

# CANBERRA LEGACY

*'92 Years Serving Families of the Fallen'*

## Newsletter Christmas Edition

December 2020

*A Voluntary Organisation established by Returned Servicemen to care for the dependants of Comrades who died on Service or subsequently*



*'The Badge of Legacy symbolises in its torch the undying flame of service and sacrifice handed to us by our comrades in war who have passed on. In its wreath of laurel with its points inverted in remembrance, is the guerdon of honour; that is the meed of those who gave their lives for their country.'*



**The Legacy Club of Canberra Inc. ABN 43 245 148 764**

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**Patron:** His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of the Commonwealth of Australia

### From the President's Pen ...

Well, hasn't it been an interesting year! As Christmas approaches, I am sure many of you will agree that this is a year to put behind us, but yet we still have much to be thankful for. While we have been kept indoors due to smoke and the virus, we have also remained connected even if not in person and I hope that applies to all of you. In a previous newsletter I suggested everyone phone three friends or family just to say hi. By doing that on a regular basis we can look after each other.

Meanwhile, we at Legacy House have been busy with a number of initiatives over this time. First we have been using the computer system to meet 'virtually'. This has allowed us to continue business as best we can, while staying safe and in compliance with the ACT Government COVID-19 guidelines. We conducted our AGM in May, have had Board Meetings and Comradeship for Legatees online, and in my case, I have contributed to the ACT Ministers Advisory Council for Veterans and Veterans' Families as a council member online, by video and audio, connected with a dozen other members.

Second, while we have unfortunately had to cancel a number of events such as the Anzac Concert and the Spring Lunches, we have already organised several smaller group outings of a dozen or so ladies, which by all accounts have been most enjoyable. We intend to continue these in the new year, so ask your Legatee to put your name down for one. The outing consists of a bus trip around town with morning tea, a lunch at a nice restaurant, and a special guided tour of one of Canberra's landmarks.

On another matter, and since our last newsletter, I am pleased to report that once again, the ACT SES have come to our assistance and voluntarily cleaned 111 of your gutters as a community service. Those ladies whose gutters were cleaned were most grateful and I have written to SES Commissioner Georgeina Whelan and passed on our thanks. The SES have advised us they will continue this service in 2021.



Speaking of thanks, their Excellencies Governor-General General David and Mrs Linda Hurley graciously hosted not one but four smaller morning teas for a total of 80 of you in early November. This was extraordinarily generous of them given our present circumstances, and I have already formally thanked them on your behalf. You can see some photos of the teas on Pages 6 and 7.

We recently welcomed Polly Templeton as our Finance Officer. Polly has had a long career in finance and has settled smoothly into our Legacy routine. She replaces Heather who has moved to Adelaide to be closer to her family. We have already farewelled Heather and on behalf of all of you, wished her all the very best for her future.

Finally, I also want to acknowledge the generosity of the ACT Government in providing us a grant which has covered the costs of printing and mailout of this and the three previous newsletter 'specials' which I hope you all enjoyed.

So I will close and leave you with L/Margaret and my very best wishes for a joyful Christmas and for a happy New Year. We'll no doubt catch up in 2021.



L/Mark Lax  
President

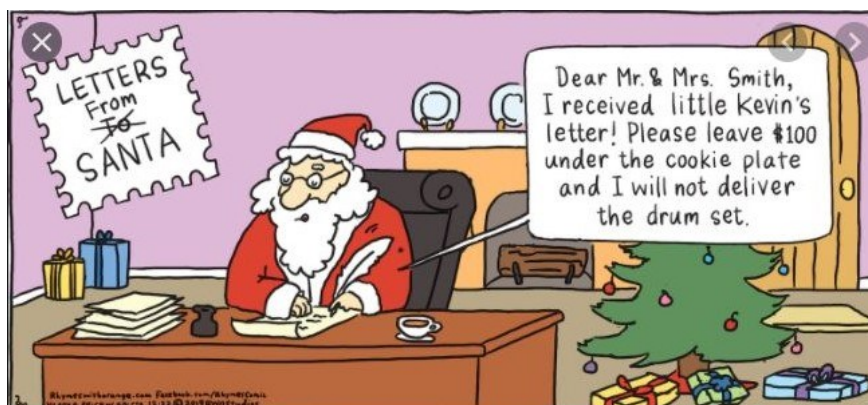
### Photos in this Newsletter or from Events

Many of our readers may see a photo of themselves from a Legacy event in this Newsletter, or they know that a photo was taken at a particular event such as the Governor General's Morning Tea which may not have been published herein, but they would like to see it and possibly get a high resolution copy for themselves.

There are a couple of ways to go about achieving this:

- If you happen to have a computer and an email address, then just send an email to [executive@canberralegacy.com.au](mailto:executive@canberralegacy.com.au) and we can send you a link to our online photo store. You will be issued a password and can then access the folder from that event. **Note:** Please clearly specify the event you are interested in eg: *Government House Afternoon Tea Monday 09 November 2020*.
- For those who do not have computer capabilities, you can talk with your Legatee and ask if he or she could either proceed as per item 1, or alternatively call into Legacy House and discuss with the staff on how they can access our photo store to arrange a copy for you.
- Of course you can drop into Legacy House yourself, and the Staff and Legatees will be more than happy to assist you to look at photos from an event and provide a means to get you a copy.

Regards from your Publications Team





## Secretary's Report

Last month we lost one of our favourite staff members, Heather Pietsch, to retirement. Of course we all have to retire at some stage, but with a stable staff set up for a few years now, it was disappointing that the time had come for Heather. She had been the Finance Officer for a period in excess of eight years and has moved to Adelaide with her husband David in her retirement. Interestingly she has never lived there before, but she has family there, hence the attraction. We of course wish Heather well and gave her a suitable farewell with our good wishes for her future.

