

BULLETIN

AUSTRALIAN WAR WIDOWS



QUEENSLAND

WINTER 2026

In this issue:

- ANZAC Day 2026
- Board Voting
- Field Of Remembrance
- My Aged Care Changes



WINTER 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

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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	ambpnhmepi@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	455 \ bcwd.qld@dva.gov.au
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

Judita Alce- Ingham	Pamela Elkington – South Nanango	Judith Millican- Nanango
Gloria Barlow – Park Avenue	Jan English – Nanango	Isabella Moncriffe- Kingaroy
Kerry Bond- Thornlands	Judith Forster- Nanango	Amanda Nalder – Norman Gardens
Sharlene Boyling- Raceview	Marilyn Fox- Kingaroy	Shirley Newell- Cawarral
Shan Brown- Brassall	Aurora Franghis- Nanango	Evelyn Reynolds- Nanango
Millie Browne- Nanango	Annette Fry- Caloundra	Celine Richardson- Nanango
Margaret Burrowes – Golden Beach	Robyn Gurney- Nanango	Sue Stevens- Annandale
Deidre Burton – Trinity Beach	Barbara Hare- Boondall	Margaret Suthers – East Ipswich
Candy Clegg- Nanango	Marion Humphrys- Gympie	Daphne Tootell- Kingaroy
Daun Clapperton- Tarong	Rhonda Kirchner- Durack	Edith White- Nanango
Judith Donald- Kingaroy	Rhonda Knight- Runcorn	Marion Windsor – Maryborough
Denise Durnford- Condon	Glennys Lloyd- Maidenwell	
	Carolyn McKinnon- Boondall	

STATE PRESIDENT REPORT



Welcome to the winter edition of the Bulletin — the autumn weather is most appreciated.

April was once again a busy time for many of us involved in ANZAC Day activities and services. Thank you to all those who helped sell badges and participated in the many me-

memorial services held throughout Queensland. Your AWWQ Board was well represented in Brisbane, with directors and me attending numerous services at the Brisbane Shrine of Remembrance and in local areas. Thank you also to the small but dedicated group of members who braved the weather and took part in the Brisbane ANZAC Day Parade.

Rachel and I had the privilege of attending the NSW Family of Veterans 2026 ANZAC Field of Remembrance at St Andrew's Cathedral in Sydney on 23 April. I was honoured to be invited to lay a cross on behalf of AWWQ members, and we were made very welcome by the NSW members.

In March, I accepted an invitation to visit a group of ladies at the Nanango RSL. Some were already AWWQ members who live in the region but are a distance from a current group. After explaining the benefits of AWWQ membership, those who were not yet members completed application forms, and it was unanimously decided to form the Nanango War Widows Social Group. I look forward to working with this group and welcome them to our activities.

Sue and I continue to visit groups across the state. On some occasions, Sue has visited on her own while I attended to some other unexpected responsibilities. Thank you, as always, for the warm welcome extended to us, and we look forward to catching up with the groups we have yet to visit.

As you read this Bulletin, those who attended the Townsville White Cross Service and Friendship Day will no doubt still be talking about the wonderful time shared by all. Thank you to Wendy and her

team of dedicated helpers for organising such a successful event.

This year, the AGM will be combined with the AWWQ Christmas Luncheon at Brisbane City Hall on 30 November 2026. We adopted this approach during the COVID-19 disruptions, and it worked well at the time. Although we later resumed holding the AGM in August, attendance has since declined, and with an additional event scheduled in October, the Board felt it was appropriate to combine these two events again.

Following the response to the 2025 AWWQ Field of Remembrance, the Board has made this an annual event. This year, the Field of Remembrance will again be held at St John's Cathedral, Brisbane, on Monday, 19 October. This is a significant and meaningful day, as we celebrate the birthday of our founder, Jessie Vasey, and, side by side, remember and honour our loved ones through our personal tributes.

This Bulletin also contains information on Board nominations. It is your Board, elected to represent you and make decisions on your behalf. Thank you to the members who have nominated for these roles. Please read the How to Vote information carefully and make your vote count.

Take care, stay well, and keep warm.

Judy

EXECUTIVE OFFICER REPORT



Dear AWWQ Members,

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

renewed, a copy of the membership renewal form is included once again in this edition of the Bulletin.

You may recall that nomination forms for Board Director positions were circulated in the Autumn Bulletin. I'm pleased to share that we received three nominations for the two available Board positions — Debbie Baczyk, Vikki Harradine and Wendy Goodman (Townsville). Judy Smith has also been nominated for the position of State President. I encourage all members to take part in the voting process. Voting papers and nominee details can be found on page 33. Please note that voting closes at on Monday 20 July at 4pm.

In May, we celebrated National Volunteer Week, and it is only fitting that we acknowledge the incredible efforts of our Board Directors, Sub Branch Presidents and Group Coordinators who generously give their time and energy to support fellow members. Their contribution truly exemplifies the spirit of AWWQ, we are grateful for their leadership and dedication.

Our Friendship Day, held on 28 May in Townsville, was a huge success with more than 100 attendees enjoying a wonderful day of friendship and connection. Special thanks to Wendy Goodman and the Townsville Executive for organising such a fantastic event and ensuring everyone felt so warmly welcomed. Events like this remind us of the strength and connection within our community.

Looking ahead, our Field of Remembrance service will be held on 19 October 2026 at St John's Cathedral, Brisbane. This special event will form part of our annual Queensland War Widows Day commemorations. The Field of Remembrance offers a meaningful opportunity to honour and remember the service and sacrifice of our late husbands and all those who have served. We look forward to welcoming members and guests to what promises to be a moving and respectful occasion. More information, including how to RSVP, can be found on page 5.

As the financial year wrapped up in March, our annual audit process has been completed. Please note that the AWWQ Annual General Meeting and Christmas Party will now be held as a joint event on 30 November. Further details, including venue information and booking arrangements, will be provided shortly.

Wishing you all warmth and wellness this winter.
Rachel Johnson
Executive Officer

NEWS & REMINDERS

2026/2027 MEMBERSHIP RENEWALS

Annual membership fees were due on 31 March 2026. If you have not yet made payment, please complete the renewal form on page 31 of this Bulletin. If you are unsure whether your membership has been renewed, please contact Head Office on (07) 3846 7706.

UNFINANCIAL LETTERS

We will soon be sending a friendly reminder by mail to members with outstanding membership fees. We understand that oversights can happen, and these letters are simply intended as a courteous reminder for those who may not yet have had the opportunity to make payment.

BOARD NOMINATIONS

We have received three nominations for the two War Widow Director positions. Members are invited to review the candidate information and cast their vote accordingly. Please see page 33 of this bulletin for voting instructions and details on how to submit your vote.

FIELD OF REMEMBRANCE

This year, we will once again hold the Field of Remembrance service at St John's Cathedral. The service will take place on 19 October, which marks both War Widows' Day and, fittingly, Jessie Vasey's birthday. Please see page 5 of this edition for further details

XMAS LUNCH & AGM

Due to upcoming constitutional changes requiring additional time to finalise, along with a decline in AGM attendance in recent years, this year's AGM will be combined with the Christmas Lunch on 30 November 2026. We appreciate your understanding and look forward to celebrating together.

NEW SOCIAL GROUPS

Members are advised that two new social groups have been established — the Nanango Social Group and the Jessie Vasey Social Group at New Farm. We encourage members in these areas to get involved and support these new groups. Meeting details are available in the directory on page 6 of this bulletin.

