



**LEGACY**  
BRISBANE WATER (NSW) LEGACY  
No 93 August 2021

# Chatterbox



**Masons Parade Development**

**FREE** PICK ME UP & TAKE ME HOME

## From The Editor

Welcome to Winter and the August issue of Chatterbox.

As will be seen a lot has happened so far this year, almost back to normal. Consequently, this issue has a strong content of photos.

And why not? As you read in April we have awarded a record number of scholarships and here you will see some of the recipients receiving their awards from General the Honourable Sir Peter Cosgrove AK AC(Mil) CVO MC, who, along with his wife Lady Lynne Cosgrove, were our guests of honour at our April club meeting. At this event several new Legatees were inducted and welcomed by Sir Peter.

Sir Peter, as I am sure most of our readers know, was a highly decorated infantry officer, lead the INTERFET forces in Timor, became Chief of Defence Force and later Governor-General of Australia and is a Legatee in his own right.

Then there was a well-attended movie film day for our disabled dependants. Reports reached me claiming a top day and the photos on page nine tend to prove it.

We of course were again able to celebrate ANZAC Day in the traditional manner this year.

25th April started very early with Legatees laying wreaths at sites all over the Central Coast (some 11) this was followed by a service at Legacy House led by Legatee President John George O.B.E.

This was followed by a morning tea put on by our ladies a highlight of which were the ANZAC biscuits (two types, crisp & chewy) prepared by Mrs Evelyn Eaton.

Following this, I attended, along with my wife Sharyn & ladies from Gosford Legacy Widows & Legacy Laurel Club, the Gosford Cenotaph services also laying wreaths.

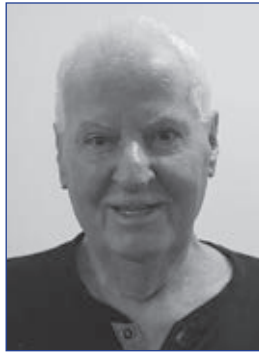
May brought the long-awaited event, Mother's Day. Three days of high tea, outstanding entertainment including some remarkable (one off, hopefully), dancing by certain male members of our staff, Hollywood style decoration and nearly 300 of our ladies being treated in the way they so richly deserved.

I think you will enjoy both the photos and the memories.

Well done Legacy staff & Legatees, outstanding effort. More events coming, we will let you know.

Keep warm,

**Legatee Max Davis – Editor**



## Village Craft Group

A few years ago I was asked as a Legatee, to visit some Legacy widows who lived at Chamberlain Gardens at Wyoming.

When I entered the building, and while waiting at reception, I saw a wonderful wall hanging in a glass case, of knitted red poppies on a black background.

I was so taken with how effective it was I took some photos and when I returned to the Legacy Village showed them to members of the Village Craft Group.

I thought very little more about it, so you can imagine my astonishment when we held our Legacy ANZAC Day Service and there on the lectern was a hanging very similar to the one I had first seen at Chamberlain Gardens and made by the wonderful ladies of our Village Craft Group. This group of ladies has also knitted the most magnificent rugs in regimental colours that are displayed on special occasions.

Well done Ladies.

**Legatee Kathy Patterson**



Front Cover shows impressions of exciting developments being planned for Legacy House at Masons Parade. See CEO report on page one for more details.

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**NEXT ISSUE – 94**  
Copy deadline is  
**25th October, 2021**

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## President's Message

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Since the last edition of Chatterbox things have livened up to the extent we are pretty much back to 'normal' after more than a year of Coronavirus inconvenience, thank goodness for that.



Our three Mother's Day High Teas were a great success with around 270 ladies attending to enjoy what can only be described as top class entertainment provided by Joey Fimmano, Gaetano Bonfante and Jessica Di Bartolo.

The staff as usual prepared and served some delightful cakes and sandwiches for which, on your behalf, I say a heartfelt thank you. I know you will agree we have an unbelievable group of professionals who excel at everything they do for us, time after time, we are so lucky.

Sadly, however, we mourn the passing of one of our longer serving and hard-working Legatees, Legatee Russell Swinden. Russ passed away on 5th June 2021 having spent 14 years with BWLC. He was a former Board member, an active member of the Chatterbox Committee and often made his own contribution to the latter. He was also actively involved in the Scholarship and Fundraising Committees and was always keen to help at Beneficiaries functions. We shall miss Russell greatly. Our hearts go out to Russell's widow Barbara, their children Greg and Michelle and their extended family. Rest in peace Russ; lest we forget.

To add to our sadness June 23rd saw the passing of one of the mainstays of BWLC Legatee Denis Foster.

Denis joined us in 2002 and was elected to the Board in the same year, serving as President and Chairman 2003/2004 and later as Company Secretary, Denis retired from the board in 2015 having faithfully and efficiently served under three Presidents.

Amongst his many achievements he developed and presented an Aide Memoir for Legatees working with people with disabilities. This program was adopted nationally.

Denis transferred to the reserve list in 2020. He leaves behind his wife (Legatee) Jean, Son Mark, Daughter Susan, Grandchildren Adam & Samantha and Great Grandchildren Isabella and Ava plus a host of friends.

We were fortunate to have very special guests at our April Legatees lunch. General the Honourable Sir Peter Cosgrove, AK, AC(Mil), CVO, MC and Lady Lynne Cosgrove attended, and Sir Peter delivered an address in which he took us through his extensive, exciting and very successful career. It was a privilege for our Legatees, their partners and guests from other ex-Service organisations to be in the company of such great Australians. The Member for the local Federal Electorate of Robinson, Lucy Wicks, and the Member for Terrigal in the NSW Parliament, Adam Crouch, were once again in attendance to support us in our endeavours.

I am pleased to announce that since our last Chatterbox, two new Directors have been appointed to our Board: Legatee Rex Ward and Legatee John (Jack) Wade. Both Rex and Jack are Veterans who served as National Servicemen on active service during the Vietnam War. Both had very successful careers: Rex in the teaching profession where amongst his other achievements, he was Deputy Headmaster of Knox Grammar School. Jack is a life-long entrepreneur. He founded Mr Juicy who many will recall became a national icon in the juice industry but he also branched out into a range of industries including bottled water, clothing manufacture, snack foods, hotels and property. Both chose to live on the Coast as they thought it was a good place for old Diggers to put their feet up and relax.

*Continued on page 3*

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## CEO Report

The 2021/22 Operating Budget, along with the Annual Business plan have been approved by Directors, with key items including:

- Village Redevelopment
- Welfare staff home visits and funding for all Advocacy programs
- Focus on Social events and Social Clubs, including Bus outings
- Staff and Legatee training
- Update of the History of BWLC

In regards to the Village redevelopment, the front cover shows a number of architectural images looking from



Masons Pde, of what the new building will look like. This is still to be approved by relevant authorities, which is expected later in 2021. This development will be based on the northern end of the current site, and once built, the sale of just over half the current land on the southern side (including the York St apartments) will assist in funding the new village. In addition to 30 – 1 Bedroom Units for Legacy beneficiaries and veterans, there will be 24 - 2 and 3 bedroom retirement units available for lease under the Retirement Village Act. The building will also accommodate a new office area, and a Community Centre/hall for our events.

I look forward to keeping you all up to date on the development. As always, if you have any questions, please feel free to contact me.

**Peter Lawley** – Chief Executive Officer

# Social Bus Report

Hello again to all those intrepid travellers and potential travellers.

The bus trips are now back in full swing and 2020 seems like a distant memory. It's fantastic to see the usual faces back on the bus and even better to see some new ones. Our trips have been varied and eventful with some new venues on the agenda.

We have been to Pennant Hills Bowling Club which is one of our new venues and I'm told the meals are delicious as well as very filling, so much so I saw a 'Doggy Bag' or two come back onto the bus. The staff were very welcoming and our drive around the Hornsby area was quite interesting as some of the ladies on the bus lived in that area previously.

A trip that's always popular is Palm Beach. This entails catching the ferry from Ettalong and then a short walk or drive in the courtesy bus up to Palm Beach RSL. The weather was spectacular on the day and the trip across was very smooth. Again, the Palm Beach RSL were very welcoming to our Legacy group and we intend to offer this trip to all our clubs in 2021.

