

Sunshine Coast Ex-Service and Serving Women's Association Inc.

Joining Forces



Dec 2024—Feb 2025
20th Edition

Inc Assn IA 59129
ABN 15 390 668 848

PRESIDENT'S REPORT

Welcome to the 20th edition of *Joining Forces*.

Proudly our Association has recently welcomed 5 new members. We trust you all find great camaraderie and fun with our Association. You are very warmly welcomed.

By this time of the year your Management Committee is looking forward to a well earned break. It will not last long as we have already commenced allocating dates and venues for 2025. I would like to thank this wonderful Team for all of their hard work and selfless endeavours during the year. The efforts behind the scenes supporting each other, me and all our members have been exceptional. I am so grateful for their dedication.

The Events Coordinator and her Team have however, commenced the planning of our Annual Luncheon in June. I promise this year will be a spectacular event and one that will be well remembered.

On behalf of the Management Team I would like to extend the warmest of Christmas wishes to you, your family and friends. I trust you have a lovely break and enjoy the special holiday season ahead and the New Year finds you ready for more fun and adventure with your fellow Ex-Service Women.

I trust you enjoy this edition of *Joining Forces*.

With respect.

Lorraine Houlihan



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Editor's Note

You will note that there are no Bios in this edition of JF. As a result I have changed focus for this edition to provide important info on Scams and Cyber safety.

Please consider putting your military history into words as it is so lovely to read about our fellow members' service life.. I am very happy to assist you if necessary.

Cheers

Lorraine



DEALING with SCAMS

by Australian Government & Australian Signals Directorate

WHAT ARE SCAMS?

Online scams cost Australians millions of dollars each year and anyone can be targeted.

Scams are a common way that cybercriminals compromise your online accounts. Scammers' goal is to trick you into paying money or giving away your personal information. They will use email, text messages, phone calls or social media, and often pretend to be a person or organisation you trust.

There are various types of scams, and cybercriminals always create new ones. It is important to be aware of these scams and their consequences, and take the necessary precautions to stay secure in the digital world.

Identity theft is one of the most serious consequences of scams. It occurs when someone uses your identity to steal money or gain other benefits. Once your identity is stolen, scammers can do serious damage such as opening new bank accounts and taking out loans in your name, signing contracts such as opening new phone plans, gaining access to your government online services, stealing your superannuation and more.

Scammers are very creative and always come up with new ideas to take advantage of you. For example, they may impersonate government departments (e.g. the Australian Taxation Office asking for payment), set up fake dating or social media profiles, or tell you that one of your accounts was compromised and prompt you to take action – usually by clicking on links or give them personal information to 'solve the problem'.

Being alert to scam messages is a great way to protect yourself online. These 'scammers' may try to compromise your home security computer or bank accounts.

Knowing what the common types of scams are, and what to look out for, could save you from becoming a victim.

DON'T FALL FOR SCAMS IN TWO STEPS:

First, check if it is a scam

- **Know what to look for.** View common types of scams such as dating, investment scams, phishing emails and text, or invoice fraud.
- **Go direct to a source you can trust.** Visit the official website (e.g. Suncorp), log in to your account, or call their phone number. Don't use the links or contact details in the message or given to you on the phone.
- **Check what the official source (e.g. Suncorp) says what details they might request from you.** Often companies or government agencies will say what they will and will not ask you online or over the phone. For example, the bank may tell you that they will never ask for your password. If someone claiming to be from the bank then asks you for your password, you know it is likely a scam.

Then, if you still think it's a scam

- **Don't click on links, open any attachments or reply to requests.** Scam messages may try and trick you into giving out your personal information. A scammer might ask for your bank account details, passwords or credit card numbers. They may also ask you to download files, software, or allow remote access to your computer.
- **Contact your bank.** Contact your financial institution if you think your credit cards or bank account may be at risk. They may be able to close your account or stop a transaction.
- **Help keep Australia secure** by reporting the scam to the National Anti-Scam Centre—Scamwatch on scamwatch.gov.au or via ReportCyber on cyber.gov.au if you have fallen to a scam.

