



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
9/2023 SEP



*September Cuppa Chat*

*We had a visitor!*

*September photos—pages 8 and 9*

**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](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) <> [commemorations@bundywomenveterans.org.au](mailto: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](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 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, Sep

### SEPTEMBER MEETING

We had a quorum, just. Thank you to all members who attended the meeting. With a number away for various reasons, it was a relief to count 13 service members in attendance.

We caught up on missed August matters but slipped behind with Septembers due to unavoidable happenings. The result is the annual calendar of events will not be fully processed until the December committee meeting.

### FAREWELL TO THELMA

Centenarian AWAS member Thelma Spratley was farewelled on Friday 15th with Ethel Bourke and myself in attendance at her funeral. Our condolences go to Thelma's family and friends.

### CONDOLENCES TO GLENDA TAYLOR

Glenda's hubby, Terry passed away just recently. It is a sad and difficult time for Glenda and family. We extend to them our condolences. Please keep them in your thoughts.

### FLAG POLE

As reported in the minutes, the installation of the flag pole should go

ahead on 10 October. We have accepted the quote which followed an inspection of site and task.

Our treasurer is now eagerly awaiting receipt of some monies from the Anzac Day Trust to help keep our general account in the black. Further work, such as garden surrounds, will be the next requirement

### QUEEN'S JUBILEE TREE GRANT

President Jenny has completed the final report on our large undertaking of recognising Queen Elizabeth's Platinum Jubilee with trees planted and signage installed at War Nurses

Memorial Park and Lions Remembrance Park.

The report included many photos, details of trees planted and still growing plus of course the information covering the events that were associated with the project, and the financial details.

A big thank you to Jenny for working on all aspects of the grant involving many hours including travel and a number of meetings with council. We have received the 'government tick', so that is really good.

Thank you to all involved in the project plus additional thanks to the

members who supported by attending the two associated ceremonies.

Thank you also to Bundaberg Regional Council and in particular the Parks and Gardens staff. Bundaberg will continue to benefit from the project as the trees continue to grow.

### VETERANS HEALTH WEEK

Kay Littler and Angella Hillis have put together a fun way for us to enhance mental wellness. Check out the details on page five.

### CUPPA CHAT & TEN PIN BOWLS

These two regular activities continue

to attract members. The social interaction of being able to talk with each other, be it over a cuppa, or a bowling ball is really great.

For Cuppa Chat, which is held on the first Wednesday of the month, we recognise the members who turn up with all types of treats for us to enjoy. Many thanks. Our hips thank you too!

Lynne Pollock is our coordinator for Ten Pin Bowls, last Monday of the month. Lynne has the task of booking lanes and overseeing financial matters. Thank you Lynne—a little bit of activity and a lot of fun results.

### HERVEY BAY 21 Oct.

Treasurer Sharon will be sending off the payment to Hervey Bay on behalf those who have booked and paid to attend this annual reunion. Contact Sharon if you have forgotten to book—but do it now; no later than 29 September please.

The coach departs from Bundaberg Coaches, Verdant Siding Road, Thabeban at 0930 Hrs. Please arrive in advance of that time. Return to Bundaberg is anticipated around 1600 Hrs. (8 bells for Navy).

### CHRISTMAS LUNCH 20 NOV

Don't forget to book. Donations for the raffle are most welcome—please bring on the day and it could be helpful to use clear wrapping paper if titivating.

Allaying fears—if you come along as a bauble, you will NOT be hung on the nearest tree!

### WELLBEING

Oh golly, some of our members have been having a rough time. Thank you to all who are looking out for others and best wishes for a quick return to better times to those who need a positive change.

Take care.

*Leone*

### Friendship

My best friend is the one who brings out the best in me.

