

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

AUTUMN 2026

In this issue:

- Board Nominations
- Membership Renewal
- Anzac Day 2026
- 2025 Gallipoli Art Prize



AUTUMN EDITION 2026

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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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.

AWWQ	07 3846 7706 or 1800 061 945
Advocacy Register	www.advocateregister.org.au
Beyond Blue	1300 224 636
Caring Cuisine	07 3354 3919
Centrelink (MyGov)	1300 169 468
Crime Stoppers	1800 333 000
Do Not Call Register	1300 792 958
DVA Booked Car With Driver	Qmbbcwd@dva.gov.au
DVA Community Nursing	nursing@dva.gov.au
DVA General Enquiries	1800 838 372
DVA Payment and Reimbursement Team	ambphmepi@dva.gov.au
DVA Pharmaceutical line	1800 552 580
DVA Rehabilitation Appliances Program	ambrapge@dva.gov.au
DVA Short-term Crisis Accommodation	1800 011 046
DVA Transport	1800 550 455
Income Support Team	income.Support.New.Claims@dva.gov.au
Lifeline	13 11 14
Meals on Wheels	1300 909 790
My Aged Care	1800 200 422
Open Arms	1800 011 046 / openarms.clientassist@dva.gov.au
Police / Fire / Ambulance	000
Policelink (Non urgent matters)	131 444
Seniors Enquiry Line	1300 135 500
SES (Flood & Storm Emergency)	132 500
Travel Claims	Transport.Claims@dva.gov.au
Veterans' Home Care	1300 550 450 / vhc@dva.gov.au



WELCOME TO NEW MEMBERS

Sandy Smedley- Bray Park

Michele Chapman- Worongary

Dianna Frost- North Ipswich

Annie Gridley-Kangaroo Point

Pamela Drabsch - Buderim

Cheryl Walford- Deception Bay

Russell Perkins- Alice River

Kathleen Hall- Eartville

Leanne Perkins- Alice River

Geraldine Kelly- Gunalda

Merle Perkins- Aitkenvale

Rebecca Hayward- Nirimba

Jennifer Smith- Redcliffe

Gay Harvey- Taringa

STATE PRESIDENT REPORT



Welcome to the first Bulletin for 2026. I trust you all enjoyed the Festive Season, had a pleasant break from daily routines, and feel refreshed for the year ahead. For me, I enjoyed watching 4 weeks of pretty much uninterrupted tennis on TV!!

We had some extreme weather in January, very hot in SE Queensland and very wet in North Queensland. When I contacted members up north regarding the weather, I was told, "We are okay, this is just our wet season, and we are prepared". There is no doubt our northern friends are a tough bunch up there.

In this Bulletin is a list of our visits. Sue and I are looking forward to meeting with as many of you as possible again.

If not already, you will shortly receive a copy of the revised AWWQ Members' Handbook: A Guide for Running Your Group. This contains all the information you need to run your Sub Branches or Social Groups.

Speaking of groups, on 10 March 2026, a meeting will be held at Marina Court, New Farm, to form a new Social Group. At this first meeting, many topics are on the agenda, such as the name, a coordinator, social events, and anything else needed to make this a fun group. I look forward to seeing lots of fun things happening again at Marina Court.

Our first AWWQ event in 2026 is Friendship Day at Townsville. This promises to be an event where you can connect with old friends, make new friends and enjoy just being together. Townsville is a great place for a holiday, so why not stay for a few days? If you haven't already, I suggest you make your bookings soon. Information and registration forms are in this Bulletin.

It's time once again to call for nominations for our Board of Directors. To ensure AWWQ continues to grow and operate effectively, we rely on dedicated

board members to guide the organisation. We welcome nominations from members who can contribute their skills, energy, and perspectives. If you are interested or know someone who would be a great candidate, please contact Rachel at head office for more information. Nomination forms and additional details are available in this Bulletin.

The AWWQ Board has planned a number of events for the members in 2026, including the AGM in August, the Field of Remembrance and War Widows Day in October, and the AWWQ Christmas Luncheon in November. These events are strongly supported by the Board, and our staff put a great deal of effort into making them enjoyable and meaningful for everyone. I encourage you to show your support by attending any events you can. We look forward to sharing these special days with you.

It is with some sadness that I acknowledge the winding up of Australian War Widows Inc (National). With the closure of Australian War Widows South Australia, the National organisation was left with only four members, and its Constitution requires a minimum of five members to remain a legally constituted body. After so many years of service, this is a regrettable but unavoidable development, reflecting the declining numbers of war widows nationwide and the resulting inevitability of closures. Don't worry, AWWQ will not be closing anytime soon.

Please be assured that this change will not affect you as AWWQ members. There will be no alteration to how we operate or to the services AWWQ provides. You will continue to have representation through your State President to DVA and other government departments. AWWQ will now be looking at how we can continue working with the remaining states to honour and uphold Jessie Vasey's legacy.

I am looking forward to catching up at Townsville.

Take care and stay well

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

As summer fades and we welcome the cooler days of autumn, I hope this Bulletin finds you well and in good spirits. Autumn is a time of reflection and renewal, and it provides a welcome opportunity to reconnect with one

another and reflect on the strength of our Australian War Widows Queensland community.

The opening months of the year have been focused on planning and preparation for another meaningful year ahead. Guided by our core values of Support, Advocacy, Friendship, and Honour, we look forward to coming together throughout the year to commemorate, remember, and celebrate the bonds that unite us.

Head office has been working collaboratively on the AWWQ corporate calendar and exploring prospective grant opportunities for the year ahead. Judy has also been in contact with all groups to finalise the visitation schedule for 2026. Together, Judy and Sue will again visit all 27 groups across Queensland, ensuring members have the opportunity to share their experiences and that local needs are heard and supported. These visits remain a cornerstone of our commitment to strengthening connections and supporting members wherever they are located.

Earlier this year, we hosted our first Zoom meeting for 2026, which provided a valuable opportunity to reconnect with members from across the state. Feedback continues to highlight how beneficial these meetings are in fostering connection and inclusion, particularly for members unable to attend activities in person. If you would like to participate in future Zoom meetings, please contact Lindy, our Member Support Officer, on 0478 398 931.

One of the highlights of our annual calendar, Friendship Day 2026, will be held in Townsville and will once again provide a wonderful opportunity to come together, renew friendships, and enjoy each other's

company. Wendy Goodman and her team are doing a remarkable job organising this special event, and their dedication is greatly appreciated. Further details, including RSVP dates can be found from page 31 and members are encouraged to mark their calendars and join us for this much loved occasion.

Later in the year, members will be invited to attend the combined commemoration of Queensland War Widows Day and the Field of Remembrance at St John's Cathedral, Brisbane. Following the overwhelmingly positive feedback received after the 2025 Field of Remembrance, many members have expressed how meaningful the service was and have strongly requested that it become an annual event. This important commemoration honours those who served our nation and recognises the resilience and contribution of war widows across Queensland.

On an organisational note, preparation has commenced for the AWWQ audit, with UHY Haines Norton engaged to conduct the audit ahead of the Annual General Meeting later in the year. This process supports our ongoing commitment to transparency, accountability, and good governance.

As always, my sincere thanks go to our dedicated head office team for their continued commitment and care. Their work behind the scenes plays a vital role in supporting our members and strengthening the organisation.

On behalf of Jason, Sue, Emma, and Lindy, we look forward to seeing you at upcoming events and continuing to share in the moments that make Australian War Widows Queensland such a supportive and connected community.

Take care and stay safe.

