

Chests Out

Women Veterans, proud to have served our nation.

06/2026 JULY



Swinging Seventies

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: 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

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.

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.

Patron: Leone Wilson OAM

EXECUTIVE COMMITTEE MEMBERS

President: Jenny Waldron OAM

07 4157 4621 0487 302 114 jenny.waldron@outlook.com

Vice President: Mary-Rose Mulvaney OAM

0419 121 128 maryrose.mulvaney@gmail.com

Secretary: Gloria Kilpatrick

0408 886 421 kilpatrickg@hotmail.com

Treasurer: Sharon Barsby

07 4157 4621 0428 570 014 sharonbarsby1@outlook.com

COMMITTEE MEMBERS

Deb Bratt 0422 028 773 debbrattis@gmail.com

Angella Hillis CSC (Commemorations)

0400 422 331 hillis.wa@gmail.com

Kay Littler (Assistant Treasurer)

07 4159 1881 0427 685 167 pdk7@dodo.com.au

Annette Newsham (Librarian)

0407 581 935 annettenewsham@yahoo.com.au

Lynne Pollock (Property)

07 4151 7795 0438 517 795 lynne.pollock21@outlook.com

WELLBEING SUPPORT OFFICERS

Jenny Waldron OAM 07 4157 4621 0487 302 114

Shirley Watson 0408 460 951

Leone Wilson OAM 07 4159 4135 0427 415 946

Terrie-Ann Howard (WO) 0409 700 581

GENERAL APPOINTMENTS

Activities	Jenny Waldron, Mary-Rose Mulvaney, Deb Bratt, Kerry Clements, Terrie-Ann Howard, Gloria Kilpatrick, Annette Newsham
Assist. Secty	Leone Wilson (non committee)
Awards	President, Vice President plus as per policy 1.17
Commemorations	Angella Hillis, Leone Wilson
Commun & Prom	President
Financial Auditor	Lynne Pollock, Sheona Webster-Gorrie
Fundraising	Sharon Barsby, Kay Littler, Lynne Pollock
Grants	Jenny Waldron, Kay Littler, Sharon Barsby
History	Leone Wilson
Legacy Liaison	Sheryl Parker, Lynne Pollock
Library	Annette Newsham
Line Dancing	Sharon Barsby
Newsletter	Leone Wilson
Property	Lynne Pollock, Sharon Barsby
RSL Liaison	Dannielle Brearley, Gloria Kilpatrick
Social Media	Helen Baldwin (pending), Jenny Waldron
Ten Pin Bowls	Lynne Pollock
Website	Jenny Waldron, Faye Chatham

OTHER RESPONSIBILITIES

Activities	AO, Sub C'tee, Coordinators
Activity Bookings	You, AO, Coordinator, Treasurer
Membership	Secretary, Treasurer, President
Policy & Procedures	President, Secretary
Strategic Planning	President

CURRENT LIFE MEMBERS

Leone Wilson OAM

Shirley Watson

Kay Derome

Jennifer Waldron OAM

Sharon Barsby

Behind the news, July

Bundy 59th Birthday Mon 20 July

We had music. We had dancing. We had raffles and tucker. We had new friends and we had old friends and we had colour! Lots and lots of colour.

Activity organisers were deservedly praised for their efforts for our birthday bash. The presentation of the Seventies theme was wonderful and praise also goes to the many members who dressed for the occasion.

By the way there was no prize on offer for those who guessed who the lady with the black hair was.



Some ladies seemed to change hair styles or hair colour mid event and one even changed outfits – or was she twins? And the MC must surely have gone home with a headache from wearing that multi jeweled cap.

Terrific to have Hervey Bay travel to be with us and also Jan from Sunny Coast.

Thank you to the raffle donors. Our eldest member in attendance was thrilled to win some youth promoting lotions and skin preservatives, and some tea!

Thanks also to the trio on the check in table, everyone who helped return the disco room back to its RSL normal, and to Jeannie for the photographic record – don't forget to like our Facebook.

