

Torch

WINTER 2011



Caring for Families of
Deceased Veterans 1923-2011



Inside this issue...

- 3 Youth march on Anzac Day
- 5 Mothers Day Delight
- 6 2012 Scholarships, Bursaries & Grants
- 7 Introducing Brenda Seymour
- 8 Durack Care Group outing
- 9 Transport options for those without a Gold Card
- 16 Winter safety



cover

Tony Ralph, Brisbane Legacy President and Oliver Barker aged 4



THIS ISSUE

- 2 A message from the CEO
- 3 Youth march on Anzac Day
- 4 From our Community Services Manager
- 5 Mothers Day Delight
- 6 2012 Scholarships, Bursaries & Grants
- 7 Introducing Brenda Seymour
- 8 Durack Care Group outing
- 8 100th Birthday celebrated
- 9 Transport options for those without a Gold Card
- 12 How do I talk to someone who's grieving
- 14 Depression and anxiety in older people
- 16 Winter safety
- 18 Care Groups and Laurel Clubs
- 19 Change of Address

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A message from the CEO

With the President and Vice-President overseas, it's left to me to pen a few lines for this winter edition of Torch.

In the previous edition of Torch, the President reported on the devastation of the summer flooding and tropical storms. Since then, I have had an opportunity to speak to some of those who endured the floods and have been shocked to hear firsthand what it has meant to those most affected. As if the damage to the family home and the loss of irreplaceable heirlooms was not enough, many now face a long fight with insurers to rebuild their lives. The dislocation and uncertainty has taken an emotional toll that many will find it difficult to recover from. On a more positive note, and despite the devastation, all have spoken of the extraordinary community response following these disasters and of the wonderful generosity of complete strangers.

After initially contacting those who suffered damage, Legatees and staff are now in the process of meeting with those who were flood affected to ascertain what assistance is still required after all other flood relief has been obtained and the outcome of negotiations with insurers identified. If for any reason whatsoever you have not been contacted or are in need, please contact the Community Services Manager at Legacy House.

On a brighter note, I hope that all had a happy Easter and Mother's Day. Interspersed with these was Anzac Day. While this is a solemn occasion for most, it along with the many other significant anniversaries being commemorated as we approach the centenary of Anzac, is a great source of national pride and so it was that many of our younger families marched on Anzac Day this year. Adding to the occasion the President, Legatee Tony Ralph, presented replicas of their father's medals to children who marched in the CBD Anzac Day Parade. This is reported on elsewhere in Torch, but for those who attended the parade or watched it on television, you could not have been moved by the sight of 27 children marching behind the Legacy banner or reminded that the work of Legacy will continue well into the future.

It goes without saying that Legacy needs funds to support its work. In the first quarter of the year we



traditionally conduct a direct mail appeal and, in the Central West, a radio appeal. Both of these were again successful as were our fundraising efforts in commercial and retail premises and at both private colleges and state schools. This year we also raised funds at the domestic airport. Both Qantas and Virgin provided access to their departure lounges for 10 days prior to Easter. Clearly, this was a busy period with people travelling for the school holidays and the Easter break, and in addition to the funds raised, provided excellent exposure for Legacy.

While on fundraising, I'm very pleased to announce that George Hartnett Funerals has agreed to sponsor Brisbane Legacy for the next 12 months. George Hartnett Funerals is one of many funeral home brand names that form InvoCare; a national sponsor of Legacy. I am grateful for the sponsorship provided by George Hartnett Funerals and welcome their offer to provide advice and general information regarding estate planning, particularly the services provided by the funeral industry. This will be provided through Torch or by Care Groups inviting a guest speaker from George Hartnett Funerals.

Finally, as the days become shorter and the temperature falls, I urge all of you to stay safe. In particular, I urge you to consult your doctor regarding vaccinations to reduce the risk of chest infection this winter and to contact your local fire station to arrange for a free safehome visit to assist with your fire and home safety needs. Simple precautions like these can make all the difference.

Steven Blinkhorn
CEO

Youth March on Anzac Day

Brisbane Legacy's participation in this year's Anzac Day parade was different insofar as the members marching, apart from Legatees, were almost entirely the widows and children of more recent service.

The participation of many of our younger families serves as a poignant reminder that Australia still has over 3,500 servicemen and women deployed on security and humanitarian missions overseas. It is an unfortunate fact that sometimes these deployments result in the death of young soldiers, including six young Brisbane based soldiers in the past 12 months.

Prior to the parade, Brisbane Legacy President, Tony Ralph, presented the children marching with replicas of their father's medals to be worn with pride and in remembrance of their father's service to Australia.

Anzac Day, born out of the landing of Australians on the shores of Gallipoli, has become an important part of our national identity and is a time when we commemorate the service and sacrifice of those who have served Australia; not only at Gallipoli but in all wars and conflicts since. The genuine and warm reception that our younger family members received on the day was overwhelming and will be remembered for many years to come by those who participated in the march.

The parade was followed by a Legacy lunch at Amici's Italian Restaurant at South Bank. In the spirit of the occasion, the wait staff of the restaurant donated all tips received on the day to Legacy. We thank them heartily for their generosity.

I would like to convey my thanks to the young families and Legacy staff who marched on the day or helped to make this such a memorable occasion. There was some excellent media coverage of Legacy's involvement and some great photographic opportunities as some of the following photographs demonstrate. I know that this year's parade, coming in the midst of the Easter long weekend, made it difficult for some families to participate, so I greatly appreciate the effort made by so many. The feedback from the day has been overwhelming. The Legacy Facebook site - which now has more than 6000 followers - has been flooded with positive comments.

Brendan McGufficke





From our Community Services Manager

Welcome to the winter issue of *Torch*!

I'm sure everyone would agree that our cover photo of little Oliver Barker with Brisbane Legacy President Tony Ralph is a winner! This image is the perfect symbol of Legacy's Anzac Day march in Brisbane, a poignant day for many of us, but also a day of pride and of family.

