



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
03/2024 MAR



## **PRESIDENT HANDOVER**

Jenny Waldron passes the badge of office to Sheryl Parker

**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 2024-25

Patron: Leone Wilson OAM

### EXECUTIVE MEMBERS

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

Vice Pres.: Jenny Waldron 07 4157 4621 0487 302 114  
[jenny.waldron@outlook.com](mailto:jenny.waldron@outlook.com)

Secretary: Faye Chatham 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)

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
Policy, Procedures	Jenny Waldron or Leone Wilson
Strategic Planning	President

## General Appointments

Activities:	Jenny Waldron + Glenda Everton-Brocklesby, Dot Carrol.
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, Mar*

### **ANNUAL GENERAL MEETING**

The attendance at our AGM was pretty good given the many apologies. Thank you for taking an interest in your association.

**PRESIDENT:** The 2024 annual general meeting saw our president of ten years, Jenny Waldron hand over to Sheryl Parker after having steered the ship (or should it be tank) through some momentous achievements, commemorations and celebrations. *Mothers Daughters Wives*, one and two, tell most of it.

Thank you Jenny.

For many members, Sheryl is a new kid on the block, but that is not really the case. Sheryl joined ex service-women in 2001, but like a number of our members, her time was taken up with work and personal family life. Now retired, Sheryl has bowed to pressure and agreed to give some of her spare time to us. Thank you Sheryl.

**IT IS A FACT:** Would you believe (probably) that of the 16 presidents, 11 have been army and 5 air force! No navy, until now! Membership wise we have 16 navy, 23 army and 21 air force plus 1 UK LA, 1 USAF.

**SECRETARY:** Recent changes to the secretary cap has it looking something like the famed baggy green but we are thankful that Faye Chatham has agreed to put it on and come in to bat for our members. Thank you Faye.

Thank you to Glenda EB and Ethel for your time and input to the committee of '23. Some other committee have remained and it is notable that Sharon Barsby is notching up her 9th election as treasurer.

There are many appointments and quite a few non-committee volunteers—together the team is awesome.

With everyone's understanding (as requested by both Sheryl and Faye), and your support, we should have another successful year ahead of us.

Thanks to the outgoing committee for provision of afternoon tea, there were some yum delights.

Thank you also to the members who provided apologies. I know some of these were due to health, unfortunately. Sending your apology is greatly appreciated. Apologies included those of you on the 'annual list'.

### **ACTIVITIES & COMMERATIONS**

With no committee or general

meeting this month, notices were provided at the AGM and will appear on the minutes.

Activity booking sheets at the Lodge — please check them out and add your name. Payments for bookings can be made as per info on page 2 of *Chests Out*.

### **LINE DANCING UPDATE**

We have received verbal notification from our community support advisor (CSA) QLD, Department of Veterans' Affairs that our grant application has been approved.

DVA funding will enable us to have weekly line dancing and the com-

mittee have approved the cost to participants of \$2 per session.

The sessions are being held at the Coronation Hall, 71 High Street, Walkervale (that is on the corner of Targo and High Streets, 2 blocks south of Walker street and not far from 'Olsen's Corner'). Sessions begin Wednesday 8 May and are from 1200 Hrs to 1300 Hrs.

There is an expression of interest list at the Lodge.

### **2025 ADVENTURES**

Please add your name to activity clipboards to assist planners to determine the most popular options.

### **ANZAC DAY**

March proudly in the Bundaberg parade ladies! See page 10 for info.

War Nurses volunteer workers, please let Angella know of your assistance.

### **FIRST TIME HAPPENING**

Our association has never had a member elected mayor of Bundaberg before!

Congratulations to Helen Blackburn.

### **WELLBEING**

Health issues, both personal and family, are dogging some of our members.

Best wishes to all who are in this boat. We hope you are back to as normal as possible really soon.

There are already viruses circulating through the area so please continue to practice the Covid type of health advice, especially hands and covering coughs.

Take care.

*Leone*

### **Hervey Bay shares Friendship Feb**

*A real friend is one who walks in when the rest of the world walks out.*



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.

