



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

Chests Out

Women Veterans, proud to have served our nation.
8/2023 AUG



CHESTS OUT—proud female veterans staying in touch for 56 years

Association Information

POSTAL ADDRESS: PO Box 397 Bundaberg Qld 4670

PHYSICAL ADDRESS: 4 Glasgow St, Svensson Heights Qld 4670

WEBSITE: <https://bundywomenveterans.org.au> **FACEBOOK:** Bundaberg District Women Veterans Inc

E-MAIL ADDRESSES: secretary@bundywomenveterans.org.au

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

events@bundywomenveterans.org.au <> commemorations@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 2023: 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.

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

Vice Pres.: Glenda Everton-Brocklesby 0409 896 699
dimps111243@yahoo.com.au

Secretary: Ethel Bourke 0428 881 487
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

Sheryl Parker 0423 393 151
sherylwoz@gmail.com

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

Who to contact:

Financial issues: Treasurer
Membership: Secretary/Assist Secty or President
Activities: Activities Officer
Bookings: as advertised or Treasurer
Outback 2024 tour: Jenny Waldron or Lorraine Houlihan

General Appointments

Activities: Glenda Everton-Brocklesby +
Gloria Kilpatrick, Sharon Barsby, Dot Carrol,
Glenda Taylor

Assist. Secty Jeannie Roberts (non-committee)

Awards: President, Vice Pres, Shirley Watson, Leone Wilson

Commemorations: Angella Hillis+ Lynne Pollock

Communications & Promotions:
Leone Wilson + Ethel Bourke

Fundraising: Sharon Barsby + Lynne Pollock, Kay Littler,
Phyllis Smith

Grants: Treasurer, Assistant Treasurer, Secretary,
President

History: Leone Wilson

Legacy Liaison: Angella Hillis + Lynne Pollock

Library: Annette Newsham, Dot Carroll

Newsletter : Leone Wilson + Jeannie Roberts

Property Officer: Lynne Pollock + Sharon Barsby

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

Ten Pin Bowls: Lynne Pollock

Website: Jenny Waldron + Faye Chatham

Wellbeing Support Officers (WSO):

Ethel Bourke (<i>The Lakes Village</i>)	0428 881 487
Dot Carroll	0490 697 634
Glenda Taylor (<i>Millbank</i>)	0408 577 810
Lynne Pollock	0438 517 795
Jenny Waldron	4157 4621
Shirley Watson (<i>Pioneer South</i>)	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, Aug

A BUSY MONTH

Commemorations and Super Saturday has made for a busy month for association members. Despite absences and illness, we had a good showing at most activities.

Commemorations are covered on page 10 and also a photo on page 9. Thank you to Angella Hillis and Phyllis Smith for laying our wreaths. Thanks also to Ethel Bourke and Dot Carroll who stepped in at short notice to provide our association's presence at RSL VP service on 15th, Ethel and Sheryl Parker on 18th Aug.

Super Saturday has been recorded in pics sharing the cover and pages 8 and 9 and rates a mention below.

Possibly all this activity led to some members forgetting the monthly meeting?

The committee were there though and undertook the core business but members' opportunity for input was lost due to lack of quorum at the general meeting...by just one member! Was that you?

Ladies, please mark your calendar/diary for the September meeting, third Monday as always, and that will be:

Monday 18th September

SUPER SATURDAY

The roll up on the final raffles morning was fewer than previous Saturdays but still a good team to get the job done.

Our regular scribe, Shirley WWW (Wone Wing Watson) managed to make it to all Saturdays thanks to members assisting with transportation. Also in attendance for all were Shelagh Bennet and Kay Littler; many more missed only one. (I think!). Great to see some guys join us too.

The fundraising element of these 'raffle months' is beneficial in a monetary way but the social element, created by each and every member, friend

or family who attends is way beyond the funds raised. I really missed not being able to be there for the last two weeks.

VETERANS HEALTH WEEK

Angella Hillis and Kay Littler are looking into some activity for this year's event which has the theme *Mental Wellness Matters*. What does that mean?

Possibly the simple answer is being happy, having friends and enjoying activities. Also eating well, sleeping well.

Our association and our members aim to provide some of the means through

our activities and friendship.

Together we organise things to do and enjoy because we all need these activities and each other.

This will be another opportunity to get together and have some laughs—maybe even learn something new.

24 Sep—28 Oct is the time-frame for VHW activities—watch for details and become involved.

VHW activity will replace the cancelled Childers trip and could be considered as the future spring activity for our association. There is a small grant opportunity associated with VHW that may allow us to add that little extra to

whatever we plan.

