



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
01/2024 JAN

## Super start to 2024



# Happy New Year!

**CHESTS OUT—proud female veterans staying in touch for 57 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 Carroll,  
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 Carroll 0490 697 634

Glenda Taylor (*Millbank*) 0408 577 810

Jenny Waldron 4157 4621

Shirley Watson (*Pioneer South*) 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, Jan*

### **HAPPY NEW YEAR**

Happy New Year to you all.

We got up and running for another year with a great roll-up of members and family at Super Saturday.

The Cuppa Chat was 'very quiet', understandable given its closeness to the festive period. However we expect Ten Pin Bowls will return at a popular level on Monday 30 Jan.

### **JANUARY MEETING**

A pleasing roll-up for our first meeting for the year and really great

to have some volunteers for 2024 general appointments. There is still room for more including commemorations officer (committee position) and assistants for most areas. Assistants don't need to be on committee but they can make a big difference to the workload.

Great to welcome Patricia Collins to her first meeting in quite a while, and she has news that her book about the RAN in Darwin during TC. Tracy, is nearing publication. (watch this space!)

Sharon will soon be contacting the instructor lady regarding Line Dancing. There were about 10 at the

meeting who wish to participate; if you have not yet indicated your interest, please do so by contacting myself, Sharon or Jeannie. (see more info on pages 6 and 7)

Jeannie, our other assistant secretary will be stepping into the role that I have been looking after whilst I undergo some medical guff.

Thank you Jeannie, Ethel and I appreciate the assistance.

### **2025 ADVENTURES**

Annette Newsham has been busy looking for the best option for Norfolk Island probably Oct-Nov 2025; and Gloria Kilpatrick is checking on a

cruise in the early part of 2025. Expressions of interest for both/either would be helpful. Let Annette or Gloria know of your interest.

### **COP VOLUNTEER VETERAN VISITOR**

Another area for undertaking volunteer work is on behalf of all ex-service organisations (ESO's) by nominating an area (your local neighbourhood) where you would be prepared to pop in and visit a veteran—someone homebound or recently home from hospital.

If you are interested or wish to know more, contact Sheryl Parker, our rep on the Community of Practice (COP)

committee.

### **RSL SUB BRANCH UPDATE**

RSL secretary, Dannielle provided updated information re Sub Branch opening hours, check page 12.

### **ANNUAL GENERAL MEETING**

Look for the notice re cut off dates and details for the AGM on page 4. This important meeting is our lifeline to the future.

### **ACTIVITIES**

The calendar of events and the related activities budget have been approved by committee and details of coming activity can be located, as

usual, on pages 6 and 7.

Page 7 covers the calendar up to June. A copy of the full calendar will be sent to the A list members with CO. It will also be placed on our website in due course.

President Jenny is checking on Art/Craft options for 2024.

### **LODGE WORKS**

Bundaberg Legacy have carried out an inspection of their building (our home) and have some works planned.

The hot water problem which is due to an old style system and our infre-

quent use of the facility, will continue to exist.

Members awareness is the key—the first use each time will spit hot water until the pressure is eased. If you know how, you can do this at the outside system, otherwise, use the toilet hot tap to 'bleed' off pressure, or hold a cutting board in front of the kitchen hot tap. We don't wish anyone to get burnt/wet!

Legacy is also looking at our flagpole area and enhancing the surrounds. We are so lucky to have 'club rooms' and such a caring landlord.

### **WELLBEING**

There is an old cartoon of a couple of kids which carries the caption, 'viva la difference' (some of you can see it in your mind, I bet!). Well 'viva la difference' also applies

to us having such a diverse and interesting membership.

It is up to us all to appreciate the richness of these differences and accept that there are a variety of backgrounds, personalities and also views.

Without this diversity, we would be bogged down in sameness. So accept each other as being different and appreciate their right to happiness—this can be achieved quite simply: with a smile!

Take care.

*Leone*

**Hervey Bay shares Friendship Jan**  
*Life without friendship is  
the sky without sun.*

Check with Sharon for:  
**Mothers Daughters Wives**  
**Volume Two**

\$25 members \$30 non-members  
**Queen's Jubilee Mugs—**  
**badged 'Association' \$10 ea**

**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.*

**BUNDABERG DISTRICT WOMEN VETERANS INC**

# **ANNUAL GENERAL MEETING**

**MONDAY 18 MARCH 2PM,**

The Lodge, 4 Glasgow Street

**AGENDA ITEMS—close 12 Feb**

Notices of Motions for the AGM Agenda are to be with the secretary by **12 February**. They will be included as a notice on the February General Meeting agenda.

**Nominations for Committee—close noon 4 Mar**

Nominations are called for all committee positions. Nominations should be in writing and signed by the nominee, nominator and seconder. All must be current financial service members of the association.