## INFECTIOUS

*A genuine smile—  
one that reaches your eyes—  
is infectious.*

**PLEASE SPREAD WIDELY**

*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.*



## Mothers Daughters Wives Volume Two

**LAST DAYS AT THE SPECIAL  
MEMBERS' ONLY PRICE OF \$25**

After 22 April the cost will be the same  
as for non-members, \$30

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



**MEMBERSHIP BADGES—\$10**

**SEE SHARON**



## The (Legacy) Lodge

**Your gold coin donation made when  
attending the Lodge, supports our  
generous landlord,  
Bundaberg Legacy.**



## HOSPITAL AND HOME VISITORS NEEDED

Bundaberg's Community of Practice is seeking volunteers from ESO's (ex service organisations), to be a contact who may be able to visit a veteran who resides in the volunteer's area.

If you are able to assist, please notify Sheryl Parker or Faye Chatham, or direct to Rudy Valzan. You will need to let them know which area you are happy to assist covering.

# Wellbeing Activities

All of our activities are for the wellbeing of members.

**COEIVE CONTROL WITHIN DFV WORKSHOP 11APR \$25—bookings 4130 7500**

## Wellbeing Support Officers (WSO)

### WHAT THEY DO:

A WSO is someone you may contact to let them know you are going to hospital or are dealing with a problem.

They can chat with you, visit you at home or in hospital. If unable to visit they will let the wellbeing officer know so that she can try and organise someone to visit you.

**A WSO can lend an ear, and provide a happy smile.**

### WHAT THEY CAN'T DO;

A WSO cannot offer advice unless they have been approved through the ADTP system to do so or hold professional qualifications.

### WSO IS FULLY VOLUNTARY

A WSO is your friend when you have a need but she should not be taken advantage of as each WSO provides their friendship and caring free of charge and without payment or reimbursement.

*Page 2 provides a list of our current WSO's including contact information.*

*Any caring member may become a wellbeing support officer.*

*Contact Leone to offer your services*

## LINE DANCING UPDATE

**Weekly, commencing 8 May**

Instructor Chris will help you to enjoy this healthy fun experience.



71 High Street, Walkervale

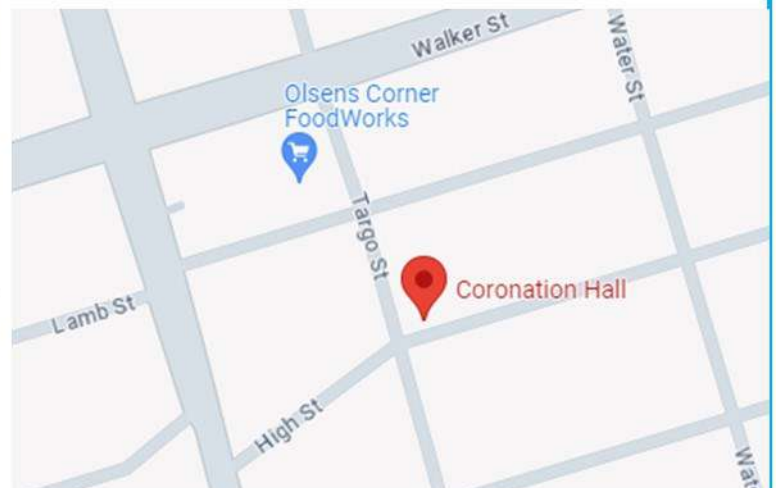
Funding provided by Dept of Veterans Affairs,  
Queensland.

\$2 donation per session per participant.

**WEDNESDAYS**

**1200-1300 Hrs (noon to 1pm)**

**Coronation Hall (airconditioned),**





# UPCOMING ACTIVITIES 2024



## 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: Sep Tom Quinn; November High Tea @ Stained Glass

## QUIET TIME & ANZAC GIRLS LUNCH

LIONS REMEMBRANCE PARK 1100 HRS & BUNDABERG SERVICES CLUB MON 22 APRIL—RSVP 15 APR  
Lunch will be in the Bistro where members can order from the menu. We will have reserved tables positioned together but no formalities this year. However there will be a small raffle with the association supplying prizes.  
Members attending will receive a \$10 subsidy and then pay for your own meal.

