

LEGACY TIMES

WA newsletter | WINTER | 2020

Patron: The Honourable Kim Beazley AC, Governor of Western Australia.



In this issue

ANZAC day 2020

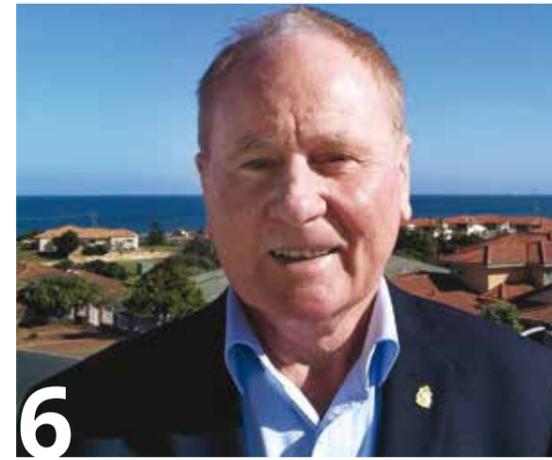
The Late Arrivals Club

South West Widows Picnic

Caring for the families of those who served their country

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Cover Photo: Davina Jogi

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President's Message



On behalf of the Board and all members of Legacy WA I hope that you are staying safe and well. Amid the COVID-19 crisis, life at Legacy WA has changed rapidly. In response to social distancing requirements, the staff from

Legacy House quickly adapted to working from home and worked with our dedicated Legatees to replace face-to-face meetings and beneficiary visits with phone calls and new technologies. As the WA State Government has begun to lift these restrictions, some of the activities are slowly beginning again and we look forward to the fellowship that in person interactions can bring. We still have to be vigilant however, and follow the advice of the State Government and the WA Chief Medical Officer (who happens to be a Legacy WA Ambassador) to ensure the health and safety of all of our wonderful beneficiaries and Legatees.

COVID-19 has unfortunately had a negative effect on our fundraising activities. As you may know, Legacy receives limited funding from the government, with the majority of our income generated from various grants, fundraising activities such as Badge Day, generous donations from individuals and companies, as well as occasional bequests. The requirement to cancel many of our planned fundraising activities for 2020, as well as the potential for limited revenue well into 2021 means that a further strain will be placed on Legacy WA's finances. The Board has been working with our CEO, Vivian Blycha to reduce costs and overheads, but we may have to do more - which has the potential to impact some of the activities and services that Legacy WA provides. We are doing everything we can to ensure that doesn't happen and will keep you informed of any necessary changes.

On a personal note, working from home at the same time as my wife Michelle, and kids David and Sarah has been challenging at times, but also very enjoyable. That said, we were pleased to see the kids head back to school after the school holidays. Jessie the dog must have been wondering why everyone was around the house so much, but I'm sure she'll miss us when we head back to the office full time.



Anzac Day

Anzac Day 2020 was memorable for a number of reasons. Although most official commemorations were cancelled, the Driveway Dawn Services was an excellent initiative that I think made it more accessible for a lot of people who usually can't get to one of the main services. I hope the Driveway Dawn Services continue in some form into the future. Legacy WA also hosted an Anzac Day commemoration online which is available to watch on the Legacy WA webpage via the below link:

<https://legacywa.net.au/>

A highlight of the Legacy WA commemoration was the involvement of Thomas, a Junior Legatee, who woke up early and braved the cold to lay a wreath at the Legacy memorial in Fremantle with me on behalf of everyone in Legacy WA. Thanks to Thomas and his mum Melissa.

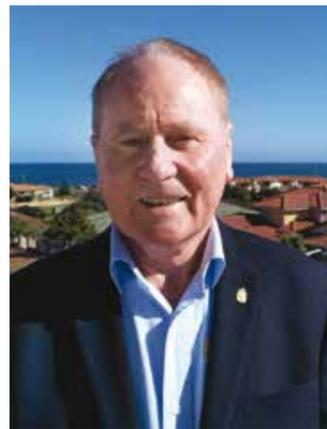
To finish on a high note, I want to acknowledge Vivian Blycha, who recently clocked up one year in the role as CEO (as well as celebrating her birthday). Viv has been a breath of fresh air since beginning in May 2019. She hasn't had an easy job trying to implement change within Legacy House, updating procedures and ensuring the staff are operating efficiently, as well as managing four daughters at home. Well done Viv and keep up the good work.

Stay safe everyone, I look forward to hopefully seeing some of you at a Legacy event sometime in the near future.

Legatee Peter Emmett, President Legacy WA

Legatee Profile

Each Legacy Times will now expose or spotlight one of our Legacy Volunteers/Beneficiaries or Staff members. We are so grateful to be surrounded by fantastic people at Legacy WA and this new section will help us to acknowledge this fact.



Introducing Legatee Alf Mainstone

Born in 1947, Alf Mainstone attended Boddington Junior High School before commencing an apprenticeship as a motor mechanic in 1963. Alf served in the Australian Defence Force between 1968 and 1970, which included service in South Vietnam.

After discharge, Alf worked in Papua New Guinea and South Africa for three years before embarking on a 32 year teaching career with the WA Department of Education and Training, including 10 years as a senior lecturer. His qualifications accumulated to a Teachers Higher Certificate, Technical Teachers Diploma, Bachelor of Education and Certificate in Automotive Engineering. As well as this, Alf also spent over 15 years working as a Real Estate sales representative.

Some unusual achievements included an official world record in the 1967 edition of Guinness Book of Records for carrying a brick in one hand for 32km. Alf also had success in the December

1968 middleweight boxing final at 2Recruit Training Battalion, Puckapunyal.