HERVEY BAY

'Come colour our world' is what the invitation suggests. Bookings have been taken and a coach arranged to take us to the Saturday luncheon.

You can still book, so please do so next time you are at the Lodge. See page 6.

We always have a great time on this outing which provides the opportunity to meet up with many mates from the Bay and elsewhere.

CHRISTMAS LUNCH

Winter is exiting at speed and Christ-

mas is around the corner. Arrangements are in hand for our November seasonal luncheon. Something from the 'Christmas Tree' is bound to light up the Rowers once again. Be sure to make your booking when next you visit the Lodge. See page 6 for more info.

OUTBACK N OCEAN COACH TOUR 2024

The base fare (travel, accommodation and some meals) has been confirmed for this trip. Selected tour options are not included yet and will be provided to individuals when known. Contacts for this are Jenny Waldron and Lorraine Houlihan—details may be found on page 6.

WELLBEING

It's 'out there', and we are catching it. Darn! Did you know that with the common cold, you are contagious until the

symptoms disappear? With the flu, it is 5 to 7 days but could be longer. Covid is 10 days but may be much longer. Obviously the best thing would be 'don't get it', but if you do, don't spread it'.

To anyone isolating and anyone unwell, best wishes—spring is in the air and you need to get out and enjoy it before the summer swelter arrives.

Take care.

Leone

Friendship

One measure of friendship consists not in the number of things friends can discuss, but in the number of things they need no longer mention..

Thanks Hervey Bay



Shopping early for Christmas?

Check with Sharon for:

Mothers Daughters Wives Volume Two

\$25 members \$30 non-members

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

So that we can honour you!

If you wish your service to your country to be recognized at your funeral, you need to let your funeral director or your family know. It is your family who ask the funeral director to arrange to have the poppy tribute. Our association cannot interfere.

Our association practices support through friendship—if you just need to talk to someone, call any committee, wellbeing support officer or association member.



Don't bottle it up! You are important to us.

The (Legacy) Lodge



**Support our meeting room
provider—
Bundaberg Legacy
during
Legacy Week
27 August—2 September
and
each time you attend
The Lodge**



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



Wishing you a bright and happy spring
Flitting hither and yon like the bees
Chirping and twittering along with the birds
And avoiding the Magies watching from high
Do the slip slop -and for the slap...
Make it big brimmed with eyes!



Australian Government
Department of Veterans' Affairs

VETERANS' Health Week

We are working on a
program for
VHW 2023

Details will be circulated
when known.

Ex Servicewomen of Australia Photographic record of women who have served

Photographer Carla Edwards

Please register your interest in this project at:

<https://forms.gle/eJmHRACkRzZDNsMs8>

or phone Carla on:

0407 102 695



Be alert to scams

Supposed email from a friend or from our association

- ⇒ Always check the email address – the one used may not look correct
- ⇒ Study the wording - the wording used may not be 'usual' from the supposed source
- ⇒ Signature – is this the way the sender would normally sign
- ⇒ Finance - does the request really sound correct and if you are asked to supply details, DON'T.

IF YOU HAVE ANY DOUBT—PHONE THE SENDER AND CHECK

UPCOMING ACTIVITIES 2023



VETERANS HEALTH WEEK

What, when, where will be advised electronically when known!

HERVEY BAY 39th BIRTHDAY REUNION LUNCHEON 21 OCT 2023

THEME: COLOUR OUR WORLD - luncheon 'colour, colour, colour'

Depart Bundaberg Coaches 0930 Hrs

Coach travel & Lunch Members \$65 Guests \$75—RSVP 4 OCT (Sept meeting ideal)

CHRISTMAS LUNCHEON * MON 20 NOV 2023

Rowers on the River 1130 for 1200 noon

Two course alternate drop of three choices to be confirmed

THEME: Something from the Christmas Tree

Cost \$30 members \$35 guests—RSVP October meeting

CUPPA CHAT

FIRST WEDNESDAY OF THE MONTH

Informal get together at the Lodge from around 1030 Hrs to 1130 hrs

Arrive and depart as you wish. Bring a plate (optional).

This is also an opportunity to check the clipboards and notice boards.

TEN PIN BOWLS

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

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

Book one week before with Lynne Pollock 0438 517 795

SUPER SATURDAY

EVERY SATURDAY, JANUARY—MAY—AUGUST

Bundaberg Services Club—Arrive 1130

Social get-together whilst raising funds for the association.

