



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

Chests Out

Women Veterans, proud to have served our nation.
7/2023 JUL

56th Birthday BDWV



The famous and the infamous
Costume Awards:
1st Queen of Hearts
2nd Maid Marion
3rd Aung San Suu Kyi

CHESTS OUT—proud female veterans staying in touch for 56 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> **FACEBOOK:** Bundaberg District Women Veterans Inc

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

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

events@bundywomenveterans.org.au <> commemorations@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 2023: 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.

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

Bundaberg District Women Veterans

COMMITTEE 2023-24

Patron: Leone Wilson OAM

EXECUTIVE MEMBERS

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

Vice Pres.: Glenda Everton-Brocklesby 0409 896 699
dimps111243@yahoo.com.au

Secretary: Ethel Bourke 0428 881 487
bundywv@outlook.com

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

COMMITTEE MEMBERS

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

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

Annette Newsham 0407 581 935
annettenewsham@yahoo.com.au

Sheryl Parker 0423 393 151
sherylwoz@gmail.com

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

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

Who to contact:

Financial issues: Treasurer
Membership: Secretary/Assist Secty or President
Activities: Activities Officer
Bookings: as advertised or Treasurer
Outback 2024 tour: Jenny Waldron or Lorraine Houlihan

General Appointments

Activities: Glenda Everton-Brocklesby +
Gloria Kilpatrick, Sharon Barsby, Dot Carrol,
Glenda Taylor

Assist. Secty Jeannie Roberts (non-committee)

Awards: President, Vice Pres, Shirley Watson, Leone
Wilson

Commemorations: Angella Hillis+ Lynne Pollock

Communications & Promotions:
Leone Wilson + Ethel Bourke

Fundraising: Sharon Barsby + Lynne Pollock, Kay Littler,
Phyllis Smith

Grants: Treasurer, Assistant Treasurer, Secretary,
President

History: Leone Wilson

Legacy Liaison: Angella Hillis + Lynne Pollock

Library: Annette Newsham, Dot Carroll

Newsletter: Leone Wilson + Jeannie Roberts

Property Officer: Lynne Pollock + Sharon Barsby

Social Media: Jeannie Roberts,+ Jenny Waldron, Shirley
Watson

Ten Pin Bowls: Lynne Pollock

Website: Jenny Waldron + Faye Chatham

Wellbeing Support Officers (WSO):

Ethel Bourke (<i>The Lakes Village</i>)	0428 881 487
Dot Carroll	0490 697 634
Glenda Taylor (<i>Millbank</i>)	0408 577 810
Lynne Pollock	0438 517 795
Jenny Waldron	4157 4621
Shirley Watson (<i>Pioneer South</i>)	0408 460 951
Leone Wilson (Wellbeing Officer)	4159 4134

HOW TO PAY:

Electronic Funds Transfer & Direct Deposits:

Bundaberg District Women Veterans Inc. Westpac Bundaberg:

BSB 034122 A/c 637419

PLEASE INFORM SECTY or TREAS.

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

Current Life Members

Leone Wilson OAM
Shirley Watson
Kay Derome
Jennifer Waldron
Sharon Barsby

Behind the news, July

HISTORY'S OWN BIRTHDAY

No matter the era, or the status, from overworked housewife, to royalty, the real and the unreal, they were there.

We had high flyers—mechanically, or spirituality aided—the latter even had a side-kick booster, amen. Hervey Bay are calling for colour—well we had that too! One even coloured her hair for real others donned wigs long and curly, dangerous red and brilliant blond.

They were South American, Burmese, Egyptian, Tibetan and from the Wild West. From the pages of history and from fantasy. There were sporty types,

dames, super heroes. Queen of England, Queen of Australia, Queen of Hearts, Queen for a day. Ah...and Dolly. Did you see the boys' eyes light up?

There has to be an audience. The 'possums.' hailed from the Sunny Coast, from Whale City Central and from Rum Country; they ate well, played well, laughed and won prizes, many that they had themselves contributed.