Alf was inducted into Perth Legacy in 1982 and held the position of Chairman of the South West Legacy group in 1988 and 1989. Between 1981 and 1985, Alf was also the president of Bunbury RSL and was awarded RSL life membership at the age of 47.

Some of Alf's highlights throughout his time at Legacy WA include being involved in the 1980s Busselton widows' picnics and witnessing Legacy wards grow and develop from school children to successful young adults. Other memorable experiences for Alf were meeting and shaking hands with Prince Charles and Lady Diana at a civic reception during their tour of Australia in the early 1980s, being invited to the commissioning of HMAS Bunbury at Cairns in 1984 and to the ship's decommissioning in 2012, as well as witnessing a continual growth in the Bunbury RSL over the past 40 years.

At the age of 72, Alf retired from work last year and is enjoying life in Bunbury with Angela - his wife of 44 years. The couple have a son and a daughter as well as two adorable grandchildren. They all think that Bunbury is just the best place on earth.



Spotlight Profile

Emily Scott

Hearing about the experiences of those who lost loved ones during wars was the most challenging aspect of Emily Scott's recent internship at Legacy WA.

The volunteer organisation provides support, care and guidance to the families of Australian Defence Force veterans who have given their lives or health during service.

The UWA student helped organise marketing campaigns, write newsletter articles, manage social media accounts and run events during the internship, organised by the McCusker Centre for Citizenship.

At the end of the 100-hour community service internship, Legacy WA offered the Quinns Rocks resident a part-time job.

"Emily's positive attitude and willingness to learn and adapt to the changing circumstances are a credit to her work ethic," marketing and events manager Tenielle Doutre said.

"Now a part of the Legacy WA staff, Emily has gone above and beyond her responsibilities and is a pleasure to have in the office."

Ms Scott, who is studying economics, political science and international relations, said the most rewarding part of her internship was helping some of Legacy's beneficiaries.

"Without the funds generated through marketing initiatives, organisations such as Legacy wouldn't be able to help the vulnerable people in our communities," she said.

"This internship has allowed me to continue building my skills and opened my eyes to a number of potential career paths I hadn't previously considered.



Legacy Community Service Update

Lifeline



Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. These services have become especially important during the COVID-19 crisis.

Somewhere in Australia there is a new call to Lifeline every minute. People call Lifeline's 24 hour crisis line 13 11 14 about:

- Suicidal thoughts or attempts
- Personal crisis
- Anxiety
- Depression
- Loneliness
- Abuse and trauma
- Stresses from work, family or society
- Self-help information for friends and family

Here is Dennis's story:

"I recently saw Lifeline's "Share Your Story" campaign and wanted to share my personal story with you. I now volunteer on the phones at Lifeline as a Crisis Supporter, and I hope my story helps inspire other people in crisis to reach out for help.

Many years in the military, including several overseas deployments, began to affect me. I started to have many negative thoughts and emotions over several years. It continued to worsen but happened gradually, so I considered it part of the background. I thought this was normal until several times I could not shake the feeling of being overwhelmed and helpless. The negative feelings were so strong, so black. The military ingrains in you a strong sense of working hard, doing the right thing and always being strong. I was too proud to ask for help. But these feelings removed my ability to do what I normally did and to feel strong. I could not do it on my own any further.

I was so utterly bleak and hopeless. The negative thoughts were becoming so tiring that I could

not handle it on my own any further.

I needed help. So I called Lifeline.

I believe that phone call and the doctor at the hospital saved my life. The relief was like a physical weight off my shoulders. I was so happy that someone else understood, that I was not on my own.

There have been many ups and downs since that moment. I have been diagnosed with depression. I don't always win in the constant battle. But now I am winning more and more of those daily battles. In fact, I now volunteer as a Telephone Crisis Supporter myself and assist others during their time of darkness. We work together on the phone to get them through the tunnel to the other side where friends, family and their medical team can help them win their own battles.

Thank you for listening to my Lifeline story and I hope that you can use it to help others.

Sincerely,

Dennis"

Accessed from: <https://www.lifeline.org.au/>

Australian Government



Australian Government

My Aged Care is a government led program which aims to help elderly Australian's with aged care related services. These services include:

Help at home

As you get older, living independently in your own home can become more difficult. If you're finding it harder to do the things you used to, you can ask for some help at home.

Asking for help doesn't mean losing your independence; it's quite the opposite. Getting a little help with daily activities means you can stay independent in your own home for longer. In fact, a little support can lead to a much better life.

Help at home looks different for different people. It may mean getting help with shopping and cooking. Or it could be receiving personal care to bath, dress, and get in and out of bed. It may even mean getting modifications to improve your safety and movement around the house.

Getting some help at home can enable you to continue to live independently in your own home for as long as possible.

How does it work?

- The Australian Government subsidises the cost of home support services that you can receive in the comfort of your own home. What you need to pay depends on your services and in some cases, your financial situation.

How do I access these services?

- Depending on your care needs, services can



myagedcare

be accessed through the Commonwealth Home Support Programme or a Home Care Package. An assessment process determines what program is more suitable for you. Check your eligibility and apply for an assessment online.

Short-term care

Short-term care provides care and support services for a set period of time. There are different types of short-term care depending on your needs, but all aim to help you with day-to-day tasks and either restore or maintain your independence.

Depending on the type of short-term care you access, help can be provided for a few days to a few months at a time.

How does it work?

- The Australian Government subsidises short-term care providers directly to make care more affordable.

How much will it cost me?

- You are expected to contribute to the cost of your care if you can afford to do so. How much you may pay varies depending on the type and level of care and services you will receive. The maximum amount you could be asked to pay:

\$10.75 per day, if you receive care while living at home (17.5% of the single aged pension).