Rachel Johnson
Executive Officer

NEWS & REMINDERS

FRIENDSHIP DAY 2026

Friendship Day 2026 will be held in beautiful Townsville on Thursday 28 May, with a White Cross Service being held the day before on Wednesday 27 May. For further information on the event and how to book, see from page 29 of this edition.

2026/2027 MEMBERSHIP RENEWALS

Your annual membership fees are due on 31 March 2026. A renewal form can be found on page 31 of this Bulletin.

EMERGENCY PLUS APP

Emergency Plus is a free app that pinpoints your exact location. If you are in an unfamiliar place and experience an emergency, it helps you quickly and accurately provide your exact location to emergency services.

PEN PALS

AWWQ has a pen pal program connecting its members with each other.

If you would like to send and receive mail and make a new friend, please contact Lindy Beehre on 0478 398 931 or Lindy@warwidowsqld.org.au. Lindy will then get back in touch to notify you once you have been matched with someone. Once you are matched you can communicate freely with your new pen pal, and hopefully make a new lifelong friend.

UPDATED MEMBERS' HANDBOOK

We are pleased to share that the AWWQ Members' Handbook has been updated. This revised edition provides clearer guidelines to assist Group Presidents and Coordinators in confidently managing and supporting their groups. A printed copy will be sent to all Group Presidents and Coordinators in the coming weeks. Thank you for your continued leadership and dedication to our members.

DENTAL CHANGES

The Australian Government is strengthening dental support for veterans through changes to the Department of Veterans' Affairs (DVA) Dental Program.

From 1 January 2026, funding for high-cost Schedule C treatments — including crowns, bridges and veneers — will move from an annual cap to a biennial limit, effectively doubling the amount available upfront. For 1 January 2026 to 31 December 2027, the biennial limit will be \$5,980.30, with future periods subject to indexation.

The change is designed to reduce out-of-pocket expenses for eligible veterans with an assessed clinical need who hold a Veteran Gold Card or a White Card for accepted conditions.

Dental therapists, hygienists and oral health therapists registered with the Dental Board of Australia have also been added as approved providers, allowing them to treat and claim within their scope of practice. This expands choice and improves access to care.

For more information about the DVA Dental Program, visit dva.gov.au or call 1800 838 372.

BETTY HAWKINS AUSTRALIA DAY NOMINATION

Congratulations to Bundaberg Sub Branch member Betty Hawkins for her well deserved Australia Day nomination. Well done Betty!



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NOTICE TO MEMBERS: AUSTRALIAN WAR WIDOWS NATIONAL

Australian War Widows Incorporated (AWW National) is an incorporated association representing state and territory War Widows organisations across Australia. Its purpose is to advocate for and protect the interests of all Australian War Widows.

Established in 1948 by War Widows organisations in Victoria, New South Wales, Queensland, the Australian Capital Territory, South Australia, Western Australia and Tasmania, the federation was led by its founder, Jessie Vasey CBE OBE. Following her passing, leadership of Australian War Widows Incorporated has continued to be drawn from its member states.

Over many decades, Australian War Widows Incorporated has achieved significant outcomes for War Widows nationally, including advocacy for recognition, entitlements, and improved support for War Widows and their families.

War Widows Victoria and Tasmania wound up in 2017 and 2018 respectively and since then Australian War Widows Incorporated has operated with five member state organisations. Following the voluntary wind up of War Widows South Australia Incorporated in December 2025, Australian War Widows Incorporated no longer meets its constitutional requirement to maintain a minimum of five member organisations.

As a result, Australian War Widows Incorporated (AWW National) is winding up in accordance with its Constitution and the requirements of the ACT incorporated associations legislation.

AWWQ acknowledges and sincerely thanks AWW National for their longstanding commitment, dedication, and service to War Widows over many years.

Australian War Widows Queensland (AWWQ) will continue for many years to come due to our healthy membership numbers and asset base and remains steadfast in its commitment to advocate for all War Widows. There will be no change to the services, ongoing support, or government advocacy currently provided by AWWQ. Members can be assured that AWWQ will continue to deliver support, maintain strong advocacy, and uphold its mission and values throughout this transition and beyond.

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 Coordinator: Margaret Biddlecombe 0404 217 644
CABOOLTURE	2nd FRIDAY 10:30am Jacaranda Cafe, 103 King Street, Caboolture, QLD, 4510 President: Estelle Anson 5495 1215 Secretary & Treasurer: Cathy Hartshorn 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 Veterans Service Centre 39 Monkland Street, Gympie, QLD, 4570 President: Maureen Rush 0412 737 380 E: maureenrush@bigpond.com Secretary: Linda Collins 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: Bron Drinkwater 0400 098 310 E: bronny45@bigpond.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 0474 639 790 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 Secretary: Shree Rogers 0416 062 115 Treasurer: Fay Cross 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: Gay Collison 0407 116 982 Secretary: Jan McPherson 0407 642 186 E: jamcpherson52@gmail.com Treasurer: Gloria Lynch 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
SOUTH EAST	3rd FRIDAY 10:00am Easts Leagues Club, 40 Main Ave, Coorparoo, QLD, 4151 Coordinator: Elizabeth Cowell 3349 2084 E: epcowell@outlook.com
SOUTH WEST	1st FRIDAY 10:30am Beneath Greenbank RSL (in the Sub Branch rooms), 54 Anzac Ave, Hillcrest, QLD, 4118 President: Vikki Harradine 0408 445 735 Secretary: Vicky Houlson 0410 565 897 Treasurer: Trish Elliott 0416 073 263
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 4635 8516 Assistant Treasurer: Caroline Pedersen
TOWNSVILLE	3rd TUESDAY 10:00am Townsville RSL, Charters Towers Road, Hermit Park, QLD, 4812 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

Welcome to 2026 and a very happy New Year to all.

We had a very busy lead-up to Christmas last year culminating with our Christmas meeting and lunch. Our Christmas meeting was held in November and we thoroughly enjoyed our lunch afterwards.

We welcomed in the new year by having a lunch in January. It was good to see everyone chatting and laughing together.

We were thrilled to learn that the Board of the RSL Club Gaythorne had approved an Honour Board for our Group to be placed in the Club's Honorary. We sincerely thank President Nigel Cox and the RSL Board for this honour.

Our first meeting for the year in February was very well attended and we celebrated our member Jean Hoffmann's 90th birthday. In addition to Jean's birthday, we were also celebrating Veterans Health week and we all enjoyed chair yoga and a healthy lunch afterwards.

We have arranged guest speakers for the coming months. Our April meeting will be our Easter Meeting and acknowledging Anzac Day. We will be representing the War Widows at the Memorial Ceremony at the Gaythorne RSL and the March in Brisbane. Some of us are also looking forward to travelling to Townsville for Friendship Day in May.

Best wishes to all and stay safe.



Brisbane West ladies doing Chair Yoga



Jean Hoffmann celebrating her 90th Birthday

CAIRNS

Last year's Christmas party was well attended and lots of fun for us all including our visitors. We again decorated the Rona Shute room at the RSL with lots of Christmas decorations and the tables were covered in festive tablecloths and napkins for the occasion and our Christmas Raffle was well supported with lots of prizes, of course donated by the members.

Unfortunately, on the 27th December Betty Joy Peters died at the age of 98. Betty had been an active member of our War Widows group in Cairns after her husband passed for many years, while she was well enough to attend. Betty is survived by her two daughters Joanne and Sue and their families.

2026 has started well for the Cairns group welcoming another new member – Kath Hall, at our first meeting of the year. We may not be a large group but we do organise lots of activities during the year for our members.

On Wednesday the 18th February our group went out to the Surf Lifesaving Club at Palm Cove for lunch and a very special Yoga Laughter workshop run by Kathy

Popplewell. Laughter workshops are amazing and so good for your mental and physical health. I would also recommend all groups to check out if any are run in your area, google is a good place to start.

