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Women Veterans, proud to have served our nation. 10/2024 OCTOBER

Women



Association Information

POSTAL ADDRESS: PO Box 397 Bundaberg Qld 4670
PHYSICAL ADDRESS: 4 Glasgow St, Svensson Heights Qld 4670

WEBSITE: https://bundywomenveterans.org.au FACEBOOK: Bundaberg District Women Veterans Inc

E-MAIL ADDRESSES: secretary@bundywomenveterans.org.au

admin@bundywomenveterans.org.au (enquiries) <> wellbeing@bundywomenveterans.org.au events@bundywomenveterans.org.au

events@bundywomenveterans.org.au

BUSINESS INFORMATION:* Incorporation IA13064

NFP Charity ABN 78362718229 Public liability Insurance Miramar –132848-Q \$20M

See website for constitution, by laws, business plan and other important documents.

MEMBERSHIP:: Service Member \$10; Associate \$15 per year. You may pay for more than one year. Please be sure to alert treasurer of your transfer of money. Your secretary has a record of your advance payments—contact her to check your status.

Financial year: 1Jan to 31Dec. See website 'about us' for eligibility and to download an application form

Bundaberg District Women Veterans

COMMITTEE 2024-25

Patron: Leone Wilson OAM

EXECUTIVE MEMBERS

President: Sheryl Parker 0423 393 151

sherylwoz@gmail.com

Vice Pres: Jenny Waldron 07 4157 4621 0487 302 114

jenny.waldron@outlook.com

Secretary: Faye Chatham 0419 194 701

bundywv@outlook.com

Treasurer: Sharon Barsby 07 4157 4621 0428 570 014

sharonbarsby1@outlook.com

COMMITTEE MEMBERS

Angella Hillis CSC 0400 422 331

hillis.wa@gmail.com

Kay Littler 07 4159 1881 0427 695 167

(Assistant Treasurer) pdk7@dodo.com.au

Annette Newsham 0407 581 935

annettenewsham@yahoo.com.au

Lynne Pollock 07 4151 7795 0438 517 795

lynne.pollock21@outlook.com

Leone Wilson OAM 07 4159 4134 0427 415 946 (Assistant Secretary) leonewilson@outlook.com

Meetings: see page 7

Who to contact:

Financial issues: Treasurer

Membership: Secretary/Assist Secty or President Activities: Activities Officer or coordinators

Bookings: Coordinator or Treasurer
Commemorations Commemorations Officer
Policy, Procedures Jenny Waldron or Leone Wilson

Strategic Planning President

General Appointments

Activities: Jenny Waldron +

Glenda Everton-Brocklesby, 4152 3315

Jeannie Roberts 0409 281 787

Dot Carrol.

Assist. Secty Leone Wilson

Awards: President, Vice Pres, Shirley Watson,

Leone Wilson

Commemorations: Angella Hillis+ Jenny Waldron, Dot Carroll

Leone Wilson

Commun.& Prom:- Media: President; C&P Off: Leone Wilson

Financial Auditors Kay Littler, Lynne Pollock

Fundraising: Sharon Barsby + Lynne Pollock,

Kay Littler

Grants: Jenny Waldron, Kay Littler,

Sharon Barsby, plus as approved.

History: Leone Wilson

Legacy Liaison: Angella Hillis, Lynne Pollock
Library: Annette Newsham, Dot Carroll
Newsletter: Leone Wilson + Jeannie Roberts
Property Officer: Lynne Pollock + Sharon Barsby
RSL Liaison Dannielle Brearley + Gloria Kilpatrick

Social Media: Jeannie Roberts,+ Jenny Waldron

Ten Pin Bowls: Lynne Pollock

Website: Jenny Waldron + Faye Chatham

Wellbeing Support Officers (WSO):

 Ethel Bourke (The Lakes Village)
 0428 881 487

 Jenny Waldron
 4157 4621

 Shirley Watson (Pioneer South)
 0408 460 951

 Leone Wilson (Wellbeing Officer)
 4159 4134

Current Life Members

Leone Wilson OAM Shirley Watson Kay Derome Jennifer Waldron Sharon Barsby

HOW TO PAY:

Electronic Funds Transfer & Direct Deposits:

Bundaberg District Women Veterans Inc. Westpac Bundaberg: BSB 034122 A/c 637419

PLEASE INFORM SECTY or TREAS.