\$52.25 per day, if you receive care while living in a residential setting (85% of the single aged pension).

Legacy Community Service Update

Australian Government cont.

Aged care homes

An aged care home (sometimes known as a nursing home or residential aged care facility) is for older people who can no longer live at home and need ongoing help with everyday tasks or health care.

Leaving your own home and entering an aged care home isn't an easy decision. But it doesn't have to be a daunting experience. An aged care home can give you the care and services you need to maintain your quality of life.

The government funds a range of aged care homes across Australia so that they can provide care and support services to those who need it. Each aged care home is different, so it's important to choose the right one for you.

How does it work?

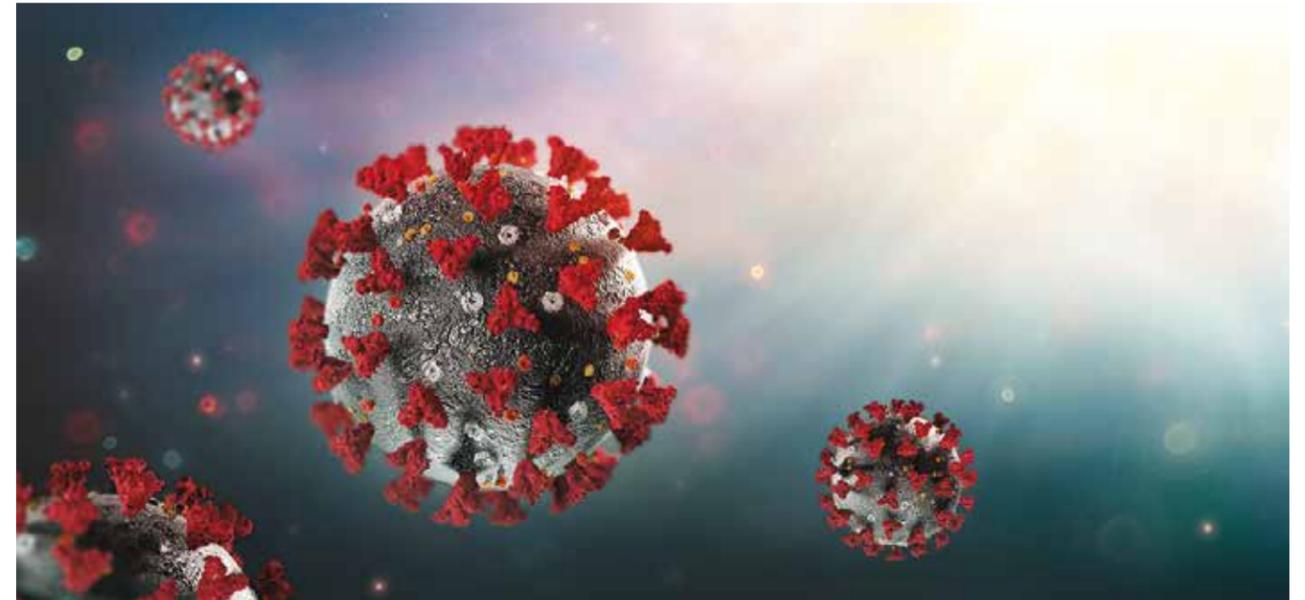
- The Australian Government subsidises a range of aged care homes in Australia. This means affordable care and support services can be accessed by those who need it. The subsidies are paid directly to the aged care home. The amount of funding that a home receives is based on:
 - an assessment of your care needs by the home (using a tool called the Aged Care Funding Instrument or ACFI)
 - how much you can afford to contribute to the cost of your care and accommodation (using an income and assets assessment)
 - To get the funding, subsidised aged care homes have to meet Aged Care Quality Standards to ensure quality care and services are provided.

What will it cost?

- Each home sets their own prices, within a prescribed limit, and costs will vary. How much you will have to pay depends on the place you choose and an assessment of your income and assets. Typically, there are three types of costs associated with all aged care homes:
 - A basic daily fee (the maximum is currently \$52.25 per day)
A maximum amount that everyone pays for the hotel services they receive.
 - Accommodation costs
A varying cost for your room based on an income and assets assessment.
 - Means-tested care fee (the maximum is currently \$254.91 per day)
A varying cost for the care services you receive based on an income and assets assessment.

For more information please visit: <https://www.myagedcare.gov.au/>

Legacy WA Covid-19 Update



Legacy WA's priority continues to be the health and safety of our staff, Legatees and importantly, our beneficiaries (the majority of who fall into the category of vulnerable and are at a higher risk of more serious illness if infected with COVID-19). Therefore we intend to maintain a cautious approach to the delivery of Legacy services, even though Western Australia has been quite successful of restricting the spread of COVID-19 in the community.

The Australian Health Protection Principle Committee recommends that special provisions be applied to vulnerable people in our community. This advice provides the basis from which Legacy WA will proceed to resume a range of activities and services in the coming months.

Laurel Group Meetings

Laurel Groups are not encouraged to resume meetings at this stage, however, if individual Clubs elect to do so, it is recommended that you read the 'Guide to Laurel Clubs during the Pandemic' which will be provided to the Presidents of each Laurel Group.

Safety measures at Legacy House

For those attending meetings and appointments at legacy House, strict protocols and safety measures will be in place, including:

- Sanitation will be available throughout the meeting rooms for easy access
- Social distancing and health protocols will be implemented; and
- Legacy WA staff will continue to work from home on a rotational basis as applicable, to maintain social distancing requirements

ANZAC Day 2020

ANZAC day was commemorated a little differently this year. Due to COVID-19 restrictions, all ANZAC day services were cancelled including ANZAC day dawn services and Legacy's fundraising initiatives. However it was humbling to see the Australian community's response to commemorating the ANZACs in a less traditional way.

