



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

Chests Out

Women Veterans, proud to have served our nation.
08/2024 AUGUST



Plains to Pacific

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

admin@bundywomenveterans.org.au (enquiries) <> wellbeing@bundywomenveterans.org.au
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 2024-25

Patron: Leone Wilson OAM

EXECUTIVE MEMBERS

President: Sheryl Parker 0423 393 151
sherylwoz@gmail.com
Vice Pres.: Jenny Waldron 07 4157 4621 0487 302 114
jenny.waldron@outlook.com
Secretary: Faye Chatham 0419 194 701
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
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

Meetings: see page 7

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
Policy, Procedures	Jenny Waldron or Leone Wilson
Strategic Planning	President

General Appointments

Activities:	Jenny Waldron + Glenda Everton-Brocklesby, Dot Carrol., Jeannie Roberts
Assist. Secty	Leone Wilson, + Jeannie Roberts
Awards:	President, Vice Pres, Shirley Watson, Leone Wilson
Commemorations:	Angella Hillis+ Jenny Waldron, Dot Carroll
Communications & Promotions:-	Leone Wilson
Financial Auditors	Kay Littler, Lynne Pollock
Fundraising:	Sharon Barsby + Lynne Pollock, Kay Littler
Grants:	Jenny Waldron, Kay Littler, Sharon Barsby
History:	Leone Wilson
Legacy Liaison:	Angella Hillis, Lynne Pollock
Library:	Annette Newsham, Dot Carroll
Newsletter :	Leone Wilson + Jeannie Roberts
OnO coach 2024	Jenny Waldron, Lorraine Houlihan
Property Officer:	Lynne Pollock + Sharon Barsby
RSL Liaison	Dannielle Brearley + Gloria Kilpatrick
Social Media:	Jeannie Roberts,+ Jenny Waldron
Ten Pin Bowls:	Lynne Pollock
Website:	Jenny Waldron + Faye Chatham

Wellbeing Support Officers (WSO):

Ethel Bourke (<i>The Lakes Village</i>)	0428 881 487
Jenny Waldron	4157 4621
Shirley Watson (<i>Pioneer South</i>)	0408 460 951
Leone Wilson (Wellbeing Officer)	4159 4134

Current Life Members

Leone Wilson OAM
Shirley Watson
Kay Derome
Jennifer Waldron
Sharon Barsby

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.

Behind the news, August

SPRING IS IN THE AIR

From now to the end of the year the association is pretty busy with many varied activities on the calendar.

It is important that you read pages 6 and 7, any notices at the Lodge and check the clipboards to check that you have booked, and paid.

ACTIVITIES

With no general meeting to jog your memory of what is ahead, I am drawing your attention to the following areas:

Mystery day trip 9 Sep

What we do know:

- It is a Monday;
- cost of coach seat \$25 for members and \$35 guests;
- depart Bundy Coaches 0900 Hrs
- morning tea and lunch is at your own expense (eat less-spend less)
- Expect return 1500-1530.

Where we will go is for you to find out...there were a couple of seats available. Check with Jeannie Roberts: jeannie.roberts117@gmail.com

September Cuppa Chat 4 Sep

This cuppa chat is the second to be held at Tom Quinn Centre where you

purchase your own cuppa and treat.

Time is scheduled as 1000 Hrs.

TQ's café is part of the Salvation Army's Tom Quinn Community Centre located at 8 Killer Street (off Dr May's Road, Norville).

Things are really hotting up in October!

Picnic in the Park 13 Oct

This is a bring your own packed lunch affair at Burnett Heads. Remember that alcohol is not permitted in public parks, so make sure you only have soft drink or water.

More information of when and

where to meet will be advised at September's general meeting.

Veterans Health Week 17 Oct

Keep Connected. Lets get together on Thursday 17 October and learn new skills—floral arranging including table decorations, and wreath making. These will be guided by Sheryl. We will also have informative trivia, prepared by Angella.