JESSIE VASEY STATUE

We are delighted to announce that the Jessie Vasey Statue will be installed at the Mothers' Memorial Gardens in Toowoomba, following formal approval from Toowoomba Regional Council.

This is a significant milestone and a lasting tribute to Jessie Vasey, founder of the War Widows' Guild of Australia in 1947. Her dedication to supporting war widows created a legacy of care, connection, and advocacy that continues today through Australian War Widows Queensland (AWWQ).

The Mothers' Memorial Gardens are a fitting location for this tribute. Further information regarding the official unveiling event will be advised in upcoming Bulletins.

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

Elaine Burgess - Gordonvale

Maria Cherry - Innisfail

*Pamela Green -
New Farm*

Beryl Luttrell - Carseldine

Susan Munro - Halifax

Jill Phillips - Ashgrove

Grace Potter - Chermisde

*Angelina Redman -
Collinsville*

Beverley Resor - Scarborough

Cheryl Webb - Bracken Ridge

*Barbara (Joan) Westbury -
Upper Coomera*

Leah Wilson - Buderim



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, 19 OCTOBER 2026

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

TO MAKE A BOOKING FOR THE EVENT CONTACT
RACHEL@WARWIDOWSQLD.ORG.AU OR PHONE
07 3846 7706 BY 12 OCTOBER 2026



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: Melva Boese 0408 782 813 E: Slimbo738@bigpond.com Assistant: Margaret Theobald 0419 671 305
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
JESSIE VASEY SOCIAL GROUP	2nd TUESDAY 10:00am Marina Court, 227 Moray Street, New Farm, QLD, 4005 Acting Coordinator: Judy Smith 0419 725 292 E: judy@warwidowsqld.org.au Treasurer: Gillian Burdett 0438 825 756 E: gillburd@hotmail.com
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 11:00am Brunswick Hotel, New Farm, QLD, 4005 Convenor: Jenny Gregory 0411 512 310 E: Jenny2gregory@hotmail.com
NANANGO	1st Wednesday (excluding January) 11:00am Nanago Services Club, 24-26 Henry Street, Nanango, QLD, 4615 Coordinator: Jan English 0408 789 521 E: janblud26@gmail.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: Judy Harvey 0404 759 289
REDLANDS	Last FRIDAY 10:00am Redlands RSL, 8 Passage St, Cleveland, QLD, 4163 President: Jennifer Cockroft 0417 795 567 E: jennifer.cockroft@hotmail.com Secretary & Treasurer: Shree Rogers 0416 062 115
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 NORTH

Brisbane North are still having 25-30 members per meeting.

March we had two new members join our group. The morning was spent catching up and enjoying lunch together.

April we had Aison Cowan an OT speak to the ladies about appliances which could make things easier to continue living at home.

A representative from Country Care Group came with her where Allison was able to show to the members many items of help in their everyday living. A very informative morning was held by all.

Anzac day was celebrated with wreath laying at Geebung RSL-Club. Josh and Ben Fridolf laid the wreath at the Dawn service on my behalf for AWWQ. I laid a wreath at Zillmere after the march. The local schools were well represented as usual.

A very delightful evening was put on by my daughter Sharyn Merrin showcasing her Anzac Day display. It was amazing and she shared it with some members from Marina Court. We were taken there by Paul in our Van, a lovely supper was enjoyed by all and everyone had a great time.

May has come with a celebration for Mother's Day with a High Tea. A delightful morning was had by all, with delicious food and a room decorated in pink and white.

We are looking forward to sharing with our sister group Gaythorne Christmas in July.

The highlight coming up is our trip to Townsville. There will be eight of us attending, we will all be travelling by plane.



ANZAC Display put on by Sharyn Merrin, daughter of Denise Fridolf OAM

BRISBANE WEST

Our ladies are generally keeping well and we are averaging 32 in attendance at our meetings.

On the 20th March, a group of us enjoyed lunch at the The Gibson at Stafford. We had a lovely time, and it was good to catch up.

We welcomed our State President, Judy Smith and Wellbeing Manager, Sue Hilditch to our April meeting. Judy spoke of events coming up for War Widows and Sue spoke of the benefits of sleep.

For Anzac Day, Jean Hoffman and Narelle Stanton and other members of our group attended the Gaythorne RSL Dawn Service. There was a very large attendance at the service this year, especially school children, which was pleasing to see. Thankfully, the rain had passed and we did not get wet. Other ladies of our group attended various Anzac Day memorials and also the Anzac Day march in Brisbane.

Congratulations must go to

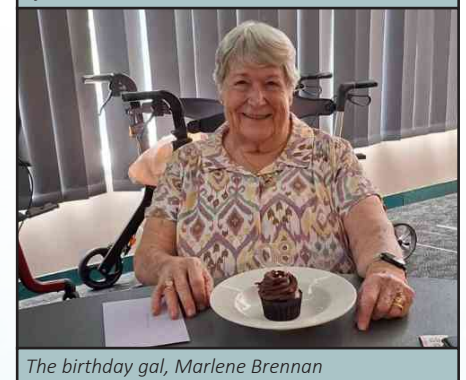
our member, Helen Jones, on receiving an award for 41 years of service to the Gaythorne RSL Women's Auxiliary. This is an outstanding and well-deserved award to Helen. Helen attends our meetings every month, selling the raffle tickets and is an integral part of our group.

Coming up, a group of us are looking forward to attending Friendship Day at Townsville. Also, we are looking forward to a shopping trip to Harbour Town in June.

Congratulations to Marlene Brennan who turned 80 in April. Marlene is a long time member and with her sunny nature and infectious smile, we are proud to have her in our group. Best wishes to all.



Helen Jones receiving her award for 41 years of service



The birthday gal, Marlene Brennan

CAIRNS

Hello from sunny and now very cool Cairns. The rain has gone away at the moment, finally, thank goodness, and we are enjoying perfect weather.

The dawn service for ANZAC

Day at the Cenotaph in front of the RSL on the Esplanade, Cairns, was packed. I laid a wreath on behalf of all War Widows at this service. The number of people attending the Dawn Service seems to be increasing every year.

Our April meeting and morning tea was filled with lots of laughter as we completed a few different Easter activities especially organised by Donata for us.

Our May meeting and morning tea was a big craft day of making flowers posies for Mothers' Day for ourselves, or for something special in our life. This was lots of fun too.

Unfortunately, we lost another one of our very active members Elaine Burgess. We will all miss her, and her beautiful smile, especially Fay who brought her special friend Elaine to our meetings. Our thoughts are also with her family at this time.

Donata, Lyn and Christine are looking forward to Friendship Day in Townsville next week as we have never been to Friendship Day before.

Lyn Bennett
Co-Ordinator



Cairns group members

CALOUNDRA

How the year has flown, we are nearly halfway through already. Our group has been meeting each month with 12 to 14 members at-

tending in a relaxed friendly happy atmosphere.

Our group is organising events for the next few months. Our bus trip will be to Bribie Island for sightseeing and lunch at the Sandstone Point Hotel. We are inviting an Occupational Therapist to help with any needs that our members may require to make their life more manageable in the home. Also attending the Neil Diamond tribute lunch at the Caloundra RSL. There is a lot to look forward to in the coming months, so come along and enjoy the company of our members and guests.