Despite the restrictions, Legacy WA was determined to commemorate the ANZACs through our own special tribute. Hosted by Nic Hayes, Managing Director of Media Stable and joined by our very own CEO Vivian Blycha, the event presented many special guests including WA Governor Hon. Kim Beazley; Minister for Veterans Issues, Hon. Peter Tinley; Minister for Defence, Linda Reynolds; Legacy President Pete Emmet; Defence School Mentor, Claire Hunt; and some of our Legacy families who gave us an insight into their worlds.

The event was made possible thanks to our generous WA sponsors: Fortescue Metals Group, Mining and Hydraulics, Babcock International Group, Go Offshore, Lush – The Content Agency, and Media Stable.

If you would like to see the tribute, please head to legacywa.net.au



Driveway Tributes

As ANZAC day dawn services were cancelled this year, Australian's decided to pay tribute to veterans differently. Many people stood on the edge of their driveways – whilst respecting social distancing restrictions – to pay respect to the ANZACs. Members of the Legacy community also paid tribute to the ANZACs in their own way by creating memorials across Perth.



2020 Fundraisers

Over the ANZAC period we have had a wonderful response from dedicated volunteers and supporters of Legacy WA. We would like to share some of the efforts below.

Michael Humphrey

7 year old Michael Humphrey usually attends the Vietnam memorial with his grandfather each year to commemorate ANZAC Day. The restrictions in place from COVID-19 prevented this years' ceremony however Michael found a new way to commemorate the ANZACs. Last May, Michael completed a 10km walk to raise money for Legacy WA. The young superhero has been putting \$1 of his own pocket money away every week for the past year which has accumulated to \$50. Along with his supporters, Michael raised a total of \$198.21 for Legacy WA.



Heidi Carlos

Heidi generously sold Legacy merchandise over April to raise money for Legacy WA. Heidi also assisted Bakers Delight Mullaloo in selling badges and bears over the ANZAC long weekend. The COVID restrictions did not prohibit Heidi as she continued to deliver badges and bears – only contactless. For individuals who did not want a badge or bear, Heidi initiated 'donate a cuppa to a widow.'



St John Ambulance

St John Ambulance organised 'Casual for a cause' to raise funds for Legacy WA. The fundraiser which would normally involve a BBQ, unfortunately had to be cancelled due to COVID-19 restrictions. Despite this, campaign fundraiser Sean Morris did a fantastic job at selling Legacy merchandise. When asked why he chose to support Legacy WA, Sean stated that "organisations such as Legacy play a large role in supporting people who are currently serving, transitioning, and have previously served." With a defence background himself, Sean is passionate about the work Legacy does to serve the community.

Social Manna

With the support of Vic Park residents, local café Social Manna raised a total of \$4000 for Legacy WA's ANZAC campaign.



A big thank you to everyone who raised funds for Legacy WA's ANZAC campaign! Your efforts ensure that we can continue to support the families of deceased and incapacitated veterans.

The Late Arrivals Club update



On Monday 16 March, Jason Ey along with Steve Dean, Heath Whitfield and Josh Thornhill departed Fraser Range Station in WA on their 1,100km run to Ceduna in SA. As part of the Late Arrivals Club, the four men completed the gruelling yet extraordinary expedition in honour of Ey's late grandfather who in 1942 was one of three Australian soldiers that narrowly escaped death when their aircraft came down in enemy territory. Stranded in the Libyan Desert without food, water and shelter, the group defied all odds to walk 225km before they were rescued 11 days later.

Due to WA's border closures, the group was forced to turn around 100km into South Australia. Mr Ey stated that "We got back in time for the border closure and ran for another day,

then the police told us to move on because it was non-essential travel. We started running at 3am then drove through the day, we still got the kilometres done, it was a bit of a curve ball."

"Even on this journey we had to overcome our own challenge when everything did not go to plan, which is what we were really commemorating at the end of the day" Mr Ey concluded.

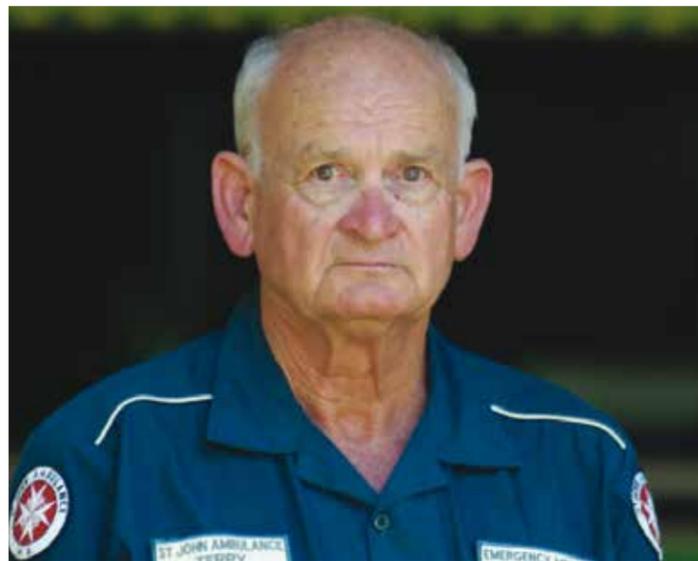
Despite the difficulties, the Late Arrivals Club raised an incredible \$10,000 for Legacy WA. We hope to see them on the road again next year.



