

Chests Out

Women Veterans, proud to have served our nation.

03/2026 MARCH



Our 59th election of office bearers Includes our inaugural meeting held 7 July 1967



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: secretary@bundywomenveterans.org.au

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

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.

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.

Patron: Leone Wilson OAM

EXECUTIVE COMMITTEE MEMBERS

President: Jenny Waldron OAM

07 4157 4621 0487 302 114 jenny.waldron@outlook.com

Vice President: Mary-Rose Mulvaney OAM

0419 121 128 maryrose.mulvaney@gmail.com

Secretary: Gloria Kilpatrick

0408 886 421 kilpatrickg@hotmail.com

Treasurer: Sharon Barsby

07 4157 4621 0428 570 014 sharonbarsby1@outlook.com

COMMITTEE MEMBERS

Angella Hillis CSC (Commemorations)

0400 422 331 hillis.wa@gmail.com

Kay Littler (Assistant Treasurer)

07 4159 1881 0427 685 167 pdk7@dodo.com.au

Annette Newsham (Librarian)

0407 581 935 annettenewsham@yahoo.com.au

Lynne Pollock (Property)

07 4151 7795 0438 517 795 lynne.pollock21@outlook.com

WELLBEING SUPPORT OFFICERS

Jenny Waldron OAM 07 4157 4621 0487 302 114

Shirley Watson 0408 460 951

Leone Wilson OAM 07 4159 4135 0427 415 946

Terrie-Ann Howard (WO) 0409 700 581

GENERAL APPOINTMENTS

Activities	Jenny Waldron, Deb Bratt, Kerry Clements, Terrie-Ann Howard, Gloria Kilpatrick, Annette Newsham
Assist. Secty	Leone Wilson (non committee)
Awards	President, Vice President plus as per policy 1.17
Commemorations	Angella Hillis, Leone Wilson
Commun & Prom	President
Financial Auditor	Lynne Pollock, Sheona Webster-Gorrie
Fundraising	Sharon Barsby, Kay Littler, Lynne Pollock
Grants	Jenny Waldron, Kay Littler, Sharon Barsby
History	Leone Wilson
Legacy Liaison	Sheryl Parker, Lynne Pollock
Library	Annette Newsham
Line Dancing	Sharon Barsby
Newsletter	Leone Wilson
Property	Lynne Pollock, Sharon Barsby
RSL Liaison	Dannielle Brearley, Gloria Kilpatrick
Social Media	Helen Baldwin (pending), Jenny Waldron
Ten Pin Bowls	Lynne Pollock

OTHER RESPONSIBILITIES

Activities	AO, Sub C'tee, Coordinators
Activity Bookings	You, AO, Coordinator, Treasurer
Membership	Secretary, Treasurer, President
Policy & Procedures	President, Secretary
Strategic Planning	President

CURRENT LIFE MEMBERS

Leone Wilson OAM
Shirley Watson
Kay Derome
Jennifer Waldron OAM
Sharon Barsby

Behind the news, March

ANNUAL GENERAL MEETING

Congratulations to our committee of 2026-7.

Jenny Waldron is once more undertaking the role of president, and Gloria Kilpatrick will be our busy secretary. Mary-Rose Mulvaney is the vice president and Sharon Barsby begins her 11th year as our treasurer.

Committee standing down are Sheryl Parker who is now president, Bundaberg Legacy – thank you for your big contribution whilst on committee Sheryl; plus myself after 36 years (I got too old), however I remain patron.

Thank you to the executive and to committee members, Angella Hillis, Kay Littler, Annette Newsham and Lynne Pollock – without your contribution we would not exist.

Thank you also to the members who attended the annual general meeting, it was a great turn out of both service members and associates and that was important given the number of apologies received.

Gloria looked after the 'inner-man', delighting everyone with a tasty afternoon tea. Thanks Gloria.

Whilst expressing appreciation, I should add thanks to the members for your contribution and support of the raffle, and not forget to thank the Bundaberg RSL Sub Branch for printing our annual report.

Next year is our 59th AGM, electing our 60th committee and for confused mathematicians, there was no AGM in 1968 as the association aligned with other ESO's to a calendar financial year.

ACTIVITIES

Anzac Girls Lunch 20 Apr

Commemorating 75 years since formation of post war women's services.