CASH: You can pay cash at a meeting—Please assist the Treasurer by having the correct money. If you need a receipt let the treasurer know.

Behind the news, October

OCTOBER MEETINGS

There was no doubt that the activities undertaken this year so far, have been enjoyed by the members participating. Line dancing rave reports continue to roll in.

The committee approved these popular activities continuing in 2025 with a small subsidy to assist with the cost per member where possible.

The new calendar and associated budget, as approved, looks to providing everything we are used to enjoying but with some financial adjustments based on the level of support provided by you.

Our income is predicted to take a hit with reduced grants. The committee will be managing all activities to deliver the best possible result as things become clearer.

FUTURE OF ASSOCIATION

Sadly both Faye and Sheryl have announced that they are unable to continue beyond the annual general meeting.

It is now the turn of another team as you are well aware, no president and no secretary, adds up to 'no us'. Please give this some thought and put your hand up if you can help keep us going.

Both Sheryl and Faye will continue to support our endeavours to the best of their time ability.

END OF YEAR MEETING

That was our last general meeting for the year-frightening eh?

LEGACY LODGE—FLAG GARDEN

Thanks to Bundaberg Legacy and Bunnings we now have a decorative garden at the base of the flagpole.

Maintaining the plants is our respon-

If you are in the area, please pop in and check if they need watering.

It would be further helpful if you could send a text or email to Sheryl to let her know-it may save her a trip.

VETERANS HEALTH WEEK EVENT

Legacy House and they produced some great wreaths, as per the cover.

Finishing touches are still required but should be completed by the time you read this. Thank you to Sheryl and those who got together in support.

ACTIVITIES

Hervey Bay 2024

The red lipstick spread wide in all directions from the many female faces and even splattered onto some of the male attendees at this year's Ruby Reunion luncheon.

Sheryl led a small team of workers at I don't recall seeing any female without a spot of red somewhere. Bundy was a splash and we did pretty well in the raffles too.

> Thank you Hervey Bay-and all the best for the next decade! We hope many of us are still around to help you celebrate another milestone. (and all the ones in between)

Looking ahead to 2025—we again thank Hervey Bay for a calendar of friendship quotes to share through Chests Out.

Arguably, it is probably the best read segment on page 3!

Coming activities

Check page 6 for the following upcoming activities:

- Beach Bliss Art Class
- Christmas

Jeannie is the contact for these events and together with Jenny, a lot of work had gone into these events being provided for you.

CUPPA CHAT—NOV 6

Wed 6 November, we will be making arrangement for adorning our function tables at this year's Christmas luncheon.

This little exercise will be led by our skilled florist member, Sheryl and should be both fun and rewarding. The arrangements can then be available for future use.

WELLBEING

Do we have details of your emergency contact?

This question was asked in the last issue but has not been responded to, to the best of my knowledge. I have the spreadsheet here and invite you to contact me to check what I have recorded - otherwise check with sec-

retary Faye or myself when we are at the Lodge.

We need more volunteers to help with wellbeing support. Mainly to visit nursing homes or to maintain some contact with the members we seldom see. It is not a big job and even less so if we have a few doing it.

Again, the contact for more info is myself.

Please stay safe and healthy and enjoy the cooler part of summer in the lead up to annual festivities.

Leone

Hervey Bay shares Friendship October

Friendship is the ability to laugh and cry together at life's twists and turns.



Lodge Liaison Officer: Angella Hillis
Librarian: Annette Newsham
Key holders: President, Secretary, Property Officer, Liaison
Officer and other authorised access per the secretary..

