WA Newsletter | Winter 2022

LEGACY TIMES

Jessamy Welfare finishing at 7km along Hamelin Bay during the recent Cape to Cape fundraiser for Legacy WA.

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Contact Directory

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Previous editions

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Legacy Widow's Prayer

0

Let us be genuine with one another,

and see in each the best that we can find.

So many lives depend on us for brightness,

Lord, keep us brave and help us to be kind.

The Ode

Fear not that you have died for naught,

The torch you threw to us we caught,

And now our hands will hold it high,

Its glorious light will never die.

We'll not break faith with you who lie on many a field.

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Peter Emmett

It was a great honour to be elected again as President of Legacy WA in February this year. My previous tenure from 2018 – 2020 was busy, but very rewarding. Since then, Matt Granger and Ian McNee have filled the role of President, and both have, and continue to make excellent contributions to Legacy WA. I'd like to thank them both for their ongoing efforts.

It's an exciting time for Legacy Clubs across Australia as we move into Legacy's 100th birthday celebrations in 2023. In April the CEO and I had the honour of attending the official launch at the Shrine of Remembrance in Melbourne, which included the announcement of a torch relay around Australia. More information will follow, but please look out for opportunities to get involved.

A highlight for me since taking over as President was the presentation at the recent event at Government House where Legatees Duncan Warren and John Burridge were presented certificates recognising their 50 years of service to Legacy in WA. Duncan and John have set an amazing example for all of us in Legacy WA, and I'd like to thank them again for their service and contributions to Legacy and the families they have supported.

I was fortunate to be able to participate in the recent 'Cape to Cape for Legacy WA' fundraiser in April, walking 130km to raise much needed funds for Legacy WA. We were joined on the walk by a mix of Legatees, Legacy widows and



Legacy WA President, Peter Emmett during the Cape to Cape 2022.



kids and others who wanted to support Legacy's efforts by fundraising for the walk. We were fortunate to have Australian former fast bowler Mitchell Johnson as our event ambassador – Mitch completed the whole walk with us and was a great addition to the group.

We have since asked Mitch to join Legacy WA in a more permanent ambassador role, and I'm honoured to say that he agreed without hesitation. I look forward to sharing more news on how he'll be getting involved in the future.

I'd like to close by thanking all of our hardworking Legatees, volunteers and staff for their efforts in what has been a very busy first half of 2022.

Yours in Legacy L/Peter Emmett President – Legacy WA



CEO'S ADDRESS

Matt Granger

It's been a very busy time since the last edition of the Legacy Times. We had planned to publish this edition earlier however, workload did not allow this to happen. Hence, we have published a larger edition containing all the events, activities and news to date this year.

Sadly, the pre-ANZAC Day street appeal and AFL gamedays were not as lucrative as we'd hoped for. Plenty of lessons learned from these two events. The street appeal shared with the RSL for the first time created challenges, and the limitations placed on our team by Optus Stadium at the 11th hour also stymied the plan. We will be approaching these events with a revised plan next year and looking forward to improving the result.

The Cape-to-Cape trek was altogether more successful and Legacy WA's association with cricketer Mitch Johnson has developed into a solid foundation for the future. Mitch was certainly impressed by the beneficiaries we included in the trek, and their attendance drove home to him the importance of the work Legacy WA does.

The attendance by these beneficiaries was covered by the ANZAC Day Trust grant, and we will be assisting others with Leeuwin sailing and Outward Bound trekking via the grant. These funds must be expended within the financial year, else they will have to be returned. They do not come from our cash reserves and we are fortunate that my predecessor Vivian applied for and lobbied hard to achieve a multi-year grant.

The grants are also paying for a Christmas Jingle in July for the first time that we can recall. We have sufficient money to provide for Metro, Geraldton, Albany and Kalgoorlie Legatees; as well as our part-time employee Bernie - who now lives in Derby - hosting several Widows in Broome. We have also been able to include some of our older Persons with a Disability.

We have a new Minister for Veteran's Affairs, the local MP for Burt Matt Keogh. We will be writing to him soon to continue the dialogue begun with his predecessor, and through our state Minister for Veteran's Issues, Paul Papalia CSC, we will be

lobbying for a Federal grant for the upgrade of the Camp. Peter and I met with Paul last week and had a very productive outcome; details of which we will be able to share soon.

Busselton Council presented a draft Lease on lot 16 next door to our current site, over which we've had a legal review and acceptance by the Board. Once the Council resolves to let the site to us we'll be in a position to begin some work to make it habitable for Legacy use. At the very least, this includes moving the current footpath down to the beach to be sited in the middle of the two lots, and building up the dune behind the ablutions to stop water encroaching on the block during surge tides. We will be bound by development restrictions on the beach-side of the erosion line, but this still provides ample space to upgrade the camp.

We lost a staff member in June 2022, Tyler Eisenhauer in Events, who is returning to his roots as a personal trainer and we wish him the best for his future. We've also added a new member in Emily Briggs as our Social Media and Marketing Coordinator. Emily is in the final year of her tertiary qualification and works Mondays and Thursdays while fitting in her studies. Emily has volunteered for Legacy in the past doing street collection on badge day and we welcome her to the fold. Our part time employee/part time volunteer Helen will be off for four weeks, minimum, as she recovers from surgery and we wish her well also.

We are making significant headway with the database cleanse as all the listed beneficiaries have been contacted and we're onto the callbacks for those who didn't answer or respond. Volunteers L/Peter Lyneham and Linda, as well as Helen and Jess, have continued the great work that so many of you have assisted with. The project is driving the need for additional Legatees and staff to meet beneficiary requests and requirements.

Finally, Legacy WA welcomes Police Commissioner, Chris Dawson, who has been appointed Western Australia's 34th Governor. This follows 46 years of distinguished service to the community. He will be sworn in as the Queen's WA representative in July, 2022. Legacy WA would like to sincerely thank and acknowledge outgoing Governor, His Excellency the Honourable Kim Beazley AC and his wife, Susie Annus, for their dedication, and thank them for their involvement and outstanding contribution in the role over the past four years. I wish them every success for the future.

I'll have a lot more to write about next time regarding the Ball, The Legacy Centenary Torch Relay 2023 presented by Defence Health and outcomes from the Board Strategic Planning day on the 25th of June.

Kind regards to all, Matthew



LEGACY CENTENARY **TORCH RELAY**



Why the Legacy Torch?

The badge of Legacy is the Torch and Wreath of Laurel. The Torch signifies the undying flame of service and sacrifice of those who gave their lives for their country. The Wreath of Laurel is the symbol of our remembrance of them.

The Torch also represents the understanding that 'departed comrades' have passed the Torch onto their mates, the Legatees, to look after his treasured family the 'missus and kids' when he is no longer able. The flame also represents the heart and soul of Legacy.



Legatee, Peter Heeney and President, Peter Emmett, at the Legacy Centenary Torch Relay launch held in Melbourne, 20th April 2022.

On 20th April 2022, the official launch of the 2023 Legacy Centenary Commemoration took place at the Shrine of Remembrance in Melbourne, the city in which Legacy was founded nearly 100 years ago by Stan Savige.

A significant part of the commemoration is the Legacy Centenary Torch Relay - a six-month campaign to pay homage to and acknowledge veterans' families, saluting their sacrifice.

The relay begins on Anzac Day, 25th April 2023, in Pozieres, France and will travel to London, England, where it will continue its' tour throughout Australia - first stop, Western Australia.

The Legacy Centenary Torch Relay 2023, presented by Defence Health, is a satellite campaign, stopping at all Legacy Clubs world wide, including 44 in Australia and one in London, where support has been (and continues to be) provided. It will also be stopping at iconic Australian Landmarks.



Own a Limited-Edition Legacy Centenary Torch

Purchase one of 250 limited edition collectable Legacy Centenary Torches 2023.

This Australian-made collectable symbolises Legacy's undying flame of service and sacrifice of those who gave their lives for our country. This collectable torch has a polished aluminium body with a navy leather grip. It contains gold-plated aluminium features at the burner, grip, and bottom knob to accent features from the Legacy logo. The text is specially crafted and placed on each torch with precision and care to create a priceless piece of memorabilia that will be part of #legacyslegacy.

Only 250 torches are available to the public so get in fast!

Visit legacytorchrelay.com.au to pre-order yours for \$10,000 (ex. GST, & shipping).

Snapshot of Statistics

Some fun facts about The Legacy Centenary Torch Relay 2023:

- Satellite Torch Relay around Europe and Australia
- 175 days of activations
- Over 55,000km travelling
- Stopping at all 45 Legacy clubs
- Over 100 official stops
- 1,500 torch bearers, worldwide
- Community/Family Day in each state of the Torch Relay.

