

Chests Out

Women Veterans, proud to have served our nation.

09/2026 SEPTEMBER



*Laughter in the bush by
day....and crackers by
the campfire in the
evening*



*Australian National Flag Day – celebrating 125 years,
Cania Gorge Tourist Retreat, 3 Sep 26*

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

Deb Bratt 0422 028 773 debbrattis@gmail.com

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, Mary-Rose Mulvaney, 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
Website	Jenny Waldron, Faye Chatham

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

Jeannie Roberts

Behind the news, September

Meeting

We had very welcome surprises with the return to Bundaberg of Pat Strang who rejoined the association and a visit from Pamela McNee.

It was wonderful to catch up with both these very supportive associates.

Ladies attending had the opportunity to utilise the booking sheets for Hervey Bay and Christmas.

Afternoon tea was pretty yum going by the 'ahs' and 'sighs'. Thanks to all suppliers. Thanks also to raffle donors – the draw seemed to go on for a long time.

Don't forget to read the minutes – there may be info in them not included in the newsletter.

Friday Raffles at RSL Oct 2, 9, 16, 23

Please assist with these raffles.

Arrive at 1700, enjoy some social time and maybe a meal, help sell the tickets and raise funds for the association.

Annette Newsham will be booking a table for our members – table 35 I believe.

Library

October is our LAST general meeting for 2026 – the next will be January.

Maybe if you are hoping to get a couple of books to read over coming months you might have to grab them in October.

Cania Getaway

Jeannie has summed up the great week that we all enjoyed with a post on our Facebook page complete with photos.

Due thanks have been expressed to Jenny W and her team and that extends to everyone who was there from all three associations as all hands contributed something – even the four-legged attendees joined in with a friendly tail wag.

Hervey Bay Luncheon Saturday 17 Oct.

RSVP 30Sep – please book and pay as early as possible to enable our treasurer to process payment to Hervey Bay.

Transport is the Legacy minibus, and our driver is Kay Littler. There were only two seats available last I heard but check with Kay or Jenny W.

Kay will pick up a few on her way to town and the rest will join at the Lodge. We depart from there at 0930 which normally gives us time to freshen up on arrival and have a cuppa before lunch.

Proposed departure from Hervey Bay for the return voyage is at 1430 Hrs.

Christmas Lunch - Monday 16 November

Our annual end of year celebration will be held at the RSL Terrace room. Cost is \$35 members, \$45 guests and RSVP 3 Nov.

Raffle prizes will be welcomed and are always appreciated. Please wrap items (preferably see-through) or tizzy and bring along on the day.

Bundaberg RSL Functions

Three upcoming RSL Sub Branch functions are Remembrance Day Luncheon, the President's Dinner and Veterans Christmas Lunch. Bundaberg RSL members should receive notice of these activities direct.

RSL Activities Officer Tracey Amos has suggested tables 8 and 9 for our members to select when booking, meaning we can hopefully have mainly women veteran mates at the table.

It will be up to you to make your booking early as others may also select one of these tables unknowingly. They are not 'reserved'.

Membership badges

Sharon has received new stock of members lapel badges. I believe they are \$13 each but check with Sharon. She will probably have them at the next meeting.

Wellbeing

Remember if you are heading for hospital, we won't know unless you tell us. Better still take care and stay healthy.

Leone, Editor

Diamond Jubilee countdown

Our next reunion is less than 10 months away!

Do you have mates who may like to attend? Invite your friends to join us in Bundaberg –enjoy your own mini-reunion with mates. Send them an invitation pack detailing the program and the costs

FRIDAY –

- Interservice Social Golf \$40
- Sunset Ceremony
- Welcome Function \$40

SATURDAY

- Diamond Jubilee Birthday Luncheon \$60

RSVP 30 June 2027 no refunds after that date.

KEEP AN EYE OUT FOR UPDATES

MEMBERS OF SISTER ASSOCIATIONS: Ask your secretary for an electronic (PDF) information pack.