Heather's notified departure led us to undertake a recruitment for a replacement. We advertised on a web based platform called Seek. This is a well known site that has been around for quite a few years now. In the good old days we used to advertise in the newspaper, but these days we use technology. Overall we received more than 60 applications, which is great, but created a lot of work to sort through. Still it was good to have strong competition for the position.

The result of the process is that we have Polly Templeton as the successful applicant. Polly started with us on 26 October. I should mention that the position itself is 40 hours per fortnight – basically three days per week – so is termed as permanent part time.

Polly has come to us from the National Museum of Australia where she worked within the Finance team as Finance Operations Supervisor for a period in excess of six years. She has also worked part time one day per week, and continues to do so, as a Bookkeeper through a service provider to the Catholic Social Services Australia, and the Rural Health Education Network. Polly has qualifications in business finance and financial services, which will be significant attributes for Canberra Legacy. She is also actively involved with Triathlon ACT. So, Polly comes to us with a broad experience base and considerable knowledge in business finances, as well as an understanding of how businesses like Canberra Legacy operate in support of our beneficiaries. I am sure that Polly will work well with the other staff members, Bob and Cathy; as well as the many Legatees who operate committees and support our widows, youth and adult dependents.



**Polly Templeton**

When you meet Polly please make her feel welcome.

**L/Steve Jones**  
**Secretary**



**L/Mark Lax, Sandie Parks and  
L/Graham Bentley**

### The Green Shed Donation

The Green Shed is a re-use and recycling facility where you can drop certain used goods and find a bargain and are based at Mugga Lane and Northside Waste Management Centres. They also have a shop in Civic. The Green Shed holds two charity days a month where the proceeds of all sales go to a nominated charity.

On 16 Nov 20 the Manager of the Green Shed, Sandie Parkes, presented a cheque for \$10,000 to Canberra Legacy and accepted by L/Mark Lax and L/Graham Bentley. She was very interested in the work Legacy does for our widows and dependents.

## From Your Welfare Team

**Mini Spring Luncheons.** In September and October groups of a dozen Legacy ladies at a time enjoyed an outing after responding to the notice in the September Newsletter. Highlights included a guided tour of the Arboretum's Discovery Garden (by the wonderful Maggie Hawes – also a Legacy widow), a Director's tour the famous bonsai collection, and a lunch where the restaurant put on a special lamb roast. Feedback from the ladies who attended has been terrific.



Given their success, and the likelihood that it will be a long time before we can gather in large numbers, Legacy will continue to deliver these outings while there is interest. The next one is in early December.

Register your interest in a 'mini spring lunch' by email to

[executive@canberralagacy.com.au](mailto:executive@canberralagacy.com.au)

or if you don't have email,

by phone to Legacy House on **6285 1800**.

Legacy will ensure all COVID-19 safety requirements and meet all costs including lunch and transport to and from Legacy House for those who need it. We hope to hear from you soon.

**Mazengarb Respite Facility at Batehaven.** After a series of closures this year associated with smoke, fire, a refurbishment and COVID-19, Legacy's wonderful apartment at Batehaven has been continuously booked since reopening in late August. (More information p. 14).

**SES Gutter Cleaning Program.** 111 Legacy widows had their gutters cleaned by the ACT Emergency Service with the last 45 done on 31 October as part of an Emergency Services exercise. President Mark, Welfare Support Officer Cathy Clifford, Executive Officer Bob Cox and I were pleased to be invited to Emergency Services Headquarters to see the exercise in progress and to thank the wonderful Emergency Services staff and volunteers who made it all possible.

*(L-R) Matt Shonk, Acting Chief Officer ACTSES, Bob Cox, SES Commissioner Georgeina Whelan, L/Mark Lax, Cathy Clifford and L/Chris Appleton at Emergency Services HQ*





**COVID-19 resources.** It's been a tough year but things look so much better now than they did back in March, April and May and there have been very few ACT cases reported recently. However, for all the encouraging news, it is not over yet and we'll need to keep doing all the careful things we have been doing since March to look after ourselves and those we love. For the current COVID-19 situation in the ACT go to <https://www.covid19.act.gov.au/home>.

### **Veterans' Home Care – help at home.**

The Department of Veterans' Affairs Veterans' Home Care (VHC) Program provides practical help at home so you can continue to live independently. If you have a DVA Gold Card, you are eligible for the VHC. You may be able to receive **domestic help**, including internal house cleaning, unaccompanied shopping and bill paying.

VHC also provides for **safety-related home and garden maintenance**. This includes replacing light bulbs, cleaning gutters, cleaning windows and cleaning ceiling fans. It may include one-off mowing and pruning if safety-related (not regular on-going garden maintenance).

VHC also provides for **personal care** (e.g., showering, toileting and eating) and **respite care** (in-home, residential respite and emergency short term care in the home).

**To access VHC support** call the VHC Assessment Agency on 1300 550 450 to have an assessment. The assessment is usually done over the phone. The assessor will talk to you about your situation at home and identify services you may need.

**Costs.** You will be asked to pay a modest co-payment towards the cost of providing services. The cost per service is \$5 per hour and there is a cap on cost. The maximum co-payment for Domestic Assistance is capped at \$5 per week, Personal Care is capped at \$10 per week, Safety-Related Home and Garden Maintenance is capped at \$75 per 12-month period. There is no co-payment for Respite Care services. If you can't afford the co-payments, you may be able to apply for a waiver of your co-payment.

**More information:** <https://www.dva.gov.au/health-and-treatment/care-home-or-aged-care/help-so-you-can-stay-your-home> To speak to a person, call the VHC Assessment Agency directly on 1300 550 450.