OUTBACK 'N' OCEAN BUS TRIP AUGUST 2024 * 11 DAYS

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

visiting Emerald, Alpha, Barcaldine, Ilfracombe, Longreach, Winton, Hughenden, Charters Towers

Ayr, Home Hill, Bowen, Airlie Beach, Yeppoon, Emu Park, Rockhampton.

EOI contact Jenny: jenny.waldron@outlook.com or Lorraine: l.houlihan1@bigpond.com

ACTIVITY BOOKINGS—the easy way is via the clipboards at the Lodge. *All bookings are to be confirmed by payment (see page 2). Watch for any updates to these activities.*



2024 suggestions.....give some thought to the February Luncheon, the pre-Anzac Luncheon, Birthday including theme, September activity. Other things you would like the committee to consider. Bring them to September's meeting or give details to a committee member. Some research would be helpful such as venue availability and suitability, general costs.

WORKING TOGETHER TO PROVIDE FUN FOR ALL

OUR DIARY 2023



SEP	Wed	06	Cuppa Chat	Lodge from 1030 Hrs
SEP	Fri	08	Spring Activity	Date to be confirmed and details to be advised.
SEP	Mon	18	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
SEP	Mon	25	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
SEP/OCT	date	TBA	Veterans Health Week Activity	TBA
OCT	Wed	04	Cuppa Chat	Lodge from 1030 Hrs
OCT	Mon	16	Meetings	Lodge, Committee 1230 Hrs (all welcome), General 1400 Hrs
OCT	Sat	21	Hervey Bay	Luncheon (full weekend 20-23)
OCT	Mon	30	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
NOV	Wed	01	Cuppa Chat	Lodge from 1030 Hrs
NOV	Mon	20	Christmas Lunch	Rowers on the River. Full details TBA (see page 6)
NOV	Mon	27	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
DEC	Wed	06	Cuppa Chat	Lodge from 1030 Hrs

MANAGEMENT COMMITTEE HAS THE RIGHT TO CHANGE ANY ACTIVITY—PLEASE WATCH FOR ANY UPDATES

2024 ACTIVITY PLANNING

Suggestions for 2024 Activities—to be received NLT Sep meeting



The Management Committee will confirm the calendar of events for 2024 at the October meeting. The costs and venues for activities for January to mid year will also be considered for approval. Now is the time to put forward your thoughts. When considering suggestions, the following guide to the 'normal' may assist:

- February: outing—lunch with or without day trip or other activity
- April: pre Anzac luncheon following the annual Quiet Moment commemoration
- June: Maroochydore luncheon first Thursday in June
- July: Birthday, third Monday except reunion years,
- September: spring activity—or combine with Veterans health Week (end Sep to early Oct)
- October: Hervey Bay reunion—around the 3rd weekend in October (luncheon Saturday)
- October: Veterans Health Week—theme and date to be advised
- November: Christmas—third Monday







It was an Active August

FRONT COVER: Lynne, Leone, Kay L, Shirley P, Shirley W and Faye (*cadging here as that was July*); Jeannie, Lynne, Shelagh, Sharon

PAGE EIGHT: Angella, Dot, Shirley W; Shirley W, Jenny W; Shelagh, Lynne, Angella, Sheryl, Phyllis, Shirley W, Ethel

THIS PAGE: Berris and Phyllis; Peter & Ken
Jenny C, Shirley W, Angella, Ethel at VV Day service



Commemorations



Phyllis Smith laid our wreath at the Korean Veterans Day service 27 July and Angella Hillis CSC at the Vietnam Veterans Day service 18 August. A number of members were in attendance at both services. Ethel Bourke and Dot Carroll attended the RSL's VP Day service, and Ethel plus Sheryl Parker, the VV Day service, both at Buss Park and Glenda Smith wore our red shirt for VV Day at Gregory River Retreat.

SEPTEMBER anniversaries/significant events

3 September—Merchant Navy Day

Anniversary of the first attack on an Allied merchant ship in World War II, only hours after Britain declared war on Germany, 1939.

First Wednesday (6th) September—Battle for Australia

Commemorates the first time in the history of European settlement that Australia came under direct attack and the campaigns to the north of Australia. We recognise those who served in the defence of the Australian mainland, and in land air and sea battles in the Coral Sea, Papua and New Guinea. These actions stopped the Japanese southward advance and contributed substantially to the defeat of Japan.

14 September—National Peacekeepers Day

1947 Anniversary of the day Australia became the world's first peacekeepers to deploy into the field, in the Netherlands East Indies (now Indonesia) in 1947. Large peacekeeping deployments were made to other countries across the globe over the coming years.

