



**LEGACY**  
BRISBANE WATER (NSW) LEGACY  
No 94 December 2021

# Chatterbox

**TO SERVE YOU IN 2022**



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



# To Serve You in 2022

Board of Directors. Left to Right: Legatee Patrick Gallagher CSC, Legatee John George OBE, Legatee Jenni Bouchier, CEO Peter Lawley, Legatee Max Davis, Legatee Tony Morton, Legatee Rex Ward, Legatee Michael Hickey OAM. Inset: Legatee Jack Wade.

# Vaccines That Changed Your Life

The most talked about products of 2021 are undoubtedly the Covid Vaccines

Did you know that vaccines even in their most primitive forms have been saving our lives for over 200 years?

When epidemics occurred without vaccines the results have been catastrophic (Spanish Flu, 1917 to 1921 50,000,000 dead worldwide).

Most of our readers can remember the horrific polio scourges of the early 1950's, when kids we went to school with were absent for a long time and if they did return it was often in a wheelchair or in a caliper.

I remember in 1952 my mother being stricken and our street was quarantined, with police blocking each end in an attempt to stop the spread.

Imagine what our world could be like today without:

1796: Smallpox

1885: Rabies

1890: Tetanus

1896: Typhoid Fever

1921: TB

1923: Diphtheria

1934: Whooping Cough When Eldering and Kendrick began working on the vaccine in the 1930 an estimated 6,000 kids in the USA were dying from Whooping Cough each year.

1938: Yellow Fever

1938: Flu influenza

# Mary Does It Again

Mary Gordon has taken out another N.S.W. Tennis Award. Mary won the 30+ Seniors Tennis Award on the 28th of October, 2021. Mary was nominated by her very proud daughter.

Mary has also been nominated for Senior Tennis N.S.W Award on the 28th of November, 2021.

Congratulations Mary! And good luck for the 28th of November.

1952: Polio

1961: oral vaccine. Sabin's vaccine could be taken as a liquid, or dropped onto sugar cubes and consumed. Millions of Americans got these sugar cubes.

1963: Measles

1967: Mumps was a real problem. most debilitating in adult men, who often experience painful swelling of the testicles. During World War I, mumps was the leading cause of missed days of active duty for the US army in France and reached a total of 230,356 cases. The vaccine is still in use as part of the combination measles, mumps and rubella (MMR) vaccine given to infants the world over. In the United States alone, mumps used to infect 186,000 kids a year in the 1960s. Today, thanks to the vaccine, there are fewer than 1,000 mumps infections annually.

1969: Rubella. In 1964, a Times magazine article encouraged rubella parties, even recommending strategies so that 'all little girls get infected'. 50,000 women were infected during pregnancy leading to thousands of miscarriages and children being born with severe damage. At least 8,000 born deaf, 3,500 deaf and blind.

1974: Chickenpox (Japan)

2006: Shingles

Despite this history, there are still citizens that still shun the Covid vaccine because they don't know what it contains!

**The Editor**

© Brisbane Water (NSW) Legacy. Reproduction in whole or in part is prohibited without prior written consent from Brisbane Water (NSW) Legacy. All rights reserved. Brisbane Water (NSW) Legacy does not warrant that the information available in this magazine is accurate, complete or current. Opinions expressed are those of the respective authors and not necessarily those of Brisbane Water (NSW) Legacy.

**NEXT ISSUE – 95**  
**Copy deadline is**  
**7th March, 2022**

## Editorial Committee

*Editor* – Max Davis, 0410 541 999  
*Members* – Mark Gattenhof,  
David Ferry

## Legacy Executive

**President**  
John George, 0417 577 684  
**Vice President**  
Patrick Gallagher

## Legacy Village

51-57 Masons Parade,  
Point Frederick  
Phone (02) 4323 4977  
Fax (02) 4323 4458  
Email [legacy@bwlegacy.com.au](mailto:legacy@bwlegacy.com.au)

# President's Message

With lockdown over (we hope) most of us will be all smiles again as we commence the run-down to Christmas. I know our Legatees and staff are excited about getting back to business as usual and doing what we can to make the Festive Season a joyous one for all.

The last few months have been frustrating to say the least. Most of all we have missed the social gatherings where Beneficiaries, Staff and Legatees get a much-valued opportunity to interact, share stories and laughter and generally relax together. As we all know it's not until something is taken away that we often don't fully appreciate what we have, in particular the basic joys of life. Well, it's all back now so full steam ahead.

Sadly, over the lockdown period we lost three of our much loved and valued Legatees who each gave their all to our Club. Russell Swinden, Denis Foster and Dr Douglas Arndt passed away. We honour their service to Legacy and we share the grief of those closest to them. May they rest in peace; Lest we forget.

We also pay our respects to those Beneficiaries who sadly left us during this very difficult period. As far as we know none who passed did so as a consequence of COVID.

October saw the end of the 2021 Legacy Year. The Annual General Meeting of the Club was held and I am pleased to say those Directors whose terms had expired were re-elected. I am personally delighted the Board asked me to serve another year as President and Chair.

The only major change with the Board is that Legatee Max Davis, although remaining on the Board, has stood down as Vice President after six long years in the top jobs: twice as Vice President/Vice Chair (2016-17 & 2020-21) and two years as President/Chair (2018-19). I want to thank Max so much for his outstanding contribution in these roles.

Max is succeeded as Vice President/Chair by Legatee Patrick Gallagher who has just completed two years as our External Director. Patrick's appointment is opportune as he brings with him to the role a wealth of expertise in risk and project management which will be crucial as we move forward with the Village Redevelopment. Patrick is a former senior Army Officer who was awarded a Distinguished Service Cross (DSC) during his service to the Nation. I congratulate Patrick on his appointment and thank him for accepting the role. Patrick also assumes the position as Chair of the Village Redevelopment Committee.

I'm sure everyone will be pleased to know we have submitted our Development Application to the Central Coast Council to gain approval for the Village Redevelopment. Once we have this approval the Board



# CEO Report

As we move out of Covid Lockdown, plans are set up for a good end to 2021, and events in 2022.

Our Christmas lunches will be held in the Hall, all set up and catered by the staff, and service through our Legatees.

In early 2022, our Social Clubs will recommence and in late March we will be hosting a Legacy Race Day at The Entertainment Grounds. Our usual annual events will continue in 2022, with Mother's Day High Tea and Christmas in July.

During the Covid lockdown period, it was pleasing to see that we contacted 100% of our Legacy Beneficiaries, through our Legatee telephone contact program, and staff support.

Our Village redevelopment progresses, with a Development Application currently before Council.

I would like to take this opportunity to wish all readers a Merry Christmas, and a happy and healthy new year.

**Peter Lawley – Chief Executive Officer**



## 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.

will prepare the financial model and associated risk assessment for presentation to the Club members. Following appropriate briefings, we will then hold a Special General Meeting to gain the approval of members to proceed to construction. If all goes to plan, we should commence construction in the first half of 2022. I realise this must seem a long process and yes it is; but unfortunately it can't be avoided.

Since this is the last Chatterbox before Christmas I take this opportunity on behalf of the Board to wish all Beneficiaries, Staff, Legatees and families a joyous Christmas and prosperous 2022. Let's hope we have seen the end of COVID, that all borders will be open and that we can travel as necessary to see family and friends as we do every other year. It has been a tough year in some respect, but we have come through it together. That's what we Australians do, time and again. That's what our Diggers did in two World Wars and in many campaigns since; and we will come through again if the situation ever arises.