Let's hope for a good year,
Lyn Bennett



Members at their Laughter Yoga session

CALOUNDRA

Well, here we are in 2026, another year has passed so quickly.

I do hope you all enjoyed the festive season, and I wish everyone a safe and Happy New Year.

Caloundra War Widows Social Group met on the 9th February with 17 members attending for morning tea and later several joined us for lunch at the RSL.

A very warm welcome to our newest member Rebecca Hayward.

We were fortunate to have guests Judy Smith (State President) and Sue Hilditch (Well Being Program Manager) join us on the day. Our members enjoyed meeting with Judy and Sue and were delighted with question time.

We look forward to a fun filled year of friendly company, and outings. If you know of any War Widow who would like to join us bring them along and they will be made very welcome.

Attached is a photo of those who attended the RSL Sub-Branch on the 9th February.

My thoughts go out to our members who are not well. Looking forward to a great year in 2026.

Ann Stephenson OAM
Coordinator



Enjoying a cuppa at the February meeting

GOLD COAST SOUTH

Hello Ladies,
2025 finished on the Gold Coast with a well attended Christmas party with delicious food, fun games and activities as well as gratitude for the friendships that we share as a group. Some members that can no longer regularly attend, managed to join us on this special event as well as some invited friends and family. We also were treated to a marvellous photo reel with memories of the year and beyond.

2026 is off to a good start on the Gold Coast. The weather has more often than not been quite kind so far. Many of our southern states have had horrendous bouts of extreme hot weather so our moderate climate is very welcome.

Best wishes to all and stay safe.



Gold Coast South Christmas Party

GYMPIE

We all enjoyed a well-earned break over the Christmas period and are now back in full swing for another busy and productive year.

During Veterans' Health Week and the months surrounding it, an Exercise Physiologist joined us for chair exercises. There was plenty of laughter, and a few of us realised we need to make exercise a more regular part of our routines. We also combined Veterans' Health Week with our Christmas party at Kingston House, where we enjoyed delicious food and the warm company of friends.

All War Widows were invited to the RSL Sub-branch Christmas lunch, which most of us attended. We would like to extend our gratitude to the RSL Sub-branch and Club for their ongoing support throughout the year.

Our first meeting for the year took place in February, featuring a guest speaker from Velan Health. She provided valuable information on both the Department of Veterans' Affairs (DVA) and My Aged Care. Looking ahead, in March, an Occupational Therapist will bring along new and existing items available through DVA.

Sadly, one of our ladies passed away from Motor Neurone Disease during the break. She will be dearly missed by all.

On 14 February, on behalf of War Widows, a wreath was laid at the National Serviceman's Memorial service here in Gympie, hon-

ouring the memory and service of our veterans.

IPSWICH

Welcome to 2026. Sadly, our branch lost one of our members late December 2025. Delveen Pears had been a member of War Widows since the '70s and was remembered by many of our ladies. A few of us attended her service and many memories were shared.

Our Christmas party was held at Brother's Football Club last year and what a day it was. We arrived at a private room, with the tables decorated in the Christmas theme. Scrumptious meal and gifts flowing everywhere. All the ladies enjoyed their early Christmas pressies and with hugs and a few tears we left 2025 behind us.

Our 1st meeting for 2026 was held the 1st Thursday in February but we vowed it was too long a break and plan to meet up earlier next year after the Christmas break.

As our health week activities had to be changed yet again, due to many circumstances we ventured out to Esk for a day of connecting with the locals at their 1st of the year Saturday markets, where the ladies got their exercise in by walking the grounds and their purchasing skills went into action as well, many loading the bus up with goodies, and then onto the Esk Trading Shop.

Amazing how many of us identified with the vintage things in there. Lunch was enjoyed at Nash Gallery. A beautiful home converted into rooms of dining. We were welcomed into our room where the young lady showed patience and respect to our different needs. An enjoyable time was had by all, with the sharing of some life stories and getting to know each other a little better over lunch.

After lunch we travelled by bus to Fernvale where we visited Barb's Kitchen, a great coffee shop and gift store for afternoon tea and a little bit more retail shopping. It was a lovely day out and the ladies are looking forward to their next bus trip away.



Christmas Lunch at Brothers Football Club



Members on the trip to Esk and Fernvale

LOTUS GROUP

Lotus group is now enjoying new venues for our meetings each month.

December was our Christmas Lunch at Room with Roses in the Brisbane Arcade, a really great place for Christmas Celebrations. 15 of our members were able to attend, we all enjoyed a 2 course Christmas Lunch. The Brisbane Arcade was beautifully decorated for Christmas, and we managed to get some photos there.

The February meeting was at H Café and Bar at Fortitude Valley Station. A very quiet café with lots of good food to choose from we were able to sit around and have a good talk about what, where we would like our next few luncheons to be, a few of our ladies are off enjoying holidays in various parts of the world, how exciting for them.

Some of our group will be going to Friendship Day.

The March meeting is going to be back at Room with Roses as everyone was so thrilled with the service, friendly staff and great food. With the private room we will be able to have a great chatter and enjoy the outing. There will be no meeting for Lotus in April as it falls over Easter.

2nd of May will see our group at the Charming Squire Grey St. South Brisbane, 6th June we will be at Betty's Burgers 123 Albert St. Brisbane.

If you would like to join us for a bite to eat and a chat with like-minded ladies we meet at 11.30am. Hope to see you there.



Lotus Group at the Christmas Lunch

MARYBOROUGH

The Maryborough War Widows celebrated the Christmas break up on our last meeting of November. We were honored by the presence of Mr & Mrs Santa Claus who add more gaiety to the occasion. We sang Christmas carols, played games like pass the parcel, danced to the music and participated in Secret Santa. Everyone enjoyed. We culminated the occasion with a scrumptious meal.



Maryborough Christmas Lunch

NEW FARM

We continue to meet at the Brunswick Hotel who are very good hosts. In February for our first meeting of 2026 we celebrated Veterans Health week with some chair exercises supervised by a very enthusiastic Exercise Physiologist. We had an excellent attendance of 28 war widows. We are in the process of planning our guest speakers for 2026 and look forward to meeting up and enjoying each others' company on the second Tuesday of each month.

REDCLIFFE

We started the Festive Season with a Christmas Lunch combined with the Redcliffe Legacy Laurel Club. Redcliffe RSL agreed to the use of our usual meeting place, the Point Restaurant, and provided an enjoyable Christmas meal. Santa popped in unexpectedly to wish all the ladies a Happy Christmas, and small gifts were circulated. Thank you to those who decorated the tables.

We took a break in January, then celebrated the New Year with a bbq at Suttons Beach by the sea on February 6th. The weather was perfect, the sea sparkled, the site was well chosen for shade, and the catered food, courtesy of the DVA Veterans Health Week grant, was delicious. A variety of exercise toys provided fun and exercise. Thank you to the organisers, and our two dedicated bbq cooks, Sue and Berny. We also had an exercise physiologist

and two other physios who encouraged members in fun games under the trees.



Redcliffe Christmas Lunch



Members at the VHW activity

ROCKHAMPTON

Hello everyone and welcome back for 2026. Hope you have all had a great Festive Season.

A number of our members enjoyed the Cockscomb Veterans Retreat Christmas Party at Cawarral on the 22nd November. They do look after us and we are lucky that they invite us to their festivities.

On the 9th of December we attended our Christmas party at the Hotel Regent. We had a great time and a lovely meal with the tables nicely decorated.

We had our first meeting for 2026 on the 10th February with 17 members, 3 apologies and 2 new Associate members joining our ranks. Welcome Gloria Barlow and Amanda Nalder.