Cania Getaway – bookings are still being made!

If you are interested in joining other campers on this country getaway 31 August to 4 September, check direct with Cania Gorge Tourist Retreat for a site or cabin availability, phone 4167 8110.

Coordinator Jenny has released her final letter and a copy can be easily provided to you. There is a \$30 cost to be paid in advance – this is to assist covering some of the costs incurred by the association. Those travelling by minibus are paying an additional \$50. Seats on that are very limited – there may be none, you would need to check with Jenny first.

Winter Light Lunch and Wine Tasting 3 Aug. River Cruz Cafe:

Hopefully you have booked with Jenny for this lunchtime activity where wine tasting will be available

for \$10 and those attending can enjoy lunch – lunch is buy your own so you get to choose what you would like from the River Cruz menu.

Inside seating has been organised.

Hervey Bay Luncheon Saturday 17 Oct.

Don't forget to book a seat on the coach taking us to Hervey Bay for their annual birthday celebration luncheon. The cost for lunch and travel is \$70 per person. (Those wishing to go for the weekend may ask secretary Gloria for the additional details).

The luncheon theme for 2026 is 'Get your Ghoul on'. Goblins, ghouls, and ghosts are welcome.

Importantly, when booking, please make note of any dietary requirements. Sharon needs to RSVP before 3 October so get your name on the list and pay well before then please.

Christmas Lunch - Monday 16 November

Our usual end of year fun activity is awaiting volunteer coordinators. Let Jenny or Gloria know if you wish to put your hand up.

RSL Veterans Morning Tea 17 July 1000 Hrs

We had around ten in attendance in July. Betty's scones went down a treat and some good advice was provided regarding cyber security.

The next morning tea will be held on 21 August commencing at 1000 Hrs.

Check out pages 4 and 5 for more information on activities from now through to end of year.

Meeting

Catch up on the latest by attending the general meeting in August (17). Your interest assists the committee to plan.

Wellbeing

Show time has been, Ekka time is coming and Winter is here – the bugs are in the air, and on the hand rails, and many other places hiding in plain sight – please take the best care you are able. And, if you are unfortunate, please don't share! But do get well soon.

Leone, Editor



Diamond Jubilee countdown

***Our next reunion is less than
12 months away!***

***Do you have mates who
may like to attend?***

*Our planners can provide you with an invitation pack
detailing the program and the costs*

IN BRIEF:

FRIDAY –

- Interservice Social Golf
- Sunset Ceremony
- Welcome Function

SATURDAY

- Diamond Jubilee Birthday Luncheon

COSTS

- Golf \$40
- Welcome \$40
- Luncheon \$60
- 60th Anniversary port \$21

RSVP 30 June 2027 no refunds after that date.

*Invite your friends to join us in Bundaberg –
Enjoy your own mini-reunion with mates –
Ask for an information pack for full details,
KEEP AN EYE OUT FOR UPDATES*

MEMBERS OF SISTER ASSOCIATIONS

Your secretary should be in receipt of an electronic (PDF) information pack shortly – she may even have it now. The information contained in the pack is for you too.

We look forward to your company!

Wellbeing

All of our activities are for the wellbeing of members

Weekly Line Dancing - Monthly Ten Pin Bowls *BEGINNERS WELCOME*

THE IDEA IS: BE ACTIVE - HAVE FUN WITH FRIENDS

Both of these are good for your health. NO SKILL NECESSARY



TEN PIN BOWLERS – REMINDER!

REGULARS: If you are unable to attend an activity, please send a text or phone Lynne Pollock – she needs to know not to be waiting for you to arrive. Thanks.

BEGINNERS WELCOME: Come along and join with friends to have fun; please arrive before 1030 Hrs or better still, let Lynne Pollock know at least a day ahead that you will be there.

Department of Veterans' Affairs - LUNCH WITH PURPOSE

Tuesday 25th August – Gallipoli Room, Bundaberg RSL Club

- **How to access services**
- **Overview of the claims process**
- **Update on VETS Act reforms**
- **Upcoming changes to Allied Health access**

\$20 per person includes lunch, 2 drinks. BOOKING ESSENTIAL

Let's make up a women veterans table – enjoy friendship as well!