Annette Fry and Taeko Weatherstone laid a wreath on behalf of War Widows in the Bob McInnes Memorial Gardens at the Caloundra RSL on Anzac Day.

Exciting times ahead with cheerful, welcoming members.

We meet the second Monday of the month all members welcome. We would like to see some new members come and join us. Membership is open to War Widows and associates.

For those unwell our thoughts are with you.

Look after each other.
Ann Stephenson OAM
Co-Ordinator.

GOLD COAST SOUTH

Hello from Gold Coast South. Can you believe that it is June already! We have had a busy start to the year with well attended meetings and lots of lovely conversations.

ANZAC Day was once again a day to remember culminating with a lovely lunch at Currumbin RSL. It was amazing to see how many young people gathered downstairs for the two up! We watched from upstairs as the crowd gathered.

Last month, members enjoyed a delightful bus trip to beautiful Byron Bay, where we had the

opportunity to travel on the solar train. The journey was thoroughly enjoyed by all, with the train's nostalgic character and old-world charm. .

For Mother's Day we enjoyed a beautiful high tea at our Secretary Rosemarys home. The food was second to none and our ladies were chauffeured by Sandra so fun was had by all.

Friendship Day is almost here and we look forward to catching up with everyone in Townsville.

Bye for now.

Debbie GC South



Gold Coast ladies visiting Byron Bay

GYMPIE

I hope everyone is enjoying the slightly cooler weather we are having. We have three new members making us a group of about 22.

I laid a wreath at the Dawn Service on Anzac Day and thankfully it did not rain until after the service finished.

At our meeting in May we celebrated three of our members who are turning 70 this year. Thank you to Jill who made a sponge cake and to my surprise a very delicious ginger cake for me, my birthday cake as a child was always a ginger cake so great choice by Jill.

We are fortunate to be included in functions for both the RSL

and the Vietnam Veterans. A few of us are on a bus trip to Kenilworth with the Vietnam Veterans and each month a lady's day out with the RSL.

Seven of us are heading to Townsville for Friendship Day and all are looking forward to catching up with old friends.

All take care and stay warm through the winter months.
Maureen



Chris, Glenda and Maureen enjoying birthday cake

IPSWICH

North Ipswich Railway Subbranch put on a morning tea with a guest speaker for us. We had 19 people attend and it was a very informative morning. The interaction with the guest speaker & our ladies was great, & showed they were interested in what information was being put out there.

We are very lucky that every month we are supplied a wonderful morning tea compliments of our RSL. Very much appreciated by us. We have also started a craft group

and are happy with how that is going.

Susan showed the ladies how to make Easter egg baskets as it was the day before Good Friday. Cheers Bron



Ipswich Craft Group



Enjoying the Mother's Day outing

JESSIE VASEY SOCIAL GROUP

The Jessie Vasey Social Group got off to a great start with its first meeting in March 2026. The group currently includes Marina Court residents and looks forward to welcoming additional members as it continues to grow.

Meetings are held at 10.00 am on the second Tuesday of each month in the Marina Court Garden. Members are asked to bring a plate to share for morning tea, and there is always the mandatory raffle.

Guest speakers are still being organised, but at the May meeting, members heard from Ryan Foster of Cycling without Age, a charity that provides a community service by connecting those no longer able to ride for themselves, offering free rides piloted by volunteer cyclists. Hopefully, we will see some of our members cycling

around New Farm Park or even further.

Recently, Marina Court residents celebrated Mother's Day with a relaxing Breakfast BBQ. A big thank you to Brian for a great job on the grill!!!

Watch this space for future activities.



The PNG Iarrikins at the Mother's Day Breakfast



Mollie Jean Hunt with volunteers from Cycling Without Age

LOTUS GROUP

Our Lotus group have had some great lunches, In March we dined at Room with Roses, April Was Easter no meeting, May at The Charming Squire. Moving forward we are going to:

- June 6- Betty Burgers
- July 4, H Cafe & Bar;
- August 1, Emporium Restaurant;
- September 5, Ahmets Turkish Restaurant;
- October 3, Tai Tai Restaurant;
- November 7, Baba Ganouj Lebanese Restaurant.
- December 5, Room with Roses for our Christmas Lunch.

These dates and places will be emailed to all that attend, with

some ladies who have only land-lines they will receive them in the mail.

It would be lovely if more ladies could join us, we enjoy a good lunch with lots of chatter and keeping up to date with all that attend.

MAROOCHYDORE

Greetings from Maroochydore Social Group. We have had some great guest speakers for the year so far. We started with a yoga and mindfulness teacher followed by Clinton Borger from QLD Ambulance who was very informative.

In May we had Robi O'Keeffe who spent 6 years caretaking a lighthouse with her husband, so she spoke on life in a lighthouse. Definitely not a lifestyle for those that enjoy the easy ways of the modern life.

On April Fools Day of all days, 16 ladies enjoyed a Mooloolaba canal cruise followed by lunch at a hotel on the wharf.

We lost one of our stalwarts, Leah Wilson at the beginning of the year. Leah attended all of our meetings until the last couple of years, when ill health prevented her. Her family have donated some books and a limited edition map of the Burma Railway which belonged to her late husband. These have been donated to Maroochydore RSL Museum. Another member, Barbara O'Bree celebrated her 90th birthday. Congratulations to her.

In July 16 of us will be partaking in Xmas in July at Caloundra RSL. Looking forward to that event.

Until next time take care and look after each other. Sending good wishes to all the ladies feeling under the weather and in hospital.



Glynis Burns and Barbara O'Bree celebrating Barbara's 90th



Front to Back: Pamela Drabsch, Nita Tupper, Di Cooper, Ann Shaw, Roslyn Eley

NEW FARM

The New Farm Social Group now only meets for lunch and to enjoy each other's company on the second Tuesday of each month at The Brunswick Hotel.

Our April lunch was well attended and most enjoyable and we had a lot of laughs and some interesting conversations.

Some ladies travel quite a distance to be with us and the new 11am meeting time and lunch only seems to really suit everyone.

All are welcome to join our happy group.

REDCLIFFE

Our March meeting featured an interesting talk by local community member Koliana Winchester. Koliana is the former Council representative for this area of Moreton Bay Council, as well as holding various civil positions here. She spoke of her childhood in Tonga, her family, and her very interesting life. Many of our members enjoyed the opportunity to renew

their contact with Koliana over morning tea.

In April, we enjoyed a special morning tea of Anzac Biscuits in honour of Anzac Day. Our Speaker was Wendy Griggs, Secretary of the Council of Ex-Servicewomen's Association, Qld. Wendy shared very interesting information on the history of women nurses who served and continue to serve with our all three of our military services. Wendy used a power-point presentation to highlight various nurses who served in Vietnam and other conflicts since. This included nurses who served overseas with the Red Cross. Thank you Wendy for a well-prepared and informative talk and presentation.

Our members honoured Anzac Day with a Poppy Service at the Redcliffe Cemetery and attending the two services, at Dawn and mid-morning. Unfortunately, the weather was not cooperative and Judy arrived home very wet after laying our wreath. We were also represented at the Clontarf High School Anzac Service the previous day.

Due to our being required by the Redcliffe RSL to change our meeting date, our May meeting has been put off until 26th and will be reported in the next Bulletin.



