



BUNDABERG DISTRICT WOMEN VETERANS
Formed 1967 as: BUNDABERG & DISTRICT EX SERVICEWOMEN'S ASSOCIATION

CHESTS OUT

Women Veterans, proud to have served our nation.
6/2022 JUN



Sunny Coast 2022

**Sharon won the Lucky Door
being presented with her prize
by Deirdre**

CHESTS OUT—proud female veterans staying in touch for 55 years

Association Information

POSTAL ADDRESS: PO Box 397 Bundaberg Qld 4670
PHYSICAL ADDRESS: 4 Glasgow St, Svensson Heights Qld 4670
WEBSITE: <https://bundywomenveterans.org.au>
E-MAIL ADDRESSES:

Secretary: secretary@bundywomenveterans.org.au Enquiries: admin@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 2022: Service Member \$5; Associate \$10; 2023 onward, Service Member \$10, Associate \$15 per year.
Financial year: 1Jan to 31Dec. See website 'about us' for eligibility and to download an application form

HOW TO PAY: OUR BANK DETAILS For Electronic Funds Transfer & Direct Deposits:

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

PLEASE INFORM SECTY or TREAS of EFT or Deposits. 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.

Bundaberg District Women Veterans COMMITTEE 2022-23

Patron: Leone Wilson OAM

President: Jenny Waldron 07 4157 4621 0487 302 114
jenny.waldron@outlook.com

Vice Pres.: Angella Hillis CSC 0400 422 331
hillis.wa@gmail.com

Secretary: Kate Erickson 0407 440 215
k8tee@y7mail.com

Treasurer: Sharon Barsby 07 4157 4621 0428 570 014
sharonbarsby1@outlook.com

Committee Members:

Helen Baldwin 0413 082 532 07 4152 8010
hnbaldy@hotmail.com

Gloria Kilpatrick 0408 886 421
kilpatrickg@hotmail.com

Kay Littler 07 4159 1881 0427 695 167
(Assistant Treasurer) pdk7@dodo.com.au

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

Who to contact:

You may contact any of the committee and they will refer you or the matter to the appropriate member.

Financial issues:	Treasurer
Membership:	Secretary or President
Activities:	President or Secretary
Bookings:	as advertised or Treasurer

Your Wellbeing Support Officers are:

Leone Wilson (Membership Officer) *see above*

Lynne Pollock *see below*

Jenny Waldron *see above*

Shirley Watson 0408 460 951 shirleywatson88@gmail.com

Ethel Bourke 0428 881 487—The Lakes

Kate Erickson—Moore Park Beach *see above*

Property Officer

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

Current Life Members

Leone Wilson OAM

Shirley Watson

Kay Derome

Jennifer Waldron

IN CASE OF EMERGENCY

Members—we encourage you to carry a document in your wallet or handbag that provides information which could be helpful in an emergency situation? Include things such as:

- who to contact;
- who is your doctor;
- special conditions (e.g. allergies).

Our association practices support through friendship—if you just need to talk to someone, call any committee, wellbeing support officer or association member.

Don't bottle it up! You are important to us.

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 recognized at your funeral, you need to let your family know. It is your family who ask the funeral director to arrange to have the poppy tribute.

Behind the news, June

JENNY TO RETIRE

Our president and activities officer has wisely heralded standing down immediately following the reunion.

Wisely because we need Jenny's expertise to assist a new president and a new activities coordinator and team, to keep the association ticking over and moving forward.

Wisely because burn-out is a constant threat to volunteers. I would be surprised if mild bouts have not already occurred.

Wisely also because change can bring new ideas and refresh our association.

And to pave the way forward, a quieter 2023 has been suggested.

So what now?

Firstly, volunteers are needed.

President—Jenny will retain the responsibility through to the AGM while assisting a new (second) vice president take over the role.

Activities—Jenny will continue with the September 8 day trip and she and Angella will take care of managing the Queens Jubilee Tree project.

That leaves the following:

- Bus trip to Hervey Bay luncheon
- Christmas luncheon

For these to go ahead, we need volunteer organisers. If you put your hand up, you will receive assistance with what to do.

Future Activities Officer—this is the person to oversee that all activities are being organised by someone and to assist them with the planning as needed.

2023 activities calendar is planned from around August and presented to the management committee in October—ideally the new coordinator (activities officer) should have a say—meaning, she should start in the position by August.

Phone Jenny **4157 4621** to obtain

more details of what is involved.

