



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

# Chests Out

*Women Veterans, proud to have served our nation.*  
09/2024 SEPTEMBER



***Mystery solved!***

**CHESTS OUT—proud female veterans staying in touch for 57 years**

## Association Information

**POSTAL ADDRESS:** PO Box 397 Bundaberg Qld 4670

**PHYSICAL ADDRESS:** 4 Glasgow St, Svensson Heights Qld 4670

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

**E-MAIL ADDRESSES:** [secretary@bundywomenveterans.org.au](mailto:secretary@bundywomenveterans.org.au)

[admin@bundywomenveterans.org.au](mailto:admin@bundywomenveterans.org.au) (enquiries) <> [wellbeing@bundywomenveterans.org.au](mailto:wellbeing@bundywomenveterans.org.au)  
[events@bundywomenveterans.org.au](mailto:events@bundywomenveterans.org.au)

**BUSINESS INFORMATION:** Incorporation IA13064 NFP Charity ABN 78362718229 Public liability Insurance Miramar -132848-Q \$20M

See website for constitution, by laws, business plan and other important documents.

**MEMBERSHIP:: Service Member \$10; Associate \$15 per year.** You may pay for more than one year. Please be sure to alert treasurer of your transfer of money. Your secretary has a record of your advance payments—contact her to check your status.

**Financial year:** 1Jan to 31Dec. See website 'about us' for eligibility and to download an application form

### **Bundaberg District Women Veterans**

## **COMMITTEE 2024-25**

**Patron: Leone Wilson OAM**

### **EXECUTIVE MEMBERS**

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

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

**Secretary: Faye Chatham** 0419 194 701  
[bundywv@outlook.com](mailto:bundywv@outlook.com)

**Treasurer: Sharon Barsby** 07 4157 4621 0428 570 014  
[sharonbarsby1@outlook.com](mailto:sharonbarsby1@outlook.com)

### **COMMITTEE MEMBERS**

**Angella Hillis CSC** 0400 422 331  
[hillis.wa@gmail.com](mailto:hillis.wa@gmail.com)

**Kay Littler** 07 4159 1881 0427 695 167  
(Assistant Treasurer) [pdk7@dodo.com.au](mailto:pdk7@dodo.com.au)

**Annette Newsham** 0407 581 935  
[annettenewsham@yahoo.com.au](mailto:annettenewsham@yahoo.com.au)

**Lynne Pollock** 07 4151 7795 0438 517 795  
[lynne.pollock21@outlook.com](mailto:lynne.pollock21@outlook.com)

**Leone Wilson OAM** 07 4159 4134 0427 415 946  
(Assistant Secretary) [leonewilson@outlook.com](mailto:leonewilson@outlook.com)

Meetings: see page 7

### **Who to contact:**

Financial issues:	Treasurer
Membership:	Secretary/Assist Secty or President
Activities:	Activities Officer or coordinators
Bookings:	Coordinator or Treasurer
Commemorations	Commemorations Officer
Policy, Procedures	Jenny Waldron or Leone Wilson
Strategic Planning	President

## **General Appointments**

Activities:	Jenny Waldron + Glenda Everton-Brocklesby, 4152 3315 Jeannie Roberts 0409 281 787) Dot Carrol.
Assist. Secty	Leone Wilson
Awards:	President, Vice Pres, Shirley Watson, Leone Wilson
Commemorations:	Angella Hillis+ Jenny Waldron, Dot Carroll Leone Wilson
Commun.& Prom:-	Media: President; C&P Off: Leone Wilson
Financial Auditors	Kay Littler, Lynne Pollock
Fundraising:	Sharon Barsby + Lynne Pollock, Kay Littler
Grants:	Jenny Waldron, Kay Littler, Sharon Barsby, plus as approved.
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
Ten Pin Bowls:	Lynne Pollock
Website:	Jenny Waldron + Faye Chatham

## **Wellbeing Support Officers (WSO):**

<b>Ethel Bourke</b> ( <i>The Lakes Village</i> )	0428 881 487
<b>Jenny Waldron</b>	4157 4621
<b>Shirley Watson</b> ( <i>Pioneer South</i> )	0408 460 951
<b>Leone Wilson</b> (Wellbeing Officer)	4159 4134

## **Current Life Members**

**Leone Wilson OAM**  
**Shirley Watson**  
**Kay Derome**  
**Jennifer Waldron**  
**Sharon Barsby**

## **HOW TO PAY:**

**Electronic Funds Transfer & Direct Deposits:**

Bundaberg District Women Veterans Inc. Westpac Bundaberg: BSB 034122 A/c 637419

PLEASE INFORM SECTY or TREAS.