Centenary Torch when it arrives in your area in 2023.

legacytorchrelay.com.au







Jingle in July

South Perth Civic Center South Terrace South Perth 11:30am to 2:00pm

All Legacy WA widows welcome

Bookings Marlene Robins 0419 278 184 or marlenerobins438@gmail.com

Tuesday 26th July 2022

RSVP 20th July 2022



Everyone grieves differently after losing a partner and there is no right or wrong way of doing so.

However, Jessamy Welfare chose to keep embracing life – seizing each day – and more recently starting to help others do the same by using well-placed encouragement and acting as an inspiration to find a new path forward after suffering loss. She credits Legacy WA for helping her find the strength to do so.

After the death of her husband. Allan, in 2016, Jess found herself understandably sad and despondent.

Then out of the blue Legacy WA contacted Jess to see how she was coping.

"The gesture was so lovely," Jess said recently.

"I walked into Legacy House and the staff member at the front desk immediately offered me a cup of tea and a biscuit."

Jess said they walked out to the veranda and had a lovely chat.

"I was made to feel important, welcome and understood," less said.

"We had a number of chats over the next few weeks until it was suggested I join a Legacy social group.

"I was told it was a contemporary group of girls called the Lillies."

Jess said what was initially a polite distraction quickly turned into friendships that are now extremely special to her.

Top: Busselton Camp taken by Jessamy Welfare

Legacy WA has a long history of using peer-to-peer support to connect with the families of veterans and understands someone who has walked in the same shoes can relate on the same level with authenticity and genuine understanding. Developing a rapport and trust is the first step to helping someone who may not even have grasped how much they are suffering.

^{(C} I found my tribe, Jess said. They are my soul mates. *****

Jess said the group of Lillies were 'all in the same boat' and had an innate understanding of what she was going through straight away.

"We are such good friends," she said. "We go away to the Legacy Busselton Camp together and even have Christmas in July at the Yanchep Inn each year."

This mateship quickly gave Jess the confidence to start making plans -

BENEFICIARY SPOTLIGHT

and what plans they turned out to be.

Jess was always active but had given up much of her adventures after the death of her husband who always accompanied her.

However, after meeting the Lillies through Legacy WA she had developed the confidence and desire to start exploring by herself ironically making countless lifelong friends along the way.

Later in 2016 Jess embarked on a self-guided hiking tour walking the Coast to Coast across England and then vagabonding around Scotland completely by herself.

"I couldn't even read a map properly," she said laughing at herself.

"I wanted to visit an English speaking country and while I was by myself, I was never alone," she said.

Jess recalled how she met up with a group of people who she is still in regular contact with today.

"There was Sean and Shirley and their rescue puppy, Penny," Jess said.



"Sean and Shirley are vegetarians so Penny would hang around me to get a little ham from my sandwich," Jess remembered fondly.

Her one month hiking tour around England and Scotland was such a success Jess soon made much more challenging plans to visit Papua New Guinea and hike Kokoda for the 75th anniversary of the Battle of Kokoda.

C I trained twice a day by going up and down the cliffs at Craigie for almost a month. **)**

Her ten days walking the Kokoda track was physically demanding but extremely rewarding.

"I spent the first few hours tip-toeing around mud and scrub before I slipped and landed on my bottom – a filthy mess I decided to barrel through after that," she said.

"For some reason I am always the oldest in the group but it doesn't stop me making the most amazing friends."

Jess recalls the day the group went to commemorations at the monument at Isurava, erected in memory of those who fought in the Battle of Isurava on the Kokoda Track during World War II.

"We had to get up at 2:00am and walk along a slippery slope with a head torch to get there," she said.

"Going down a hill the scrub opened up and there it was.

"I had Allan's medals and two others in the group had their family members' medals too.

"Suddenly, Channel 9 from Australia turned up and because we had medals they took footage of us so

everyone back home in Perth could share in the special moment with me. It was so unexpected," Jess smiled.

"We had decided to move on when I noticed a helicopter overhead.

"It turned out to be Sir Peter Cosgrove and his wife."

"I missed them by minutes something I regret to this day," said Jess.

Once back in Perth Jess once again started planning for yet another trip - this time to Japan after her son, who speaks Japanese, made the suggestion.

So, in 2018 Jess was off again, backpack in tow, headed for the Nakasendo Way – a self guided walking tour along the historical trail from Kyoto to Tokyo.

"This time accommodation was booked for me along the way," Jess said.

Top Left: Jessamy Welfare during the recent cape-to-cape trek for Legacy WA. Top Middle: Busselton Camp taken by Jessamy Welfare

"I found the Japanese people to be extremely friendly. If I asked for directions they would not just point, but walk with me five blocks to where I needed to go."

The COVID-19 pandemic temporarily put a stop to Jess' trekking exploits until recently when she jumped at the chance to participate in the Cape-to-Cape fundraising trek that raised over \$50,000 for Legacy WA.

"My friends from my England hiking tour were some of the people who sponsored me," she said.

Jess now wants to give back to Legacy WA, raising \$6,467 during the Capeto-Cape and providing support and friendship to other widows.

Jess is trying to inspire people to try new things and go outside their comfort zone, showing how to move past loss in order to reach their potential.

Even last weekend Jess was

motivating someone to experience nature and enjoy life.

"There are a group of us from the RSL that go kayaking at Hillarys (boat harbour) however, last weekend it was raining," Jess said.

"I was the only one who turned up but my RSL kayaking leader, Doug, insisted we go paddling even though he doesn't like getting wet!

"We had a brief shower but the minor setback was worth it when a dolphin started diving up out of the water in front of my kayak and before we knew it, an entire pod was swimming around us." Jess said the encounter was topped off by a double rainbow.

"It was a very special moment for both of us," Jess said. Being such an avid photographer Jess regretted not having her camera.

"I can't have it all the time especially when it might get damaged or wet", she said.

Top Right: Jessamy Welfare and her friend Deb at the Legacy WA Australia Day event

However, Jess finds other

opportunities to take photos, walking around Perth city taking photos of architecture, capturing the essence of the Busselton Camp or snapping some action while stretching with the Silver Salties - a program for older Australians (65+ years) at Surf Life Saving Clubs throughout Australia, promoting physical activity, social connections and involvement in the surf lifesaving community.

Jess reflected that she is struggling to decide what to do next.

"Maybe cycle through Crete and Sicily," Jess said whimsically.

Whatever, Jess embarks on next I am sure she will continue to attract friends and make genuine connections.

Interviewed by Alyson Lyons.

LEGATEE SPOTLIGHT



50_{Years of} Service Celebrated at **Government House**

Legacy WA's Patron, the Honourable Kim Beazley AC, Governor of Western Australia, kindly hosted a very special event Tuesday 10th May 2022, celebrating 50 years of service to Legacy WA by both John Burridge and Duncan Warren.

It is with great appreciation we acknowledge the tremendous work, loyalty and longevity of these very special members of the Legacy WA family.

Legatees, wards and friends of Legacy WA were invited to proceedings that finished with a wonderful afternoon tea in the beautiful grounds of Government House.

Left: 50 years of service to Legacy WA recipient Duncan Warren, the Honourable Legacy WA President Peter Emmett and 50 years of service to Legacy WA recipient John "Government House" Burridge.





egatee Gail Guthrie and Joan DiGiovanni

Legatee Tammy Davy

Owen Asht











Legatee Marlene Robins and Legacy WA CEO Matt Grange





Warrant Office 1 David Nutini RSM 13 BDI







Legatee Mike Radwe







John Burridge MG

John has been a member of Legacy WA for 50 years holding numerous roles including on the Board of Management for significant periods and as President from 1995 – 1996 and again from 2014 – 2016.

He is currently a Military Antiques Dealer and has a shop at 91 Shenton Road, Swanbourne. These auctions have raised in excess of \$250K for Legacy WA.

John's wife is Margaret and they both have a long history with Legacy WA that includes organising over 25 kids camps at Legacy WA's camp in Busselton.

John's military service was in Vietnam with 5RAR as a corporal section commander where he received a special meritorious citation

– Medals of Gallantry.

Duncan Warren AM RFD

Duncan has been a member of Legacy WA for 50 years holding numerous roles including – member/chairman of various committees, Board of Management and President from 1980 -1981.

He is a retired chartered accountant who spent around 25 years with Coca-Cola Amatil Limited in accounting and business systems management.

Duncan's wife is Lysbeth.

Duncan was a National Service, Infantry Platoon Commander in Vietnam. He then spent many years in the Army reserve retiring as a Brigadier of 13th Brigade in WA.

Duncan represented Legacy on numerous committees outside Legacy.

Legatee Kim Farmer

Legacy WA would like to acknowledge the tireless efforts of Legatee Kim Farmer in contributing such a large amount of her time helping others.

