



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
02/2024 FEB

## February Cuppa Chat



**Morning Tea  
at Tom Quinn  
Community Cafe**

**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 ( <i>The Lakes Village</i> )	0428 881 487
Dot Carroll	0490 697 634
Glenda Taylor ( <i>Millbank</i> )	0408 577 810
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, Feb

### FEBRUARY MEETING

It was a busy meeting and if you have not yet read the minutes, I urge you to do so. Meeting times, activity format and venues have all been updated.

The next meeting is the AGM and nominations close Monday 4 March at noon. A list of nominees will be forwarded to you.

Members, please make a special effort to attend this meeting. Afternoon tea will be provided.

### ACTIVITIES

A letter of thanks for past support plus best wishes has been sent to Rachel Fenton and the staff of Rowers on the River, on your behalf.

Changes to venue will see us at the Bundaberg Services Club bistro for Anzac Girls Lunch. We will have tables to one side with members receiving a subsidy toward their lunch.

### SUNNY COAST TRIP UPDATE

The other big change is our trip to Sunshine Coast—this will now be down and back the same day therefore more affordable and convenient to members who may otherwise not

been able to attend.

There are a number of activities requiring either booking or expressions of interest. Please check the clipboards at the Lodge at the next opportunity. You can also book with payment to Sharon, a designated coordinator or through the secretary.

Check pages 6 and 7 and also 5 where there is an update for line dancing.

### LINE DANCING FUNDING

I can also reveal that DVA Queensland is interested in our program of line dancing to the extent that it may

attract a small grant that will assist with the cost of sessions and allow us to increase the number from 10 to maybe 18.

Line dancing interest relates back to 2023 Veterans Health Week which also received funding from DVA.

We were thankful for this assistance benefiting members and have fingers crossed that the 2024 grant will be approved.

### 2025 ADVENTURES

Annette Newsham and Gloria Kilpatrick have been investigating heaps of options for Norfolk Island and cruising. There will be sheets at the

Lodge where you can take you pick and express your interest.

Please add your name to activity clipboards to assist planners.

### COMMEMORATIONS

The big news—women veterans have been invited to lead the Bundaberg city Anzac Day parade and our president Jenny Waldron has been invited to be the Bundaberg city guest of honour for 2024. Jenny will take the salute beside the mayor.

It goes without saying that we hope many of you will turn up to shine and show Bundaberg what a proud bunch of good looking ladies we are!

Anzac Day timings will be in the March Chests Out.

As usual, there is a great need for volunteers at our War Nurses service from handling of wreaths, setting-up and dismantling through to welcoming guests and the general public. Please let Angella know where you can assist.

### RSL SUB BRANCH

RSL secretary, Dannielle reminded us of the RSL AGM 10 March and also asked if any members may be interested in dusting/upkeep of memorabilia displayed in the club.

Contact Dannie 4910 9596.

Our thanks to the RSL Sub Branch for assistance with printing the annual report.

### WELLBEING

Covid is everywhere and you don't need to go cruising or by train to catch it—it is on the hand rail, the chair, the shopping trolley and items on the shelf. It is in the air.

Keep your hands clean, cover your cough. We all know the drill.

### WELLBEING SUPPORT OFFICERS

Assistance with staying in contact with members is a way in which we all can help improve our wellbeing program. If you think you may be able to participate, please contact me. All work is voluntary without pres-

sure—but anything you do could make a big difference to a member.

### GET WELL

To our members suffering with any ailment—follow advice and get well soon. Best wishes.

Take care.

Leone

### Hervey Bay shares Friendship Feb

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

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 1400 HRS**

The Lodge, 4 Glasgow Street

**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.

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) Please pass completed and signed nominations to the secretary or assistant secretary prior to closing date.

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

## **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.

## ADVOCACY TRAINING

If you are interested in becoming involved assisting veterans as a Welfare Officer or in the Pensions/compensation area, the regional manager of the Advocacy Training Development Program, Bob Grandin has proposed running a mentor workshop on 25th March.

