



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
5/2023 MAY

# ANZAC DAY 2023



90 years young, Phyllis Smith, WRAAC veteran marched as a co-banner carrier on Anzac Day. Picture here with Shalom College student who carried our placard, Bailee Baldwin. Photographed following the banner are Angella Hillis CSC and Jeannie Roberts, both Navy veterans.

More photos page 8 and on our Facebook.

**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](mailto:secretary@bundywomenveterans.org.au)

[admin@bundywomenveterans.org.au](mailto:admin@bundywomenveterans.org.au) (enquiries) <> [wellbeing@bundywomenveterans.org.au](mailto:wellbeing@bundywomenveterans.org.au)

[events@bundywomenveterans.org.au](mailto:events@bundywomenveterans.org.au) <> [commemorations@bundywomenveterans.org.au](mailto: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](mailto:jenny.waldron@outlook.com)

**Vice Pres.:** Glenda Everton-Brocklesby 0409 896 699  
[dimps111243@yahoo.com.au](mailto:dimps111243@yahoo.com.au)

**Secretary:** Ethel Bourke 0428 881 487  
[bundywv@outlook.com](mailto:bundywv@outlook.com)

**Treasurer:** Sharon Barsby 07 4157 4621 0428 570 014  
[sharonbarsby1@outlook.com](mailto:sharonbarsby1@outlook.com)

### COMMITTEE MEMBERS

**Angella Hillis CSC** 0400 422 331  
[hillis.wa@gmail.com](mailto:hillis.wa@gmail.com)

**Kay Littler** 07 4159 1881 0427 695 167  
(Assistant Treasurer) [pdk7@dodo.com.au](mailto:pdk7@dodo.com.au)

**Annette Newsham** 0407 581 935  
[annettenewsham@yahoo.com.au](mailto:annettenewsham@yahoo.com.au)

**Sheryl Parker** 0423 393 151  
[sherylwoz@gmail.com](mailto:sherylwoz@gmail.com)

**Lynne Pollock** 07 4151 7795 0438 517 795  
[lynne.pollock21@outlook.com](mailto:lynne.pollock21@outlook.com)

**Leone Wilson OAM** 07 4159 4134 0427 415 946  
(Assistant Secretary) [leonewilson@outlook.com](mailto: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, May

### ANZAC DAY

Anzac 2023 was highlighted by a very successful commemoration held at the War Nurses Memorial Park.

Set-up was carried out by many helpful hands and Angella Hillis headed an efficient team running the event along the already well oiled lines. Jeannie Roberts and Dannielle Brearley slipped into their roles as MC and PA operator respectively as too the wreath ladies Shirley Watson, Jenny Chester and Lynne Pollock.

Glenda Taylor and Bailee Baldwin, participated in the program whilst ceremonial support was again provided by ca-

dets from TS Bundaberg ANC, Bundaberg Caledonian Pipe Band's Piper Adam Johnston, and our regular Bugler Aaron Hunter, plus Major Melissa Millard, Salvation Army Bundaberg.

The roll-up of Bundaberg Regional Councillors was noteworthy. Crs Tracy McPhee, May Mitchell, Vince Habermann OAM, Steve Cooper and John Learmonth each placed a red rose at the memorial.

Mayor Jack Dempsey laid the wreath on behalf of the Bundaberg Region citizens and later sent us a congratulatory thank you letter for our association's continued efforts recognising service nurses.

The pre-planning by Angella Hillis undertaken with President Jenny Waldron

and by Dannielle Brearley with our electronic whiz Sharon Barsby, paid off.

In the city, the parade numbers were down this year but we still stood out. Thank you to all members who participated and Bailee Baldwin who carried our placard. Well done to Phyllis Smith who, I believe, became our first ever 90 year old banner carrier. Phyl was assisted by Dot Carroll.

Representation occurred around the region: at Bargara—Faye Chatham, Moore Park Beach—Gloria Kilpatrick, Burnett Heads—Shirley Watson, Helen Baldwin, Pat Strang and myself. Shirley Watson and Lynne Pollock attended the Masonic Lodge and Shirley also placed a tribute at our plinth near the Soldiers'

Monument. A number of us attended the RSL luncheon.