DO YOU KNOW THE LOCATION OF OUR DEFIBRILLATOR? OUR FIRST AID KIT? FIRE EXTINGUISHER? FIRE BLANKET?

Flag Garden

Ask when next at the Lodge

Thank you to Bunnings and Bundaberg Legacy

We now have a garden at the base of the flagpole.

If we wish it to remain looking great, then we need you to check when you are in the area and do this:





Otherwise it will look like this >>

Our garden our task!



All of our activities need to be

SMELLS-free

Perfumes, aftershaves and other strong smelling products affect the health of many members.

Please do not wear scented products to meetings or other activities, even outdoor activities.

THANK YOU

So that we can honour you!

If you wish your service to your country to be recognised at your funeral, you need to let your funeral director or your family know. It is your family who ask the funeral director to arrange to have the poppy tribute. Our association cannot interfere.



PHOTOS OF YOU

Unless you advise otherwise, it is deemed we have permission to take and publish photos of

you in the newsletter or on our Facebook page. If this is not the case, please contact the secretary.

TO SAVE A LIFE

We may have a defibrillator, but we need to learn how to operate it. search: HeartSine 500P





You may need to surf to find the YouTube videos—there are a couple, they are similar and all helpful.

The video has audio and you will probably need to watch it a number of times.

Refresh your training periodically.

Also look for:

How to change battery and pads on HeartSine Defibrillator



Wellbeing Activities

All of our activities are for the wellbeing of members.

LINE DANCING

Rave reviews have been received!

Come along and see why.
Instructor Chris will help you to enjoy this healthy fun experience.
WEDNESDAYS
1200-1300 Hrs (noon to 1pm).
Coronation Hall (airconditioned),
71 High Street, Walkervale.
Funding in 2024 provided by
Dept of Veterans Affairs, Queensland.

\$2 donation per session per participant

will help with costs in 2025.

TEN PIN BOWLS

Last Monday of the month, Jan to Nov—all welcome

Meet in café area 1030 for 1100 Hrs start. Stay for a social lunch (optional).

First timers contact Lynne Pollock 0438 517 795

BUNDABERG RSL SUB BRANCH PROVIDED SUPPORT TO US

Did you know that the Bundaberg RSL Sub Branch provided support that enabled us to undertake the following?

- Trip to Sunshine Coast for the annual lunch in June
- Mystery trip to Childers and Woodgate in September
- Coach travel to Hervey Bay reunion luncheon in October

Please show your support for our local RSL Sub Branch:

- ⇒ Become a member
- Attend activities that are planned for veterans and sometimes also their family
- ⇒ Attend Bundaberg RSL Subbranch general meetings
- ⇒ Attend commemorations organised by the RSL

THE RSL SUPPORTS US— WE NEED TO SUPPORT THEM.

Contact info on page 8

KEEP CONNECTED—FLOWER POWER DVA Veterans' Health Week 2024



MANIED

Wellbeing Support Officers

Currently we have:
Shirley Watson covering a number
of members and Pioneer South;
Jenny Waldron who is in regular
touch with some members;
Ethel Bourke who covers the Lakes

and Leone Wilson to cover the rest plus with the overall responsibility.

Village

We need more members looking out for other members by contacting them either in person, by phone

UPCOMING ACTIVITIES 2024—25



ARTCLASS—BEACH BLISS—SAT 2 NOV 24

1000 HRS. The Lodge. PLEASE BRING YOUR OWN LIGHT LUNCH Coordinator: Jeannie Roberts

CHRISTMAS LUNCHEON 18 NOV 24

1130 for Noon—OLD BUNDY TAVERN Customs Room—theme is 'Christmas' Members \$30 Guests \$40. RSVP 08 Nov. Coordinator :Jeannie Roberts

2025: PLEASE watch for notices re Super Saturday, normally held in <u>January</u> (and May).