Legatee Terry Keys

75 year old Legatee, Terry Keys is an invaluable member of the WA community. As a volunteer at 28 Legacy WA children's camps, he is often stopped on the street by Legacy children, looking to reminisce. The incredibly humble Vietnam veteran has also dedicated the past 40 years of his life to serving as a volunteer ambulance officer.

In the recent ABC news article, Mr Keys' lifelong contribution to his community is honoured. Below is a snapshot of his story.



the Viet Cong had been smart they would have attacked us then, because no-one had their bearings."

Being alert and ready for whatever comes next is something that Mr Keys learnt from his time in Vietnam and has now been an asset for him as a volunteer ambulance officer. For the last 40 years, he has had a clean uniform ready to go for whenever he may be called on. "I go to bed about half past eight, nine o'clock and they go off all hours of the night, and we have trouble covering the midnight to dawn shift," he said. "I don't mind doing those because I'm not working, I can have a sleep the next day, so I often go out between midnight and dawn."

From his experiences in Vietnam and as a volunteer ambulance officer, death is not foreign to Mr Keys. "I saw the results of death, like I saw death from either rifle fire or mortar or artillery," he said. Despite his time as a soldier, Mr Keys describes death as something "you never get immune to."

Mr Keys served four months as an active serviceman in Vietnam before being medically evacuated. Whilst describing his time in Vietnam, he stated "you just couldn't see and those first few nights up there, we often talk if



Living in the country towns of Boddington and Dunsborough, it was not uncommon for Mr Keys to know his patients. "You just thought, please God let it not be someone you know because, you know, the grief and the pain for that is so much," Mr Keys said.

For Mr Keys, two of the hardest things he had to encounter through his role was questioning whether he could have done more to save a patient's life and being a first-hand responder to suicide incidents. "You're thinking 'why, why the bloody hell did he do it, why, why, why' and the parents are there and they're saying 'why, why, why' and you're trying to comfort them at the same time.

Although now separated, Mr Keys described how his ex-wife Penny Keys had and still continues to play an important role in recovering from traumatic incidents. "Even though you're talking shop, you just need to unload and run it through your mind, Mr Keys said."

Helen Keys - daughter of Mr Keys, described how being an ambulance officer had taken a toll on her dad. She stated that sometimes he would miss family dinners because of what he had experienced whilst on the job. Helen also said that she is extremely proud of her dad's military and volunteering service and claimed that "no one else's dad did as much as our dad."

Although suffering from PTSD as a result of an incident during his time in Vietnam, Mr Keys



reiterates that working as an ambulance officer is not all "doom and gloom" and "there is the good side of things, you come away from some jobs really feeling good that you've helped this person and got them to better care."

Mr Keys plans to retire as an ambulance officer next year but declares that it won't mark the end of his service - as someone needs to clean the ambulance vehicles.

For the full article please visit <https://www.abc.net.au/news/2020-04-12/volunteer-ambulance-officer-keeps-going-after-40-years-service/12138418>



South West Widows Picnic



On Sunday the 8th of March we held Legacy's south-west widows picnic at the Busselton Holiday Camp. We had hard working volunteers travel from Perth to help us transform the campgrounds into a beautiful outdoor dining area for our guests.

Over 80 ladies travelled down to the camp by bus and were greeted by the 511 Army Cadet Unit and Busselton Adventure Girl Guides. The ladies were well looked after at all times, with staff and volunteers ensuring their cups were

never empty. A beautiful meal was enjoyed by all as well as great conversation which continued late into the afternoon. The Busselton Brass Band did a wonderful job entertaining the ladies whilst playing under the big tree. The ladies also enjoyed the abundance of prizes that were won in the raffle.

A big thank you to all the hardworking volunteers and staff who attended for the weekend to help put on such a wonderful event.



Update from Junior Legacy

At the beginning of April, Legacy families were invited to submit a poem, song, video or letter that encompassed the message 'Anzac in Your Eyes.' Legacy house received four submissions, three from junior legatees and one from a Legacy widow. A big thank you to Empired for sponsoring three JB-HI-FI vouchers which were gifted to our junior legatees and Fremantle Laurel Club for gifting Ms Emslie with a hamper for her moving submission. Ms Emslie's poem as well as a poem submitted from one of our junior legatees is featured below.

What does ANZAC Day Mean to Me - A Wife and Mothers Perspective

by Meredith Emslie

My husband died on 13th September, 2011; a serving member of The Australian Defence Force. He did not depart this life amidst blazing guns, defending a base or in an heroic effort to secure a terrorist stronghold. He fought on his own battlefield against a terminal and aggressive brain tumour, diagnosed during his service as an Anglican Military Chaplain stationed in Palmerston, in the Northern Territory.

It was not a dignified death, but somehow the man who was well known for his irreverence and rather larrikin ways brought out from deep within a sense of grace and serenity – an acceptance of how his life would end and knowledge that changing that path was not up for negotiation with anyone except God. They were good friends and always on positive terms, so apart from an initial consideration of striking the Lord off the Christmas card list, an understanding was reached, and that was that.

During an emotionally taxing meeting with the medical team, support personnel from the ADF, his brother in the role of Will executor, his best friend as a witness and me, he leaned back in his chair and laced his hands behind his head. "I've got the easy part," he said. "All I have to do is sit back and wait to die."

That will ever remain as one of my sharpest and most painful memories.

He lasted just nine months, striding through his battle across three different states, two marathon and disfiguring surgeries, and occupational therapy sessions, where he failed to identify dogs and rabbits on children's flash cards or write his name. He underwent rounds of Chemo and Radiotherapy we knew would have no impact, and eventually lost his mobility, motor skills, speech, memory, cognition

and consciousness. He passed into a coma, transferred to a palliative care unit and died two days later, twenty minutes before we arrived at the hospital and courtesy of a freeway traffic jam. He'd played his final prank. And then there were four – me, and our three children.