That was how we celebrated our 56th birthday.

A big thanks to activities officer Glenda E-B, president Jenny W, MC Jeannie, Sharon, Sheona and Lynne (raffles), Kerry Queen of Hearts (heart treats), Rachel and Rowers staff who always go that extra mile, generous members,

guests who travelled from afar to be with us, and Dolly.

Pages 8 and 9 provide a photographic overview. Great photos were taken by a number of cameras and you can catch up with most of them on the association Facebook.

SUPER SATURDAY

August is another Super Saturday month for our association. Time to be there is 1130 hrs. That is plenty of time to get a coffee, enter the raffle and be ready for the midday draw.

Good idea to have a cardie handy, it can get cool under the aircon. Those delivering the prizes are the exception—pleasant exercise, that!

Some members were seen practicing their winning skills in late July.



CHRISTMAS LUNCH

Rowers has been booked for our Christmas luncheon—bookings will be open at the Lodge, so look for the sheet at the next Cuppa Chat or meeting.

See page 6 for more info.

For those willing to dress to theme, it is 'Something from the Christmas Tree'.

OUTBACK N OCEAN COACH TOUR 2024

A final call was given at our birthday luncheon and O'n'Oers are now firming up their options in readiness for Jenny and Lorraine to present the final bookings to Bundaberg Coaches.

Costings will follow and will be tailored to each individual. There may be a need to secure something with a further deposit. Each participant will be advised.

For anyone still pondering, your name can be included on a wait list and you would then be contacted should someone cancel.

This has been a very big undertaking by

the team of two—the variety of options all needed to be coordinated around the timing required for one coach to ensure we all arrived at our selected attraction on time.

Thanks to Jenny W and Lorraine for your endless hours of work turning an idea into a workable adventurous and doable itinerary. Bundy Coaches may be receiving payment for their services but the friendly guidance and cooperation of Cara Beresford warrants mention.

ARTY MORNING

The on again, off again painting a poppy activity eventually took place on Saturday 22nd at the Lodge with 13 versions of a Van Gough like poppy canvases resulting after some two plus hours of

creative outflowing.

Morning tea was included and the artists enjoyed a great social time whilst discovering talents they didn't know about.

Thanks to Baldy who has been the organiser over the protracted planning period for this event and teacher, Jassy Watson who provided encouragement to all despite the very wide variety of results.

Below: sun-drying before final touch-up and highlight stages.



WELLBEING

Do you have any thoughts for a healthy activity? Veterans Health Week will be announced in coming weeks and we could look at the prospect of participating. It may be possible to arrange most health related activities to fit the theme. Bring suggestions to the next general meeting so that we can be prepared—DVA may not give us much time to firm up arrangements and apply for a small supportive grant.

Take care.

Leone

Friendship

Much of the vitality in a friendship lies in the honouring of differences, not simply the enjoyment of similarities.

Thanks Hervey Bay

**Mothers Daughters Wives
Volume Two**

\$25 members \$30 non-members

A *GENUINE COLLECTOR'S
ITEM*

**Queen's Jubilee Mugs—
badged 'Association'**

\$10 ea

See Sharon

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 funeral director or your family know. It is your family who ask the funeral director to arrange to have the poppy tribute. Our association cannot interfere.

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.

INFECTIOUS

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

PLEASE SPREAD WIDELY

The (Legacy) Lodge

LODGE TEAM:

Lodge Liaison Officer: Angella Hillis
Librarian: Annette Newsham
Key holders: President, Secretary,
Property Officer,
Liaison Officer.

Other authorised access per the secretary.

TIN HAT DONATIONS

A gold coin donation when attending meetings, cuppa chat etc goes to Bundaberg Legacy who provide us with our home.

TEA & COFFEE FACILITIES

CLEANLINESS—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 convenient 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 meeting: Please place the correct money in an envelope and include your name. You may ask the treasurer for a receipt.