MEETINGS

Three meetings made for a busy Monday. Members also collected their book and port orders. Next collection opportunity will be cuppa chat.

Remember there is no meeting in July, we will be recovering from our big weekend.

SUPER SATURDAY

August is our next fundraising opportunity at Bundy Services Club. The first Saturday is 6th. We don't have a meeting before then so please take note now to attend this event and try and be there by 1130 please.

REUNION

RSVP for your attendance at the reunion closes 2 July. Donations to the raffles are required by the July Cuppa Chat, unwrapped.

QUEEN'S JUBILEE TREE PROJECT

Congratulations to Jenny & Angella we have received approval for our application and War Nurses and Lions Remembrance parks will benefit by 33 additional trees. The first tree will be planted on 17 Jul, 1000 Hrs, WNP.

MESSAGE TO THE QUEEN

Missed from outward correspondence at the last meeting was our message to the Queen.

President Jenny sent the following:

On behalf of members of Bundaberg District Women Veterans Inc, a proud group of Navy, Army, Airforce, and Land Army women, with service ranging from WW2 to current day, I offer our congratulations and our very best wishes for your Platinum Jubilee

WEBSITE

Numerous issues have led us to approve upgrading the website with ongoing professional assistance being part of the financial arrangement. We are extremely grateful to Pauline Bos who has provided our website free of charge since establishment; and of course Jenny Waldron who has

trained and maintained the site for us (learning a new language, good and bad, in the process).

Who knows what will occur with the conversion but 'watch this site'; and check out Jeannie's great work with our Facebook page while you are surfing!

PA SYSTEM

Sharon has been authorised to fit plug and play type wiring to the various parts of our public address system so that connection can be simplified.

The association is in need of a volunteer to learn how to set-up the system as Sharon will not be available next Anzac Day. Phone 4157 4621 to help.

WELLBEING

Jeannie Roberts attended the Welfare Forum and provided

a report which was sent to you all with the agenda. Thank you Jeannie.

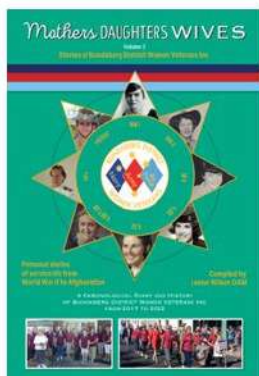
Sniffles, sneezes, limps and ops, aches, pains and coughs, we seem to have a number with at least one of these. Do a test—take a rest—doctor knows best. Golly gosh, please get well soon we have a reunion looming and then it won't be long to Spring! Take care.

Leone

Friendship

A friend is one who knows all about you but loves you just the same

Thanks Hervey Bay



**Special 55th reunion
bottling of the ever popular port**

\$18 per Bottle.

Mothers Daughters Wives Volume Two

\$20 members \$30 non-members

Orders can be made online at

<https://bundywomenveterans.org.au> go to the 'Reunion' tab.

You may also order through the Reunion clipboard and pay Treasurer Sharon.

Bank details to enable payment are on page 2. The port and book will be available in time for the reunion.

Don't forget to book for the reunion BY 2 JULY!



THE MIND—USE IT OR LOSE IT

Relax, clear your mind, now answer the following question

Q. Say "silk" five times. Now, spell "silk."

What do cows drink?

Cows drink water. If you said "milk", please do not attempt the next question. Your brain is obviously overstressed and may even overheat. It may be that you need to content yourself with reading something more appropriate such as "Children's World." If you said "water", then proceed to the next question. (which will be in the next issue).

Veska's popular MINDFUL MOVEMENT EXPERIENCE

**Tuesdays, 0930 to 1030, at
Legacy House 11 Williams Road.**

**Entry a gold coin donation to
Bundaberg Legacy
Gentle exercise to your own ability**



The (Legacy) Lodge



Respect our Neighbours

Legacy Lodge is a residential complex;
'The Lodge' is part of that complex -

*For us to be a good neighbour we must be
respectful of the other residents.*

LODGE TEAM:

Lodge Liaison Officer: Angella Hillis
Librarians:

Annette Newsham and Shelagh Bennet

Key holders:

President, Secretary,
Property Officer, Liaison Officer,
or authorised substitute during absences.

Please be considerate—

Please stay at home if unwell.

TIN HAT DONATIONS

A gold coin donation when attending
meetings, cuppa chat helps
Bundaberg Legacy.