HOW TO AVOID BEING A VICTIM: SECURITY TIPS

The best way to protect yourself from scams such as phishing attempts is to:

- Stay aware of current threats.
- Be very cautious online.
- Take steps to block malicious or unwanted messages from reaching you in the first place.

REDUCE YOUR EXPOSURE TO SCAMS

- Never open links or attachments you didn't expect to receive, or that came from people or organisations you don't know.
- Scammers may pose as someone you know, or even gain access to their social media accounts to send out scams. Think twice if you receive a weird message that contains a link or attachment, or unusual requests (e.g. asking for money). It can be hard to know if it is legitimate, but the best way to know if your friend or a scammer is behind the message is to check with your friends offline.
- Update all computers, phones, tablets and smart devices and turn on automatic updates.
- Use a spam filter on your email account to block deceptive messages reaching you.

PROTECT YOUR ACCOUNTS

- Do not use the same password or key access numbers on all your devices and accounts or across multiple businesses (just because they are easier to remember), e.g. pet name or street address)
- Use multi-factor authentication and strong, unique passphrases on your accounts. If you fall for a phishing scam, this will help you limit the damage.
- Never share your log-in details, multi-factor authentication or verification codes with anyone. Scammers will attempt to build trust with you, hoping to get these codes to access your account.

CHECK THAT REQUESTS ARE LEGITIMATE

- Remote access scams. This could be done with your help, after tricking or convincing you to click on their link or download software to give them access, e.g. someone claiming to be a tech expert to help with troubleshooting issues that don't exist.
- Dating or romance scams. On dating websites cybercriminals can easily manipulate their victims by creating fake profiles online or take the identities of real people. Cybercriminals try to quickly build a relationship, and then ask for money, gifts or information.
- Understand that your financial institution and other large organisations (such as Amazon, Apple, Facebook, Google, PayPal and others) would never send you a link or ask you to enter your personal or financial details. Similarly, neither would government agencies e.g. Australian Tax Office ATO, or law enforcement such as Australian Federal Police AFP.
- Identity theft is where a cybercriminal extracts or gains access to your personal documents such as your passport, licence, birth certificate or even a photo of you on your electronic device or emails to steal your identity. This could allow them to withdraw money from your financial accounts, or apply for a new credit card or bank loans in your name.

HOW DO I STAY SECURE?

Scam messages are one of the most common ways cybercriminals try to steal your information online. There are some easy steps you can put in place to protect yourself.

1 Think before you click on a link

The link itself could contain malicious or nasty software. If you can, hover over the link to see the actual web address it will take you to.

2 Never provide your details via a link in a message

To visit a website (such as your bank) its safest to manually type the official web address into your browser, or the bank's icon shortcut on your phone, laptop, iPad etc. You could also use a search engine to find the official website and log in that way. Look for the first result that is not an advertisement, as cybercriminals sometimes create ads for fraudulent websites.

3 Contact the person or business to check if they sent the message

Use the contact details you find through a legitimate source. Don't rely on the contact details in the suspicious message e.g. a person you don't know wanting to join you as a Facebook friend or a person you know of now asking to be a Facebook friend. It may be a fake request.

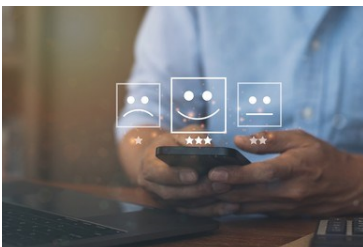
4 Think you've entered your personal details into a scam (phishing) site?

These scam messages are very convincing and lots of people fall for them. Don't feel embarrassed if its happened to you. Find out what to do if you think you're a victim of cybercrime by typing into 'Have you been hacked' an online tool which will assist you. If you act quickly and get help you can possibly mitigate the damage.

HOW DO I KEEP UP TO DATE?

The Australian Government, Australian Signals Directorate www.cyber.gov.au website provides important, timely advice and guidance to help Australians take proactive steps to protect themselves and their businesses from COVID-19 and other cyber security threats.

You can report cybercrime and cyber incidents if you have been affected, and sign up to the free email alert service to stay up-to-date on the latest online threats and how to respond.