Community Raffle Fundraiser



Purchase online. Tickets are ten for \$20 and by selecting to buy from Bundaberg District

Women Veterans, not only do you support us,

you also go into the draw for a chance to win one of 41 prizes worth over \$300,000. Search online for:

www.communitylottery.com.au/collections/other/products/bundaberg-district-women-veterans-inc

Tasting the wine, buying the wine, ordering the wine and participating in the wine auction - thank you Cania campers for helping us to raise funds for our 2027 Reunion.



Orders for wines are still possible; ask Jenny Waldron for an order form.

Placing orders for less than a dozen will be delayed until combined with others to make up 12 bottles.

Wellbeing

All of our activities are for the wellbeing of members

Weekly Line Dancing – Wednesdays, 1200 Hrs Coronation Hall

Monthly Ten Pin Bowls, last Monday, 1030 Hrs, Bundy Bowl

BEGINNERS WELCOME BE ACTIVE – HAVE FUN WITH FRIENDS

Both of these are good for your health. NO SKILL NECESSARY

BUNDABERG RSL MORNING TEA – upstairs, 3rd Friday, 1000 Hrs



The 2 Shirleys and Jenny W, Shelagh, Sheryl, Patricia, John and Leone at August's cuppa/

From our Wellbeing Officer:

Community of Practice (COP) monthly meeting was hosted by the Bundaberg RSL with guest speakers from QLD RSL. Of particular note **Peta McKinnon** a Director within the Integrity Operations Branch at the Department of Veterans' Affairs (DVA), based in Brisbane provided good discussion on some very interesting statistics of Provider Fraud. This generally being providers of Allied Health Services to Veterans billing incorrectly/over billing for services. (often unbeknown to the Veteran) See the search address and information below for anyone who has concerns and may wish to report or discuss with DVA.

dva.gov.au/about-us/provider-integrity

Report an integrity concern

Information from our community, including DVA staff, veterans and families of veterans, and providers is important in helping us to detect wrongdoing. Raising concerns early helps us protect veterans and strengthen the system that supports them.

If you suspect wrongdoing, please report it to us via:

- Webform: [Report an integrity concern](#)
- Email: integrity@dva.gov.au
- Phone: [1800 838 372](tel:1800838372)

You can remain anonymous and every report is taken seriously. The information you provide will help ensure the integrity of the veteran support system.

Tips for reaching Triple Zero



If you didn't receive one of these from your mobile service provider, ask me to send you this.

Leone

ACTIVITIES 2026

Hervey Bay Luncheon— Saturday 17 Oct

\$70 per person travelling by coach.
Coach seats are limited – check with
driver Kay Littler. Those not being
picked up along the way will be
departing 0930, from Legacy Lodge.

\$45 for those going by private vehicle.

RSVP 30 Sept.

Coordinator Jenny W



Hervey Bay Ex-Servicewomen's Social Club
42nd Birthday
Pres: Cassie Hodges 0431979414
Sec: Leonie mercer 0414828385
Treas: Julie Chapple 0407766545
P.O Box 3339
Hervey Bay Qld 4655
hervey.bayesw@outlook.com

It's time to get your ghou! on!

<u>Friday 16th OCTOBER</u> "Casual" Friday night get together RSL on the Veranda 5.30pm for 6.00pm Start Cost: Own Expense	<u>Saturday 17th OCTOBER</u> "Get your Ghou! on" Saturday Luncheon RSL in Hervey House 11.30am for 12.00pm Start Cost: \$45 (1 drink voucher pp incl.)	<u>Sunday 18th OCTOBER</u> Indicate interest Numbers needed Cafe 63 Breakfast @ 8am Cost: Own Expense
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**THIS YEAR WE WANT YOU TO WEAR.....
A COSTUME SO GOOD IT WILL RAISE THE DEAD!**
Partners are most welcome. We can't wait to see you there.



Christmas Luncheon—Monday 16 Nov, 1200 Hrs

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

BOOK NOW

Coordinator Gloria Kilpatrick.