### MEETING

Well there is nothing like a bit of Covid to put a spanner in the works. It is good to see our secretary is recovering and hopefully will soon be back on the job.

Wonderful to have our Sunny Coast member Lorraine Houlihan present and provide more information on the 2024 coach trip that she and Jenny Waldron have spent many hours planning.

Volunteer Week 2023 saw more of our members receive a certificate from the Federal Member for Hinkler, Keith Pitt. It was my honour to present these certificates. See page 5.

The minutes for the general meeting provide you with the latest info, so don't forget to read them. They should have arrived in your 'in box' by now.

### SUPER SATURDAY MAY

We were off to a good start numbers wise but winning was a little lean on the first week. Bill Hillis almost missed out because he was too busy talking (men do that!).

Thanks to the teams for the first couple of weeks with special mention and thanks to Sheryl's grand daughters Alyah and Lola Woznitza who volunteered to deliver prizes for us.

Also on the first Saturday, Phyllis Smith brought along her Canadian friend,

Elaine Webb from Ladners Landing near Vancouver. It was a delight to enjoy Elaine's company as too Dot Kunde from the Sunny Coast.

Ken Parker, Bill Hillis and John Wilson joined the fun for week one. Week two saw the addition of Lorraine Houlihan and Jennie Promnitz who drove up from the Sunny Coast to visit Dot Kunde whilst she was staying here. Prizes went Sunny Coast way both weeks.

Numbers were lower for our third Saturday with a number of folk tied up with personal arrangements. We still enjoyed the social time and had a few laughs. Great to see Sharon back safely. Jenny was home trying to find her feet I gather. Shirley said 'ooroo' as she heads off

on her long awaited adventure, and Shelagh had an answer for everything except why we had not won a prize.

### OUTBACK N OCEAN COACH TOUR 2024

Going by the questions at our meeting, the message is not being received—and that message is, if you are interested in knowing more about the trip, let Jenny Waldron (or Lorraine Houlihan) know. There is a waiting list but a number who have expressed interest, may not ultimately book. First in best dressed as usual!

### WELLBEING

The last month has been varied on the health scene—hopefully those affected are back to normal (best wishes to you all!).

Four of our WSO's attended a wellbeing forum at Legacy House. This provided them with a broader understanding of

the community support available to veterans. I made a report which has been circulated via email.

Covid-19, influenza and colds are in the air, literally. These are very easily spread. Please be mindful of others if you either have one of these infectious ailments or are close to someone who does. Self quarantining could prevent someone else from succumbing. Of course, soapy water, masks, and care covering coughs can help too. We have many activities during winter, it would be great if you were all well enough to participate.

Take care.

Leone



### Friendship

Life without friendship is the sky without the sun.

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



Congratulations Legacy—100 yrs  
Congratulations Bundaberg Legacy—75 yrs

## Congratulations and 'GO Angella'

Angella is a Legacy Centenary Relay Torch Bearer in the Bundaberg area and is raising funds for Legacy.

Talk to Angella to see how you can help or go to:

<https://www.legsforlegacy.com.au/s/282/281>

## 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.

## 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

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 following is briefed from a pamphlet  
Get all the information from [myagedcare.gov.au](http://myagedcare.gov.au)

My Aged Care is the starting point to access Australian Government aged care services and information about:

- the different types of aged care services available
- your eligibility for services
- assessment for services
- referrals to service providers that can help you meet your needs
- your contribution to the cost of your aged care.

## What services are available?

### Care at home

My Aged Care can help you access services that can support you to remain living at home and in your own community.

You may be eligible to access support to help you continue doing what you can for yourself, safely and with a focus on your strengths and goals, such as:

- personal care like help getting dressed or showering
- transport
- modifications to your home like hand rails or ramps
- nursing, physiotherapy and other care
- help with preparing your meals
- help with cleaning your home or gardening
- equipment like walking frames
- social activities to help keep your mind and body active and healthy.

