full of life and laughter, were now withdrawn, haunted by nightmares, and quick to anger. The easy camaraderie they once shared was replaced by a chasm of unspoken trauma.

Imagine the young bride who married her high school sweetheart, only to have him return a stranger. The plans they made for a white picket fence, a family, and a long, happy life were shattered. She became a caregiver, a therapist, and a silent observer of a pain she could never truly understand. She had to grieve the man she lost, even as he stood right in front of her.

But love, even the strongest kind, has its limits. Some wives, after years of living with the constant tension, had to make an impossible choice. They chose to leave. It wasn't a lack of love, but a need for self-preservation. It was an acknowledgment that they too, had been casualties of a war they never fought.

And for those whose husbands didn't come home, the pain was even more profound. The wives were left to raise their children alone, to carry the weight of a life that was supposed to be shared. They became widows in their 20's and 30's, their futures stolen by a war that felt a world away.

These women, the unsung heroes of the Vietnam War, faced their own battles. They fought against a society that didn't understand, a government that didn't offer the support they needed, and the crushing weight of their own grief and isolation. They lived in the shadows of their husbands' trauma, their own sacrifices often overlooked.

But they persevered. They built new lives, raised their children, and found a strength they never knew they had. They became a support system for each other, sharing their stories and their pain, and in doing so, they created a community of resilience and hope.

Let us honour the wives of Vietnam veterans. their silent struggles and their unwavering love. Let us recognize that their service was just as real, just as difficult, and just as deserving of our respect and gratitude. They are a testament to the power of the human spirit, a reminder that even in the darkest of times, love and courage can still find a way to shine.

Today, I'd like to dedicate this speech to a great friend that I lost last year. Her name was Bern Johnson. She was a teacher. She taught my children. She taught me patchwork. She was also the proud wife of a Vietnam Vet. There's no school or uni that can teach you how to deal with a returned veteran, but she did it well and she did it with honour.

Here's to our women,

Lest we forget.



HOW TO USE YOUR REMEMBRANCE CROSS

If you are attending the Field of Remembrance at St John's Cathedral, Brisbane on Monday, 20 October 2025, please bring your cross to the service.

Keep your cross in a special place, or bring it to your group meeting.

- You're warmly invited to AWWQ's Field of Remembrance – Monday 20 October 2025.
- Queensland War Widows' Day – Sunday 19 October 2025. You may wish to hold your personal or group reflection then.

Step 1: Personalise the cross

- Write the name of the person you're honouring.
- Add service details (rank, unit, ship/squadron, conflict) if known.
- Include a short message of remembrance or thanks.

Step 2: Prepare a simple reflection

- Place the cross in a meaningful spot (garden, vase of wattle, mantel).
- Read the War Widows' Motto or a short poem/prayer.
- Observe a minute's silence.

Step 3: Share or keep private

- Bring your cross to an AWWQ group meeting, or
- Keep it at home as a personal tribute.

Step 4: Optional keepsake

- Tie a ribbon or sprig of wattle/rosemary to the cross.
- Note the date and your initials on the back.

Step 5: After your tribute

- Keep the cross, place it in your garden, or bring it to your group's next meeting for a shared display.

Together, our individual crosses form a single Field of Remembrance—honouring service, sacrifice, and love enduring.

Thank you for taking part—every cross tells a story of love, service, and remembrance.



FIELD OF REMEMBRANCE

The Field of Remembrance service holds profound significance for war widows, offering a solemn and respectful space to honour the memories of their lost loved ones. Here are some key aspects of its importance:

Symbolic Tribute

- **Personal Remembrance:** War widows' plant small wooden crosses, each symbolizing a loved one who served in the military. This personal act of remembrance is deeply moving and meaningful.
- **Collective Mourning:** The field filled with crosses represents the collective loss and shared grief of the community, providing a powerful visual tribute to those who have sacrificed.

Emotional Support

- **Community Gathering:** The service brings together war widows and families, fostering a sense of unity and shared understanding among those who have experienced similar losses.
- **Acknowledgment and Validation:** By participating in the service, war widows receive recognition and validation for their grief and sacrifices, helping to affirm their experiences.