## SUNSHINE COAST DAY TRIP

COACH TO SUNNY COAST FOR SCESSWA LUNCHEON 6 JUN RSVP 4 MAY  
Depart Bundy coaches 0700 Hrs with estimated return of 1800 Hrs.  
Coach travel and luncheon: Members \$70, Guests \$95. Theme is 'Celebrate Queensland Day'

## BDWV 57TH BIRTHDAY LUNCHEON

BUNDABERG SERVICES CLUB, TERRACE ROOM. (TBC) 15 JULY, PIXIES & PIRATES—RSVP 3 JUL  
Members \$30, Guests \$40

## PICNIC IN THE PARK

BUNGADOO COUNTRY COTTAGE, SUNDAY 21 JULY  
Members and family welcome. Bring your own picnic. Meet at 1130 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—FUN ACTIVITY—LEARN AS YOU GO—1200 TO 1300 HRS  
*More healthy exercise with mates and plenty of laughs.*  
Coronation Hall, 71 High St, Walkervale. Sponsored by DVA Queensland—cost for participants \$2 each per session.

## 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

Departs 10 Aug. Expressions of interest for the waiting list may be sent to Jenny Waldron.

## DAY TRIP

Details to be advised—watch this space

## CHRISTMAS LUNCHEON

18 NOV—Details to be advised—watch this space

## 2025

*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*

## 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.*

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 1200 Hrs (all welcome), General 1300 Hrs
APR	Mon	22	Quiet Time/Lunch	Lions Rem Pk 1100; lunch as follows:
APR	Mon	22	Anzac Girls Lunch	Bundaberg Services Club Bistro \$10 subsidy 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	Wed	08	Line Dancing	Coronation Hall 71 High St Walkervale 1200 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 1200 Hrs (all welcome), General 1300 Hrs
MAY	Wed	22	Line Dancing	Coronation Hall 71 High St Walkervale 1200 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	Wed	05	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JUN	Wed	05	Cuppa Chat	Lodge from 1030 Hrs
JUN	Thu	06	Day coach trip	Sunshine Coast for SCESWA luncheon Dep 0700 Hrs Ret c1800 Hrs
JUN	Mon	17	Meetings	Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs
JUN	Wed	19	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JUN	Mon	24	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
JUL	Wed	03	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JUL	Wed	03	Cuppa Chat	Lodge from 1030 Hrs
JUL	Mon	15	Birthday Luncheon	Bundaberg Services Club (TBC) M \$30 G \$35 RSVP 3 Jul
JUL	Wed	17	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JUL	Sun	21	Picnic in the Park	Bungadoo—BYO lunch at Jenny and Sharon's private park
JUL	Mon	29	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
JUL	Wed	31	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
AUG	Wed	07	Cuppa Chat	Lodge from 1030 Hrs
AUG	Sat	10	Outback n Ocean	11 day coach tour departs Bundy Coaches (return Tue 20)

## 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



# AGM ready - lets begin!



New secretary Faye Chatham flanked by assistants Jeannie Roberts and Leone Wilson



Treasurer Sharon Barsby back to look after our finances for a 9th term.

Secretary Faye makes an electronic start to her new job.

Kerry Clements and Sheona Webster-Gorrie ensure that ALL butts go into the raffle.







**BDWV SHIRLEY CLUB**  
Shirley Watson and Shirley Parker



**MC CATERING TREATS**

**MANAGEMENT COMMITTEE**

L-R: Annette Newsham,  
Faye Chatham, Sheryl Parker,  
Kay Littler, Angella Hillis,  
Jenny Waldron, Sharon Barsby,  
Leone Wilson.  
(Lynne Pollock absent 'up north')



**Sheryl begins as president**



# Commemorations

## RED SHIRT or RED POLO?

**FOR ANZAC DAY WEAR YOUR RED SHIRT IF YOU HAVE ONE. The polo shirt is for casual wear.**

### QUIET MOMENT

This is when we pause to honour the women of the ADF and to remember the members who are no longer with us. Dress is neat casual as we then have lunch together. No need to wear medals.



**Women Veterans, join together for**

## ANZAC DAY BUNDABERG

### BUNDABERG ANZAC PARADE

0800 assemble Targo Street (confirmed, usual area)

**Position 4 (behind the flag bearers/officials), west side, south of roundabout. Caledonian Pipe Band will be in front of flag bearers.**

The parade will march west along Bourbong Street, past the cenotaph and into Buss Park. There will be a designated shaded area for veterans. Take hat, water, sun screen.