Enter, Legacy WA. I was asked whether I wished to be contacted by a Legacy representative, and a vague image of a community group who sold fruitcakes in shopping centres came to mind. I will ever be grateful they reached me. There was no mention of me buying a fruit cake, but my children and I were extended a sincere and meaningful lifeline of emotional and practical support and became part of a family who share the bond and common experience of loss. Friendships and alliances have been forged, metaphorical life rafts have been launched and boarded, and tears of profound gratitude shed, making us part of a special and rather exclusive club – one with an oh-so-heavy price to pay for membership, but to whom I will ever be grateful.

My way of giving back to Legacy is by marching under their banner in the ANZAC parade in Perth. My children and I have attended every year to show our gratitude and allegiance, to share the day and to honour our family's hero and his service. Medals and slouch hats are worn, my second husband and our son cheer us on from the sidelines and we join in a pageantry with the moving sense of awe and respect appropriate to the occasion. And I hate it.

My sense of grief is overwhelming on this day and in this forum. It brings emotions and memories to the surface in a very personal way. Images of his funeral – the drumming, the uniforms, the aura of a duty and service bought to an end – and the four of us left behind – fill my head and my heart and I wish desperately for it to end.

So why do I go? Why do I insist we participate each year as a family? Why does my husband continue to support us and join in on the day, after living through my annual emotional shut down which occurs in the week leading up to the march?

Because I am thankful.

I am thankful to be included in an occasion which honours my late husband and which, for my children, brings to life a sense of his service and his devotion to his Military family and his role. I am thankful for the chance to show Legacy that I am willing to drive a 500km round trip to march under their banner and acknowledge that my circumstances would have been vastly different without them. I am thankful that complete strangers have a sense of gratitude for our Forces and a small understanding that there were a zillion times we needed him at home, but he was stationed in another state and serving others. Lastly, and strange as it may

ANZAC Day in my eyes

by Alyssa Cahill (11 years old)

On the 25th of April we wake up early and join a dawn service. This year we will stand at the end of our driveway to pay our respects. We think about all of the people that sacrificed their families, friends and most importantly their lives. We then stand in a moment of silence to remember all of the soldiers.

ANZAC Day is special and important to me because my Dad was in the Navy, my Grandad was in the Army and my Great-Grandad was in the Army too. I feel proud of this part of my family and ANZAC Day is a tradition that is a part of my family's history.

I know that ANZAC Day is important not to forget, because it is important to remember how our country has grown over time and to thank the service men and woman past and present for what they have done and still do to keep us protected and enjoy the freedoms that we have.

Now we go home and enjoy baking ANZAC biscuits.

That is ANZAC Day in my eyes.

sound, I am thankful for the chance to hurt; to understand that I am just a small part of a much bigger picture; to put myself through something I know is going to drain me, overwhelm me and force me to remember. Freud, no doubt, would make something of this.

We get to drive home afterwards. The sun will continue to rise every morning and we have the opportunity to fulfil dreams and make things happen. Our lives will continue, where his and many others did not. ANZAC Day is my reminder – my visual, auditory, emotional reminder – that we are still here and we are making it happen every day.

In memory of Andrew Raymond Jackson

14/02/1962 – 13/09/2011

Legacy WA colouring in competition winner



Congratulations to Rosie for winning Legacy WA's colouring competition! Thank you to everyone who entered.

Coronavirus Scams

Scammers are using the spread of COVID-19 (coronavirus) to take advantage of people across Australia.

About COVID-19 scams

Scamwatch has received over 2700 scam reports mentioning the coronavirus with over \$1 114 000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams.

If you have been scammed or have seen a scam, you can make a report on the Scamwatch website, and find more information about where to get help.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you.

Scammers may pretend to have a connection with you. So it's important to stop and check, even when you are approached by what you think is a trusted organisation.

Visit the Scamwatch news webpage for general warnings and media releases on COVID-19 scams.

Below are some examples of what to look out for.

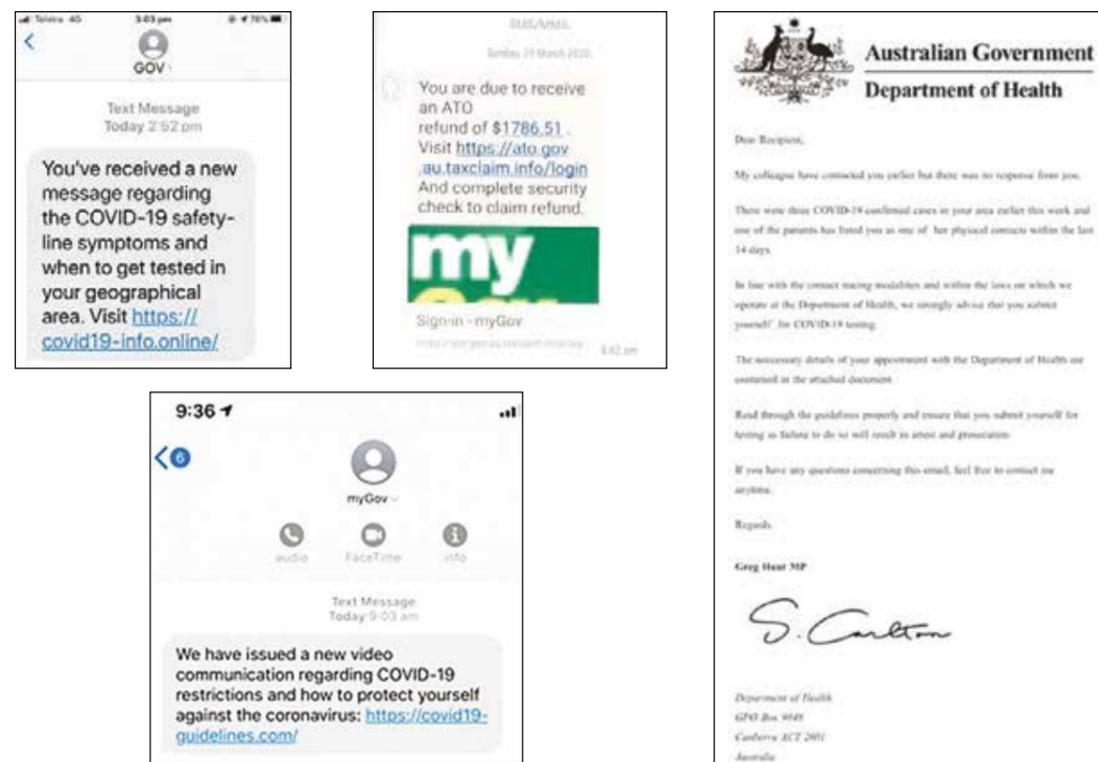
These are a few examples, but there are many more. If your experience does not match any of the examples provided, it could still be a scam. If you have any doubts at all, don't proceed.