Historical Continuity

- **Preserving Memory:** The service ensures that the sacrifices of military personnel and their families are not forgotten, keeping their memories alive for future generations.
- **Educational Value:** It provides an opportunity to educate the public about the history and significance of these sacrifices, fostering a deeper appreciation and respect.

Healing and Reflection

- **Space for Healing:** The act of planting a cross and participating in the service can be a therapeutic and healing experience for war widows, offering a moment of reflection and connection with their loved ones.
- **Public Recognition:** The public nature of the ceremony ensures that the contributions and sacrifices of war widows are recognized and honoured by the wider community.

In essence, the Field of Remembrance service is a deeply meaningful event that honours the past, supports those in mourning, and educates future generations about the sacrifices made by military families. It's a powerful reminder of the courage and resilience of war widows.



FIELD OF REMEMBRANCE SERVICE
HONOURING WAR WIDOWS AND THE FALLEN

TO BE HELD AT ST JOHN'S ANGLICAN CATHEDRAL
373 ANN STREET, BRISBANE CITY
ON
MONDAY, 20 OCTOBER 2025

ARRIVAL: 10:00 AM
SERVICE COMMENCES: 10:30 AM
MORNING TEA WILL BE SERVED FOLLOWING
THE SERVICE

KINDLY RSVP BY MONDAY, 13 OCTOBER 2025
TO: RACHEL@WARWIDOWSQLD.ORG.AU
OR PHONE (07) 3846 7706



CHARGER HABITS TO BREAK



In today's world, chargers are an essential part of our lives. Whether it's for your mobile phone, laptop, smart watch, or even your electric bike, nearly every electronic device requires a charger. But how many of us leave these chargers plugged in all the time, even when not in use? If you have a charger plugged in by your bed or desk, it's a good idea to take a moment to consider whether this habit might be costing you money, affecting your safety, and contributing to unnecessary energy waste.

While leaving chargers plugged in might seem harmless, there are a number of reasons why it's best to unplug them when not in use. In this article, we'll explore the safety, energy, and environmental impacts of this common habit, along with easy ways to reduce your carbon footprint and energy consumption.

Chargers consume power even when not charging

You've probably heard the term "vampire power," and it's real. This refers to the power that devices consume when they are plugged in but not being used. Chargers, like many other electronic devices, draw a small amount of energy even when not actively charging. This standby power is used to keep the control circuits running, and some of it is lost as heat.

For an individual charger, this energy loss might seem small and insignificant. However, when you consider the number of chargers in your home, especially for devices like phones, tablets, and laptops, this energy waste can add up. Over the course of a year, the wasted energy from chargers left plugged in could amount to several kilowatt-hours.

While modern chargers are designed to minimise this standby power consumption, they still consume energy when plugged in without a device attached. This unnecessary energy waste increases your electricity bill and adds to the strain on the power grid.

The safety risks of leaving chargers plugged in

Besides the environmental and financial impact, there are safety concerns associated with leaving chargers plugged in all the time.

- **Overheating:** When a charger is plugged in, it may still generate heat, even if no device is