TEA & COFFEE FACILITIES

*Provided by the association for you on a self
serve basis.*

CLEANLINESS

**We all know what that means
The person responsible is you.**

STOCK SUPPLY

**Please alert a committee member if something
is running low.**

CLIPBOARDS

**Making bookings by using the clip boards is a con-
venient method for members.**

**The booking needs to be confirmed with a payment
ASAP. Do this electronically, and advise the treasurer,
or you can pay at the meeting. To pay at a meet-
ing:**

**Please place the correct money in an
envelope and include your name.**



Service of Remembrance



60th Anniversary of the Vietnam War
and

75 years of Australian Peace Operations

0900 Hrs Sunday 17th July 2022 War Nurses Memorial Park



Invitation to Members



Planting Trees for The Queen's Jubilee

War Nurses Memorial Park & Lions Remembrance Park: July-November 2022

A ceremonial planting of the first tree in this project, a *Waterhousia floribunda*
War Nurses Memorial Park, 17th July 2022, 1000 Hrs.

This project is jointly funded through Bundaberg District Women Veterans Inc and The Australian Government's Planting Trees for The Queen's Jubilee Program and is being delivered in partnership with Bundaberg Regional Council.



Australian Government





UPCOMING ACTIVITIES

55TH REUNION WEEKEND RSVP 2 JULY

****Fri 15 July: Welcome and Dinner Doors 1630 Hrs**
Rowers on the River \$30 pp (member or guest)

****Sat 16 July: Reunion Luncheon, All things green Doors 1100 Hrs**
Rowers on the River \$45 pp (member or guest)

****Sun 17 July: Special Commemoration Service 0900 Hrs**
Dedication of Plaques. War Nurses Memorial Park
Morning Tea, Rowers on the River No cost

BOOK VIA SHARON'S CLIPBOARDS or phone 4157 4621

IMPORTANT NOTICE:

We are experiencing some website problems—if you have recently booked using that facility please email admin@bundywomenveterans.org.au to check that your booking has been received. Thanks.

BORDER COUNTRY EXPLORER—8 DAY COACH TRIP

THU 8—THU 15 SEP *BOOKED OUT—WAITING LIST ONLY.*

HERVEY BAY 18TH BIRTHDAY 14-16 OCTOBER

THEME *The Roaring Twenties;*

Luncheon Saturday 15 October "Bonny & Clyde"

Lunch cost \$45 and coach, subject to confirmation, \$25 RSVP September meeting

TEN PIN BOWLS

FUN ACTIVITY—NO SKILL NEEDED (OR USED!!!)



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

LAST MONDAY JAN-NOV Book with Pamela 0427 594 067 one week before.



INVITATION TO: ALL WOMEN VETERANS

Through Council of Ex-Service Women's Associations Qld
FROM: Bundaberg District Women Veterans.

TO ALL SERVING AND FORMER SERVICEWOMEN,
our association's activities can be found on this page & page 7

YOU ARE WELCOME TO JOIN WITH US.

Please book with payment at the rate set for guests. Contact and bank info is on page 2. Additional info can be found on our website:

<https://bundywomenveterans.org.au>

OUR DIARY 2022

(updates, if any, will appear in this colour)

JUN	Mon	27	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
JUL	Wed	06	Cuppa Chat	Lodge from 1030 Hrs
JUL	Fri	15	Reunion Welcome	Rowers on the River \$30 pp RSVP 2 Jul
JUL	Sat	16	Reunion Luncheon	Rowers on the River \$45 pp RSVP 2 Jul
JUL	Sun	17	Reunion Service	War Nurses Park—morning tea at Rowers
JUL	Mon	25	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
AUG	Sat	06	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Sat	13	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Mon	15	Meetings	Lodge, Committee 1230 Hrs, General 1400 Hrs
AUG	Sat	20	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Sat	27	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Mon	29	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
SEP	Wed	07	Cuppa Chat	Lodge from 1030 Hrs
SEP	Thu	08	Border Explorer	8 Day coach trip
SEP	Mon	19	Meetings	Lodge, Committee 1230 Hrs, General 1400 Hrs
SEP	Mon	26	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
OCT	Wed	05	Cuppa Chat	Lodge from 1030 Hrs
OCT	Sat	15	Hervey Bay	Luncheon—date and details TBC
OCT	Mon	17	Meetings	Lodge, Committee 1230 Hrs, General 1400 Hrs
OCT	Mon	31	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
NOV	Wed	02	Cuppa Chat	Lodge from 1030 Hrs
NOV	Mon	21	Christmas Lunch	Details TBA
NOV	Mon	28	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
DEC	Wed	07	Cuppa Chat	Lodge from 1030 Hrs