Berowra Waters is also a lovely spot and we had a most beautiful day weather wise again. The fish and chips are always popular and are so fresh one would think they had just been caught prior to our arrival. Sitting on the marina looking out at the cruisers was so relaxing I had to almost wake a couple of the ladies up after lunch.

Bobbin Head Marina is similar to Berowra Waters and we usually get VIP treatment on our trips here. The food is quite varied which suits almost all our ladies. The biggest decision we have here is which cruiser to purchase!

The ladies really enjoyed the latest lunch spot we have discovered which is the beautiful Belmont Golf Club. This little gem serves a most beautiful meal for a very low cost. They are most welcoming to our groups and it's become a 'go to' place for us now. Add this to the lovely drive around Swansea and Lake Macquarie and the trips here are always popular. It also makes a change to look out at beautiful, manicured fairways instead of water views.

Although winter has set in this hasn't deterred any of our groups from venturing out and our little bus is warm and cosy once we get going. We would really love to see you on board at some stage and if you are a regular or a new face, you will be very welcome.

Happy travels,

**Chris**



*Rosemary Club Palm Beach*



*The Entrance Long Jetty Widows*

Brisbane Water(NSW) Legacy Club operates Widows Social Clubs at a variety of locations across the Central Coast.

Our Social Clubs provide an opportunity to our enrolled beneficiaries to get together for a social catch up, have a cuppa and a bikkie, discuss social events including regular bus trips, bingo days, morning teas, luncheons and other events that may interest our beneficiaries.

Transport can be arranged for our beneficiaries to attend the meetings.

Each meeting is attended by our Legatee Liaison Officers and also one of our Welfare Officers.

**If you are interested in attending one of our Widows Clubs, please contact the Legacy Office on 1800 LEGACY (1800 534229) or 43234977**

## Marketing / Nuisance Calls

If you feel you're getting too many marketing or nuisance calls, you can contact the 'Do Not Call' register on 1300 792 958 or go to [donotcall.gov.au](http://donotcall.gov.au). Some organisations that have your consent or are exempt may still call you occasionally.

## President's Message

*Continued from page 1*

Since the last Chatterbox we have had 5 Legatees join us: Legatees Wayne Packer, Stephen "Beetle" Bailey, Peter Tobin, Ernie Elves and Ivan Kent. We welcome our newcomers and look forward to them joining with us in caring for our Beneficiaries and in enjoying other Club activities.

You will be pleased to know the planning for our Village development is on schedule. We are just about ready to submit the Development Application, and we have received design sketches and photo mock-ups. This really is an exciting but challenging project and once complete will be a great achievement. It will without doubt be one of the largest projects undertaken by any Legacy club in Australia; one which will provide much needed dignified accommodation for those Beneficiaries who need it most. As those in the existing Village know, it has served us well since the 1970's but is no longer fit for purpose. There will be 30 one bedroom units in the new building reserved for Beneficiaries. Another 24 one, two and three bedroom units will be leased in compliance with the Retirement Village Act legislation.

Subject to Legatees approving the remaining stages of the Project, especially funding arrangements, we anticipate commencing construction in the first half of 2022, with completion in the last quarter 2023/ first quarter 2024. As I think everyone knows, existing Legacy Beneficiaries residents of the Village will remain as they are until they move into the new building once completed.

You may also like to be aware our Scholarship Committee under the chairmanship of Legatee Jenni Bouchier, has awarded a total of nine new scholarships this year, including 8 for University, 1 for TAFE programmes, and for the first time we have awarded one final year scholarship to a mature age student in her final year of nursing. We now have a total of 16 students in possession of our scholarships at various stages of completion. It was an honour for most of this year's recipients to have their Scholarship Certificates presented by Sir Peter Cosgrove during his recent visit.

All would be aware I think that we only award scholarships to those who have a direct family lineage to a Veteran (Parent, Grandparent, Great-Grandparent. Etc). We are proud to be doing our bit for the descendants of Veterans.

Finally, I am pleased to confirm our advocacy services have continued throughout COVID despite occasional difficulties due to restrictions placed upon us. I would like to use this forum for extending the gratitude of the Board to our CEO, Peter Lawley, and the Welfare Team (Michael, Sharon, Jessica, Angela and Chris) for their untiring efforts. That's not to forget our other staff who enable everything to happen in a timely and meaningful manner day after day, week after week, month after month: Heather, Ian, Chris, Shane Peter (G), Maree and Colin. What a great team we have in BWLC!

That's all from me just now.

**Legatee John George – President**

### **TOUKLEY TORCHBEARERS MEETING DETAILS**

2nd Monday of each month  
at 9.30am @ Toukley Ary, Holmes Avenue,  
Toukley. For more information call  
Wilma Pisani – 0429 928 582

Accountant after reading  
a nursery rhyme to his child,  
"No, son. It wouldn't be tax  
deductible when Little Bo Peep  
loses her sheep. But I like  
your thinking."

## **Cambodia's land-mine sniffing hero rat retires after five years**

After five years of sniffing out land mines and unexploded ordnance in Cambodia, Magawa is retiring.

The African giant pouched rat has been the most successful rodent trained and overseen by Belgian nonprofit APOPO to find land mines and alert its human handlers so the explosives can be safely removed.

Magawa has cleared more than 141,000 square metres of land, the equivalent of some 20 soccer fields, sniffing out 71 land mines and 38 items of unexploded ordnance, according to APOPO.



## The Entrance Long Jetty Legacy Widows Club

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Hello to everyone, winter is well and truly here, hope you are all keeping warm and dry.

We here at The Entrance Long Jetty Club have started up our meetings again, had our AGM on Monday 17th May, 2021, same Committee voted in except for one Vice President, who is Mrs. Elanor Long, congratulations Elanor I am sure you will do us all proud.

Brisbane Water Legacy has put on another great day for us all, Mother's Day morning tea with great entertainment as usual everybody had a great time, a big thank you to Mr. Peter Lawley and his Staff, hall decorated lovely and great food, thank you also to all the Legatees on that day.

We have had some lovely bus trips these past few months, we went up to Wangi Wangi Worker's Club, and to Asquith Golf Club also to Belmont Golf Club, all enjoyed their day, thank you Chris for taking good care of everyone on the days, our ladies who go on these trips look forward to the next month's day out.

Well that is all our news for now, so please stay safe and keep warm.

**Mrs Frances Brock** – *Secretary/Treasurer*



## Gosford Laurel Widows Club

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Hello to our Chatterbox readers.

It was good getting back to a little bit of normalcy with our Clubs returning to meetings.

The bingo was going along good with morning teas and lunches catered by Heather and our favourite Legatees David and Kathy doing the honours calling the games for us.

Of course, not forgetting Chris and our great bus trips all around the Coast and up North and down South, he goes everywhere. We are lucky to have such a versatile driver.

Well our year is half over and we thought our part of the State was COVID safe, and IT'S BACK, but we will survive. Keep safe and well Ladies and by the next Chatterbox we will be back to normal again.

**Mrs Patricia Young** – *Co-Ordinator*

## Rosemary Widows Group

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Since Covid and the challenges that we faced, the staff at Brisbane Water Legacy have always provided us with the safe space of the Legacy Hall. Each meeting we have been provided a lovely light lunch and we have also enjoyed the bingo games. Chris has picked up those of us who live north in the Legacy bus which we have appreciated. We were asked recently if we would like to go back to a meeting up north every alternate month or continue coming to Legacy House, well we all agreed that we enjoy coming to Legacy House.



We have really enjoyed our Bus trips with Chris who has been accompanied by some wonderful Legatees. We had some lovely trips, one to Berowra Waters, another lovely ferry trip and lunch at Palm Beach, and a trip to Lake Macquarie Gallery followed by lunch at Pippies Resaurant with a view to die for.

Many of us also enjoyed the lovely Mother's Day High Tea in May where we enjoyed the beautiful voices of Joey Fimmano, Jessica Di Bartolo and Gaetano Bonfante. The Legacy hall was transformed and all those lights definitely created the ambiance of a night at the opera.

We have welcomed some new ladies this year and our group is growing. So wherever you live whether north or south there is a Legacy group just waiting to welcome you. Give the Legacy office a call, and enjoy friendships and company with other like-minded ladies.