We hold our meetings on the 2nd Tuesday of each month at 10am for a 10.15am start at the Frenchville Sports Club at 105 Clif-

ton Street, North Rockhampton. Come along and join us.

Regards
Jan McPherson

SOUTH EAST

Well hello 2026. It was so pleasing to meet up with so many of our group after the Christmas break which went from the November meeting to end of January. Most of our members were able to attend the Christmas Dinner organised at the Easts Leagues Club. We now look forward to many more happy meetings with mutual members and friends. It is so nice to look back and remember “the way it was” as well as discussing the ever-changing Artificial Intelligence technology and it helps heaps to find out that one is not alone in struggling to keep up with it, even laugh at some of it, and we must remember to keep laughing hard as it can be at times, so here’s to a great 2026 and take care.



South East monthly meeting



Christmas Lunch at the South East Leagues Club

SOUTH WEST

Hello Ladies,

I trust everyone had a restful break over the Christmas / New Year holidays spent with loved ones. And that you stayed healthy, safe and well.

As mentioned in the last Bulletin, our break up outing for the year in was in December. We travelled to the Gold Coast for a ‘Seafood Canal Cruise’. And what a great time we had. The scenery was great, the food delicious and the prawns were just so fresh as was the rest of the buffet foods. We had 16 ladies on this trip, and they were great company. The crew on board couldn’t do enough for us. If you haven’t already done this trip, I fully recommend it. A very restful day with great company and great weather.

Our first meeting for the year was held in February; it was so good to catch up with everyone again. Our attendance over the last few months has been steady at around 20- 25 ladies in attendance. Our first outing for this year is to be a ‘Mystery Tour’ at the end of February, seems like a good way to start the new year. We have many plans in the pipeline for this year with bus trips and lunches etc.

Due to the long break – our (very well attended) last meeting for the year was held in November where we self-catered our Christmas lunch with lots of laughter, raffle prizes and the usual good companionship. There isn’t a great deal to report. But we look forward the coming year.

Until next time, take care of each other.



On the Seafood Canal Cruise

TOOWOOMBA

I hope everyone has survived the heat that we have experienced, the past few weeks. For those up north who have received lots of rain, and perhaps flooding, we trust that things are improving.

Our meetings averaged an attendance of 10. We gained a new member, Di Smart to our branch, and at the end of last year, lost Joyce Atkinson. Two of our members attended her service which was lovely. They were presented with Joyce's War Widow's badges.

Some of our members were invited to have breakfast with the Mayor on the morning of the Carnival of Flowers parade. Unfortunately, it rained but it didn't stop the Parade! The Mayor opened the parade and the Army led it, with Mayor, Councillors and the Premier walking behind. It was a wonderful occasion.

On 19th October for Jessie Vasey Day, members enjoyed lunch at the City Golf Club. Legacy invited us to a morning tea at their new office in Newtown, they put on a lovely spread.

Mary Ann Wheatley attended the Field of Remembrance service at St Johns in Brisbane and took the crosses that members had given her, in memory of loved ones.

Members attended the service for Remembrance Day at the Mothers Memorial, it was a wonderful service. Our President, Robyne laid the wreath on behalf of our branch. Speakers for the service were the Padre and Bill Hill. A photo was taken of members with Trevor Watts, our State Member of Parliament. Our Christmas break up was held after our November's meeting and we gathered at the City Golf Club and it was well attended. It was decided to give tins of biscuits to members who can no longer attend the meetings and they were received

with thanks.

We held our first meeting of 2026 on 11th February and 9 members attended.

I trust that 2026 will be a good year for all War Widows in Queensland.



Toowoomba members with Trevor Watts



Christmas Lunch at the City Golf Club

TOWNSVILLE

Townsville War Widows hope everyone enjoyed their Christmas and New Year break and are back with their groups refreshed and ready for the year to come.

Just a friendly reminder about Friendship Day in May. It will be held in Townsville this year and our group is looking forward to meeting you all. We hope to see some new faces and familiar faces at our event.

Take care Wendy Goodman and the Executive.

WARWICK

Warwick War Widows held a morning tea & lunch at Club Warwick RSL on Thursday 5 February to mark DVA Health Week 2026 with funds secured through a DVA Health Week grant. A group of around 30 ladies and 3 men gathered, some members, some visitors and our wonderful guest speakers.

Deborah Wheeler spoke about the importance of staying connected in the community. Attending meeting for companionship, getting together for coffee, walking with a friend, being aware of other groups in the community and the importance of knowing about the many facilities at the local library.

Local OT Wendy Abbott, discussed with the importance of being assessed to help improve our mobility and health through appropriate use of aids like, hand rails, shower mats, tip kettles, ramps etc. New members who had no knowledge of this service were encouraged to speak with Wendy during the break.

Support Worker, Jessica Rheeder spoke about the NDIS system and how she helps her clients. One of her clients, Im, was keen to speak with the group and share some of the projects she and Jessica undertake on behalf of the local community i.e. volunteering at Saint Vinnies. A truly inspiring young woman.

Our final guest speaker was Robin Bragh who spoke on behalf of the McGowan Foundation. The aim of the Foundation is to provide cuddle beds to rural, remote and regional community hospitals, multi-purpose health facilities and aged care facilities. The beds enable people to stay close to their loved ones during palliative care and end-of-life moments. They also donate syringe drivers wher-

ever there is a need.

We would like to thank DVA and Queensland War Widows for the financial and ongoing support to our Warwick War Widows group.



Wendy Abbott addressing the Warwick Group



State President's visits to Sub Branches and Groups

Sue and Judy will be visiting the below groups throughout the year.

Please check with your group President/Coordinator for more details. Contact information can be found on page 6 of this edition.

GROUP	DATE
Bribie Island	2/07/2026
Brisbane North (Geebung)	19/05/2026
Brisbane West (Gaythorne)	13/04/2026
Bundaberg	8/09/2026
Caboolture	14/08/2026
Cairns	7/10/2026
Caloundra	9/02/2026
Gold Coast North (Southport)	24/03/2026
Gold Coast South (Currumbin)	3/08/2026
Gympie	4/09/2026
Hervey Bay	7/09/2026
Ingham	TBC
Ipswich	6/08/2026
Jessie Vasey Social Group	11/08/2026
Maroochydore	28/09/2026
Maryborough	17/03/2026
Nanango	4/03/2026
Redcliffe	7/08/2026
Redlands- AGM	20/03/2026
Rockhampton	12/05/2026
Sherwood	Sept/Oct- TBC
South East (Coorparoo)	19/06/2026
South West (Greenbank)	1/05/2026
Toowoomba	8/04/2026
Townsville	15/09/2026
Warwick	1/10/2026



VALE SHIRLEY MURPHY

Shirley was a long-time member of the Australian War Widows Qld and a much-loved member of the Maroochydore Sub Branch.

Shirley served on the Maroochydore committee for about 20 years, firstly in various capacities. In 2005, she was elected Vice President, and in 2009, she was elected President, a position she held for 8 years before finally retiring in 2017.

Shirley was an active member; once, she undertook to visit war widows at the Buderim Private Hospital. In the early days of the Sunshine Coast University, Shirley, along with other committee members, established the War Widows Bursary for a female student studying Nursing.



About 20 years ago, Shirley established regular bus trips with Lynn and Andrew of Mystic Mountain Tours. Initially, Shirley would organise overnight trips with Andrew for 3, 4 or 5 days. By all accounts, a lot of fun was had by all. While the overnight trips eventually stopped, Shirley continued the regular monthly bus trips for the members with Lynn and Andrew.