Not only is she on the Junior Legacy Committee, Kim is also involved with the annual kids camps in Busselton, looks after the Rockingham Laurel group, keeps in touch with almost 40 widows as their Legatee, collates information for our data base, visits ladies turning 100 years to deliver flowers, taking their photos and writing a brief history, plus contributes content to the Legacy Times. In addition she is also a foster carer to some very luck foster kids.







Legacy WA Awards Creagh Bramley OAM

Congratulations to Legacy WA Reserve Member, Creagh Bramley (right), for 34 years of service to Legacy. Pictured here with Legacy WA Vice-president, Ian McNee. Awarded during the last Busselton kids camp, January 2022.

Australia Day Honours

The Governor-General of the Commonwealth of Australia, His Excellency General the Honourable David Hurley AC DSC (Retd), announced the Australia Day 2022 Honours List on 26th January 2022.

Legacy WA is proud to acknowledge awards to three of our Legacy family that recognises outstanding achievement and service to the community.

Medal of the Order of Australia (OAM)

- Legatee Terence Keys OAM for service to the community through a range of organisations.
- Jillian Willoughby OAM for service to the community through police Legacy.

Member of the Order of Australia (AM)

• James McMahon AM for significant service to veterans and their families, and to the community.

Legacy WA New Inductee – Legatee Peter Kershaw

Newly inducted Legatee, Peter Kershaw (right). Pictured with Legacy WA Vicepresident, Ian McNee. Photo taken recently at the Busselton kids camp, January 2022.





OAM Medal

LEGACY HOUSE UPDATE

Beneficiary Data Cleanse

In November 2021, our new CEO, Matt Granger, made a commitment that staff must contact all our 3,250 registered Legacy WA beneficiaries in order to touch base, see if there is anything within our scope we could assist with and significantly, update contact details. This is called a Data Cleanse.

However, after almost six months we have only managed to speak with just over half.

Regrettably, this means Legacy WA has lost contact with a large number of our beneficiaries over the years. The reason for this varies and includes beneficiaries not updating contact information, Legatees not maintaining contact with their beneficiaries, miscommunication, Legatee attrition and incorrect data entry techniques. As a result, we are discovering some Legacy ladies that are sadly vulnerable and in urgent need of assistance. We urgently want to speak to these individuals or their families.

The next phase of the Data Cleanse is concentrating on finding lost beneficiaries and entering the data of

those we have managed to contact but whose details have changed.

If you are a beneficiary and have not been in contact with Legacy WA recently (since November 2021) please contact us to let us know you are ok and make sure your contact details are correct - even if you don't want to be registered anymore. Where a beneficiary is unable to make contact we strongly urge a family member to do so. This five minute act will save time-poor staff countless hours trying to locate registered widows.

Please contact Legacy WA to update details by either:

- Phone Legacy House on (08) 9486 4900 and mention the Data Cleanse
- Email operations@legacywa.com.au with the subject Data Cleanse.
- Complete the Widow Contact Details Update Form on the back page and post it to Legacy WA, PO Box 1983, West Perth BC WA 6872



Pensions

The Pensions department are working away investigating and lodging claims. We have had a recent influx of inquiries and are doing our best with a mix of working from home and at Legacy House.

It's important to remember that decisions are made in accordance with the relevant Act by the Department of Veterans' Affairs determining staff. The Acts and the statements of principles that are used to determine the relationship of causes of death with

service are reviewed from time to time as and when new medical information becomes available. For that reason, a past rejection of a claim does not mean that it will be rejected for all time.

We are always happy to take another look at a past rejected claim to see if things have changed and assess whether another claim may have a better chance of success. Email reception@legacywa.com.au or call (08) 9486 4900.





Cape to Cape Trek Raises \$56 570

An adventurous, energetic and extremely generous group recently spent eight days and nights in April 2022 walking 124km from Cape Naturaliste to Cape Leeuwin in Western Australia's southwest corner to raise funds for Legacy WA.

The group included legatees, widows, wards, a board member, friends of Legacy and even one former Australian cricketer.

The trail predominately runs along the coast, but also goes inland into Jarrah forests and Karri forest. There are a number of campgrounds as well as other "off track" accommodation options.

Legacy WA hosted the fundraising trek to raise much-needed funds in order to continue supporting the families of veterans.



(see next page)

ambassador.

COMMUNITY FUNDRAISING

Former Australian cricketer, Mitchell Johnson, joined the trek as our event





One of our very special beneficiaries, Jessamy Welfare, shared her pictorial account of the trek that went from 24th April - 1st May 2022.





Mitchell Johnson and Jessamy Welfare at the end of the trek touching an improvised mini lighthouse as the lighthouse is undergoing renovation and is covered with scaffolding.



CAPE TO CAPE TRACK











Vanessa Haberland, Kylie Cullen, Jessamy Welfare, Leanne Shepherd and Cath McMahon on Anzac Day, Yallingup.









Cape to Cape finale.

Jessamy Welfare and Kylie Cullen at the end of the 7km Hamelin Bay hike.



Jessamy Welfare finishing cape to cape at Cape Leeuwin.





Street Appeal 2022 - \$70 000

Legacy WA and RSLWA collaborated to hold the annual Anzac Street Appeal as a combined event 21st April 2022 under the motto, "Working Better Together".

Both organisations worked together with the aim of achieving a single goal of raising funds to ensure former and

A.ORG.A

current service personnel and their families receive the support services they need.

Legacy WA and the RSLWA appealed to West Australians to give generously to help support the welfare and well-being of our veterans, their partners and their families.





Working
Better
Together

10.00

22 Legacy Times WA | Winter 2022

Wendy Ezzy (Legatee





Australia Day 2022 – We Are All Part of the Story

As Legacy WA's beneficiaries not only range in age but also in diversity, we wanted to create an event to not only acknowledge Australia Day, but to showcase the diversity it also brings.

Our story in art, not only gave a new understanding into Aboriginal artwork, but a hands-on experience in learning techniques with the opportunity to be able to express our own stories.

The unity gained in such an experience with storytelling,



We are all part of the story. Our story in art.



Legatee Rob Fittock, painting at the Australia Day 2022 event.



Artist Pamela Grant sketching a portrait of Deborah Newenham, taken at the Australia Day 2022 event.

Legacy's Story Told Through Art

As part of the Australian Day 2022 event, Aboriginal artists, Deborah Newenham, and her daughter, Kristy Spillman, painted the Legacy story using the traditional dot technique to create an impressive art work.

Legacy's initial inception, challenges and how it has evolved over 100 years was depicted in the painting. Individual elements were then translated into words so people from all walks of life can share in the understanding of what the painting represents.

The elements can be clearly seen in the painting and include:

- Legacy logo
- In the trenches of the Western Front during WWII, a soldier said to his dying mate, "I'll look after the

missus and kids." This became known as The Promise, and it is still kept today.

• Kangaroo signifying ambition, protections, strength and ease of movement.

• Emus are the indigenous interpretation of moving forward.

• Dolphin signifies harmony and peace.

• The many services in Legacy that work together to help.

• Feet represent Legatees who volunteer the support that Legacy provides its beneficiaries.

 Sunflowers reflect focus, healing and warmth.

dance, artwork and welcome to country opened not only our eyes but our hearts into a part of Australian history we have not all had the opportunity to be a part of before.

Our Artists from Yirra-kurl, Deborah Newenham and her daughter, Kristy Spillman, openly shared their knowledge and techniques which shaped our event to not only one that everyone still speaks of, but the start of an annual event we plan to build on each year.

The event showcased "we are all part of the story".

• Bridge representing your bridge with Legacy.

• Legacy grew out of the ashes of WWII.

 Turtles represent protection, retreat, healing, tranquility, longevity and perseverance.



Anzac Day 25th April 2022

While Anzac Day 2022 commemorations allowed for limited numbers at various locations around Perth, others chose to pay tribute by holding driveway ceremonies.

Regardless of how people chose to remember those who sacrificed so much, Anzac Day plays an extremely important part in the Australian psyche - its significance is not fading over time, but growing and gaining momentum including among younger Australians.



RSLWA and Legacy WA Collaboration

A sundowner hosted at Parliament House in November 2021 was a networking event for 'Friends of Veterans and Families' as a prelude event for the RSLWA and Legacy WA 2022 Charity Ball.

Bringing together politicians and high profile business people, the event was hosted by the Hon. Peter Tinley MLA to showcase the collaboration that RSLWA and Legacy WA have formed.

RSLWA and Legacy WA are joining forces to not only respond to the challenges a growing new wave of veterans and their families are bringing, but to also strengthen their support to ensure veterans and families can access the assistance they need and deserve.

"This collaboration enables us to speak as one voice and plan accordingly," the RSLWA CEO, John McCourt said.