Our activities crew are going all out to make this a very special celebration and we will be joined by some members from Sunny Coast and Hervey Bay.

Elements include displays, an address, lunch, fun raffle and games afternoon. Display items - how much will be on display is up to you. If you served in the ADF

in the last 75 years – you probably have a gem keepsake somewhere that we would enjoy looking at. Here is how to share:

- Clearly and securely mark it with your name so that it can be returned to you;
- If it is small bring it to cuppa chat Wed 1 April;
- Larger items – please watch for an email closer to the date with instructions as to when and where to deliver.

This is a really special day so book now – numbers are required 4 April. Don't miss out!

I can advise that the Bundaberg RSL Sub Branch Board recognise this event as milestone and are contributing some grant funding to help us ensure it is a success.

Thank you RSL!

Don't forget to also come to the Salute to Servicewomen Quiet Time – see page 10.

Mystery Trip!

The trip on 14 May is a goer! The association has already paid a 50% deposit based on 22 participants.

The cost has been subsidised and your \$70 members or \$100 guests provides you with a fun day including commentary, morning tea, lunch, visits to 2 farms/ properties with presentations. Quizzes and fun on the bus.

Art with Jassy 16 May

There is a booking sheet available at the Lodge; look for it at cuppa chat. RSVP 25 April. See p6.

WELLBEING

Terrie-Ann has taken over from me as the Wellbeing Officer and is attending the COP meetings, relieving Sheryl from being our rep. Our team of WSO are listed on page 2. We are here to listen and where able, visit. The RSL and Defence Vets continue to provide accredited advocacy and welfare assistance.

Best wishes to all members dealing with health issues!

Take care

Leone

All of our activities need to be SMELLS-free

Perfumes, aftershaves and other strong smelling products affect the health of some members. Please do not wear scented products to meetings or other activities, even outdoor activities.

THANK YOU

MORE THAN A MEETING!

General meetings are opportunities for you to have a voice in the association.

You can make suggestions on planning for future activities, commemorations and any issue that aligns with our aims and objects.

During the meeting you will be briefed on work done by the committee on your behalf.

General meetings are also a get-together of friends.

Enjoy a cuppa and participate in the 'meeting raffle'.

COME ALONG AND SHARE YOUR COMPANY WITH US

MEMBERSHIP BADGES AVAILABLE NOW



from Treasurer Sharon
\$13



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.

Service Items



wanted for display at
20 April's lunch
see page 3

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



Wellness

.....is a gift we all wish to enjoy

To increase your chances of gaining this, you need to contribute such things as:

- *self-care
- *preventative and hygienic practices
- *awareness of and minimising the many risks you encounter on a daily basis
- *drink plenty of water!

We can but try!

Wellbeing Activities

All of our activities are for the wellbeing of members

INFECTIOUS

*A genuine smile—
one that reaches your eyes—is infectious.*

PLEASE SPREAD WIDELY

Be alert to scams

*Odd email from a friend,
business or association?*

*If it looks different;
the format is unusual;
the wording unfamiliar;
the request strange.*

**BEWARE—IT IS LIKELY
OUT TO TRAP YOU**

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

Do not click on links or carry out any of the requests.

**IF YOU HAVE ANY DOUBT—
PHONE THE SENDER AND CHECK
(DO NOT EMAIL)**

<https://scamwatch.gov.au>

What I should have done:

When confronted with a phone call from nbn, even though it sounded legit, I should have asked the caller for his identity (nbn employment details) and phone number and said that I will call him back.

Then I should have phoned nbn to check his credentials and the reason for his call. (of course he would have hung up before providing anyway).

I can't explain why I didn't do that, I knew better. I sure now know that I need to heed the advice in future!