Thank you all and God speed.

Warmest regards and best wishes,

**Legatee John George, OBE – President**

## From The Editor

Well here it is, only a few weeks until Christmas and last issue of Chatterbox for 2021.

A different issue of your magazine, because as we all know we have all been locked up and unable to do the things together we so much enjoy and consequently no reports from "the clubs" or photos of you ladies having fun!

However, the editorial committee and staff have had their thinking caps on and put together copy which I think you will enjoy.

For example:

Discover the role Queen Elizabeth had in the development of Aerogard.

Did you know that the world's population has been successfully receiving vaccines since the 18th Century? Read on.

You will also see some insights into the lives of staff members you know as well as profiles of some Legacy family members.

Hotel quarantine? Learn more about Australia's first quarantine centre.

Of course the restrictions are now mainly a thing of the past (pray they remain so) and we are getting back into stride, by the time you are reading this Christmas parties at Legacy House will be in full swing and we were able to conduct a Remembrance Day Service on 11/11.

Watch out for coming events, much is planned.

As you will have seen on the front cover the Board of BWLC has been strengthened by a number of new members, they with the other members have a total commitment to serving you, our beneficiaries to the best of their not inconsiderable abilities.

So, farewell to 2021 and a very Merry Christmas to all.

**Legatee Max Davis – Editor**



## 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

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

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

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**



Legal appointments available  
to all enrolled beneficiaries at

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

every Tuesday  
at 10:00am

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



# Welfare Team Report



While Agatha Christie once remarked that you could see the world through the window of a train, 'Dorothy' is remembered for saying... 'there's no place like home.'

For what must seem like an eternity now, COVID, has had its own influence against any achievable happy medium to either of these sentiments. Long term impacts of this pandemic through augmented constraints on travel, safety, health and socialization have, without doubt, challenged our very nature, spirits and connections. While we'd all agree, the best part of our brief stay on this earth is sharing it, does the restricted vision we've had hold any less importance? Life's greatest joys and darkest despairs have always been felt strongest by the soul in the deepness of quiet moments. Have you ever noticed how in these moments, our senses can awaken, engaging our hearts to remember what's most important? How a simple breathe, the beat of a heart, everyday sounds once muffled by busy lives, or taken for granted memories of yesterday, can easily distract us and re-earth lost connections? However we cope, it's important to remember we're not alone. Life isn't just about remembering ... it's about living.

As we wonder when life may return to normal (whatever that means), what matters most to us, day after day, year after year, is you. Be assured that outside of our four walls... the world DOES go on. In line with Legacy's Spirit of Service, we remain uncompromisingly focused on ensuring your health, happiness and fortunes. Sadly, and only in the event of exceptional circumstances, ('thanks to COVID'), we haven't been able to meet face to face for some time now. Through the help of our wonderful Legatees though, regular phone contact with you all has been possible. How you feel, how you're managing, advocating needs or just through a friendly chat we've hoped to maintain an almost tangible peace of mind bridging our separated lives.

Let's all believe that within the approach a wonderfully magical season, a glimmer of hope heralds an anticipation so uniquely intoxicating and so joyful that hearts, despite worldly troubles, are lightened and smiles last longer. Though the sense of who we are can be deeply rooted in 'when' we are, our hope is that no-one ever believes they've reached an age where life's wishes end. That children of all ages continue to believe in the magic of Christmas.

In the past we've talked about a 'universal' present.

Something we're sure would fit in Santa's sack. Suggestively, a sprinkle of pixie dust of health and happiness which could be cast from the heavens to the earth in his travels.

As a family, we shouldn't need to fear the future at a time and season where any amount of goodwill must surely overpower any adversary. That sentiment of hope, fueled by all our kindest hearts desires in practice, must ensure there is always the possibility of making significant change. We know that, for the families of veterans, the battle goes on and we stand beside you as your greatest supports.

Let's make 2022 a year to remember fondly. There is more to life than we perceive. This Christmas, know you are in our thoughts and in our hearts and throughout whatever may lie ahead... we 'pass through' it together.

**Welfare Officers, Parsons, Groom, Stoker and Heenan**  
– Your Welfare Team

## A REMINDER TO TEST YOUR PERSONAL ALARM SYSTEM

It is important to test your Personal Alarm System regularly to ensure that it's functioning properly.

This testing should be carried out once a month. Use the day of your birthday each month as a reminder to test the alarm.

1. Activate your pendant/button.
2. Wait for the operator to respond.
3. Advise the operator that you are performing a test.
4. If your test was successful, you are all set until you need to test in a month's time.
5. If you did not receive a response from the operator within 2 minutes or so, deactivate your alarm and try again or simply give them a call Tunstall Customer Service 1800 603 377

## Ange

Initially lockdown left me feeling like a punished teenager however, I soon began to see the positives in having to slow down. I spent more time on my pushbike, my garden looks amazing and being a true minimalist before lockdown my house is now looking very bare. Very bare, but immaculate! I never realised I like cleaning so much and could very well eat off my floor. My youngest daughter purchased her first home and has nearly moved out, so I am now also an Empty Nester. I have felt very thankful to maintain contact with our Legacy Beneficiaries throughout this pandemic to assist and provide care as required. Looking forward to getting back to normal life once again.



## Colin

A few things that I've learnt over Covid are that my golf game has improved from practising out the back of the maintenance shed, at home in the backyard, inside on the putting mat or on the golf course. I do know that when we go back to full time, my golf game will suffer. I've also realised that I DO have enough patience to complete jigsaw puzzles - I completed two star wars ones. I have also learnt that they are time consuming and when we go back to fulltime, I won't be doing anymore. With my daughter being in year 9 and home schooling over the last few months, I have been asked many school related questions.



Some, I knew and some I had to Google to find the answer without her knowing. I have learnt that my daughter gets her smarts from my wife not from me.

## Ian

My family all live at my place, so it was really great during lockdown. We had themed birthday parties. I have my gardens and fruit trees looking really great and I surfed on my days off so Covid didn't have that much of an effect on me.



## Maree

Family and friends are just a phone or FaceTime call away, but a hug is precious. I'm going to make sure I have more hugs whenever possible.

During lockdown, if you have any hairdressing experience, everyone is your new best friend!!

Our 12 year old dog Bella has changed loyalties, and now follows my husband Peter around the house as he's working from home. And, when I pick up her lead I'm sure sometimes she is saying "not again!"

How much I enjoyed, but took for granted going out for a meal on the weekend. I have never cooked sooo many meals in all my life.

In lockdown, it's never too early to get into your PJ's - there would be no unannounced visitors, except, maybe the delivery guy! Also, how comfy PJ's are!!!!

I discovered I can go longer than 9 -10 weeks to have my hair done - only if I really have too. Just don't tell my husband!!

Cleaning your windows week 2 of lockdown was a waste of time. No one was around to appreciate them, and now they need to be cleaned again.

I have enjoyed being on the go slow, appreciating what we really do have, enjoying the little things.