The networking event included a brief interview with a contemporary Veteran, Josh Bryan, and Legacy WA Beneficiary, Erin Posik.



JUNIOR LEGACY

Holey Moley Activity

Although the numbers were a little light on, that didn't stop our eager bunch of kids heading for the green. The latest Junior Legacy Event was a fun wacky time at Holey Moley Carousel. The eager group were excited to try out the 18 holes of the fun and quirky course.

The group were split into two and headed off with their host. The course is amazing and so much fun. Matt, Ben and Luke took some time out to have

a ride in the Flintstones Cavemobile, the two Thomas' tried to negotiate snakes and ladders, whilst Angela helped Megan out with the tricky Puttle Shuttle. Rhein was concentrating very hard to make sure she got her round in under par. The course was wonderful and diverse and featured E. Tee, Mario Cart, Godzilla, a ferris wheel and much more. The hosts were fantastic and offering tips on how to navigate the course. They also had some great prizes for holes-in-one and best under par.

15th AFL HMAS Sydney II **Charity Match**

West Coast Eagles and Sydney Swans Round 5 \$10,000

Anzac Day Murphy's Irish Pub

Meat raffle and donations \$1.570

Lake Karrinyup Country Club

\$40.000

Lakelands Country Club

\$1,200 Community event \$1,200 matched donation by Lakelands Country Club \$2,400 Total

Social Manna

\$770

Austal

\$5.000

Bequests

\$5.000 \$6,000



Once we had finished, we headed to our party room, where we were overloaded with pizza and chips. There was so much left over, we got to take some home for dinner too! I think the parents had just as much fun as the kids, I know I did. Holey Moley was definitely a fantastic event and one I'm sure we will do again.

By Legatee Kim Farmer

LEGACY WA BUSSELTON CAMP

The Caretaker, Peter Bruce

Widows Camp #2, held in March 2022, enjoyed hot sunny days and a chance for the girls to well and truly relax, while enjoying the cooling ocean breeze that made the days lounging around in the shade of the peppermint us all with several "ripper jokes" at the trees even more enjoyable.

The Camp's Memorial Rose Garden was in need of a "spruce up", so under the guidance of the group's garden guru, Brenda Ellis, the rose bed was treated to a major makeover with a few extra hybrid roses purchased to complement the garden. Many thanks to Brenda.

In the meantime Fay "The Fig Lady" Merritt was busy making fig jam as a fundraising effort and managed to raise \$45 for her efforts. Not resting on her laurels, at 96 years Fay entertained regular sunset gatherings around the "Table of Knowledge" under the camp's much loved Pepper Corn Tree. Well done Fay.

Several bus tours around and about saw us at the Lavender Tea Rooms, Simmo's Ice Creamery and The Senior Citizens for lunch and Bingo.

The highlight was the scenic tour of our magnificent coastline from Dunsborough to Meelup Beach, Eagle Bay, Yallingup then on to Canal Rocks where several young lads entertained us with backflips and dives from the walkway bridge into the water.

Special thanks to Gae Donaldson the group's liaison officer who kept us in the right place at the right timeand all with a minimum of fuss.

Cheers till next time, Peter Bruce

Camp Caretaker, Legacy Camp



Busselton Camp Caretaker, Peter Bruce – Happy Birthday

Busselton Camp Caretaker, Peter Bruce, has been tirelessly maintaining the Busselton Camp and hosting guests for almost a year.

Thankfully, some quick-thinking Lillie's were on hand to arrange an ice cream cake at short notice to celebrate Peter's Birthday during a recent Lillie's Camp.

Thank you Lillies for making Peter feel spoilt on his special day.







PUBLIC TRUSTEE

WA Will Bank - Public Trustee

FREE WILL STORAGE

The Public Trustee provides free will storage for all Western Australians in its WA Will Bank.

Many people don't think about the need for their will to be safely stored. This can mean that at the very time the will is required, it can't be found or has been damaged.

Without the unaltered, original will, your executor may not be able to prove it as your last valid will or may face problems doing so. Your estate may then be distributed in a way you did not intend.

Benefits of storing your will with the WA Will Bank include:

- It's free to deposit your will.
- The Public Trustee is a statutory authority with a purpose-built vault to keep your will safe from loss, theft or damage.
- Your executor can access your will when the time comes so there are no delays administering your estate.



- All wills can be deposited, whether they are written by the Public Trustee or privately prepared, and regardless of who you choose as executor.
- The Public Trustee will locate and contact your named executor or primary beneficiary when you pass away.
- Update your will anytime by simply making and depositing a new will.
- You can obtain a copy of your will or withdraw it.
- You can lodge a will on someone's behalf if they are unable to do so. Conditions apply.

The WA Will Bank currently holds wills for over 120,000 people.

For more information phone 1300 746 116, email public.trustee@justice.wa.gov.au or scan the QR code to visit this website.

Courtesy wa.gov.au



HEALTH AND FITNESS

Healthy Eating | Subsidised Rates

As we get older, the types and amount of foods we like to eat can change. However, it is important to keep choosing healthy foods to support our health and optimise nutrition.

There are many reasons why we don't eat properly as our lifestyles and appetites change. This together with a reduced ability to buy and prepare healthy foods can negatively affect the intake of essential minerals, vitamins and fibre older adults require to thrive. Inadequate nutrient intake can contribute to general unwellness or exacerbate some chronic conditions.

It is important to use every meal and snack as an opportunity for optimal nutrition.

Thankfully, a number of meal delivery services offer eligible Health Care Package recipients government subsidised payment options, in some cases up to 70%.

We have included two delivery service providers here however, there may be other options available to you in your area.



Scan this QR code to visit the website or call 13 15 12





Importance of getting your affairs in order.







Scan this QR code to visit the website or call 1800 155 255.



VOLUNTEER SPOTLIGHT

Coffee Club

Imagine making someone's day by simply making a small amount of time to visit a lovely legacy lady, have a cuppa (and cake if it can be wangled) and enjoy a simple chat for an hour or so once in a while.

Sadly, some of our beneficiaries are feeling isolated and lonely. While they do not really need the more detailed help of a Legatee, they would benefit enormously by a visit from a friendly face who genuinely cares.

Don't we all know how quickly an hour can pass when we get chatting!! Even on the phone instead of a visit.

If you are a registered Legacy WA beneficiary, Legacy House would have tried to contact you by phone, mail or email over the last six months as

part of the Data Cleanse Project - a mammoth job our new CEO, Matt Granger committed Legacy House staff to undertake. The aim of the Data Cleanse is to speak with each of our 3,250 registered Legacy ladies to see if there is anything Legacy WA can do for them as well as update contact details.

Regrettably, we have only managed to contact around half of our registered beneficiaries.

In speaking to our widows we have discovered an ever-increasing need to provide friendship and companionship to ladies who are isolated and lonely.

As part of the Coffee Club you can make an immeasurable difference to someone's life, meet new people and make new friends.

Visits involve going to Legacy ladies' homes conveniently located in your area - so no long drives are required. In some instances phone calls can be made.

There is guidance available from Legatee, De'Arne Prosser, who is co-ordinating this extremely vital initiative.

Please email csac@legacywa.com.au or call Legacy House (08) 9486 4900.

COMMUNITY SERVICES

New Team Member – Kathryn Robbins

A warm welcome to the newest addition to the Community Services team - Kathryn Robbins.

Kathryn's significant experience in banking and finance together with qualifications in community services brings a valuable and unique set of skills and knowledge to the community services team. Kathryn has certainly hit the ground running and is already making a positive impact.



New Community Services Team Member, Kathryn Robbins

Camps

We have held three Widows Camps in 2022 and all were well attended. Ladies came from as far away as Geraldton in the north and from Albany in the south. The Lillies held their first camp and the Daisies will hold theirs later in the year.

Legacy WA thanks all the Liaison Officers and Legatees who attended these camps to assist their peers and make the camps a wonderful experience for all involved.

Junior Legacy

The annual kids camp was held in January 2022 and was another successful two weeks of fun and educational experiences.

Funcats was held in February 2022 with an all-time high of 95 participants making it a huge success. Well done to all concerned.

Other Information

Legacy WA offers free services for beneficiaries to obtain a new will, update an existing will, prepare a power of attorney and also a power of guardianship.

The Community Services team now consists of 3 members – Tracey (Team Leader), Kathryn and Bernie. A big welcome to Kathryn who has already proven her worth big style and to Bernie who continues to prove her value as research extraordinaire and CSO.

Busselton Camp COVID-19 Vaccination Requirements

Friendly reminder, prior to attending any Legacy WA camp, all attendees are required to provide proof their COVID-19 vaccination is up to date in accordance with relevant government mandates applicable at the time. Please email your COVID-19 vaccination certificate to: getsupport@legacywa.com.au prior to attendance.