Koliana with some of the Redcliffe members

ROCKHAMPTON

In March our Treasurer, Gloria Lynch, and Vice President, Gay Collison were guests at a Black Tie Gala Ball in Yeppoon representing Rockhampton War Widows. The event was to raise funds for

Yeppoon RSL to purchase a special needs bus to transport local veterans and war widows to medical appointments etc. Three of our members crocheted 370 tiny poppies for guests to wear. The target of \$100,000 was raised.

We are having 15 to 20 members attending our monthly meetings.

Three members, Jenny Ireland, Gay Collison and Jan McPherson attended the Dawn Service in Rockhampton and laid wreaths for War Widows while two members, Ruth Russell and Helen Russell attended the Dawn Service at The Caves and laid the wreaths for War Widows there. I think there are more people attending this service each year. We then attended the luncheon at the Frenchville Sports Club.

At our May meeting we were lucky to have Judy Smith, State President and Sue Hilditch, Well-being Program Manager, in attendance for our AGM. Thank you both for attending and advising us on what is happening and what is available for us.

We have 5 members looking forward to attending the White Cross Service and Friendship Day lunch in Townsville next week. Until next time stay safe.

SOUTH EAST

Our South East monthly meetings of February, March and April passed by with two of our members making quick visits to hospital and many more celebrating Birthdays. Then April and ANZAC DAY with each member having their own way of remembering the fallen. May brought along Mother's Day, a busy time for many. This year our May meeting became a High Tea Lunch at the Keri Craig Emporium in the City where we spent a memorable hour being waited on lavishly by

the friendly and efficient staff.

Friendship Day will be the highlight of the year for those travelling North and those who are unable to be there will look forward to reading about it in the Bulletin.



High Tea Lunch at the Keri Craig Emporium

TOOWOOMBA

It is beginning to get cooler now, so winter is not far away-hope everyone is keeping well.

We have been getting an average of 10 members to our meetings. We welcomed Judy Smith and Sue Hilditch to our April meeting and we were brought up to date of various events happening during the year. Two of our members went to lunch with Judy and Sue, after the meeting.

Four members attended the Anzac Day commemorations at the Mothers Memorial-Mary Ann Wheatley laid the wreath on behalf of our War Widows group. One of the ladies who attended, Jean, 95, was brought to the service by jeep. An item about her, was on Channel 7 news that evening and her story was written in the Chronicle, the next week. None of the members could attend the service at Drayton Cemetery as the time was changed

without notifying us.

I attended the Poppy Concert held at St Lukes presented by the Toowoomba Choral Society and Toowoomba Municipal Band. Two of our members are going to attend Friendship Day in Townsville.

We have held our AGM this month and all officers have remained the same. At the meeting held afterwards, two Fire and Rescue men arrived to talk to us about fire safety. It was good to find out what we need to do if there is a fire in our homes.

It was decided that we would not hold meetings in July/August due to the weather being quite cold. Instead those who would like to could meet for coffee at one of the local cafes.

We wish the folk attending Friendship Day in Townsville a wonderful time.



Anzac Day commemorations at the Mother's Memorial

TOWNSVILLE

A busy few months. Townsville have been working hard to put together the Friendship Day lunch and a White Cross Service. By the time this bulletin has come out the events will be over and we hope that those who attended enjoyed their time in Townsville.

We had a small service for a April meeting where Enid our 97 year old lay a wreath on the day, then we had a nice morning tea.

I represented War Widows at the Dawn Service on the Strand and another War Widow represented us at the Thuringowa Dawn Service.

Take Care

DENTAL CHANGES LEAVE VETERANS SMILING

The Australian Government is enhancing dental care for veterans by providing easier access to more dental providers and increasing the money veterans can access for costly dental work up front.

Following feedback from veterans and the dental sector, from 1 January 2026, funding for Schedule C items under the Department of Veterans' Affairs (DVA) Dental Program will double by switching from an annual to a biennial monetary limit. Schedule C includes high-cost treatments such as crowns, bridges and veneers. This means that from 1 January 2026 to 31 December 2027, the biennial monetary limit for Schedule C dental items is \$5,980.30. This change applies to subsequent two-year periods and is subject to indexation.

This doubling of the cap will help ensure veterans are not left out of pocket when paying for high cost, clinically required restorative items.

Funding is available to eligible veterans with assessed clinical need and a Veteran Gold Card or White Card with related accepted conditions.

Dental therapists, hygienists and oral health therapists who are registered with the Dental Board of Australia have also been added to the approved list of dental service providers. This means these professions can now provide and directly claim for treatment, within their scope of practice. This enhances choice and access, making it easier for veterans to access a dental practitioner suited to their needs.

These changes are about giving veterans greater flexibility and financial support when accessing dental care, particularly costly procedures.

To learn more about DVA's Dental Program, visit the [DVA website](#).



VISION AUSTRALIA

Vision Australia is a leading provider of blindness and low vision services, supporting people of all ages and circumstances to live the life they choose.

Vision Australia services can be accessed via a range of funding sources, including Department of Veteran's Affairs and My Aged Care.

Practical Supports

With services delivered nationwide through on-site consultation, home visits, and even Telehealth, Vision Australia's wide range of services enable people who are blind or have low vision to remain active and independent.

These supports include:

- Occupational therapy to help people develop and implement strategies to remain active and independent.
- Orientation and mobility training to help people learn, and relearn how to safely navigate the environment, both at home and in the community.
- Assistive technology training to help people access the right technology for them. This includes both mainstream technology like tablets and phones, through to specialised equipment that can help them complete everyday tasks.
- Orthoptic services to ensure that our clients are kept up to date on the condition of their eye health, and to develop coping strategies to work through additional vision loss.
- Employment services to help people find and maintain employment.

For older Australians, a Know Your Vision clinic appointment might be the perfect place to start if you notice a change in your vision. A Know Your Vision appointment starts with Vision Australia's expert orthoptic staff to help you understand your vision levels, before a session with a Vision Australia service provider to start learning about the best practical supports for you.

Wellbeing and community support

A diagnosis of vision loss can come as shock.

At Vision Australia, we provide a wide range of supports and programs that help people who are blind or have low vision to keep doing the things they love and to keep connected with friends and family.

- Our Quality Living Groups are run by trained facilitators and bring together people with similar experiences of vision loss to allow them to connect with their peers in a safe environment. These sessions act as a great place to swap stories, share tips and tricks, and to avoid feeling isolated during those crucial first weeks and months of adapting to vision loss.
- Our Telelink service helps people re-engage with their passions and hobbies with others who have experienced vision loss. Whether it's cooking, technology, cars, books, or any other number of topics, we have a Telelink group that discusses it. Depending on the program, these sessions can occur weekly, fortnightly or monthly.
- Our Check In and Chat program is designed for people aged over 65 and provides telehealth sessions with one of Vision Australia's highly qualified team to discuss topics such as the emotional impact of vision loss, new ways to adjust, building support and maintaining social connection and getting back to meaningful activities.

- Vision Australia Library is available for free to anyone who is blind or has low vision. They provide not only books, but a large catalogue of other materials including newspapers and magazines, available in various accessible formats including audio, large print, and braille.

Vision Store

The Vision Store stocks an incredible variety of assistive technology and daily living aids, specifically designed for people who are blind or have low vision. This equipment helps people who are blind or have low vision to carry out everyday tasks and can significantly increase independence in the home.