**CASH:** You can pay cash at a meeting—Please assist the Treasurer by having the correct money.  
If you need a receipt let the treasurer know.

**SEPTEMBER MEETINGS**

After quite a break and a number of holidays, members got together to catch up on the latest happenings for our association.

At this meeting, the committee were tasked with the initial planning of activities for 2025 and a big thank you to the members who provided suggestions for consideration.

The activities officer now has the job of costing those selected and budgeting for some subsidies for our members to assist in encouraging

good participation.

The budgeted proposals will be put to committee, hopefully in October. Details of events including the costs per participant for activities through to July will then be added to our website. Advertising on pages 6 and 7 will be progressive—look for them.

**ACTIVITIES**

Delivering activities for 2025 beyond March will fall on a yet to be announced new activities officer; and before that announcement can be made we need a volunteer!

Yet again, the future of our association continuing to provide for our

members is in your hands.

Jenny will be away for a considerable time and we all know she deserves more time to herself. Please come forward if you think you can assist—contact Jenny for more information on what is involved.

The ideal time to learn the ropes on heading the activity team is now.

Meanwhile a big thank you to the volunteer coordinators for individual activities. Their names appear on page 6 and their contribution to the wellbeing of members through ensuring our activities are of a high standard, is massive. Thank you also

to the teams assisting.

Mystery Bus Trip

We had a great outing and this has been covered on pages 8 and 9.

Thank you to Bundaberg RSL Sub Branch for funding and to Glenda EB and team.

Coming activities

Check page 6 for the following upcoming activities:

- ◇ Picnic in the Park
- ◇ Flower Power
- ◇ Hervey Bay Lunch
- ◇ Beach Bliss Art Class
- ◇ Christmas

**GRANTS PROVIDE**

Funding for activities and equipment would not be possible without grants.

We recognise and thank the Federal Government for its many grant opportunities plus those associated with Queensland Government and also assistance through donations received from Bundaberg Services Club and Bundaberg RSL Sub Branch.

Of course, the funding doesn't just 'happen', detailed applications and acquittals need to be made by authorised members of our association and we owe these members a debt

of gratitude.

The Bundaberg Services Club donation is associated with our assisting delivering prizes for Super Saturday. With the change of club ownership it is unknown if the current club board will continue to provide this fund raising opportunity from another facility somewhere or if the new club's management will continue the tradition. We wait to see.

**OUR FIRST AID AND SAFETY ITEMS**

Thanks to the Gambling Community Benefit Fund, we now have a defibrillator and 2 fire extinguishers and to DVA Qld for a first aid kit, and a

fire blanket. Make yourself familiar with the location of these items and how to use them. See page 4 regarding defibrillator training.

**GOVERNANCE**

The association's governance documents that should be familiar to you, can be located on our website under the tab 'about us/important documents'.

These items get updated from time to time, and an annual review was conducted recently so please look for September 2024 versions of by laws and policy—they will be posted in coming weeks.

**WELLBEING**

Do we have details of your emergency contact?

There are a number of reasons we may need to use this information .

Remember your details would only be used by us to provide assistance in an emergency type situation. Disclosure to others would only be in exceptional circumstances as per our Policy 1.5

To check that your details are correct, contact Leone or secretary Faye.

*Leone*

**Hervey Bay shares Friendship August**

*A single rose can be my garden  
A single friend, my world*



## MEMBERS SUPPORT LEGACY WEEK

Legacy does a lot for our association and it is wonderful to see some of our members volunteering to assist Legacy during their annual Legacy Week appeal.

Jeannie Roberts, Glenda Everton-Brocklesby, Phyllis Smith, Pamela McNeen, Pat Strang and Kerry Clements worked at Legacy stalls. Of course Angella & Bill Hillis and Lynne Pollock, who are Legatees, are sure to have also had a busy week.

### So that we can honour you!

If you wish your service to your country to be recognised 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.

## PHOTOS OF YOU

Unless you advise otherwise, it is deemed we have permission to take and publish photos of you in the newsletter or on our Facebook page. If this is not the case, please contact the secretary.