SUMMER LUNCHEON 10 FEB 25

1200 Hrs—SAANGS ASIAN FUSION
Buy your own luncheon. You need to book by 1 Feb. Coordinator: Jenny Waldron





ANZAC GIRLS LUNCHEON—22 APR 25

Follows Quiet Time at Lions Remembrance Park 1100 Hrs

Terrace, Bundaberg RSL Club

Vlembers \$25 Guests \$35. RSVP 10 Apr. Coordinators :Angella Hillis/Jenny Waldron

MONTHLY REGULARS

Check page 7 for dates

CUPPA CHAT

FIRST WEDNESDAY OF THE MONTH

Informal get together at the Lodge from around 1000 Hrs Arrive and depart as you wish. Bring a plate (optional)

NB: 6 November and 4 December are the last for 2024. The first Wednesday in 2025 is New Years Day,
therefor the first Cuppa Chat of the new year will be Wednesday February 05

TEN PIN BOWLS

LAST MONDAY JAN-NOV—FUN ACTIVITY—NO SKILL NEEDED (OR USED!) 1000 FOR 1100 HRS

Healthy exercise with mates and plenty of laughs. Everyone is a winner.

Bundaberg Bowl & Leisure Centre, Lester Street. Coordinator: Lynne Pollock

LINE DANCING

WEDNESDAYS -1200 TO 1300 HRS

Coronation Hall, 71 High St, Walkervale. Coordinator: Sharon Barsby
The word is that it is a real hoot! Currently sponsored by DVA Queensland—cost for participants \$2 each per session.

Enjoyment level is such that the dances will continue in 2025 with a small subsidy

cost per session in 2025 is: members \$9 and guests \$10

BOOKING FOR AN ACTIVITY

The easy way is via the clipboards at the Lodge.

Otherwise contact organiser, activity officer or secretary. Contact info page 2.

IMPORTANT:

Please advise any special diet requirements when booking for a function.

All bookings are to be confirmed by payment (see page 2 for payment options).

Watch for any updates to these activities.

A very big thank you to the 15 OnO trippers who donated a total of \$529 to our association.

This money will assist us with future coach hire costs.

OUR DIARY 2024



Please check page 10 for Commemorations

| | | | | o check page 10 jor commemor attent |
|-----|-----|----|--------------------|---|
| NOV | Sat | 02 | Arty/crafty | 1000 Hrs Details at the Lodge—see page 6 |
| NOV | Wed | 06 | Cuppa Chat | Lodge from 1000 Hrs |
| NOV | Wed | 06 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| NOV | Wed | 13 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| NOV | Mon | 18 | Christmas Lunch | Old Bundy Tavern— 1130 for noon—see page 6 |
| NOV | Wed | 20 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| NOV | Mon | 25 | Ten Pin Bowls | Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs |
| DEC | Wed | 04 | Cuppa Chat | Lodge from 1000 Hrs |
| DEC | Wed | 04 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| DEC | Wed | 12 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| DEC | Wed | 19 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| JAN | Wed | 80 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| JAN | Sat | 11 | Super Saturday | To be confirmed |
| JAN | Wed | 15 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| JAN | Sat | 18 | Super Saturday | To be confirmed |
| JAN | Mon | 20 | Meetings | Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs |
| JAN | Wed | 22 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| JAN | Sat | 25 | Super Saturday | To be confirmed |
| JAN | Mon | 27 | Ten Pin Bowls | Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs |
| JAN | Wed | 29 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| FEB | Wed | 05 | Cuppa Chat | Lodge from 1000 Hrs |
| FEB | Wed | 05 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| FEB | Mon | 10 | Luncheon | Saangs Asian Restaurant 1200 Hrs—see page 6 |
| FEB | Wed | 12 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| FEB | Mon | 17 | Meetings | Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs |
| FEB | Wed | 19 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| FEB | Mon | 24 | Ten Pin Bowls | Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs |
| FEB | Wed | 26 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| MAR | Wed | 05 | Cuppa Chat | Lodge from 1000 Hrs |
| MAR | Wed | 05 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| MAR | Sun | 09 | Picnic in the Park | Botanical Gardens, BYO lunch |
| MAR | Wed | 12 | Line Dancing | Coronation Hall 71 High St Walkervale 1200 Hrs |
| MAR | Mon | 17 | AGM | Lodge 1300 Hrs |



