### **Personal Response Systems (personal alarms).**

DVA can also provide eligible widows/widowers with a personal response system if they have a medical need for one. These alarms operate wherever there is a mobile phone signal. They can be deliberately activated by the wearer or automatically activated in the event of a fall. When activated, the device calls several nominated contacts until answered. These are potentially life saving devices. If you would like to investigate this further, discuss with your GP who will refer you to an Occupational Therapist (OT) for an in-home assessment. The OT will order the device which a supplier will deliver to your home, set it up and provide the training needed for you to be confident with it.

If you do not have a DVA Gold Card, Legacy will meet all costs associated with a personal response system if your GP confirms your need for one. If you would like to investigate this further, get a letter of support from your GP and contact your Legatee who will coordinate with Legacy House.

L/Chris Appleton  
Chair, Welfare Committee





## Tea at Government House—Monday 09 November 2020





## Tea at Government House—Tuesday 10 November 2020





## Legacy Youth

So, the year comes to end, our worst year for I don't know how long, is soon to be over. Let's hope we in Australia and here in Canberra in particular, will be over the pandemic before too long and please, let's hope the rest of the world can get on top of things too.

In actual fact, the shocking year has not affected the work of the Youth Committee too much. We have managed to ensure that our families have been coping the best they can, we have paid education allowances to help with schooling and university, and at least in late August, we were able to organise a mini golf and bird aviary activity at Gold Creek Village followed by afternoon tea for a large number of our youth group and their mothers.



*Diana and Alexander Marshall feeding the friendly birds at Gold Creek*



*Enjoying afternoon tea at Gold Creek following mini-golf and aviary visit*

Our Welfare Support Officer Cathy has, as always, supported the committee and our families behind the scenes and has helped produce a number of newsletters. Youth families would have seen the last Youth Newsletter which included a wealth of information and a 'save the date' for our Christmas Party to be held on 6 December. Since then an invitation has been sent out giving details of that activity to be held at Mawson Oval from 12 noon to 2.30 pm. It will be great to see a big roll up there and if the weather is inclement, we'll retire to Legacy House – as we did last year.

We had a number of our Youth and Mums signed up for the Remount activity which was to have been conducted on Sunday 1 November. However due to heavy rains the home of the horsemanship activity at Bowring had been washed out but went ahead on Sunday 8 November.



I will soon be circulating details of the Defence Housing Internship program to all families who have Youth who have completed secondary schooling and who may like to try full time employment in the public service at DHA for a year, either following their secondary/tertiary studies or as a gap year. And that reminds me: best wishes to all those Youth who are engaged in exams at the moment.



The Christmas Holiday camps at Wollongong and Busselton have been cancelled for December/January due to COVID-19. We have asked the question whether or not some of our Youth who would be over age for next year's camp at Busselton, if it goes ahead then, would be able to attend. We await an answer on that because we know how popular and friendship-building that camp has been for many of our Youth.



It would seem that the Young Endeavour voyage will not happen this year, however it might be available for one of our Youth early next year, all things being in their favour. We are yet to know if the Anzac visit will go ahead next year.

We wish all our families a happy end to the year and I look forward to seeing many of you at the Christmas Party on 6 December.

**L/Vic Gibbons**  
Chair, Legacy Youth Committee



### Remount Day—Sunday 08 November 2020



Rachael commented 'It was stunning spring weather. We spent the morning in the round yard, had morning tea then went for a trail ride, found some cattle then went up a steep hill and overlooked the Yass Valley. The kids were great. And lots of memories made. Remount was as brilliant as always!'

### Remembrance Day 2020 at the Australian War Memorial



Legacy Youth Grace and Jessica Kindness together with LA Inc. Chair L/Rick Cranna laid a wreath on behalf of Legacy at the National Remembrance Day ceremony.



## Legacy is here for you

In the last throws of Winter, I and a small COVID-19 respectful crowd listened intently to the Legacy Week Address made so eloquently and poignantly by North Canberra Laurel Club President Kaye Monghan. I was deeply touched. She detailed her family's cross representation in the war battles and conflicts that Australia had been engaged in. She went on to describe her somewhat shaky encounter with Legacy and more precisely with the Laurel Clubs.

I reflected long and hard on her speech and have come to the conclusion that Legacy casts a benevolent umbrella on all Defence widows for which on my part I am truly grateful, even though my sacrifices in no way eclipse Kaye's.

My grandfather fought in the South African Wars, first as an underaged drummer boy then as a professional soldier. He fought in WW1 and was wounded at the Battle of the Somme. His war experiences spread across many generations, causing our own family conflicts (mainly religious). My mother served as a nurse on the home front while my father ran a farm during the day and fought fires and bomb raids at night.

My husband's father was a professional soldier and was demobbed after WW2. Brian's father was of the view that all boys would benefit in a branch of the Armed Forces. Brian wanted to join the Air Force because of his love of planes. The powers that be thought the Navy would be a better fit for him because he had very sharp long distant vision and would be very useful at sea. So, he became a Communicator in the Royal Navy. His mother died not long after he began training and his father remarried so like many of his Mess mates, the Navy became his home. Not long after he had his own home address, we got married.

One wet afternoon 12 years from enlistment Brian went up to London to sign his demob papers and found himself down The Strand. He phoned me at home and our conversation went like this:

*Hello. Where are you? Do you fancy going to Australia?  
Why? I've just transferred to the Aussie Navy for six years  
That sounds good. We had better talk about it when you get home. Ok see you tomorrow.*

We arrived in Melbourne. HMAS Cerberus was his first posting and there we met a nice chap called Jim Quick. The children settled in school, I went back to nursing and we bought a house. The children and I managed to stay put for four years while Brian went here and there and then we moved to Canberra. Two years later Brian was fortunate enough to get another dream job with Search and Rescue and met another good bloke, Sam Hughes. He had enough planes and boats to satisfy anyone.