**Mrs Wilma Pisani**



## Toukley Widows Club

We have had a few changes with our meetings and we now will be having a raffle at each meeting which will be organised by Mary. Also our first Bingo game was won very quickly by Ruby – congratulations Ruby. We were all delighted with the report from Pat of the excellent Fete results – well done to all the ladies involved. Michael has made life a little easier for us all with the information sheet printed at each meeting giving us helpful times for buses, etc.

We were all treated to a wonderful Mother's Day morning tea where, apart from the lovely spread prepared by the Staff, we were entertained once again by Joey Fimmano and Jessica Di Bartolo whose work we have enjoyed before and an extra surprise for us was Gaetano. What wonderful voices! Joey and Jessica will be performing at the Art House in Wyong in August for those interested in seeing them again.

In May we had a lovely day out at the Bobbin Head Marina where we enjoyed a delicious lunch and in June we are to have a mystery bus trip – something to look forward to!!

**Mrs Hazel Duckett and Mrs Diane McCarron**



## Woy Woy/Ettalong Widows Group

Well can you believe it, we've already seen half the year fly by, hasn't it gone quick!

At the time we write this article we are patiently waiting the Christmas in July function that the wonderful Legacy Staff are hosting for all of us Beneficiaries. Following Christmas in July, the Widows Clubs will be getting together for a Race Day at Gosford Races, we cannot wait to wear our fancy clothes and get together for lunch and some entertainment.

We are so grateful to be able to go out on the Legacy Bus each month, our latest trip was to Ourimbah RSL. If you ever get a chance to head to Ourimbah RSL, go on a Wednesday - Lyn Turpin has a stall and proceeds of her sales go to Legacy.

We have just had our final meeting in the Legacy hall, we are now heading back to Ettalong Diggers, which is where we used to meet before this nasty pandemic. Thank you to the Staff and Legatees for putting on a lovely lunch for us each month, we appreciate your hard work and efforts.

Until next time!

**Woy Woy/ Ettalong Widows Group**



***Are you having trouble attending Widows Clubs because of mobility or transport reasons?***

**Call the Legacy Office on 4323 4977 for assistance!**



Legal appointments available to all enrolled beneficiaries at

**Legacy Village, 51-57  
Masons Parade,  
Point Frederick,**

every Wednesday  
10:00am

**Please phone the Legacy  
Office on  
4323 4977**

## Family Beneficiary – Ray Sullivan

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Introducing a ‘not so new kid on the block’ but one who delights us all, when in his company.

Meet Ray Sullivan. A gentle-natured, wonderfully friendly, free-spirited soul. Ray was enrolled with our Club at age 43 following his father’s passing along with his mother Valda. At the time, Ray remained in the family home at Chittaway Point with both his mum and his sister, Carol, who assisted with his care, welfare, transports and kindnesses.

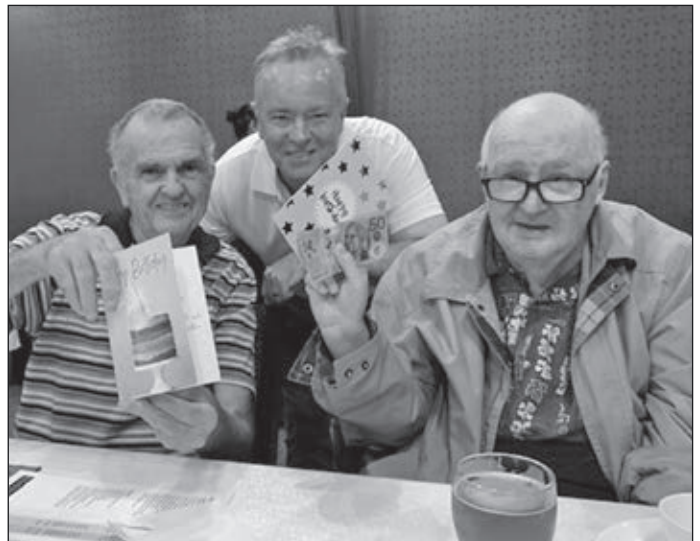
He was working at Fairhaven primarily for Master Foods - bottling, weighing, labelling, lidding and packing food products - 5 days per week, 8am to 3pm and rarely missed a day. A job he continued through to his early retirement in 2017 aged 63 as a result of workload reductions.

You could argue a good time to take a little rest but NO. Not for Ray. He rarely sits still. Amongst his passions are his pushbike, walking, swimming, dancing, and movies, Ten Pin Bowling, kayaking, sailing, and most recently, COOKING classes. Each Monday he hits the kitchen and believes his best culinary achievement so far is Chicken Schnitzel. He has also been known to haunt Mingarra Club and always knows the state of the member jackpot. He holds a strong love for his NRL Team, The Newcastle Knights and believes Andrew Johns to be the best player of all time. Sister Carol states he provides VERY entertaining lounge room commentary to both players and the Ref as he watches the games! He looks forward to attending the NRL Magic Round weekend at Suncorp Stadium QLD in May with his mates.

This family continued in their home at Chittaway Point until the internal staircase became harder to negotiate for his mother. They all agreed a move to a single level home as the better option and found their next home at San Remo only 2 years ago. This was a difficult time for all though as during that period, mums health failed and she sadly passed. Joining the family unit in support and leading up this time was Ray’s brother, John who had returned from Bowral. A further addition to the family was little pup ‘Pippi’, now 6yo.

Ray’s days are certainly fuller than most and he has settled into his new home stating the bus service is great. IF he has a spare moment, he’s on the bus to, pretty much ANYWHERE, visiting friends. Travels safely alone and although he may become distracted to time, he’s never distracted by his stomach and knows he must be home by 6pm – Dinner!! He comments his brother regularly asks him “who are you? Haven’t seen you for a while?” OR “you’re going out AGAIN? Seriously?”

He IS home on a Tuesday though when a Carer comes to, (in his words) crack the whip and have him do his own washing, ironing and tidy his room. Other NDIS avenues of support include Sunnyfield activity days.



In his quieter moments, he’s known to love a light beer. Just so long as he can stand still long enough to drink it.

Ray, as you can see is a whole lot of a likeable fellow and has also made lifelong friendships within OUR Legacy family also. For the longest time he has had a strong bond with two others, David and Fred (interestingly the 3 share birthdays only 1 day apart). He is a regular at all events and is the topic of many phone call RSVPs... IF Ray’s coming? Then YES.

We are all very proud of you Ray and in this moment, it is indeed a pleasure to celebrate your life with us so far.

**WO Parsons**



# The Longest Prehistoric Journey

You know the feeling ... your child is crying and wants to go home, you pick them up to comfort them and move faster, your arms are tired and you have a long walk ahead but you cannot stop now. Now add to that a sticky mud surface and a range of hungry predators around you. That is the story of the longest trackway of fossil footprints found so far in the world. The new discovery comes from White Sands National Park in New Mexico, USA, and was made by an international team working in collaboration with staff from the US National Parks Service.

The footprints were spotted in a dried-up lakebed known as playa, which contains hundreds of thousands of footprints dating from the end of the last ice age about 11,550 years ago to sometime 13,000 years ago. Unlike many other footprint trackways, this one is remarkable for its length – over 1.5 km – and straightness. The person walking did not deviate from their course and what is more remarkable, they followed their own tracks back again a short time later.

Each track tells a story; a slip here, a stretch there to avoid a puddle. The ground was wet and slick with mud and they were walking at speed (about 1.7 metres per second) which would have been exhausting. A comfortable walking speed for us would be 1.2 to 1.5 metres per second on a flat, dry surface. The tracks are small and most likely made by a woman or and adolescent male.

At several places along the journey there are a series of small child tracks made when the carrier perhaps put the child down. Judging by the size of the tracks they were made by a toddler around 2 years old. The child was carried outward but not on return. As well as the two humans, there are tracks of mammoths, giant sloths, sabre toothed cats, dire wolves, bison and camels. The trackway tells a remarkable story but what was an individual doing alone with a child out on the playa?

Dana Perino (FOX News) describing an interview she recently had with a Navy SEAL. After discussing all the countries that he had been sent to, she asked if they had to learn several languages?