Many items available from the Vision Store are eligible for DVA funding, including:

- Auditory and Vibrating Liquid Level Indicator: This is a device you attach to any cup to determine quickly and easily how full the cup is getting. With this device, you'll never overflow or burn your finger again.
- 10-inch Digital Clock with 40 Alarms: Easy to see at a glance and with a large number of alarm tones, you'll never be late again!
- Vision Australia Talking Microwave 2.0: This microwave offers tactile buttons and announces actions in a loud, clear voice to make sure you're always using the function that you want to use.
- Big Purple Phone, Silver Fox: An Australian smartphone that was designed with big buttons, simple functionality and better accessibility for an incredible end user experience.
- Explore 12- with stand: This is an easy-to-use, portable electronic magnifier that provides high-definition live image quality for near and distance viewing, largely used for reading purposes.

More information

If you or someone you know may benefit from Vision Australia's support, you can enquire directly online via the Vision Australia website.

You can also contact Vision Australia by phone on 1300 84 74 66 or email info@visionaustralia.org.



SLEEP ISN'T JUST REST

Dear members,

I hope you are all well and looking forward to preparing for the cooler months. After Queensland's hot and humid summers, the thought of cooler evenings and a warm doona is a welcome relief to many of us. The good news is that cooler temperatures are also linked to better sleep. According to Dr Michael Breus, a clinical psychologist and world-renowned sleep specialist with over two decades of experience, your body needs to drop in temperature to fall asleep, with the ideal sleep temperature being cool, around 18 to 20 degrees.

Open Arms, a division within DVA that provides counselling and support for the mental health and wellbeing of veterans and their families, shared information from their workshop on sleep. During this complex physiological process, the body produces two hormones that encourage sleep: melatonin and adenosine.

Melatonin

Melatonin is the hormone, not a pill, that the body naturally produces in response to darkness. It signals to your body that "it's time to sleep." It doesn't force sleep but rather helps initiate it. Dr Breus does not recommend relying on melatonin tablets every night, as they do not address the root causes of poor sleep. Long term sleep improvement comes from behavioural changes. Some may think that taking higher doses of melatonin (5 to 10 mg or more) is more effective, whereas studies have shown that higher doses can disrupt sleep quality, while lower doses (around 0.5 to 1 mg) may be more effective.

Adenosine

Adenosine is the hormone that builds up throughout the day. The longer you are awake, the more adenosine accumulates. This creates sleep pressure, which is the increasing urge to sleep. Deep sleep reduces adenosine levels, and once these levels drop, you wake feeling refreshed. This also explains why, when you skip or cut back on sleep and adenosine levels remain elevated, you feel groggy.

If you consume caffeine late in the afternoon, it binds to adenosine receptors, preventing the "sleepy signal," so you feel alert despite high levels of adenosine, resulting in disrupted sleep.

Why is deep sleep so important?

Besides reducing adenosine levels and helping you wake refreshed, deep sleep plays a vital role in brain health. During deep sleep, your brain "cleans itself" by activating something called the glymphatic system. During this waste-clearing process, the system removes toxic proteins like beta-amyloid and tau proteins. These are the same proteins that build up in people with Alzheimer's disease.

Conversely, if you are not getting enough deep, quality sleep, the brain does not clear waste properly, proteins begin to accumulate, and this buildup is linked to Alzheimer's development. Dr Breus also highlights that the relationship between poor sleep and Alzheimer's is two-way: poor sleep increases the risk of Alzheimer's, and Alzheimer's disrupts sleep patterns, creating a vicious cycle as the condition progresses.

Stages of sleep

There are four stages of sleep, and individuals go through the sleep cycle about four to six times each night.

Stage 1 sleep: Lasts 1 to 7 minutes and is characterised by slowing heart rate and breathing as muscles begin to relax.

Stage 2 sleep: Lasts 10 to 60 minutes. Heart rate and breathing continue to slow, muscles relax further, body temperature decreases, and eye movement stops. The brain begins slow-wave activity.

Stage 3: Deep sleep: Lasts 20 to 40 minutes. This is the stage during which the body repairs and regenerates tissues, releases certain hormones, and cleanses the brain of toxic proteins. More time is spent in this stage earlier in the night.

Stage 4: REM sleep (Rapid Eye Movement): Lasts 10 to 60 minutes. During this stage, the body processes and consolidates memories, moving information from temporary to permanent memory. This may explain why some recommend that you "sleep on it" when making important decisions.

During this stage:

- Eye movement increases
- Brain activity increases
- Breathing becomes faster and more irregular
- Heart rate and blood pressure rise to waking levels
- Voluntary muscles are temporarily paralysed to prevent movement during dreams.

Not all sleep is equal, and if your sleep is fragmented by frequent waking, you miss out on many of the benefits of stages 3 and 4.

Here are some valuable sleep insights shared by Dr Breus:

1. **You don't need 8 hours — you need your hours**

The real goal is waking up feeling rested and alert, not achieving a fixed number.

- Some people thrive on 6.5 to 7 hours
- Others genuinely need 8 to 9 hours
- Consistency matters more than duration

2. **Your chronotype shapes your whole day**

There are four chronotypes that shape your biological timing:

- Bear – follows the sun (most people)
- Lion – early riser, productive in the morning
- Wolf – night owl, peaks at night
- Dolphin – light sleeper, often struggles with sleep

The key is to stop forcing yourself into a schedule that does not match your biology.

3. **The 3–2–1 rule for better sleep**

- 3 hours before bed → stop eating and alcohol
- 2 hours before bed → stop working
- 1 hour before bed → no screens, or reduce heavily

This helps your brain power down naturally instead of remaining stimulated.

4. **Why you wake up at 3 am**

Waking in the middle of the night is common. Causes include:

- Stress or elevated cortisol
- Alcohol disrupting sleep cycles
- Blood sugar dips
- An overactive mind

The advice is to avoid frustration, stay calm, breathe, and resist checking the clock.

5. **Alcohol ruins sleep quality, even if it helps you fall asleep**

- It sedates you rather than providing restorative sleep
- Reduces REM sleep, which is important for brain recovery
- Leads to waking during the night

You may fall asleep faster but wake feeling worse.

6. **Naps are okay, but timing is everything**

- Keep naps to 20 to 30 minutes maximum
- Best time: before 3 pm

Longer or later naps can make it harder to fall asleep at night.

7. **Your morning routine matters more than your night routine**

- Get sunlight within 30 minutes of waking
- This resets your circadian rhythm
- Helps you fall asleep more easily later

It is helpful to think of sleep as a 24-hour cycle, not just bedtime.

8. **If you can't sleep, get out of bed**

- Lying awake trains your brain to associate bed with stress. Instead, get up and do something calming in low light.
- Return to bed when you feel sleepy again.

9. **Temperature is a hidden sleep killer**

- Ideal sleep temperature is cool, around 18 to 20°C
- Your body needs to cool down to fall asleep

11. **Consistency beats everything**

Going to bed and waking at the same time every day is more powerful than any supplement or sleep hack.

The core message is simple but powerful: good sleep is not about hacks, but about alignment with your biology. Sleep is not just rest; it is essential brain and body maintenance. I hope you have discovered ways to improve your sleep.

Sue Hilditch

CAN YOU RECOGNISE SUSPICIOUS PROVIDER BEHAVIOUR?

Service providers and other third-party organisations play an important role in offering high quality health and wellbeing programs and services for veterans and families.