On retirement Brian worked on a security team and after doing his tax, the agent asked him about his Naval pension. Brian told him that he didn't think he was entitled to one. Apparently, he was. The pension came in very handy when Brian suddenly got sick. When he passed away, DVA got in touch with me to suggest joining Legacy. So, I did, although I didn't think I was entitled to. The Legacy team were so kind and helpful to me and through my tears I heard a familiar voice, L/Sam Hughes.

The next day I was visited by another familiar face, L/Jim Quick. Jim suggested I join the Laurel Club. It was a bit daunting as the taxi and I could not find Legacy House. The taxi driver very kindly switched the meter off after a few circuits. Once inside Legacy House I was greeted by several welcoming ladies with a cup of tea. One kind lady even drove me home that day.

I haven't looked back since and for the past 10 years I have served as President of Canberra South Laurel Club. I feel I belong to a very large family, even though I didn't know I could.

**Mary Parker**



## Boorowa Laurel Club

There came a wind like a bugle  
It quivered through the grass,  
And a green chill upon the heat  
So ominous did pass.

These words of Emily Dickinson are as relevant today as when they were written in nineteenth century America. The 'green chill' of the coronavirus has definitely obliterated the warmth of the life that we are accustomed to.

It has also impelled the editors of the Oxford English Dictionary to make their regular new word updates at irregular intervals! Some related terminology such as 'pandemic', 'lockdown' and 'self-isolating', already established, has had a recent upsurge in usage. The acronym COVID-19 is considered the only genuinely new word. (In Australia we can add 'border closure' which has become common parlance in certain states.)

Against this global backdrop the happenings in this little corner of the world seem surreal! Rewinding to February, we were discussing bushfires and reflecting on last year's yuletide celebratory functions. By April, self-isolation and the wonders of that inimitable invention — the telephone — were paramount. With the June Bulletin we were pondering on the cancellation of Anzac Day and all that ensued. My conclusion then was: "So, until we meet again one sunny day, I shall conclude with these wise words of St Augustine: 'Patience is the companion of wisdom'!" However, as the year draws to a close, wisdom's companion is wearing a little thin!



In the August Bulletin I paid tribute to the inaugural President of the Boorowa Laurel Club (2000-2010), my predecessor Ada Cummings, who died in June at the age of 90 in Horton House, Yass. Sadly, none of us were able to attend the funeral due to coronavirus restrictions. Vale, gracious lady.

Since then, due to the relaxation of restrictions, the only gathering of Laurel Club ladies has been a small one in September at the newly refurbished Ex-Services Club. We were pleased to be joined there by two Boorowa Legatees. We are now looking forward to the Yass Legacy Christmas Luncheon on 9 December at the Yass Soldiers Club.

I leave you with the inspiring final lines of Emily Dickinson's poem:

The bell within the steeple wild  
The flying tidings told —  
How much can come  
And much can go,  
And yet abide the world.

**L/Joan Birnie**  
**President**



## Canberra North Laurel Club

2020 Christmas newsletter time already. Impossible! We've only had a couple of meetings in 2020. Oh, that's right there is a thing called Corona virus or COVID-19 that has been making its way around the world and restricting our access to the outside world. I know that a lot of you have struggled through this very trying time. Being 'confined to Barracks' has not been a great deal of fun for most.

We've learnt new things like Zoom and Facetime, learnt to lipread through windows, cleaned cupboards, washed our hands at least fifty times a day and a lucky few have had 'drinks on the driveway' in the afternoons. At last we are being able to get out and about social distancing and wearing face masks. Here in Canberra we have been extremely lucky, probably more than we know!

Now back to the reason for writing this epistle.

On Wednesday 28 October, 23 lovely ladies from North Canberra Laurel Club boarded a coach for a Mystery Tour of the Nation's Capital. Those of us in the know were calling it a 'three peaks tour'. First was Dairy Hill at the Arboretum and a look out over Lake Burley Griffin and Government House. We then went over Coppins Crossing to the new developments in the Molonglo corridor - Whitlam, Denman Prospect, Coombs and Wright. The ladies were amazed at the development happening in this area, the small size of the housing blocks and the number of unit complexes being developed.



From here we travelled to our second peak, Red Hill, for a glorious view of older Canberra, the lake and the Captain Cook water jet. Our knowledgeable coach driver then took us for a drive through some of the Embassy and Consulate areas of Yarralumla to view the different architectural styles from many countries around the world. After a drive down Commonwealth Avenue and up Anzac Parade towards the Australian War Memorial, our third peak was Mt Ainslie. We alighted from the coach for a look back over the city and the obligatory photo. Once back on the coach we headed towards our luncheon stop. The word going around was Ikea or Costco, but both of these suggestions turned out to be incorrect. We enjoyed a delicious luncheon at the *Kitchen Garden @ Rodney's*.

A very enjoyable day was had by all with a lot of the ladies seeing something new. **Thank You** Legacy for this lovely day and the opportunity to get out and about again.

North Canberra Laurel Club is planning to have Social Lunches at the Belconnen Labor Club on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of both November and December, commencing at 12.00 noon. All are welcome and the Club is looking after us well.

I hope that 2021 will be a smoother year for all and that we will be able to resume our regular meetings and outings. This is something we will have to take as it comes with COVID-19 sweeping through Europe again as the Autumn/Winter season sets in. My wish for any of you with family and friends living in places where this pandemic is again taking hold is that they stay safe and remain healthy.

May the Christmas season see you all in good health and enjoying the company of family and friends. Enjoy today as we do not know what tomorrow may bring. Happy, healthy and Holy Christmas greetings to you all. May 2021 be filled with all the good things we missed in 2020.