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**



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 Objects***

The objects of the association are—

- To foster and strengthen friendship between members of the Association
- To promote friendship and goodwill amongst current and former servicewomen generally
- To commemorate and preserve the history of women's service in the Australian Defence Force
- To foster and strengthen ties between the Association and other ex service organisations
- To foster camaraderie and social inclusion among members of the Association
- To promote good mental and physical health, and general wellbeing of members of the Association
- To assist in providing welfare support to Association members in need
- To advocate on behalf of former and current servicewomen



Australian Government  
Department of Veterans' Affairs

# VETERANS' Health Week

# Line up to Laugh and Live

## Tuesday 3 October

1100-1200 Hrs—Line dancing—fun beginners session at Bundaberg North Progress Hall. Wear closed in shoes.

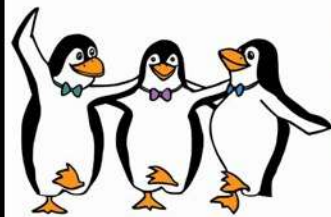
1220-1430 Hrs—Spotted Dog for Wellness Trivia/Bingo and lunch.

Special handout—Breathe magazine

### FREE

SPONSORED BY DVA and YOUR ASSOCIATION.

RSVP 25 SEP



**Breathe**  
*and make time for yourself*



**QUIZ**



BOOT SCOOTIN FUN WITH FRIENDS



Senior's Month  
**U3A CONCERT & EXPO**  
*Connecting you to Lifelong Learning*  
Monday 9 October 2023  
Avenell Heights Community Hall

### Program

- 9.00am Concert**
- Accordion Listen to some great music and even a sing-along
  - Line Dancing Bust some moves with the line dancers
  - Ukulele Players Some more music to tap your feet along with
  - Chair Yoga Join in for some simple movements in your chair
  - Tai Chi Marvel at the slow movements
  - Leonie Egan Singing "Velia", a Gladys Moncrieff song

**10.00am Expo**  
Explore the classes on offer at U3A Bundaberg and talk to the tutors

**11.00am 35th Birthday Cake**  
Join us to celebrate our 35th Birthday

Check us out at:  
FaceBook - U3A Bundaberg  
Website - [www.u3abundaberg.com.au](http://www.u3abundaberg.com.au)

Help us celebrate 35 years of U3A in Bundaberg

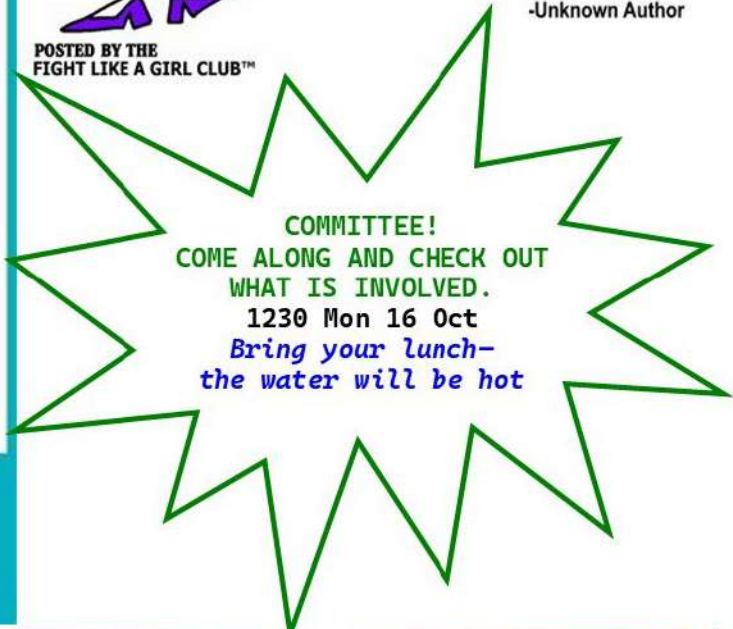


# Middle Age:

That time when you finally get your head together—then your **BODY STARTS FALLING APART!**

-Unknown Author

POSTED BY THE FIGHT LIKE A GIRL CLUB™



**COMMITTEE!**  
COME ALONG AND CHECK OUT WHAT IS INVOLVED.  
1230 Mon 16 Oct  
*Bring your lunch—the water will be hot*

# UPCOMING ACTIVITIES 2023



## VETERANS HEALTH WEEK

See page 5 for details

If attending, please notify Wellbeing Officer Leone no later than **26 Sep**:  
Email: wellbeing@bundywomenveterans.org.au Text: 0427 415 946 Phone 4159 4134

## 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 29 SEP**

**BOOK & PAY BY**

## 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.

**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.....

THE Calendar of events for next year is now with the committee for consideration and approval prior to the end of the year. Watch for information.