To help protect veterans and families, all service providers must comply with strict requirements for the services they deliver to DVA clients. Most providers do the right thing. However, we are aware of some providers and third-party organisations which are engaging in misleading and non-compliant behaviours, including fraud.

A small number of DVA providers and third-parties engage in misleading and non-compliant conduct and this can adversely affect the veteran community and DVA. Such conduct includes:

- target veterans through misleading advertising and prize draws
- send or offer DVA clients unsolicited 'free' goods related to their Veteran Card entitlements
- contact DVA clients via uninvited, direct approach methods (cold calling/emails)
- contact DVA clients claiming to represent DVA or be making contact on behalf of DVA
- use images of Veteran Cards and government logos on webpages and other materials to suggest DVA or the Australian Government endorses their services
- provide DVA clients with allied health services without a valid referral from their GP.

DVA is the only source of truth for information about the services and supports that can be accessed by veterans and families using a Veteran Card. You can learn more about Veteran Card entitlements and DVA's funded health services on the DVA website. Alternatively, you can call us on 1800 VETERAN (1800 838 372) to confirm what services you are entitled to receive.

There are ways you can protect yourself from being a victim of fraud. These include by:

- knowing the facts – read the small print
- asking questions if you can't find answers in the small print
- checking the information that you've read or heard is correct
- not sharing your personal information over the phone or online with people or providers you don't know
- asking an advocate or trusted friend or family member to help you
- visiting www.dva.gov.au or calling us on 1800 VETERAN (1800 838 372) if you need more information.

Remember, if something sounds too good to be true, it probably is. Look into it closely before you accept the offer.

If you suspect fraud

DVA takes a zero tolerance approach to fraud committed against DVA or our clients. Tip-offs help to keep our veteran community safe. If you suspect someone isn't following the rules, report it to us by:

- emailing: fraud.tipoff@dva.gov.au
- completing the online Report a Fraud form: dva.gov.au/about-us/dva-forms/report-fraud
- contacting us by phone: 1800 VETERAN (1800 838 372)

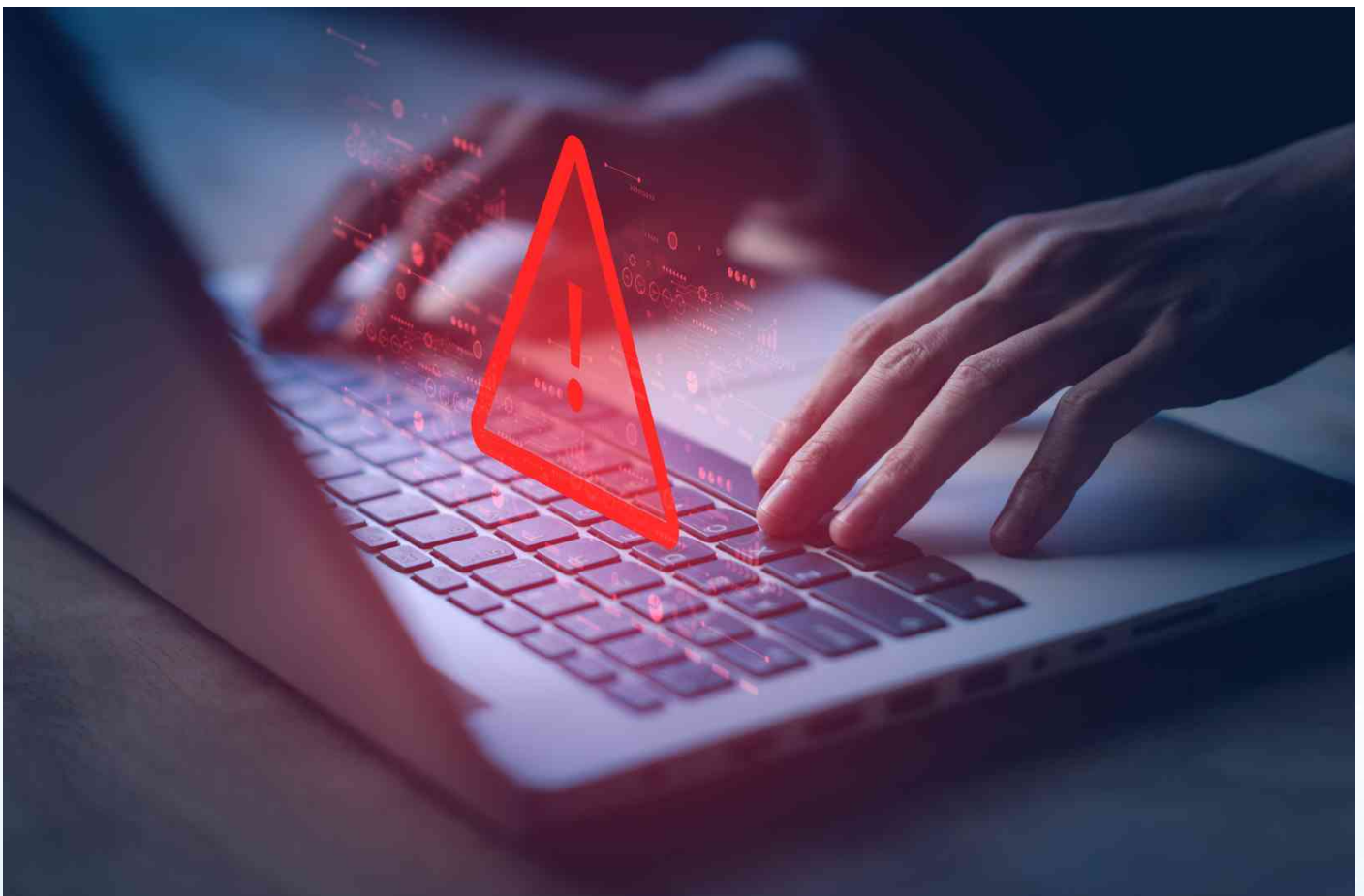
DVA takes all fraud and non-compliance tip-offs seriously and investigates these as appropriate. You can choose to remain anonymous when reporting an issue that you think might be fraud. However, please be aware this can make it more difficult to investigate the issue if we require further information.

For more information, including what DVA needs to investigate a fraud complaint, please visit the Reporting suspected fraud page of the DVA website.

It is normal for you and your family to feel distressed if you think you have been a victim of fraud. If you need support, Open Arms – Veterans & Families Counselling offers counselling and support services for veterans and families 24 hours a day, seven days a week.

Contact Open Arms by visiting www.openarms.gov.au or by phoning 1800 011 046.

Article Source: <https://www.dva.gov.au/newsroom/vetaffairs/vetaffairs-vol-40-no1-april-2024/can-you-recognise-suspicious-provider-behaviour>



MY AGED CARE CHANGES

Dear members,

I thought it would be a good idea to summarise some of the significant changes that the new Aged Care Act that, that commenced on 1 July 2025, brought about under My Aged Care. These changes aimed to better support older Australians to live independently at home for as long as possible.

Key Reforms

- From 1 November 2025, The Support at Home program replaced Home Care Packages and Short-Term Restorative Care Program
- In the 1 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.

Support at Home clients

- Those on Home Care Package were automatically moved to the Support at Home program at their current support level. There was a "no worse-off" guarantee — meaning recipients did not pay more than their previous package.
- For those on the national Home Care Package waitlist, they would be placed on the Support at Home waitlist at the same priority level- no reassessment was required.