“Oh, no ma’am. We don’t go there to talk.”

# How Is Your Brain?

Here’s another trick from the Doctor to test your skills...Can you meet this challenge?

Good example of a Brain Study: If you can read this OUT LOUD you have a strong mind. And better than that: Alzheimer's is a long long, way down the road before it ever gets anywhere near you!

To my 'selected' strange-minded friends: Only great minds can read this. This is weird, but interesting!

If you can read this, you have a strange mind, too.

Can you read this? Only 55 people out of 100 can.

I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the word as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot spleling was ipmorantt!

*Conversation overheard on the VHF Guard (emergency) frequency 121.5 MHz while flying from Europe to Dubai.*

**Iranian Air Defense Site:** 'Unknown aircraft, you are in Iranian airspace. Identify yourself.'

**Aircraft:** 'This is a United States aircraft. I am in Iraqi airspace.'

**Air Defense Site:** 'You are in Iranian airspace. If you do not depart our airspace, we will launch interceptor aircraft!'

**Aircraft:** 'This is a United States Marine Corps FA-18 Fighter. Send 'em up, I'll wait!'

**Air Defense Site:** (... Total silence)

A young lady confidently walked around the room while leading a Seminar and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, ‘half empty of half full?’ .. She fooled them all ..... “How heavy is this glass of water?” She inquired with a smile. Answers called out ranged from 8 oz to 20 oz.

She replied, “The absolute weight doesn’t matter. It depends on how long I hold it. If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my right arm.”

If I hold it for a day, you’ll have to call an ambulance. In each case it’s the same weight but the longer I hold it, the heavier it becomes. She continued, and that’s the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on.

“As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden – holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down, Don’t carry them through the evening and into the night... Pick them up tomorrow.

1. Accept the fact that some days you’re the pigeon, and some days you’re the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully .... It’s not only cars that can be recalled by their Maker.
5. If you can’t be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can’t push.
9. Never put both feet in your mouth at the same time, because then you won’t have a leg to stand on.
10. Nobody cares if you can’t dance well. Just get up and dance.
11. Since it’s the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything’s coming your way, you’re in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.

15. Some mistakes are too much fun to make only once.
16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colours, but they all live in the same box.
17. A truly happy person is one who can enjoy the scenery on a detour.
18. Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

19. Save the earth ... It’s the only planet with chocolate!

## WHAT WERE THEIR PARENTS THINKING?

At some stage of our lives most of us have disliked the name our parents gave us, but be thankful it wasn’t one of these.

Golden Cannon – child of Nick Cannon and Brittany Bell

Bronx Mowgli – child of Pete Wentz and Ashlee Simpson

Tu – child of Rob Morrow (as in Tu Morrow)

Sparrow James Midnight – child of Joel Madden and Nicole Richie

Pilot Inspektor – child of Jason Lee and Beth Riesgraf

Apollo Bowie Flynn, Kingston James McGregor and Zuma Nesta Rock – children of Gavin Rossdale and Gwen Stefani

Exton – child of Robert Downey Jr. and Susan Downey

and last, but not least...

XAE A-XII – child of Elon Musk and Grimes



# SPECIAL NEEDS DEPENDANTS MOVIE DAY



# MOTHERS DAY HIGH TEA



# MOTHERS DAY HIGH TEA



## A TRIBUTE TO LEGATEES (PT. 2)

This is the next group of active Legatees, listed by length of service.

In addition to the highlighted functions you will have seen their names on birthday cards, heard their voices on your phone as they contacted you during Covid lockdown. Some of you may have had flowers delivered by Legatees named here, some ladies may have been initially enrolled by them.

Many of these dedicated volunteers, like you, over the years have suffered and are suffering health issues. Sadly some also have endured personal bereavement but this has not prevented them from giving service.

Why do they do it? Because they care and are part of the Legacy family.

### Legatee Mark Gattenhof

Mark signed on with BWLC in 2007. He has been a valued member of the Chatterbox editorial committee almost since day one and is to blame for "The Lighter side of life" column that is so popular with our readers.

He is also Legatee Liaison Officer for the Laurel Club and rarely if ever misses a meeting.

In this role he reports on his ladies needs and ensures they are fulfilled.

Mark can always be found at widows functions, doing his bit to make sure our beneficiaries are getting the treatment they deserve.

In more recent times he has taken on the role of Master of Ceremonies at club functions. A role he carries out in the manner you would expect from an old Warrant Officer.

14 years service to our Legacy family.

### Legatee Russ Swinden R.I.P. 19 January 1938 – 5 June 2021

Whilst preparing this article the sad news was received that Russ had passed away after a brief illness.

Let this be both a tribute to his service and a requiem from those who had the privilege of knowing and

working with him.

Joined BWLC 2007.

This old school teacher was a quiet achiever, a member of Chatterbox editorial committee and a frequent contributor of articles. Many of the historic pieces in Chatterbox have flowed from the pens of the Swinden family.

Was a member of Scholarship committee since commencing with Legacy, many a scholarship recipient owes a debt of gratitude to the efforts of Russ.

On badge days Russ could be relied upon to use his "schoolie" background to persuade schools to support Legacy with student badge sellers.

Always serving at Legacy functions.

Was a board member for a number of years.

Russ leaves behind a wife, Barbara, and two children, Greg and Michelle.

He also leaves a host of Legacy friends, one of whom is the author who was proud to call him mate.

14 years service to our Legacy family.

### Legatee Max Davis

Must have been something in the air in 2007, for Max also signed on in '07.

Editor of Chatterbox and Chair PR, currently Vice President and a past President.

President Village Redevelopment Committee. Completion of this project will ensure BWLC can



## A TRIBUTE TO LEGATEES (PT. 2)

continue to provide assistance to our beneficiaries and offer dignified, affordable accommodation to those of our Legacy family who may require it.

Religiously attends beneficiary functions.

14 years service to our Legacy family.

### **Legatee Jim Butt**

Another 2007 volunteer.

Jim is one of those reliable people who is always there, mainly at beneficiary functions.

14 years service to our Legacy family.



### **Legatee Carolyn Nunn**

Joined Legacy 2009. Carolyn is the owner of a magnificent garden/riverside property at Wyong that has been the scene of an outstanding Legacy function and was featured in 2019 December Chatterbox.

She is a member of pensions committee and Liaison Officer to Rosemary Club.

Needless to say she is always there assisting and just getting the job done at beneficiary functions.

11 years service to our Legacy family.



### **Legatee David Harris**

Came to us in 2011. A tireless Legatee and long serving member of advocacy committee where he fiercely



presents the case for needy dependants.

Liaison officer for Woy Woy Widows Club.

Never misses a beneficiary function, more often than not can be found escorting and assisting our ladies on bus trips.

10 years service to our Legacy Family.

### **Legatee Cheryl Smith**

Joined Legacy 2011, continuing a family tradition of Legacy service with both parents having served the RAAF during WW2 and her mother was a Legacy Widow.

Another story of a devoted Legatee.

First role was as Liaison Officer to Toukley Widows Club, a role she filled for a number of years.

Served as a Director for some years.

Chair of Pensions Committee, not only Chair but

undoubtedly the most qualified (and capable) Legatee Advocate in our club, and most of Legacy Australia. All qualifications gained by her in her own time to ensure that when a claim with her name on it goes to DVA the applicant/beneficiary has a real good chance of receiving entitlement.

In this role she also mentors new pensions advocate. Member of Advocacy committee.

Is a member of the National Advocacy working group. Like all committed Legatees, she can be regularly seen at functions doing her bit to ensure our ladies get the sort of treatment they so richly deserve.

Regularly called upon to say grace at Legacy functions. 10 years service to our Legacy family.



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A total of 77 years continuous and continuing volunteer service.

Well done and thank you all. More next issue.

**Editor**

In an enduring testament to the life within our Legacy family, and, for the 8th year in succession, we devote this article to recognising and congratulating those amongst us who have become Centenarians since last August. Achieving this uniquely amazing occasion deservedly warrants great honour and we take this moment to celebrate the treasure of their lives.