## Jessica

It was nice to have some down time in my very busy life and utilise the free time to play and spend quality time with my young children. They had a hard time trying to grasp the whole pandemic situation, but they handled it well. I am thankful for technology and being able to video call family and friends for birthdays or just a general I miss you phone call.

It has been lovely filling our days with phone calls and hearing the smile on your faces when you hear it is Legacy calling to check in.





## Heather

It's been a time of 'growth' during the Covid lockdown at the Wilby Shack. Following many, many hours of being on the end of a shovel, getting tangled up in chicken wire, and the normal blood, sweat and tears, we have proudly got our dream garden producing a wide range of fruit and vegetables. I have finally turned my black thumb into a green thumb. We also renovated our garage, and now have this fantastic 'garden centre' underneath the garage (we are on a steep block) for me to potter in until my heart is content. Being out in nature has definitely distracted us from the covid pandemic, many conversations with the bees, spiders, aphids and ants, listening to the birds singing in the trees above, feeding the regular visiting kookaburras and magpies with grubs, and growling at the caterpillars and possums for eating our produce.



a holiday that we had to postpone due to border closures to Port Douglas, fingers crossed for March that we can do that. Many of our staff complained about not being able to get a haircut and wow it was obvious. As my wife Sharon (Welfare Officer) usually cuts my hair I didn't have to worry about the fact I couldn't get my hair cut, that being said what hair I have doesn't grow quite so quick these days anyhow.

## Chris

The Covid lockdown or as I called it 'Home Detention' was an interesting period in my life. Apart from not being able to see my children and extended family, the isolation from friends and work associates was also something that I found unusual.



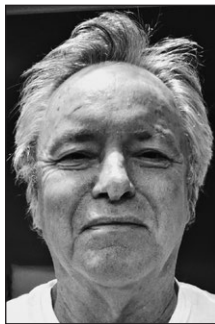
My lovely wife and I decided to make every Saturday night a 'dinner by candlelight' with each of us taking turns to cook and we were not permitted to have the same meal twice. We also selected and played our old 33-RPM records (big black CD's). Obviously, my cooking was not to the standard of Irene's, however I managed to hold my own with lamb shanks and mash being my speciality.

We also celebrated our 40th Wedding Anniversary on the 10th of October just missing out by a day before the lockdown ended. We made the most of it with a picnic lunch and a bottle of wine at Kangaroo Point near the Hawksbury River Bridge.

Overall, an unusual time, however the time spent together was priceless.

## Michael

Covid has been a special time for me. I've found that not only am I starting to develop a deep affinity for 'The Bold and the Beautiful', my hair grew uncharacteristically to the point I have almost become a look-a-like to 'Ridge Forrester'. Adding to this, I've been very well educated to realise you do NOT make a sound or interrupt the screening of Home and Away. Have you ever noticed, on that show, that there's always footprints leading towards the water that just STOP about 4 metres away - never INTO or OUT OF IT? Somehow they've all got wet in the surf though?? I've also found that you really CAN watch the grass grow, have genuinely good conversations with yourself, that you really can find remotes that went missing 3 years ago, but mostly, that you can't beat home cooking. Yes, a very reflective time has been had. Luckily for me, shared by my wonderful wife who I'm sure, questions my sanity even more these days.



## Pete Lawley

The Covid lockdown period saw me celebrate my 60th Birthday at home with only my lovely wife Liliana, a seafood lunch and a few champagnes. It was supposed to be spent on Hamilton Island!



We both missed seeing our 5 grand children who are spread over the state and in Victoria, but alas we were given the wonderful news of another on the way, arriving in late February 2022.

Like most, I gained some weight, but walked and walked, and of course, my hair was out of control by the end, with Lili actually coercing me into an attempt at straightening one day!

## Peter Groom

Covid lockdown didn't really impact my social life to any great extent as I really am quite the "home bod". I did of course miss seeing my children and grandchildren and like many others missed being able to travel. I am looking forward to



## Staff stories from lockdown

Continued from page 5

### Sharon

So where do I start to explain what the Covid lockdown was like for me. Like many others I couldn't see my family or my friends who I have missed so much. I couldn't get my hair cut and coloured and I couldn't go on my holiday to Port Douglas which my husband and I were so looking forward to. We all had to get used to wearing a face mask everywhere we went and having to sign in when we went shopping although hard in the beginning but has become the "new norm" now.

So while I haven't yet decided if I will again colour my hair I have decided the Covid kgs must go. So here's to a new look for me in 2022, and while I might look a little different the next time we meet I am sure you will recognise my "voice" when I call.



### Shane

I was happy that the parks were still open during COVID. We spent our time going to a different park each week and walked on a few fire trails.



### Kathy's Kitchen

#### Wonderful Simple Summer Salads

##### Ingredients

- Pineapple or watermelon
- Red onion
- Mint
- Balsamic Vinegar
- Fetta cheese

When I was in the Rural Fire Service in Spencer, one of our members used to bring these salads to our functions. Just so good and palette cleansing!

## Social Bus Report

Well here we go again everyone, we can finally see the light at the end of the tunnel (hope it's not the XPT) and we are out of "Home Detention".

I think everyone will agree it has been a very strange few months and many of us would never have experienced anything like it before. Anyway, onward and upward so they say and it's all go for us from here. Our bus has been on "Long Service Leave" for the last few months and I believe it's starting to get lonely without the happy sounds of our beneficiaries chatting and laughing on our social trips. Apart from Legacy Village shopping the bus has spent most of the time in the garage but it's ready to go now.

We had a number of trips planned toward the middle of 2021, which had to be postponed, however we will definitely complete those trips in the coming year. Palm Beach for example is just crying out for a visit. Manly and the Northern Beaches too would be lovely in the warmer months. Swanes at Dural is always popular as well as the Hunter Valley and Newcastle waterfront. There are many others venues on the agenda and with a bit of luck we can visit some of these places again.

One of the things that stands out to me personally is the way our beneficiaries have handled this lockdown process. I spoke to a number of ladies on the phone and they were all so positive and enthusiastic about their lives even though they were socially isolated. There was no negativity at all and in fact, many of them had found new hobbies or skills. Their enthusiasm for the future was infectious and I can't wait to take them out on the bus again soon.

Happy travels,

Chris



Peel and dice the flesh of either a pineapple or a watermelon.

Place in a serving bowl, and mix a finely chopped and diced red onion and a finely chopped handful of fresh mint through the watermelon/pineapple.

Just before serving, sprinkle with balsamic vinegar, and if you like some crumbled fetta.

Don't add the balsamic till just before serving, as it drains all the juices from the fruit.

Legatee Kathy Patterson



# Robyn Snodgrass

I was born in Poplar Hospital, Epping in 1962. I am youngest of four children, two brothers and one sister.

When I was two weeks old, I developed a hemangioma (also known as a strawberry birthmark) on the left side of my face, head and neck. I had to have radiation treatment at 6 months old which affected my eyesight and left me with low vision. I had to have cardiac surgery at 8 months old because I had a hole in the heart. I then had to have my first plastic surgery at 4 years old because the tip of my nose fell off.

I lived in Melrose Park then the family decided to move to Beecroft. There, I went to Arden School for Girls. I had two more plastic surgeries on my face at the age of 11 and 12.

I then went to Methodist Ladies College, in Burwood, until year 10, as they could not accommodate my special needs.