Key features of the Support at Home Program

- There are eight funding classifications
- Quarterly budgets and only permitted to carry over up to \$1,000 or 10% of your quarterly budget, whichever is the greater
- Defined service list to ensure transparency.
- Care management fee: 10% of your quarterly budget will be allocated for care coordination.

What are the budgets for the eight classifications?

CLASSIFICATIONS	ANNUAL AMOUNT
1	\$11,000
2	\$16,000
3	\$22,000
4	\$30,000
5	\$40,000
6	\$48,000
7	\$58,000
8	\$78,000

Costings for Support at Home programs?

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

- Everyday Living Services
- Independence Supports

C. Clinical care – nursing, allied health, therapeutic services and restorative carer

A. Everyday Living Services

Service list includes:

1. cleaning
2. meal delivery or preparation
3. laundry
4. shopping
5. gardening and other general household assistance

These services have the highest contribution rate:

CLIENT TYPE	CONTRIBUTION RATE
Full Pensioner	17.5%
Part Pensioner	17.5%- 80% (income & asset tested)
Self-Funded Retiree	80%

B. Services to keep you independent

Service list includes:

1. showering
2. dressing
3. medication reminders in some cases

These services currently have a moderate contribution rate

CLIENT TYPE	CONTRIBUTION RATE
Full Pensioner	5%
Part Pensioner	5-50% (income & asset tested)
Self-Funded Retiree	50%

You may however have seen in the media that as from 1 October 2026 individuals will not have to pay for:

1. showers
2. dressing and
3. non-clinical continence management

C. Clinical care and/or restorative care – no recipient contribution, regardless of financial or pension status. These will be fully funded by the government

Additional notes:

1. There is **no daily fee** under Support at Home—contributions are only charged based on services actually received, not daily or hourly flat rates.
2. 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

Short-Term Supports

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):
 - Low: under \$500
 - Medium: up to \$2,000
 - 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.

I hope you found this information to be useful.

Kind regards,
Sue Hilditch
Wellbeing Program Manager

Disclaimer: This information is current as of 1 November 2025. For the most up-to-date information about My Aged Care services, eligibility, and support, please visit the official My Aged Care website: <https://www.myagedcare.gov.au>



QUEENSLAND REMEMBERS GRANT- MARINA COURT REFURBISHMENT OPENING

On 14 April 2026, the Marina Court Units refurbishment was officially opened by Dr Christian Rowan, Assistant Minister to the Premier on Matters of State and New Citizens, and Leader of the House.

This significant project involved the refurbishment of 11 units and was made possible through a \$250,000 Queensland Remembers Grant awarded in 2024. The upgrades will help ensure the units continue to provide safe, comfortable and supportive accommodation for war widows, enabling residents to live independently with dignity and security.

The refurbishment works included a range of improvements aimed at enhancing both the functionality and liveability of the units, ensuring they remain suitable for the evolving needs of residents well into the future. The project reflects our continued commitment to maintaining quality accommodation and fostering a caring and connected community for those who have served our nation.

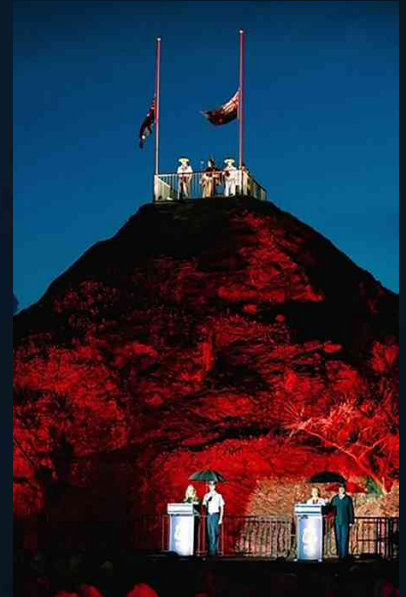
The official opening provided an opportunity to recognise the dedication and collaboration of everyone involved in delivering the project. We sincerely thank the Queensland Government, project partners, contractors and staff whose support and hard work made this refurbishment possible.

Marina Court remains a valued and welcoming community for our members, and this investment will help ensure it continues to provide comfort, companionship and security for many years to come.



ANZAC DAY 2025





JEAN'S ANZAC DAY TRIBUTE

Jean Dellit couldn't help feeling a sense of pride as she rode through Toowoomba streets with her late husband Kenneth's medals pinned to her chest.

"Marvellous — it's an honour, that's the word 'honour'," the 95-year-old said at Mothers' Memorial on Saturday.

"He's got other medals, but I couldn't wear them (all) — they're too heavy."

Riding shotgun in a historic army Jeep, Ms Dellit was one of hundreds who took part in the annual Anzac Day march as a prelude to the traditional mid-morning service.

Kenneth, who passed away in 2022, was a Korean War veteran who served as an able seaman in the Royal Australian Navy for nearly a decade across multiple conflicts.

A schoolteacher in Hobart in the early 1950s, Ms Dellit was also a member of the Voluntary Aid Detachments (VADs) with the Red Cross and very nearly found herself being enlisted.

"Had the Korean War got worse, I would have been

sent there," she said.

"I was only young, I was 18, 19 you know, and (I thought) it would be glamorous for me to go to war.

"The Korean and Malaysian wars (weren't) documented because there was no TV, there were just newspapers, and it wasn't documented like it would be now."

In a reminder of the far-reaching consequences of war, Ms Dellit described the "trauma" she experienced as a result of her husband's service.

"When the HMAS Tobruk (D37, 1947-1960), got hit (in combat) in those days there was only telegram (to inform us)," she said.

"I waited over a week to see if my husband, who was the gunnery officer, had been killed — a week.

"I didn't know whether I still had a husband, whether my young daughter had a father — that's the trauma."

The couple's daughter Lyn was just six months old when Mr Dellit first left for Korea, and Ms Dellit re-



calls how he returned as a complete stranger to the toddler.

“When he came back, she screamed and ran away from him — until the day he died, he remembered that,” Ms Dellit said.

“She was looking at a man that was trying to hug her that she didn’t know that was her father.

“I’ve left that in my mind till I die — the trauma of our daughter running down Elizabeth St in Hobart, terrified of that naval man in uniform, that was her father.”

Ms Dellit was delighted by the turnout for Anzac Day, which saw thousands line Toowoomba streets to acknowledge veterans, widows, current service personnel and cadets.