AIR CONDITION COMFORT

On arriving at a meeting or Cuppa chat, you may find the door closed to keep the cool air in. Remember you are welcome to attend a committee meeting, but please do so quietly so that the committee can hear the proceedings.

Come on in; close the door please.

LIBRARIES

SPECIAL BDWV LIBRARY

The association's collection of books is available for members to read onsite—they are one only copies and we can't afford to lose them.

This special library which is housed in the store room includes MDW vol one and two, Special Chests Out, Vol One and Two Commemorative booklets and Chests Out's.

Please feel free to have a read when visiting the Lodge. But do not remove from the building—thank you.

SWAP LIBRARY

These books, DVD and jig saws are for you to borrow. You may donate books/jigsaws. Returning after enjoying allows another member to borrow.

ON LOAN LIBRARY—please book out and in!

Two 'sign out' books are available for when borrowing RSL's library books or Member Owned books, jigsaws or DVD's.

These items are available to borrow but must be returned. Please note in the book provided.

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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*

GOOD HEALTH PRACTICES

Please be considerate— don't spread germs. Please stay at home if unwell

Wellbeing Support Officers (WSO)

WHAT THEY DO:

A WSO is someone you may contact to let them know you are going to hospital or are dealing with a problem.

They can chat with you, visit you at home or in hospital. If unable to visit they will let the wellbeing officer know so that she can try and organise someone to visit you.

A WSO can lend an ear, and provide a happy smile.

WHAT THEY CAN'T DO:

A WSO cannot offer advice unless they have been approved through the ADTP system to do so or hold professional qualifications.

WSO IS FULLY VOLUNTARY

A WSO is your friend when you have a need but she should not be taken advantage of as each WSO provides their friendship and caring free of charge and without payment or reimbursement.

Page 2 provides a list of our current WSO's including contact information.

*Any caring member may become a wellbeing support officer.
Contact Leone to offer your services.*

PREVENTING FALLS:

Keeping yourself mobile

Inactive or unfit people tend to have poorer balance and weaker muscles and can be unsteady when walking. These can all increase the risk of falling. It is common for people who feel unsteady to do less walking. Over time this actually makes you more likely to fall because your muscles get weaker, your joints stiffer and your balance gets worse.

Our bodies were designed to move. Physical activity keeps us healthy and reduces the risk of falls. It can also:

- Improve balance
- Improve muscle strength and flexibility
- Keep bones strong
- Increase energy levels
- Help with sleeping problems
- Help to control blood pressure, blood sugar levels and weight
- Help you to feel good about life

What you can do:

- * Be physically active every day. Whatever your age, aim to do at least 30 minutes of activity, at least 5 times a week.
- * The activity should make you breathe a bit faster and your heart pump a bit harder, but you should still be able to talk while doing the activity.
- * Exercises and activities that make you both stronger and improve your balance lower the risk of having a fall.
- * Some examples are Tai Chi, dancing or group exercise programs that include balance and muscle strengthening.
- * Talk to a physiotherapist about which balance and strengthening exercises or activities will best suit you, and how to manage any pain you might have.
- * A physiotherapist can also advise you about whether a walking aid, such as a stick or frame, would help you. Using a walking aid can increase your steadiness and confidence to walk more. It is important that walking aids are properly adjusted for you, and that they are properly maintained (eg replace worn stoppers).
- * Talk to your doctor if your health problems or pain make you worried about attempting more activity.
- * If you have arthritis, being active helps to control pain, weakness and stiffness

The above is an extract from a pamphlet which you can download from:

<https://www.health.gov.au/resources/publications/dont-fall-for-it-falls-can-be-prevented>

FREE ACTIVITY CLASSES TO KEEP YOU HEALTHY

The Bundaberg Regional Council Program "Be Active Be Alive" Term 3 began 24 July and will continue until 11 September. No need to register, just turn up. You can view or download the program at the council website