Ph:07 4330 3166 E: activities@bundaberg.rslqld.net.au

BUNDABERG RSL AUGUST MORNING TEA

INFORMATIVE AS WELL AS ENJOYABLE

The August morning tea, upstairs Terrace Room on Friday 21st

Book with activities@bundabergsl.qld.net.au



Our association was there (thanks Terrie-Ann), were you?

Your wellbeing begins with YOU

ACTIVITIES 2026

Winter Light Lunch & Wine Tasting Mon 03 Aug 1130 Hrs for noon.

VENUE: River Cruz Café, Quay Street.

CHANGED COSTING: \$10 per person for wine tasting. Buy your own lunch.

A chance to select and order your choice of our 60th anniversary commemorative wine

Feel free to bring a friend. This event is supporting our 2027 reunion.

LATE BOOKING? – CHECK WITH MEZ

Country Getaway—Cania Gorge Tourist Retreat

Arrive Monday 31Aug depart Friday 4 Sep. Data sheet available at the Lodge.

Book cabin or site now (full payment required for cabins) Ph 4167 8110.

Fun and games begin Monday at the campfire gathering – per person \$30 required in advance to assist with incidentals purchased to ensure you have a great time.

Let Jenny W know if you book. (essential for planning).

RSVP 20 August. Coordinators: Jenny W & Terrie-Ann

Hervey Bay Luncheon—Saturday 17 Oct

\$70 per person includes lunch and coach travel

Coach departing 0930, Bundaberg Coaches.

More details contained on page 3.

RSVP 30 Sept. Coordinator Jenny W

Christmas Luncheon—Monday 16 Nov, 1200 Hrs

Bundaberg RSL Club, Terrace, Member \$35 Guest \$45. RSVP 3 Nov.

Coordinator required – volunteers please contact Jenny Waldron.

(Cuppa Chats on first Wednesday have been cancelled – gather on 3rd Friday instead)

Bundaberg RSL Veterans Morning Tea – third Friday

A different way to enjoy a cuppa and chat!

Catch up with other members and veterans

Terrace Room 1000 HRS

The above information will be updated monthly, so please recheck for additional detail or changes.

'Member' means FULLY FINANCIAL MEMBER AT TIME OF PAYING

BOOKING FOR AN ACTIVITY—PLEASE BOOK EARLY TO ASSIST WITH PLANNING.

The RSVP date is the last date for cancellations to receive a refund.

The easy way to book is via the clipboards at the Lodge, otherwise contact coordinator, activity officer or secretary. Contact details and payment info can be found on page 2

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

JULY

MON 27 Ten Pin Bowls, Bundy Bowl & Leisure Centre 1030 Hrs

WED, 29 Line Dancing, Coronation Hall 1200 Hrs

AUGUST

MON 03 Winter Luncheon & Wine Tasting. River Cruz 1130-1200

MON 17 General Meeting, Lodge 1300 Hrs

FRI 21 RSL Morning Tea 1000 Hrs

WED 5,12,19,26 Line Dancing, Coronation Hall 1200 Hrs

TUE 25 RSL/DVA LUNCH WITH A PURPOSE 1130 Hrs – MUST BOOK.