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 note any special diet requirements when booking for a function

2027 Activities Planning

Thanks to any members who provided detailed suggestions to the activities committee. The reunion will be a highlight, but other activities will also take place. Some details relating to those occurring in the first half of the year will hopefully be available by our November issue of *Chests Out*.

OCTOBER

WED 7, 14, 21, 28 Line Dancing,
Coronation Hall 1200 Hrs
FRI 16 RSL Morning Tea 1000 Hrs
SAT 17 Hervey Bay Luncheon
MON 19 General Meeting Lodge 1300 Hrs
FRI 30 RSL Muster, 1600-1800 Hrs
MON 26 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

SEPTEMBER

WED 22, 29 Line Dancing,
Coronation Hall 1200 Hrs
FRI 18 RSL Morning Tea 1000 Hrs
FRI 25 RSL Muster, 1600-1800 Hrs
MON 27 Ten Pin Bowls, Bundy Bowl
& Leisure Centre 1030 Hrs

NOVEMBER

WED, 4, 11, 18, 25 Line Dancing,
Coronation Hall 1200 Hrs
MON 16 Christmas Lunch
RSL Terrace 1200 Hrs
FRI 16 RSL Morning Tea 1000 Hrs
FRI 27 RSL Muster, 1600-1800 Hrs
MON 30 Ten Pin Bowls, Bundy Bowl &
Leisure Centre 1030 Hrs

DECEMBER

WED 2, 9, 16 Line Dancing,
Coronation Hall 1200 Hrs
FRI 18 RSL Muster, 1600-1800 Hrs
**FRI 25 Santa 0000 Hrs Your place
maybe!**

Munching in Monto



Cania Campers Capers



Fun and games and friendship.

And a real life mystery...who planted the foreign phone in Jenny W's caravan? A mystery part solved when, at 2130Hrs a strange ringing was heard "who is phoning at this hour – and who changed my B' ring tone.." This all followed a torchlight search of the games grounds where said phone was 'lost'!



Entertainment by The Three J's

Fashion – getting ready for the Melbourne Cup?



Training for 2032?

Bubbles, our Cania Check In lady!



Commemorations

11 Oct **Afghanistan War 25th Anniversary** of Australian service in Afghanistan 2001-2021

STREETS OF REMEMBRANCE

Approved and added to the register

Lorna Street Sergeant Lorna Mittelheuser (mrd Crosswell) WAAAF Joined Bundaberg & District Ex Servicewomen's Association. 1980 was a centenarian when she passed away in '23.



Cover Story:

Australian National Flag Day commemorates the first time the Australian National Flag was flown on 3 September 1901, following a national competition to design a flag for the newly federated Commonwealth of Australia.

Australian National Flag Day was officially proclaimed in 1996 and serves as an opportunity for Australians to celebrate the flag as a symbol of national identity, unity, and patriotism

On the cover: **Cania Getaway attendees gathered at one of the cabin complexes to acknowledge the anniversary and the importance of our national flag.**

PEACEKEEPERS



RSL commemorated Peacekeepers on 20 September in Anzac Park. Our representative, Terrie-Ann Howard

14 Sep National Peacekeepers Day

On 14 Sep 1947, Australians became the world's first peacekeepers to be deployed into the field. They served alongside personnel from Belgium, Britain, China, France and the United States. The mission helped Indonesia gain independence from the Netherlands. It's been described as the start of UN peacekeeping.

Leaders

As a leader in its region, Australia has led or taken a leading role in:

- UN Transitional Authority in Cambodia (UNTAC) from 1992 to 1993
- multinational Peace Monitoring Group in Bougainville from 1998 to 2003
- multinational International Force for East Timor (INTERFET) from 1999 to 2000
- Regional Assistance Mission to Solomon Islands (RAMSI) from 2003 to 2017.

Many Peacekeeping Operations have been held globally with Australian participation. A number of our members have served as peacekeepers.

Coming Commemorations

Sun 11 Oct Afghanistan, 1000 Hrs, Anzac Park (Jeannie Roberts will represent)
Sun 18 Oct RAAF Station Bundaberg, 1100 Hrs Lions Remembrance Park
Wed 11 Nov Remembrance Day, 1045, Anzac Park

Members with a special link to one or more of these may contact the commemorations officer and volunteer to be our representative. Where able, representatives please wear our association dress shirt. Members may also attend.

