



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
10/2023 OCT



**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)

**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:** **Service Member \$10; Associate \$15 per year.** You may pay for more than one year. Please be sure to alert treasurer of your transfer of money. Your secretary has a record of your advance payments—contact her to check your status.  
**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

RSL Liaison: Dannielle Brearley + Gloria Kilpatrick

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

Ten Pin Bowls: Lynne Pollock

Website: Jenny Waldron + Faye Chatham

## Wellbeing Support Officers (WSO):

Ethel Bourke (*The Lakes Village*) 0428 881 487

Dot Carrol 0490 697 634

Glenda Taylor (*Millbank*) 0408 577 810

Lynne Pollock 0438 517 795

Jenny Waldron 4157 4621

Shirley Watson (*Pioneer South*) 0408 460 951

## 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, Oct

### MAKING HISTORY

The cover tells much of the story as President Jenny raises the Australian National Flag at 'The Lodge' for the first time. Check page 10 for more detail, some protocol and also how you can be a flag ordely

### OCTOBER MEETING

RSL secretary, and member, Dannielle Brearley was welcomed to the management committee meeting as our RSL liaison officer. Gloria Kilpatrick, RSL board member may also undertake liaison.

Danni covered a number of topics and we were able to provide some input for her to take back for consideration. It is hoped this liaison will grow in 2024.

Business from the committee meeting was reported to members attending the general meeting. Please read the minutes and watch for updates.

The management committee will meet again in December, (Monday 4th at 1100 Hrs) and the invitation for members wishing to learn more about being a committee member is extended for this meeting. It is planned to enjoy a buy-your-own

lunch somewhere following the close of the committee meeting.

The October general meeting was the last for this year, the next being 15 January.

### FAREWELL LORNA CROSSWELL

Sad news from Sydney, centenarian and WWII veteran Lorna Crosswell passed away peacefully on 12 October and her funeral will take place on Friday 27th. Our condolences to Judy, John and family and to her many friends.

### WELCOME TO TRACY AND SAM

Wonderful to have two new members join with us. Sam Morgan and

Tracy Casteleijn are Navy and that means the naval members are gradually catching up to Army and Air Force. (15N 23A 22AF).

### TEN PIN BOWLS

Great to see more members becoming involved in our morning at the Bowling Alley. The skill level has increased too, but I can still manage to come last most times.

Most enjoyed a cuppa before the game, and then lunch afterward.

### LINE DANCING FOR 2024?

The line dancing experience enjoyed as part of Veterans Health Week has

resulted in questions about undertaking more of this dance exercise in 2024.

Initial enquiries have found that it is advisable to do the various dances no more than two weeks apart otherwise learnt skills could be forgotten.

With this in mind, a block of fortnightly dates beginning around May, as being suitable with the instructor and our members is under consideration. Please let committee know of your interest.

### CALENDAR OF EVENTS FOR 2024

A draft COE was approved by com-

mittee in October but the detailed version is yet to be finalized and the events for the first half of 2024 (Jan to Jul) are yet to be approved. These 2024 activities will be put to the committee's December meeting.

Pages 6 and 7 which normally provide you with the annual planner around this time of year won't have the final plan until January's edition. Meanwhile, notes of TBA/TBC (to be advised/confirmed) may apply.

Please bear with us as the activity plan is finalized.

### HERVEY BAY 2023

We were mostly a colourful crew—

as the pictures tell. Only a few raffle prizes made their way to Bundy but we were presented with another Friendship Calendar for the 2024 friendship quotes to publish on this page. Thank you Hervey Bay.

Next year Hervey Bay will celebrate their 40th Anniversary at their weekend reunion which includes the popular Saturday luncheon. This is sure to be a biggie and an event not to miss. The date to be confirmed could be 18-20, with luncheon 19 October.

### CHRISTMAS LUNCH 20 NOV

Don't forget to book.

Donations for the raffle are most welcome—please bring them on the day and it could be helpful to use clear wrapping paper if titivating.

What might be on a Christmas Tree? Gosh—how would I know? Get in the groove and surprise us, eh!

### WELLBEING

The hand of friendship extended by your mates comes from a big heart, genuine care, and a love of you. It is not to be taken for granted—accept humbly.

Take care.

*Leone*

### Friendship

Friendship is the ability to laugh and cry together at life's twists and turns.

Thanks Hervey Bay



## Shopping early for Christmas?

Check with Sharon for:

**Mothers Daughters Wives  
Volume Two**

\$25 members \$30 non-members

**Queen's Jubilee Mugs—  
badged 'Association' \$10 ea**

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.*

# NEEDED

Members to take  
our association forward  
by joining the committee

and serving as

President

Vice President

Secretary

Activities Officer

Commemorations Officer

or any of a number of other positions.