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Sunshine Coast Ex-Service and Serving Women's Association Inc & Linked Groups

There is often confusion as to where associations fit in the very large world of ex-service women's associations and in particular the SCESWA. New members often are confused as to where we sit on the organisational tree and who we are a part of. This explanation seeks to clear up any confusion.

The SCESWA is a stand alone association which was rebadged in 2019 from the original Maroochydore Combine Ex-Service Women Association which was established in 1980. A decision was taken to update and modernise the group and also be more inclusive by encompassing current serving women and include the entire Sunshine Coast and further afield if that was appropriate for members. Our Association's objectives are to unite ex-service and current serving women for their mutual benefit, companionship, camaraderie and wellbeing; and to preserve the service history of women who have served and/or who are currently serving in the Australian or Allied Defence Forces.

We currently have 77 financial members from all Corps and Services including a number of overseas ex-service veterans. We are also an Incorporated Association with the QLD Office of Fair Trading and hold Liability Insurance as in accordance with the IA (Qld).

We are linked to numerous other ex-service women's groups but remain totally independent. Each member is also a part of their own RSL Sub Branch and are also associated with one or a number of the groups listed below.

The linked groups are;

Hervey Bay Ex-Service Women Social Group

Bundaberg District Women Veterans

Womens Royal Australian Army Corps Assn QLD (WRAAC)

Womens Royal Australian Air Force Assn (WRAAF)

Womens Royal Australian Air Force Branch (RAAFA)

Navy Women (WRANS-RAN) QLD

Defence Service Nurses RSL Sub Branch

Redcliffe District Ex-Service Women

Defence Servicewomen's RSL Sub Branch (Chapter)

Glasshouse Country Women United by Defence (monthly luncheon)

Bribie Island Ex-Service Women (monthly luncheon)

Caboolture Ex-Service Women Luncheon (Monthly luncheon)



SCESWA Memorial Service & Coffee & Catch Up on 7th Nov 2024
 Held at Cotton Tree Park, Maroochydore
Commemorating the passing of four of our members this year



SCESWA Members receiving Awards for Volunteering



Sue Porter with her Award in recognition for her Voluntary work with the Cooroy/Pomona RSL Sub Branch



Gloria Hollingworth and Deirdre Elliott, Maroochy RSL Sub Branch receiving their Volunteer Award from Skip Anthony, Maroochy District, President

Bribie Island Ex-Service Women's Monthly Luncheon

The Luncheon for the Bribie Island Ex-Service Women is held on the 4th Monday of the month at the Bribie Island RSL, 99 Toorbul Street, Bribie Island. Contact Anita Cooper on 0402 246 408 for any further info. All welcome.

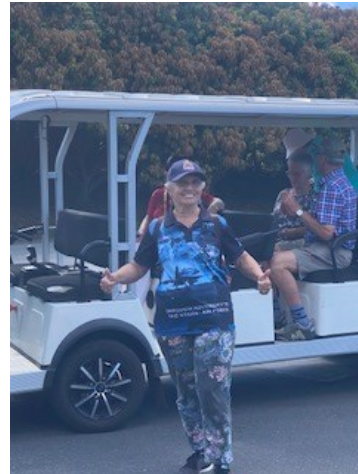


Glasshouse Country Women United by Defence - Monthly luncheon

Usually held on the 2nd Wednesday each month at 11.00am. Contact Fran Sinclair on 0416 013 987 for further info. All welcome.



Sunshine Coast Ex-Service and Serving Women's Association Photo Round Up



Dot Kunde, Fran Sinclair, Heather Christie and Val Machin
Annual Day for Veterans at Australia Zoo



Sunshine Coast Ex Service and Serving Women at the Annual Hervey Bay
weekend



SCESWA members plus Jenny from Bundy and Julie from Hervey Bay
“quietly” enjoying the wonderful lunch time event!!!!