Note the following from the internet:

nbn does NOT call customers about outages - your internet service provider handles all outage communications. The only time nbn will call you directly is when there's a scheduled appointment at your address. *Why didn't I check that before?*

Leone

Our wellbeing activities: LINE DANCING & TEN PIN BOWLS

Our special 2026 activity, 20 April Gallipoli Room RSL following lunch – **'laughter is the best medicine!'**. Don't forget to book:

INTERSERVICE OLYMPICS



ACTIVITIES 2026

ANZAC GIRLS LUNCH—Monday 20 Apr

(follows our annual Quiet Moment to be held at Lions Remembrance Park at 1100)
75th Anniversary, post-war Women's services – Memorabilia wanted please!
Bundaberg RSL Club Gallipoli Room, Member \$35 Guest \$45 **RSVP 4 Apr**
followed by Interservice Olympics fun and games.
Coordinators: Jenny W, Terrie-Ann and Commemorations Officer

Mystery Bus Trip—Thursday 14 May

Mystery day tour with Jo Jo's Tours including morning tea and lunch.
Depart from Long term car park, Quay Street. Time 0800;
BRING A MATE - Member \$70 Guest \$100.
Expressions of interest by 30 Mar. RSVP 25 Apr
Coordinator Jenny W

ART WITH JASSY Saturday 16 May

Theme 'Jassy Surprise' Member \$40 Guest \$55 **RSVP 25 Apr.**
Coordinator Jeannie and Jenny W

Sunny Coast—SCESSWA Luncheon Thursday 4 Jun

This will be travel by own arrangement. More details will follow re cost and booking.

59th Birthday Luncheon—Monday 20 Jul, 1200 Hrs

Theme: The Swinging Seventies with Singalong Karaoke
Bundaberg RSL Club, Terrace Room, Member \$35 Guest \$45 **RSVP 30 Jun.**
Coordinators: Jenny W, Terrie-Ann, Gloria K

Cuppa Chat at Tom Quinn—Wednesday 5 Aug, 1000 Hrs

Purchase your own cuppa and eats. Coordinator—volunteer required to make booking.

Pizza at Bungadoo—Sunday 9 or 16 Aug

Bungadoo Country Cottage, **RSVP 1 Aug.** Coordinator Sharon

Country Getaway—Cania Gorge Tourist Retreat

Arrive Monday 31Aug depart Friday 4 Sep. Data sheet available at the Lodge.
Book cabin or site now (full payment required for cabins) Ph 4167 8110. Let Jenny W know if you book.
(essential for planning). RSVP 20 August. Coordinators: Jenny W & Terrie-Ann

Hervey Bay Luncheon—Saturday 17 Oct

Bus day trip departing 0930. **RSVP 30 Sept.** Coordinator Jenny W

Cuppa Chat at Urban Dragonfly Coffee Lounge—Wednesday 4 Nov, 1000 Hrs

Purchase your own cuppa and eats. Coordinator—volunteer required

Christmas Luncheon—Monday 16 Nov, 1200 Hrs

Bundaberg RSL Club, Terrace, Member \$35 Guest \$45. **RSVP 3 Nov.** Coordinator Jeannie

The above information will be updated monthly, so please recheck for additional detail or changes.

'Member' means FULLY FINANCIAL MEMBER AT TIME OF PAYING

BOOKING FOR AN ACTIVITY—PLEASE BOOK EARLY TO ASSIST WITH PLANNING. The RSVP date is the last date for cancellations to receive a refund. The easy way to book is via the clipboards at the Lodge, otherwise contact coordinator, activity officer or secretary. Contact details and payment info can be found on page 2
IMPORTANT: *Please advise any special diet requirements when booking for a function.*

APRIL

MON 20 Quiet Moment, Lions
Remembrance Park 1100 Hrs;
Anzac Girls Luncheon, Bundaberg
RSL 1200 Hrs

FRI 25 Anzac Day

WED 1 Cuppa Chat, Lodge, 1000 Hrs

WED 1, 8, 15, 22, 29 Line Dancing,
Coronation Hall 1200 Hrs

MON 27 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

MAY

THU 14 Mystery Day Trip, time 0800
Hrs

SAT 16 Art with Jassy, Lodge, time
TBA

MON 18 General Meeting, Lodge
1300 Hrs (MC'tee 1200 Hrs)

WED 6 Cuppa Chat, Lodge, 1000 Hrs

WED 6, 13, 20, 27 Line Dancing,
Coronation Hall 1200 Hrs

MON 25 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

JUNE

MON 15 General Meeting, Lodge
1300 Hrs (MCtee 1200 Hrs)