At the age of 18 I had another plastic surgery on my face. I then worked for my Mum and Dad at Walkers Hardware store in Turramurra, which they owned. I worked here for 10 years.

At 25 I had my first eye operation – cataracts, the doctor also removed the lens in my eye and it could not be replaced, as a result my eyesight reduced even more and my left eye is now deemed legally blind. I also had two more plastic surgeries on my eyelids to open up my eyes.

I've never been able to drive a car legally, Vision Australia had a driving day for vision impaired patients, driving around Eastern Creek raceway, in driver training cars. I drove 9 laps around the raceway at 140km/hr!

I completed my second receptionist course when I was 26 (the first when I was at school), and applied for a job in the Government for the Australia Post Lettergram service and got the job then moved on to the ATO a year later.

At the age of 26, I moved to Gosford, as did one of my brothers and my Mum and Dad. I lived in the old Swan Vets Surgery on Mann Street and got a job at social security (now known as Centrelink), until I was 32, when I was fired from Social Security and put on a disability pension.

A year later, I was enrolled with Brisbane Water (NSW) Legacy in September 1998, because sadly, I lost my father from Cancer and from here, I cared for my mum

until she passed away in 2010.

I had always suffered from migraines, since the age of 16, however, they were increasing in severity and I found out that my enlarged thyroid and a tightening aorta caused them.

I had a Cardiac operation when I was 36, and had my Thyroid removed at 37, as it was toxic and becoming cancerous - this was caused by the radiation treatment I had as a baby.

In 2015, I was hospitalised for 7 weeks with endocarditis and septicaemia. I also had my leg drained due to cellulitis infection and part of my toe removed as it went black from septicaemia.

Since then I have been on my own, I've lived at Forresters Beach, Green Point, Berkeley Vale and now Killarney Vale. I thoroughly enjoy craft – I make quilts, knit rugs and donate them to Charity. I have given Gosford Hospital Cancer unit 10 sets of rug squares, which is about 180 squares.

I have 6 nieces, 2 nephews 14 great nieces and nephews, whom I would love to see, but unfortunately COVID and they are spread out across Australia and UK.

I love going to the movies and watching the Mariners play, I have been a member for 11 years, I try to make it to all of the games at Central Coast Stadium with my best friends. I listen to Rock and Roll particularly 60s and 70s, I have a wicked sense of humour and I love animals and people.



# NORTH HEAD QUARANTINE STATION

The current Covid Pandemic has us all well and truly caught in its grip. We have all learned an entirely new way of living, and many things on our normal agenda have had to be either postponed or cancelled. There are daily bad-news bulletins and the rules change frequently. One thing that hasn't changed from the start is quarantine. Quarantine is nothing new but, in recent times it has become a familiar word. For 150 years Sydney had a quarantine station at North Head. Nowadays it is a national park and people even pay money to stay in the old accommodation blocks!

The Quarantine Station was established primarily to regulate the risk of disease importation through the migration of free and convict Europeans, and the arrival of merchant shipping. There was always a close link between the requirement for quarantine and the ebb and flow of sea-borne immigration; and the growth of the Quarantine Station from the 1830s parallels the changes in immigration policy and practice. The other major influence was the imperative to limit disruption to the increasingly commercially-sensitive shipping industry.

The complex operated as a quarantine station from 14 August 1832 to 29 February 1984. The concept behind its establishment was that, as an island-nation, the Colony of New South Wales, as it then was, was susceptible to ship-borne disease. Those who might have an infectious disease would be kept in quarantine until it was considered safe to release them.

In the 1960s and 70s, the officer then in charge of the Quarantine Station, Herb Lavaring BEM (1917–1998), took it upon himself to preserve and compile a museum of artifacts and other items of note and significance to the station's operations, including domestic implements, medical instruments, and hand tools for tasks ranging from blacksmithing to building construction. Lavaring collected these materials over the period 1963–1975 and also commenced restoration work on the diverse range of rock carvings and

headstones from the major burial grounds. The items collected by Lavaring were preserved, and many have since found their way into state and federal collections, including the National Museum in Canberra, where a muzzle-loading rifle and a set of manacles are preserved (the latter being used to ensure that no one left the station without medical clearance).

One of the most historic features of the quarantine station is the series of engravings along the escarpment adjacent to the jetty. The carvings were executed by people staying at the quarantine station, and cover an extensive period that stretched from the early nineteenth century to the mid-twentieth century. Some were executed by stonemasons and sculptors and show a high degree of skill. More carvings are located at the rock formation known as Old Man's Hat.

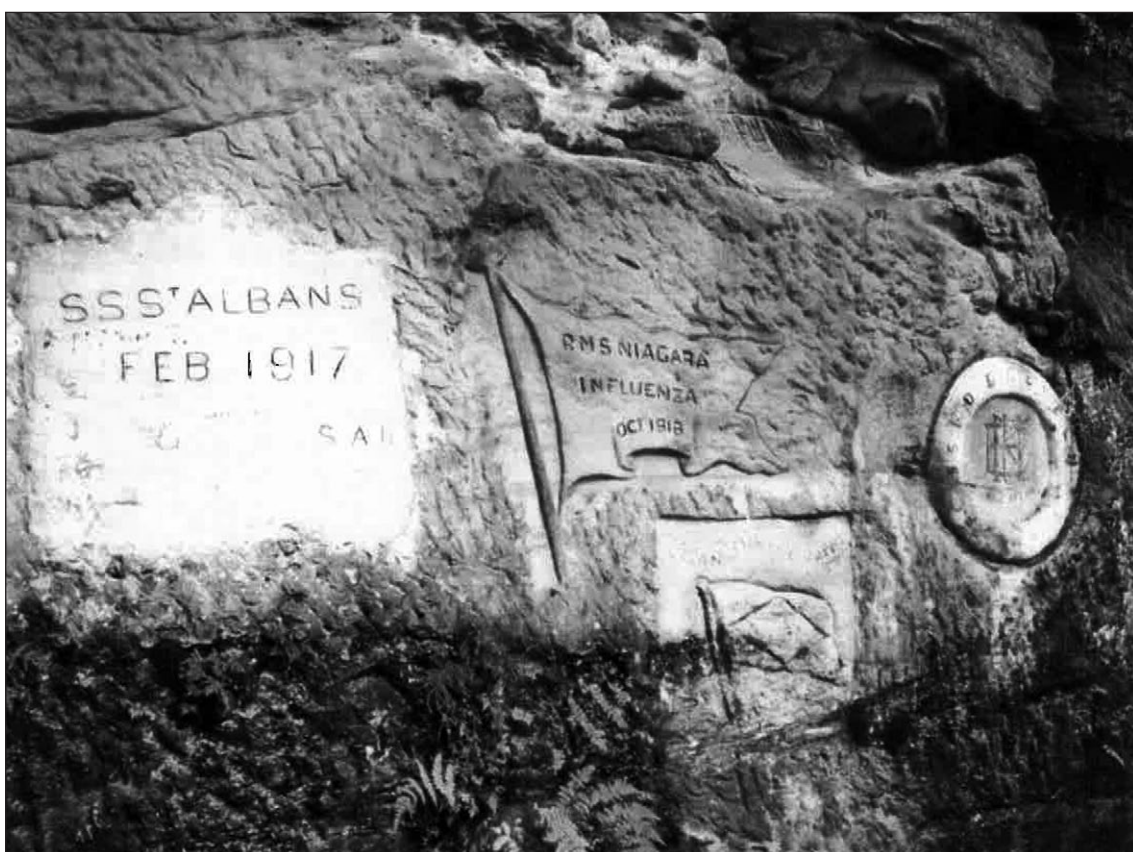
In all, between 1828 and 1984 at least 580 vessels were quarantined at the Quarantine Station. More than 13,000 people were quarantined at the station of whom an estimated 572 died and were buried there.