MON 31 Ten Pin Bowls, Bundy Bowl & Leisure Centre 1030 Hrs

MON 31 Country Getaway to 4 Sep

SEPTEMBER

AUG 31 – 4 SEP Country Getaway at Cania Gorge

WED 1, 8, 15, 22, 29 Line Dancing, Coronation Hall 1200 Hrs

FRI 18 RSL Morning Tea 1000 Hrs

MON 27 Ten Pin Bowls, Bundy Bowl & Leisure Centre 1030 Hrs

OCTOBER

WED 7,14, 21, 28 Line Dancing, Coronation Hall 1200 Hrs

FRI 16 RSL Morning Tea 1000 Hrs

SAT 17 Hervey Bay Luncheon

MON 19 General Meeting Lodge 1300 Hrs

MON 26 Ten Pin Bowls, Bundy Bowl & Leisure Centre 1030 Hrs

NOVEMBER

WED, 4, 11, 18, 25 Line Dancing, Coronation Hall 1200 Hrs

MON 16 Christmas Lunch RSL Terrace 1200 Hrs

MON 30 Ten Pin Bowls, Bundy Bowl & Leisure Centre 1030 Hrs





Commemorations

15 Aug Victory in the Pacific Day (1945)

18 Aug Vietnam Veterans Day Commemorating Vietnam Veterans Day on the anniversary of the Battle of Long Tan in 1966 - a significant moment in Australia's war in Vietnam. The Vietnam War was Australia's longest military engagement of the 20th Century - 1962 to 1972. The arrival of Australian Army Training Team Vietnam in South Vietnam during July and August 1962 marked start of involvement in war.

31 Aug Malaya and Borneo Veterans Day Malayan Emergency 1948 to 1960 - Australia's involvement began in 1950 when RAAF transports, bombers and personnel arrived in Singapore. RAN in 1955 and Army in 1956. Merdeka Day (Freedom Day) marking Fed of Malaya independence from UK in 1957. This commemorates both campaigns fought on the Malay peninsula, in Sabah, in Sarawak and on the Malaysia-Thailand border. Veterans Day

Coming Commemorations

Most of these are being organised by the RSL Sub Branch. Note indicates 'to be confirmed'*

Tue	18 Aug	Vietnam, 1000 Hrs, Anzac Park
		Vietnam, 1100 Hrs, BDV Drop In Centre
Wed	02 Sep	Battle for Australia, 1000 Hrs, Anzac Park
Mon	14 Sep	National Peacekeepers Day* (nothing organised yet)
Sun	20 Sep	INTERFET Day, 1000 Hrs, Anzac Park (to be confirmed)
Wed	07 Oct	Afghanistan, 1000 Hrs, Anzac Park (to be confirmed)

Members with a special link to one or more of these may contact the commemorations officer and volunteer to be our representative. Members may also attend.

More details will be provided as invitations are received.

A very special honour

Five of our members were the pall bearers for Bernie Phelan. We escorted Bernie from the chapel to the hearse, forming a guard as the casket was loaded for Bernie's final journey.

Jenny Waldron, Helen Baldwin, Sharon Barsby, Shirley Watson and Leone Wilson

We wore red shirts and medals; our association was privileged.

Did you know that
14 muscles are
activated when
opening a bottle
of wine? Fitness
is my passion 🤪



A husband and wife are on the 9th green when suddenly she collapses with a heart attack! "Help me dear," she groans to her husband. The husband calls 911 on his cell phone, talks for a few minutes, picks up his putter and lines up his putt.

His wife raises her head off the green and stares at him.

"I'm dying here and you're putting?"

"Don't worry dear," says the husband calmly, "they found a doctor on the second hole and he's coming to help you.

"Well, how long will it take for him to get here?" she asks feebly.

"No time at all," says her husband.

"Everybody's already agreed to let him play through."

A gushy reporter told Phil Mickelson, "You are spectacular, your name is synonymous with the game of golf. You really know your way around the course. What's your secret?"

Mickelson replied, "The holes are numbered."

A young man and a priest are playing together. At a short par-3 the priest asks, "What are you going to use on this hole, my son?"

The young man says, "An 8-iron, father. How about you?"

The priest says, "I'm going to hit a soft seven and pray."

The young man hits his 8-iron and puts the ball on the green.

The priest tops his 7-iron and dribbles the ball out a few yards.

The young man says, "I don't know about you, father, but when we pray in my church, we keep our head down."

Police are called to an apartment and find a woman holding a bloody 5-iron standing over a lifeless man. The detective asks, "Ma'am, is that your husband?" "Yes" says the woman.