Positions to be filled:

**President, Vice President, Treasurer, Secretary, Committee Member**

**NOMINATIONS CLOSE NOON 04 MARCH**

Nomination forms Nomination forms are available at the Lodge. A copy of the form can be emailed to you upon request. Send email to secretary, (see page 2)

A list of nominees will be sent electronically to all members and will be posted on the notice board at the Lodge by 6 March.

# Wellbeing Activities

All of our activities are for the wellbeing of members.

Our activities are open for all members to participate and therefore encourage social interaction. That means it is very acceptable to chat, giggle, share, enjoy, hoot, snort and laugh.

Some activities include a little exercise which can be as intense, or not, as a member wishes—it is a personal choice. In 2023, the exercise/social activities saw Ten Pin Bowling joined by a one off Line Dancing and in 2024 both will be available to members to enjoy.



## Ten Pinner awarded.

Glenda EB suggested the ten-pinner have a presentation at the end of their bowling year. Jeannie donated the award which was presented for the most noticeable achievement. This went to Kay Littler. Kay's bowling style backward kick to enhance release is so extreme she would be booted off the Line Dancing floor and placed in the Can Can facing the wrong way!

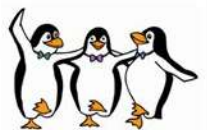


Runner up was Faye Chatham. Faye received her recognition for attendance—she even turned up when no game was scheduled. Faye was presented with a calendar, duly marked, in order to ease the strain on the petrol bowser.



Ten Pin Bowls recommences on Monday 29 January. Please be at Bundy Bowl, Lester Street by 1030 Hrs. The ten-pinner will be in the café area slurping coffee.

Line Dancing gets under way in May.



Check pages 6 and 7 for ALL Wellbeing Activities.

# UPCOMING ACTIVITIES 2024



## LUNCH AT SANG'S ASIAN FUSION

**MONDAY 12 FEBRUARY 1200 HRS—RSVP 5 FEB**

Celebrate Chinese New Year (year of the Dragon) with lunch from a great selection as Sang's, 269 Bourbong Street Members select and pay for your own meals and drinks. Bookings are required for numbers purposes.  
Place your name on the list at the Lodge or with Glenda Everton-Brocklesby.

## 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). \*\*\*March 2024—make artificial wreaths.

## VARIATION FOR FEBRUARY CUPPA CHAT 7 FEBRUARY

Meet at Tom Quinn Community Centre, 8 Killer Street (behind Norville State School) where members can purchase their own selection of cuppa and treats. (Feb 7, and Glenda E-B suggest arriving around 1000 Hrs)

## PICNIC IN THE PARK

**BUNDABERG BOTANICAL GARDENS , SUNDAY 10 MARCH**

Members and family welcome. Bring your own picnic.

Meet at the Japanese Gardens at 1130 Hrs

## QUIET TIME & ANZAC GIRLS LUNCH

**LIONS REMEMBRANCE PARK 1100 HRS & ROWERS ON THE RIVER MON 22 APRIL—RSVP 15 APR**

Lunch cost members \$20, guests \$30.

## SUNSHINE COAST O'NIGHT

**COACH TO SUNNY COAST OVERNIGHT ACCOMMODATION PLUS SCESSWA LUNCHEON 4-5 JUN**

Minimum travellers 20. Cost pp TBA. EOI invited—RSVP 4 May

## BDWV 57TH BIRTHDAY LUNCHEON

**ROWERS ON THE RIVER 15 JULY, PIXIES & PIRATES—RSVP 3 JUL**

Members \$30, Guests \$40

## TEN PIN BOWLS

**LAST MONDAY JAN-NOV—FUN ACTIVITY—NO SKILL NEEDED (OR USED!) 1000 FOR 1100**

*Healthy exercise with mates and plenty of laughs. Everyone is a winner. Book with Lynne Pollock 0438 517 795*

## SUPER SATURDAY

**EVERY SATURDAY, JANUARY and MAY**

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.

## 2025

*Annette, Dot and Gloria K are exploring cruising and visiting Norfolk Island in 2025.*