ANZAC PARK REDEVELOPMENT

Work currently underway—no further update this issue

STREETS OF REMEMBRANCE

A Bundaberg Regional Council program

Submissions lodged by us, and results received:

* Sister Elsie Winifred BLACK approved for a future street

Sister Constance Mabel KEYS pending

Sister Norma Violet MOWBRAY approved for a future street

* Sister Alice May TOFT approved for existing street in Millbank

* Sister Pearl MITTELHEUSER also submitted by Burnett Heads Memorial Park

Committee, and approved for a future street

NB: Sister Gertrude Skyring is recognised in East Bundaberg (Skyring Street) Sister Joyce Wyllie is recognised in Kepnock (Wyllie Street)

NOVEMBER

anniversaries/significant events

11 Nov 1919 Remembrance Day

A day we acknowledge those who died while serving in wars, conflicts and peacekeeping operations. Remembrance Day is held on 11 November each year to mark the anniversary of the Armistice that ended fighting with Germany in World War I.

Observance of one minute's silence at the 11th hour of the 11th day of the 11th month because that's when the Armistice came into effect. It's a time to honour our service personnel who died in service of Australia.

CITY SERVICE

Please assemble at Buss Park at 1045 Hrs.

Watch for RSL texts and other advertising regarding any luncheon details.

The RSL sub Branch is seeking volunteers for sale for merchandise 4– 9 November
Please contact Jan 0418 983 415

Look for local advertising for services at Burnett Heads, Moore park Beach and Woodgate.



Our members' post WWII defence contribution to Australia



RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

- 1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays; I go on Fridays.
 - 2. We also sleep in separate beds. Hers is in California, and mine is in Texas.
 - 3. I take my wife everywhere .. but she keeps finding her way back.
- 4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitch-
- 5. We always hold hands. If I let go, she shops.
- 6. She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets, and no place to sit down!" So I bought her an electric chair.
- 7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, "In the
- 8. She got a mud pack, and looked great for two days. Then the mud fell off.
- I too late for the garbage?" The driver said, "No, jump in!"
 - 10. Remember: Marriage is the number one cause of divorce.
- 11. I married Miss Right. I just didn't know her first name was Always.
 - 12. I haven't spoken to my wife in 18 months I don't like to interrupt her.
 - 13. The last fight was my fault though. My wife asked, "What's on the TV?" I said, "Dust!"

Can't you just hear him say all of these? I love it ... these were the good old days when humor didn't have to start with a four letter word. It was just clean and simple fun.

And he always ended his programs with the words, "God Bless."



Three Little Pigs went out to dinner one night. The waiter comes and takes their drink order.

"I would like a Sprite," said the first little piggy. "I would like a Coke," said the second little piggy. "I want water, lots and lots of water," said the third little piggy.

The drinks are brought out and the waiter takes their orders for dinner.

"I want a nice big steak," said the first piggy. "I would like the salad plate," said the second 'I want water, lots and lots of water," said the

third little piggy.

The meals were brought out and a while later the 9. She ran after the garbage truck, velling, "Am waiter approached the table and asked if the piggies would like any dessert.

> "I want a banana split," said the first piggy. "I want a root beer float," said the second piggy. "I want water, lots and lots of water," exclaimed the third little piggy.

> "Pardon me for asking," said the waiter! to the third little piggy, "but why have you only ordered water all evening?"

(You're gonna LOVE me for this.... etc...)

The third piggy says - "Well, somebody has to go 'Wee, wee, wee, all the way home!"