### LODGE TEAM:

Lodge Liaison Officer: Angella Hillis  
 Librarian: Annette Newsham  
 Key holders: President, Secretary, Property Officer, Liaison Officer.

Other authorised access per the secretary.

### TIN HAT DONATIONS

A gold coin donation would be appreciated when attending meetings, cuppa chat etc. This goes to Bundaberg Legacy who provide us with our home.

### RESPECT OUR NEIGHBOURS

Legacy Lodge is a residential complex; 'The Lodge' is part of that complex -*For us to be a good neighbour we must be respectful of the other residents*

### GOOD HEALTH PRACTICES

Please be considerate— don't spread germs. Please stay at home if unwell



## TO SAVE A LIFE

We may have a defibrillator, but we need to learn how to operate it and what to do. Online training is available—search HeartSine 500P



**You may need to surf to find the YouTube videos—there are a couple and they are similar and all helpful.**

**The video has audio and you will probably need to watch it a number of times, refreshing periodically.**



Also look for:  
**How to change battery and pads on HeartSine Defibrillator**

# Wellbeing Activities

All of our activities are for the wellbeing of members.



## LINE DANCING

It is never too late to start attending  
Instructor Chris will help you to enjoy  
this healthy fun experience.

**WEDNESDAYS**

1200-1300 Hrs (noon to 1pm).  
Coronation Hall (airconditioned),  
71 High Street, Walkervale.

*Funding provided by Dept of Veterans Affairs, Queensland.*

\$2 donation per session per participant.

## TEN PIN BOWLS

*Last Monday—all welcome*

Meet in café area 1030 for 1100 Hrs start.

Stay for a social lunch (optional).

First timers contact Lynne Pollock  
0438 517 795

## RSL

### Veterans Health Week

Tue 15 Oct 0930-1130

Morning Tea & Special Guest Speakers  
*Providing helpful information*

RSVP 9 Oct Ph 4330 3167

E reception@bundaberg.rslqld.net.au

Other activities are happening the same week. check  
RSL Facebook for details

## VETERANS HEALTH WEEK

*Keep Connected*

## Flower Power

**Thursday 17 October**

**1000-1430**

**Legacy House**

**11 Williams Road, Svensson Heights**

*Join with friends and learn new  
skills*

**Morning Tea &  
Light Lunch**

**DVA funded**



## WANTED

### Wellbeing Support Officers

Currently we have:

Shirley Watson covering a number of members  
and Pioneer South;

Jenny Waldron who is in regular touch with some  
members;

Ethel Bourke who covers the Lakes Village  
and Leone Wilson to cover the rest plus with the  
overall responsibility.

We need more members looking out for other  
members by contacting them either in person, by  
phone or by email.

Contact Leone to see how you can help.

## UPCOMING ACTIVITIES 2024



### PICNIC IN THE PARK—SUN 13 OCT

South Head Parklands, Burnett Heads cnr Jones & Neill St 1100—1400 Hrs  
Bring your own picnic and refreshments (no alcohol). Coordinator: Glenda Everton-Brocklesby

### VETERANS HEALTH WEEK—KEEP CONNECTED—FLOWER POWER—THU 17 OCT

Wreath making, table decorating 1000-1430 LEGACY HOUSE  
Includes morning tea and light lunch. Coordinator: Sheryl Parker

### HERVEY BAY ESW SOCIAL CLUB—40TH BIRTHDAY LUNCHEON 19 OCT

*RUBY, RUBY, RUBY* \$65 MEMBERS, \$75 GUEST  
RSVP through our usual booking system, by 30 Sep. Coordinator: Jenny Waldron  
Depart Bundy Coaches 0930 Hrs

### ARTCLASS—BEACH BLISS—SAT 2 NOV

1000 HRS. The Lodge. RSVP by 19 Oct—pay as per page 2,  
Coordinator: Jeannie Roberts  
Members \$40 Guests \$70—includes use of art materials and you get to keep your masterpiece.  
PLEASE BRING YOUR OWN LIGHT LUNCH

### CHRISTMAS LUNCHEON 18 NOV

1130 for Noon—OLD BUNDY TAVERN Customs Room—theme is 'Christmas'  
Members \$30 Guests \$40. RSVP 08 Nov. Coordinator :Jeannie Roberts