**Legatee Mark Gattenhof**

Now a unique 4-star hotel. My wife Sharyn and I have stayed several times.

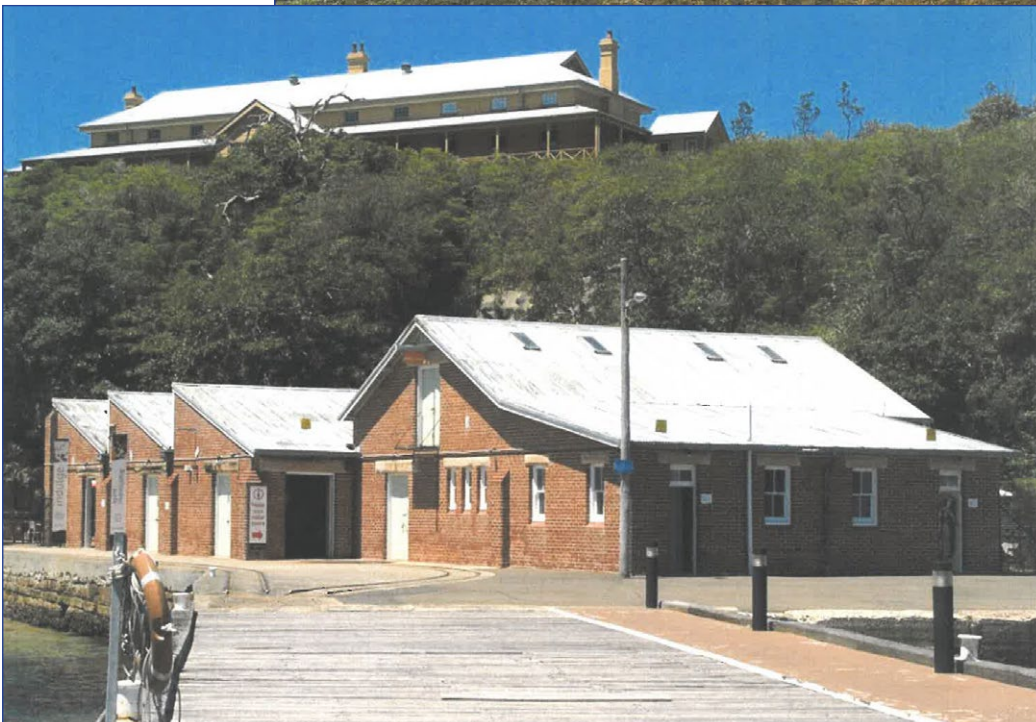
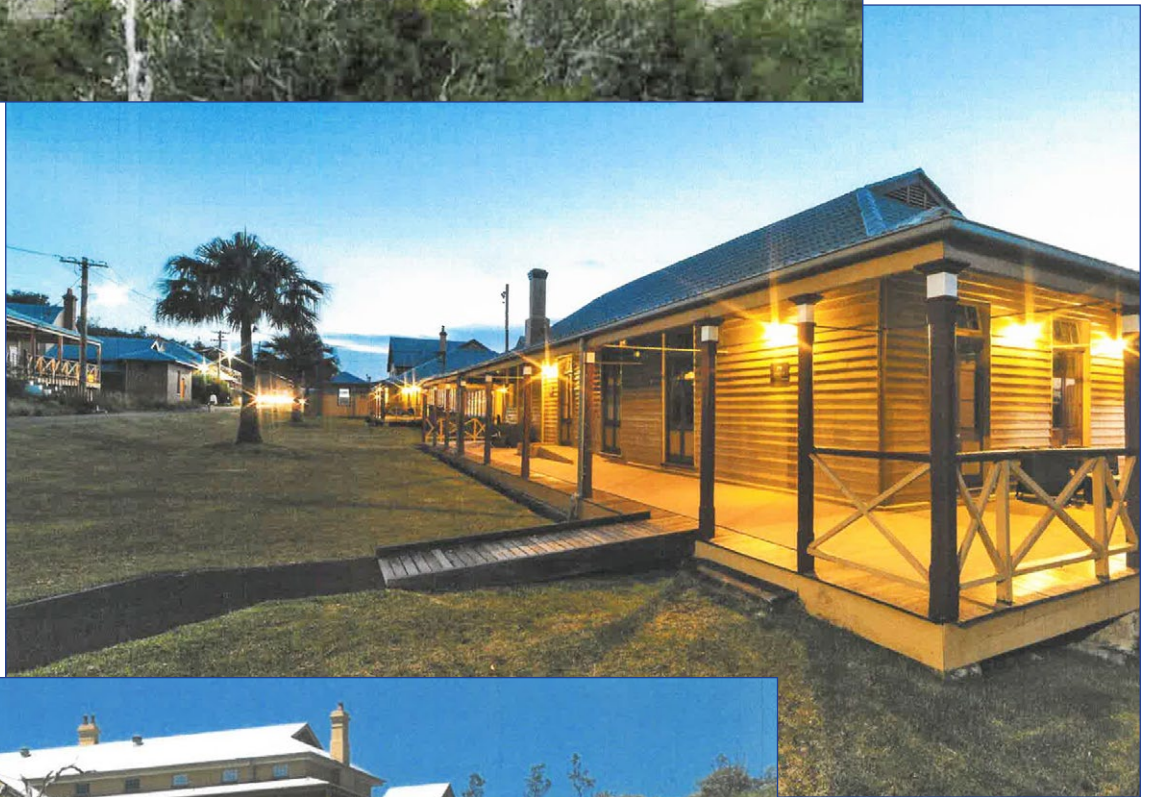
Highly recommended for a different and very enjoyable getaway.

– Legatee Max Davis





# NORTH HEAD QUARANTINE STATION



# BRISBANE WATER (NSW) LEGACY SCHOLARSHIPS



Applications are now open for 2022.  
To apply please visit  
[www.bwlegacyscholarship.com.au](http://www.bwlegacyscholarship.com.au)  
or contact the office on  
02 4323 4977

## Eligibility:

- Direct descendant of veteran •
- Central Coast resident •
- 25 years old or younger •





## LEGACY VILLAGE RENTAL AVAILABLE

- Two bedroom villa.
- Ground floor.
- Full sized kitchen, internal bathroom, internal laundry, lounge/dining room.
- Air conditioning and ceiling fans.
- Reserved undercover parking spot in secure carpark.
- Located within the Legacy Village York Street complex.
- Rental Fee: \$300.00 per week payable via direct debit.
- Preference given to enrolled Legacy beneficiaries (widow/ers).

For rental conditions or more information, please contact the Legacy Office on 43234977.





## A TRIBUTE TO LEGATEES (PT. 3)

This issue brings into focus eight more of our devoted Legatees, with this outline of their service highlighted as an endorsement of a commitment to serve the Legacy family.