<https://www.bundaberg.qld.gov.au>

TENNIS Rotary Park 69B George St
Mondays 0900-1000 Hrs
CSR Moore Park Beach Gym Mon-
days 0900-1000 Hrs
STEPS Fairymead House rotunda
Tuesdays 0900-1000 Hrs
STRENGTH AND STRETCH Elliott
Heads near Progress Hall Wednes-
days 0900-1000 Hrs
AERIALS The Neon Loft 36C Quay

Street Mondays 0900-1000 Hrs
PICKLEBALL Drinan Park 6C Pow-
ers St Tuesdays 1730-1830 Hrs
MOJO SOUL Alexandra Park
Wednesdays 0930-1030
DISCO BOXING Raw Awakening 24
Quay Street Wednesdays 1830-1930
CSR Gin Gin Youth Activity Hall
Wednesdays 1615-1715 Hrs
PILATES Gin Gin Youth Activity Hall

Saturdays 0815-0915 Hrs
MINDFUL MOVEMENTS Christsen
Park, Esplanade Bargara Thursdays
1615-1715 Hrs
YOGA South Head Parklands Burnett
Heads, Fridays 0900-1000
YOGA Lake Ellen, George Street Fri-
days 0930-1030 Hrs
BOXING BOOTCAMP Boreham Park
43 Avernell St Fridays 1715-1815 Hrs

UPCOMING ACTIVITIES 2023



~~CAR TRIP—SNAKES DOWN UNDER & CHILDERS * FRI 8 SEP~~
Alternate 'in town' activity suggest are welcome—bring to August meeting.

HERVEY BAY 39th BIRTHDAY REUNION LUNCHEON 21 OCT 2023

THEME: COLOUR OUR WORLD - luncheon 'colour, colour, colour'
Coach travel & Lunch Members \$65 Guests \$75—RSVP 4 OCT (Sept meeting ideal)

CHRISTMAS LUNCHEON * MON 20 NOV 2023

Rowers on the River 1130 for 1200 noon
Two course alternate drop of three choices to be confirmed
THEME: Something from the Christmas Tree
Cost and RSVP to be advised.

CUPPA CHAT

FIRST WEDNESDAY OF THE MONTH

Informal get together at the Lodge from around 1030 Hrs to 1130 hrs
Arrive and depart as you wish. Bring a plate (optional).
This is also an opportunity to check the clipboards and notice boards.

TEN PIN BOWLS

LAST MONDAY JAN-NOV—FUN ACTIVITY—NO SKILL NEEDED (OR USED!)
Healthy exercise with mates and plenty of laughs. Everyone is a winner.
Book one week before with Lynne Pollock 0438 517 795

SUPER SATURDAY

EVERY SATURDAY, JANUARY—MAY—AUGUST
Bundaberg Services Club—Arrive 1130
Social get-together whilst raising funds for the association.

OUTBACK 'N' OCEAN BUS TRIP AUGUST 2024 * 11 DAYS

Expressions of interest for the waiting list may be sent to Jenny Waldron.
visiting Emerald, Alpha, Barcaldine, Ilfracombe, Longreach, Winton, Hughenden, Charters Towers
Ayr, Home Hill, Bowen, Airlie Beach, Yeppoon, Emu Park, Rockhampton.
EOI contact Jenny: jenny.waldron@outlook.com or Lorraine: l.houlihan1@bigpond.com

ACTIVITY BOOKINGS—the easy way is via the clipboards at the Lodge. *All bookings are to be confirmed by payment (see page 2). Watch for any updates to these activities.*



2024 suggestions.....give some thought to the February Luncheon, the pre-Anzac Luncheon, Birthday including theme, September activity. Other things you would like the committee to consider. Bring them to August's meeting or give details to a committee member. Some research would be helpful such as venue availability and suitability, general costs.