THU 4 Sunshine Coast Luncheon, own
arrangements

WED 3 Cuppa Chat, Lodge, 1000 Hrs

WED 3,10, 17, 24 Line Dancing,
Coronation Hall 1200 Hrs

MON 29 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

JULY

MON 20 Birthday Luncheon, RSL,
1130 for 1200 Hrs

WED 1 Cuppa Chat, Lodge, 1000 Hrs

WED 1, 8, 15, 22, 29 Line Dancing,
Coronation Hall 1200 Hrs

MON 27 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

AUGUST

MON 16 Annual General Meeting,
Lodge 1300 Hrs

WED 5 Cuppa Chat, Tom Quinn, 1000
Hrs

WED 5,12,19,26 Line Dancing,
Coronation Hall 1200 Hrs

MON 31 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

MON 31 Country Getaway to 4 Sep

SEPTEMBER

AUG 31 – 4 SEP Country Getaway at
Cania Gorge

WED 1 Cuppa Chat, Lodge, 1000 Hrs

WED 1, 8, 15, 22, 29 Line Dancing,
Coronation Hall 1200 Hrs

MON 27 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

2026 ANNUAL GENERAL MEETING



75th Anniversary Post War Women's Services Commemorations & Celebrations

Celebrating a special anniversary. Commencing with Quiet Time at Lions' Remembrance Park paying tribute to all defence servicewomen; followed by a luncheon which recognises the service of women since 1951 and a fun sports event highlighting the friendly rivalry created through our service.

MONDAY 20 APRIL 2026

Be sure you have booked – see page 6.



DID YOU KNOW

1. There are at least two people in this world that you would die for.
 2. At least 15 people in this world love you in some way.
 3. The only reason anyone would ever hate you is because they want to be just like you.
 4. A smile from you can bring happiness to anyone, even if they don't like you.
 5. Every night, someone thinks about you before they go to sleep.
 6. You mean the world to someone.
 7. You are special and unique.
 8. Someone that you don't even know exists loves you.
 9. When you make the biggest mistake ever, something good comes from it.
 10. When you think the world has turned its back on you take another look.
 11. Always remember the compliments you received. Forget about the rude remarks.
- Always remember....when life hands you lemons, ask for tequila and salt and call me over!
Good friends are like stars you don't always see them, But you know they are always there.



Women Veterans, join together for

ANZAC DAY BUNDABERG

BUNDABERG ANZAC PARADE *Below is not yet confirmed for this year, but is expected*

0800 assemble Targo Street **south of roundabout.**

The parade will march west along Bourbong Street, past the cenotaph and into Anzac Park.

There may be a designated shaded area for veterans. If attending Civic Service, take hat, water, sun screen.

War Nurses work party exit discreetly prior the entry.

WAR NURSES SERVICE

1000 assemble War Nurses Memorial Park

1015 service

We host this service—please make all in attendance welcome and assist with the running as best you are able.



By The Left—wear your medal entitlement on the left with pride

**RED SHIRT
OR
RED POLO?**

**FOR ANZAC DAY
WEAR YOUR RED SHIRT IF YOU HAVE ONE
(The polo shirt is for casual wear.)**

Commemorations

Anniversaries April

- 10 Apr Siege of Tobruk, North Africa, 1941
22 Apr Kibeho massacre, Rwanda, 1995
25 Apr Landing at Gallipoli by the ANZAC, 1915

BRC STREETS OF REMEMBRANCE

Beryl Holzberger nee Heidke will be included on a sign to be mounted on Holzberger Street, Moore Park Beach.

The sign will list:

Sergeant Beryl Heidke Trooper Stanley Holzberger

Beryl joined our association in 1992 and remained a member until she passed away in 1998. Beryl was born in Bundaberg and served in AWAS 1943-45. Beryl's sister Hazel Harrington (Brisbane) served in post war WRAAF.

Congratulations to our friends at Sunshine Coast Ex Service and Serving Women's

Association on the dedication of a memorial to the Women who served Australia. BDWV was represented at the special service

held at Maroochydore by president Leone, Deb likewise wore her red shirt. A representative from Hervey Bay was also in attendance. It has been a long road for SCESSWA but they never gave up. Well done!



Quiet Time

1100 Hrs

**Defence Women's Memorial
Lions' Remembrance Park**

Please arrive prior to 1100 Hrs.



Coming Commemorations

Most of these are being organised by the RSL Sub Branch.