Can you imagine how many sunsets they've seen... how many hearts they've loved...where their footprints have left marks on life's paths? Equal to our own desires, there could be no question that whatever they have tried to do in life, they have tried to do well; that whatever they have devoted themselves to, they have devoted themselves completely; and in great aims and in small, they have been equally sincere.

We share the thoughts of 8 of our most special ladies honoured at this time –

## **Nell Langham – DOB 16/11/1920 (as told 24/3/21)**

I was born at Narooma and grew up initially around Batemans Bay and Pebbly Beach. I had an elder sister, an identical twin sister Mary and a younger brother. Sadly they have now all predeceased me. As a young girl, I remember the draught

horses delivering all our food supplies and, till 7yo we all attended a one teacher school. Dad had worked on the docks but following an inheritance moved us all to Five Dock where he bought a Delicatessen business in Boronia Park. Life became a whole lot

busier and we helped taking drums to collect milk from the local dairy. Anything and everything to help mum and dad keep their business going though I was always distracted by the lollies. As we grew older we were given the option – 6 shillings a week to help in the shop or get a job and pay board. I started work at 'Spruso' on 9 shillings!! After some years the family business was sold and we moved again to Marrickville. My eldest sister's husband set me up with his cousin and Mary, my twin, with his friend. We all married within 3 months of each other. Forever, we were a close family which extended beyond this to holidaying, weekends, in fact, most waking moments. My husband and I were blessed with 2 wonderful daughters and had moved to a home he built in Kingsgrove. I changed my job and started work at 'Fountain' in the City, labelling their products. I can never remember luxuries but we were all always surrounded by simple joys, company and down to earth honest meals. Further moves followed to Beecroft and then Qld where warmer climates were hoped to help my



husband's health. Sadly I lost my love and returned to NSW, the Central Coast, closer to family.

I can't attribute my longevity to anything in particular but have always had a good sense of humour and find laughing at things makes them seem easier. Arguments are a waste of time to me –they harbour regrets, so I just don't do it. I've never touched the drink or cigarettes. No-one could ever tempt me and with some honesty, I refer to Prince Phillip as a young man. I have always believed in being active, filling life's every moment. From dancing to tennis, vigaro, to bowls, cards, church work, travel, and family, sitting down has never been an option although I am doing more now than I should be. As a result I now read and knit squares for rugs. Although I still live independently, DVA do help with a short fortnightly house clean. My life is all about community. Perhaps the most notable aspect is that I was born on the day of inauguration of Qantas (16/11/1920) and am as old as them. Actually use them too and recently received their Centenary commemorative pin with a note of sentiment by Alan Joyce confirming I was part of their proud history.

## **Thelma Orchard – DOB 21/7/1921 (as told 26/5/21)**

I was born in Gunnedah a town in north-eastern New South Wales. My father an Englishman and hard worker was a linesman for the PMG, now known as Telstra. I was the youngest of 5 children, three older brothers and 1 older sister, as the youngest I was definitely the spoilt one.

I started school in Sydney however due to my father's job we moved around so I also went to school in Dubbo and Dunedoo. Once I turned 14y/o my father took me to my first job where I hand sewed buttonholes on shirts and the like, I did this for 7years. When I was younger I used to watch the girls on the switchboard in Dunedoo, I so wanted to be a telephonist, so during the Second World War I did just that. I was employed at the Ingleburn munitions factory and I became a telephonist, "I just loved that job".

I first met my husband at 16y/o, his father owned the Barber shop in Salisbury Rd Camperdown, and I must admit I was not that keen on him at first. Ed went off to war and was in the RAAF, he sent money home regularly to purchase my engagement ring. We married a few years after he returned home, I remember I wore a beautiful aqua suit. After we married we lived at Neutral Bay across the road from the tram depot which was between Military Road and Ernest St.

Ed and I had 3 children Helen, Richard and Alan, we lived in Terrigal for a while and then moved to Coffs





Harbour in 1955 where we stayed for 23 years. Our happiest years were spent in Bellingen where we lived for 32 years. We had a very successful cake shop "Orchards Cakes". Ed was a fantastic pastry chef, I opened and closed up at the end of the day and in-between I washed and greased up many cake tins.

I think the reason for my longevity is firstly good genes, my siblings also lived quite long lives, hard work and my love for playing tennis which I enjoyed until I was almost 94y/o. I moved to the Central Coast in 2013 when my son Alan built me a beautiful Villa which I love. I have enjoyed making new friends within the Legacy family and I still love going out regularly. I really enjoy the Legacy Social Club, the bus trips we go on and the fabulous events that Legacy provide.

### **Kathleen Spinks nee Bruggie – DOB 5/8/1921 (as told by granddaughter Vanessa 31/5/21)**

Kathleen was born in 1921 and was raised in Lismore; Kathleen was the second youngest of 9 children.

Kathleen spent most of her life in Lismore and married a local man, Fred Spinks, in 1938. Together they had two children, Cecil and Margaret. The family spent most of their time on their 15-acre dairy and banana farm in Lismore but often went fishing together. Kathleen raised her two children whilst Fred served in WWII.



Kathleen found a love for gardening, won many local awards and loved to play tennis for fun. Kathleen moved to the Central Coast many years ago to be closer to her son. Kathleen is a proud, loving grandmother to 6 & great grandmother to 15!

### **Gladys Packer- DOB 19/2/1921 (as told 4/6/21)**

Sydney, 1921. Gladys and her twin sister, Doris, were the first children of the Pullen family born in Australia.

After WW1, Gladys' parents immigrated from The Cotswolds in England. Her father was one of 18, he and two of his brothers immigrated to Australia where they ran a successful trucking business through the depression.

Gladys was one of seven children but only five survived. She had two older sisters who were born in England, then Gladys



and her twin, who unfortunately died at about 6 weeks of age, followed by another set of twins (boys) one of whom also died at a few weeks old, followed by another boy. The family settled in Earlwood, Sydney, in the days when it was mostly paddocks and small farms.

In her early life, Gladys was trained in dressmaking and worked for various companies in Sydney's CBD, until she met her late husband, Roy, on the ferry going across to Luna Park in 1941. Gladys always said she fell in love with Roy's lovely curly hair. They married in Hobart. Whilst Roy was in New Guinea (RAAF), Gladys, who by now had her 1st child, returned to live with her parents. When Roy returned to Sydney and after several moves, they finally settled in Sans Souci. By now, there were four children, Dianne, Paul, Elizabeth and Christopher (who sadly passed away aged 46).

Unfortunately, Gladys was widowed at 49, as Roy was killed in a car accident in 1970. It was during this difficult time that Legacy became involved with the family and were a tremendous support to Gladys. After Roy's death, Gladys took on various cleaning jobs to make ends meet.

In 1980, Gladys, Paul and Elizabeth decided to leave Sydney and bought several old houses in the Blue Mountains to renovate and re-sell, because at that time homes in the mountains were very cheap. They did that for 4 years but found the cold a bit much and missed the beaches so they decided to settle on the Central Coast in 1984.

Gladys (who had sung in her younger days) joined several choirs including her Baptist Church choir, the Tuggerah Lakes Choral Society, Budgewoi Ladies Choir and a group called "The Ambassadors" who entertained residents in local nursing homes. She continued her involvement in singing until a heart operation at almost 90 when she had to give up driving. She has always put her good health down to being active, keeping busy, but also good genes, as her own mother was 92, and her older sister, Isabel, passed away at almost 99. Gladys has had several falls in recent years, which limits her mobility but still enjoys going out for lunch several times a week, wheelchair walks around the lake and excursions out in the car.

There are 5 generations in the family (including a line of daughters). As well as four children, Gladys has two grandchildren, two great grandchildren and two great great grandchildren.

### **Doris May Skellon – known as "Bunty" – DOB 22/3/1921 (as told by Granddaughter Nicola)**

On 22 March 2021 Bunty celebrated her 100th birthday, with her granddaughters Alison, Nicola and Luci.

Bunty was born on 22 March 1921 at her family home in Surrey, England. She married Donald Skellon in 1940 and they had a daughter Wendy-Ann Skellon born in 1941 (died 2005).

# CENTENARIANS

Bunty's career included working for the BBC in London during World War II and as a "nanny" for families in country England. Her daughter and family emigrated to Australia in 1972 and she followed them not long after.