"Did you hit him with that golf club?"

"Yes, yes, I did." The woman begins to sob, drops the club, and puts her hands on her face.

"How many times did you hit him?"

"I don't know -- five, six, maybe seven times....just put me down for a five."

A golfer teed up his ball on the first tee, took a mighty swing and hit his ball into a clump of trees.

He found his ball and saw an opening between two trees he thought he could hit through.

Taking out his 3-wood, he took a mighty swing. The ball hit a tree, bounced back, hit him in the forehead and killed him.

As he approached the gates of Heaven, St. Peter asked, "Are you a good golfer?"

The man replied: "Got here in two, didn't I?"

The bride was escorted down the aisle and when she reached the altar, the groom was standing there with his golf bag and clubs at his side.

She said: "What are your golf clubs doing here?"

He looked her right in the eye and said, "This isn't going to take all day, is it?"

"The Ugly Son"

There was a middle-aged couple who had two stunningly beautiful blonde teen-aged daughters. They decided to try one last time for the son they always wanted. After months of trying, the wife became pregnant and, sure enough, nine months later delivered a healthy baby boy.

The joyful father rushed to the nursery to see his new son. He took one look and was horrified to see the ugliest child he had ever seen. He went to his wife and said that there was no way he could be the father of that child. "Look at the two beautiful daughters I fathered." Then he gave her a stern look and asked, "Have you been fooling around on me?"

The wife just smiled sweetly and said, "Not this time."

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HOME HINTS

You only need two tools: WD-40 and Duct Tape.

If it doesn't move and should, use the WD-40.

If it shouldn't move and does, use the duct tape.

SMILE

CONTACTS

Bundaberg RSL

Secretary

07 4138 7621 / 0477 959 747

Wellbeing

Advocacy & Hospital Visits

07 4330 3166

Activities & Events

07 4330 3167

Bundaberg RSL Club

07 4138 7620

Defence Vets Drop In Centre

07 4153 4599

Open Mon & Thu mornings,
ESO BBQ's lunchtime First Sunday

WELLBEING

Jude Binder

Bundaberg Legacy

07 4152 5958

Dept. of Veterans' Affairs

1800 838 372 dva.gov.au

Mates4Mates

Contact and register at
mates4mates.org

ADF Health & Wellbeing Portal

www.defence.gov.au/health/healthportal

Open Arms

Veterans & Families Counselling

1800 011 046

Safe Zone 24/7

1800 142 072

Defence Family Helpline 24/7

1800 624 608

www.defence.gov.au/DCO/Defence-Helpline.asp

Lifeline 24/7

13 11 14

www.lifeline.org.au

Elder Abuse

1800 737 732

Health Direct

1800 022 222

Poisons Information

13 11 26

My Aged Care

1800 200 422

State Emergency Service

132 500

Bundaberg & District

Neighbourhood Centre

(information hub—weekdays)

111 Targo Street

4153 1614

info@bundync.org.au

QLD GOVERNMENT LIST

For full details, go to
qld.gov.au/seniors
(some are work hours)

Seniors Support Services

1300 135 500

Human Rights

1300 130 670

Beyond Blue

1300 224 636

Crime Stoppers

1800 333 000

DV Connect

1800 811 811 (women)

1800 600 636 (men)

Public Guardian

1300 653 187

Relationships Australia Qld (Bundaberg)

14 Tantitha Street

1300 063 232

Sexual Assault Helpline

1800 010 120

Women's Infolink

1800 177 577



*Happy
Birthday for
August*

10 Kate Erickson
13 Jenny Waldron
13 Leone Wilson
14 Jill Pollock
22 Angella Hillis
22 Denise McLachlan
26 Lesley Amos
27 Shirley Parker



DEFINITIONS NOT IN THE DICTIONARY

TOOTHACHE:

The pain that drives you to extraction.

TOMORROW:

One of the greatest labor-saving devices of today.

Acknowledgement: Thank you to the Bundaberg RSL Sub Branch and Anzac Day Trust for assistance with this publication.