I'd also like to draw your attention to a couple of new

regular articles in *Torch*. The first is "Introducing..." which introduces a different Legacy lady each issue. The second is "Newfangled" an article which shares information about new products and services that might be of interest to you.

The *Torch* is your magazine ladies, so once again I encourage your input of ideas, articles, poems or pictures. If sending photographs however, we much prefer an electronic version to assist with production.

Happy reading!

Christina Davidson

Anzac Fundraising Appeal

Brisbane Legacy coordinated a broad fundraising appeal through Bunnings' stores, the domestic airport and some 80 schools and businesses across a three week period prior to Anzac Day.

While Brisbane Legacy normally distributes corporate trays in the period leading up to Anzac Day, this was the first time that we have had a presence in the domestic terminal departure lounges.

New point-of-sale stands were created for the occasion, generating great visibility for Legacy at both the Qantas and Virgin Blue terminals. The increase in air travel in the lead up to Easter and the funds raised made this a worthwhile initiative.

Thanks to the generosity of the travelling public and support from the airlines and staff, our target of \$20,000 income from the site was far exceeded with almost \$45,000 being grossed over 10 days.

Thank you to all of our legatees, volunteers, corporate organisations and schools that helped to make this possible.

Brendan McGufficke



Thank you for your support of the 2011 Anzac Appeal.



MOTHER'S DAY DELIGHT

What to do for Mothers Day?

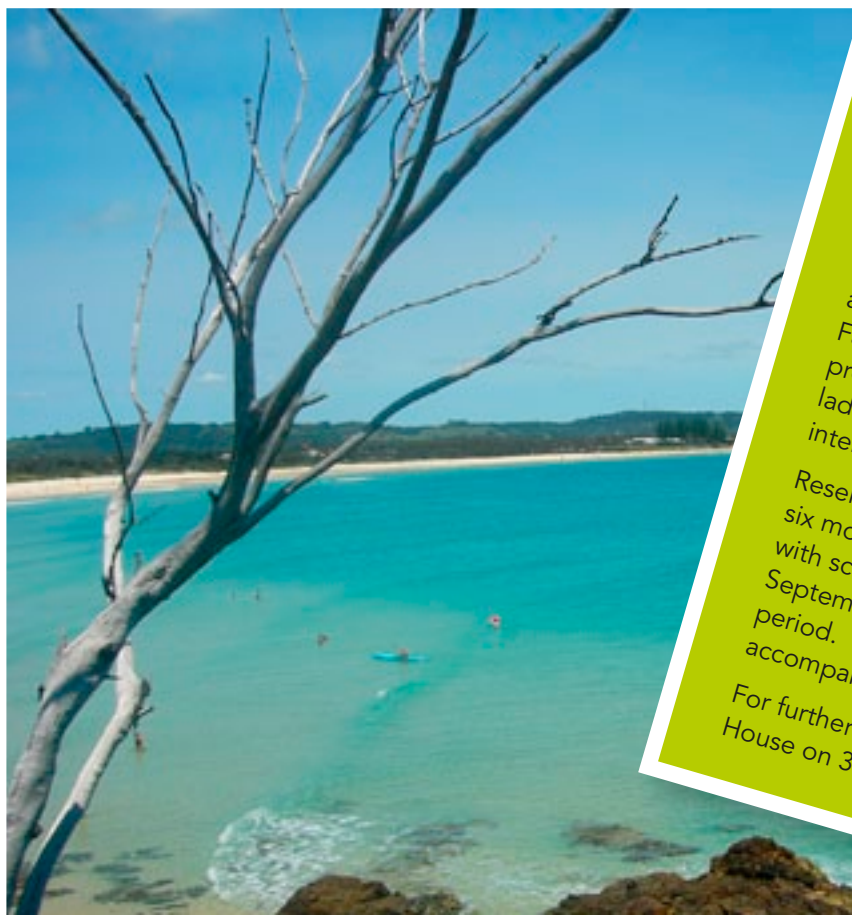
The answer from the Community Services team was to treat a group of our younger mums to a well earned pamper day at the beautiful day spa, Stephanie's, situated at Clear Mountain Lodge. Stephanie's philosophy is to "Embrace new technologies, respect ancient rituals, step away from the ordinary and create breathtaking treatments."

On 6 May, six mums met at Clear Mountain Lodge for a day that we all yearn for; one that was a step away from the ordinary just as it was spectacular with views across the hills to the city from one side and across the Samsonvale Dam from the other.

Our mums were well looked after by Christina and Nicole from Legacy House, and by the lovely and highly skilled staff from Stephanie's. A choice of massage, pedicure, manicure or facial was on offer - which some of the ladies had a difficult time choosing between!

As well as the treatments, our mums had an opportunity to relax in the luxurious lounge, graze on a range of sweet and savoury delicacies, and to chat and get to know each other.

The day was a good reminder for everyone of the need to take time out for yourself. No need to feel guilty, because if Mum's relaxed, everyone benefits.



Holiday Units

Brisbane Legacy Holiday Units are available at Cotton Tree, Maroochydore (Sunshine Coast), at a charge of \$100 per person, per week. Families with school age children have first preference, followed by Queensland country ladies, Brisbane metropolitan ladies then interstate ladies.

Reservations can normally be made up to six months in advance, except that families with school age children have until mid September to book for the Christmas holiday period. Relatives and friends are welcome to accompany you on your holiday.

For further information contact Sue at Legacy House on 3846 4299.



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST LIMITED
ACN 008 609 032 / ABN 50 008 609 032

2012 Scholarships, Bursaries & Grants

The 2012 Applications open on 18 August, 2011.

The Australian Veterans' Children Assistance Trust (AVCAT) gives financial assistance to help selected children & grandchildren of the Australian Ex-Service Community with the costs of tertiary education. Selection is of the most deserving candidates of merit, who, without our help, would be unable to start or complete studies without financial difficulty. Applicants are considered for all schemes for which they are eligible.