Bunty lived close to her family in the Hills District, where she was employed as a personal assistant to the CEO of Essex Laboratories. She returned to live in England for several years. In the 1990's Bunty returned to Australia and resided on the Central Coast where she lived independently for many years.

In 2017, aged 96 years, Bunty moved into a Village and since December 2018 has lived in Care. Bunty's volunteer work included the Animal Welfare Shop at Woy Woy and being a "pink lady" at Brisbane Water Private Hospital for many years.

Bunty was also an avid knitter and crocheted, making many toys, scarves and other items for both family and charity; she was an animal and nature lover; and followed a Buddhist ethos.

She didn't like hospitals and apart from hip replacements, and pneumonia, she has spent little time in them – in fact she takes no prescribed medication, doesn't wear glasses, and as her doctor said recently "she's not going anywhere soon...her vital signs are that of a 60 year old!"

Bunty is frequently visited by Alison, Nicola and Luci, her grand-daughters, who all live on the Central Coast; and her nine great grandchildren - Todd, Alana, Kelly, Matt, Tom, Katie, Jack, Clay and Saige; and two great great granddaughters – Mya and Adriana born in 2020.

We, her granddaughters, have great memories of her. She was a young and fun grandma, and we spent a lot of time with her as children/teenagers/young adults – visiting her at Meroo, near Dungog where she looked after a property, travelling around NSW in her Kombi, gold panning at Sofala, endless baking and pancake/scone making.

In the last 15 years Grandma has enjoyed adventures with us including; the Ghan from Darwin to Adelaide, jet boating in Tasmania, Blue Mountains getaways, helicopter ride over Sydney, trike riding at Somersby, weekends at Patonga and many more.

## **Doris Elizabeth Wills – DOB 30/11/20 (as told by son Keith 21/6/21)**

Born in Portsmouth England to Joseph and Elizabeth Rowntree. She was their second child after her elder brother Stanley and had a younger brother Roy. The

family migrated to Australia in 1927 and settled in Newcastle.

The family moved around and finally settled in Campsie. Her family increased with the arrival of her four younger sisters, Olive, Margaret, Barbara and Noreen. The age difference meant that Doris was like a surrogate mother to all four kids. Doris had a fairly short working life primarily with the Post Office.

Campsie was also where she met her future husband, Jack, a returned serviceman from World War II. They lived with Jack's parents in Wade St.

They married in 1948 and welcomed their first child

Keith in 1949, then a daughter Marilyn in 1951 and finally another son, Trevor in 1956. Tragically Marilyn was killed in a motor car accident when she was just 7. The family stayed in Campsie, a wonderful middle-class suburb.

Doris was a regular parishioner at St John's Anglican Church in Campsie and also a regular at Mothers' Union. She taught scripture at Campsie Public School.

Once again tragedy happened when Jack passed away in 1981, just six days before his father turned 100. Doris remained in Campsie looking after her father-in-law until he died in 1983. Doris had always aspired to live on the Central Coast. Having spent many wonderful family holidays at Davistown and Ettalong, she sold the house in Campsie and moved to Ettalong where she spent many happy years with the many friends in that area.

She lived alone until 2018, when at age 98 she moved into Care where she celebrated her 100th birthday. Doris was a member at Ettalong Diggers and has many wonderful memories of her time with Legacy and War Widows.

## **Marion Laycock Robey – DOB: 1/12/20 (as told by daughter, Margaret May '21)**

Marion has always had a strong connection to the Central Coast. She first started coming to Terrigal in the early 1920's with her family for their annual 6-week summer vacation.

Marion was born in her family home in Bellevue Hill the youngest of three children. She was educated at SCEGGS Darlinghurst and went on to become a



qualified nurse with certificates in Obstetrics and Midwifery. She remembers the Bellevue Hill days very warmly. A special memory is watching the building of the Sydney Harbour Bridge from her bedroom window.

Marion married Dr Lance Robey in 1946 on his discharge from the Army. They moved several times in the first five years before moving to Oberon NSW after purchasing the general medical practice, which was situated in the front three rooms of their house.

After a freezing start, they went on to experience a very happy, full and rewarding family life with their three children growing up in Oberon.

Marion's nursing skills were often called upon and she remained a vital part of the practice until the mid-1970's.

Lance joined the Bathurst division of Legacy in the mid 1950's. He and Marion supported and helped many families in the Oberon district.

In 1984, on Lance's retirement following 33 years of dedicated service, 20 of those years as the only doctor in the district, Marion and Lance moved to Wamberal. They enjoyed 20 very happy, fulfilling years there.

Sadly Lance passed in July 2007. In recent years her grandson has lived with her to help with daily tasks for which she, her daughter and two sons are very grateful.

Marion has always been a keen gardener, golfer and bridge player and is known for her positive attitude to life, her happy disposition and her tendency to always look on the bright side of any situation. Marion is especially proud of her three children, eight grandchildren and seven great grandchildren.

### **Helen Lea – DOB 7/1/21 (as told April 21)**

Born at Lindfield private hospital – Helen was fourth born into a family of six children. She started school at five years of age at Gordon primary school, before moving to Northbridge, attending Northbridge public school.

Helen fondly remembers the fun times spent at home with her siblings practising and presenting concerts together to entertain their parents and friends. Helen recalls one of their parent's guests being Billy Hughes, Australia's Prime Minister from 1915 to 1923. Helen's



family enjoyed regular picnics together and holidays were spent at their small seaside cottage (hut) at Great Mackerel Beach.

High School commenced in 1933 at North Sydney Girls where Helen excelled in Maths. Their home at North Sydney was located in a position with views of Sydney Harbour and at a time, the iconic Harbour Bridge was being built.

In 1934, Helens family moved to The Central Coast, a place called, The Avenue Farm, at Wamberal.

In 1936, at a local dance Helen would meet a lovely red-haired man named Eric Lea who before long became the love of Helen's life and as Helen says "always remained a perfect gentleman".

Helen continued with school becoming school captain whilst Eric worked at a local farm and sometimes further away at big country properties. Helen finished school and was offered a job in the bank, there Helen enjoyed many years of work eventually becoming the General Manager's secretary. Eric joined the Army full-time at 27. Despite hundreds of letters to each other

during the war, the relationship ended and Eric married shortly after.

Helen later met George whom she married in 1955 & spent 30 years travelling the world. They had no children.

She fondly remembers their home in Frenchs Forest where



she could lie in

bed and admire views of the Sydney Harbour Bridge in the distance. After four years George retired, liking the idea of warmer weather they moved to the Gold Coast and opened an art gallery. After 18 months they sold the gallery and went on a six-month world trip for free courtesy of Qantas. Sadly, George was diagnosed with Alzheimer's & passed a year later on his 86th birthday 1st October, 1995.

Helen being alone, then decided to make contact with Eric, her first love. They met with fellow friends to become reacquainted. They married in 1999. After many happy years together Eric sadly passed at 98.

Throughout the years, along with all the adventurous experiences, Helen enjoyed playing tennis, golf, drawing, painting, and has found joy through many friendships, which continue today.

**Welfare Officers Parsons, Groom, Stoker, Heenan**

# One Way

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*This article was featured on Facebook and brought to my attention by an old member of the editorial team, Betty McCleary, who now lives in Perth.*

*It clearly was written from the heart and if it doesn't bring a tear to your eye you're tougher than the editor of Chatterbox.*

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was going to be the last ride of my shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.

'Just a minute,' answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knick-knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she asked. I took the suitcase to the cab, then returned to assist the woman.

She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness.

'It's nothing,' I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighbourhood where she and her husband had lived when they were newly-weds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into

the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now.'

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move.

They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' she asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

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## The Fabulous 50s

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Remember the 50s and the culinary fare that was then on offer? Spag Bol, Tip Top bread and Savoury Shapes assaulted our digestive systems. These foods went on to create a generation that craves nostalgia. In the

era of kitten heels and swinging parties, what were we actually eating?