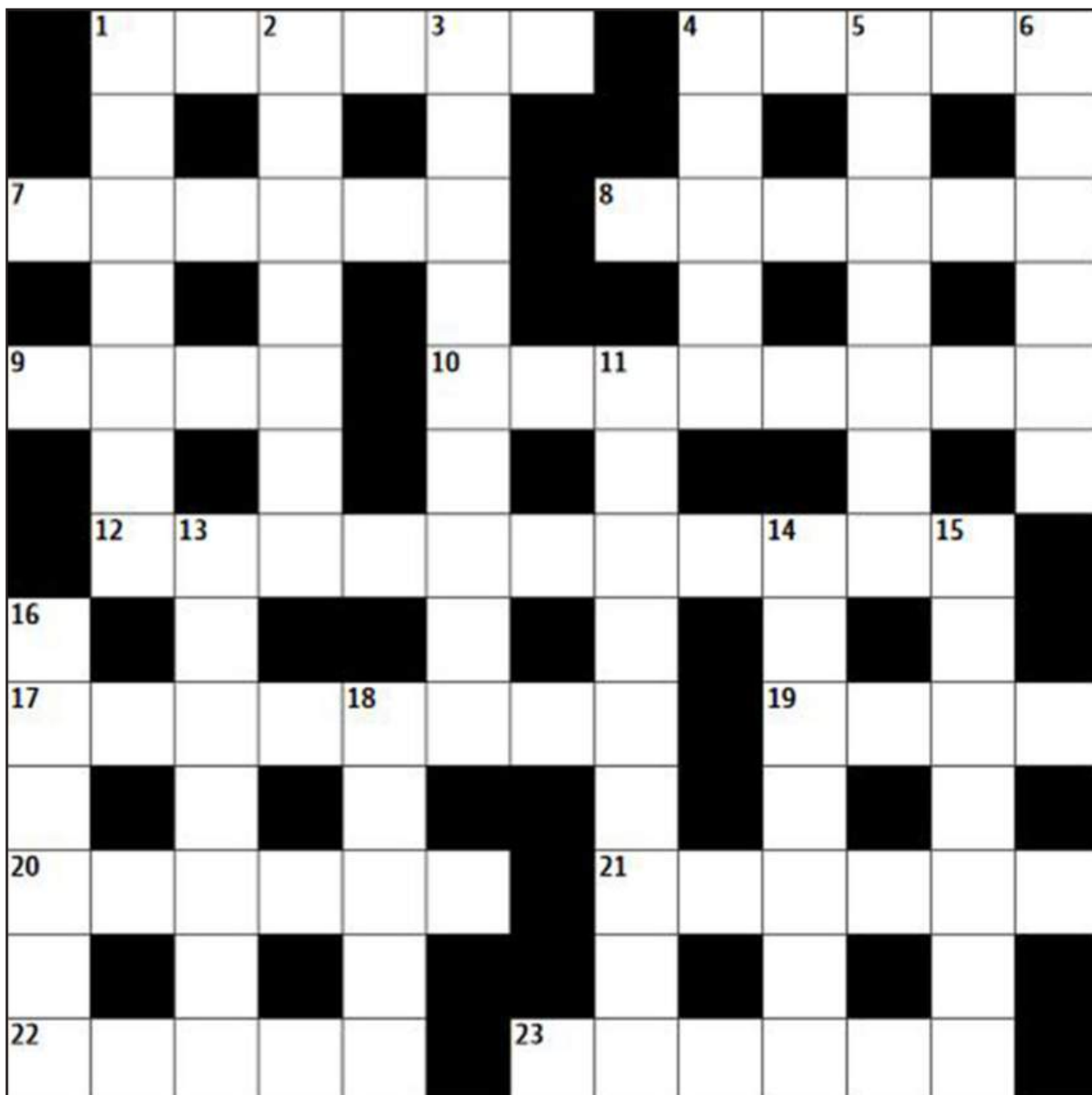
connected. Over time, this heat can cause the charger or the power outlet to overheat, which could potentially lead to electrical fires. If a charger feels warm to the touch or if it's making a buzzing or crackling sound, it's best to unplug it and replace it if necessary.

- **Wear and tear:** Chargers, like any other device, wear out over time. Constant exposure to the fluctuating voltages from the electricity grid can accelerate this process. While modern devices are designed with protections against these fluctuations, cheap or uncertified chargers often lack such safeguards, making them more likely to malfunction and become a fire hazard.
- **Electrical hazards:** Leaving a charger plugged in could expose your home to electrical hazards, especially if you use low-quality or unapproved chargers. These chargers may not have the appropriate levels of protection, which can pose a risk to your home's wiring, your devices, and your safety.

How to safeguard your devices and energy usage

The good news is that the solution to this problem is simple, and it doesn't require much effort.

