



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

Chests Out

Women Veterans, proud to have served our nation.
6/2023 JUN

GEB'S NAUTICAL NAVEX 2023



Winners: Jenny and Sharon

close second: Philip, Kay, Lynne and Jeannie



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, June

LAUGHTER THE BEST MEDICINE

Activities that can encourage anything from a giggle to eye watering laughter have to be good for you.

A regular in this field is ten pin bowls.



June has added another couple:

Being pipped at the post by one point was good cause to have Kay in stitches during the

Car Orienteering presentation. Even disputes over the number of palms and colour of a letterbox provoked mirth.

Glenda EB holds responsibility for delivering such great medicine. And that was not all GEB could be blamed for—she provided a three course meal in a beautiful Innes Park bush setting beginning with no less than prawn cocktail! A big thank you Glenda from all who attended. It was a truly wonderful day out.

Then the next day, a gathering of 7 enjoyed a cuppa at the club with Lee Mackenzie-Forbes our Gladstone member. Exploits of the 3 navy outshone the 4 air force but all agreed that the folk of today have forgotten how to enjoy life and generally roll with the rubbish.

Thanks to members who were able to get there and best wishes to Lee—we look forward to seeing you again soon.

CUPPA CHAT AND MEETING

Both our social gathering and the meeting were well attended.

At the general meeting, there was quite a lot of discussion on coming activities and some changes have occurred. Pages 6 and 7 carry the changed information, so please check out the details and make note of looming RSVP dates and get your name on the booking board and payment into the account. Don't miss out on a good time.

FEED BACK

After every event, members are invited

to provide comment. This is important for planning. Two recent activities commented on were the Sunny Coast luncheon and the macrame morning.

SCCESSW Luncheon

Jenny Waldron joined our 'other area' members Lorraine Houlihan and Chris Clancy at the luncheon and reported on the usual very successful social event; special mention was made of the scrumptious meal.

Thank you to Sunny Coast—hopefully we will expand on our numbers for next year. Fabulous costumes were on show—check the photos on page 8.

MACRAME

Members and guests had a tying time with, I gather, mixed results but the

crafty morning was enjoyed. Again food was highlighted when the expected simple morning tea turned out to be quite a spread—delivered by cook extraordinaire, Betty Hawkins.

Thank you to organiser, Gloria K and those who participated.

Thank you also to Betty—plus we add congratulations to you for receiving a State Seniors' Achiever Award (right).

Reminder—check out our Facebook page—

Jeannie posts additional photos to those in CO, for your viewing pleasure. Our



website has updates on activities that occur after publication of CO, so keep an eye on that too. Thank you to Jeannie, Jenny W and Faye for keeping us informed.

OUTBACK N OCEAN COACH TOUR 2024

Eighteen secured bookings have been made on latest advice. If you are considering joining this adventure and wish to know more details, please express your interest by sending an email to Jenny Waldron (see page 2).

WELLBEING

I have reported on the laughter and good times but unfortunately, as life will have it, these moments of feeling happy are often only too brief as many members deal with the trials of life's ageing process.

We always wish you a speedy return to better health and better times. Laughter is a good medicine, but it is not taken

with frivolity.

Members we seldom see or those who have decided for one reason or another, to not remain a member—you are fellow servicewomen and you are not being forgotten.

Members who joined prior to 2007 may remember Elizabeth Dawson, one of a group of proud AWAS. Betty was a member from 1988 to 2007. She recently passed away at the age of 99 years 5 months. We plan to be represented at her funeral. We don't forget.

Take care.

Leone

Friendship

Side by side or miles apart, good friends are always close to the heart

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.

Veska's Mindful Movement Experience

WHERE: The Bundaberg Services Club, upstairs;

WHEN: Wednesdays 10am-11am

WHAT TO BRING:: Water and Towel

GOLD COIN DONATION—Assisting Legacy and Diggers Rest

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.

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

Do you have skin or other cancer?

FORMER ADF MEMBERS—WHITE CARD HOLDERS

If you are receiving treatment or have been diagnosed with **some type of cancer, or pulmonary tuberculosis** and have served at least one day's Full Time Service (not Reserve Service) you may be able to have the cost of treatment paid by the Department of Veterans Affairs.