Joining BWLC in 2009 we have Michael Hickey, especially known to the ladies of Entrance Long Jetty Widows Club where he has been the Legatee Liaison Officer for many years. Attending the meetings, escorting the ladies on bus trips and just making sure his “girls” are well looked after.



He is also on the Board of Directors and spent two years as Club President.

This likeable Legatee also led the Membership group, seeking and appointing new Legatees.

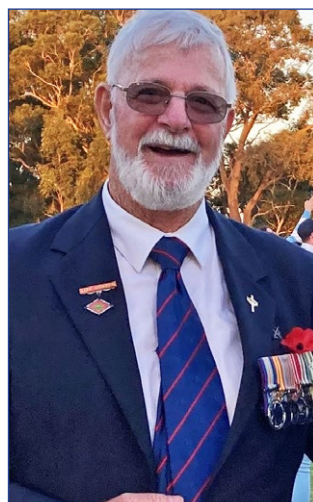
Just in case he had too much leisure time Michael recently took on the role of Chairman Advocacy ensuring that our monies are used to make the lives of our dependants better.

12 years dedicated service.

2013 gave BWLC an outstanding husband & wife team Pam & Richard Gray.

Pam armed with her warm nature commenced duties as Legatee Liaison to The Laurel Club, embracing the ladies and seeing to and promoting their needs.

Richard became a Board member where



he served for a number of years. Ill health has slowed Richard down but he can still be counted on when needed.

16 years combined service.

Kathy Patterson began her commitment to Legacy in 2012. Immediately stepping into the role of Legatee Liaison for Gosford Widows Club.



Amongst her activities

with the club have been escort on bus trips and calling “Bingo”. You will also see Kathy at work as the writer of “Kathy’s Kitchen” in Chatterbox. Her cultured tones may also be heard on Radio 93.3 where she is an announcer!

9 years and more to go.

2015 bought David Ferry to Legacy. David is a resident of the Legacy Village. He is “always there” at functions, serving and generally helping our guests. David is also a Legatee Liaison Officer for Gosford Widows;





where in rotation with Kathy Patterson can be heard calling Bingo.

6 years of valued service.

What a good year 2016 turned out to be! First came John George O.B.E. John immediately came to the board where he served as Vice President and Deputy Chair and is at this time entering his 3rd year as President and Chairman.

A tireless leader totally committed to making the lives of our beneficiaries better.

5 years, well done John, keep on keeping on!

2016 just kept getting better! Jenni Bouchier came to us with a real desire to use her personal/commercial experiences and talents to benefit the Legacy family.

This she is doing in spades. Jenni started by being recruited to Advocacy & Scholarship committees and soon became a Director.

Today she is a highly valued board



member and Chair of Scholarship, a task she has taken with both hands, streamlining an already effective group and reviewing the selection process thereby increasing the number of scholarship awards to veteran's descendants.

In case Jenni was not busy enough she was given the added duty of Chair Membership Committee! In this role her key task is to seek & find sufficient suitable Legatees to do our work. That is "Make our beneficiaries lives better".

5 Years and still running!

To wrap up 2016, Tony Lord became a Legatee.

Tony, although he still works part time still devotes much energy as a member of the prime BWLC committee Advocacy. When more time allows you will see more of this Legatee.

5 years and the best yet to come.



### ***58 years of dedication!***

Apart from listed activities there are Birthday cards to write, functions to serve, contact calls to be made, bus trips, Christmas hampers to pack and a host of other tasks.

All of these Legatees do what they do because they care.

Thank you one and all.

**Legatee Max Davis**  
*Editor*

The first Legacy club was formed in 1923 by a group of young men who served together in the Australian forces WW1. Originally, they sought to help other ex-soldiers in business, however two years later they decided to change their objectives, deciding that Legacy would care for the widows and children of their war-time comrades.

There are 44 Legacy Clubs in Australia and 1 in London. Brisbane Water (NSW) Legacy Club was established in 1951 and is a registered Charity, an autonomous Legacy Club operating in accordance with Legacy Australia by-laws.

Today Legacy support contemporary families of those Veterans who have given their health due to their service.

A junior beneficiary is a child or student up to the age of 25, who was dependent upon the veteran at the time of their death or incapacitation, and who is undertaking full time study.

**Our Club, Brisbane Water (NSW) Legacy currently has 14 such junior beneficiaries.**

**In this edition, we would like to introduce you to two of them - twins Brianna and Lachlan and include a lovely sentiment of appreciation from their mum, Annette.**

## Brianna Hill

Meet fourteen-year-old Brianna Hill, one of our sweet junior beneficiaries. Brianna was enrolled with our Club on the 5th of February 2019 at age eleven.

Brianna is currently in year 8 at a local Central Coast school. Brianna's favourite subjects are Technology Mandatory and Mathematics classes. As Brianna's mum is an essential worker, Brianna goes to school 3 days a week, so she misses seeing her friends and socialising during their lunchbreak as many are learning from home due to the Covid lockdown. When asked what her least favourite thing about school was Brianna said, "homework and some of the boys in her year are annoying".

Brianna said in the future when lockdown is over, she would like to do some dancing, perhaps as an afterschool activity.

When Brianna is home, she likes to play video games her favourites are Genshin Impact and Crash



Team Racing. Brianna also enjoys watching Anime, a Japanese form of animation, her favourite is Attack on Titan.

Brianna said, "the support from Brisbane Water (NSW) Legacy means so much to me and my family". I was able to go to school camp which was fun. I really enjoyed abseiling, high ropes, outside games, we went to the beach and we had a disco and the food was great! Legacy is also helping with the cost of my braces which are making my teeth straight. I really can't wait to get them off as they restrict me from eating chocolate. "Legacy has given me a lap-top which has made schoolwork easier especially with school being on-line so much at the moment. I get pocket money each month and I spent my birthday money on some new earrings and a few other things this year. Legacy has helped with my school uniforms and consumables used during the school year also."

## Lachlan Hill

Meet fourteen-year-old Lachlan Hill, a kind and loving boy who always greets you with a big hug and warm smile. Like his sister Brianna, Lachlan joined our Legacy Club on the 5th of February 2019 at age eleven.



Lachlan is currently in year 8, his favourite subject at school is History "because I like to learn facts from the past". His favourite topic that he learned about was Vikings. Lachlan also likes his free time on Minecraft Education Edition when he has done all his work for that subject. When asked what Lachlan didn't like about school he said, "at the moment, in lockdown all our classes are held online and we only go to school 3 days a week when Mum goes to work. Our teachers send us work each lesson and sometimes I can't do what they send me as I am at school that day".

Lachlan doesn't have any after school activities at the moment, but he does like his "me time" playing games on his PlayStation 4, Nintendo Switch and he has been enjoying rebuilding his Lego sets, of which he has several during the school holidays. Lachlan loves to read and says his favourite books are *Ripley's Believe it or Not* and *the Guinness World Record* books.

We had our year 7 camp for school this year as it was



postponed last year because of Covid. It was really fun, there was a giant swing, we spent time at the beach and we went on some really old busses. My favourite thing at camp was the flying fox.

Like Brianna, Lachlan recently got his braces on. Lachlan said, “they are already making my teeth really straight and they look good”. Lachlan likes picking the different coloured bands.