You can register your interest with Bob at email: [Rm1@atdp.org.au](mailto:Rm1@atdp.org.au) or contact Rudy Valzan: email: [welfare@bundaberglegacy.com.au](mailto:welfare@bundaberglegacy.com.au) Mobile: 0418452059 or Phone: 07 41525958

## OPEN ARMS PROGRAMS

2024 Support Programs

Request a copy of the email from Leone or the secretary.

or phone Open Arms 1800 011 046

## CARLA EDWARDS

NSW OVA/Anzac Memorial Exhibition



A website covering this exhibition of women who have served can be located via this link:

<https://storytellingassistant.org.au/nsw-ova-anzac-memorial-exhibition/>

A selection of NSW women's stories and their portrait can also be viewed at <https://www.warmemorialsregister.nsw.gov.au/nsw-stories/theme/recognising-womens-service/>

**CHECK THEM OUT,  
YOU MAY KNOW SOMEONE**

## WELFARE WORKSHOP

Join Our Welfare & Compensation Workshop.

27th March | 9am-1pm at the Bundaberg Services Club Function Room. Morning Tea Provided.

Covering

### EPOA's, Wills, Funerals, Policies & Procedures and more.

With

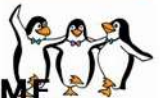
### Rudy Valzan, Lex Roberts-Level 3 Advocate, Defence Health, My Aged Care, Occupational Therapists.

RSVP by 20th March to Bundaberg Legacy

0418 452 059 [Welfare@Bundaberglegacy.com.au](mailto:Welfare@Bundaberglegacy.com.au)

## LINE DANCING UPDATE

### CHANGE OF VENUE, DAY AND TIME



Instructor Chris is happy to provide sessions for us and that is good news. She has changed venue to Coronation Hall because it is airconditioned. Also good news!

As a result the time and day have changed to:

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

Currently fortnightly from 8 May

We hope this fits in with all interested members. Please record your expression of interest at the Lodge.

# 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). \*\*\***March 2024—START 1000 Hrs to make artificial wreaths.**  
NB variations: Sep Tom Quinn; November High Tea @ Stained Glass

## 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 & 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**

Depart Bundy coaches 0700 Hrs with estimated return of 1800 Hrs.

Costs to be advised but the coach travel element for members will be \$25 as per by-laws.

More details will be advised when invitation received from Sunny Coast. **EOI invited—RSVP 4 May**

## BDWV 57TH BIRTHDAY LUNCHEON

**BUNDABERG SERVICES CLUB, TERRACE ROOM. (TBC) 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

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.*

FEB	Mon	26	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
MAR	Wed	06	Cuppa Chat	Lodge from 1000 Hrs Wreath making activity.
MAR	Sun	10	Picnic in the Park	Botanic Gardens 1130 Hrs assemble near Japanese Garden
MAR	Mon	18	AGM	Lodge, 1400 Hrs—afternoon tea provided
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—Express interest now
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

## 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



**27Jan—a real Super Saturday at the Bundy Services Club**

We finished our month with another great attendance and no less than eight winners: Phyl, Jenny, Peter, Sheryl, Kay, Bill and Leone. It was even speculated that our table was close to beating the Changi Bar. We will be back in May to deliver prizes and try again. Thank you to all workers.

**YEAR OF THE DRAGON**

Nev & Annette Newsham and Lynne Pollock awaiting their Saangs feast.







Jenny Waldron joins the Shirley club at Saangs, with Watson and Parker.



Angella & Bill Hillis enjoying the Saangs specials.

*Oh, Bill—look what I have, a flamin' bombe!*



Kay & Philip enjoying the company and the feed.