### Short-term help

My Aged Care can also help you access short-term care services for situations such as:

- recovery from an illness, including after a hospital stay
- when you have had a setback and want to get your independence back
- when you, or your carer, needs a break (respite care).

### Care in an aged care home

If you find you need ongoing help with day-to-day tasks or health care, an aged care home lets you live in a supported environment where help is available 24 hours a day.

### Who pays for services?

The Australian Government contributes to the cost of aged care services. You are expected to contribute to the cost if you can afford to. How much you pay may depend on:

- your financial situation
- the number and types of services you receive
- the service provider.

### Are you eligible for services?

My Aged Care can help you understand:

- what services may be available
- how much they cost
- how you can access them.

Use the online eligibility checker to find out if you are eligible for government-funded aged care services and check if you meet the requirements for an assessment [myagedcare.gov.au/eligibility-checker](http://myagedcare.gov.au/eligibility-checker)

### Contact Us

Website: [myagedcare.gov.au](http://myagedcare.gov.au)

Call: 1800 200 422\*

Weekdays – 8am to 8pm

Saturdays – 10am to 2pm

(closed on Sundays & public holidays)

In person you can visit any Services Australia service centre for general My Aged Care support or book an appointment with an Aged Care Specialist Officer in selected locations by calling 1800 227 475\* (Monday-Friday, 8am to 5pm).

If you are deaf and/or find it hard hearing or speaking with people who use a phone, the National Relay Service can assist you, including with Auslan.

Select your preferred access option at [communications.gov.au/accesshub/nrs](http://communications.gov.au/accesshub/nrs) and ask for 1800 200 422\*

Translating and Interpreting Service call 131 450, tell the operator the language you speak and ask them to call 1800 200 422\*

If you are a veteran or war widow/er you may also be eligible for Department of Veterans' Affairs services or programs. Ask My Aged Care for more information.

\*1800 calls are free from landlines and most Australian mobile phone providers now offer free calls to 1800 numbers. Check with your mobile phone provider.



## Veska's Mindful Movement Experience

- MM is a non-impact form of movement that combines the energies of music and movement therapy, which results in an experience that awakens and invigorates your mind, body and spirit.
- It combines various forms of martial arts, Tai Chi, Yoga, Qigong and gentle dance to beautiful soul inspiring music.
- These are all combined in a way which enables you to move your whole body in your own body's unique way.
- It is designed to have fun while maintaining or regaining your balance, flexibility, mobility, agility and strength. It is a fun way to enjoy music, movement and mindfulness.
- It is suitable for all ages and levels of ability.

WHERE: **The Bundaberg Services Club, upstairs**

WHEN: **Wednesdays 10am-11am**

WHAT TO BRING: **Water and Towel**

**GOLD COIN DONATION**  
Assisting Legacy and Diggers Rest

## BENEFITS OF VOLUNTEERING

Volunteering has immeasurable benefits to both volunteers and the organisations that they volunteer for. Here are some of the benefits that make a significant difference to volunteers and their organisations every day:

### Benefits for Volunteers

- provides a sense of achievement and purpose
- helps people feel part of a community
- helps people feel better about themselves by improving their self-esteem and confidence
- enables sharing of talents, learning new skills and creating a better work-life balance
- helps combat stress, loneliness, social isolation and depression
- helps meet new people, which can result in feeling more connected and valued

### Benefits for Organisations

- volunteers bring with them, unique sets of skills and abilities
- volunteers provide additional resources to the organisation
- volunteers provide an essential financial benefit
- volunteers have a significant influence on an organisation's culture
- volunteers provide social capital to the organisation.

## AUSTRALIAN GOVERNMENT VOLUNTEER AWARD 2023 CERTIFICATES

Wellbeing Support Officers Ethel Bourke and Glenda Taylor plus Activity Officers Helen Baldwin and Gloria Kilpatrick were recognised for their volunteer by the Federal Member for Hinkler Hon. Keith Pitt MP..