Remembrance Day
Wreath Laying,
Glasshouse RSL

Left;
Sally Pabst-Reeves

Right;
Val Machin



Left;
Mo Barnes

Right;
Fran Sinclair



Wreath Laying at
Caloundra and Maroochy
RSL

Left;
Jan Thorne & Judi Taylor
Marching at Caloundra

Right;
Judi Taylor



Left;
Jan Thorne

Right;
Lorraine Houlihan at
Maroochy RSL





**Bundaberg District Women Veterans
Outback and Ocean Bus Trip**

10—20 August 2024

A number of SCESWA ladies joined our Bundy friends and had the very best of fun and adventures. Thank you to Bundy Women Veterans.



SCESWA ladies on board; Jan Thorne, Chris Clancy, Dot Kunde, Jennie Promnitz & Lorraine Houlihan



Jennie s new friend



Our Titanic moment. No words are necessary



Meeting & Coffee and Chat Dates



9 Jan 2025—Coffee and Chat Maroochydore RSL Café—10.00am



6 Feb 2025—OGM Maroochydore Sub Branch HUB 10.00am for 10.30am start



6 March 2025—Coffee and Chat—Location TBA



3 April 2025—OGM and AGM Kawana Waters Surf Club 10.00am for 10.30am start



1 May 2025—Coffee and Chat—Location TBA



5 June 2025—SCESWA Annual Luncheon—Maroochy RSL Events Centre 11.00am for 11.30am start



3 July 2025—Christmas in July Bus Trip—Full Details TBA



7 August 2025—OGM Kawana Waters Surf Club 10.00am for 10.30am start



4 September 2025—Coffee and Chat—Location TBA



2 Oct 2025—OGM Maroochydore RSL Sub Branch HUB 10.00am for 10.30am



6 Nov 2025—Coffee and Chat—Location TBA



4 Dec 2025—OGM and Christmas Lunch Kawana Waters Surf Club 10.00am for 10.30am



SCESWA Management Committee Meeting Dates



16 January 2025



20 February 2025



20 March 2025



17 April 2025



15 May 2025



19 June 2025



17 July 2025



21 August 2025



18 September 2025



16 October 2025



20 Nov 2025

BIRTHDAYS

December—Helen Gilmore-Walsh, Gloria Hollingworth, Libby Penny,
Sally Pabst-Reeves, Bev Milner



January—Margaret Humby, Susan Porter, Suzan Malligan, Judith Cook, Sharon
Freebody, Judith Cook

February—Gail Young, Linda Gold, Christine Brunton, Janet Cagney, Lola Hurman,
Noelene Lucjan, Pauline Van Buren

INTRODUCING NEW MEMBERS

Susan Porter—QARANC (UK)
Sally Pabst-Reeves—WRAAC/RACMP
Linda Gold—WRAAC
Jennifer Shevak—WRAAC/RACMP
Sandy Hoffschildt—WRAAC/Army



POPPY SERVICE



Remember to notify your local RSL Sub Branch if you would like to have a Poppy Service or alternatively ensure you advise your family of your wishes.

Facebook – Combined Ex Service and Serving Women Australia

The *Combined Ex-Service and Serving Women Australia* is a very informative site on Facebook for ex-servicewomen and is independently administered by ex-service women. Ex service women from all over Australia have registered and make frequent posts providing interesting information, military photos and fun ditties.

To join, simply answer two questions relating to your service, and once the Administrator approves your request you will have unlimited access to other Combined Ex-Service Women Australia's members posts, photos and importantly all events that are coming up for numerous Associations throughout Australia.

Whilst this Facebook site is **not part of our Association**, the committee ensures that all events relating to the SCESWA are recorded on this site.



WRAAC CORPS DAY 2025



OUR 74th Anniversary CELEBRATION

For WRAAC and WRAAC ASSN. Members ONLY

SATURDAY 08th FEBRUARY 2025

VENUE GEEBUNG RSL, 323 Newman Road, Geebung

TIMINGS 11:30 ARRIVAL
12:00 LUNCH (Alternate drop-entrée, main and dessert)

COST \$40.00(pp) each member & carer
\$45.00(pp) each WRAAC non-Assn member/friend

MUST be paid by the RSVP date

Included is a complimentary drink and a lucky door ticket

Bar will be available plus Raffles

RSVP 20th January 2025



WRAAC CORPS DAY 2025

I&..... will be attending the Corps Day Celebration on **Saturday** 08th February 2025.