I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day

CONTACTS

EMERGENCY 134RSL (134775)

Bundaberg RSL:

Veteran Support Centre: ADVOCATE RECEPTIONIST (Level 1 Compo Level 1 Wellbeing) Liz Kirchner: 4330 3167 Advocate Cell Tue-Fri 0900-1600 Compensation Advocate - Lex Roberts

ACTIVITIES: Jan Rimmington 0422 134 313 (Work from Home)

RSL Sub Branch MOB 0477 959 747 or 43303169 Secretary Dannielle Brearley RSL bldg. Mon-Fri 0830-1500

RSL VETERAN SERVICES 134 RSL (134 775) Opt 2 vs@rslqld.org

WELLBEING Rudy Valzan 0418 452 059

Defence Vets Drop In Centre: 4153 4599

Open Mon & Thu mornings, ESO BBQ's lunchtime 1st Sunday WELLBEING Jude Binder, Angella Hillis CSC

1800 555 254 Advice and claims 1800 838 372

Mates4Mates mates4mates.org

Open Arms-

Veterans & Families Counsellina 1800 011 046

> Safe Zone 24/7 1800 142 072

Lifeline 24/7

13 11 14 www.lifeline.org.au

ADF Health & Wellbeing Portal www.defence.gov.au/health/ healthportal

Defence Family Helpline 24/7 1800 624 608

www.defence.gov.au/DCO/ Defence-Helpline.asp

Health Direct 1800 022 222 Poisons Information 13 11 26 Elder Abuse 1800 737 732

HAVE YOU BOOKED? Check

the clipboards; the notice board; CO pages 6 and 7; and Website

> Have you secured your booking with payment?

"Let's Play A Game!"

WIFE: Let's play a GAME

HUSBAND: What is the game?

WIFE: If I say the name of a colour, you run to the left wall, if I say the name of a fruit, you run to the right wall.

HUSBAND: Hmmm, sounds interesting; what do I get if I

WIFE: Whoever loses has to obey the other person for the rest of their life.

HUSBAND: Wow! I have to win this game!

WIFE: Okay, ready?

HUSBAND: Yes, I'm ready...

WIFE: Here we go:- ORANGE...! HUSBAND has been standing in the same spot for three days...figuring out whether she meant a colour or a fruit.

Moral of the story: Don't mess with women, their intelligence is something else.

Meetings for 2024 may have concluded but activities are continuing into December.

Chests Out will be published in November; save your copy for easy reference to what is happening and the contact info on page two.

Email will also be used to notify you of any important mes-

STOP PRESS

Hatchett Australia is launching Rock and Tempest

In their export market. Hachette US plans to release the book in stores and online in US/Canada on 29 October.

Congratulations author, Patricia Collins.

BIRTHDAYS

NOVEMBER

Con Chatham **Toni Grover**

24 25

Happy Birthday!

Be alert to scams

Supposed email from a friend or from our association

- Always check the email address - the one used may not look correct
- \Rightarrow Study the wording - the wording used may not be 'usual' from the supposed source
- Signature is this the way the sender would normally
- Finance does the request really sound correct and if you are asked to supply details, DON'T.

IF YOU HAVE ANY DOUBT-PHONE THE SENDER AND CHECK

IF YOU DON'T KNOW THEIR PHONE NUMBER, ASK THE SECRETARY TO PHONE THE SENDER FOR YOU

DO NOT RESPOND TO **EMAILS UNLESS YOU ARE** SURE OF THE SOURCE

NEVER PROVIDE PERSONAL INFORMATION

IF IT SOUNDS TO GOOD TO BE TRUE, YOU CAN BET YOUR BOTTOM **DOLLAR IT IS A SCAM!**

CHECK PAGES 6 & 7 FOR ACTIVITIES AND RSVP DATES DON'T RISK MISSING OUT



Acknowledgement: Thank you to the Bundaberg RSL Sub Branch for printing file and limited hard copies for non-electronic members.