**Kaye Mongan**  
President





## Canberra South Laurel Club

One might say, stating the obvious, that this year has been like no other for all of us. Great plans were formed last year for an ambitious social interaction in 2020. Needless to say plan B and C were put in place - plan D seems to be working quite well.

Our trip to Braidwood for a BYO picnic when restrictions were lifted was cancelled for several reasons, mainly the weather. Then Mogo Zoo was off. So next best, a trip to Uriarra was planned. On the way we checked out Cotter Dam and then to the newly constructed Uriarra Village to see the transformation of the small timber worker's hamlet into numerous villas that had risen from the devastating 2003 fires. Our trip then meandered to the river crossing for a muffin stop. Still along some of the picturesque hills we continued on to another massive housing development, the new suburb of Molonglo. Finishing up for lunch at Chifley shops via a trip around the Arboretum. The happy 'passengers' day out was thanks to Legacy for providing the bus and lunch.

Since our happy excursion we have recommenced our Monday lunches at the Hellenic Club and our 1<sup>st</sup> and 3<sup>rd</sup> Tuesday get-togethers at Legacy House. We are not having formal meetings, just social relaxed fun days. We had a quiz and a most interesting talk by our esteemed member, Maggie Hawes, who is a volunteer at the Arboretum in her spare busy time. Melbourne Cup Tuesday we have a special event planned. For our November Remembrance observation, Jenny Milward from the AWM will give us a talk on Boy Soldiers in WW1.

In December we will have our Christmas lunch again at Federal Golf Club. If it is half as good as it was last year we all should be in for a great time. Thanks to Bob, we hope to have the 2021 calendar ready for Christmas.

Optimistically looking forward. Best wishes and grateful thanks to all who make us Legacy widows feel loved.

**Mary Parker**  
President



*Our Melbourne Cup special event*



ABOUT GROWING OLDER... (from Will Rogers)

Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their odometers. Not me; I want people to know why I look this way. I've travelled a long way, and some of the roads weren't paved.

Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to youth, think of Algebra.

## Mazengarb Respite Facility Batehaven

Canberra Legacy (which includes the Yass/Boorowa Legacy Group) shares the Mazengarb Respite Facility at Batehaven with Queanbeyan and Goulburn Legacy. Mazengarb is a three-bedroom unit for use (free of charge) by Legacy beneficiaries for up to a week at a time. It is situated close to all amenities, shops, beach and a Canberra bus stop and can accommodate a maximum of six occupants.



The unit has recently been fully renovated including painting, replacement LED lighting and refurbished bathrooms. It is fully equipped with all furniture, white goods, air-conditioning and includes a double garage, swimming pool, linen and towels.

Booking preference is given to those beneficiaries who have not used the unit before or in recent years, and special consideration is given during school holidays for those with school age children (whether as mothers or grandparents). A priority list is maintained by the Executive Officer Bob Cox at Legacy House (phone 6285 1800) and booking allocations are available from June 2021. As we share with both Goulburn and Queanbeyan Legacy Clubs, we are limited to two weeks per month. However a separate list is maintained of beneficiaries who can take up a cancelled booking at short notice.

Legacy House will make contact six months ahead of the desired stay date to confirm allocations and as there can be lengthy waiting lists, it may be beneficial to nominate alternate dates. Legacy House will contact those on the waiting-list to fill all vacancies or cancellations.

As part of the COVID-19 safe plan, occupants are required to follow the Mazengarb Respite Unit regulations as per the New South Wales government regulations. Kindly note that a limit of 10 people are allowed in the common pool and surround area at any time and a limit of two people are allowed in the gazebo area at any time. Signage has been installed in these areas.

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## COTA Aged Care Navigation

AUSTRALIAN CAPITAL TERRITORY

The Aged Care Navigation Hub is here to help people learn about government supported aged care programs and how to access them. Council on the Ageing (COTA) ACT is the Aged Care Navigation information hub for the ACT and Queanbeyan. We provide locally targeted information. We are available to support, educate, link and assist people with suitable aged care services. We aim to help local people build their knowledge of the Aged Care system by guiding them through the steps from information to assessment to receiving care. For more information or to make an appointment to receive one-on-one advice from an aged care navigator volunteer, phone the COTA ACT office on 6282 3777.

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## CANBERRA POLLEN **Suffer from Hayfever?** COUNT AND FORECAST

Anyone who suffers from hayfever probably knows that Canberra is renowned as the hayfever capital of Australia with as many as 1 in 3 people suffering during the spring grass season. [Canberrapollen.com.au](http://Canberrapollen.com.au), supported by ANU, tracks the pollen count and weather conditions in Canberra and predicts that this year is likely to see a huge grass pollen season due to the very wet Autumn and Winter.

Visit [www.canberrapollen.com.au](http://www.canberrapollen.com.au) to read up on pollen counts and see day by day predictions of the level in Canberra .



Council on the Ageing (COTA) ACT is offering free one-on-one digital learning sessions to seniors. The Get IT – seniors technology hub will be a place where senior Canberrans can come and ask questions in a relaxed way and learn about how to get online and become confident with using technology. The learning sessions are designed to assist seniors with staying in touch with their community, family and friends and be a resource for finding information online.

The **Get IT – seniors technology hub** will be available at the COTA ACT office at the Hughes Community Centre and from time-to-time throughout the Canberra community, at community centres and shopping spaces across the region.

COTA ACT was inspired to apply for the funding because many seniors have felt isolated and lonely while in COVID-19 lockdown. They also found statistics indicating that seniors are keen to learn and would like to use technology to stay in touch with family and friends.

Jenny Mobbs, CEO of COTA ACT was keen to add this service to the COTA ACT bow. 'We would like to provide older Canberrans with the opportunity to learn how to use online technology services, the internet and how to navigate websites so they can feel more confident if there is another lockdown period. This will assist them in feeling connected to the community and family in the absence of face-to-face visits.'