FOR MORE INFORMATION:

CHECK ADVERTISING ON THE WEBSITE, THE LODGE NOTICEBOARD, AND CLIPBOARDS,
AND IN CHESTS OUT PLUS DETAILS CONTAINED IN THE MINUTES

FOR FORWARD PLANNING

(the following is subject to change and confirmation)

- Cuppa Chat—first Wednesday
- General Meetings—third Monday except July, November and December
- Ten Pin Bowls—last Monday except December
- Luncheons—April TBA, July third Monday except reunion years, November third Monday
- Super Saturday—January, May and August, all Saturdays
- Commemorations—Quiet Moment and Roll Call LRP April TBA; War Nurses - Anzac Day
- **Maroochydhore Luncheon already booked for 1 June 2023**

VETERANS HEALTH WEEK

Veterans Health Week is normally held late October.

Now is the time to put forward ideas of activities or guest speakers.

Volunteer organisers also required to issue invitations, run activities and complete the grant request. Don't be shy!



Sunny Coast 2022

Our overnigher organised by Jenny Waldron was full of fun, friendship and variety. First stop was morning tea at the 'duck pond' Gympie and then to shopping and lunch at Eumundi Markets before booking into our accommodation. From there, off to our sunset seafood dinner cruise!

Lynne, Jenny C and Sharon at Eumundi Markets



Tucking in are Shirley P, Glenda T and Dot;



Also Jo Anne, Veska, Lynne. Jenny C, Sharon & Kay;

Sharon, Jenny W, Leone & John

That ended Day One



Sunny Coast 2022

After a sleep in, brekky over the road, and coffee or similar at the Maroochydore RSL Club it was time to gather for the Sunshine Coast Serving and Ex Service Women's Luncheon.

And we were among the prize winners from the beginning with Sharon taking out the lucky door (cover photo).

Faye, Veska, Dot—three of many winners.

We all received some chocolates—some kept for 'ron, but others couldn't wait!



Shirley P, Glenda T & Jenny C—cheers!



Lynne choc-less, Kay L, Jo Anne



John one of only 3 guys in attendance & Leone;



Faye & Jenny W

Annette and our driver Julie
photos taken on the cruise

Thank you to Sunny Coast ladies—we enjoyed our visit.
Thank you to Jenny W for all the organizing.
Thank you to Julie—we arrived home safe on time.

It was a happy overnighter and we have word from Dee at Sunny coast, the lunch is booked in for 1 June 2023!



It's good to be a guy because:

You never have to drive to another gas station because this one's just too icky.
Same work ... more pay.
Wrinkles add character.
Wedding Dress \$2000; Tux rental \$100.
If you retain water, it's in a canteen.
People never glance at your chest when you're talking to them.
The occasional well-rendered belch is practically expected.
New shoes don't cut, blister, or mangle your feet.
Not liking a person does not preclude having a great fling with them.
Your pals can be trusted never to trap you with "So, notice anything different?"
One mood, ALL the damn time.
Phone Conversations are over in 30 seconds.
You know stuff about tanks.
A five-day vacation requires only one suitcase.
You can open all your own jars.
Dry cleaners and hair cutters don't rob you blind.
You can go to a public toilet without a support group.
You can leave the motel bed unmade.
You can kill your own food.
You get extra credit for the slightest act of thoughtfulness.
If someone forgets to invite you to something, he or she can still be your friend.
Your underwear is \$10 for a three-pack.
If you are 34 and single, nobody notices.
Everything on your face stays its original color.
You never feel the need to wash your underwear out simply because they are "slightly soiled." Just throw them in the dirty clothes with everything else.
You can quietly enjoy a car ride from the passenger's seat.
Three pairs of shoes are more than enough.
You don't have to clean your apartment if the meter reader is coming.
You can quietly watch a game with your buddy for hours without ever thinking "He must be mad at me."
No maxi-pads.
You don't mooch off other's desserts.
You can drop by to see a friend without having to bring a little gift.
If another guy shows up at the party in the same outfit, you just might become lifelong friends.
You are not expected to know the names of more than five colors.
You don't have to stop and think of which way to turn a nut on a bolt.
You almost never have strap problems in public.
You are unable to see wrinkles in your clothes.
The same hairstyle lasts for years, maybe decades.
You don't have to shave below your neck.
Your belly usually hides your big hips.
One wallet and one pair of shoes, one color, all seasons.
You can "do" your nails with a pocketknife.
You have freedom of choice concerning growing a mustache.
Christmas shopping can be accomplished for 25 relatives, on December 24th, in 45 minutes.
The world is your urinal.