(PWD) Family Camp was held recently and this will become an annual event for all families that have children with disabilities.

General guidelines for your information:

ALL attendees at the camp MUST have an up to date COVID-19 vaccination status and MUST provide a copy of



The inaugural Person With Disability

their vaccination certificate to Legacy House via: getsupport@legacywa.com.au PRIOR to attending the camp.

All widows have access to one free camp per year. Widows can access other camps throughout the year but will have to pay \$40 per night and this is payable on arrival.

Kids Camp 2022

Remember, if widows change their contact details let us know promptly using the contact details below or using the form mentioned in the Legacy House Update.

If you require any further information about Community Services please contact the Community Services Team on 9486 4900 (ask for Community Services) or via email: getsupport@legacywa.com.au



LIFE IN FOCUS

Supporting Veterans' families with Wellness and Career Guidance

Are you a partner or the child (aged 15-25) of a young veteran? We know it's not easy to think about study,

Seeking wellness support, or direction in your future career?

Life in Focus is a diverse pilot program targeted comprises working with a career counselling to support young veterans' families aged 15 - 25 specialist. years of age and partners of young veterans who Modules available include: need support around wellness and career guidance.

Funded through the Department of Veteran Affairs' the program is available at no cost to families and partners of young veterans (who have post-1999 service). Modules will take place Simple lifestyle changes can have big over 3-6 weeks up to five hours of consultation, benefits to your health and wellbeing; it taking place either in-person or virtually online. forms the foundation for growth in every Program administered by Legacy WA and aspect of your life. We're here to guide you delivered by Dial an Angel Perth and Incite to achieve positive, lifelong habits. Solutions Group.

REQUEST A REFERRAL! LEGACY WA **J**EGACY getsupport@legacywa.com.au Call: 1800 LEGACY **INCITE SOLUTIONS GROUP** contactus@incitesolutions.com.au **DIAL AN ANGEL PERTH** Anael perth@dialanangelperth.com

INCITE SOLUTIONS GROUP

ATAR, university and career options. We're here to listen and to help you navigate this phase. Each module is stand-alone and

- Career Guidance and Subject Selection
- Career Counselling and Assessment
- Getting that job
- Navigate life

DIAL AN ANGEL PERTH

Modules available include:

- Creating a personalised daily routine
- Creating a personalised cleaning system
- How to declutter your home one room at a time
- Family wellness Establishing Screen Time (with the kids)
- Family wellness Establishing Online Safety (with the kids)

OPE ARMS



Topics include:

- and resources to
- The transition process – in both emotional terms
- Personal and

Stepping Out is a two day group program developed for ADF members and their partners who are about to, or have recently, separated from the military.

Our next program is: Wed 15th June - Thurs 16th June 2022 9:30am - 4:30pm Floreat, WA

Registration closes: 10th June 2022

To register for this program, call 1800 011 046, or visit OpenArms.gov.au and search for 'Stepping Out'.



civilian life is your next step



The Defence and Veterans Legal Service (DAVLS) provides free and independent legal advice to current and ex-serving members of the Australian Defence Force, as well as their families, carers and supporters, who want to share their experiences with the Royal Commission into Defence and Veterans Suicide.

The Royal Commission wants to hear your story if your mental health and wellbeing, or that of a loved one, has suffered as a result of things like:

- experiences during service with the ADF;
- lack of support upon transition to civilian life;

- difficulties in obtaining veteran entitlements;
- lived experiences of suicide; or
- any systemic issues relating to the ADF, Department of Veterans Affairs or Department of Defence.

DAVLS can give you advice about your legal rights, assist you in preparing a submission with the Royal Commission, and connect you with other support services.

For more information or to book an appointment, please call 1800 33 1800 or visit our website at **defenceveteranslegalservice.org.au**



DIARY DATES

Junior Legacy Family Camp	••••
Jingle in July	
Lillie's Camp	
Daisies Camp	
Widows Camp #4	
Person with Disability (PWD) Camp	
Junior Legacy Christmas Party Adventure World	
Run Army	
Jingle in July	
Rock 4 Legacy	
Legacy Week	
Militaria Auction	
Melbourne Cup	
Friends of Veterans Families Ball	
Kids Camp	
Widow's Camp #1	
Funcats	
Widow's Camp #2	
Lillies' Camp #1	
Daisies' Camp #1	
Widow's Camp #3	
Widow's Camp #4	
Daises' Camp #2	
Lillies' Camp #2	
PWD Family Camp	
PWD Adult Camp	

LEGACY GERALDTON BADGE DAY RAISES \$2359



A Badge Day collection was held in Geraldton on Friday, 22nd April 2022 that raised \$2,359.

Badge Day collectors were from RSL, CWA, Legacy and also the community.

- 4th June 6th June 2022
- - 4th November 6th November 2022
- - 25th November 28th November 2022
- 3rd December 2022

- 13th August 2022

-1st November 2022
- 6th 17th January 2023

- 6th 16th November 2023

Laurel Club Meetings - Times and Locations

Laurel Club	Date	Time	Location
Bunbury	First Thursday	9:30am	Bunbury RSL Hall
Floreat	Second Friday	12:00 noon	Scarborough Community Centre 173 Gildercliffe St Scarborough
Fremantle	Fortnightly Tuesdays	10:30am	Bicton Palmyra RSL 30a Foss Street Bicton
Geraldton	First Monday	10:00am	Birdwood House 46 Chapman Road Geraldton WA 6530
Kalamunda & Districts	Second Friday	1:00pm	Jack Healey Centre 21 Mead Street Kalamunda WA 6076
Mandurah-Murray	Third Monday	1:30pm	Mandurah RSL Unit 5/20-22 Rouse Rd, Greenfields WA 6210
Menora	Third Monday	10:00am	War Widows Guild 15 Plantation Street Menora WA 6050
Midland & Districts	First Wednesday	1:45pm	Bassendean RSL
Northern Districts	First and Third Thursday	9:00am	"Mildenhall" Duncraig Senior Citizens Club 49 Beddi Road Duncraig WA 6023
Perth	Fridays	9:00am	ANZAC House 3/66 St Georges Terrace Perth WA 6000
Rockingham	Fortnightly Thursdays	10.00am	Port Kennedy RSL Cnr Paxton Way & Helmshore Way Port Kennedy WA 6172
Vasse	Second Wednesday	10:00am	Busselton RSL Hall 10 Rosemary Drive Busselton WA 6280

Widow's Camp

Please note all attendees intending to visit the Legacy Camp at Busselton will soon need to complete the Registration Form on page 39 prior to visiting.





WIDOW'S CAMP REGISTRATION FORM

	L 10-20 Nov 2022 10-20 Feb 2023 10-20 March 2023
Name of regi	istered widow
First Name:	Middle name: Surname:
Date of birth:	
Residential Addres	SS:
Mailing Address (if	f different):
Phone:	Mobile: Landline:
Email:	
Next of kin	
Name:	
Additional re	-
Do you require the	No I Yes a commode I Yes a walker I Yes a go
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commode, walker *Please note there are	i be met.
commode, walker *Please note there are ensure your needs can Transportati	i be met.
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commode, walker *Please note there are ensure your needs can Transportati Will be making you	ion ur own way to the Widow's Camp No Yes

\$ \$

Mail to Legacy WA, PO Box 1983, West Perth BC WA 6872

BUS INFORMATION

If you wish to travel with TransWA please provide either your Gold Card, Seniors Card or Pension Card number so arrangements can be made by Legacy WA on your behalf.

For those wishing to use their free TransWA pass which is included with your Pension Card, please book directly with TransWA as Legacy WA is unable to make this booking on your behalf.

Please note these dates and times are managed by TransWA & South West Coach Lines and may change.

Seniors Card no.: Pension Card no.: Departures Sun-Fri Sun-Thurs Fri East Perth 9:00am 12:15pm 4:00pm Arrival Points 4:00pm Cockburn Central (Stand 7) 9:30am 12:45pm 4:45pm Busselton 12:48pm 3:55pm 7:57pm Return Journey Mon-Sat Mon-Fri Busselton 5:12pm 10:05am 4:50pm Arrival Points 10:05am 4:50pm East Perth 8:02pm 1:22pm 8:02pm 1:22pm East Perth 8:30pm 2:00pm 8:30pm 1:22pm	Go	ld Card no.:				_ Expiry Date:	//
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		East Perth	8:30pm	2:00pm	8:30pm		

South West Coach Lines - Daily **Departure Points** Morning Route Afternoon Route Perth Elizabeth Quay Busport 7:30am 1:20pm Perth Airport - Domestic Terminal (T3/T4) 8:00am 1:50pm Perth Airport - International Terminal (T1/T2) 8:10am 2:00pm Cockburn Central Station 2:35pm 8:40am **Bunbury Bus Station** 10:30am 4:25pm **Busselton Terminal** 11:15am 5:20pm **Return** Journey **Departure Points Morning Route Afternoon Route** Busselton 7:40am 1:25pm Perth Elizabeth Quay Busport 11:45am 5:00pm

100TH BIRTHDAYS

Special thank you to the people who make the 100th Birthdays possible. These amazing volunteers organise and deliver flowers, take photos and write a brief history about all the lovely legacy ladies turning 100 years.