***We are too vital to fold!***



# RAISING THE FLAG

**Correct protocol is to be observed during the raising or lowering of the Australian National Flag.**

**If you observe the Flag Orderly raising or lowering the Australian National Flag, please stand still and face the flag.**

**Remain in a relaxed attention position until the flag orderly completes her task before continuing on your way.**

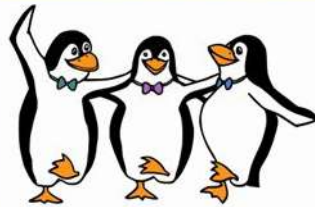
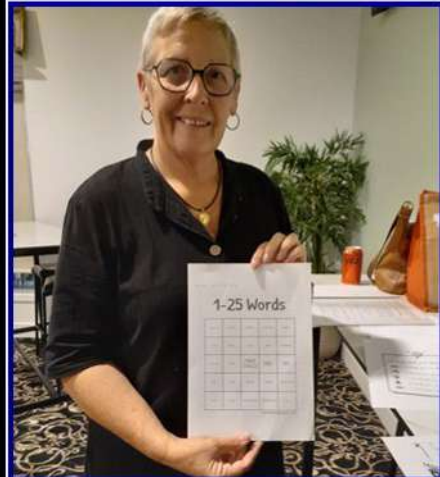
Members may volunteer for Flag Orderly duty—see page 3.



Australian Government  
Department of Veterans' Affairs

# VETERANS' Health Week

# Line up to Laugh and Live



Thank you DVA,  
thank you  
Angella & Kay

More photos on our Facebook



We began at North Bundy Progress Hall, watching the skilled line dancers before taking to the floor for our one hour try-out that had our legs (calves, thighs, hips), and minds put to the test. Most enjoyed the activity so much that options for making it a regular happening are going to be considered for 2024. The line dancing was followed by a lunch at the Spotted Dog where Angella Hillis spoke to us about mental wellness. She also tested our observation ability and knowledge with a trivia bingo before providing us with a magazine of helpful healthy hints. Add to that the social interaction and friendship—it was a very successful and enjoyable day.



## UPCOMING ACTIVITIES 2023-4



### CHRISTMAS LUNCHEON \* MON 20 NOV 2023

*Rowers on the River 1130 for 1200 noon*

**THEME: Something from the Christmas Tree**

Cost \$30 members \$35 guests—RSVP November Cuppa Chat.

### 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.

**\*\*\*March 2024—we plan to make artificial wreaths during Cuppa Chat!**

### 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.

**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.*

### IMPORTANT NOTE RE 2024

*The Calendar of Events will be published in November's Chests Out and hopefully so too will some details for activities January through to July although they will be tentative until approved by committee.*

*Members, make sure to add interim notes in your diaries/mobile phones. Following committee approval, a printed hardcopy will be available on request.*

*Being developed for 2024 is a Chinese New Year BYO lunch in February at Saangs Asian Fusion; a period of fortnightly line dancing beginning around May; plus the popular park picnic. These and more will be in a Chests Out sometime soon, so watch for the details.*

*And that is not all—Annette, Dot and Gloria K are exploring cruising and visiting Norfolk Island in 2025.*

*But, '23 ain't done yet—check page 7 for what is still to come!*

**WORKING TOGETHER TO PROVIDE FUN FOR ALL**

# OUR DIARY 2023



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, 1130 for 1200 Hrs
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 Calendar of Events for forward planning**

(the following is subject to change and confirmation)

Our activities:

- Cuppa Chat—first Wednesday—1030
- General Meetings—third Monday 1400 except July, November and December
- Ten Pin Bowls—last Monday 1030 for 1100 except December
- Luncheons:
  - February Chinese new Year lunch—BYO at Saangs Asian Fusion
  - April pre Anzac—watch page 6 for notice
  - July Birthday—third Monday except reunion years
  - November Christmas—third Monday
- Super Saturday—January, May and August, all Saturdays 1130

Commemorations:

- Quiet Moment and Roll Call LRP April—look for details in coming issues
- War Nurses - Anzac Day 1015 Hrs

Sister associations:

- Maroochydore Luncheon—first Thursday in June (6th) to be confirmed
- Hervey Bay weekend reunion Fri-Sun. Luncheon Sat 19 October, to be confirmed.

### ***Invitation to members who care about our association!***

***Service Members are invited to come along to the meetings of the management committee to get an idea of what being involved means and to find out if you can assist in ensuring we have a future.***

***Associate Members with computer skills and a desire to assist in the secretarial role are also welcome to attend. The secretary does not have to be a service member; nor even an associate member. Someone willing to be appointed can be approved.***

***Next committee meeting, 1100 Hrs 4 December (see page 3 for more info)***

***Lexophiles:***

This girl today said she recognised me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

A thief who stole a calendar got twelve months.



**SEPTEMBER'S TEN PIN BOWLERS**

*Shirley P, Michele, Leone, Sheona, Lynne, Dot, Jenny C, Pat and Olive. Photo taken by Shirley Watson and overseen by Kay Littler. Black-light setting for school holidays.*



**HERVEY BAY 2023**

Before departing we sent the above photo to Ethel to wish her a happy 80th birthday.