Congratulations to Ethel, Glenda, Helen and Gloria and thank you for your time freely given supporting fellow members.



These four ladies join past recipients of this recognition—members who have made a difference within our association and the community.

Each 2023 certificate was accompanied by a letter from Keith Pitt which said:

*"Each and every day, volunteers throughout the Hinkler electorate help keep sporting clubs, schools, community groups, local organisations and charities, up and running.*

*This year the theme for National*

*Volunteer Week is 'The Change Makers'. Volunteering Australia's vision for the future will see volunteering thrive. You are 'The Change Makers'.*

*I want to recognise your hard work and dedication as a volunteer and say THANK YOU.*

*Thank you for being one of the almost six million Australians who volunteer each year, giving your time, energy and skills to support others.*

*Thank you for playing a critical role in helping shape Australia and building stronger and more resilient communities.*

*Thank you for helping our community without expecting anything in return.*

*Without the help of volunteers like you, our community would be a very different place."*

**Our Association exists because of the many members who have volunteered since formation in 1967. Thank you to you all.**





## UPCOMING ACTIVITIES 2023

### MACRAME WORKSHOP \* SAT 17 JUN

*Veterans Support Centre 1000 Hrs—all materials supplied and you keep the piece you made.  
Morning tea provided.*

**Members \$45 Guests \$50—RSVP 7 JUN**



### FOUR WHEEL ORIENTEERING AKA CAR RALLY \* THU 22 JUN

*Includes picnic lunch—please bring your own cutlery.*

**\$10 per person entry—RSVP 7 JUN**



### 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.*

**Members \$30 Guests \$35—RSVP 3 JUL**

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

*This is being re-worked - Lunch at Isis Club*

**Cost for Members and Guests TBA—RSVP 30 AUG**

### HERVEY BAY LUNCHEON 21 OCT 2023

*Keep a lookout for details*

### 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—now operating a waiting list**

*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](mailto:jenny.waldron@outlook.com) or Lorraine: [l.houlihan1@bigpond.com](mailto: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

MAY	Sat	27	Super Saturday	Bundaberg Services Club from 1130 Hrs
MAY	Mon	29	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
JUN	Thu	01	SCESSWA Luncheon	Maroochy RSL BOOKINGS CLOSE MON 22ND MAY
JUN	Wed	07	Cuppa Chat	Lodge from 1030 Hrs
JUN	Sat	17	Macrame Workshop	VSC 1000 Hrs M \$45, G \$50 RSVP 7 Jun
JUN	Mon	19	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
JUN	Thu	22	Car 'Rally'	Orienteering by car with picnic lunch. \$10 pp entry
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	Car Trip to Childers	Snakes Down Under <b>cost TBA</b> RSVP 30 Aug, <b>Time TBA</b>
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	Details TBA
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**



**L R from top:**  
**Helen Baldwin, Dawn Service;**  
**Glenda Taylor, Dot Kunde, Faye Chatham;**  
**Bailee Baldwin, Dot Carroll with banner;**  
**Carolyn Kennedy;**  
**Angella Hillis, Jeannie Roberts;**  
**Dot Kunde, Len Gordon (Bundaberg Legacy), Dannielle**  
**Brearley;**  
**Jenny Chester, Shirley Watson, Lynne Pollock;**  
**Bailee; Glenda; TS Bundaberg ANC guard.**





**Super Saturday—week one**  
 Packers, Sheryl Parker and Shirley Watson  
 Scribe Glenda E-B, Runner Lola Woznitza,  
 Overseer Shirley Parker  
 Ticket holders, Phyl Smith, Dot Kunde (Sunny Coast)



**Super Saturday—week two**  
 Scribe Shirley Watson with packers or runners, Angella Hillis, Kay Littler, Shelagh Bennet and Sheryl Parker;  
 Some (but not all) of the 'social/winning hopeful crew' including from Sunny Coast, Jennie Promnitz, in white top, and Lorraine Houlihan next to her.

**Super Saturday—week three**  
 Scribe: Shirley Watson with Shirley Parker, Kay Littler and Dot Carroll.  
 Runners: Shelagh Bennet, Sharon Barsby and Lynne Pollock.