Last year Legacy provided Lachlan with a new laptop at the beginning of Covid so that he could do online learning. Lachlan said, “it has been a great help this year as well because of lockdown. I would like to say thank you to Legacy for the laptop”.

Lachlan, Brianna and their Mum have attended the Legacy Christmas parties over the past two years that they have been with our club. Lachlan said he likes cracking the Christmas crackers with the other people and reading the jokes inside. Lachlan said his favourite part from last year was Brianna dancing with the pink jacket on.

## A word from Mum, Annette

Brianna and Lachlan have been a part of Legacy for a couple of years. In that time Legacy has provided support for school with uniforms, school camps, subject book supplies each year and last year a laptop for the kids to use as school learning went to online delivery due to the Covid pandemic. Without this support from Legacy, I would have struggled to be able to give the



kids the opportunities to experience the activities that they participated in with their peers at the school camps. Both Brianna and Lachlan had a great time at the high school camp earlier this year. Another huge part of support that Legacy had provided for Brianna and Lachlan is assisting with the expenses of braces. While Brianna is nearly at the end of her treatment with braces, Lachlan only just had his put on in June this year but the results for them have been phenomenal.

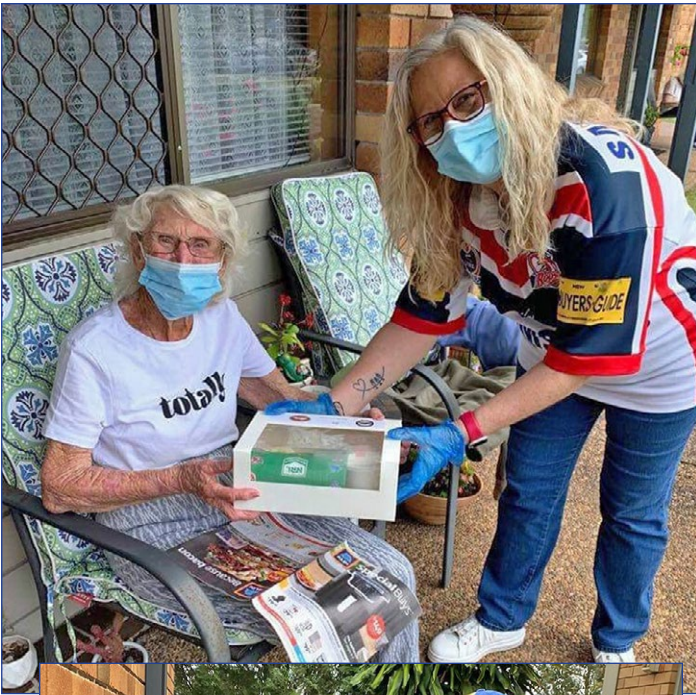
As I am an essential worker, the kids and I have only been able to attend 2 Christmas functions which both have been absolutely amazing fun. The photo booth the first year was so fun giving the kids some great memories and last year the entertainment was spectacular and engaging.

I personally would like to thank everyone at Legacy for all they do to support those who need it. You are all truly amazing people and we are glad to know you all.





# FOOTY DAY



While we may have our masks on, it won't stop our footy fever! Yesterday the team at Brisbane Water (NSW) Legacy hand delivered all the party essentials to our residents to get ready for the NRL Grand Final. Thanks to Ian and Col for cooking up the sausages, and to the rest of the team handling the pies and sausage rolls. Our resident, David, said, "Thank you very much for providing 'The Grand Final footy lunch' – it put a smile on my face and it was great." It's always a pleasure doing events like this, especially during difficult times.



## The Legend of Destructo

The plaque commemorates `Destructo`, the New South Wales racing cockroach who was accidentally killed by the boot of a race official.

In 1980 the Australian Cockroaching Association rounded up a team of Sydney roaches to extend the rivalry between New South Wales and Queensland sportspeople to a new level at the Eulo Lizard racing championships. Woodenhead, a bearded dragon, was the hot favourite for the Cunnamulla Challenge Stakes, having just beaten 87 lizards in an earlier race. However Destructo covered the two metre track in 24.5 seconds to take the honours. In the excitement of the victory, Destructo's

trainer inadvertently crushed the champion.

Brian Flower, promotional director of the Cunnamulla Eulo Festival reported that a memorial would be erected to Destructo. "We respect the dead around here - especially a dead hero."

Unfortunately the memorial notice announcing the unveiling of the plaque did not find its rightful place among the "In Memorium" notices of the Sydney Morning Herald and a letter to the editor from Lindsay Ellison on the 31st July 1981 regretfully noted 'the solemn matter of death joins the bankrupts, liquor licenses and travel agents in the Public Notices.'

*Source: National Register of Unusual Monuments.*



# HOW THE QUEEN WAS RESPONSIBLE FOR THE INVENTION OF AEROGARD

The first visit to Australia by Queen Elizabeth took place in 1954, the year after her Coronation. When the Royal yacht Britannia docked in Sydney Harbor and the Queen walked down the gangplank, Australia seemed to explode.

One radio commentator roared into his microphone: "The Queen is ACTUALLY STANDING ON AUSTRALIAN SOIL!" and the next day the *Sun News-Pictorial* in Melbourne whacked a huge headline on its front page: The Greatest Day in Australia's History.

Through all their excitement, there was much discussion as to how the heavily powdered Queen was nevertheless forced not only to wave to the crowd, but also, in the same motion, constantly brush away the hordes of Australian bush flies.

By the time of the next royal visit by the Queen, 1963, it was noticed with interest on the television coverage that this time the Queen seemed untroubled by the bothersome Australian flies.

The flies of 1954 did not fully appreciate the magnitude of Her Majesty's visit.

On further investigation it was revealed that the royal party had received assistance from an unexpected source when they had first arrived in Canberra. A humble scientist at the CSIRO, Mr Doug Waterhouse, aware of the problem in the past, had sent to the royal minders a substance whose main ingredient was N-diethyl-meta-toluamide,

which was intended to repel flies and other insects.

However, no-one in the royal entourage was emboldened enough to spray any such matter on the Queen herself. Some of the staff did experiment with the product themselves though, and found it to be instantly and thoroughly effective.

There are various versions of this story, but one way or another, the Queen was eventually sprayed with the substance and the problem of the "Australian Flies During Royal Visits" was gone forever. The Queen has now completed 16 visits to Australia.

And Doug Waterhouse's product eventually became the Mortein product Aerogard. They simply asked Mr Waterhouse for his product, and he obliged. That was the CSIRO policy of the time.

Mr Doug Waterhouse went on working at the CSIRO as chief entomologist and later died at 84. He was said to be a humble and happy man with a streak of larrikinism.



1954 saw a tour by The Prince and Princess of Wales during January and February, and a visit by The Princess Royal. The Queen has visited Australia on 16 occasions: 1954, 1963, 1970, 1973, 1974, 1977, 1980, 1981, 1982, 1986, 1988, 1992, 2000, 2002, 2006 and 2011.

Since 1867, there have been over fifty visits by a member of the Royal Family to Australia, though only six of those came before 1954. Elizabeth II is the only reigning monarch of Australia to have set foot on Australian soil; she first did so on 3 February 1954, when she was 27 years old. During her sixteen journeys the Queen has visited every Australian state and the two major territories.