Long Tan Bursary:

The largest scheme is the Long Tan Bursary funded by the Australian Government. Each year there are 50 new bursaries valued at \$9,000 each, which is paid at \$3,000 per year for three years. To be eligible you must be: the child of an Australian Vietnam Veteran, be resident in Australia, be enrolled or planning to enrol in any year of tertiary study having not previously received a Long Tan Bursary.

Other Scholarships:

The other national schemes are the AVCAT Bursary, the RSL Scholarship, Vietnam Veterans' Peacekeepers and Peacemakers Scholarship, Legacy Australia Scholarship and the George Quinsey Scholarship - which directly pays tuition fees for economics, commerce and accountancy studies.

There are also regional scholarships. In NSW, there is the Brisbane Water Legacy Scholarship covering Gosford/Wyong NSW and the NSW TPI Association Scholarship. In SA, the VVAA also offers a Scholarship. There are also some private donors offering scholarships to NSW resident applicants.

Schemes vary between \$3,000 and \$5,000 per year each. Some are restricted to location of residence or studies. Most require operational service in Vietnam but others are broader in eligibility criteria. In addition to the above there is one grant per year to assist a handicapped eligible veteran's child or grandchild with special extra costs of transition to tertiary studies or employment.

To apply you must be:

- a. Within the means test, i.e. eligible on assets and income grounds for the Youth Allowance benefit for full time education.
- b. Enrolled, or planning to enrol in a full-time course of tertiary education in Australia by attendance at a university, TAFE or college. The course must be of one or more academic years in length and should be at undergraduate level (some exceptions).
- c. The child or grandchild of a person who has operational service with the Australian Navy, Army or Air Force, or three or more year's continuous full-time service as a member of the Australian Defence Force.
- d. Under the age of 25 when applying, unless exceptional circumstances related to veteran's service exist.

One application form covers all the scholarships.

To receive an application form,
register your interest on 1800 620 361, or by email: avcat@dva.gov.au,
or download from our website at: www.avcat.org.au

Applications close on 31 October, 2011

AVCAT PO Box K978, Haymarket, NSW 1240
Phone: 02 9213 7999 Fax: 02 9213 7307

If you need more information you can contact your Legatee or the
Community Services team at Legacy House.

Introducing... Brenda Seymour!

Brenda is 72 years of age and lives in Runcorn. She has been a volunteer with Legacy for 15 years and also attends LANA gatherings.

What does Legacy mean to you?

Legacy is a wonderful organisation that helps our needy widows and the young children.

What are your thoughts about ageing gracefully?

My Mother who's 98 is a great model for ageing gracefully. She enjoys herself and laughs a lot. She's young at heart and has all her mental faculties - probably because she does crosswords and all sorts of puzzles. She also presents herself really well - hair, makeup and clothes.

If you could invite any 3 people (dead or alive) to dinner, who would they be and what would the meal be?

I'd invite my husband and our 2 best friends of 52 years. We would have a good roast dinner followed up by apple pie and ice cream.

What's some advice you would give to a young woman who had had lost her husband/partner?

Keep moving forward, for yourself and the children's sakes. Think about the good times you've had and try not to be too sad.

What type of hobbies do you have/what do you do in your spare time?

I take Mum down to the Club. I like crochet, knitting and sewing, enjoy doing jigsaw puzzles and all sorts of other games on the internet. I help out as a volunteer at Legacy House on a regular basis.

What would you like to see Legacy doing in the future?

Perhaps they could build some hostel type accommodation, where people could live in their own rooms and bathrooms, but come together for meals and social activities.



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DURACK CARE GROUP OUTING

The ladies of the Aveo Durack Care Group recently enjoyed a lovely day out at the Old Government House in Brisbane. The property is recognised as one of Queensland's most important heritage sites.

The ladies had a tour of the well preserved grounds and buildings which are located within the grounds of QUT's Gardens Point Campus. As the first public building to be designed and built in the new colony of Queensland, it housed the Governor and served as a family home, an administrative centre, and a social hub for the new colony until 1909.

Note: The members of the Aveo Durack Care Group are all residents of the Aveo Durack Retirement Village. The group meets monthly (1st Wednesday) at 10.00am. New members are always welcome. Contact Mona Clarke on 32788772.



Thanks to
Mona Clarke -
Convenor, for the
photograph.



100th Birthday celebrated

Mrs Dorothy Rattenbury celebrated her 100th Birthday on 9th May at Legacy House. Mrs. Rattenbury, an ex-service woman, is originally from Glasgow, Scotland and came to Australia with her family aged 6. She has been a long time supporter of Legacy and has been a regular Canasta player at the Laurel Club for the past 11 years. Mrs. Rattenbury celebrated the very special occasion of her 100th Birthday with friends at the Laurel Club who hosted a morning tea for her.

Dorothy has great sense of humour and is well known for her quick wit and love of a joke. She advised turning 100 is hard work with so many parties to attend!

Anzac Poem

Sir

Sir - would it help if I shed a tear
I swear it's the first time since this time last year
My spine is a tingle - my throat is all dry
As I stand to attention for all those who died

I watch the flag dancing half way down the pole
That damn bugle player sends chills to my soul
I feel the pride and the sorrow - there's nothing the same
As standing to attention on Anzac Day

So Sir - on behalf of the young and the free
Will you take a message when you finally do leave
To your mates that are lying from Tobruk to the Somme
The legend of your bravery will always live on

I've welcomed Olympians back to our shore
I've cheered baggy green caps and watched Wallabies score
But when I watch you marching (Sir) in that parade
I know these are the memories that never will fade

So Sir - on behalf of the young and the free
Will you take a message when you finally do leave
It's the least we can do (Sir) to repay the debt
We'll always remember you - Lest We Forget

Damian (Dib) Morgan 1998

Dib Morgan is a young Queenslander from Condamine on the western Darling Downs. Sir is a vote of thanks to the men and women who have fought to defend the freedom that this country enjoys. Dib is determined to play his part in helping to preserve the Anzac Spirit.