Payment Options: Payment can be made by cheque, or internet banking.



By Mail: cheque no.....for \$.....

Forward to WRAAC Association (QLD) Inc.
30 Scrubby Creek Road BROWNS PLAINS QLD 4118



By Internet Banking: WRAAC Assn Qld Inc **BSB: 124074 Account No: 23017767**

Payee Ref: Please quote your initial and surname/ Eg. ACitizen/CDay



IMPORTANT please text or email the secretary with details of your direct debit when done,
so that your payment can be receipted correctly.



In Person: at the General Meeting on 23rd November 2024

Do you have any **Special Dietary needs and/or Food Allergies?**

Please advise the secretary, secretarywraac_qld@outlook.com

MANAGEMENT COMMITTEE FOR 2024

Executive

President: Lorraine Houlihan, Phone: 0408 126 710, Email: president.sceswa@gmail.com

Vice President: Deirdre Elliott, Phone: 0408 222 592, Email: deirdre_colin@bigpond.com

Secretary: Jan Thorne, Phone: 0410 448 433, Email: thornejl@hotmail.com

Asst Secretary: Chris Birch, Phone 0403 905 023, Email: christinebirch52@gmail.com

Treasurer: Judi Taylor, Phone: 0430 597 836, Email: judimtaylor@gmail.com

Committee members

Health & Well-Being: Jan Thorne, Phone: 0410 448 433, Email: thornejl@hotmail.com

Events Co-ordinator: Deirdre Elliott, Phone: 0408 222 592, Email: deirdre_colin@bigpond.com

Membership Officer: Chris Birch, Phone 0403 905 023, Email: christinebirch52@gmail.com

Grants & Merchandise: Fran Sinclair, Phone: 0416 013 987, Email: fran@kandfspace.com

General Committee Members

Maggie Winduss
Dot Kunde

Newsletter

Editor: Lorraine Houlihan, Phone: 0408 126 710, Email: l.houlihan1@bigpond.com

Postal Address: Sunshine Coast Ex-Service and Serving Women's Assn Inc., PO Box 654, BUDDINA, Q 4575

Email: thornejl@hotmail.com

Members: Please note the email address for our Association.



NAVY WOMEN (QLD) Calendar of Events 2025

Calendar of Events 2025-- subject to changes

Date	Event	Notes
27 Feb	Service @ Jack Southbank	Honouring HMAS Voyager (II) Lost Crew
9 Feb	Navy Women Qld AGM & OGM Geebung RSL	Geebung RSL - First meeting for 2025
Feb	NAA(Q) State Council meeting	Delegates attend
End Feb	Navy Week	HMAS Moreton
27 Feb	Service @ Jack Southbank	RAN Navy Week Hosted by HMAS Moreton:
9 Mar	Navy Women Qld OGM Geebung RSL	
14-16 Mar	WRANS-RAN National Reunion - Tasmania	
Mar	NAA State Conference –	Delegates attend – everyone invited
27 Mar	Service @ Jack Southbank	
12 Apr	CESWA Tri-Service Luncheon Geebung RSL	Singing Competition
13 Apr	Navy Women Qld OGM Geebung RSL	Easter Bonnet
18 Apr	Good Friday	Happy Easter
25 Apr	ANZAC Day 0600 Service at St John's Church Northgate Corvettes Assoc Service Newstead 0930 Parade in Brisbane City	Formal Uniform Ship Inn after March
May	Victory in Europe Service 08May1945	South-Eastern District RSL New Farm
18 May	Navy Women Qld OGM	3 rd Sunday due to Mother's Day date
29 May	Service @ Jack Southbank	
5 Jun	Sunshine Coast Ex-Service and Serving Women's Assoc Inc Luncheon Maroochydore	Civilian dress with name tags
8 Jun	Navy Women Qld OGM Geebung RSL	
26 Jun	Service @ Jack Southbank	
5-6 Jul	Reserve Forces Day Wondai	
13 Jul	Navy Women Qld OGM Geebung RSL	
24 Jul	Service @ Jack Southbank	
Jul	CESWA Annual Church Service	Formal Uniform
26 Jul	Korean Veterans Day	
10 Aug	Navy Women Qld GM Geebung RSL	
Aug	Victory in Pacific Day 15Aug1945	South-Eastern District RSL New Farm
18 Aug	Vietnam Veterans Day	
28 Aug	Service @ Jack Southbank	
3 Sep	Battle of Australia Commemoration	
10 Sep	CESWA Commemoration to Service Women of Aust	Women's Memorial Pine Rivers Kallangur Formal Uniform
14 Sep	Navy Women Qld OGM Geebung RSL	
13 Sep	NAA Golden Rivet 2025	CSI Ipswich – Hosted by NAA State
25 Sep	Service @ Jack Southbank	
13 Oct	Navy Women Qld GM Geebung RSL	Breast Cancer Fundraising WEAR PINK
October	Hervey Bay Birthday weekend	
31 Oct	Service @ Jack Southbank	HMAS Sydney II –
1 Nov	Navy Women Annual Reunion Luncheon	Geebung RSL Club
9 Nov	Navy Women Qld OGM	
11 Nov	Remembrance Day Service	
20 Nov	NAA(Q) State Council meeting	
27 Nov	Service @ Jack Southbank	
7 Dec	Navy Women Qld GM Geebung RSL	Xmas Party First Sunday...