1982 Sinai 1982—1986 and since 1993

1994 Bougainville

1989 Namibia

1999 East Timor 1999—2013

1992 Cambodia 1992—1993

2003 Solomon Islands 2003—2013

1992 Somalia 1992—1994

2006 Fiji

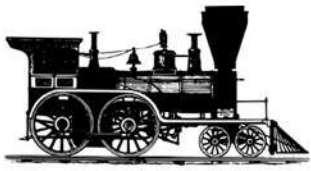
1994 Rwanda 1994—1995

2011 Sudan



Our members' post WWII operations contribution to Australia





RAIL TRACKS

Eds note—in order not to offend, 'a—', has be replaced by 'behind'. It is your prerogative which one your mind thinks of but 'a—' is al-most essential in some paragraphs.

Be sure to read the final paragraph; your understanding of it will depend on the earlier part of the content.

The US standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches. That's an exceedingly odd number.

Why was that gauge used? Because that's the way they built them in England and English expatriates built the US railroads.

Why did the English build them like that? Because the first rail lines were built by the same people who built the pre-railroad tramways, and that's the gauge they used.

Why did 'they' use that gauge then? Because the people who built the tramways used the same jigs and tools that they used for building wagons, which used that wheel spacing.

Why did the wagons have that particular odd wheel spacing? Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts.

So who built those old rutted roads? Imperial Rome built the first long distance roads in Europe (and England) for their legions. The roads have been used ever since.

And the ruts in the roads? Roman war chariots formed the initial ruts, which everyone else had to match for fear

NEW & SCARY SIGHT

A little boy got lost at the YMCA and found himself in the women's locker room.

When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover.

The little boy watched in amazement and then asked, "What's the matter—haven't you ever seen a little boy before?"

ZIPPER SECRET

A mother was showing her son how to zip up his coat. "The secret," she said, "is to get the left part of the zipper to fit in the other side before you try to zip it up."

The boy looked at her quizzically... "Why does it have to be a secret?"

of destroying their wagon wheels... Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing. Therefore the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot. Bureaucracies live forever.

So the next time you are handed a specification/ procedure/process and wonder 'What horse's behind came up with it?' you may be exactly right.

Imperial Roman army chariots were made just wide enough to accommodate the rear ends of two war horses (Two horse's behinds).

Now, the twist to the story:

When you see a Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRB's. The SRB's are made by Thiokol at their factory in Utah.

The engineers who designed the SRB's would have preferred to make them a bit fatter, but the SRB's had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains, and the SRB's had to fit through that tunnel.

The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds.

So, a major Space Shuttle design feature of what is arguably the world's most advanced transportation system was determined over two thousand years ago by the width of a horse's behind.

And you thought being a horse's behind wasn't important?

SMILE TOOTHBRUSH LOGIC

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage.

Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."



DON'T BE A DONKEY

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey. He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well.

At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down. A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw.

With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone.

We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

- Free your heart from hatred - Forgive.*
- Free your mind from worries - Most never happen.*
- Live simply and appreciate what you have.*
- Give more.*
- Expect less.*

HOWEVER...

The donkey later came back, and bit the farmer who had tried to bury him. The gash from the bite got infected and the farmer eventually died in agony from septic shock.

MORAL FROM TODAY'S LESSON:

When you do something wrong, and try to cover your ass, it always comes back to bite you.



Don't FORGET! **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)**

BIRTHDAYS

SEPTEMBER

Carmel Bridge	18
Berris Bainbridge	19
Jeannie Roberts	25

Happy Birthday!

CONTACTS

RSL
EMERGENCY 134RSL (134775)
Bundaberg RSL:
COMPENSATION 0428 988 580
Lex Roberts
SECTY 0477 959 747
Dannielle Brearley
ACTIVITIES 0418 983 415
Jan Rimmington

RSL QLD
ADVOCATE Sophie Burnett
4154 4284
WELLBEING Jane Jackson
3155 6416 or 0447 176 209

LEGACY
WELLBEING Rudy Valzan
0418 452 059
Defence Vets Drop In Centre:
4153 4599

Open Mon & Thu mornings,
ESO BBQ's lunchtime 1st Sunday
WELLBEING
Jude Binder, Angella Hillis CSC

DVA
1800 555 254
Advice and claims
1800 838 372

Open Arms—
Veterans & Families
Counselling
1800 011 046

Safe Zone 24/7
1800 142 072

Lifeline 24/7
13 11 14

www.lifeline.org.au

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



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