A female dwarf goes to a doctor complaining of an embarrassing itch in the groin area.

The doctor looks her up and down, picks her up and stands her on his desk. He lifts up her skirt and puts his head under. A little perplexed, she hears snip, snip, snip, snip.

The doctor emerges from under her skirt. "How's that?" he asks

"Well, it's a lot better actually" she says, "but.....it's still there."

Undaunted, he dives back under her skirt. Snip, snip, snip, snip.. Out he comes. "How's that?" he asks again more confident.

"That's wonderful! What did you do?" she asked.

"I trimmed the top of your Ugg boots."



A fifth grader asked her mother the age-old question,

'How did I get here?'

SMILE

Her mother told her, 'God sent you.

'Did God send you, too?' asked the child.

'Yes, Dear,' the mother replied.

'What about Grandma and Grandpa?' the child persisted

'He sent them also,' the mother said.

'Did he send their parents too?' asked the child..

'Yes, Dear, He did,' said the mother patiently.

'So you're telling me that there has been NO sex in this family for 200 years? No wonder everyone's so grouchy around here!'

5 RIDDLES

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?

2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

3. What is black when you buy it, red when you use it, and gray when you throw it away ?

4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?

5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Answers:

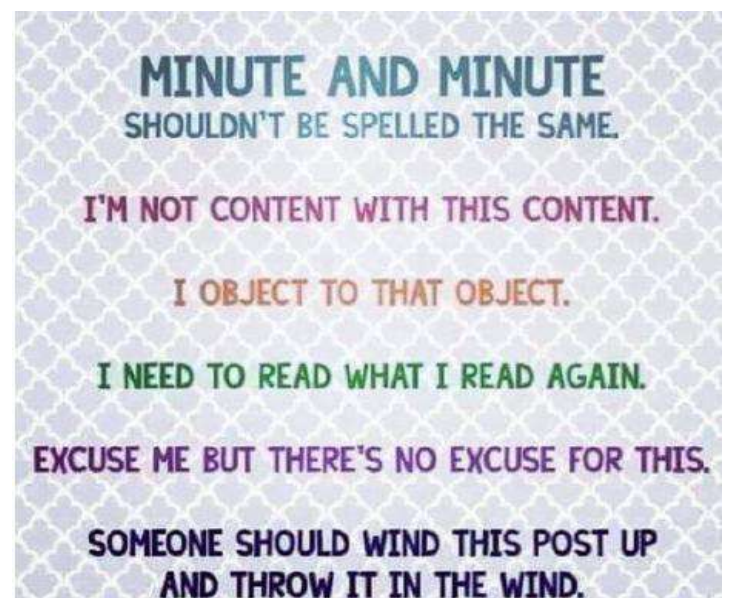
1. The third room. Lions that haven't eaten in three years are dead.

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry

3. Charcoal, as it is used in barbecuing.

4. Sure you can name three consecutive days, yesterday, today, and tomorrow!

5. The letter "e" which is the most common letter used in the English language, does not appear even once in the paragraph.



GLASS COFFINS? It remains to be seen!

Exam time!

TEACHER:

I hope I didn't see you looking at Don's paper.

JOHN:

I hope you didn't either.

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 Infolink

1800 177 577



*Happy
Birthday for
October*

01 Dannielle Brearley

05 Gloria Garbutt

07 Ann Amos

11 Sam Morgan

16 Gloria Kilpatrick

21 Ethel Bourke

21 Ken Parker



**This morning, I accidentally
changed the GPS Voice to
"Male." Now it just says,
"It's around here somewhere.
Keep driving."**

GOOD HOUSEKEEPING

The Good Housekeeping Way

To keep potatoes from budding, place an apple in the bag with the potatoes.

The Real Women's Way:

Buy Deb mashed potato mix and keep it in the pantry for up to a year.

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