Phishing - Government impersonation scams

Scammers are pretending to be government agencies providing information on COVID-19 through text messages and emails 'phishing' for your information. These contain malicious links and attachments designed to steal your personal and financial information.

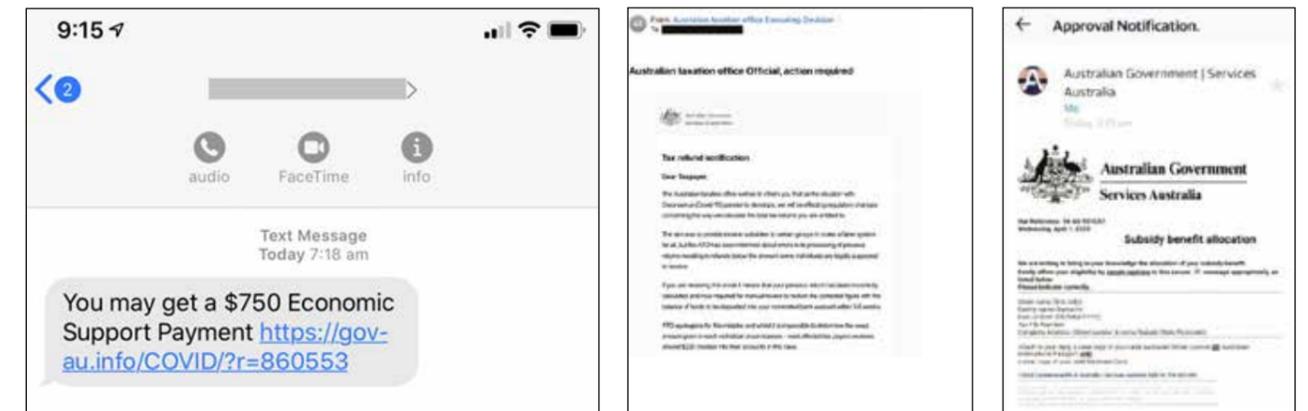
In the examples below the text messages appear to come from 'GOV' and 'myGov', with a malicious link to more information on COVID-19.

Examples of phishing scams impersonating government agencies



Scammers are also pretending to be Government agencies and other entities offering to help you with applications for financial assistance or payments for staying home.

Examples of payment or financial assistance scams



Tips to protect yourself from these types of scams:

- Don't click on hyperlinks in text/social media messages or emails, even if it appears to come from a trusted source.
- Go directly to the website through your browser. For example, to reach the MyGov website type 'my.gov.au' into your browser yourself.
- Never respond to unsolicited messages and calls that ask for personal or financial details, even if they claim to be from a reputable organisation or government authority — just press delete or hang up.

For more information on scams please visit:

<https://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams>

Source: <https://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams>

Thank you to Legacy WA staff letters



Legacy Holiday Camp update

As a part of the Legacy WA family; all members, beneficiaries and volunteers are given access to the Legacy Holiday Camp. Located meters from the water's edge and 5 minutes outside of Busselton, the camp offers a wonderful holiday destination that can be shared with family and/or friends.



The camp rates are listed below

	Off-Peak Season	Peak Season*
Under 5	Free	\$10.00
5 – 15 years	\$15.00	\$20.00
16 years and over	\$40.00	\$60.00
Cottage (p/night)	\$150.00	\$170.00
Flat (Cooks Quarters) (p/night)	\$100.00	\$120.00
RAP (p/night)	\$100.00	\$120.00

***Peak Season Dates:** 1st December – 1st March, School Holidays, Easter, Labor Day (March), and Queens Birthday (September)

For more information, please ring 9755 4530 or email reception@legacywa.com.au

Volunteer week + thank you



From Monday 18 May to Sunday 24 May Australia celebrated national volunteer week. Here at Legacy WA we are reliant on the hard work of our legatees and volunteers and their dedication to the organisation.

According to Volunteering Western Australia, each year volunteers contribute \$39 billion to the Western Australian economy. Although volunteers generally don't give up their time with an overall dollar value in mind, understanding the dollar value of volunteers is essential. It allows for a greater appreciation and comprehension of the impact volunteering has on Western Australia. And the impact is huge.

4 out of 5 Western Australia's either formally or informally volunteer each year. To put this into perspective, treated as a sector in its own right, volunteering is Western Australia's largest industry by employment.