- **Unplug chargers when not in use:** The most effective step you can take is to unplug your chargers when they're not being used. If it's convenient, make a habit of disconnecting chargers once your device is fully charged. This small action can help reduce energy waste, prevent overheating, and extend the lifespan of your chargers.
- **Use power strips:** If you have multiple devices to charge, consider using a power strip with an on/off switch. This way, you can turn off the power to all your devices at once, preventing unnecessary energy consumption.
- **Consider smart plugs:** For added convenience, you can use smart plugs that allow you to control the power to your chargers remotely. These plugs can also be programmed to turn off at certain times, ensuring that your chargers don't draw power overnight.
- **Check for overheating:** If a charger is getting warm, making noise, or is damaged in any way, it's time to replace it. Never leave a faulty charger plugged in, as it could become a fire hazard.



Solutions on page 4

ACROSS

1. Weak person (informal) (6)
4. Confused sounds (5)
7. Film star in The Iron Lady, b. 1949 (6)
8. Small fry (6)
9. Europe's highest active volcano (4)
10. Wipe out a large number (8)
12. Thrilling in effect (11)
17. Italian aristocrat (8)
19. Proverbially, brass can be found beside this (4)
20. Not dressed (6)
21. Hard to understand (6)
22. Choose (5)
23. Resist (6)

DOWN

1. Changes into something else (7)
2. Get ready (7)
3. Speeds up (9)
4. Pancakes served with sour cream (5)
5. Brightly coloured neckerchief (7)
6. Modest — restrained (3-3)
11. Thrilled to bits (4-1-4)
13. Distinctive elegance (7)
14. Pain in the lower back (7)
15. What, say, Howard Hughes became (7)
16. From Liverpool? (6)
18. Precise (5)

Rules for Sudoku -

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

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

Solutions on page 4

PETS

Let's be honest — our pets run the house, steal our hearts, and definitely know how to work the camera. Whether they're chasing tails, striking a pose, or just being their delightfully weird selves, these furry friends always keep us smiling. This page is dedicated to the whiskered and wonderfully spoiled companions that brighten our days. These are the pets of our AWWQ members & staff.



Digger with his best mate Louis, whom he shares a special bond with



Frank (The Tank) has a black belt in snack theft



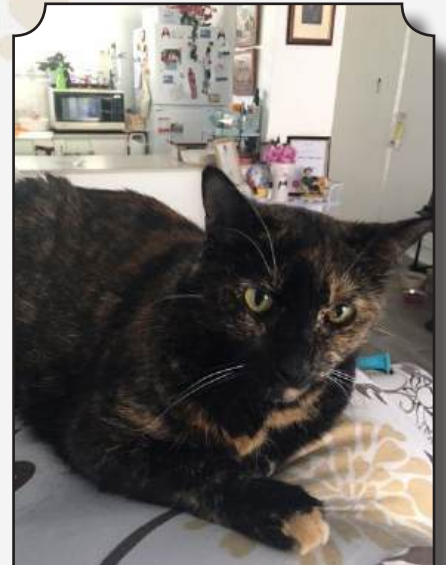
Kathryn and Ollie. Ollie runs the house, Kathryn just pays the bills



Jenna & (The Puppy formerly known as) Prince



Kane soaking it up in his favourite XXXX hat



Pixy wondering why you are not patting her



CHRISTMAS LUNCHEON

CHRISTMAS LUNCH:

Price: \$55 per person, includes 2 course luncheon

Drinks are available for purchase (card only, no cash)

Date: Monday 24 November 2025

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

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

Entrances located at Adelaide Street, Ann Street and King George Square

PLEASE PHONE HEAD OFFICE TO RESERVE YOUR SPOT BEFORE MAKING PAYMENT

Full Name:

Membership Number:

Dietary Requirements:

Payment Method (Please tick) :

- ☐ I enclose a cheque or money order with this form
- ☐ Over the phone to AWWQ Head Office with a credit card on 3846 7706 or 1800 061 945
- ☐ Through direct deposit to:

Australian War Widows Queensland
BSB: 064 000
Account: 1496 9480
Reference: Your membership number

RSVP BY FRIDAY 7 NOVEMBER 2025
REFUNDS ARE NOT PROVIDED AFTER 7 NOVEMBER



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

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

FRIENDSHIP DAY 2026

Celebrate Friendship Day in Beautiful Townsville, commencing with a White Cross Service on **Wednesday, 27 May**, and the Friendship Day Lunch on **Thursday, 28 May**.