## WAR NURSES ADDRESS 2023

By Angella Hillis CSC

Commemorations officer, BDWV



Welcome. This morning, on the one hundred and eighth Anniversary of the Gallipoli Landings, we pause to remember and pay tribute to all nurses who have served our nation during times of war, conflict and crisis; and we reflect upon their selfless service and their sacrifice.

Distinguished guests, fellow veterans, nurses, ladies and gentlemen, on behalf of Bundaberg District Women Veterans it is my privilege to welcome you to our War Nurses Anzac Day Service.

This year also marks the Eightieth Anniversary of the sinking of Australian Hospital Ship Centaur, and the Seventieth Anniversary of the end of the Korean War.

2023 also marks Thirty years since our Peacekeeping Mission in Cambodia and Twenty years since the Invasion of Iraq.

The first landing at Gallipoli on the twenty fifth of April nineteen fifteen conjures up images of Australian soldiers charging bravely up the steep and barren slopes from Anzac Cove.

Another image from that day is an Australian nurse attending to hundreds of wounded men on a hospital ship.

Today, we reflect on their service of devotion.

Nurses had a unique role in the war. On the one hand, they were busy cleaning wounds, sometimes even performing minor surgery, administering treatments and frequently doing heavy physical labour. They often lived in squalid conditions, and in trying climatic environments. They were usually understaffed and lacking supplies, sometimes under threat of attack, and constantly fighting off exhaustion and sickness themselves.

On the other hand, they were also expected to be feminine, cheerful, and a sweetheart and mother to every patient - the physical substitute for all the women back home.

Sister Constance Keys is our region's most highly decorated nurse of the Great War. While nursing casualties from Gallipoli, she wrote in her diary: 'I could cry all day, but do not have the time'.

What lay ahead for the nurses, once the Gallipoli campaign had ended, was almost beyond belief; the slaughterhouse of the Western Front, where Eighty percent of the over sixty thousand Australian deaths occurred and almost one hundred and fifty thousand men were wounded or fell ill.

Lieutenant Harold Williams, wounded in September 1918 commented *That these women worked their long hours*

*among such surroundings without collapsing spoke volumes for their will power and sense of duty. The place reeked with the odours of blood, anti-septic dressings and unwashed bodies. The nurses saw soldiers in their most pitiful state – wounded, blood-stained, and dirty.*

This morning we remember the devotion of nurses like Queenslanders Mary Jane Derrer and Eileen King who rescued patients trapped in burning tents during bombing raids in France under heavy shelling.

Along with six other nurses they were awarded the Military Medal for courage under fire.

We also remember every nurse who gave their life in war, including the nurses who were massacred on Banka Island and those who died in captivity during the Second World War.

All the nurses of the First World War have long since gone. But they live on in the hearts of their families and in our collective memory.

Australian Army nurses were there at Gallipoli, they are part of the original ANZACs and their legacy of selfless devotion, outstanding courage and sacrifice has been carried through the generations by the nurses of World War Two, in Korea, Vietnam, Gulf War, Iraq and Afghanistan as well as Peacekeeping missions such as Cambodia, Rwanda, East Timor and Bougainville. That legacy is today being carried proudly by the men and women serving as nurses in the Australian Defence Force.

# Commemorations

JUNE anniversaries/significant events

First Sunday in June—RAAF Bomber Command Commemorative Day



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





## Subject: We Must Stop This Immediately!

Have you noticed that Stairs are getting steeper. Groceries are heavier. And, everything is farther away! Yesterday I walked to the corner and I was dumbfounded to discover how long our street had become!

And, you know, people are less considerate now, especially the young ones. They speak in whispers all the time! If you ask them to speak up they just keep repeating themselves, endlessly mouthing the same silent message until they're red in the face! What do they think I am, a lip reader?

I also think they are much younger than I was at the same age. On the other hand, people my own age are so much older than I am. I ran into an old friend the other day and she has aged so much that she didn't even recognize me.