*Follow their progress through the minutes.*

## ACTIVITY BOOKINGS

**The easy way is via the clipboards at the Lodge.**

**All bookings are to be confirmed by payment (see page 2 for payment options).**

**Watch for any updates to these activities.**

# OUR DIARY 2024



*NB: The full calendar Jan-Dec is available to download from our website.*

JAN	Sat	20	Super Saturday	Bundaberg Services Club from 1130 Hrs
JAN	Sat	27	Super Saturday	Bundaberg Services Club from 1130 Hrs
JAN	Mon	29	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
FEB	Wed	07	Cuppa Chat TQ	Tom Quinn Centre buy your own from 1030 Hrs
FEB	Mon	12	Chinese NY Luncheon	Sang's Asian Fusion 1200 Hrs pay for own selection RSVP 1Feb
FEB	Mon	19	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
FEB	Mon	26	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
MAR	Wed	06	Cuppa Chat	Lodge from 1030 Hrs Wreath making activity.
MAR	Sun	10	Picnic in the Park	Botanic Gardens time TBA
MAR	Mon	18	AGM	Lodge, 1400 Hrs
MAR	Mon	25	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
APR	Wed	03	Cuppa Chat	Lodge from 1030 Hrs
APR	Mon	15	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
APR	Mon	22	Quiet Time/Lunch	Lions Rem Pk 1100; Rowers TBC M\$20 G\$30 RSVP 15Apr
APR	Thu	25	Anzac Day	War Nurses 1015 Hrs (city and elsewhere as advertised locally)
APR	Mon	29	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
MAY	Wed	01	Cuppa Chat	Lodge from 1030 Hrs
MAY	Sat	04	Super Saturday	Bundaberg Services Club from 1130 Hrs
MAY	Tue	07	Line Dancing	North Bundaberg Progress Hall 1100 Hrs
MAY	Sat	11	Super Saturday	Bundaberg Services Club from 1130 Hrs
MAY	Sat	18	Super Saturday	Bundaberg Services Club from 1130 Hrs
MAY	Mon	20	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
MAY	Tue	21	Line Dancing	North Bundaberg Progress Hall 1100 Hrs
MAY	Sat	25	Super Saturday	Bundaberg Services Club from 1130 Hrs
MAY	Mon	27	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
JUN	Tue	04	Line Dancing	North Bundaberg Progress Hall 1100 Hrs
JUN	Wed	05	Cuppa Chat	Lodge from 1030 Hrs
JUN	Wed	05	O'night coach trip	Sunshine Coast for SCESWA luncheon—return Thu 06
JUN	Mon	17	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
JUN	Tue	18	Line Dancing	North Bundaberg Progress Hall 1100 Hrs
JUN	Mon	24	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs

**FOR MORE INFORMATION:**

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



**Last Cuppa Chat for 2023—December 6**

**Shirley Watson Glenda Smith, Angela Hillis, Leone Wilson, Sheryl Parker**



**6 Jan Super Saturday at the Bundy Services Club**

**Lola Woznitza, Shelagh Bennett, Sharon Barsby, Phyllis Smith, Sheryl Parker.  
 Michelle Allen, Lynne Pollock, Angella Hillis, Bill Hillis, Dot Carroll.  
 Jeannie Roberts, Jenny Waldron; Berris Bainbridge, Helen Baldwin.**

ABOVE:  
 FRONT COVER:  
 BELOW:







**ANOTHER SUPER SATURDAY GET TOGETHER**  
 L-R: Jeannie, Gloria K, Sharon, Jenny W, Shelagh, Kay L, Bill, Angella, Sheryl, Ken, Leone, John, Glenda T, Phyllis.



**JANUARY MEETING**  
 Back row of members at the general meeting  
 L-R: Jeannie, Dot, Annette, Sheryl, Patricia S, and Angella.  
 Left: *RAFFLE GURUS: Kay and Lynne.*

**Every time you clean something, you just make something else dirty.**

# Commemorations

## ARE YOU READY FOR COMMEMORATIONS SUCH AS ANZAC DAY?

### Applying for medals:

<https://www.defence.gov.au/adf-members-families/honours-awards/defence-medals-application-form>

### Wearing your medals

Your medals are worn on your left breast;

If you wish to wear the medals of a relative, you wear them on the right breast.

Large medals are worn in the day time.

Miniatures are worn for formal evening functions.

## RED SHIRT or RED POLO?

If you have one or both—

- Shirt—ideal for semi-formal such as official wear, commemorative occasions (ANZAC Day), representing the association, funerals etc.
- Polo—informal such as meetings, Super Saturday, social events and activities.

Wearing a red shirt or polo is optional at all times—otherwise you would not have had to pay for it!

Our only rule:

*Shirts embroidered with an association logo should not be worn when it could reflect badly on the association.*

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

### REMINDER:

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.

## FEBRUARY

### anniversaries/significant events

- |             |                           |
|-------------|---------------------------|
| 14 Feb      | National Servicemen's Day |
| 15 Feb 1942 | Fall of Singapore         |
| 16 Feb 1942 | Bangka Island Massacre    |
| 19 Feb 1942 | Bombing of Darwin         |



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



## NURSERY RHYME *updated*



*Jack and Jill went up the hill  
To have a little fun.  
Stupid Jill forgot the pill  
And now they have a son.*

### God sent them

A fifth grader asked her mother the age-old question,

'How did I get here?'