Join us for Friendship Day 2025 in sunny Townsville, a much-loved annual event for members of Australian War Widows Queensland. This special day is all about connection, camaraderie, and celebrating the enduring bonds we share. Set against the vibrant backdrop of one of Queensland's most welcoming cities, Friendship Day promises heart-felt moments, meaningful conversations, and the chance to connect with fellow members from across the state.

Why not make the most of your trip and explore all that Townsville has to offer? From the stunning Strand waterfront promenade to the lush surrounds of Jezzine Barracks and Queens Gardens, there's no shortage of beautiful places to stroll and reflect. History buffs will love the Army Museum North Queensland, while nature lovers can head to Castle Hill for breathtaking views. Or consider a short ferry ride to Magnetic Island for a day of wildlife, walking trails, and relaxation.

Townsville is not only rich in history and natural beauty, but it also offers a warm community spirit and plenty of places to relax, dine, and enjoy some well-deserved time away. Whether it's your first time visiting or you're returning to familiar favourites, there's something in Townsville for everyone.

Further details about the venue, schedule, and a booking form will be included in the upcoming summer edition of the Bulletin magazine. We encourage you to save the date and start planning your trip—we look forward to sharing this special day with you!





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

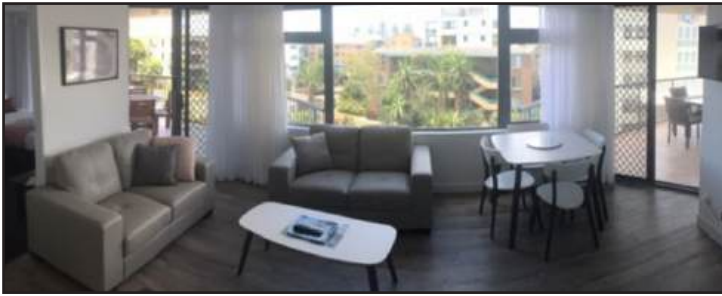
☐ Please send me information on including a gift in my Will to Australian War Widows Queensland

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.*

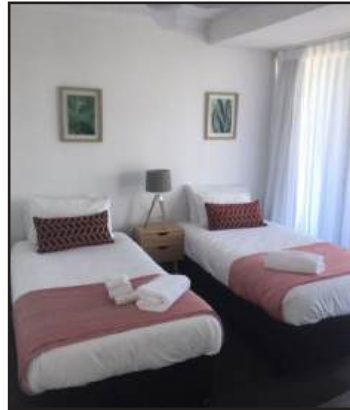
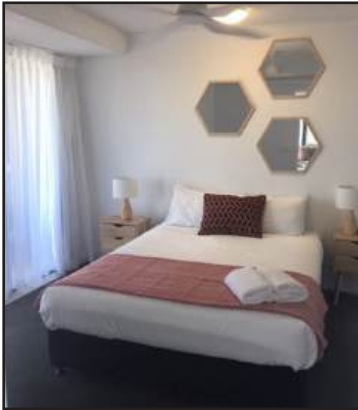


VACATION/RESPITE RENTALS



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.

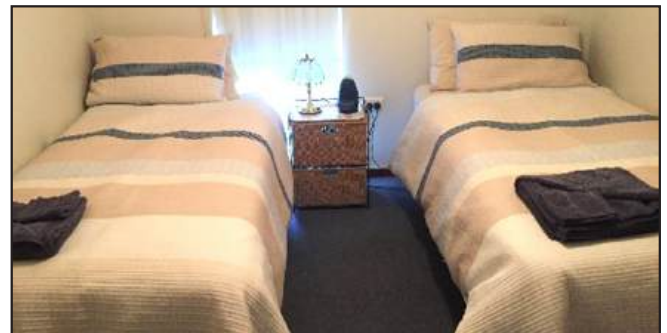


WESTERN AUSTRALIA

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 support them
because they supported us.

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