It was a sad day when Shirley said goodbye to her friends of many years in Maroochydore, but they understood her need to be closer to family and wished her well as she relocated to Toowoomba.

We remember Shirley for her work supporting war widows over many years. She will be missed by her many friends but not forgotten.

Goodbye, Shirley.



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

Shirley Baldwin - Durack

Joyce Kay - Burpengary East

Ailsa Byrnes - Keperra

Joan Lawson - Mt Crosby

Margaret Christensen - Mackay

Susan Madden - Gympie

Alma Gimm - Stanthorpe

Mabel Matthews - Bundaberg

*Barbara Glissan -
Surfers Paradise*

Margaret Olsen - Bundaberg

Delveen Pears - Silkstone

Barbara Hack - Burleigh Heads

Betty Peters - Westcourt

Daphne Hall - Nundah

Betty Poynter - Caboolture

Rita Hawkins - East Mackay

Norma Price - Grange

Marjorie Hillier - Caboolture

*Margaret Sondergeld -
Victoria Point*

Norma Holmes - Gold Coast

Betty Jacobsen - Newstead

Beverley Summers - Biloela

*Lillian Jensen-Holm -
Sippy Downs*

ANZAC DAY 2026

Each year on 25 April, Australians pause to honour the courage, sacrifice and enduring legacy of the men and women who have served our nation. ANZAC Day marks the anniversary of the landing of Australian and New Zealand troops at Gallipoli in 1915, a campaign that, while militarily costly, became a defining chapter in our national story.

The troops who landed at Gallipoli formed part of the Australian and New Zealand Army Corps, whose initials created the name “ANZAC.” What followed was eight months of fierce fighting in harsh and unforgiving conditions. More than 8,000 Australians lost their lives during the campaign. Though the mission ultimately ended in evacuation, the courage, mateship and resilience shown by those who served left an indelible mark on both nations.

Over time, ANZAC Day has grown to commemorate all Australians who have served in conflicts, peacekeeping missions and humanitarian operations. From the battlefields of the First and Second World Wars to Korea, Vietnam, the Middle East and beyond, generations of service personnel have answered the call to serve. We honour not only those who never returned, but also those who came home carrying the visible and invisible wounds of war.

For war widows and their families, ANZAC Day carries a deeply personal significance. It is a day of remembrance for beloved husbands and partners whose service shaped the course of family life. It is a day to reflect on shared sacrifice, the quiet strength shown on the home front, the resilience required to rebuild, and the enduring love that remains long after loss.

Across Australia and New Zealand, communities gather at dawn services, marches and commemorative ceremonies. The soft notes of the Last Post, the laying of wreaths, and the observance of a minute’s silence unite Australians in collective remembrance. Schools, community groups and veterans’ organisations continue to pass on the stories of service so that future generations understand the cost of the freedoms we enjoy today.

ANZAC Day is not only about history; it is about legacy. It reminds us of the values often associated with the ANZAC spirit, courage, endurance, loyalty and mateship. These qualities continue to inspire us in our daily lives and in our communities.

As we stand together this ANZAC Day, may we honour the fallen, support the living, and uphold the memory of those whose service will never be forgotten.

AWWQ will once again be participating in the ANZAC Day Parade in Brisbane. Members interested in marching please contact Head Office on (07) 3846 7706 for further details and to register your name. We look forward to commemorating ANZAC Day together.

Contact your local Returned Services League of Australia (RSL) for ANZAC Day service locations and times.



ANZAC DAY

LEST WE FORGET





Finalist 2025 Gallipoli Art prize

Alex JOBBAGY Sacrifice

The Gallipoli Art Prize is an Australian acquisitive art prize that celebrates the Gallipoli campaign of the First World War, awarded annually by the Gallipoli Memorial Club

This painting serves as a poignant visual statement against the chaos and devastation of war, highlighting the courage and ultimate sacrifice of humanity, while offering a glimmer of hope that peace will triumph over senseless destruction.

The scene unfolds across a vast panorama, where the ruins of war-torn buildings stretch under the tumultuous sky. The scorched earth transforms into an enormous chessboard, where only two kings stand upright while the pawns have been sacrificed. Blackened tree trunks rise from the ground, evoking the remnants of a once thriving forest, their bases resembling the bottoms of chess pieces, drawing an allegorical connection between the fallen trees and the heroes who gave their eyes.

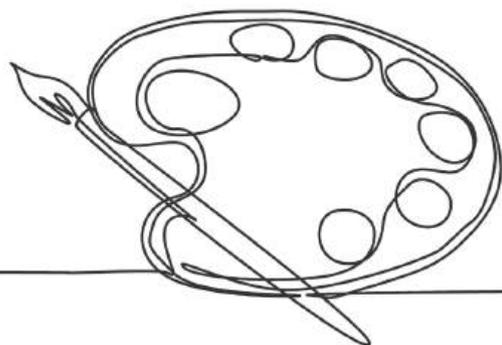
At the heart of the scene, an Australian Army slouch hat lies on the ground, a direct reference to the sacrifice of the Anzac soldiers in World War I. Red poppies bloom from the hat, symbolising life of remembrance, while an old photograph inside the hat serves as a tribute to these left behind.

Rendered in Surrealistic style-one born out of the horrors of Word War I- the painting invites reflection on the cost of conflict and enduring hope for peace.

About the artist Alex JOBBAGY

A local Melbourne artist, both formally and self-educated. My practice has always been deeply rooted in exploration of the social and political forces that shape our lives. From a young age, I have been drawn to the ways in which these forces impact the individuals struggle for survival and transcendence. I had my first solo exhibitions at the age of 13, a pivotal moment that sparked my ongoing pursuit of artistic expression.