Transport options for those without a Gold Card

Transport is an ongoing issue for senior citizens with many physically unable to use public transport options, such as bus or train, to access services and facilities within and beyond their local community.

The St John (Qld) Transport Access Project (TAP) is one safe and affordable option for those living in the northern suburbs including:

- **Access Direct.** Access Direct is a pre-booked door-to-door service that provides transport to a wide variety of destinations including health facilities, rehabilitation, social activities, and other places for individuals or small groups. The service operates on a 'book three days in advance' basis and requires clients to be medically fit for transport by volunteer community transport drivers.
- **Shopping services.** These are pre booked door-to-door shopping transport services taking clients from their homes to local shopping centres:
 - Peninsula Fair customer express (Mon);
 - Stafford City customer express (Tues); and
 - Aspley Hypermarket shopper hopper (Thurs)

This service is operated in partnership with Brian's Buses, Peninsula Fair, Stafford and Aspley Shopping Centres.

- **Multi Ride.** This is a pre booked door-to-door service that takes clients from their home to a nearby shopping centre and is operated in partnership with Black and White Cabs and Brisbane City Council – Council Cabs service.

Services include:

- Kenmore Village (Thursday) picking up in Kenmore and Chapel Hill;
- Indooroopilly Shopping Town (Tuesday) picking up in Kenmore and Chapel Hill;
- Brookside Shopping Centre (Thursday) picking up in Alderley, Enoggera and Everton Park;
- Brookside Shopping Centre (Friday) picking up from Arana Hills, Everton Hills and Ferny Hills;
- Strathpine Shopping Centre (Thursday) picking up in Bald Hills and Bracken Ridge; and
- Bracken Ridge Plaza (Wednesday) picking up in Bald Hills and Bracken Ridge.

- **Community Transport Brokerage Scheme.** This scheme involves management of existing community transport vehicles, to be utilised during their downtime to provide transport for social, medical and hospital appointments. These are booked online through a diary system accessible by participating groups.

The scheme is for agencies and groups who would normally have difficulty accessing vehicles for group transport. Volunteer based agencies, Home and Community Care funded agencies and services, people with disabilities and their carers, transport disadvantaged groups, frail older people and their carers, carer support and self-help groups are eligible for the scheme.

- **Group Transport for Community Groups.** This is a tailored service for community groups in partnership with TAP. Groups organise recreational, social and therapy orientated outings for their clients with TAP working with them to manage the transport component of the outing.

For further information or to book a service, call the TAP office on **1300 360 455** or **3253 0551**.

On the south side of Brisbane, **Lands** operates a similar service to that operated by St John.

Lands is a non profit organisation funded primarily by Home and Community Care (HACC) and operates with both paid staff and volunteers.

Lands operate door to door transport services using contracted taxis, buses and a fleet of vehicles. These services are shared and pre-booked, operating Monday to Friday, excluding public holidays. There is a cost which varies depending on the distance.

The main services provided are:

- medically related transport in Brisbane South and Logan;
- shopping services in Logan and Wynnum areas; and
- social and shopping transport in Logan and Brisbane South areas

Lands can be contacted on 3422 7900.



KOKODA *A Tribute in Verse*

The CD, 'Kokoda – A Tribute in Verse', is a newly released compilation of verse centred around the iconic Kokoda Trail, narrated and produced by Legatee Chad Sherrin.

The landing of Japanese forces on New Guinea's north shore in July 1942 represented a direct threat to Australia; the capture of Port Moresby would provide stepping stone to conquest of the Australian mainland.

The diggers of Maroubra Force fought a dogged battle along the Kokoda Trail, against formidable odds and in the most atrocious of conditions, to ensure this would not happen.

The poetry featured in the tribute, much of it written by the Diggers themselves, provides a poignant glimpse into the soldiers' war, their courage, their thoughts, their feelings and emotions as they fought that desperate battle to save our country.

Each poem is accompanied by a narrative setting the verse within the context of the fighting on the Kokoda Trail.

This special tribute is dedicated to those men who fought and died on the Kokoda Trail in those dark days of 1942.



30% of the proceeds of sale of the CD are donated to Legacy.

\$15.00 (includes postage & handling).

Contact Gavan White at Legacy House 3846 4299.

LEGACY HOME HANDYMAN SERVICE

Brisbane Legacy often receives requests for referrals to reputable tradesmen and others who are capable of undertaking minor household repairs and maintenance.

While we are unable to assist with tradesmen, we do now have a Legatee willing to provide a home handyman service.

Legatee Aaron Smith is a former serviceman of 16 years; including an operational tour in East Timor in 2000. While he is not a tradesman, he has in the past operated his own business as a home handyman.

As a Legatee, Aaron is offering his services free of charge to widows enrolled with Brisbane Legacy. However, there will be an administrative charge levied by Brisbane Legacy to cover the cost of travel, wear and tear on tools and insurance. Added to this will be the cost of all materials required for the job. All work will be tasked and billed by Brisbane Legacy. There will be no direct payment to Aaron.

As mentioned, Aaron is a home handyman, not a tradesman. Therefore he will only undertake general repairs of a minor non-structural nature.

Those wishing to utilise this service are to do so by contacting Mrs Sue Bogatko at Legacy House on 3846 4299. Sue will take details of the work to be performed, degree of urgency and location. On acceptance (or rejection) of the job, you will be contacted and provided details. Please note that it is not possible for one person to cover the whole of the Brisbane metropolitan area. Work will be initially confined to the west and south western suburbs to allow for demand to be gauged.



LEGACY HOME HANDYMAN SERVICE

For bookings phone Sue on 3846 4299

The cost is \$20 per booking
(to cover the cost of fuel, wear and tear & insurance)
+ the cost of materials

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Please select your preferred reservation option:

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or 2. FAX to: (02) 9841 3399 – 24hrs

or 3. ONLINE at www.bradford.com.au
quoting reference: 59182

“How do I talk to someone who’s grieving?”

Someone you know is grieving. Perhaps you’ve sent a card or flowers. Or you’ve attended the funeral.