Kicking off the decade in 1950 was cheese twisties, 1951 brought us chiko rolls, 1952 gave us spaghetti bolognese, in 1953 we enjoyed paddle pops, 1954 saw us tucking into savoury shapes, 1955 gave us coronation chicken to mark Elizabeth II's

coronation, in 1956 we discovered fish fingers, in 1957 we couldn't get enough of rice pudding and in 1958 we got our very own white Tip Top sliced bread. At the end of the decade, 1959, we enjoyed a Streets Gaytime for the first time. No special occasion was complete without something served in a gelatin mould, tuna noodle casseroles became popular along with pineapple upside down cake and baked alaska. Meatloaf was a cheap and satisfying meal before canned and packet meals began to appear on grocery shop shelves.



## Book Review

### The Women of Primrose Square – Claudia Carroll

Frank Woods lives at number seventy-nine Primrose Square with his wife Gracie and children Ben and Amber. He is about to turn fifty and nobody seems to care. His friends are all busy; his wife and children have other plans. After years of being 'Mr Cellophane', he decides, finally, to do something for himself.

Returning home on the evening of his birthday the house is full of guests. A surprise party! But who gets the biggest surprise? Standing in the doorway is not Frank, but Francesca.

As she transitions, Francesca struggles to come to terms with her true self, and her relationship with her family is thrown into turmoil. Not knowing where to turn she moves in with her cantankerous neighbour Miss Hardcastle, who hasn't left her home for decades. There she befriends fellow lodger Emily Dunne who is recently out of rehab, finally off the drink and desperate to make amends.

Nothing in this close-knit community will ever be the same again as gossip spreads through Primrose Square and every relationship is tested.

**Mrs Pam Morton**

### Mary Gordon does it again

Mary with her sports award trophy which she won at sports award night, Masters Athlete of the year 2020. Well done Mary you are an inspiration.



## Kathy's Kitchen

### BILL'S BAKED BEANS

#### Ingredients

- Olive Oil
- 1 chopped onion
- 2 cloves chopped garlic
- ½ teaspoon chilli powder/flakes or fresh chilli
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon coriander
- ½ teaspoon paprika
- 1 tin kidney/white beans
- 1 tin crushed tomatoes
- 1 tablespoon brown sugar

Fry onion and garlic in oil. Add spices, stir. Add tin tomatoes and drained beans and brown sugar. Cook gently. Add parsley and fetta to serve.

**Legatee Kathy Patterson**



The outbreak of Coronavirus has impacted our lives in so many ways. With regular changes happening, it's completely normal to feel overwhelmed, anxious and stressed. Following government advice, we have all encouraged to stay at home to flatten the curve. Social distancing and strict hygiene practice are reinforced to help combat the spread of COVID-19.

While it's crucial to practice social distancing and self-isolation, it may result in social loneliness as face-to-face interaction has been restricted significantly over the past few weeks. We are social beings; therefore, loneliness and sadness can occur as a result.

It's more important now than ever to take care of your mental health and wellbeing in challenging times like these. We share our top tips to help you stay healthy, happy and connected. Being mindful about what you do and pay attention to the present moment will help cultivate your sense of being. The practice of mindfulness has been proven to help overcome anxiety, stress and loneliness especially during the Coronavirus lockdown.

Practicing mindfulness doesn't have to be complicated or intensive. You can incorporate mindfulness into everything you do. Practice mindful eating by taking the time to eat your meals without any distraction, sit down properly to eat and enjoy your foods.

Practice mindful breathing can benefit you in the long run. Breathe slowly and extend your breaths on exhalation can help calm your parasympathetic nervous system and cultivate a sense of inner peace. Try to slow down your breaths and count down from five to one when breathing out.

Practice mindful thinking to help cope with negative feelings. When your emotions are rising, and getting out of control, acknowledge them without reaction. Take your time to express your feelings through journaling, painting and talking to someone if you need help.

## Have a healthy and balanced diet

Keeping a healthy diet may help boost your immune system to help fight Coronavirus. Include lots of fruits and vegetables, healthy fats, whole grain and healthy protein in your daily diet. Don't forget to keep yourself hydrated throughout the day and avoid taking in too much caffeine from coffee or black tea. Drink herbal tea such as peppermint tea to help with digestion, chamomile tea to you sleep better. For tips on nutrition and healthy diet, check out our nutrition blogs.

## Stay connected

Take this time to re-connect with your friends and families during these challenging times. You can learn how to use new technology to keep in touch with your loved ones. Apps like Zoom or Skype allow you to virtually call and connect with others anytime of the day. If you're active on Facebook, use Messenger to chat

or play games with your friends. Take the time to write a good old-fashioned letter to your best friend that you haven't connected in years.

## Stay active

Staying active can be as simple as taking a short walk around your backyard, gardening, cleaning your home environment, knitting and cooking. Keep your body flexible by stretching or doing yoga first thing in the morning when you wake up. Having a daily routine is important to keep you stay active, strong and healthy. You can also stay active by practising singing or joining a virtual choir. There are many health benefits of singing to your mental, physical and emotional health that you may not know. ACH Group's Sing for Joy virtual choir offers weekly online rehearsal led by an experienced choir director to help you learn new songs and singing techniques in a fun and social environment.

## Keep yourself entertained

Keeping yourself busy and entertained during COVID-19 is very important. Listening to music, watching your favourite shows on Netflix, playing video games, subscribing to YouTube tutorials and learning new skill are some ideas you can try. We've come up with a list of fun things you can do online while in lockdown.

## Stay informed with the right information about Coronavirus

During uncertain times like these, information overload could happen, resulting in stress and anxiety. Staying informed and getting the right information from reliable sources is key. If you need more information about COVID-19, visit ACH Group's COVID-19 Response Page to find out more.

## Connect with a mental health resource

This is a difficult and unsettling time, and if you need mental health support you can call the Beyond Blue Support Service. The free and confidential service is available every day to all Australians online from 3pm to midnight AEST or 24 hours a day by phone on 1300 22 4636.

The Beyond Blue Online Forums have a dedicated 'Coping with the Coronavirus outbreak' section for anyone seeking a safe and anonymous place to discuss their mental health and wellbeing. For practical information and tips, please visit Beyond Blue – looking after your mental health during the coronavirus outbreak.

For assistance in a mental health emergency, contact the mental health triage service – telephone 13 14 65 available 24 hours, seven days a week.

## Don't Cry For Me Today

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Don't cry for me today,  
I wouldn't want it this way.

Be strong and smile,  
for you will see me in a while.

I know you miss me,  
but now in Heaven I will be.

Do not keep your sad face.  
I am in a much better place.

Do not let your tears fall,  
for I cannot wipe them all.

Yes, my life wasn't long,  
But I'm begging you to be strong.

Live every moment as if it were your last.  
I won't forget any memories that have passed.

Cherish life and love  
as I watch you from above.

As I remember all of the good things,  
I come to see I have gotten my wings.

It is time to go and fly.  
As your guardian angel I will try.

Don't cry for me today.  
I'm on my way.

Soaring through the sky,  
I watch all of you telling me goodbye.

## Remember Me

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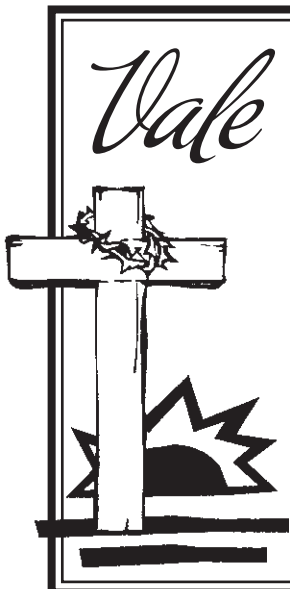
To the living, I am gone,  
To the sorrowful, I will never  
return,  
To the angry, I was cheated,  
But to the happy, I am at peace,  
And to the faithful, I have never  
left.

I cannot speak, but I can listen.  
I cannot be seen, but I can be  
heard.

So as you stand upon a shore  
gazing at a beautiful sea,  
As you look upon a flower and  
admire its simplicity,  
Remember me.

Remember me in your heart:  
Your thoughts, and your memories,  
Of the times we loved,  
The times we cried,  
The times we fought,  
The times we laughed.  
For if you always think of me, I will  
never have gone.