Mrs Eileen Jenaway

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Mrs Jenaway was born in Subiaco before moving to Claremont where she went to primary school.

Eileen was 15 years old when she left school and did work as a clerical assistant.

She met her husband when he came back from the war in the Middle East.

They were married in 1946 and had

Her husband, Alfred, worked in the railways and died at the age of 103 years.

sewing, patchwork and knitting.

friends.

seven children.

A party was held at the Gosnell's Civic Center to celebrate Eileen's

Mrs Alma Nancarrow

Alma was born in Hopkins Street, Boulder WA the 3rd child to Sophia Mary nee Graham and Vivian Alfred Perry.

The family eventually grew to ten children - nine daughters and one son.

Aged six months, the family moved to Perth, living mainly in the Leederville area where Alma started school until around 15 years old. She then worked at St John of God Hospital Subiaco until she married and moved to a small flat in Cottesloe until the end of the war.

She met her future husband, Alfred Arthur Narcarrow, at 17 years, him being in the Navy as the ship's cook. They became engaged when Alma was 18 years old and they married when she was aged 20 years and Alf was 26 years, in January 1942.

The family started with a daughter, Yvonne, born in 1944. In 1946, after the war, they purchased a Bakery and moved to the wheatbelt town of Bruce Rock, staying there for ten years. Returning to the city, they purchased a home in Innaloo on 13th August, 1956.

Other children followed. Beverley in 1948, Lance in 1955 and to complete the family, Gregory in 1957. Alma has lived at the same address for 57 years but now has some Home Help and assistance with the garden although she still likes to wander and potter amongst her plants.

Sadly, Alf passed away 1997 from throat cancer – almost 25 years ago.

January 2020, Alma broke her hip after spending six weeks in Hollywood Hospital, very determined to recover and return home albeit



Eileen enjoys craft work and likes

100th birthday with family and



Mrs Eileen Jenawa

Mrs Alma Nancarrow

with the aid of a zimmer frame - no aged care facility for her.

There are three siblings still living - two sisters aged 90 and 87 years, both living independently - plus her brother, aged 82 years.



Mrs Joan Muhling

A party was held at the Nedlands Yacht Club recently to celebrate Joan's 100th birthday, with over 100 friends and family attending.

Joan was born in Perth and attended Inglewood Primary School and Sacred Heart High School.

She started work for W.D and H.O Wills where she stayed for 12 years.

She met her husband, George, on a visit to Rottnest Island after the war. She was chopping wood and this young man appeared saying, "Hold my beer and I will chop the wood for you."

They went on to marry and have four children and Joan is still living in the house that they built in Swanbourne.

George served in New Guinea in the later part of the campaign. He died at the age of 103 years.

Mrs Mulhing loves to sew and made all her children's clothes as well as the soft furnishings for the home.

She has always been an active community member having spent 45 years delivering for Meals on Wheels and when she could not drive, either her husband or daughter did the driving for her. Joan also drove a bus that took mental health patients from Graylands Hospital on outings.

She attributes her longevity to determination, sport, healthy eating and lots of luck.

Joan Muhling



Mrs Veronica Keane

When Mrs Keane, who prefers to be known as Roni, was asked what her secret for living a long life was she pointed to her daughter, Ruth.

Roni was born in Fremantle and grew up in Duke Street, East Fremantle near Richmond Raceway and East Fremantle Oval, an area that produced many excellent footballers and horsemen.

She worked for a Mr May - a jeweller in Fremantle.

During WW2 she was involved with the office controlling shipping movements.

She met her husband, a radio officer from Victoria, during WW 2 and they married in 1948. Her husband moved into telecommunications after WW 2.

Mrs Eunice Naomi Gould



Mrs Eunice Naomi Gould celebrating her 100th Birthday with friends and family earlier this year





Mrs Eileen Gillon

Mrs Gillon recently celebrated her 100th birdthday where staff at the aged care facility where she lives organised a lovely gathering. Mrs Gillon and best friend, Una Abbott, attended 21 camps at the Legacy facility in Busselton over the yaers but is not longer able to make the trip.

Legatee Heeney said it was a pleasure to meet Mrs Gillon and her friend to acknowledge such a significant milestone.



Legatee Peter Heeney presenting flowers to celebrate Mrs Eileen Gillon's birthday with friend, Una Abbott

Mrs Mildred Millar

A party was held at the Scarborough Sportsman's Club for Mrs Millar's 100th birthday and was attended by lots of friends and family.

Mildred was born in York on a farm located between York and Meekatharra, in Western Australian's mid-west. She attended a little bush school at Warding that had only 12 students.

Mildred was sent to Perth to attend High School at St Josheph's boarding school in Victoria Square until she was 16 years and then it was back to the farm to work.

She met her first husband in York and was married at 19 years. He was an air gunner in the war and sadly died overseas.

Mildred met her second husband in Darwin and after the wedding they came back to WA and moved to Northam.

They had four children, all boys, before moving to Innaloo. Unfortunately, her husband was killed in a car accident when her youngest son was only nine months old so she had to go out to work to support the family.

Mildred attributes her longevity to being a farm girl with no luxuries on the menu but always good healthy food and having a very good doctor.

She is also a mad Eagles fan, watches all their matches and is also an avid tennis watcher.



Mrs Florence Trainer

Mrs Florence Trainer lived in Fremantle as a child before the family moved to Karrinyup and later Belmont to start farming.

Florence's soon to be husband, Percy, served in the Pacific Islands during the war and on his return they were married.

They built a house in Scarborough and lived there for 72 years.

The couple had a great involvement with the beach and were involved with the startup of the WA Surf Riders Association. Flo would graciously organise breakfast for any of the surfers that wandered over to their home.

She volunteered with the Friends of Royal Perth Hospital and also in the spinal unit in Shenton Park Hospital.

Florence and Percy have three children, 11 grandchildren and 22 great grandchildren.

Florence is an avid reader. She is also a great crocheter and knitter and all the grandchildren benefited from this.

Flo is a great fan of the East Perth Football Club and the Eagles.

Her birthday was spent with a steady stream of visitors with lots of flowers, balloons and chocolate.

Mrs Florence Trainer



Mrs Eileen Hopkins

Mrs Hopkins celebrated her birthday recently, turning 101 years old. A morning tea in the Swan Valley was a lovely way to spend this special day.

Mrs Florence Mitchell

Mrs Mitchell was born in England and with her family first migrated to New Zealand and later travelled to Australia, settling in NSW.

Her daughter, Sandra, moved to Perth to live and Mum and Dad visited for holidays. They loved the west and eventually decided to move to Perth.

Her husband was in the Air Force during the war and when he came home was a painter and decorator. He died in 2007.

Florence left school at 14years and worked in a shirt factory which she didn't like very much. She moved to a box factory and really enjoyed the work.

Mrs Mitchell has one daughter and loves to read and knit. She would knit bandages for people with leprosy. These bandages were made of very fine cotton and were sent to the Northern Territory and Papua New Guinea.

Mrs Eileen Crosbie

Mrs Eileen Crosbie was born in the house that her father built in West Leederville. She attended school in the same place and was at Perth Girls High School when it was still in Perth.

She worked in an office and then the Navy Stores in Fremantle

Eileen met her husband, Noel, at a dance and they were married 12 days later as he was shipping out. He was in the RAAF.

They have four children, 11 grandchildren and 25 great grandchildren.

Eileen is a very community minded person and has volunteered at the Country Women's Association, Meals on Wheels, Ngala Op Shop and within her church community making guilts for charitable foundations.

She has always loved to dance and was dancing well into her 90s.

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Mrs Eileen Crosbie



Mrs Joan Harlow

Our Legacy Busselton Camp caretaker, Peter Bruce, recently spent some time with Mrs Joan Harlow, after celebrating her 103rd birthday.

Peter said Mrs Harlow is indeed very spritely and is still driving her car. During his visit he said she "played the piano with vigour and posed with her flowers from Legacy as she sang 'Kay Sera Sera' in perfect tune".

"I would be of the opinion that if the Queen sends birthday wishes when you reach 110 years, then Joan will be first in line," said Peter.



Mrs Betty Bardon

Mrs Bardon spent her special day with her two sons and family to celebrating the occasion.