You know that when you see them next or give them a call, you want to say the right thing.

- Do I bring up the subject?
- What if I put my foot in it?
- Do I ask if they’re coping?
- What if I upset them?
- What if I get all emotional too?

It’s natural to be anxious. Most of us aren’t well practised in talking about grief. We’ve grown up in a society that says: Big boys don’t cry. Be brave. Be strong. Keep your feelings to yourself.

Once the funeral is over, grieving people soon experience the awkwardness of friends, including the avoidance of any mention of the person who’s died. Conversations can become stilted and brief. Even an enquiring, “How are you?” is often not clear – do you mean how am I really coping or is it simply a greeting to which I’m supposed to answer in the usual way, saying “I’m fine thanks”.

When you’re grieving, you need to know that your friends will not abandon you or put pressure on you to act like your old self.

Grieving people need permission from those around them to:

- Speak openly about what happened
- Talk about the person who died
- Express how they are feeling
- Explain how they are coping
- Show their emotions
- Be themselves without being expected to put on a happy face because it will make everyone else feel better.

Here are some helpful tips aimed to reduce the uncertainty about what to say.

1. *Acknowledge what’s happened – avoiding the person or the subject of death doesn’t lessen the grief.*
2. *Listen. Let them tell their story.*
Let them tell you the truth about how they’re coping. It’s always nice to hear about happy memories and funny recollections but you have to be prepared to also hear about sadness, guilt, loneliness and thoughts of despair at living without someone special.

3. *Allow them to cry and show their feelings.*

You don’t need to do or say anything to stop their tears. You can comfort them just by letting them cry or telling you how they are feeling. Stay with them, give them a hug or put your arm around them.

4. *Respond with Empathy.*

This is how you show your friend that you have been listening and have understood what they were trying to tell you. Empathy does not include clichés like “Time will heal”, “He had a good innings” or “It’s probably happened for the best”.

5. *Allow enough time.*

We think that most people start to get over their grief once the funeral is over – but not so. It can take days or weeks just for the shock to wear off and for the reality to set in that the person who died isn’t coming home.

When someone special in your life dies, it can take some years before you learn to live without them. You need time to adjust to a new daily routine, learn new skills, as well as adapting to birthdays, anniversaries and family events without someone who had always been part of these special occasions.

Doris Zagdanski

About Doris Zagdanski

Doris Zagdanski wrote her first book on teenagers and grief in 1990 and has since created an identity as a well known author, educator and trainer in the field of grief awareness. With seven books now published in her name, she is sought after as a keynote speaker and regular educator for health professionals, schools, churches and community organisations.

Doris is a senior manager with George Hartnett Funerals contributing a quarterly article for ‘Torch’ on the topic of grief for 2011.





Funeral Insurance or a Pre-Paid Funeral How Do You Choose?

A pre-paid funeral and funeral insurance are actually quite different products.

Pre-paid funerals are exactly that, you pay now at today's price and that price remains constant until the funeral is needed regardless of inflation or price rises as the years go by. Funeral insurance, on the other hand, means that the longer you live, the more you pay and if you can't keep up with rising premiums or miss a payment your entire investment will be lost.

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Depression and anxiety in older people

Depression and anxiety are common, yet serious problems for many Australians. According to the Australian Bureau of Statistics (2008), one in five people aged 16–85 years had a mental disorder, with depression and anxiety being the main culprits. Women are more likely to experience such disorders.

There are a couple of myths regarding anxiety and depression I would like to dispel here.

Myth #1: As we age, we experience accumulative losses and it is normal for people to become depressed as they reach later life.

Depression is not a normal part of ageing.
Depression is a common health problem and with the right treatment, most people recover from depression.

Myth #2: Depression is a weakness of character and not a health problem, so you should keep it to yourself.

Depression is a health problem for which effective treatments are available, regardless of a person's age. Although it's a mental health problem, it shouldn't be thought of any differently from a physical health problem.
There's no stigma or shame in getting help for arthritis or asthma and it should be the same for depression!

Older people are not necessarily more prone to depression than other age groups, however there are certain risk factors in later life that can greatly increase people's chances of developing depression, including:

► An increase in physical health problems for example:

heart disease, stroke, Alzheimer's disease, chronic pain and side-effects from medications. Personal losses can also impact on mental health, for example: loss of a relationship, independence, work and income and self-worth.

► Significant change in living arrangements for example: moving from an independent to care setting, admission to hospital, loss of mobility and social isolation. Particular anniversaries and the memories they evoke can also affect one's emotional and psychological state.

While the precise rates of depression and anxiety in older people are not yet known, a recent study commissioned by beyondblue suggests between 10-15% of older people living in the community experience depression symptoms and approximately 10% experience anxiety. However, further research is needed to better understand the exact prevalence of depression and anxiety in older people, including in specific population groups such as people of different cultural and linguistic background, and older Indigenous people.

How do you know if you're depressed and not just sad or having a bad day?

Depression in older people is common and may occur for different reasons. Sadness at the onset of a physical illness or personal loss can be common, but depression is not a normal part of ageing. An older person may be depressed if for **MORE THAN TWO WEEKS** he/she has;

► Felt sad, down or miserable most of the time, OR
► Lost interest or pleasure in most of their usual activities
AND has experienced a number of these symptoms:

Behaviours

- ▶ General slowing down or restlessness
- ▶ Neglect of responsibilities and self-care
- ▶ Withdrawing from family and friends
- ▶ Decline in day-to-day ability to function, with confusion, worry and agitation
- ▶ Inability to find pleasure in any activity
- ▶ Difficulty getting motivated in the morning
- ▶ Behaviour which is out of character
- ▶ Denial of depressive feelings – this can be used as a defence mechanism

Thoughts

- ▶ Indecisiveness
- ▶ Loss of self-esteem
- ▶ Persistent suicidal thoughts
- ▶ Negative comments e.g. "I'm a failure", "It's my fault",
- ▶ "Life is not worth living."
- ▶ Excessive concerns about financial situation
- ▶ Perceived change of status within the family

Feelings

- ▶ Moodiness or irritability – may present as angry or aggressive
- ▶ Sadness, hopelessness or emptiness
- ▶ Overwhelmed
- ▶ Worthless, guilty

Physical Symptoms

- ▶ Sleeping a lot more or less than usual
- ▶ Feeling tired all the time
- ▶ Unexplained headaches, backache or similar complaints
- ▶ Digestive upsets, nausea, changes in bowel habits
- ▶ Agitation, hand wringing, pacing
- ▶ Loss or change of appetite
- ▶ Significant weight loss or gain

Everyone experiences some or all of these symptoms from time to time, but when symptoms are severe and lasting, or when they are causing concern; it's time to get professional help. Dementia can also co-exist and mask depression. If this is the case, a thorough assessment is recommended.