Studies show that staying connected with loved ones and friends through online technology can help to combat loneliness and improve overall health (*Australian Government e-safety Commissioner website*).

If you are a senior Canberran and would like to know more about the free computer literacy workshops run by COTA ACT, call the COTA ACT office on **6282 3777** or email [Events@cotaact.org.au](mailto:Events@cotaact.org.au)



**Be Connected**  
Every Australian online.

## Be Connected Network

The Be Connected Network is an Australia wide initiative empowering all Australians to thrive in a digital world. They have online learning resources as well as a network of community partners - the Be Connected Network - who offer support so you can develop your digital skills and confidence. You can find a local place for friendly help and advice.

Learn at your own pace with free courses on everything from how to access the internet, make video calls or set up your device. Learning to use technology is one of the best ways all Australians can deal with these challenging times.

Courses available are extensive ranging from absolute basics - learn the essentials of how to use a computer, laptop, tablet or smartphone and find out how you can access the internet, through to more advanced topics, e.g. getting to know your device, Wi-Fi and mobile networks, online hobbies, all about MyGov, buying and selling online, banking and many more.

Quick Reads are short articles on a host of subjects that are very relevant to internet use such as how to spot fake news, social media for beginners, how to make video calls.

For more information and to sign up see: <https://beconnected.esafety.gov.au/>

## Guitar Men

The Canberra South Laurel Club were lucky enough to enjoy a wonderful musical morning thanks to the 'Guitar Men', Colin, Mike, Peter and Rod. They have played guitar together for four years after meeting through a Soldier On program which provides a therapeutic outlet for veterans. They meet up once a week.

Not only do they play together and go out into the community to entertain, they also source second-hand guitars, repair them, and then donate these guitars to the disadvantaged, particularly children.



Guitar men... from top, clockwise, Peter Seal, 67, Mike Hogan, 71, Colin Greef, 70, and Rod McIntyre, 56. Photo: Danielle Nohra

Last year, Colin and Mike met with the Yeddung Mura Aboriginal Corporation, an initiative helping former detainees that are Aboriginal and Torres Strait Islanders, rebuild their lives in their community. They donated two guitars and will go there every two weeks and teach them how to play. They are also planning to go around to small schools that are doing it tough to give out a guitar or two.

Their hope is that the positive power of music can help troubled youth, as music has helped their own mental health and formed a great friendship.

If anyone has an old guitar they would like to donate, you can call Soldier On 02 6188 6142. They would welcome the donation.

## Wellbeing Call Service

This service is provided by the Australian Red Cross and is available to all ACT residents who would like to register for a free phone call. Not having someone to talk to regularly can be lonely and isolating. A friendly chat on the phone at a time that suits the resident can make all the difference.

The calls will connect people with a friendly Red Cross volunteer who can call the resident once or regularly to check in and see how they are doing. The resident will be given an initial phone call that will take an average of 30 minutes to 1 hour in time. The resident is given the option of follow up calls at the resident's frequency of choice. The calls can be provided in various languages and if at any time operator detect that the resident is in difficulty in any way or if they are unable to obtain voice contact, the operators are trained to escalate the call according to the individual's need.

### Red Cross Wellbeing Call Service



ACT Red Cross Call the Helpline on (02) 6234 7630 weekdays between 8am and 4pm, or register for a call online.

Canberrans can call the service on 02 6234 7630 between 8:00am and 4:00pm daily to register for a call .



## Second World War Record Digitisation

The National Archives of Australia has recently signed contracts worth \$4.4 million for the digitisation of more than 650 000 Second World War service records as part of the four-year, \$10 million project. DVA has provided the National Archives with the details of Second World War veterans known to be deceased to help the Archives target records that can more readily be released.

This new digitised material will be available free of charge on the National Archive's website from as early as December. To date, more than 220,000 service records have already been digitised and are already available on the website. <https://www.naa.gov>.





**ACT**  
Government



# StormSafe Fact Sheet

*Electrical Safety - During and after a storm*

FOR EMERGENCY HELP IN  
FLOODS AND STORMS CALL

**132 500**



## Handy Hints:

- ☒ An unplugged removable disk (or thumb-drive) could save you losing all of your digital photos and records if a power surge affects your computer.

Never use a land  
line phone during a  
storm

For more information on  
Electrical Safety, contact:

ACTEWAGL Corporation - 131  
093  
[www.actewagl.com.au](http://www.actewagl.com.au)

SES produce many useful Factsheets  
which can be found on their website  
<https://esa.act.gov.au/>

## Protect your family

Storms can happen anywhere and at anytime. There are some steps you can take now to protect your family from possible electrocution or injuries from electricity.



## Things you can do when a Severe Thunderstorm Warning is issued:

- ☐ ⚠ Avoid using electrical equipment/appliances connected to mains power during a storm
- ☒ ✓ Unplug any appliances or electrical equipment such as televisions, air conditioners and computers
- ☒ ✓ Unplug any external aerials or wired connections to the computer, TV, video or radio
- ☐ ⚠ Never use a land line telephone during an electrical storm

## After a storm:

- ☐ ⚠ Do not switch anything back on if it has been wet. Get a licensed electrician to check first
- ☒ ✓ If there is any structural damage have the house checked by an authorised electrician
- ☒ ✓ If outside, stay away from broken wires and fallen electrical cables





## Reindeer Cookies

### Ingredients

- 1 packet milk arrowroot biscuits
- Nutella or melted chocolate
- Packet tiny teddies
- Packet strawberries and cream lollies
- Bag of choc chips

### Instructions

1. Spread biscuit with Nutella or melted chocolate
2. Place strawberries and cream lollies as nose
3. Chocolate chips as eyes
4. Tiny teddies as antlers
5. Enjoy!