### MONTHLY REGULARS

Check page 7 for dates

### CUPPA CHAT

FIRST WEDNESDAY OF THE MONTH  
Informal get together at the Lodge from around 1000 Hrs  
Arrive and depart as you wish. Bring a plate (optional)

### TEN PIN BOWLS

LAST MONDAY JAN-NOV—FUN ACTIVITY—NO SKILL NEEDED (OR USED!) 1000 FOR 1100 HRS  
*Healthy exercise with mates and plenty of laughs. Everyone is a winner.*  
Bundaberg Bowl & Leisure Centre, Lester Street. Coordinator: Lynne Pollock

### LINE DANCING

WEDNESDAYS FROM 8 MAY—1200 TO 1300 HRS  
Coronation Hall, 71 High St, Walkervale. Coordinator: Sharon Barsby  
*The word is that it is a real hoot! Enjoyment level is such that the dances plan to continue in 2025.*  
Currently sponsored by DVA Queensland—cost for participants \$2 each per session.

### EOI INVITED FOR PLANNING PURPOSES

If you have questions please contact the member organising:

Norfolk Island in 2025—Annette Newsham; Cruising 2025—Gloria Kilpatrick

### **BOOKING FOR AN ACTIVITY**

The easy way is via the clipboards at the Lodge.

Otherwise contact organiser, activity officer or secretary. Contact info page 2.

### IMPORTANT:

Please advise any special diet requirements when booking for a function.

*All bookings are to be confirmed by payment (see page 2 for payment options).*

*Watch for any updates to these activities.*

# OUR DIARY 2024

*Please check page 10 for Commemorations*



SEP	Wed	25	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
SEP	Mon	30	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
OCT	Wed	02	Cuppa Chat	Lodge from 1000 Hrs
OCT	Wed	02	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Wed	09	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Sun	13	Picnic in the Park	Burnett Heads—bring your own lunch
OCT	Wed	16	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Thu	17	VHW	Veterans Health Week—Keep Connected—see page 5
OCT	Sat	19	Hervey Bay	Luncheon, Theme: Ruby - more details page 6
OCT	Mon	21	Meetings	Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs
OCT	Wed	23	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
OCT	Mon	28	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
OCT	Wed	30	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Sat	02	Arty/crafty	1000 Hrs Details at the Lodge—see page 6
NOV	Wed	06	Cuppa Chat	Lodge from 1000 Hrs
NOV	Wed	06	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Wed	13	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Mon	18	Christmas Lunch	Old Bundy Tavern— 1130 for noon—see page 6
NOV	Wed	20	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
NOV	Mon	25	Ten Pin Bowls	Bundy Bowl & Leisure Centre, 1030 for 1100 Hrs
DEC	Wed	04	Cuppa Chat	Lodge from 1000 Hrs
DEC	Wed	04	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
DEC	Wed	12	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
DEC	Wed	19	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs

PROPOSED FOR 2025—SOME ARE SUBJECT TO CONFIRMATION—will be updated when changes occur

JAN	Sat	04	Super Saturday	To be confirmed by new management
JAN	Wed	08	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JAN	Sat	11	Super Saturday	To be confirmed by new management
JAN	Wed	15	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JAN	Sat	18	Super Saturday	To be confirmed by new management
JAN	Mon	20	Meetings	Lodge, Committee 1200 Hrs (all welcome), General 1300 Hrs
JAN	Wed	22	Line Dancing	Coronation Hall 71 High St Walkervale 1200 Hrs
JAN	Sat	25	Super Saturday	To be confirmed by new management



**A spate of Morning Teas seems a good way to welcome the warmer weather. From Tom Quinn Café, Norville to Homestyle Café, Childers. Most of all, we were enjoying outings together!**





## Revealing the mystery

*When planner GEB turned up to say she would stay at home, you had to wonder what was in store!*

*We didn't think it would be Childers.*

*Why not, you say—well we have been there before!*

*But factor in the proven delight of just going somewhere with mates, she couldn't plan it wrong, right?*

*Morning tea in Childers was a must, as was exploring the historical venues, and the shopping, and the park facilities; we also got exercise and a hit of Vitamin D.*

*And all that before we re-boarded our coach to head for the sea.*

*Trivia! Wot? We should have expected that!*

*Next stop Woodgate—yup, we have been there too but it has been ages since the last coldie at the pub. We changed that fact, and enjoyed a few.*

*We also enjoyed the extensive menu, the visiting vintage cars (thought we would lose GT to one for a while), the sea breeze and the beach.*