WORKING TOGETHER TO PROVIDE FUN FOR ALL



OUR DIARY 2023

JUL	Mon	31	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
AUG	Wed	02	Cuppa Chat	Lodge from 1030 Hrs
AUG	Sat	05	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Sat	12	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Mon	21	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
AUG	Sat	19	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Sat	26	Super Saturday	Bundaberg Services Club from 1130 Hrs
AUG	Mon	28	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
SEP	Wed	06	Cuppa Chat	Lodge from 1030 Hrs
SEP	Fri	08	Spring Activity	Date to be confirmed and details to be advised.
SEP	Mon	18	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
SEP	Mon	25	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
OCT	Wed	04	Cuppa Chat	Lodge from 1030 Hrs
OCT	Mon	16	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
OCT	Sat	21	Hervey Bay	Luncheon (full weekend 20-23)
OCT	Mon	30	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
NOV	Wed	01	Cuppa Chat	Lodge from 1030 Hrs
NOV	Mon	20	Christmas Lunch	Rowers on the River. Full details TBA (see page 6)
NOV	Mon	27	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
DEC	Wed	06	Cuppa Chat	Lodge from 1030 Hrs

MANAGEMENT COMMITTEE HAS THE RIGHT TO CHANGE ANY ACTIVITY—PLEASE WATCH FOR ANY UPDATES

2024 ACTIVITY PLANNING

**Suggestions for 2024 Activities are invited—
please bring your thoughts to the August meeting**



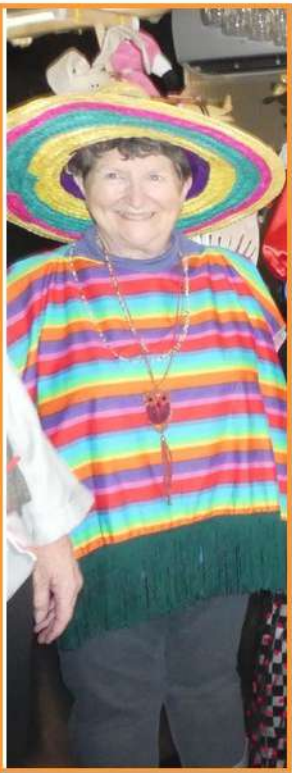
The Management Committee will confirm the calendar of events for 2024 at the October meeting. The costs and venues for activities for January to mid year will also be considered for approval. Now is the time to put forward your thoughts. When considering suggestions, the following guide to the 'normal' may assist:

- February: outing—lunch with or without day trip or other activity
- April: pre Anzac luncheon following the annual Quiet Moment commemoration
- June: Maroochydore luncheon first Thursday in June
- July: Birthday, third Monday except reunion years,
- September: spring outing—lunch with or without day trip or other activity
- October: Hervey Bay reunion—around the 3rd weekend in October
- October: Veterans Health Week—theme and date to be advised
- November: Christmas—third Monday



56th Birthday





Happy Birthday





IN FLANDERS FIELDS

BY JOHN MCCRAE

In Flanders fields the poppies blow
Between the crosses, row on row;
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Paintings by artist Jassy Watson

VALE

MARGARET FINDLAY NEE GALLAGHER

20 June 1938—17 July 2023

R84749 Writer Women's Royal Australian Naval Service

Margaret served in the WRANS from 8 November 1957 to 7 May 1960 at HMAS Cerberus and HMAS Leeuwin with the rank of A/L Wr Writer (Pay). She joined the Bundaberg & District Ex Servicewomen's Association in 2007 and has remained a member since that time although not actively involved.

Lest we forget

Commemorations



AUGUST anniversaries/significant events

15 August 1945 Victory in the Pacific Day

18 August 1962 Commemorating Vietnam Veterans Day on the anniversary of the Battle of Long Tan in 1966 - a significant moment in Australia's war in Vietnam. The Vietnam War was Australia's longest military engagement of the 20th Century - 1962 to 1972. The arrival of Australian Army Training Team Vietnam in South Vietnam during July and August 1962.

31 August 1957 Malayan Emergency 1948 to 1960 - Australia's involvement began in 1950 when RAAF transports, bombers and personnel arrived in Singapore. RAN in 1955 and Army in 1956. Merdeka Day (Freedom Day) marking Fed of Malaya independence from UK in 1957. This commemorates both campaigns fought on the Malay peninsula, in Sabah, in Sarawak and on the Malaysia-Thailand border.