Thanks to DVA for offering funding which will enable us to enjoy morning tea and a light lunch. All this topped off with fun and friendship. Timing is 1000 to 1430 Hrs with the activity being held at Legacy House.

Hervey Bay Luncheon 19 Oct.

Ruby, Ruby, Ruby—red—is the theme for this year's Saturday birthday luncheon at Hervey Bay. The details are on page 6.

RSVP 30 Sep is a must confirm (pay) by date but bookings ASAP are necessary to allow the committee to secure transportation.

Our by-laws require us to have sufficient participants to cover 50% or better of the coach hire; naturally that means we need you to book early please,

When you book, don't forget to include any special diet requirements.

Arty/Crafty 2 Nov

The management committee have set the member's subsidized cost for this art class scheduled for Sat 2 Nov. Members may now book and will need to pay \$40. Guests are also welcome and the cost for them is \$70pp.

The price covers use of art materials and a light lunch. You also get to keep your seascape creation.

OnO 'survivors'

Jenny Waldron and Lorraine Houlihan toiled over two years to provide 19 travellers (including them-

selves) with a wonderful, varied and enjoyable 11 day adventure from outback to ocean.

These two volunteers from our association are to be congratulated and thanked not only for the massive effort prior to our 10 August departure, but throughout the touring days. Many obstacles were confronted and handled. Hopefully a few photos will be included in this newsletter but Lorraine plans to provide those who were on the trip with a link to many more. These photos will tell the story.

Thank you Jenny and Lorraine.

WELLBEING

Health issues are raising their head for some members—this is never good news.

We all strive to do what we think is best for ourselves and those loved ones around us; and when outwitted, we do our best to overcome the result.

To our members currently battling to return to 'normal' we send our best wishes—you are in our thoughts.

I know it gets repeated, but please, 'take care'.

Leone

Hervey Bay shares Friendship August

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

Another volunteer recognised by our Nation during May—late presentation.



We eventually caught up with Ten Pin volunteer Pamela McNece when she joined the OnO travel group.

Pamela was presented with a Certificate of Appreciation for her volunteer work by Vice President Jenny Waldron on behalf of Keith Pitt MP, Federal Member for Hinkler. The certificate was accompanied by a letter from Keith Pitt.

Pamela was the final recipient this year, joining Glenda EB, Faye Chatham and Annette Newsham.

Congratulations Pamela!

So that we can honour you!

If you wish your service to your country to be recognised 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.

PHOTOS OF YOU

Unless you advise otherwise, it is deemed we have permission to take and publish photos of you in the newsletter or on our Facebook page. If this is not the case, please contact the secretary.

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 would be appreciated when attending meetings, cuppa chat etc. This 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.

RESPECT OUR NEIGHBOURS

Legacy Lodge is a residential complex; 'The Lodge' is part of that complex -*For us to be a good neighbour we must be respectful of the other residents*

GOOD HEALTH PRACTICES

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



Wellbeing Activities

All of our activities are for the wellbeing of members.

TEN PIN BOWLS

Last Monday—all welcome

Meet in café area 1030 for 1100 Hrs start.

Stay for a social lunch (optional).

First timers contact Lynne Pollock 0438 517 795



LINE DANCING

It is never too late to start attending
Instructor Chris will help you to enjoy this healthy fun experience.

WEDNESDAYS 1200-1300 Hrs (noon to 1pm)

Coronation Hall (airconditioned),

71 High Street, Walkervale

Funding provided by

Dept of Veterans Affairs, Queensland.

\$2 donation per session per participant.



MORNING TEA

(CUPPA-CHAT)

at TQ Café

1000 Hrs

Wed 4 Sept

At own expense—and the choices are yum!

Contact GEB to book.