**WORKING TOGETHER TO PROVIDE FUN FOR ALL**



# OUR DIARY 2023

SEP	Mon	25	Ten Pin Bowls	Bundy Bowl, 1030 for 1100 Hrs
OCT	Tue	05	Vetrans Health Week	Line up to laugh and Live (see page 5)
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, 1130 for 1200 Hrs
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 Calendar of Events

Approval delayed to December

The initial draft is being worked upon by our Activities Officer  
Details of activities for the first six months of 2024  
will be published on page 6 when finalized.

## ***Invitation to members who care for our association!***

*Service Members are invited to come along to the meetings of the management committee to get an idea of what being involved means and to find out if you can assist in ensuring we have a future.*

*Associate Members with computer skills and a desire to assist in the secretarial role are also welcome to attend. The secretary does not have to be a service member; nor even an associate member. Someone willing to be appointed can be approved.*

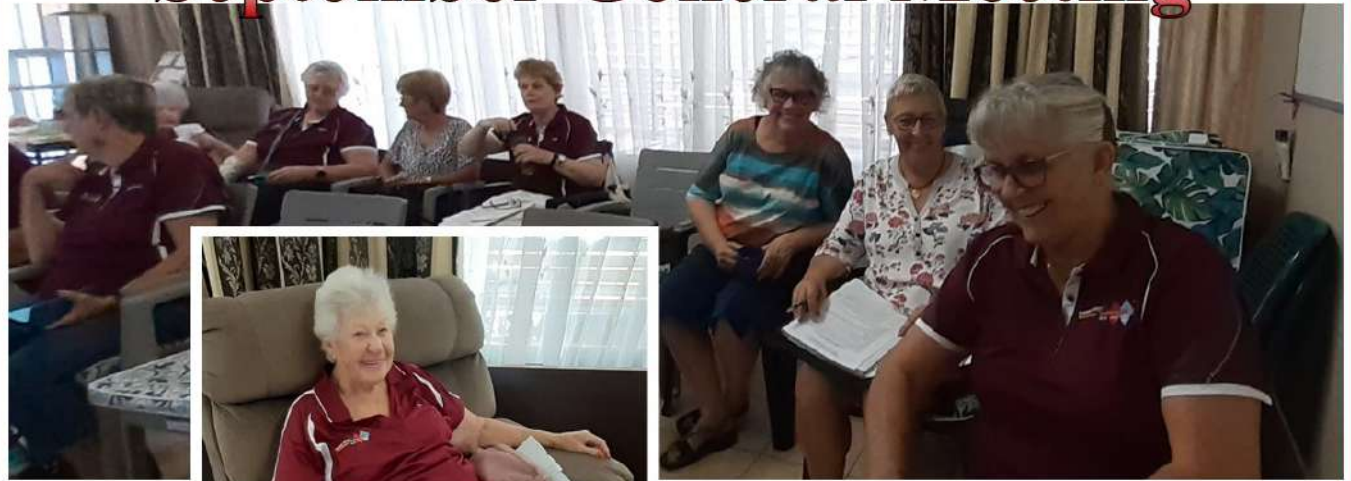
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### **Lexophiles:**

- ☀ I changed my iPad's name to Titanic. It's syncing now.
- ☀ England has no kidney bank, but it does have a Liverpool.
- ☀ Haunted French pancakes give me the crepes.