Mrs Betty Bardon, 102 years.

Mrs Joy Palmer

Joy was born in Kalamunda. She attended school at Perth College and then studied nursing at Royal Perth Hospital and also King Edward Hospital before moving to work in country hospitals.

She met her husband, John, while he was a patient, suffering from Malaria, which he contracted in New Guinea. He was in hospital with the bedding pulled up just under his eyes and according to Mary she fell in love with his beautiful very bright blue eyes which he had until the day he died.

They were married at Perth College

Chapel and went on to have four children, eight grandchildren and 11 great grandchildren.

Mary left nursing and worked on their farm until in 1973 when they sold the property and moved to Perth after building a house in Booragoon.

John sadly passed away two years ago at 98 years.

Mary enjoyed all sports but especially bowling and golf. Thankfully she enjoys good health and likes a drink every night of either red wine or whiskey.

Mrs Joy Palme

Mrs Mary Rollins

Mrs Mary Rollins was born in Scotland and came out to Australia with her parents when she was 14 months old.

The family worked on the land in Newdegate and in those days people said it was the place God forgot. Mary went to primary school there and later attended high school as a boarder in Wagin.

She came to Perth at age 17 to work as a nanny for a family from Singapore. During the war years she worked in munitions, choosing this because she didn't have to wear a uniform and could go dancing.

Mary met her husband, Reg, who was a musician while she attended a

dance. He had served his army time during the war in New Guinea.

In 1947 they moved to Doubleview after purchasing land for 50 pounds. The area was all dirt tracks and bush. Mary still lives there and is still looking after her own gardens and house work.

She played tennis until she was 81 years old and was a champion athlete.

Mary has three children, five grandchildren and seven great grandchildren.

She attributes her longevity to a happy life, children, home cooked food and a very positive attitude.

Mrs Phyllis Proper-John

Phyllis was born on Australia Day 26/01/1922 in Bellingen NSW to Florence Suvannah and William David Hooker and was one of 12 children.

Phyllis remembers growing up during the depression in the 1920's and early 30's, life was tough and most struggled to pay the bills. She remembers people would trade a bag of potatoes to get a tooth extracted and earning 6 pence for working on the farm for a month's wage.

Phyllis enlisted into the Air Force on the 5th October 1945 as a dental orderly which is where she met the love of her life, Ted. Ted was a Wireless Operator Air Gunner. They married on the 17th of November 1945 and went on to have their three children - Wendy, Geoff and Vicki.

There was never a dull moment as Phyllis kept very busy as a home maker. Her son Geoff was guite ill and Phyllis home schooled him for a couple of years. Phyllis was very involved with the P&C and volunteered her time and skills with constant sewing and baking. Phyllis and Ted enjoyed social tennis and

then later won a lot of pennants at lawn bowls which they also played together.

Phyllis was an avid Swan Districts supporter! No matter the weather, rain hail or shine, she was so devoted to her team she would be at the game every single Saturday with her great friend Dot for their weekly outing. This is a passion Phyllis and Dot shared for several years.

Phyllis worked a domestic job at a nursing home and also proudly held the position of President for the Air Force Ladies in Rockingham for ten years.

In between their very busy lives, Phyllis and Ted were regulars at their local Charthouse IGA every Tuesday where they would catch up for coffee and cake and would talk with others about Korea, their past experiences and reminisce the good times.

Phyllis and Ted lived in Bassendean for 30 years before moving to Waikiki where they spent another 37 years. Phyllis and Ted then relocated to Shoalwater Aged Care where they



were extremely happy until Ted passed away last year after 75 years of marriage.

Phyllis celebrated her 100th birthday with her family at her daughter's house with a wonderful morning tea in Helena Valley. Phyllis has five grandchildren and eight great grandchildren.



Mrs Phyllis Proper-John



Fremantle

The Fremantle Laurel Club sadly lost our beautiful Dorothy Quinn last month. She was just months away from her 100th birthday. We also lost Olive Williamson. Both are sorely missed by all the ladies.

Josephine Winstone will be turning 100 years on July 26th and Thelma Nash will be 95 years. Both are in a nursing home and will not be attending any more socials or meeting we hold. We resumed meeting fortnightly at the Bicton Palmyra RSL in February this year under the cloud of Covid restrictions which thankfully may be getting back to some sort of normality if we can call it that.

With wonderful assistance from Legatee's Liz Funnell and Alma Riley we entertain the ladies with great yarns and Bingo. Liz has become a master at calling the game.

LAUREL CLUB NEWS



Floreat

Lillies

The 2022 year started with an AGM held at the end of January at Cheral's house. The ladies really enjoyed the visit from our CEO, Matt Granger, meeting him and listening to him give an update on what is happening at Legacy WA. A new committee was formed and the ladies who left the committee were thanked for their time.

February is always enthusiastically looked upon for our lovely Molly putting on a Chinese New Year lunch. She really is an incredible cook and of course everyone went home with their little box of goodies.

On March 15, ladies got together for

lunch at the Windsor Hotel and it was great to hear the chatter going on and of course our ladies joined us from Mandurah which is always great to see them and catch up. There were three new members that attended and welcomed into the group. Also, there will be a few ladies going to Busselton Camp for some R & R during March – April.

We have just had six ladies come back from a week of R & R at Busselton camp. I have been told it was a very relaxing week and great camaraderie had by all. One of the highlights was the BBQ on the last night and I was also told that it was Peter's birthday that was also celebrated. It is great to be able to hold events these days as we are never sure whether we can get together or not with the Covid rules changing all the time, so we make the most of the occasion when we can.

We have a full and varied calendar for the year which is exciting. We try to select places that we believe are safe to go to but there are no guarantees,

To our group and all of the other Laurel Groups have a wonderful year and stay safe.

Happy Easter to all,

De'Arne Prosser.



Our calendar this year has changed to three fortnightly meetings at the BicPalRSL and the 4th at a local Café for morning tea with the Kardinya Tavern 'The Kardy' for lunch in May.

We wish all our ladies good health and happiness.

Rob Fittock



Geraldton

Hello dear readers.

Christmas 2021...GONE....New Year 2022 well underway with Christmas 2022 fast approaching.

A little melancholy, I know...but as I sit here with only one leg for mobility (since mid-January) there has been a lot of down time to reflect, watch the garden fall into disarray (seriously thinking of calling the SAS Reserve to offer as a jungle training ground). How sad to see, what was beautiful, quickly become a sorry sight and there is nothing I can do about it. Alas the continuing heat wave is not helping. Another six weeks and I will be in full march again and proudly getting things back to "neat and tidy". But in the meantime I will not look...promise.

Dare I also say I have watched so much TV that I have even got "hooked" on Parliament question time. What a circus it presents but provides a good belly laugh in my somewhat presently mundane day.

Next time I will use the ladder and not balance on a milk crate - after all there are tools and there are fools. It is what it is and that's enough about me.

Now it is about my many friends who have showered me with supportive text messages of well wishes and also the many phone calls. Chatting is a great way to fill in time and even Parliament guestion time and ABC news is dulled to mute. When all is

rolling along "hunky dory" one does not really appreciate how many caring friends surround your daily life. Thank you to all the dear hearts in my life... you know who you are.

But my real shout out of thanks goes to Pat Clarke who everyday let herself into the garden to water and play ball with George and watch the GWN7 News with me and have a face to face chat. Poor pooch has also had his fun time severely hampered but relief was always there with a visit from Pat....bless her. She really made a big difference to what at times were very stressful days.

Sometimes all you can do is lie in your bed and hope to fall asleep before you fall apart.

We gathered in December 2021 at Birdwood House for a most memorable Christmas lunch. All Legatees and the Goddess in their life joined the Laurel ladies in the lounge bar for pre-luncheon drinks. 32 in all made a very cozy gathering and enabled all to share in the conversation. Appreciation gift giving was undertaken with general Christmas gifts bestowed on all attendees.

Prize dividends were presented to the winning riders of our Melbourne Cup Sweeps and "last past the post" presentations made.

We had our very generous lunch

catered by the great girls of CWA -Bluff Point. The feast they provided was indeed a credit to their catering skills. We cannot thank them enough. They certainly took a lot of the hard work out of my hands. We as a group extend our most heartfelt thanks to the CWA Bluff Point ladies.

And as John F. Kennedy said, "We must find time to stop and thank the people who make a difference in our lives."

We did not meet in February due to my very limited mobility and a couple of our ladies experiencing health issues. These ladies are on the mend and we are all looking forward to meeting in March...COVID and mobility permitting.

On the matter of health I have always wondered, how strange and difficult it is to drink eight glasses of water a day? Seems almost impossible, however eight middies of beer slide down with ease....mmmmmmm.