Not only is volunteering beneficial to the economy, charitable organisations and vulnerable members of our community, it is also clear that volunteering has welfare benefits for the volunteer. The personal well-being benefit for Western Australian volunteers amounts to \$9.9 billion a year.

For Legacy WA, we estimate that our volunteers contribute approximately \$500,000 to \$700,000 in time and expenses to provide direct support to our beneficiaries. The generosity of Legacy's volunteers ensures that every family of a deceased or incapacitated veteran is supported.

Legacy WA would like to acknowledge and extend a massive thank you to all past and present volunteers who have sacrificed their time to serve the Legacy community.



McCusker Centre for Citizenship – call for host organisations



The McCusker Centre for Citizenship at UWA is seeking interest from potential intern host organisations for its upcoming winter and Semester 1 rounds. If your not-for-profit, community or government organisation has a project suited for an intern, please contact Internships Coordinator Sam Andrews on 08 6488 7553 or email internships@mccuskercentre.uwa.edu.au as soon as possible.

Former Staff Legal Issue

Unfortunately, you may have noted in the news recently that a former employee of Legacy WA pleaded guilty to several counts of fraud and stealing related to his former employment with Legacy WA. The person in question hasn't worked for Legacy WA since 29 March 2019. Thankfully the amount of money was relatively small and has since been repaid.

Legacy WA had some very robust procedures in place, including checks and double checks of expenditure of Legacy funds, however it can be very difficult to protect against a 'trusted insider'. Once the fraud and stealing were discovered by Legacy WA the matter was investigated internally, then passed on to WA Police who did a terrific job investigating and prosecuting the matter, leading to the recent guilty plea.

Since the improprieties were discovered, we have further strengthened our financial controls and checks. Some of these steps include the establishment of a Risk and Audit Committee that is responsible directly to the Board with the role of conducting regular in-depth spot checks, as well as updating financial procedures and defining a stringent set of financial delegations for the CEO and staff. If you have any more questions or concerns about this matter, please don't hesitate to contact our CEO Vivian Blycha at Legacy House.

*Legatee Peter Emmett
President – Legacy WA*

The Legacy Times

Legacy WA is always looking for new content for the Legacy Times. If you have any ideas or have been involved in anything that you believe would make a relevant and exciting addition to the Legacy Times, please email marketing@legacywa.com.au.

Laurel Clubs Meeting Times and Locations

LAUREL CLUB	MEETING TIMES	LOCATION
Bunbury	1st Thursday 9:30am	RSL Hall 19 Spencer Street Bunbury WA 6230
Floreat Coastal	Fortnight Fridays 11.00am	Parkland Villas Woodlands 52/54 Liege Street Woodlands WA 6018
Fremantle	Fortnight Tuesdays 10:30am	Bicton Palmyra RSL 30a Foss Street Bicton
Geraldton	1st Monday 10.00am	Birdwood House 46 Chapman Road Geraldton WA 6530
Gosnells & Districts	2ns & 4th Wednesday 11.00am	Gosnells Football Club Terrence Street Gosnells WA 6110
Kalamunda & Districts	3rd Friday 1.00pm	Jack Healey Centre 21 Mead Street Kalamunda WA 6076
Mandurah - Murray	3rd Monday 1:30pm	Mandurah Baptist Church 370 Pinjarra Road Mandurah WA 6210
Menora	1st Wednesday 10.00am	War Widows Guild 15 Plantation Street Menora WA 6050
Midland & Districts	1st Wednesday 1.00pm	Ascension Church Hall 17 Spring Park Road Midland WA 6056
Northern Districts	1st & 3rd Thursday 8:30am	"Mildenhall" Duncraig Senior Citizens Club 49 Beddi Road Duncraig WA 6023
Perth	Fridays 9.00am	ANZAC House 3/66 St George's Terrace Perth WA 6000
Rockingham	Fortnight Thursdays 10.00am	Port Kennedy RSL Cnr Paxton Way & Helmshore Way Port Kennedy WA 6172
South Perth	Thursdays 10.00am	South Perth Senior Citizen Centre 53 Coode St South Perth WA 6151
Vasse	2nd Wednesday 10.00am	Busselton RSL Hall 10 Rosemary Drive Busselton WA 6280

If you are not a part of a club, we urge you to join. With regular outings and support from those with a shared experience it is a great way to create long lasting friendships.

As you can see there are Laurel clubs spread throughout Western Australia.

For our younger widows there are two social groups who organise their own activities. The Lillies (for ladies DOB 1944-1958) and the Daisies (For ladies DOB from 159 onwards).

All clubs are very sociable and the ladies love to welcome new members.

If you would like to find out more about Legacy Club for widows near you, please contact Legacy WA on (08) 9486 4900 or email reception@legacywa.com.au.

We look forward to hearing from you.

Giving a Gift of Remembrance



A gift of remembrance can continue the work and ensure your values are honoured for the future. We hope that you will consider leaving a gift in your will to Legacy WA to help us in caring for the families of veterans who have lost their lives or their health, serving our country.

As a member of the **Legacy Torch Society** you will be honoured for your thoughtfulness and generosity.

If you would like to know more about how you can leave your own legacy please contact reception@legacywa.com.au.

Or send in this completed confidential reply form and our Bequest Officer will contact you:

Title: Mr Mrs Miss Ms Dr
Given Name: _____ Surname: _____
Street Address: _____
Suburb/Town: _____ Postcode: _____
Contact Phone _____ Email _____

Our Bequest Officer will be in touch with you shortly to discuss details and welcome you to the Legacy Torch Society.