**KUNG  
HEE  
FAT  
CHOY**

**If people evolved from monkeys, why are monkeys still around?**

# Commemorations

## 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.

### MARCH

#### anniversaries/significant events

1 Mar 1901	Commonwealth Naval Forces and Australian Army formed
1991	Gulf War—significant role in enforcing sanctions put in place against Iraq following invasion of Kuwait
20 Mar 2003	Invasion of Iraq
31 Mar 1921	Formation of the Australian Air Force ('Royal' was added WEF 13 Aug 1921)

### Meritorious recognition for veterans who served in Somalia

ADF personnel who served in Somalia in the 1990s performed extraordinary work in very challenging conditions. This service represented the ADF's largest land and sea operation since Australia's involvement in the Vietnam War.



Australian Service Contingents (ASC) I-IV, 1 RAR Battalion Group and HMAS Tobruk have been awarded the Meritorious Unit Citation for service during Operation IGUANA and Operation SOLACE, between the dates 17 October 1992 and 23 November 1994.

More details:

<https://www.minister.defence.gov.au/media-releases/2023-04-18/meritorious-recognition-veterans-who-served-somalia>

<https://www.defence.gov.au/adf-members-families/honours-awards/honours-decorations/australian-gallantry-distinguished-service-awards/meritorious-unit-citation>

### AUSTRALIAN WAR MEMORIAL CALLS FOR VOLUNTEERS TO TRANSCRIBE LOVE LETTERS AND DIARIES

[EXTRACT] Among the documents including letters and diaries, released digitally today for the project, is a love letter written by an Australian soldier only hours before he died at the landing in Gallipoli.

The scrawl is elegant, the contents reverent and loving.

Ms Simmonds said with more than 6,000 pages to be transcribed it might be a project for the whole family to get involved with.

"The writing styles vary quite a lot, even the handwriting that is quite precise because it's a lost skill, certainly with my generation, and being able to recognise that. It can be hard to read," she said.

"That poses a challenge, so that's why we want to tap into a wide range of audiences, so those older people at home that can interpret that, we want to encourage them to help.

" Volunteer transcribers can register their interest in joining the project at the Australian War Memorial's website. [awm.gov.au](http://awm.gov.au)

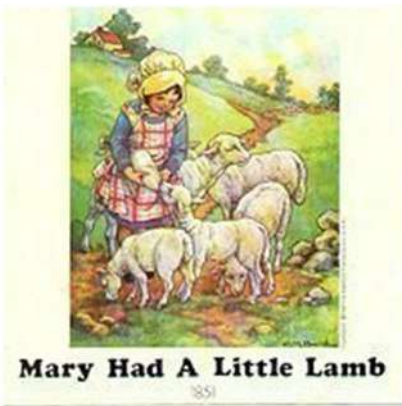
*[there is a tool to allow the transcription to be done online]*



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



## NURSERY RHYME *updated*



*Mary had a little lamb.  
Her father shot it dead.  
Now it goes to school with her,  
Between two chunks of bread.*

I remember an old car I used to own. You know the kind, ratty and raggedy, driven when I was a poor uni student. I was having trouble with something I couldn't readily identify myself, so I took it into the shop. The mechanic looked at it a couple of minutes and said, "What you really need is the radiator cap solution."

"Oh," I said, trying not to sound too confused. "Do you mean the radiator cap isn't holding enough pressure?"

That's part of the problem" he said. "What you really need to do is lift the radiator cap and drive another car under it. Then the next day you can replace the radiator cap, and it should solve your problem."

The young woman really thought she'd been very patient through a protracted period of dating with no talk of marriage.

One night her steady boyfriend took her to a Chinese restaurant. As he perused the menu, he casually asked her, So, how do you like your rice? >Boiled? Or fried?"

Without missing a beat, she looked over her menu at him and replied clearly, "Thrown."

Two boy scouts went on a nature hike in the hills picking hickory nuts. Along the way, they filled their small pails and then started to fill their pockets and shirts.