## Reindeer Cookies



## Easy Shortbread

### Ingredients

- 125 g caster sugar
- 125 g cornflour
- 2 cups plain flour
- 250 g butter melted



### Method

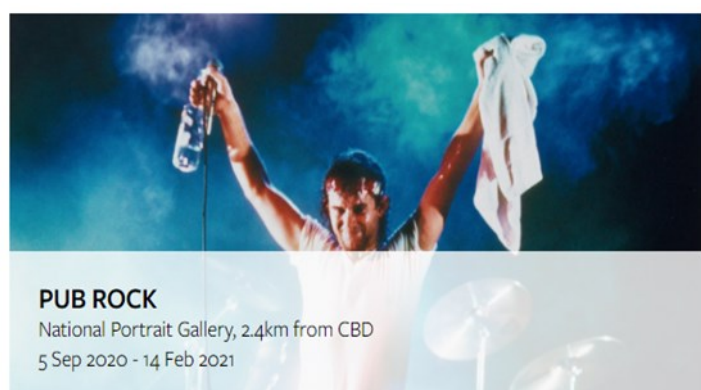
1. Mix dry ingredients together.
2. Mix in butter until well combined.
3. Press into an ungreased 28cm x 18cm lamington pan and bake at 170C for 30 minutes.
4. Remove from oven, cut into 24 squares, sprinkle evenly with caster sugar and prick each piece with a fork.
5. Return to oven for 15 minutes. Cool in tin.





## Canberra Exhibitions—What's On Around Town

Many venues have ticketed entry to safely manage visits, so it is a good idea to book ahead. Visit the website <https://visitcanberra.com.au/events> for more information on What's On in Canberra or contact the specific venues for ticketing and visit information. Below is just a little taste of what is available!







# CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F  
C H Z Q E J A O R E I N D E E R I R L Q  
M B M O L S Z T V W U P O B N D T T V V  
N H N J O L L Y N U Y E N M I H C C E U  
X P M N P P S F I A G K A C L Y V H S Z  
D L A E H X C E L B S F P G C E T Q E G  
Z O M N T H E D A Y S G N I T E E R G M  
S D Z I R V T Q P S G S B W C C P W V Q  
P U I Z O V A J A E O R U A C F S O G S  
G R E H N X R L B P Y N N N H R S O I L  
B N Z C S T B H J O M D P I M O A B V M  
Y M I S T L E T O E Y R D E E S M C I U  
G O C N O R L D K C O Q O N R T T W N B  
W K Y Q C Z E J A G O V T D R Y S D G Q  
L O R T K L C N I C G P N R Y L I N X S  
J N X J I R E F B A V A P J E H R D C Z  
X L W O N H T A E R W V I I L E H A Y E  
W L R D G Z G Y L D J C G N X E C M B O  
M Y A D I L O H L S U H J A W N Z A M J  
I X P D B T V H S K M W S E L D N A C U

BELLS  
CANDLES  
CANDY CANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTH POLE  
REINDEER







1. What was the first song ever broadcast from space?
2. In Australia's version of the song 'Jingle Bells', what mode of transportation is used instead of a 'one-horse open sleigh'?
3. Australia's Christmas Island has an annual migration of which animal?
4. What Christmas tradition began in Melbourne in 1938?
5. What Christmas-themed ballet premiered in Russia in 1892?
6. Given the average daily calorie intake is 2250, what is the average calorie intake on Christmas Day?
7. In what country did the tradition of putting up Christmas trees originate?
8. Who created the very first Christmas lights display?
9. In what year did Google start tracking Santa Claus?
10. Where does the term 'Xmas' originate?
11. What is the name of the Dr Seuss character who steals Christmas?
12. Name three of Santa's reindeers whose names begin with the letter 'D'.
13. When was the first Christmas card sent?
14. Which was the first country to issue a Christmas postage stamp?
15. What is a baby reindeer called?

**Answers on Page 22**

## Christmas Cracker Jokes



**What's the difference between the Christmas alphabet and the ordinary alphabet?**

The Christmas alphabet has Noel.

**What did Santa ask Rudolph about the weather?**

Is it going to rain, dear?

**Who hides in the bakery at Christmas?**

A mince spy.

**Why are Christmas trees so bad at knitting?**

Because they always drop their needles

**What do you get if you eat Christmas decorations?**

Tinsillitis

**What carol is heard in the desert?**

O camel ye faithful.

**What do angry mice send to each other at Christmas?**

Cross Mouse Cards.

**What did the stamp say to the Christmas card?**

Stick with me and we'll go places.

**Why did no one bid for Rudolph and Blitzen on eBay?**

Because they were two deer.

**How did Mary and Joseph know that Jesus was 7lb 6oz when he was born?**

They had a weigh in a manger.

**Why is it getting harder to buy Advent calendars?**

Because their days are numbered.

**What says 'Oh-Oh-Oh'?**

Santa walking backwards.

**What do they sing at a snowman's birthday party?**

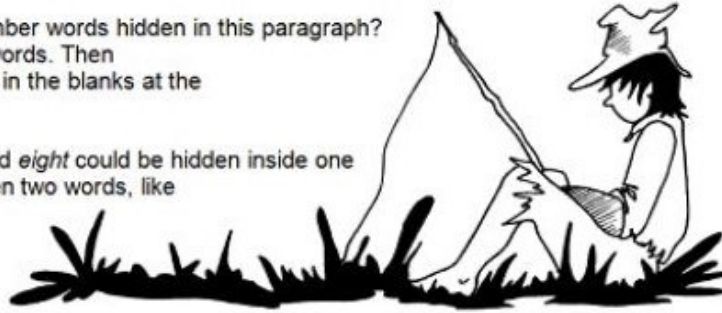
Freeze a jolly good fellow!