**Berris, Gloria and Glenda T**



**Bill and Angella**



**Sharon and Dot'**



**Phyl and Kay L**



**Our new members Tracy (left) and Sam (right)**

Navy, Army, Air Force plus Nurses group photos are on our Facebook (thanks Jeannie)





the boys' John, John and Bill



Shirley W and Shirley P



The Judges  
Lorraine and Jenny



### *The bright colourful finalists*

*The bland bottom-enders—boor-ring—but the worst got a prize!*



# LORNA MAY CROSSWELL NEE MITTELHEUSER

10 December 1922—12 October 2023

100042 Sergeant, Women's Auxiliary Australian Air Force 19 May 1942 to 21 Feb 1946

Lorna was born in Bundaberg. She enlisted in the WAAAF in Townsville and served at North-Eastern Area Command Townsville until mid 1944 and then with RAAF HQ St Kilda Rd (DRS Signals).

Lorna joined the Bundaberg & District Ex Servicewomen's Association in 1980 and again, following an 8 year break she rejoined in 1989. and In 1995 joined the committee serving continuously until 2010 when she moved to Sydney. From 1999 Lorna held the position of Vice President., Lorna became the association's fourth Centenarian..



Lest we forget

## Commemorations

*From this on Tuesday 10 Oct. to this on Monday 16 Oct.*

After erecting the new flagpole, the Australian National Flag was raised at 'The Lodge' for the first time by President Jenny Waldron prior to our October meeting. Flag Orderly lowering the ANF at the close of our meetings was Faye Chatham.

*Page one records the historic raising with Jenny assisted by Lynne Pollock.*

### Members may volunteer as Flag Orderly

Members are welcome to volunteer as the Flag Orderly to either raise or lower the ANF on 'Lodge days'. Assistance with protocol will be available. Members attending the Lodge also need to be aware of the flag protocol:

### Correct protocol is to be observed during the raising or lowering of the Australian National Flag.

**If you observe the Flag Orderly raising or lowering the Australian National Flag, please stand still and face the flag. Remain in a relaxed attention position until the flag orderly has completed her task before continuing on your way.**

*(left) Kay Littler and Lynne Pollock representing our association at the RAAF Service which marked the 82nd year of the establishment of RAAF Station Bundaberg.*

## NOVEMBER anniversaries/significant events

11 NOV 1919—At the 11th hour on the 11th day of the 11th month the Armistice that ended the fighting in the first World War came into effect. 2023 marks the 104th anniversary of Remembrance Day. At 1100 Hrs on Saturday 11th November, we pause for a minutes silence to remember the sacrifice of Australians in service to our country in al wars, conflicts and peacekeeping operations.

### Our members' post WWII operations contribution to Australia



## FOR PUNNY PEOPLE

*For language aficionados here are some intelligent puns...creating some good fun In the bargain!!*

**You're not completely useless, you can always serve as a bad example.**

**I broke my finger last week. On the other hand, I'm okay.**

**Don't spell 'part' backwards. It's a trap.**

**And the Lord said unto John, "Come forth and you will receive eternal life." But John came fifth, and he got hell.**

**What is the best thing about living in Switzerland? Well, the flag is a big plus.**

**Did you hear about the guy who got hit in the head with a can of soda? He was lucky it was a soft drink.**

**To the mathematician who thought of the idea of zero. Thanks for nothing!**

**Son: "Dad, can you tell me what a solar eclipse is?" Dad: "No sun."**

**My math teacher called me average. How mean!**

**Clinic Receptionist: "Doctor, there's a patient on line that says he's become invisible". Doctor: "Well, tell him I can't see him right now."**

Today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today, I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

**SMILE**

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know why I look this way.

I've travelled a long way and a lot of the roads were not paved. Ah! Being young is beautiful but being old is comfortable.

*Lord, keep your arm around my shoulder  
and your hand over my mouth.*

*May you always have:*

*Love to share.*

*Cash to spare.*

*Tyres with air.*

*And friends who care.*

## NURSERY RHYME *updated*

*Mary had a little pig,  
She kept it fat and plastered;  
And when the price of pork went up,  
She shot the little b.....d.*



Which letter is silent in the word "Scent," the S or the C?

Kay completed her circuit for RELAY FOR LIFE and thanks the many members who sponsored her.



## Bundaberg RSL Sub Branch

### Alerts

Melbourne Cup luncheon \$45

Remembrance Day luncheon  
\$10 per person  
MUST BOOK AND PAY  
IN ADVANCE.

Christmas Lunch—coming

*Contact the  
Bundaberg RSL Sub Branch  
or visit the  
Veterans' Support Centre  
to obtain full information and  
make bookings  
for these activities.*

## BIRTHDAYS

### NOVEMBER

Con Chatham	24
Toni Grover	25

*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](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

Reporters interviewing a 104 year-old woman: "And what do you think is the best thing about being 104?" the reporter asked.

She simply replied, "No peer pressure."

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"

"98," she replied. "Two years older than me."

"So you're 96," the undertaker commented.

She responded, "Hardly worth going home is it?"

*Staying alive needs commitment on committee.*

*No longer existing needs members to do nothing!*



**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.