**Margaret Mead**



Bette Ackerman

Beth Barber

Joan Bennett

Jeanette Bjelke-  
Petersen

Winifred Brown

Beverley Burrows

Betty Campbell

Dorothy Cook

Joyce Cook

Evelyn Cross

Moyna Davis

Dorothy Dhu

Vera Downing

Dorothy Edwards

Patricia Flannery

Pamela Freudenstein

Patricia Malone

Elva McBay

May McWilliams

Alice Oberman

Colleen Randle

Esma Richards

Maureen Smith

Bonnie

Sommerville

Mary Tanner

Rita Thom

Audrey Tonkin

Doris Wilcockson

Clara Wilson

# From our readers ...



Dear Cheryl Smith, thank you very much for the Birthday wishes. I had a lovely day with my family on Sunday. Best wishes to all.

**P.C.**

Legatee Kathy Patterson, Sincere thanks for the birthday card and especially the good wishes it conveyed. Much appreciated. Kindest Regards

**M.B.**

Thank you to our bus driver, Chris and Legatee Sharyn for a great day out. Morning Tea relaxing by the lake at Mt Penang Gardens before a tour around the school and a look at the top of popular Somersby Falls, then a drive around the industrial area (very interesting) then down to the Japanese Gardens for a nice lunch and time to browse through the shop, Art Gallery and Gardens. A special treat on the way home was a stop at McDonalds for a soft serve ice-cream. Good company to make the day more enjoyable. Once again, many thanks.

**T.P.**

The Secretary, thank you, Legacy, for the lovely flowers and card for my 90th Birthday. Welfare Officer Jessica brought the beautiful flowers personally and they really made my day. It is very thoughtful of you to think of all the hundreds of women you must look after and yet make each one feel so special. Thank you once again.

**J.B.**

Dear Cheryl, It would be hard to express how grateful I am for the effort you've invested in that small piece of cardboard which will make such a difference to my future life. I hadn't quite recognised how different the situation would be without the card. I feel too, in a way, that the injustice to Les, the half pension, ("deafness is not life-threatening") has been mitigated. Your efforts on my behalf are deeply, deeply appreciated. Most sincerely

**P.S.**

Dear Kathy, Thank you for the beautiful flowers you sent me for my 90th Birthday. As I am unable to attend your meetings I was very surprised to receive them, but now I feel part of your club so thank you again. Yours sincerely

**M.W.**

To Brisbane Water Legacy, What a lovely surprise. Thank you so much. The flowers are beautiful and some are slowly opening, so I will have them for quite a while to remind me that you are thinking of me and family. I do appreciate it all. Thank you.

**E.P.**

The President & members of Legacy,  
Dear Sir, Thank you very much for the luncheon and entertainment for Mother's Day, it was first class and most enjoyable. Thanks also to the men and ladies who helped in many ways, making sure we got safely into the taxi. I am touched with gratitude. Thanks a lot.

**N.L.**

To all the lovely staff of Legacy. Thank you all so much for the flowers on my 90th Birthday. It was so nice to see Michael again. So appreciative.

**B.B.**

Dear Angie, this is a very belated acknowledgement of all the kindness you've shown me, especially at times when kindness was all I needed. The all-important card! I hadn't dared to hope too much in case it wasn't to be, so it made the pleasure- relief probably more accurate - very much greater when it arrived. Now safely stowed in my wallet; and I have the prospect of discontinuing my membership of the Teachers Health Fund (which has been excellent, but expensive and getting more so.) I'm coming to the end of a course I've been running for U3A- which has been great - but I've decided not to present one for the second half of this year. I'm a bit tired, and don't feel like the responsibility. I might regret the decision, but there's next year. The gap in my life is still painful - what would I expect after 65 years? Alyson and Jan, and their partners are a constant support - I'm so very lucky. And in having Cheryl and you fighting on my side. Thank you so very much.

**P.S.**



## Love Galore – By Carmel Stanford

---

I've walked this path many times before,  
To reach and then enter, that 'narrow door'.  
My body ached, and my knees were sore  
As I crawled my way to that 'narrow door'

"Don't quit", came a voice from deep within –  
"Just wait till it's open –  
And then, walk in"?

"I'm tired of waiting –  
Give me some proof,  
That what's inside?  
Is really the truth"!

"I can't do that for you –  
You're on your own  
You must see for yourself –  
How much you have grown".

I pushed the door gently,  
And to my surprise -  
A 'veil' fell away-  
As a light flickered on  
To show me the way.

Each step I took –  
The light grew brighter,  
And ate up the darkness,  
As I grew 'lighter'.

I stared at a mirror, much bigger than me  
And reached out to a girl who reached out to me.

"Keep walking" she whispered, "you're almost free",

"Free of what", I asked. And she said "Go see".

Then the mirror slid open –  
Just like a door.

"Am I there yet"? I cried,  
I can't do anymore"!

I came to a room completely bare,  
With nothing to rest on, not even a chair.  
I stood waiting again, feeling the pain –  
"Is this all there is"? I asked once again.

Then walls crumbled around me  
And I saw a great 'space',  
I could see forever  
As a warm breeze brushed my face.

I was filled with emotions –  
My feelings ran rife,  
"Could this be the answer,  
To my dream of new life"?

Trees waves their branches,  
Lakes bubbled with joy.  
And the sun began spinning –  
Just like a toy.

"I found it", I cried  
Then I saw much, much more.  
Wherever I looked, I saw it –  
There was love – Love – Love Galore!!

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## CONTINUING OUR LEGACY OF CARE

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Please send me information on  Helping as a Legacy volunteer  How to make a bequest to Legacy

Enclosed is my gift of \$ \_\_\_\_\_ to the Legacy family  My cheque is enclosed *or*  Debit my Credit Card

\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|  Visa  Amex  MasterCard

Name on card \_\_\_\_\_

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVN number\* \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_

All donations over \$2 are tax deductible.

**Please return this coupon to:** Brisbane Water (NSW) Legacy, PO Box 4252, East Gosford, NSW 2250

\* This number provides extra security for online payments. It is a 3 digit number on the back of Visa or Mastercard credit cards, or a 4 digit number on the back of an AMEX card.



# THE LIGHTER SIDE OF LIFE



If it's tourist season, why can't we shoot them?  
What was the best thing before sliced bread?  
If you shoot a mime, should you use a silencer?  
Why do they sterilize needles for lethal injections?

Why is there an expiration date on sour cream?  
What happens if you're frightened half to death, twice?

—

During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized. "Well," said the Director, "we fill up a bathtub, and then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub." "Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup." "No," said the Director, "A normal person would pull the plug out. Do you want a bed near the window?"

—

A man and his wife are dining at a table in a plush restaurant, and the husband keeps staring at a drunken lady swigging her drink as she sits alone at a nearby table. The wife asks, "Do you know her?" "Yes," says the husband, "She's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since."

"My God!" says the wife, "Who would think a person could go on celebrating that long?"

—

Hospital regulations require a wheelchair to be used for patients being discharged. However, a student nurse found an elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need assistance to leave the hospital.

After a chat about rules being rules, the man reluctantly allowed the student nurse to wheel him to the elevator. On the way down, the nurse asked him if his wife was meeting him "I don't know," he replied. "She's still upstairs in the bathroom changing out of her hospital gown."

Two elderly gentlemen were sitting on a bench under a tree, when one turned to the other and said "Jack, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Jack replied "I feel just like a newborn baby."

"Really? Like a newborn baby?"

"Yep. No hair, no teeth, and I think I just wet my pants."

—

A senior citizen said to his eighty-year-old friend "So, I hear you're getting married?" "Yep!"

"Do I know her?"

"Nope!"

"This woman, is she good-looking?" "Not really."

"Is she a good cook?"

"No, she can't cook too well." "Does she have lots of money?" "Nope! Poor as a church mouse." "Well then, is she good in bed?" "I don't know."

"Why in the world do you want to marry her then?"

"Because she can still drive!"

—

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're doing really well, aren't you?"

Morris replied "Just doing what you said Doc, 'Get a hot mamma and be cheerful.'"

The doctor said "I didn't say that. I said 'You've got a heart murmur, be careful.'"

—

A man was telling his neighbour "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art - perfect."

"Really," answered the neighbour, "what kind is it?"

"Twelve thirty."

# ANZAC DAY



# APRIL CLUB MEETING