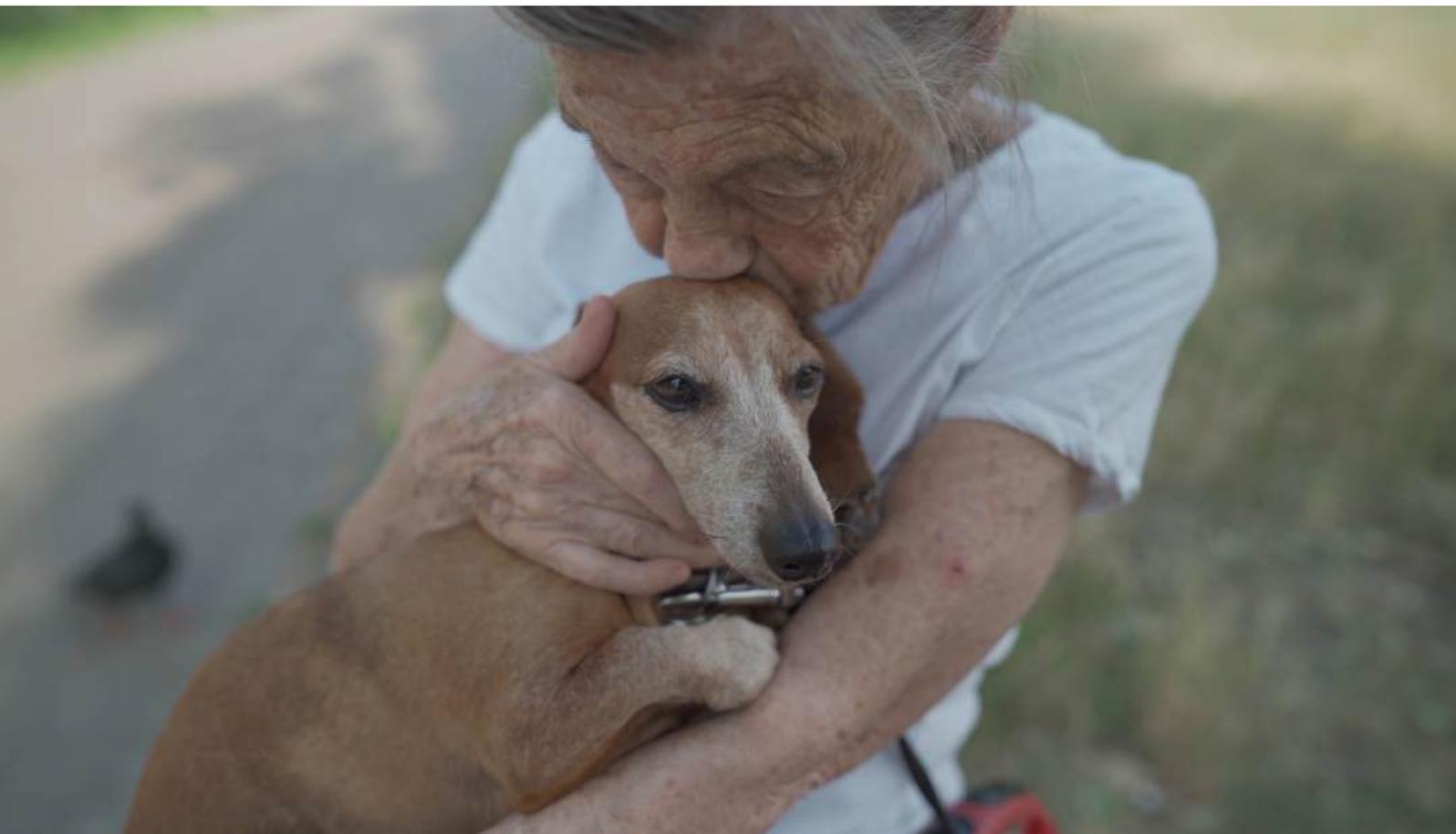
Inspired by the surrealist movement, my works blends surrealism and symbolism to offer a visual dialog between reality and the subconscious. I am continually experimenting with different mediums, yet my primary expression remain oil on canvas and ink on paper. These mediums allow me to create works that invite the viewers into strange, dreamlike worlds that challenge the conventional perceptions of space time and identity.



MEEDEN



EMBRACING THE HAPPINESS OF ADOPTING AN OLDER DOG



Let's talk about a subject close to many of our hearts: pets and, more specifically, the overlooked gems of older dogs.

Have you ever considered adding a mature furry friend to your life? If you haven't, you may be missing an incredible experience. According to a study in *The Gerontologist*, older adults who owned and walked dogs saw a lot of health benefits compared to older adults who did not own dogs or didn't take them on frequent walks. These dog owners saw a lower body mass index, had fewer doctor visits, and had increased social benefits.

This article explores some more reasons to seriously consider adopting an older dog:

Sharing the Golden Years Together

Like us, older dogs have lived a life and collected a few stories along the way. While we may not be as agile as in our 20s and 30s, we have wisdom and patience.

An older dog is the perfect companion for our stage in life. There's nothing quite like sharing the tranquility of a quiet afternoon or taking gentle strolls together.

What You See Is What You Get

Adopting an older dog can eliminate many of the surprises that come with a young pup. Your new companion's size, personality, and health status are known, allowing you to find the perfect fit for your life.

The charm of older dogs is their authenticity; their quirks and personality traits are well-developed and fully displayed.

Bypass the Puppy Stage

Remember the constant attention our children and grandchildren required when they were young? Well, puppies are no different.

Pups need extensive training, socialisation, and attention. On the other hand, older dogs have usually

mastered the basics and require less intense training. They're often already house-trained and know how to behave indoors, leaving you with more time to enjoy each other's company.

A Calmer Companionship

Older dogs typically have a more relaxed temperament than their younger counterparts. They're less likely to be bouncy or get into mischief when you're not looking.

They're content with a slower pace of life, which can be a perfect match for those of us who are considering or are retired and enjoying a more peaceful stage of life.

Give a Dog a Second Chance

Adopting an older dog is good for you and is an incredible act of kindness. Senior dogs are often overlooked in shelters and can wait a long time for their forever home.

Adopting an older dog gives them the love, security, and comfort they deserve in their twilight years

It's Good For Your Health!

Numerous studies have shown that owning a pet can help:

- Lower blood pressure
- Reduce stress
- Increase physical activity
- Help combat feelings of loneliness and depression

It keeps you active (even when you don't feel like it)

Owning a dog is a great way to exercise and meet other people while out and about. An older dog doesn't need to sprint when you take him for a walk, it's a leisurely walk – and is just what you need to stretch the legs and get a bit of exercise.

Whether it's walking around the block, or going to the beach or park for a walk, your new (older) best mate will proactively get you out and moving – which is not only great for your physical health but will do wonders for your mental health by being outside and getting fresh air.

It will allow you to be more social

Whilst the walks won't need to be as long or fast-paced, all dogs still need to be walked and love to be walked. And this is a great excuse to not only keep you active but to socialise with neighbours and fellow dog walkers that are out with their pooch. Better yet, it's the perfect excuse to join a dog club or frequent a dog park and get to know the other regulars.

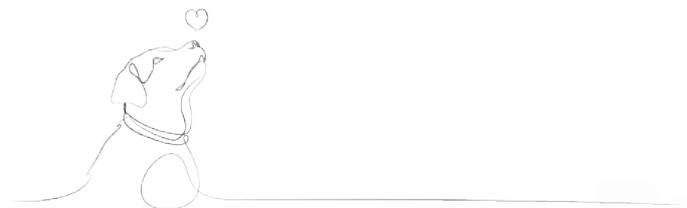
Even a simple wave and greeting across the road is could be just the acknowledgment, encouragement or positivity you need – or perhaps they need to which helps kick start both of your days.

Love Knows No Age

Age doesn't determine the love of a pet. Older dogs can form strong bonds and provide just as much affection, if not more, than puppies. They have a lifetime of love to give and will quickly become a cherished member of your family.

Adopting an older dog presents an opportunity to enrich your life in unexpected and beautiful ways. It might seem daunting, but we assure you that welcoming a four-legged companion to your home is a worthwhile cause for you both.

Article source: <https://www.60plusclub.com.au/pets/embracing-the-happiness-of-adopting-an-older-dog/>



EVERYDAY HABITS TO KEEP YOUR BRAIN SHARP

As we get older, staying mentally sharp is just as important as staying physically active. Cognitive decline isn't inevitable—research has shown that the brain continues to form new neural connections throughout life, a concept known as neuroplasticity.

The key to maintaining brain health lies in daily habits that challenge, nourish, and protect cognitive function. According to a 2020 study published in *The Lancet*, up to 40% of dementia cases could be delayed or prevented by addressing modifiable lifestyle factors such as diet, social engagement, and mental stimulation.

Here are ten proven strategies to help keep your mind sharp, engaged, and resilient after 60.

Stay Curious – Keep Learning Something New

Your brain thrives on novelty. Learning new skills or engaging in mentally stimulating activities strengthens neural pathways and helps delay cognitive decline.

The Science:

A 2014 study by the University of Texas at Dallas found that seniors who learned new and complex skills – such as quilting or digital photography – showed significant improvements in memory compared to those who engaged in passive activities like watching TV.

Challenge Your Mind with Puzzles and Games

Brain exercises such as crosswords, wordle, Sudoku, and chess enhance problem-solving skills and memory retention.

The Science:

A 2019 study in the journal *BMJ* found that adults who regularly engaged in puzzles and word games had better cognitive function equivalent to people 10 years younger.

Move Your Body, Move Your Mind

Exercise isn't just for physical health—it's crucial for brain function too.