(see page 3 for details)

VETERANS HEALTH WEEK

Keep Connected

with floral arranging



and good health info

Thursday 17 October 1000-1430

Legacy House

11 Williams Road, Svensson Heights

DVA funding may enable us to include free

Morning Tea and Light Lunch



UPCOMING ACTIVITIES 2024



MYSTERY BUS TRIP 9 SEP

BUNDABERG TO BUNDABERG, DATE 9 SEP 0900-1500/1530

You should have booked by now but a couple of seats may be available—see page 3 for more info.

VETERANS HEALTH WEEK KEEP CONNECTED—17 OCT

See details on page 5

HERVEY BAY ESW SOCIAL CLUB—40TH BIRTHDAY LUNCHEON 19 OCT

RUBY, RUBY, RUBY \$65 MEMBERS, \$75 GUEST

RSVP through our usual booking system, by 30 Sep. Expect departure 0930 Hrs

ARTY CRAFTY 2 NOV

SATURDAY 2 NOVEMBER—1000 HRS. RSVP via clipboard ASAP

Will include light lunch. Art theme ocean/beach.

Members \$40 Guests \$70—includes use of art materials and you get to keep your masterpiece..

CHRISTMAS LUNCHEON 18 NOV

18 NOV—OLD BUNDY TAVERN

MONTHLY REGULARS

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). NB variations: September @ Tom Quinn start 1000 Hrs.

TEN PIN BOWLS

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

Healthy exercise with mates and plenty of laughs. Everyone is a winner.

Bundaberg Bowl & Leisure Centre, Lester Street. Book with Lynne Pollock 0438 517 795

LINE DANCING

WEDNESDAYS FROM 8 MAY—1200 TO 1300 HRS

Coronation Hall, 71 High St, Walkervale.

Sponsored by DVA Queensland—cost for participants \$2 each per session.

2025

Suggestions for next year's calendar of events were invited last issue; If you did not respond but have an event you wish considered, please do so without delay. Please provide as much detail as possible—venue, cost and such. The calendar of events will be presented for adoption at October's management committee meeting.

.....
EOI INVITED FOR PLANNING PURPOSES FOR 2025. *If you have questions please contact the member organising:*

Norfolk Island in 2025—Annette Newsham; Cruising 2025—Gloria Kilpatrick

Details including options are available on two 'expressions of interest' sheets at the Lodge

Select your preferences and add your expression of interest to help forward planning

BOOKING FOR AN ACTIVITY

The easy way is via the clipboards at the Lodge.

Otherwise contact organiser, activity officer or secretary.

IMPORTANT: Please advise any special diet requirements when booking for a function.

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.



AUG	Mon	26	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
AUG	Wed	28	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Mon	09	Mystery Trip	Day coach Trip. 0900 to about 1500. Cost & RSVP page 6
SEP	Wed	04	Cuppa Chat TQ	Tom Quinn Centre buy your own cuppa from 1000 Hrs
SEP	Wed	04	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Wed	11	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Mon	16	Meetings	Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs
SEP	Wed	18	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Wed	25	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Mon	30	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
OCT	Wed	02	Cuppa Chat	Lodge from 1030 Hrs
OCT	Wed	02	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Wed	09	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Sun	13	Picnic in the Park	Burnett Heads—bring your own lunch
OCT	Wed	16	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Thu	17	VHW	Veterans Health Week—Keep Connected—see page 5
OCT	Sat	19	Hervey Bay	Luncheon, Theme: Ruby - more details page 6
OCT	Mon	21	Meetings	Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs
OCT	Wed	23	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Mon	28	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
OCT	Wed	30	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Sat	02	Arty/crafty	1000 Hrs Details TBA
NOV	Wed	06	Cuppa Chat	Lodge from 1030 Hrs
NOV	Wed	06	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Wed	13	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Mon	18	Christmas Lunch	Old Bundy Tavern— Details TBA
NOV	Wed	20	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Mon	25	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
DEC	Wed	04	Cuppa Chat	Lodge from 1030 Hrs

SEE PAGE 6 FOR MORE INFORMATION, PLUS:

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



Thirsty travellers at the Wellshot Hotel, Ilfracombe



Birthday bubbles, Longreach

*Jenny and Chuck Wagon;
The Two Johns*



Texas Longhorns, Charters Towers





EMERALD
LONGREACH
WINTON
CHARTERS TOWERS
AIRLIE BEACH
YEPPON



Commemorations

SEPTEMBER

anniversaries/significant events

- 03 Sep 1039 Merchant Navy Day (also Australian National Flag Day)
- 04 Sep Battle for Australia Day (first Wednesday)
- 04 Sep 1947 National Peacekeepers Day

Vietnam Veterans' Day commemorations

Association representation took place in Bundaberg and at Airlie Beach.



Bundaberg: a number of members attended the Defence Veterans Drop In Centre service where Shirley Watson laid an association wreath. Helen Baldwin laid our wreath at the earlier RSL service in Buss Park.



Olive, Shirley, and Jenny C at Defence Veterans Drop In Centre; Helen at Buss Park

Airlie Beach: Jenny Waldron led a waterside tribute introducing associates and Vietnam Veterans Philip Littler and John Wilson OAM. Philip spoke of the Battle of Long Tan which occurred on 18 August 1966; John closed the tribute with the Ode.

Jenny W, John and Philip—Airlie Beach sunrise

The Outback and Ocean travellers also paused at sundown in Charters Towers to remember Victory in the Pacific, 15 August.



Our members' post WWII defence contribution to Australia



THE GOOD DROP

The Army has been experimenting for years to come up with a liquid that will eat through anything and they finally did it. It eats through glass, stainless steel, iron, and all kinds of metal, rock and granite. Now if they could only find something to put it in.

DISNEY DOOZIE

A Hamster, a Cat and a Dog all live in the same house.



The Hamster decided she wanted to go on a journey, so she packed a bag and put on her favorite hat and started on her way.



The Cat noticed the Hamster was preparing to leave so she decided since there wouldn't be anyone to chase she would follow just far enough behind the hamster as to not tip her off. She packed a bag and put on her favorite sweater. Then waited for the hamster to be just far enough away. Then she followed.



The Dog noticed the Cat was leaving he didn't want to be left alone with no one there to chase. So packed what he could carry in a small bag and grabbed his favorite chew toy. Then waited just long enough for the Cat to get a little further away and then followed just far enough behind as to not tip off the Cat.

Then as the Dog was following the Cat and the Cat was following the Hamster the local animal control caught the Dog and the Cat. While the Hamster looked on with a big grin from ear to ear.

Two elderly ladies who loathed each other met at a party. The first lady asked "Oh my, are those pearls real?" The other lady answered "Of course they are real pearls." "There are so many fakes around these days" sneered the first lady, "That the only way to be sure the pearls are real is to bite them" "Yes but for that you would need real teeth" replied the second lady.

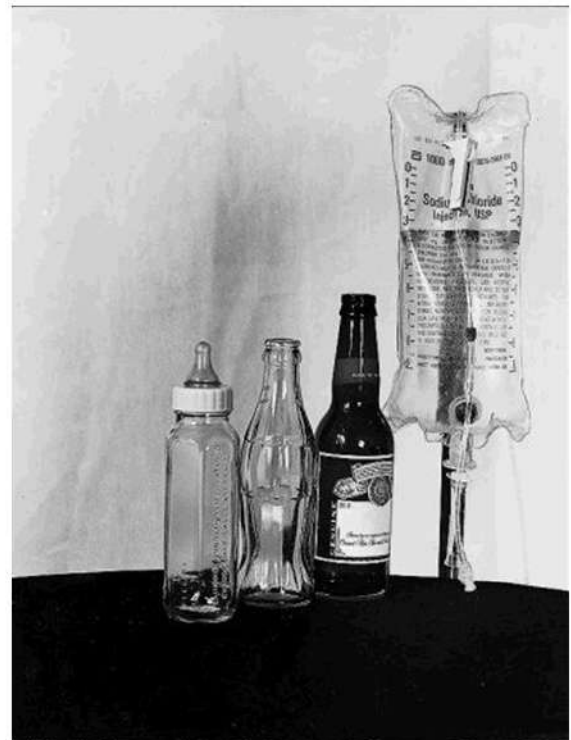
SMILE

LISTEN UP

All too rarely, airline attendants make an effort to make the in-flight "safety lecture", and their other announcements a bit more entertaining. Here are some real examples that have been heard or reported:



1. On a Continental Flight with a very "senior" flight attendant crew, the pilot said, "Ladies and gentlemen, we've reached cruising altitude and will be turning down the cabin lights. This is for your comfort, and to enhance the appearance of your flight attendants."
2. On landing the stewardess said, "There may be 50 ways to leave your lover, but there are only 4 ways out off this airplane."
3. As the plane landed and was coming to a stop at Washington National, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"
4. After a particularly rough landing during thunderstorms in Memphis, a flight attendant on a Northwest flight announced, "Please take care when opening the overhead compartments because, after a landing like that, sure as hell everything has shifted."
5. "In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child traveling with you, secure your mask before assisting with theirs. If you are traveling with more than one small child, pick your favorite."



Life in a bottle

*My tolerance for idiots is extremely low these days.
I used to have some immunity built up, but obviously, there's a new strain out there.*

CONTACTS

RSL
EMERGENCY 134RSL (134775)

Bundaberg RSL:

Veteran Support Centre:
ADVOCATE RECEPTIONIST
(Level 1 Compo Level 1 Wellbeing)
Liz Kirchner: 4330 3167
Advocate Cell Tue-Fri 0900-1600
Compensation Advocate - Lex Roberts

ACTIVITIES: Jan Rimmington
0422 134 313 (Work from Home)

RSL Sub Branch
MOB 0477 959 747 or 43303169
Secretary Dannielle Brearley
RSL bldg. Mon-Fri 0830-1500

RSL VETERAN SERVICES
134 RSL (134 775) Opt 2
vs@rslqld.org

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

Mates4Mates
mates4mates.org

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
Elder Abuse 1800 737 732

HAVE YOU BOOKED? Check
the clipboards;
the notice board;
CO pages 6 and 7; and Website
Have you secured your
booking with payment?

A guy wants a divorce.
He tells the judge, "I just
can't take it anymore.
Every night she's out
until way after midnight,
just going from bar to
bar."

Judge asks, "What's she
doing?"

The guy answers,
"Looking for me."



Whyatt book out now on Amazon

© Tim Whyatt

After 10 years a wife started to think their child looks kinda strange so she did a DNA test and found out the child is not theirs, she told her husband what she found out, the husband replied, u don't remember do you?? When we were leaving the hospital the baby pooped and u told me go and change him so I went inside got a clean one and left the dirty one there. The wife fainted.... 🤔🤔🤔🤔🤔

BIRTHDAYS

..... **SEPTEMBER**

Robyn Ellis	07
Carmel Bridge	18
Berris Bainbridge	19
Jeannie Roberts	25
Tracy Casteleijn	28

Happy Birthday!

DVA WHITE CARD

NON LIABILITY

HEALTH CARE:

Mental Health

(immediate cover);

Cancer (Malignant Neoplasm)

Pulmonary Tuberculosis

You may be covered if you had
3 years continuous full time
ADF service and some of that
service was after 7Dec72 .
Or if your condition is service
related.

Make an appointment to see an
advocate (e.g. Jude or Angella)
Defence Force Veterans' Drop-In
Centre, Pitt & May Sts, AM Mon
or Thu 4153 4599
Rudy at Legacy may also be able
to assist. Phone Legacy 4152
5958 before 1300 Hrs weekdays.

CHECK PAGES 6 & 7

FOR RSVP DATES

FOR ACTIVITIES.

DON'T RISK

MISSING OUT



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