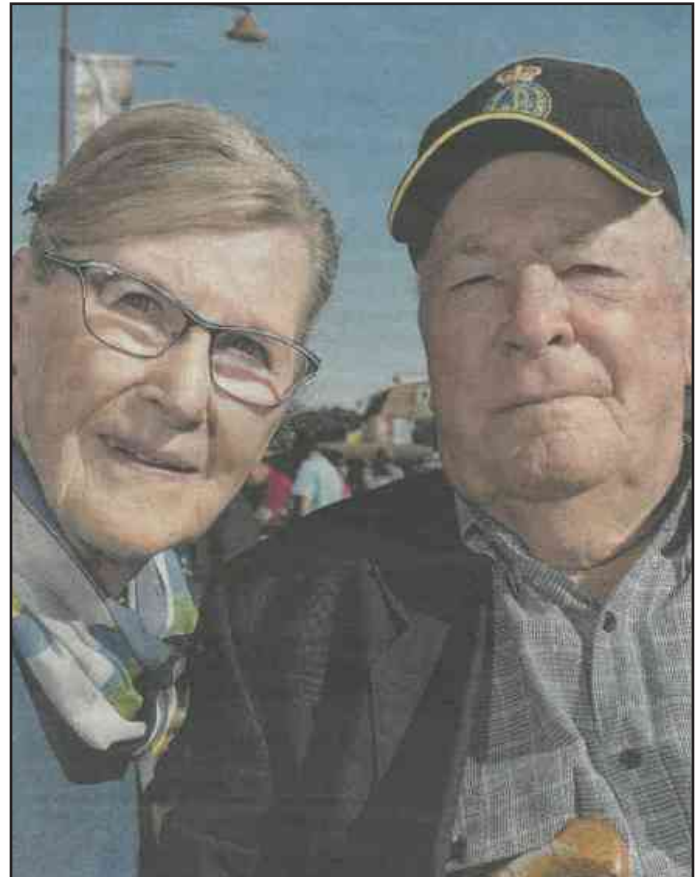
She said the number of young people she saw applauding and paying tribute gave her hope for the future of Australia.

“Isn’t it so beautiful — those children now will remember and keep in their mind that war should never happen,” Ms Dellit said.

“We should be free and we should be kind to one another.

“You’ve got to have a peaceful attitude, because there’s new people coming up (like) my little great-grandchildren.

“(We) need peace and happiness, and that’s the word we’ve got to think in our mind.”



Jean with her husband Korean War veteran, Ken Dellit, at the 2017 Anzac Day march



FROM SIDMOUTH TO TOOWOOMBA

More years ago than I care to remember, I lived in RAF married quarters in Lincolnshire. My next door neighbour, Catherine, and I were both expecting babies and our children were born a few weeks apart. Fast forward 40-something years, and Catherine and I remain close friends. So it was that on one warm June afternoon in 2025, whilst sitting in her Yorkshire garden, I thumbed through the War Widow's Association magazine. Making idle conversation, I commented on the fact that there was a request for penfriends; writing to people is something I have always enjoyed so I added that I would like to volunteer, but I was not actually a War Widow. My dear friend Catherine replied that this might not be an issue, and to leave it with her.

Imagine my surprise, dear readers, when within the space of a couple of weeks I had the name and email address of Helen, who lives in Toowoomba, Queensland, Australia. I can't remember which of us made contact first (I suspect it was Helen), but over the last year or so we have corresponded regularly. Our emails cover anything and everything- our families, our faith, our everyday activities and unexpected events, our joys and sadnesses, and of course the weather. Helen is a tray-bake supremo too. She has sent me easy and delicious slice recipes from down under, even after I had to confess that our family doesn't like desiccated coconut!

In 2024, our born-at-RAF-Lincolnshire daughter had decided to emigrate to Australia with her Brisbane-born partner and family, settling in his home town. When we decided to visit them all in February this year, it seemed only sensible to see if we might be able to meet up with Helen, since she lived only an hour and a half's drive away. Helen immediately invited us (me, husband and duty driver daughter) over for lunch! We spent a lovely few hours together, and when I email her now, I can picture Helen in her lovely home with her little dog, Rilla.

So all I can say is, if you are tempted to volunteer for the penfriend initiative, then take the plunge. You never know where it might lead you – from Sidmouth to Toowoomba for example!



HAVE YOU PAID YOU 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. This is a friendly reminder that annual membership fees of \$25 were due by 31 March 2026. Your membership helps support AWWQ and the services we provide to our members and community. If you have not yet paid your membership fee, please choose one of the following payment options:
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 DIRECTOR VOTING FORM

Who can vote

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

How to vote

Please follow these steps to ensure your vote is valid:

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

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

6. If you are a member of a sub branch or social group you may take your sealed envelope to your next meeting and the group president/secretary will collect them and place them in a large envelope and address it as shown above (this is only possible if your sub branch/group meeting date allows sufficient time for posting to head office).
***Closing date is Monday 20 July 2026 at 4pm.**
7. When received by the Returning Officer our records will be checked to ensure that you are a financial member and therefore eligible to vote. Your sealed vote will then be held until counting starts.

REMEMBER: The voting Ballot Closes at 4:00pm on MONDAY 20th JULY 2026.

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

BALLOT SHEET FOR THE ELECTION OF BOARD DIRECTORS FOR 2026/2027

(See reverse for voting instructions)

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

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

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

The maximum number of crosses is two (2)

Debbie BACZYK

Vikki HARRADINE

Wendy GOODMAN



Debbie BACZYK

I have been a member of Australian War Widows Queensland since February 2019, and am currently the President and Treasurer of the Gold Coast South Sub Branch. I served in the Australian Army as a Dental assistant/hygienist for six years and during that time married a soldier, and for the following 20 years moved every two years as my husband progressed through the ranks, and finally in 1994 settled on the Gold Coast to provide stability for our daughter's education. The next 23 years were spent working at a local dental practice until retiring to care for my husband before his passing in September 2018. Recently I became a volunteer with Cycling Without Age, which is a community organisation offering trishaw rides to the disabled and seniors providing them with free rides on adaptive bikes in beautiful locations. I have also served on many committees over the years

.....



Vikki HARRADINE

I have 16 years of financial experience working for a number of financial institutions which require a wide range of skills. During one posting I held the position of President of the local DSNSG (Defence Special Needs Support Group) where I assisted other families find information and support in the local area to help with their individual needs. Currently I am the president for my local war widows' group and hold the position of Vice President for Greenbank Women's Auxiliary for the past two years. Last year I was the Treasurer for the local legacy Group. My lifelong partner and I were together for 30 years, we had three children. Having a husband who required assistance as a result of his injuries, and the difficulties he faced on a daily basis, from an accident he had five years prior to his passing, gave me the skills to be more empathic, deal with difficult situations and problem solving. I am able to communicate with our members as I understand what they are, experienced what they have, and I live 27 years of military life.

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Wendy GOODMAN

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

I have a background in secretarial work, which led to involvement in bookkeeping, wages, and BAS preparation using MYOB. I still assist a friend with his small business of 23 years. While my sons were young, I was active in athletics, serving on committees and eventually becoming the Zone Co-Ordinator for Lake Macquarie Zone. I ran Zone Championships, participated in State Championships as a State Starter, and helped organize the Lake Macquarie Half Marathon annually. I was also invited to join the board of the Hunter Sports Centre by the Mayor of Lake Macquarie. I previously served as a JP in NSW but chose not to renew when I moved to QLD due to differing requirements.

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



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.

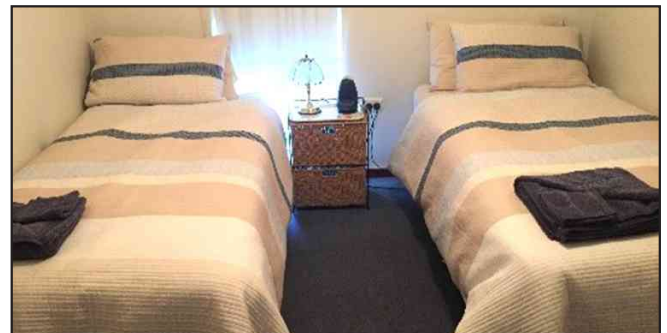


WESTERN AUSTRALIA

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 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