The Science:

A Harvard Medical School study found that regular aerobic exercise increases the size of the hippocampus, the part of the brain responsible for memory. Exercise also reduces the risk of dementia by up to 30%.

Socialise and Stay Connected

Human interaction is a powerful cognitive booster. Conversations challenge memory recall, problem-solving, and emotional intelligence.

The Science:

A 2021 study published in *The Journal of Gerontology* found that socially active seniors had a 70% lower risk of cognitive decline compared to those who were socially isolated.

Eat Brain-Boosting Foods

A healthy diet fuels the brain just as much as the body.

The Science:

The MIND Diet, a blend of the Mediterranean and DASH diets, has been shown to reduce Alzheimer's risk by up to 53%, according to a study published in *Alzheimer's & Dementia* journal.

Get Plenty of Restful Sleep

A well-rested brain processes and stores information more efficiently.

The Science:

Research from the National Institute on Aging found that poor sleep can lead to memory issues and an increased risk of dementia.

Manage Stress Through Mindfulness and Relaxation

Chronic stress leads to inflammation and memory decline.

The Science:

A study in Psychosomatic Medicine found that mindfulness meditation can slow age-related cognitive decline and improve focus.

Listen to Music or Play an Instrument

Music stimulates multiple areas of the brain, enhancing memory and mood.

The Science:

A 2022 study in Frontiers in Aging Neuroscience found that seniors who played an instrument had stronger cognitive function than those who didn't.

Stay Positive and Keep a Growth Mindset

A positive attitude supports brain health and longevity.

The Science:

A Yale University study found that older adults with a positive outlook on aging lived an average of 7.5 years longer than those with a negative view.

Article Source: <https://www.60plusclub.com.au/memory/10-everyday-habits-to-keep-your-brain-sharp-after-60/>



CHRISTMAS LUNCH 2025











BETTY'S CURRIED RICE SALAD

INGREDIENTS:

- 3 Cups cold cooked rice
- 1 Diced apple
- 1 Red capsicum- diced
- 1/4 Cup oil
- 1/2 Cup sugar
- 1 Grated carrot
- 2 Sticks celery, chopped
- 1/3 Cup sultanas
- 1/2 Cup white vinegar
- 1 Dessert spoon curry powder (to taste)

METHOD:

1. In a small saucepan mix together oil, vinegar, sugar, curry powder and sultanas. Bring to boil, then simmer for 2-3 minutes until slightly thickened. Remove from heat and let cool slightly.
2. In a bowl combine rice, carrot, apple, celery and capsicum.
3. Pour the warm sauce over the rice mixture and stir to coat evenly
4. Chill in the fridge for 30 minutes (if desired), then serve as a refreshing side or light lunch



FRIENDSHIP DAY 2026 RSVP FORM

White Cross Service - Wednesday 27 May, 2:30pm - 4:30pm

Twin Cities Hotel, 14 Hervey Range Rd, Thuringowa Central

RSVP - 31 March 2026



Friendship Day Luncheon - Thursday 28 May, 11:00am - 2:30pm

Brothers Leagues Club, 14 Golf Links Drive, Kirwan - \$55 per person

RSVP - 30 April 2026

First Name		Last Name	
Member #		Branch/Group	
Home Phone		Mobile Phone	
Address			
Town/Suburb		Post Code	
Dietary Requirements			
Events attending	<input type="checkbox"/> Friendship Day only <input type="checkbox"/> Friendship Day & White Cross Service		
How will you make your payment?	<input type="checkbox"/> By cheque/mail order in the post to the postal address below <input type="checkbox"/> Credit Card by calling Lindy - 0478 398 931 <input type="checkbox"/> EFT to Australian War Widows Queensland BSB: 064 000 Account #: 1496 9480 Ref: "FD + Your membership number"		
Emergency contact	Name: Relationship: Phone:		

Contact to book and pay:

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

Contact Person for event details:

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

FRIENDSHIP DAY 2026

Members and friends are warmly invited to gather for two special occasions of reflection, connection and community in late May 2026.

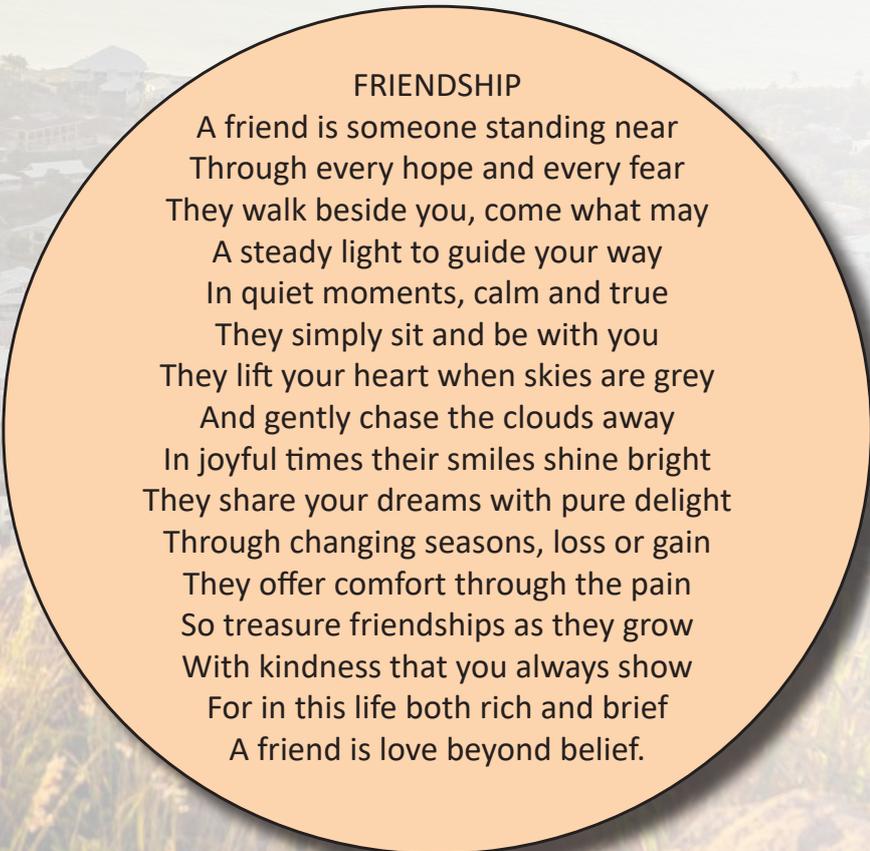
On Wednesday 27 May, the White Cross Service will be held from 2.30pm to 4.30pm at the Twin Cities Hotel. A courtesy bus will depart the Townsville RSL at 2.00pm, ensuring guests arrive in time for the 2.30pm service. This meaningful afternoon provides an opportunity to come together in remembrance and support, followed by a relaxed afternoon tea where attendees can share conversation and companionship. At the conclusion of the event, the courtesy bus will return guests to the Townsville RSL, departing Twin Cities at 4.30pm.

The following day, Thursday 28 May, members are invited to continue the spirit of fellowship at the annual Friendship Day Lunch, held from 11.00am to 2.30pm at the Brothers Leagues Club. A courtesy

bus will again be available, leaving the Townsville RSL at 10.30am to transport guests to the venue in comfort and ease. This much-loved gathering offers a wonderful opportunity to reconnect with friends, strengthen bonds, and enjoy a delightful lunch together in a welcoming setting.

For those wishing to have a commemorative disc engraved, please forward the required information via email to awwtownsville@warwidowsqld.org.au. To ensure every disc can be prepared in time, it is essential that all details provided are accurate and submitted as early as possible.

We look forward to sharing these special occasions with you and appreciate your assistance in helping make both events memorable and meaningful for all.