War Nurses work party either break off or continue to exit the park discreetly.

### WAR NURSES SERVICE

1000 assemble War Nurses Memorial Park

1015 service

We host this service—please make all in attendance welcome and assist with the running as best you are able.

Enquiries: [secretary@bundywomenveterans.org.au](mailto:secretary@bundywomenveterans.org.au)

or phone Angella 0400 422 331



**By The Left—wear your medal entitlement on the left with pride**

## APRIL

### anniversaries/significant events

10 April 1941

**Siege of Tobruk**

The Rats of Tobruk Memorial Association invites you to attend a commemoration of the 83rd Anniversary at the Rats of Tobruk Memorial, Takalvan Street, Sunday 14 April, commencing at 0830 hrs. Light refreshments will follow at the Defence Veterans Drop In Centre. Shirley Parker will lay our wreath.

22 Apr 1995

**Kibeho massacre, Rwanda**

25 Apr 1915

**Landing at Gallipoli**



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





# NURSERY RHYME *updated*



***Simple Simon  
met a pie man  
going to the fair.  
Said Simple Si-  
mon to the pie  
man,  
"What have you  
got there?"  
Said the pie man  
unto Simon,  
"Pies, you dumb  
ass"***

**This is the true story of the three bears.**

Baby Bear goes downstairs and sits in his small chair at the table; he looks into his small bowl. It is empty. "Who's been eating my porridge?!" he squeaks.

Papa Bear arrives at the big table and sits in his big chair. He looks into his big bowl, and it is also empty. "Who's been eating my Porridge?!" he roars.

Momma Bear puts her head through the serving hatch from the Kitchen and yells, "For goodness sake, how many times do we have to go through this with you idiots? It was Momma Bear who got up first, it was Momma Bear who woke everyone in the house, it was Momma Bear who made the coffee, it was Momma Bear who unloaded the dishwasher from last night, and put everything away, it was Momma Bear who went out in the cold early morning air to fetch the newspaper, it was Momma Bear who set the damn table, it was Momma Bear who put the friggin cat out, cleaned the litter box, and filled the cat's water and food dish, and, now that you've decided to drag your sorry bear-asses downstairs, and grace Momma Bear's kitchen with your grumpy presence, listen good, cause I'm only going to say this one more time.

"I HAVEN'T MADE THE \$@!%&\*# PORRIDGE YET!!"

## **RESIGNATION**

*I am hereby officially tendering my resignation as an adult. I have decided I would like to accept the responsibilities of an 8 year-old gain.*

*I want to go to McDonald's and think that it's a four star restaurant.*

*I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.*

*I want to think M&Ms are better than money because you can eat them.*

*I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day.*

*I want to return to a time when life was simple, when all you knew were colours, multiplication tables, and nursery rhymes, but that didn't bother you, because you didn't know what you didn't know and you didn't care. All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.*

*I want to think the world is fair. That everyone is honest and good.*

*I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.*

*I want to live simple again.*

*I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, illness, and loss of loved ones.*

*I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind, and making angels in the snow.*

*So . . . here's my cheque book and my car keys, my credit card bills and my 401K statements.*

*I am officially resigning from adulthood.*

*And if you want to discuss this further, you'll have to catch me first, 'cause.....*

*....."Tag! You're it."*



# SMILE



**Why is there a 'D' in fridge, but not in refrigerator?**



## 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*

## CONTACTS

**RSL**  
EMERGENCY 134RSL (134775)

**Bundaberg RSL:**  
ADVOCATE APPOINTMENTS  
4330 3166

VSC Tue-Fri 0900-1300  
Lex Roberts  
**SECTY 0477 959 747**  
RSL bldg. Mon-Fri 0830-1500  
Dannielle Brearley  
**ACTIVITIES 0418 1343**  
VSC Mon, Wed, Fri 0900-1300  
Jan Rimmington

**RSL QLD**  
POC Natalie Drake  
natalie.drake@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

**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

## BIRTHDAYS

.....  
**APRIL**

Joy Christou (102)	03
Kay Littler	04
Del Crowley	11
John Wilson OAM	12
Annette Newsham	18
Fae Cooke	29

*Happy Birthday!*



**WISHING  
YOU  
A HAPPY  
AND SAFE  
EASTER**



**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)

**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.