[Our members' post WWII operations contribution to Australia](#)



I WILL DRINK TO THAT

A woman went to her doctor. The doctor, after an examination, sighed and said, "I've some bad news. You have terminal cancer, and you'd best put your affairs in order."



The woman was shocked, but managed to compose herself and walk into the waiting room where her daughter had been waiting.

"Well daughter, we women celebrate when things are good, and we celebrate when things don't go so well. In this case, things aren't well. I have cancer. Let's head to the club and have a martini."

After 3 or 4 martinis, the two were feeling a little less somber. There were some laughs and more martinis. They were eventually approached by some of the woman's old friends, who were curious as to what the two were celebrating.

The woman told her friends they were drinking to her impending end.

"I've been diagnosed with AIDS."

The friends were aghast and gave the woman their condolences.

After the friends left, the woman's daughter leaned over and whispered,

"Momma, I thought you said you were dying of cancer, and you just told your friends you were dying of AIDS."

The woman said, "I don't want any of those bitches sleeping with your father after i've gone ."



COLOUR CODED

Son asked his mother the following question:

"Mum, why are wedding dresses white?"

The mother looks at her son and replies, "Son, this shows your friends and relatives that your bride is pure."

The son thanks his Mum and goes off to double-check this with his father.

"Dad why are wedding dresses white?"

The father looks at his son in surprise and says,

"Son, all household appliances come in white."



Solstice Statistic



A mother and father take their 6-year old son to a nude beach.

As the boy walks along the sand, he notices that many of the women have boobs bigger than his mother's, so he goes back to ask her why.

She tells her son, 'The bigger they are, the sillier the lady is.'

The boy, pleased with the answer, goes to play in the ocean but returns To tell his mother that many of the men have larger things than his dad does.

She replies, 'The bigger they are, the dumber the man is'

Again satisfied with her answer, the boy goes back to the ocean to play. Shortly thereafter, the boy returns and promptly tells his mother,

'Daddy is talking to the silliest lady on the beach, and the longer he talks, the dumber he gets.

SPUD SOLVING

SMILE

An old man lived alone in Idaho. He wanted to spade his potato garden, but it was very hard work. His only son, Bubba, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

*Dear Bubba,
I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year. I'm just getting too old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me.
Love Dad*

A few days later he received a letter from his son:

*Dear Dad
For heaven's sake, dad, don't dig up that garden, that's where I Buried the BODIES.
Love Bubba*

At 4A.M. the next morning, F.B.I. agents and local police showed up and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son.

*Dear Dad
Go ahead and plant the potatoes now. It's the best I could do under the circumstances
Love Bubba.*



MEMBERS' NOTICE BOARD

This spot is available for you to invite fellow members to an activity.



Check Facebook for more painting pics

BIRTHDAYS

.....
AUGUST

Kate Erickson	10
Jenny Waldron	13
Leone Wilson	13
Jill Pollock	14
Dot Carroll	19
Angella Hillis	22
Denise McLachlan	22
Shirley Parker	27

Happy Birthday!

CONTACTS

RSL
EMERGENCY 134RSL (134775)
Bundaberg RSL:
COMPENSATION 0428 988 580
 Lex Roberts
SECTY 0477 959 747
 Dannielle Brearley
ACTIVITIES 0418 983 415
 Jan Rimmington
RSL QLD
ADVOCATE Sophie Burnett
4154 4284
WELLBEING Jane Jackson
3155 6416 or 0447 176 209

LEGACY
WELLBEING Rudy Valzan
0418 452 059
Defence Vets Drop In Centre:
4153 4599
 Open Mon & Thu mornings,
 ESO BBQ's lunchtime 1st Sunday
WELLBEING
 Jude Binder, Angella Hillis CSC

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



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 for
 Declarations—Leone
 (by prior arrangement)**



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