I got to thinking about the poor dear while I was combing my hair this morning, and in doing so, I glanced at my own reflection.....Well, REALLY NOW- even mirrors are not made the way they used to be!

Another thing, everyone drives so fast these days! You're risking life and limb if you happen to pull onto the freeway in front of them.. All I can say is, their brakes must wear out awfully fast, the way I see them screech and swerve in my rear view mirror.

Clothing manufacturers are less civilized these days. Why else would they suddenly start labelling a size 10 or 12 dress as 18 or 20? Do they think no one notices that these things no longer fit around the waist, hips, thighs, and bosom?

The people who make bathroom scales are pulling the same prank, but in reverse. Do they think I actually "believe" the number I see on that dial? HA! I would never let myself weigh that much! Just who do these people think they're fooling?

I'd like to call up someone in authority to report what's going on -- but the telephone company is in on the conspiracy too: they've printed the phone books in such small type that no one could ever find a number in here!

All I can do is pass along this warning: We are under attack! Unless something drastic happens, pretty soon everyone will have to suffer these awful indignities.

PLEASE PASS THIS ON TO EVERYONE YOU KNOW AS SOON AS POSSIBLE SO WE CAN GET THIS CONSPIRACY STOPPED!

PS: I am sending this to you in a larger font size, because something has caused my computer's fonts to be smaller than they once were too!

### Comprehending Accountants

Two accountancy students were walking across campus when one said "Where did you get such a great bike?"

"The second student replied, "Well, I was walking along yesterday minding my own business when a beautiful woman rode up on this bike. She threw the bike to the ground, took off all her clothes and said, "Take what you want."

The first accountant nodded approvingly, "Good choice; the clothes probably wouldn't have fitted."



I am not a perfectionist. My parents were though.

Life is an endless struggle full of frustrations and challenges, but eventually you find a hair stylist you like.

One of life's mysteries is how a two pound box of candy can make a woman gain five pounds.

Age doesn't always bring wisdom, Sometimes age comes alone.

Life not only begins at forty, it begins to show.

You don't stop laughing because you grow old, you grow old because you stopped laughing.

A gentleman is one who knows how to play the accordion... and doesn't.

SMILE



## Talk to committee

A list of contact numbers appears on page 2—keep this handy and talk to a committee member about your ideas, or any concerns or questions.

Chests Out is designed to keep you informed. You should file your copy for a time as information is not necessarily repeated in every issue.

You, the members, own our association—it can be what you want it to be.

**SUGGESTIONS:** Suggestions can be provided to the secretary or a committee member ahead of a meeting—that way they can be placed on the agenda giving members advance notice and allowing them to consider your idea.

When making a suggestion, provide details that will enable committee and members to decide on its merit.

Suggestions should meet our aims and objects and comply with association policy/constitution. (both are on the web)

*IT IS YOUR ASSOCIATION*

### MEMBERS' NOTICE BOARD

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

**CHECK PAGES 6 & 7  
FOR RSVP DATES  
FOR ACTIVITIES.  
DON'T RISK  
MISSING OUT**

**Council of Ex Service Women's Association**  
33rd Annual Memorial Church Service for Ex Servicewomen  
**Saturday 29 July 1130,**  
Ann Street Presbyterian Church Brisbane.  
Includes lunch \$24. Booking essential. Contact Leone for details



**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

.....  
**JUNE**

Margaret Findlay 20  
Helen Baldwin 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,  
BBQ's lunchtime 1st Sunday  
**WELLBEING** Jude Binder

**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](http://www.lifeline.org.au)

**ADF Health & Wellbeing Portal**  
[www.defence.gov.au/health/healthportal](http://www.defence.gov.au/health/healthportal)

**Defence Family Helpline 24/7**  
**1800 624 608**  
[www.defence.gov.au/DCO/Defence-Helpline.asp](http://www.defence.gov.au/DCO/Defence-Helpline.asp)

**Health Direct** 1800 022 222  
**Poisons Information** 13 11 26  
**Elder Abuse** 1800 737 732



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