Early detection and treatment may help to keep depression from becoming severe. Depression is treatable and effective treatments are available. Research shows that exercise and staying active, spending time with friends and family, going out, a good diet and staying positive all play an important role in people's wellbeing. Sometimes it takes a concerted effort to do some of these things, but the effort you make will usually be rewarded by an improvement in levels of happiness, energy and contentment with life.

Beyondblu is a national initiative aimed at increasing the capacity of the broader Australian community to prevent depression and respond effectively. Beyondblu can be contacted by calling **1300 224 636** for information and referrals. If you are deaf or have a hearing or speech impairment, call through the National Relay Service:

- TTY: Ph **13 36 77** and ask for **1300 22 4636**.
- Speak and Listen (SSR): Ph **1300 555 727** and ask for **1300 22 4636**.
- Internet Relay: connect to www.relayservice.com.au and ask for **1300 22 4636**.

If you would rather speak with a Legacy Community Services Officer about your concerns, please call Legacy House on **3846 4299** and ask to speak with the Duty Officer.



In memory of...

In memory of:	Donation made by: (Person)	Donation made by: (Organisation Name)
Mr Keith A Vincent Sub-Branch		RSL Bribie Island
Mr Donald Stewart		RSL Yeronga/Dutton Park Sub-Branch
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Major Stewart Sinclair Meiklejohn RAEME Ret.	Mr Robert Meiklejohn	
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	Mrs Pam Godsell	
	Ms Sandra Godsell	

Winter Safety



Winter is the perfect time to warm yourself in front of a fire or have the electric blanket warming up your bed before you get in at night. However, it's also the season that we see more household fires. Contributing factors to house fires include; old or damaged heating and cooking appliances, living alone, reduced memory and even frailty coupled with a reduced ability to balance are all factors that increase the risk of injury or death during a house fire.

Safety list to avoid a house fire this winter:

- Always keep clothing at least one metre away from all heaters.
- Ensure your fire alarm is working.
- Turn off your electric blanket before you get into bed and at the end of winter when you pack away the blanket, roll it up rather than fold it.
- Ensure all heaters and electrical appliances are in good working order and have cords or plugs replaced if there is any damage whatsoever.
- Have a fire blanket and extinguisher in the kitchen AND know how to use them.
- Have a fire escape plan in place, particularly if you have reduced mobility.
- Never run electrical cords under mats or across the room.



Seniors have been identified as one of the groups most at risk in house fires in Australia. The Queensland Fire and Rescue Service in conjunction with the Retired Firefighters Association of Queensland (RFAQ), provides a fire safety education program for Queensland Seniors. The Seniors' Fire Ed program, delivered by retired firefighters on a voluntary basis, covers a broad range of topics on personal and home safety hints.

For more information or bookings phone 1300 369 003 or contact your local fire station.



How a toilet seat changed my life

I was visiting a friend's place a couple of months ago and I asked to use the toilet and was very surprised when she told me she had a special Bidet toilet seat that would automatically clean a person without toilet paper. She told me she bought it from "The BIDET SHOP" and how it had changed her life.

Well for years I have wanted a Bidet in my bathroom, but the cost of having a separate Bidet has always held me back. So, when I got home, I thought to myself "I should give it a go".

My call was answered by a very helpful lady who introduced herself as Crystal. She first explained how apart from the comfort factors of a heated seat and instant warm water, the Bidet had many health benefits as well! She then proceeded to tell me how this wonderful toilet seat works. Crystal explained once a person has finished their 'business' they just press the Bottom or Feminine wash buttons, and the Bidet provides a gentle stream of warm water that will clean them thoroughly. Next the in built fan will dry you off completely with warm air, without the need for toilet paper. If you are constipated or have difficulty in passing your motions, the Bidet has a special massage spray that will have you going in no time at all. She then told me that this Bidet also has a heated seat. How it just simply replaces my existing toilet seat and how it can be installed in just a few minutes, by almost anybody that could hold a spanner. If I ever decided to move to a new home the Bidet can be removed from the toilet as easily as it was installed, and I could take the Bidet with me.

I told her that my husband had arthritis and it would be difficult for him to install it, but that I'd be game to give it a go! Crystal told me not to worry that if I have any difficulty putting it on, just to call her and she would happily talk me through it. Alternatively she could arrange for one of their installers to do it for me. I decided to do something that would benefit the both of us,

so I went ahead and bought one.

It arrived promptly by courier in just less than a few days and they didn't even charge me for delivery! I opened the box and read the instructions, and in no time at all I had the Bidet up and running.

Well, I wish that I had found this Bidet seat years ago! I just feel so clean and fresh. Also it has come as such a blessing for my husband (as I said he suffers from arthritis and was having difficulties in the bathroom). Now all he has to do is press one button and he's clean as a whistle. **It's changed his life.**

Recently two of my friends have also bought a Bidet after trying mine. I did ring Crystal again, not for help, but to thank her for this marvelous machine, and to tell her that it was much better than I had imagined. So do yourself a favour and go buy this wonderful Bidet toilet seat from 'The BIDET SHOP'. When you talk to Crystal say hello from Kate (that's me). Give them a call and improve your quality of life.