*On the road again—homeward bound, but with a stop. Jenny didn't really need to spill the beans, we had guessed.*

*Macadamias Australia! Our mental shopping list already planned. Gosh, the place has changed—wow, with more time we could have all sat around and had another cuppa! Shopping came first and it is a fair guess that we all joined up as Macadamias Australia family members to get the great discount on offer. After locating Faye, the nut loaded coach headed for the depot.*

*Thank you Glenda EB, for the planning, and co-captains Jeannie and Jenny for 'hostessing', and co-adventurers all for the friendship and fun.*



**CHECK OUT  
MORE  
PHOTOS OF  
BOTH TOM  
QUINN &  
MYSTERY  
EVENTS ON  
FACEBOOK**



# Commemorations

*NB: Angella is absent at present, so I am providing the following without her input or proof read.  
Questions to me only thanks. Leone*

## **ANZAC PARK REDEVELOPMENT**

### **Work currently underway**

You will have seen the signage surrounding ANZAC Park—the redevelopment going on behind that is less elaborate. It is stage one and involves levelling, grassing, creating pathways and having the park for use on Anzac Day 2025. This should be achieved, weather permitting.

In due course, stage one is destined to include standard toilet facilities. The ‘memorial’, which it is intended to line up with the Soldiers’ Monument, will be a flag with the base made of tiers upon which wreaths can be placed. Wording will enhance the base.

Plinths will be included in a remembrance and reflection section where smaller commemorations may be held. We plan to remember service women in this area.

You can read a news release in Bundaberg Now 29 July 2024 issue. Max Francis is coordinating meetings between ESO’s and council to keep us abreast of planning and progress.

## **STREETS OF REMEMBRANCE**

### **A Bundaberg Regional Council program**

Our association has begun inputting names to this program which honours locals who have provided outstanding service to their nation, many giving their lives.

Any local resident can participate. The Policy and Guidelines are online as too the relevant application form at: [bundaberg.qld.gov.au/planning-building/streets-remembrance-program](http://bundaberg.qld.gov.au/planning-building/streets-remembrance-program).

## **REPRESENTING OUR ASSOCIATION AT COMMEMORATIONS**

This year the Bundaberg RSL Sub Branch organised a number of commemorations but as the notice was somewhat short, we were not always successful in having a representative attend to lay a wreath.

Commemorations are important. They are very meaningful as the service and sacrifice of Australians should never be forgotten.

A number of our members can relate to some of the services and it would be most appropriate that these members have the opportunity to lay a wreath. This could be done representing our association. I have asked the RSL for a calendar of 2025 commemorations. If one is not received we can guess at possible events based on anniversaries. Members’ interest in representing can then be obtained from you so that maybe next year we are better prepared. Expressions of interest to me please. (Leone)



### **Our members’ post WWII defence contribution to Australia**



## In The Beginning .....



In the beginning God created day and night. He created day for footy matches, going to the beach, and barbies. He created night for going prawning, sleeping, and barbies. God saw that it was good. Evening came and morning came and it was the Second Day.

On the Second Day God created water for surfing, swimming, and barbies on the beach. God saw that it was good. Evening came and morning came and it was the Third Day.

On the Third Day God created the Earth to bring forth plants to provide malt and yeast for beer and wood for barbies. God saw that it was good. Evening came and morning came and it was the Fourth Day.

On the Fourth Day God created animals and crustaceans for chops, sausages, steak and prawns for barbies. God saw that it was good. Evening came and morning came and it was the Fifth Day.

On the Fifth day God created a bloke to go to the footy, enjoy the beach, drink the beer, and eat the meat and prawns at barbies. God saw that it was good. Evening came and morning came and it was the Sixth Day.

On the Sixth Day God saw that this bloke was lonely and needed someone to go to the footy, surf, drink beer, eat, and stand around the barbie with. So God created Mates, and God saw that they were good blokes. God saw that it was good. Evening came and morning came and it was the Seventh Day.

On the Seventh Day God looked around at the twinkling barbie fires, heard the hiss of opening beer cans and the raucous laughter of all the blokes, smelled the aroma of grilled chops and sizzling prawns and God saw that it was good.... well almost good. God saw that the blokes were tired and needed a rest. So God created Females to clean the house, bear children, wash, cook, and clean the barbie.

God saw that it was not just good, it was better than that, it was bloody good.