When they could hold no more nuts, they started down the country road until they came across a cemetery. The boys decided that would be a good place to stop and rest and divide out the nuts.

The two boys sat in the shade of a large oak tree and unloaded their pockets and buckets by dumping all of the nuts in a large pile. In the process, two of them rolled away and rested near the road. The boys then proceeded to divide out the nuts. "One for you. One for me. One for you. One for me."

As they were doing this, another boy was passing by and happened to hear them. He looked into the cemetery, but could not see the boys, because they were obscured by the tree. He hesitated a moment and then ran back to town.

"Father! Father!" he yelled as he entered his house. "The cemetery. Come quick!"

"What's the matter?" his father asked.

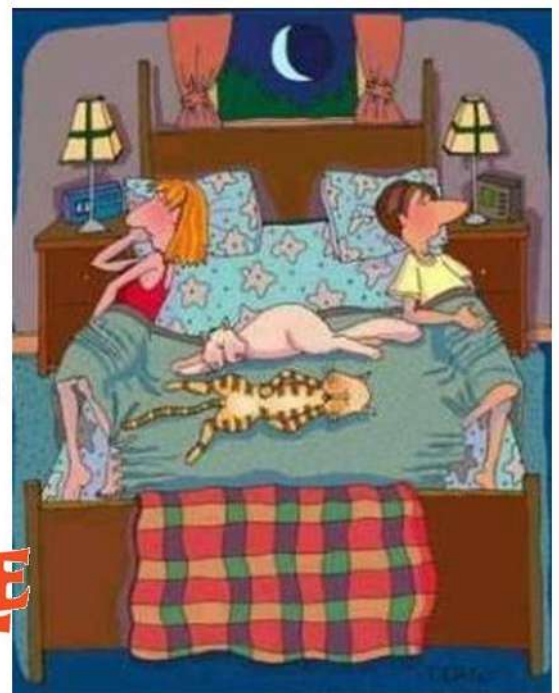
"No time to explain," the boy frantically panted. "Follow me!"

The boy and his father ran up the country road and stopped when they reached the cemetery. They stopped at the side of the road and all fell silent for a few moments. Then the father asked his son what was wrong.

"Do you hear that?" he whispered. Both people listened intently and heard the Scouts. "One for me. One for you. One for me. One for you..."

The boy then blurted out, "The devil and the Lord are dividing the souls!"

The father was skeptical but silent -- until a few moments later as the Scouts completed dividing out the nuts and one Scout said to the other, "Now, as soon as we get those two nuts down by the road, we'll have them all."



**SMILE**

The word "swims" upside-down is still "swims"

**Thank You!**

Thank you to:  
Peter Roberts for the  
'one liners' appearing in  
this and recent issues

(with more to come) —plus one  
from Sharon Barsby. Photos and  
jokes are always welcome. ED

## 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**

**IF YOU DON'T KNOW THEIR  
PHONE NUMBER, ASK THE  
SECRETARY TO PHONE  
THE SENDER FOR YOU**

**DO NOT RESPOND TO  
EMAILS UNLESS YOU ARE  
SURE OF THE SOURCE**

**NEVER PROVIDE  
PERSONAL INFORMATION**

**IF IT SOUNDS TO GOOD TO  
BE TRUE, YOU CAN BET  
YOUR BOTTOM DOLLAR IT  
IS A SCAM!**

## 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  
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**

## BIRTHDAYS

### MARCH

Robyn Walton	03
Philip Littler	07
Lee Mackenzie-Forbes	09
Linda Rae	19
Amy Clements	20
Chris Clancy	23
Janet Rasmussen	30

*Happy Birthday!*

Over 100 years ago, every-  
one owned a horse and only  
the rich had cars. Today  
everyone has cars and only  
the rich own horses.



"No joystick? No mouse? No keyboard?  
How do you turn the pages?"

What do you call a high-  
ranking soldier who hates  
recycling?

General Waste



**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.