For national enquiries call **1800 BIDESHOP, that's 1800 243 387 (FREECALL)**. Or **1800 140 900 (FREECALL)** if you live from North Brisbane to Wide Bay. [Offer Code: RL2]

HUGE SENIORS DISCOUNT! UP TO 30% OFF

The BIDET SHOP

Remote Control

- Warm water wash
- Warm air dryer
- Heated seat
- Soft close lid
- Installs in minutes
- No plumber required

Just fits to your existing toilet seat

Code RL2

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LOVE to warm her
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HOPE for a bright and
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www.bradford.com.au

If placing your reservation online,
please quote reference: 59183

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Please **select** your preferred reservation option:

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Wetherill Park DC NSW 1851**

or 2. **FAX** to: (02) 9841 3399 – 24hrs

or 3. **ONLINE** at www.bradford.com.au
quoting reference: **59183**

Please allow 4-8 weeks for delivery. All sales subject to product availability and reservation acceptance. Credit criteria may apply. From time to time, we may allow carefully screened companies to contact you. If you would prefer not to receive such offers, please tick this box:

Care Groups and Laurel Clubs

Aveo Albany Creek Care Group

Aveo Albany Creek Retirement Village
Yellow Dining Room
61 Explorer Drive
ALBANY CREEK
1st Friday of the month 2pm
Fran McNamara 3264 8131
Joan Stirling 3264 4575
Joy Dunn 3325 2351

Aveo Durack Care Group

Aveo Durack Retirement Village
Recreation Hall
356 Blunder Rd DURACK
1st Wednesday of the month
10am
Mona Clarke 3278 8772
Gwen Smart 3879 8575

Beaudesert Care Group

Beaudesert RSL
23-25 William St
BEAUDESERT
4th Wednesday of the month
10.30am
Ivy Reid 5541 0652

Beenleigh Laurel Club

Beenleigh RSL
13 Bardown Halliday Drive
MT WARREN PARK
3rd Monday of the month
9.30am
Dorothy Sime 3807 2767
Bill Winter 3803 5654

Bribie Island Care Group

Bribie Island RSL & Citizens
Memorial Club Inc
Toorbul St BONGAREE
4th Tuesday of the month
9.30am
Bill Ramsay 3408 3206
Adele Carr 3408 2713

Brisbane Laurel Club

Legacy House
41 Merivale St
SOUTH BRISBANE
Monday to Friday
8am to 4.30pm
Jean Hine 3396 2404
Brisbane Legacy 3846 4299

Caboolture Care Group

Caboolture & District Services
Memorial Club Inc
Cnr Beerburrum Rd & Hasking St
CABOOLTURE
Last Friday of the month
11.30am
Pam & Glenn Willmann
5433 0396

Caboolture Laurel Club

Memorial Bowls Club
War Veterans Home
King St CABOOLTURE
3rd Wednesday of the month
(excluding December and
January) 9.30am
Pam & Glenn Willmann
5433 0396

Caloundra Laurel Club

Caloundra RSL
West Terrace CALOUNDRA
1st Monday of the month
9.30am for 10 am
Margaret Fraser 5476 7015
Bill Bunter 5492 7676
Felicity Wilton 5441 3748

Cazna Gardens Care Group

Cazna Gardens RSL Home
Under Nursing Home
465 Hellawell Rd
SUNNYBANK HILLS
1st Monday of the month
1.30pm
Cynthia Coupe 3273 8118

Chinchilla Laurel Club Hoy Group

RSL Memorial Hall
61 Heeney St CHINCHILLA
1st Tuesday of the month
9.30am
RSL Auxilliary 4662 7196

Coolum Care Group

Coolum Bowls Club
2nd Tuesday of the month
11.30am
Renalda Gorrie 5448 1424
Ian Wright 5446 4031
Felicity Wilton 5441 3748

Cooroy/Pomona Care Group

Cooroy RSL
Maple St COOROY
4th Monday of the month
10.30am
Julie Brock 5472 0845
Terry Rogers 5449 9341

Coorparoo Care Group

Coorparoo RSL
45 Holdsworth St COORPAROO
Last Friday of the month
10.30am
Peter Cameron 3349 3502

Gaythorne Care Group

Gaythorne RSL
534 Samford Rd MITCHELTON
Last Friday of the month
11am
Peter Thatcher 3356 4250

Geebung Care Group

Geebung RSL
Newman Rd GEEBUNG
2nd Friday of the month
11am
Denise Fridolf 3865 8006
Joyce Bannister 3266 3763

Glasshouse Country Laurel Club

Glasshouse Bowls Club
Coonowrin St
GLASSHOUSE MTNS
4th Tuesday of the month
10.30am
Mary Southern 5439 0009
Jim Meakins 5494 0472
Felicity Wilton 5441 3748

Gympie Laurel Club

RSL Orchid Room
(unless outing organised)
Mary St GYMPIE
3rd Monday of the month
(Except December & January)
10.00am for morning tea
10.30am for meeting
Colleen Woodbury 5482 3518

Holland Park/Mt Gravatt Care Group

Holland Park RSL
58 Arnold Sreet HOLLAND PARK
3rd Thursday of the month
10.30am
Beryl Floyd 3349 0203
Marj Nichol 3349 8047

Inverpine Care Group

Inverpine RSL Home
54 Ogg Rd
MURRUMBA DOWNS
3rd Saturday of the month
10am
Eileen Shorten 3204 5913
Jo Shorrock 3846 4299

Kedron/Wavell Care Group

Kedron Wavell RSL
Hamilton Rd CHERMSIDE
Last Friday of the month
11am
Marie Natt 3862 7784
Margaret Hough 3205 4021

Kilcoy Care Group

Alternate venue each month
2nd Thursday of the month
(February to December)
12 noon
Alan Ottway 5424 7194

Lana Younger Widows Group

Different venue each month
Last Saturday of the month
12 noon
Helen White 3351 1650

Logan Central Care Group

Senior Citizen's Club
Jacaranda Ave
LOGAN CENTRAL
1st Tuesday of the month
10am
Myra Harris 3800 8441