You must apply:

Form D9215 Application for Health Care for Cancer (Malignant Neoplasm and Tuberculosis) may be obtained from the DVA website: dva.gov.au or ask your wellbeing officer (Leone) to obtain one for you.

- 1. Complete your personal details on the form**
- 2. Take the form to your doctor or medical specialist who will confirm the diagnosis and sign the form**
- 3. Submit the form to the Department of Veterans Affairs**

If approved, you will be notified that your DVA white card now covers you for the treatment of the specific cancer under Non-Liability Health Care.

Cancer treatment under NLHC may cover:

- GP care
- Specialist care from an oncologist
- X-rays, MRI scans and blood tests
- Chemotherapy radiation therapy or surgery

If treatment has already commenced, you may, following approval of your application, seek reimbursement of some costs already expended by completing a form 'Application for Reimbursement of Medical Expenses Privately Incurred'. **YOU WILL NEED YOUR RECEIPTS.**

Your DVA White Card already covers you for the cost of treatment only, for all mental health conditions under Non-Liability Health Care. If you don't have a white card, apply today.

If you are unsure, talk to a qualified practitioner:

**Angella Hillis at Defence Veterans Drop-in Centre
Rudy Valzan at Bundaberg Legacy; or
Lex Roberts at Bundaberg RSL Sub Branch.**

UPCOMING ACTIVITIES 2023



56th BIRTHDAY LUNCHEON * MON 17 JUL

Rowers on the River 1130 for 1200 noon

Two course alternate drop of three choices plus a complimentary drink.

THEME: Famous/infamous Women Through the Ages

Members \$30 Guests \$35—RSVP 3 JUL



~~CAR TRIP—SNAKES DOWN UNDER & CHILDERS * FRI 8 SEP~~

Due to lack of interest this has been cancelled and an alternate 'in town' activity is being considered. Suggestions welcome.

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

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 Double O BUS TRIP AUGUST 2024 * 11 DAYS

EXPRESSIONS OF INTEREST (EOI) INVITED—a couple of rooms available.

*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.*



OUR DIARY 2023

JUN	Mon	26	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
JUL	Wed	05	Cuppa Chat	Lodge from 1030 Hrs
JUL	Mon	17	Birthday Luncheon	Rowers on the River M \$30 G \$35 RSVP 3 Jul
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

FOR MORE INFORMATION:

CHECK ADVERTISING ON THE WEBSITE,
THE LODGE NOTICEBOARD, AND CLIPBOARDS,
AND IN CHESTS OUT PAGE 6
PLUS DETAILS CONTAINED IN THE MINUTES

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



Three Bundy members attended the Sunshine Coast Ex-Service and Serving Women's Association annual luncheon which had as its theme (guess?) - Lorraine Houlihan, Chris Clancy and Jenny Waldron.

Top picture: Jan Thorne, Judie Taylor Lorraine Houlihan and bottom picture: Val Machin, Chris Clancy and Anita Cooper.

Bailee receives certificates

Bailee Baldwin's recognition for assisting us on Anzac Day was presented to her by Shalom College principal, Mr Dan McMahon.



Angella



Veska



Angella & Jeannie
Angella & Baldy



MEMBERS SUPPORT LEGACY RELAY

Members Angella Hillis CSC and Sue 'Veska' Ericsson who are also Legatees of Bundaberg Legacy, participated in The Legacy Centenary Torch Relay. A number of members cheered the Bundaberg 'runners' including Jeannie Roberts, Helen Baldwin, Sharon Barsby and Jenny Waldron. Jenny represented our association at the lighting of the cauldron. Many members contributed to the associated fundraising efforts and are thanked by runners and Legacy. (more photos on our Facebook page)



Berris, Kay, Dot & friends

Macrame—knots or not



Three 'cheeses' and a cutting board @ cuppa chat

Lynne, Sheryl & Angella



Granny Annette with her brag photos, Shirley P and Sheryl - June meeting day



3rd place getters at the car orienteering: Con & Faye, and last place, Ken and Sheryl. MORE GREAT PHOTOS ON FACEBOOK



Competitors!



BRAINS TRUST AND RALLY GURU
Glenda EB

Morning Tea with Lee Mackenzie-Forbes



Friday 23 June, fellow members met up for a cuppa with our Gladstone member, Lee (pictured second right) at the Bundaberg Services Club. Those attending were Annette Newsome, Lynne Pollock, Leone Wilson, Helen Baldwin, Sheryl Parker and Ethel Bourke.