# September General Meeting







**FRONT COVER:** Pat, Shirley and Pamela—Cuppa Chat  
**PAGE EIGHT:** Cuppa Chat: Annette, Lynne, Jeannie, Leone, Sheryl, Jenny.  
 September General Meeting: Phyl, Shirley, Pat, Lynne, Sheryl, Angella, Glenda.  
 Inset: Phyl.  
 Bottom: Jenny, Ethel, Sharon  
**THIS PAGE:** Phyl, Jeannie, Shirley, (Pat hidden), Sheona, Lynne. Sheryl, Angella, Glenda



# THELMA EILEEN SPRATLEY NEE SEENEY

28 November 1922—05 September 2023

QF270347 Gunner, Australian Women's Army Service



Thelma was born in Gayndah and enlisted in the AWAS from Monto 2 April 1943. Thelma served on Coochie Mudlow Island as a search light operator. She was discharged in Brisbane 18 July 1944. She was entitled to wear the War Medal 1939-1945 and the Australian Service medal 1939-1945.

Thelma joined the Bundaberg & District Ex Servicewomen's Association in 1977 and again, following a break, in 2016. In 2022, Thelma became the association's third Centenarian..

Lest we forget

## Commemorations



### The Australian National Flag will fly at The Lodge

All things being equal and going to plan, we should have our flagpole installed and hopefully be able to raise the Australian Flag for our next meeting day.

The flag will be flown when we are actively at the Lodge.



Leone Wilson attended the Malay Borneo Veterans' Day

### OCTOBER anniversaries/significant events



There are no listed significant war history anniversaries for October, however the Australian War Memorial website: <https://www.awm.gov.au/articles/atwar/oct> details many noteworthy anniversaries related to WWI, WWII, Korea and Vietnam. Spread throughout the month are the names of seven Victoria Cross recipients and one George Medal winner.



- |   |                                |                                    |
|---|--------------------------------|------------------------------------|
| 3 Oct 1918 Lieutenant I. Maxwell  | 4 Oct 1917 Sergeant I McGee    | 4 Oct 1917 Lance Corporal W Peeler |
| 5 Oct 1918 Lieutenant G Ingram  | 12 Oct 1917 Captain C Jeffries | 21-31 Oct 1942 Sergeant W H Kibby  |
| 25-26 Oct 1942 Private P E Gratwick - George Medal, 22 Oct 1946 Corporal J Sewell |                                |                                    |

The above all appear with brief detail of the awards. On the same site is a reference to 21 October 1915: *'Miss Vera Deakin, daughter of ex-Prime Minister Alfred Deakin, establishes the Australian Red Cross Missing and Wounded Enquiry Bureau in Cairo. The Missing and Wounded Enquiry Bureau handled many thousands of enquiries from Australian families seeking information on wounded and missing soldiers during the First World War.'*



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



## Wisdom comes with Age

Two old ladies Dolly and Ruby were talking about their grandchildren.

Dolly said, "Each year I send each of my grandchildren a card with a generous cheque inside. I never hear from them... never receive a thank you message."

Ruby replies, "I too send my grandchildren a very generous cheque. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."



"Wow! How come?" remarked Dolly.

"I don't sign the cheque!"

### TEMPTATION

I was happy. My girlfriend and I were dating for over a year, and so we decided to get married.

My parents helped us in every way, my friends encouraged me, and my girlfriend? She was a dream! There was only one thing bothering me, quite much indeed, and that was my mother-in-law to be. She was a career woman, smart, but most of all beautiful and sexy, who sometimes flirted me, which made me feel uncomfortable.

One day she called me and asked me to come over to check the wedding invitations. So I went. She was alone, and when I arrived, she whispered to me, that soon I was to be married, and she had feelings and desires for me that she couldn't overcome. So before I got married and committed my life to her daughter, she wanted to make love to me just once..

What could I say? I was in total shock, and couldn't say a word. So, she said, I'll go to the bedroom, and if you are up for it, just come and get me. I just watched her delicious behind as she went up the stairs. stood there for a moment, and then turned around and went to the front door... I opened it, and stepped out of the house.