Logan East Care Group

Springwood Bowls Club
14 Pauline Avenue
SPRINGWOOD
2nd Friday of the month
10am
Del Parkes 3841 1092
Ed Heieck 3803 1133

Logan West Care Group

Greenbank RSL
Memorial Room
Anzac Parade
HILLCREST
Last Friday of the month
10am
Nancy Guinane 3803 4128

Maroochydore Laurel Club

RSL House
Memorial Avenue
MAROOCHYDORE
4th Friday of the month
9.30am
Doris Rixon 5443 5110
Irene Latty 5444 6880
Felicity Wilton 5441 3748

Moorooka Care

Group
Moorooka Bowls Club
Koala Rd MOOROOKA
Last Thursday of the
Month 11.30 a.m.
Mavis Dangerfield 3254 4887
Nev Francis 3848 7921

Morningside Care Group

Colmslie RSL
Wynnum Rd MORNINGSIDE
Last Friday of the month
10.15am
Heather Crawford 3399 2559

Mudjimba Laurel Club

Mudjimba RSL
Cottonwood St MUDJIMBA
1st Tuesday of the month
9.30am
Patty-Ann Smith 5443 3268
Kerry Glover 5473 9095
Jean Peterie 5446 3062
Felicity Wilton 5441 3748

Nambour Care Group

Nambour RSL
Matthew St NAMBOUR
3rd Monday of the month
10am
Muriel Feekings 5453 8405
Val McMaster 5441 1223
Felicity Wilton 5441 3748

Noosa/Tewantin Laurel Club

Tewantin/Noosa RSL & Citizens Memorial Club
Memorial Avenue TEWANTIN
1st Monday of the month
10.30am
Dulcie Ballard 5447 3120
Jean McKay 5449 8530
Arthur Goodall 5440 5414
Leo Brown 5447 4228

Pine Rivers Care Group

Pine Rivers RSL Sub-Branch
1347 Anzac Ave KALLANGUR
Last Friday of the month
11am
Pat Christopher 3882 1106
Terry Taylor 3300 9137

Redcliffe Laurel Club

RSL Club
Tobruk Lounge
Redcliffe Parade REDCLIFFE
1st & 3rd Tuesday of the month
10am
Betty Rogers 3284 8244
Ralph Stewart 3883 3998

Redlands Care Group

Redlands RSL
8 Passage St CLEVELAND
1st Friday of the month
10am
David Nickols 3206 9668
Ruth Minnis 3286 5643

Roma Care Group

Roma Club Hotel/Motel
1st Tuesday of the month
10am
Janet Menz 4622 3339
Betty Bates 4622 1151

Sandgate Care Group

Sandgate RSL
Keogh St
SANDGATE
1st Friday of the month
12 noon
Pearl Rashford 3269 3022
Ivy Bruce 3269 2358
Tony Ralph 3630 2475

Sherwood Care Group

Sherwood/Indooroopilly Services Club
Corner Clewley & Browne Sts
CORINDA
Last Friday of the month
12 noon
Edna Pardon 3379 7081
Clyde Winzar 3379 1075

South West Care Group

Blue Fin Fishing Club
24 Lilac St INALA
Last Friday of the month
10am
Glad Rowan 3372 1054
Nancy Cadet 3372 4650

Stanthorpe Laurel Club

Stanthorpe RSL
Marsh St STANTHORPE
2nd Monday of the month
10.30am
Lunch at RSL Dining room around
12 noon
Margaret Hooker 4684 1294
Olwyn Einam 4683 2305
Margaret Halford 4681 1898

Sunnybank Care Group

Sunnybank Community Sports Club
McCullough St SUNNYBANK
3rd Friday of the month
10am
Jo Myers 3345 6615

Toowong Care Group

Toowong Sizzler Restaurant
Sherwood Rd TOOWONG
Last Thursday of the month
11am
Marj Affleck 3371 7665
Esther Elkins 3870 0095

Victoria Point Care Group

Shark's Sporting Club
Coulburn Ave VICTORIA POINT
4th Monday of the month
(Courtesy bus available phone
Redlands RSL ph. 3488 1199
before 12 noon on Friday before
Monday meeting) 10.30am
Ian McVie 3829 3069
Fay Cross 3207 6609

Warwick Laurel Club

RSL Services and Citizens Memorial Club
Corner King & Albion Sts
WARWICK
4th Tuesday of the month for
lunch & meeting at 1.30pm
(except December) 12 noon
PM tea & raffle
Ev Hounslow 4661 1947
Jean Newport 4666 3469
Joan Smith 4661 7550

Woodford Care Group

Alternate venue each month
2nd Thursday of the month
(February to December)
12 noon
Valmay Liddle 5496 1180

Wynnum Care Group

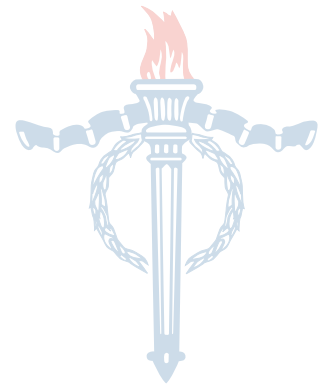
Wynnum RSL
174 Tingal Rd WYNNUM
2nd Friday of the month
10am
Bill Kelly 3396 1697

Change of address

We ask that you please remember to let Legacy know if any of your details change, for example your address, telephone number or Next of Kin.

This information allows us to maintain contact with you and ensure that you receive your quarterly edition of Torch.

Thank you!



CONTINUING OUR LEGACY OF CARE...

WIN

Please send me: Information on helping as a Legacy volunteer Information on how to make a bequest to Legacy

Enclosed is my gift of \$..... to the Legacy family My cheque is enclosed or Please debit my Credit Card

Visa Amex Mastercard

Name on card: _____ Expiry Date: ____/____/____ Signature: _____

Address: _____

_____ P/C: _____ Telephone: _____



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