## The One That Slipped Away

Can you find seven number words hidden in this paragraph? Underline the number words. Then write the number words in the blanks at the bottom.

As an example, the word *eight* could be hidden inside one word, *height*, or between two words, like this: We will ride in a sleigh tonight.



Where has the fat worm gone? He was wriggling away from my reel even before I had the hook on it! If I've lost him, I'll be sorry. This evening I came prepared with reel, line and bait hoping to catch plenty of fish. It's not often that a worm of ours gets away!

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# CONGRATULATIONS!



**YOUR ELECTRIC BILL IS NOW HIGHER THAN YOUR HOUSE PAYMENT.**

boredpanda.com



I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me, and she was always correct. It was fun for me, so I continued.

At last, she headed for the door, saying, 'Grandma, I think you should try figuring out some of this stuff for yourself!'

### Christmas Trivia Answers

1. Jingle Bells, in 1965
2. A rusty Holden ute
3. Crabs
4. Carols by Candlelight
5. The Nutcracker
6. 7000
7. Germany
8. Thomas Edison
9. 2004
10. The letter X is the first letter in the Greek word for Christ - Χριστός
11. The Grinch
12. Dancer, Dasher and Donner
13. 1843 in the UK
14. Canada
15. A calf





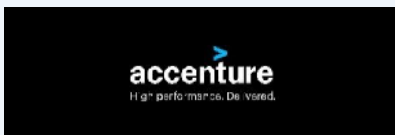
## Canberra Legacy Corporate Sponsors

Like all charities Canberra Legacy would struggle without the support of the community and a group of dedicated sponsors. Unfortunately, this year COVID-19 has made a huge impact on our abilities to raise funds. Despite losing a couple of sponsors we have gained others and have managed reasonably well. We wish to acknowledge our sponsors in this Newsletter.

Thales is a Legacy Australia sponsor and one who has also made significant direct and indirect contribution to Canberra Legacy. We benefit greatly from the work the Thales Graduates do each year with fundraising events. In addition, this year Northrop Grumman, through their CEO Chris Deeble, have become a significant donor with a \$70 000 sponsorship for Legacy Youth, some of which will go to benefit our Canberra dependents.



Our local Partner sponsors include Accenture as a Foundation Partner of Canberra Legacy, and both Omni Executive and CEA Technologies have also continued as Partner sponsors. They have been joined by a new company called INFORMATECH, which does business in the Defence IT testing area.



INFORMATECH.

We have also been fortunate to have a new Major sponsor in Greenway Views (or LDK Group as they are formally known) joining us this year with a monetary contribution as well as options for widow lunches at Greenway Views in Tuggeranong.



We have also received technical support and equipment from Datacom and Hewlett Packard Enterprise and many others who've helped keep the wheels turning.

Other sponsors include Defence Housing, as well as event sponsorship by organisations such as Saab, Fiducian, SERVCORP, BCA Certifiers, Drummond Golf. Federal Golf Club, Yowani Golf Club and Royal Canberra Golf Club provide the venues for our very successful golf events each year. Another that has been a very long term supporter is ACT Veterans' Rugby who have repeatedly secured for Legacy beneficiary status for the sponsorships they raise.

Unfortunately, events conducted by the RMC Band and ADFA's Performing Arts Company have not been conducted this year due to COVID-19. And after a very successful 2019 Christmas lights event conducted despite the bushfire smoke the Petterson Family are having a year off this year.

Our efforts in fundraising overall have been very well supported by a number of organisations - Australia's Federation Guard who make an extra-ordinary difference for us in Legacy Week along with the volunteers from Talent International and Accenture that keep on showing up year after year.

***We wish you and your family all the very best for Christmas and New Year***

***Look forward to meeting up again in 2021***

***(and hopefully it will be a better year for everyone)***

***from***

***Canberra Legatees, Bob, Cathy and Polly***



### **DIARY DATES:**

#### **Legacy House Closure**

Legacy House will be closed for the Christmas break from **Friday 18 December 2020, 12.00pm**  
And will reopen on **Wednesday 06 January 2021 at 9.00am.**

#### **ACT School Holiday Dates**

Public schools finish on **Friday 18 December 2020**  
School resumes on **Monday 01 February 2021** for new students,  
**Tuesday 02 February 2021** for continuing students  
Term 1 finishes Thursday 01 April 2021

#### **ACT Public Holidays 2021**

Australia Day - Tuesday 26 January  
Canberra Day - Monday 08 March  
Easter – Friday 02 April – Monday 05 April  
Anzac Day – Monday 26 April  
Reconciliation Day – Monday 31 May

### **Useful Phone Numbers and Links**

Canberra Legacy 6285 1800

Access Canberra 132 281

Canberra Health Services (independent living aids  
wheelchairs etc) 6205 1900

Carer Gateway 1800 422 737

Centrelink (Seniors line) 132 300

Comsuper, DFRDB, MSBS 1300 001 877

Council of Ageing (COTA) ACT 6282 3777

DVA Service Centre 133 254

Meals on Wheels 6234 7663 (provided by Red  
Cross)

My Aged Care 1800 200 422

MyWay/Combined Seniors Card: call COTA 6282  
3777. MyWay information line 131 710.

Veterans Home Care Program (Assessment  
Agency) 1300 550 450

Older Persons ACT Legal Service (OPALS) 6243  
3436

Open Arms (Veterans and Veterans Families  
Counselling) 1800 011 046

[www.openarms.gov.au/who-we-help/family](http://www.openarms.gov.au/who-we-help/family)

Red Cross daily welfare check phone call

[www.redcross.org.au/get-help/community-  
services/telecross](http://www.redcross.org.au/get-help/community-services/telecross) to establish.