Our members' post WWII operations contribution to Australia





'Did I send this to you already??? I can't remember'.

New Virus

Just got this in from a reliable source. It seems there is a vi-

rus called the 'Senile Virus' that even the most advanced programs of Norton and McAfee cannot take care of it, so be warned.

The virus appears to affect those of us who were born before 1960!

Symptoms of the Senile Virus...

Causes you to send the same e-mail twice.

Causes you to send blank e-mail.

Causes you to send e-mail to the wrong person.

Causes you to send e-mail back to the person who sent it to you.

Causes you to forget to attach attachments.

Causes you to hit 'SEND' before you've finished the e-mail.

Remember??????????

I don't remember if I sent this one out...

I don't think I did..or did you send it to me???

Funny, I don't remember being absent minded...

God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I'm 'older (but refuse to grow up), here's what I've discovered...

I started out with nothing, and I still have most of it.

My wild oats have turned into prunes and

all bran.

I finally got my head together; now my body is falling apart.

Funny, I don't remember being absent minded...

Funny, I don't remember being absent minded...

All reports are in; life is now officially unfair.

If all is not lost, where is it?

It's easier to get older than it is to get wiser.

Funny, I don't remember being absent minded...

Some days you're the dog, some days you're the hydrant.

I wish the buck stopped here; I sure could use a few...

Kids in the back seat cause accidents.

Accidents in the back seat cause kids.

Funny, I don't remember being absent minded...

It's hard to make a come back when you haven't been anywhere.

The only time the world beats a path to your door is when you're in the bathroom.

If God wanted me to touch my toes, he would have put them on my knees.

When I'm finally holding all the cards, why does everyone decide to play chess?

Funny, I don't remember being absent minded...

It's not hard to meet expenses...they're everywhere.

The only difference between a rut and a grave is the depth.

These days, I spend a lot of time thinking about the hereafter...

I go somewhere to get something and then wonder what I'm here after.

I am unable to remember if I have mailed this to you or not!

Funny, I don't remember beingabsent minded.

Now, I think you're supposed to send this to a bunch of your friends if you can remember who they are, and I think something is suppose to happen...maybe you will get your memory back!



Bundy's 55th Birthday Reunion

RSVP 2 JULY

**BOOK VIA OUR WEBSITE
OR PHONE 4157 4621 WITHOUT DELAY!**

<https://bundywomenveterans.org.au>

NOTICE

Reading Cinema in Bundaberg have changed their discounts for DVA card holders. They were accepting white and gold cards for the \$1 tickets. They now are only giving the discount to gold card holders.

From Jeannie Roberts

<https://www.healthdirect.gov.au/seniors-health>

This website contains helpful information—explanation, causes, prevention and even video 'how to' examples.

Items explained are:

- ⇒ Alzheimer's disease
- ⇒ Bone Health
- ⇒ Continence
- ⇒ Dementia
- ⇒ Depression in older people
- ⇒ Eye health tips for over 60s
- ⇒ Falls
- ⇒ Geriatricians
- ⇒ Glaucoma
- ⇒ Healthy Eating over 60
- ⇒ Hearing loss
- ⇒ High blood pressure
- ⇒ Manage your health in your 60s; your 70s
- ⇒ Mental health and older people
- ⇒ Parkinson's disease
- ⇒ Physical activity guidelines for older people
- ⇒ Rheumatoid arthritis



HAVE YOU BOOKED?

Check

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

Have you secured your
booking with payment?

**We have members who can
assist you.....**

**GET YOUR SERVICE
RECORDS**

See Angella
Commissioner of Declarations
Leone (by prior arrangement)



BIRTHDAYS

JULY

Michele Mackenzie	11
Patricia Strang	12
Patricia Collins	20
Cath Fitsimmons	27
Lisa Taylor	29

Happy Birthday!

CONTACTS

Bundaberg RSL:

WELFARE 0428 988 580

Eddie Stockill

SECTY 0477 959 747

Dannielle Brearley

ACTIVITIES 0418 983 415

Jan Rimmington

Defence Vets

Drop In Centre:

4153 4599

Open Mon & Thu mornings, BBQ's
lunchtime 1st Sunday

NASHO Bus Trips

Book with Anita Currie

0400 141 278 after 4pm

DVA: 1800 555 254

Advice and claims

1800 838 372

**Open Arms—
Veterans & Families
Counselling**

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



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