Her mother told her, 'God sent you.'

'Did God send you, too?' asked the child.

'Yes, Dear,' the mother replied.

'What about Grandma and Grandpa?' the child persisted.

'He sent them also,' the mother said.

'Did he send their parents too?' asked the child.

'Yes, Dear, He did,' said the mother patiently.

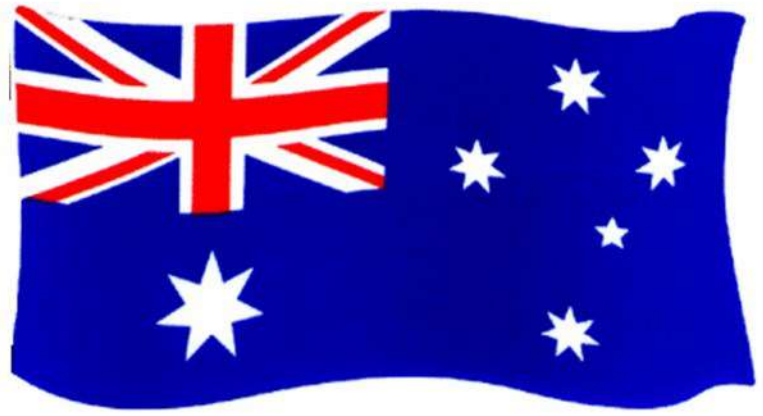
'So you're telling me that there has been NO sex in this family for 200 years?'

No wonder everyone's so grouchy around here!'



If you **MUST**  
burn our flag,  
please  
wrap yourself  
in it first.

# SMILE



### YOU'RE NOT AUSTRALIAN UNTIL...

- 1) You've had an argument with your mate over whether Ford or Holden makes the better car.
- 2) You've done the "hot sand" dance at the beach while running from the ocean back to your towel.
- 3) You know who Ray Martin is.
- 4) You own a pair of ug boots
- 5) You've seriously considered running down the shop in a pair of ug boots.
- 6) You kind of know the first verse to the national anthem, but bugged if you know what 'girt' means.
- 7) You've tried to hang off a clothesline while pretending you can fly.
- 8) You've had a visit to the emergency room after hanging off the clothesline pretending you can fly.
- 9) You own a pair of thongs for everyday use, and another pair of 'dress thongs' for special occasions.
- 10) You don't know what's in a meat pie, and you don't care.
- 11) You pronounce Australia as "Straya".
- 12) You call soccer "soccer" not "football".
- 13) You've squeezed Vegemite through Saos to make little Vegemite worms.
- 14) You've sucked coffee through a Tim Tam.
- 15) You realise that lifeguards are the only people who can get away with wearing Speedos.
- 16) Your weekends are spent barracking for your favourite sports team.
- 17) You have a toilet dolly.
- 18) You've played cricket with a tennis ball and a bat fashioned out of a fence post.
- 19) You use phrases like "no worries" and "she'll be right mate" at least once a day.
- 20) You constantly shorten words to "brekkie", "arvo" and "barbie".

Do twins realize one of them is unplanned?

### Can't make meetings?

We have members who live elsewhere or who have commitments and can't make it to meetings.

Rather than having to send an apology each month, these members can be included on an 'annual apology list'.

The list is then presented to the February general meeting for acceptance.

To be included on the list for 2024, please send an email to

secretary@  
bundywomenveterans.org.au

OF COURSE YOU MUST BE A FINANCIAL MEMBER!

Members on the annual apology list are still welcome to attend a meeting if able.

## Bundaberg RSL Sub Branch Alerts

### Veterans' Support Centre

Takalvan Street  
Activities—Jan Rimmington  
M 0422 134 313 Ph 4330 3166  
Mon, Wed, Fri—0900 to 1300 Hrs

Advocacy & Wellbeing  
(northern end of VSC)  
Appointment Ph 4330 3166  
Tue-Fri 0900-1600

### Sub Branch Office

RSL building, Quay Street  
(upstairs in the old Legacy office)  
Secretary—Dannielle Brearley  
Ph 0477 959 747  
by appointment,  
Mon—Fri 0830-1500 Hrs



I'm getting so old that all my friends in heaven will think I didn't make it

## BIRTHDAYS

### FEBRUARY

Sheona Webster-Gorrie 09  
Glenda Smith 18  
Jenny Chester 26

*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**

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

## INVITATION TO ALL WOMEN VETERANS Visiting Bundy?

*Serving and former service women, you are welcome to join in our association's activities. Details are on pages 6 and 7.*

*Additional info can be found on our website*

<https://bundywomenveterans.org.au>

**MEMBERSHIP SUBSCRIPTION DUE NOW**  
**Service Members \$10, Associates \$15**



**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.