The Value of Time

To realize the value of **ONE MONTH**, ask a mother who gave birth to a premature baby.

To realize the value of **ONE WEEK**, ask the editor of a weekly newspaper.

To realize the value of **ONE HOUR**, ask the lovers who are waiting to meet.

To realize the value of **ONE MINUTE**, ask a person who missed the train.

To realize the value of **ONE-SECOND**, ask a person who just avoided an accident.

To realize the value of **ONE MILLISECOND**, ask the person who won a silver medal in the Olympics.

Treasure every moment you have!

~ Author Unknown

Commemorations



JULY anniversaries/significant events

10 July 1911 Formation of the Royal Australian Navy

27 July 1953 From 1950 to 1953 a total of 153 Australian nurses, including RAAF and Army Nursing Corps nurses, served in Commonwealth hospital units during the Korean War. While based mainly in Japan, they also served in Korea. 27 July marks the signing of an armistice to end fighting. It is commemorated annually as Korean Veterans Day.



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



WHY YOU SHOULD ALWAYS READ WHAT YOU WRITE

In a London department store:
BARGAIN BASEMENT UPSTAIRS



In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

Outside a secondhand shop:

WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window:
CLOSED DUE TO ILLNESS

Spotted in a safari park:

ELEPHANTS PLEASE STAY IN YOUR CAR

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

Notice in a farmer's field:

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet:

IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door:

WE CAN REPAIR ANYTHING. PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)

FAMILY

Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days. But the family we left behind will feel the loss for the rest of their lives.

And come to think of it, we pour ourselves more into work than into our own family, an unwise investment indeed, don't you think? So what is behind the story?

Do you know what the word FAMILY means?

FAMILY =

**(F)ATHER
(A)ND
(M)OTHER
(I)
(L)OVE
(Y)OU**



A single glass at night could mean a peaceful, uninterrupted night sleep.

NEW Wine for Seniors

I kid you not...New Wine for Seniors



California vintners in the Napa Valley area, which primarily produce Pinot Blanc, Pinot Noir, and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people have to make to the bathroom during the night.



The new wine will be marketed as
PINO MORE



I HEARD IT THROUGH THE
GRAPEVINE



HOW TO BE A GRACIOUS BITCH

Mary's wedding day was fast approaching. Nothing could dampen her excitement - not even her parent's nasty divorce.

Her mother had found the PERFECT dress to wear, and would be the best-dressed mother-of-the-bride ever!

A week later, Mary was horrified to learn that her father's new, young wife had bought the exact same dress as her mother!

Mary asked her father's new young wife to exchange it, but she refused. "Absolutely not! I look like a million bucks in this dress, and I'm wearing it," she replied.

Mary told her mother who graciously said, "Never mind sweetheart. I'll get another dress. After all, it's your special day."

A few days later, they went shopping, and did find another gorgeous dress for her mother.

When they stopped for lunch, Mary asked her mother, "Aren't you going to return the other dress? You really don't have another occasion where you could wear it."

Her mother just smiled and replied, "Of course I do, dear.....I'm wearing it to the rehearsal dinner the night before the wedding."

SMILE

MEMBERS' NOTICE BOARD

Glenda E-B is planning an outing to Bundaberg Botanical Gardens on Sunday 23 July 1130 Hrs. and invites you to join her.

Please phone Glenda on 4152 3315 a week before to sort out meeting place. Note, the train will be operating.

INVITATION TO ALL WOMEN VETERANS

Visiting Bundy?

Serving and former service women, you are welcome to join in our association's activities. Details may be found on pages 6.

*Additional info can be found on our website
<https://bundywomenveterans.org.au>*

Defence Veterans Drop In Centre ESO Barbie

Members are welcome to attend the monthly ESO (ex-service organisation) barbeque held at the Drop In Centre, cnr Pitt & May Streets on the first Sunday of each month.

The BBQ is \$5 per head and raffle tickets are sold at 5 for \$5. The centre and bar open at 1000 Hrs. Raffle draw follows lunch.



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 Declara-
tions—Leone (by prior arrange-
ment)

BIRTHDAYS

JULY

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

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

Veteran and other services

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.