Note indicates 'to be confirmed'*

- | | | |
|-----|--------|--|
| Sat | 25 Apr | Anzac Day – various times and locations |
| Mon | 27 Jul | Korean War, 1000 Hrs, location* |
| Tue | 18 Aug | Vietnam, 1000 Hrs, Anzac Park
Vietnam, 1100 Hrs, BDV Drop In Centre |
| Wed | 02 Sep | Battle for Australia, 1000 Hrs, Anzac Park |
| Mon | 14 Sep | National Peacekeepers Day* |
| Sun | 20 Sep | INTERFET Day, 1000 Hrs, Anzac Park |
| Wed | 07 Oct | Afghanistan, 1000 Hrs, Anzac Park |

Members with a special link to one or more of these may contact the commemorations officer and volunteer to be our representative.

Members may also attend.

More details will be provided as invitations are received.



It was that time, during the Sunday morning service, for the children's sermon. All the children were invited to come forward.

One little girl was wearing a particularly pretty dress and, as she sat down, the minister leaned over and said, 'That is a very pretty dress. Is it your Easter Dress?'

The little girl replied, directly into the minister's clip-on microphone, 'Yes, and my Mum says it's a bitch to iron.'

GOD'S GARDEN

(NB Items shared over the internet are not always fact)

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances

hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Two guys, one old timer and one young, are pushing their carts around Bunnings when they collide.

The old timer says to the young guy, 'Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going.'

'The young guy says, 'That's OK. It's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting a little desperate.'

The old guy says, 'Well, maybe we can help each other. What does your wife look like?'

The young guy says, 'Well, she is 24 yrs old, tall, with blonde hair, big blue eyes, long legs, big boobs, and she's wearing tight white shorts, a halter top and no bra. 'What does your wife look like?'

The old timer says..... 'Doesn't matter --- let's look for yours.' Most Old timers are helpful like that!

CONTACTS

Bundaberg RSL

Secretary

07 4138 7621 / 0477 959 747

Wellbeing

Advocacy & Hospital Visits

07 4330 3166

Activities & Events

07 4330 3167

Bundaberg RSL Club

07 4138 7620

Defence Vets Drop In Centre

07 4153 4599

Open Mon & Thu mornings,
ESO BBQ's lunchtime First Sunday

WELLBEING

Jude Binder

Bundaberg Legacy

07 4152 5958

Dept. of Veterans' Affairs

1800 838 372 dva.gov.au

Mates4Mates

Contact and register at
mates4mates.org

ADF Health & Wellbeing Portal

www.defence.gov.au/health/healthportal

Open Arms

Veterans & Families Counselling

1800 011 046

Safe Zone 24/7

1800 142 072

Defence Family Helpline 24/7

1800 624 608

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

Lifeline 24/7

13 11 14

www.lifeline.org.au

Elder Abuse

1800 737 732

Health Direct

1800 022 222

Poisons Information

13 11 26

My Aged Care

1800 200 422

State Emergency Service

132 500

Bundaberg & District

Neighbourhood Centre

(information hub—weekdays)

111 Targo Street

4153 1614

info@bundync.org.au

QLD GOVERNMENT LIST

For full details, go to
qld.gov.au/seniors
(some are work hours)

Seniors Support Services

1300 135 500

Human Rights

1300 130 670

Beyond Blue

1300 224 636

Crime Stoppers

1800 333 000

DV Connect

1800 811 811 (women)

1800 600 636 (men)

Public Guardian

1300 653 187

Relationships Australia Qld (Bundaberg)

14 Tantitha Street

1300 063 232

Sexual Assault Helpline

1800 010 120

Women's Infoclink

1800 177 577



*Happy
Birthday for
April*

04 Kay Littler

11 Del Crowley

11 Jan Thorne

12 John Wilson

18 Annette Newsham

29 Fae Cooke

**Alcohol
does not make you FAT,
it makes you LEAN
against tables, chairs,
floors, walls
and ugly people.**

A nurse walks into a bank. Preparing to write a check, she pulls a rectal thermometer out of her purse and tries to write with it. She looks at the flabbergasted teller and without missing a beat says, "Well, that's great..... that's really great.....
Some asshole's got my pen.



"Okay your father
managed to get a mouse.
Now how do we use it?"

DEFINITIONS NOT IN THE DICTIONARY

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

Acknowledgement: Thank you to the Bundaberg RSL Sub Branch and Anzac Day Trust for assistance with this publication.