Her husband was standing outside, and with tears in his eyes, hugged me and said, we are very happy and pleased, you have passed our little test. We couldn't have asked for a better man for our daughter. Welcome to the family.

Moral of the story? ... ..

"Always keep your condoms in the car."



## COMPUTER TERMS - TEXAS TRANSLATION:

<b>LOG ON:</b>	Making a wood stove hotter.
<b>LOG OFF:</b>	Don't add no more wood.
<b>MONITOR:</b>	Keeping an eye on the wood stove.
<b>DOWNLOAD:</b>	Gettin' the farwood off the truck
<b>MEGA HERTZ:</b>	When yer not keerful gettin' the farwood
<b>FLOPPY DISC:</b>	Whatcha git from tryin to carry too much farwood
<b>RAM:</b>	That thing tha splits the farwood
<b>HARD DRIVE:</b>	Gettin' home in the winter time
<b>PROMPT:</b>	What the mail ain't in the winter time
<b>WINDOWS:</b>	What to shut when it's cold outside
<b>SCREEN:</b>	What to shut when it's black fly season
<b>BYTE:</b>	What them dang flies do
<b>CHIP:</b>	Munchies fer the TV
<b>MICRO CHIP:</b>	What's in the bottom of the munchie bag
<b>MODEM:</b>	Whatcha did to the hay fields
<b>DOT MATRIX:</b>	Old Dan Matrix's wife
<b>LAP TOP:</b>	Where the kitty sleeps
<b>KEYBOARD:</b>	Where ya hang the dang truck keys
<b>SOFTWARE:</b>	Them dang plastic forks and knives
<b>MOUSE:</b>	What eats the grain in the barn
<b>MOUSE PAD:</b>	That's hippie talk fer the mouse hole
<b>MAIN FRAME:</b>	Holds up the barn roof
<b>ENTER:</b>	Northerner talk fer "c'mon in, y'all"
<b>RANDOM ACCESS MEMORY:</b>	When ya can't 'member what ya paid fer the rifle

# SMILE



## NURSERY RHYME *updated*

*There was a little girl who had a little curl  
Right in the middle of her forehead.  
When she was good, she was very, very good.  
But when she was bad.....  
She got a fur coat, jewels,  
a waterfront condo, and a  
sports car.*



***If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous?***

## DVA WHITE CARD NON LIABILITY HEALTH CARE:

Mental Health (immediate cover);  
Cancer (Malignant Neoplasm)  
Pulmonary Tuberculosis

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

Make an appointment to see an advocate (e.g. Jude or Angella) Defence Force Veterans' Drop-In Centre, Pitt & May Sts, AM Mon or Thu 4153 4599

Rudy at Legacy may also be able to assist. Phone Legacy 4152 5958 before 1300 Hrs weekdays.

### INVITATION TO ALL WOMEN VETERANS *Visiting Bundy?*

*Serving and former service women, you are welcome to join in our association's activities. Details are on pages 6 and 7.*

Additional info can be found on our website  
<https://bundywomenveterans.org.au>



*A little girl ran to her Grandfather, jumped into his arms and gave him a great big hug. Then she ran her fingers along his balding head and down the side of his wrinkled face. "Did God make you Grandad?" she asked. "Yes honey, he made me." She felt her own cheek and then asked "Did God make me too?" "Yes honey he made you too." "Well" she shrugged "Don't you think he's doing a better job now than he used to?"*

Sandi V  
www.wackywits.com

**MEETINGS ARE ESSENTIAL TO THE ASSOCIATION  
A QUORUM IS ESSENTIAL TO A MEETING  
YOUR ATTENDANCE IS ESSENTIAL TO A QUORUM!**



**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

.....  
**OCTOBER**

Dannielle Brearley	01
Gloria Garbutt	05
Nicole Blackley	16
Gloria Kilpatrick	16
Ethel Bourke	21

*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](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)



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