First Saturday of each month Western Suburb Lunch
 Third Tuesday of each month Gold Coast Brunch
 Fourth Monday of each month Bribie Island Lunch Bribie Island RSL Social Cafe
 Last Thursday of each month Jack Memorial Ship Inn, South Bank

GOLD COAST BRUNCH -

Jan - Cafe 360 - 360 Marine Parade, Labrador
 Feb - The Willow Tree, Shop T12/37 Eggersdorf Rd, Ormeau – Omeau Village Shopping Centre
 March – South Sharks, Corner Olsen and, Musgrave Ave, Southport
 April - La Vintage Boutique, 1 Kurilpa St, Worongary
 May - Cafe 7, 42 The Esplanade, Paradise Point

If you wore a Navy Uniform, you are welcome at these events.

BANKING DETAILS:

Name of the Account:

Sunshine Coast Ex-Service and
Serving
Women's Association Inc.

Institution:

Auswide Bank

BSB: 645 646

Account Number: 102736405

Cheque made payable to:

Sunshine Coast Ex-Service and Serving
Women's Association Inc.

Forward to:

The Treasurer
PO Box 654, BUDDINA Q 4575

ANNUAL MEMBERSHIP SUBS: \$15.00 per year

*Membership payments are Due **31 December** each year*

If you wish to pay by Internet Banking,
Remember to include payee reference: Please quote your
initial and Surname/Subs: e.g. JSmith/subs
Payments will be accepted at the Meeting or Coffee n
Catchup

CHANGE OF ADDRESS DETAILS

We are having a few Birthday cards and letters returned "NOT AT THIS ADDRESS". If you have moved address or changed your email or phone number, please notify our Membership Officer, Chris Birch on 0403 905 023. This will allow your Association to continue to provide you with updated information throughout the year.

SCESWA MEMORABILIA

SCESWA has three different types of Badges available to our members. We have Magnetic or Pin name badges. Please see Jan Thorne to arrange. Cost: Pin \$14.50, Magnetic \$16.00

Cloth badges are available from our Merchandise table. Cost is \$6.50

We also now have SCESWA Baseball Caps, \$22.00. Car Stickers, \$5.00. Note Books, Bags and Coffee Mugs

They may be purchased at all meetings and C n C and luncheon events. Fran will be happy to serve you.

New pieces of Merchandising to come.

DEADLINE FOR NEXT NEWSLETTER

Deadline for the next newsletter is **25 February 2025**

Every effort will be made to use all contributions, but it may not be in the next issue.

Please send all articles, clear photos and letters to the Editor at the association address or email Lorraine at l.houlihan1@bigpond.com. We look forward to members' input.

Disclaimer: All contributions are welcome. All care will be taken with material but no responsibility is assumed or accepted by the publisher or the SCESWA Inc.