FRIENDSHIP

A friend is someone standing near
Through every hope and every fear
They walk beside you, come what may
A steady light to guide your way
In quiet moments, calm and true
They simply sit and be with you
They lift your heart when skies are grey
And gently chase the clouds away
In joyful times their smiles shine bright
They share your dreams with pure delight
Through changing seasons, loss or gain
They offer comfort through the pain
So treasure friendships as they grow
With kindness that you always show
For in this life both rich and brief
A friend is love beyond belief.

MAY 27TH

White Cross Service
Twin Cities Hotel
2:30pm - 4:30pm
Courtesy Bus from Townsville RSL

MAY 28th

Friendship Day Lunch
Brothers Leagues Club
11:00am - 2:30pm
Courtesy Bus from Townsville RSL
\$55 per person
Luncheon capacity 150 people

2026/2027 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?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, how much?	\$
Do you require a receipt?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, which type?	<input type="checkbox"/> Postal receipt <input type="checkbox"/> 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?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please let us know your new details:	
Has your emergency contact/NOK changed in the past year?	<input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, please let us know the new details:	

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

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

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

BOARD NOMINATION FORM

Each nomination is to be signed by a nominator and a seconder who are financial members of AWWQ. An emphasis will be placed on what the nominee can contribute by way of skills and knowledge to the board, so please consider this in your nominations. There must be two nominators for each nominee.

NOMINATIONS CLOSE 4PM ON FRIDAY 22ND MAY 2026.

NOMINATOR

I (NAME) _____

Member Number _____

and **SECONDER**

I (NAME) _____

Member Number _____

being financial members of Australian War Widows Queensland, nominate and second:

NOMINEE

(NAME)

Member Number _____

for the position of War Widow Director

I, _____, accept nomination for the position above. I declare that I am a financial member of Australian War Widows Queensland and am not ineligible to be a director under the Corporations Act 2001 (Cth) or the Australian Charities and Not-for-profit Commission Act 2012 (Cth)

Signature of Nominated Member

Date

Nominator's Signature

Date

Secunder's Signature

Date



Full Name	Membership Number
Why would you like to become a Director of AWWQ?	
Please provide a short bio to represent yourself for this position. Attach a separate sheet if needed.	
Board members require a range of skills including effective communication, ability to read and understand financial statements, basic computer skills, ability to communicate constructively and to contribute positively to the sustainability of AWWQ. The Board undertakes from time to time ongoing education to enhance their skills. Please provide a short overview of the skills you bring to AWWQ. Attach a separate sheet if needed.	

By signing below, I declare that my submission is true to the best of my knowledge. I also declare that I know of no reason which would disqualify me from being a Director and able to apply for the required Director Identification number through ASIC. I declare that I have read and understand the AWWQ Privacy Policy available on www.warwidowsqld.org.au or in the AWWQ Handbook.

Signature	Date
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50 HEALTHY HABITS TO START TRANSFORMING YOUR LIFE TODAY

1. Begin each morning with a glass of water as the body is naturally dehydrated after hours of sleep; it will help the body with hydration throughout the day
2. Move your body for 30 minutes daily to keep your body strong; we take our bodies with us wherever we go. Movement also releases the happy hormones called endorphins
3. Stretch when you wake up to get your muscles and blood flow going
4. Prioritize 7–9 hours of sleep — sleep is a physiological process that is crucial to our immune system and mental health
5. Fuel yourself with protein and fibre
6. Reduce sugar intake
7. Take slow, deep breaths when you feel stressed — anxiety often makes our breathing shallow
8. Stand up every hour — movement is medicine
9. Swap soda for water — small swaps create big wins. Even soda water is a dental health risk as the carbonation is acidic that erodes tooth enamel over time
10. Take the stairs — build strength step by step
11. Get sunlight daily — soak in natural energy. This will also help with your sleep
12. Protect your skin by using a hat and wearing long sleeve shirts and avoid being in the sun when the UV rays are at their strongest, usually between 11am–3pm
13. Don't skip meals — your body deserves consistency
14. Stay hydrated — clarity starts within
15. Eat colourful fruits and vegetables to ensure you are nourishing your body with a variety of vitamins and nutrients
16. Cook more meals at home or have nutritious home meals delivered
17. Limit processed foods — choose real, whole foods
18. Eat slowly and mindfully
19. Avoid excessive caffeine after noon to protect your sleep
20. Keep healthy snacks handy
21. Prioritize your mental health — it matters
22. Use a to-do list to turn chaos into clarity
23. Keep your phone out of the bedroom to protect your peace
24. Practice deep breathing daily, being calm is a skill
25. Focus on one task at a time — excellence lives in focus
26. Set healthy boundaries, we all have limited time
27. Start each day with a positive affirmation
28. Practice daily gratitude
29. Write down your thoughts to clear one's mental space
30. Meditate for five minutes, stillness builds strength
31. Reflect on your goals and how you are going to achieve them
32. Track your habits, it is motivating to see one's progress
33. Focus on progress, not perfection
34. Avoid multitasking
35. Unsubscribe from what drains you to protect your energy
36. Spend time with loved ones, connection fuels joy
37. Practice kindness — it always comes back around
38. Listen actively to make people feel seen
39. Volunteer, one grows from these experiences
40. Surround yourself with uplifting people, their energy is contagious
41. Learn to say "no"
42. Take social media breaks
43. Laugh more, joy is healing
44. Smile often as positivity spreads
45. Do something that makes you happy every single day
46. Plan your day the night before so you can wake up with purpose
47. Take breaks to avoid burnout
48. Try a new hobby
49. Spend time outdoors to let nature restore the soul
50. Keep your space clean — clarity outside, clarity inside

ACROSS

- 1. Gaiter
- 5. Took a seat
- 8. U.S. State
- 12. Wax
- 13. Reverential fear
- 14. Open country of S Africa
- 15. Related
- 16. An explosive
- 17. A Great Lake
- 18. Miserly
- 20. Unbolt
- 21. Eagles nests
- 24. Damn
- 27. Handwoven Scandinavian rug
- 28. Cot
- 31. Military detachment
- 32. New Guinea seaport
- 33. Vended
- 34. Beep horn
- 35. Obtain
- 36. Lapwing
- 37. Required
- 39. Hidden
- 43. Proverbs
- 47. Sewing case
- 48. Make lace
- 50. Bull
- 51. Foot part
- 52. Small truck
- 53. Therefore
- 54. Single items
- 55. - Kelly
- 56. Writing table

DOWN

- 1. Confidence trick
- 2. Small dog
- 3. Opera solo
- 4. Most taut
- 5. Woodland deity
- 6. Grain beard
- 7. 9th letter of the Hebrew alphabet
- 8. Baking chamber
- 9. Medicinal plant
- 10. Hip bones
- 11. River in central Europe
- 19. Soap ingredient
- 20. America (Abbr)
- 22. Angry
- 23. Optic organ
- 24. Young bear
- 25. Prefix, one

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19				20				
			21			22	23					
24	25	26			27				28	29	30	
31					32				33			
34				35				36				
				37			38					
39	40	41	42				43			44	45	46
47					48	49			50			
51					52				53			
54					55				56			

Solutions on page 4

- 26. Tear
- 28. Bend
- 29. Biblical high priest
- 30. Once common, now banned, insecticide
- 32. Sheltered side
- 33. Calmed
- 35. Wildebeest
- 36. Prefix, foot
- 38. Outmoded
- 39. Mexican currency
- 40. English college
- 41. Govern
- 42. Ceases living
- 44. Pierce with horn
- 45. Work units
- 46. Cry-baby
- 48. Large barrel
- 49. Dined

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

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

Solutions on page 4



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/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