Dear readers, that is all for our update for this edition. Until we read again, stay safe, travel with care, stay cool and happy. Parliament question time is on hold and now it is election campaigns for amusement.

Stay safe and well...till we chat again,

Cheers for now....Barb

Northern Districts

Greeting to all Laurel Clubs,

Here we are, already in the fourth month of 2022. The Northern Districts Laurel Club have already held several meetings and it's always lovely to catch up with fellow members again. Though our numbers are down due to ill health - we wish those members a speedy recovery.

Early in December we attended the Legacy Christmas Jingle at the City of Stirling Council Offices along with our friends from Menora, Floreat, Kalamunda and Midland Laurel Clubs. I apologise if I have left anyone out. It was a wonderful day, great food, great venue and very good entertainment. I have attended all bar one of the last eight lingles since 2014, and in my opinion this would have to be one of the best. So a big thank you to all who made it such a great success.

On a sad note, one of our long-serving members, Kit Doran, passed away last December. Kit held the positions of Northern Districts Laurel Club President and Secretary more than once over the years. Vale Kit Doran. A minute's silence was held in her honour.

> Laurel Club ladies enjoying the 34th anniversary morning tea.

laugh.

Cheers,

Pamela Murphy.

On 21st April,2022, the Northern Districts Laurel Club celebrated their 34th anniversary. We enjoyed a nice morning tea, with the honour of cutting the anniversary cake given to our President, Vivian. A very enjoyable morning was had by all. A big thank you to all the ladies who helped decorate the tables and worked in the kitchen. Your efforts are appreciated.

On display was a framed copy of the Laurel Club Charter that was presented to the Northern Districts Laurel Club by the then President of Perth Legacy, Legatee Laurie Fraser, all those years ago.

Regards,

Mrs P Murphy.

Vivienne Nathan of Northern Districts cutting the cake celebrating the 34th birthday

Kalamunda and Districts

Hello Marlene. Welcome to all Laurel Clubs.

It is good to share these moments - some sad and some joyous and memorable. It is sad when two of our members will not be with us but their friendship will always be remembered. We were able last week to appreciate this fabulous Hills area with an outing to Avocado Cafe in Kelmscott. A perfect day, a delicious lunch and a short tour.

Annette Twist.





I must not forget our three Legatees - Kieth Jones, Mick Ruffin and Jeff Edwick. It's great to see them again after our January break. Keep the jokes coming fellows. We enjoy a good

Will leave you with a few words of wisdom from Murphy's Law:

1. Leakproof seal - will,

2. Interchangeable part - won't,

3. Self Starters - will not,

4. Don't mess with Mrs Murphy.







Mandurah and Murray Club

Hi to all members of Legacy.

The Mandurah/Murray club had our AGM and welcomes new Treasurer, Pat Edwards. Thanks to past treasurer Diane and hope you have speedy recovery from your op.

Many thanks to Marlene, Angie and Frank for attending. Happy to say Angie Stoll is now our Legatee.

Congratulations Jill Smith in turning 100. We had a lunch at RSL Mandurah and thanks again to Angie, Marlene, Tracey and Katherine for attending.

Jill thoroughly enjoyed the day with club members.

Thanks to Jeanette and staff.

On Anzac Day, Pearl Christmas will be 99 years, Olga Radford 98 years and



Laurel Club lunch. Left side from front Joy King Pat Edwards, Marjorie Tills and Barbara Keillor Right side Yvonne Towler, Glennis Johnson, Teresita Walker and Alison Harte

Midland and Districts

Hello to all Legacy families.

We had our 3rd meeting for the year on Wednesday, 6th April 2022, with our usual raffles and catch up over lunch followed by a semi-formal meeting.

All members voiced their opinion for their desire for a group outing in June. Pasta in the Valley was put forward as an option, I am pleased to say that on Wednesday, 1st June our normal meeting will be replaced with a bus

tour of the Swan Valley and lunch at Pasta in the Valley. Thanks Margaret for making all the arrangements!

best wishes also to Harry Hanaveld

Had a great time at camp in February.

the lovely meals, special high tea and

under the peppermints. Another thank you for our trip to Collie with Steve and

Angie and all that you and Peter do to

Members will be going to lunch at Mei

Jing in May and big welcome to new

members Pat Comben and Joy Berry.

Best wishes, stay safe and well.

Until next time,

Barbara.

Secretary.

Dutch night. Lovely weather and the

Thanks to Yvonne and Elvie for all

water was beautiful. Very relaxing

make it the best place to be.

who isn't quite that old.

Our next meeting is on Wednesday, 4th May. A few of us will be absent as we are heading off on our holiday to the beautiful Legacy camp in Busselton. It will be nice to catch up with friends we have made from our previous holidays. Time to get the winter woolies out, dust off the heaters and enjoy watching nature turn

the lawns green and admire all the seedlings popping up ready for our glorious spring colour which Western Australia is famous for!

Best wishes from all our club members.

Lillian Cottongham.



Perth

Hello Marlene,

We have so few members attending at present there is little news.

Audrey Winscombe has been advised that she should stay home as going out is too risky.

Rockingham

Greetings from Rockingham to all the other members of Legacy.

I do hope that the extremely hot weather has not been too stressful for you.

I am sure you will all agree that we have enough trauma in our lives at present, with social distancing, wearing of masks ... outdoors ... and now indoors in a crowd ... but we are a resilient lot and seem to be managing quite well.

Sadly, once again I have to say that our social outings have gone by the board, so far ... but at our next meeting hope to get some organised.

We, at Rockingham, at a show of hands at our first meeting, decided that we would, for the time being, hold our meetings once a month instead of

fortnightly ... mainly due to the mask issues.

So, I am sad to say that we have not much news to relate although sadly we do have three members residing in the Shoalwater Nursing Home ... and we wish them well. There was a report that there had been an outbreak of COVID within the home, so only family are allowed to visit.

Also, sad, was the fact that our esteemed past president, Pauline Vernon, has decided to stop coming to meetings. Pauline chose an auspicious day to tell us. Fifteen years to the day from when she first joined Legacy. Poor health is the reason and we shall miss her.

I also have to say that this will be the last time I shall be writing the report for the newsletter. Now that I am not the Secretary and do not have the

Vasse Laurel Club

2021 - COVID times ended with our Christmas lunch at the Esplanade Hotel. Attended by 13 of our members plus five ladies from Bunbury. The day was organised by Marlene from Legacy WA headquarters. A lovely meal and a good time was had by all. Thanks Marlene.

Due to our advanced years we cancelled our bus trip and now have

morning teas, bingo and lunches. We are a small group but always have a laugh and have fun in each others' company.

We meet the second Wednesday of the month at the Busselton RSL usually, or could be out having a cuppa.

Linda Button Secretary.



tea with Yvonne Cocke

Barbara Keillor at the Anzac Day game of football Dockers versus Carlton at Optus Stadium. This was her first otball experience with tickets donated by WW guild.

Doreen and Ann are off to Camp, Annie is in Victoria with her daughter for approximately two months. Betty has not yet come good from her leg ulcer problems, other members, apart from me, are spasmodic in their attendance so we mostly sit and chat, putting the world to right!

I will ask Ann to take some pics down in Busselton.

Cheers,

Audrey R.

minutes to remind me of events, I will be passing on the job to our newest secretary, Jan Wilcock. I am sure she will do a fantastic job.

In closing, wishing all of our Rockingham members who have, or have had, birthdays this year, good wishes, stay safe and do keep attending meetings when you are able to.

So, goodbye, for the last time. I have enjoyed doing the newsletter contribution but time to pass it on to Jan.

Barbara Ayling

Special thank you from the staff at Legacy House for all your hard work over the years Barbara.





Volunteer with us

- Help out at events
- Corporate volunteering
- Lend a skill
- Administrative volunteering
- Be a friendly voice





Email events@legacywa.com.au or phone (08) 9486 4900

Please contact Legacy WA to update details by either:

- Phone Legacy House on (08) 9486 4900 and mention the Data Cleanse
- Email operations@legacywa.com.au with the subject Data Cleanse.
- Complete the Widow Contact Details Update Form on this page and post it to Legacy WA, PO Box 1983, West Perth BC WA 6872

WIDOW CONTACT DETAILS UPDATE FORM

Not to be used for Widow's Camp Registration.

Name of registered widow					
First Name:	Middle name:	Surname:			
Date of birth:					
Residential Address:					
Mailing Address (if different):					
Phone:	_Mobile:	Landline:			
Email:					
Name of veteran					
First Name:	Middle name:	Surname:			
Next of kin					
Name:					
Relationship:					
Phone:					
Email:					
Community					
Do you want a call from Legacy WA Community Services? <i>E.g. pensions, wills, POA, social activities, special aid?</i> No Yes					

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