**IT WAS AUSTRALIA!!**



*That may have been in the beginning, but now:*



*It's not my age that bothers me - it's the side effects.*



**KIDS!**

### 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?"



### SUNDAY PERFORMANCE

A little boy forgot his lines in a Sunday School presentation. His mother, sitting in the front row to prompt him, gestured and formed the words silently with her lips, but it didn't help. Her son's memory was blank. Finally she leaned forward and whispered the cue, "I am the light of the world." The child beamed and with great feeling and a loud, clear voice said, "My mother is the light of the world."



### BUSY RIGHT NOW!

A woman was trying hard to get the catsup to come out of the jar. During her struggle the phone rang so she asked her four-year old daughter to answer the phone.

"It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."



### GREY QUESTION

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head.

**SMILE**

She looked at her mother and inquisitively asked, 'Why are some of your hairs white, Mum?'

Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.'

The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'



## CONTACTS

**RSL**  
**EMERGENCY 134RSL (134775)**

### Bundaberg RSL:

**Veteran Support Centre:**  
ADVOCATE RECEPTIONIST  
(Level 1 Compo Level 1 Wellbeing)  
Liz Kirchner: 4330 3167  
Advocate Cell Tue-Fri 0900-1600  
Compensation Advocate - Lex Roberts

**ACTIVITIES:** Jan Rimmington  
**0422 134 313 (Work from Home)**

**RSL Sub Branch**  
**MOB 0477 959 747 or 43303169**  
Secretary Dannielle Brearley  
RSL bldg. Mon-Fri 0830-1500

**RSL VETERAN SERVICES**  
**134 RSL (134 775) Opt 2**  
vs@rslqld.org

**LEGACY**  
**WELLBEING** Rudy Valzan  
**0418 452 059**

**Defence Vets Drop In Centre:**  
**4153 4599**

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

**DVA**  
**1800 555 254**  
Advice and claims  
**1800 838 372**

**Mates4Mates**  
mates4mates.org

**Open Arms—**  
**Veterans & Families**  
**Counselling**  
**1800 011 046**

**Safe Zone 24/7**  
**1800 142 072**

**Lifeline 24/7**  
**13 11 14**

www.lifeline.org.au

**ADF Health & Wellbeing Portal**  
www.defence.gov.au/health/  
healthportal

**Defence Family Helpline 24/7**  
**1800 624 608**  
www.defence.gov.au/DCO/  
Defence-Helpline.asp

**Health Direct 1800 022 222**

**Poisons Information 13 11 26**  
**Elder Abuse 1800 737 732**

**HAVE YOU BOOKED? Check**  
the clipboards;  
the notice board;  
CO pages 6 and 7; and Website  
Have you secured your  
booking with payment?

## Failing sight or great expectations?

Upon reaching 65, I decided to re-tire. After having me under foot for a few months, my wife became very agitated with me. She suggested I go and do something to occupy my time, like join a club or get a hobby. I obliged and went out for a couple of hours..

When I got home my wife asked about my day and I replied, "Oh, I just went down to the park and hung out with the guys. And oh yeah, I joined a parachute club.

"What? Are you nuts? You're 65 years old and you're going to start jumping out of airplanes?"

"Yeah, look I even got a membership card."

"You crazy old man, where's your glasses! This is a membership to a Prostitute Club, not a Parachute Club!"

"Oh, great! Now what am I going to do? I signed up for 5 jumps a week!

## BIRTHDAYS

### OCTOBER

Dannielle Brearley	01
Gloria Garbutt	05
Sam Morgan	11
Nicole Blackley	16
Ethel Bourke	21
Ken Parker	21

*Happy Birthday!*



*Berris loves to share, so it seems reasonable that a photo of her taken during 'open house' celebrations of her 90th birthday, should sit on the back page surrounded by jokes she and you can share laughs over. Congratulations to Berris for reaching the naughty 90. Here she is with daughter Helen and great grand daughter Harlow.*

Little Emily went home from school and told her mum that the boys kept asking her to do cartwheels because she was good at them.



Mum said "You should say 'No' - they only want to look at your knickers."

Emily said, "I know they do. That's why I hide them in my bag"!

**BUMPER STICKER**  
**YOUNG AT HEART**  
Slightly older  
in other places.

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, 'Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.'

'Yes,' the class said.

'Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?'

A little fellow shouted, 'Cause your feet ain't empty.'



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