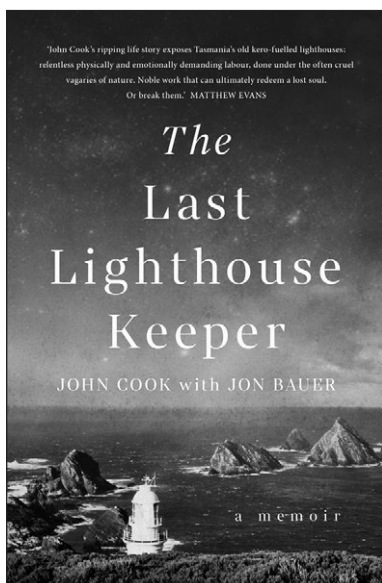


## Book Review

### **The Last Lighthouse Keeper: A memoir – John Cook**

John Cook was one of Tasmania's last kerosene lighthouse keepers. He is known as 'The Keeper of the Flame'. John joined the lighthouse service in 1969 and spent a good part of his 26 year career in Tasmanian lighthouses. He discovered that he loved the solitude and delighted in the sense of purpose that light keeping gave him. During his career he served on two isolated islands, Tasman and Maatsuyker. The keepers on Tasman ran 500 head of sheep to supply meat. There were also chooks, ducks and turkeys. There was always maintenance to do due to the wild weather. In his free time John did correspondences courses in navigation, diesel mechanics, business management and accounting.

In 1977 keepers left the Tasman quarters forever. John finds it heartbreaking to think of the lighthouse sitting empty with no lights on.

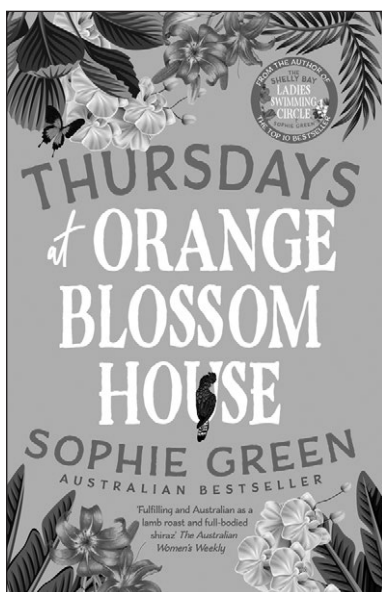


### **Thursdays at Orange Blossom House – Sophie Green**

Set amongst the beauty of tropical Queensland this is a heartwarming story of friendship.

Former Cane Farmer Grace Maude is feeling her age and isolation and thinks the best of life may be behind her. Elsewhere in town school teacher Patricia has given up her dreams of travel and adventure and has moved back home to care for her ageing parents. Cafe owner Dorothy is struggling to accept that she may never have a child.

The three women find themselves at Orange Blossom House, being encouraged by their lively yoga teacher, Sandrine. They will discover courage and strength and realise that life has much more to offer them than they ever expected.



### **The Dictionary of Lost Words – Pip Williams**

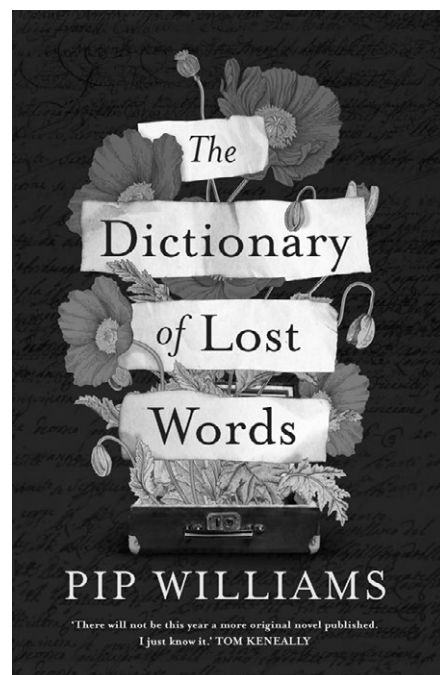
In 1901 the word 'Bondmaid' was discovered missing from the Oxford English Dictionary.

This is the story of the girl who stole it.

Esme spends her childhood in a garden shed in Oxford where her father and a team of lexicographers are collecting words for the

first Oxford English Dictionary. Esme sits beneath the sorting table, unseen and unheard. One day a slip of paper with the word 'bondmaid' flutters to the floor. Esme picks it up and stashes it in an old wooden case that belongs to a friend. She begins to collect other words that are misplaced, discarded or have been neglected.

Over time, Esme realises that some words are considered more important than others. While she dedicates her life to the Oxford English Dictionary, she begins to collect words for another dictionary: The Dictionary of Lost Words. It's a delightful, lyrical and deeply thought-provoking celebration of words.



### **This Much Is True – Miriam Margolyes**

The long-awaited book from Miriam Margolyes, as riotous, warm and full of surprises as she is.

At the age of 80 she has finally decided to tell her extraordinary life story – and it's well worth the wait. Find out how being conceived during an air-raid gave her curly hair, what pranks she got up to at Oxford High School, and why she was told to be quiet by the Queen.

This book is packed with hilarious stories featuring many, many celebrities you will know. It's warm and honest, as full of life as its author.



**Mrs Pam Morton**

# TOP 10 SUMMER SAFETY TIPS FOR SENIORS

With summer officially here, you and your family will probably be spending a lot of time enjoying the lovely weather. However, there are a few things to keep in mind in order to stay safe over summer.

Here are our top 10 summer safety tips for seniors:

## 1. Stay Hydrated

People who are aged 65 years and over need to take special precautions in hot weather, as they may be more likely to suffer from heat-related illnesses. While our bodies usually cool us down by sweating, this sometimes isn't enough, and the body temperature will keep rising.

This is known as hyperthermia or heat stress. Illnesses related to this can range from a rash to potentially life-threatening issues like heatstroke.

For this reason, one of the most important summer tips for seniors is to take hydration seriously. Your body may not always tell you that it needs water. That's why you should be proactive and drink plenty of water, and potentially use sweat replacement products containing electrolytes on very hot days.

## 2. Stay Cool

It can be difficult to stay cool in the height of summer, but luckily, modern technology makes it easier to stay cool while still getting out of the house. Movie theatres, shopping malls, libraries, and cafes will usually be nice and cool if you don't have air conditioning.

These places are also a great way to socialise or get some exercise without spending too much time in the heat.

## 3. Communicate

Summer safety for seniors will always involve communication. It's important that the whole family recognises that high temperatures have the potential to be life-threatening for both seniors and small children. Seniors should always let family and friends know if they'll be outdoors for an extended period of time- even if they're just pulling out a few weeds.

Another option? Set up a specific time to talk after you're back inside and in the cool.

## 4. Keep Sunscreen Close

We all know how deadly the sun can be in Australia. That's why it's important to follow the sun safety tips we hear each year. These include 'Slip, Slop Slap.' Make sure that you're slipping on a long-sleeved shirt, slopping on plenty of sunscreen, and slapping on a hat.

Seniors also have diminished defences against skin cancer. Since the skin gets thinner and more fragile as we age, seniors are more susceptible to the type of fast-acting skin damage caused by the sun.

## 5. Be Prepared

When you're focusing on summer safety, one of the best things you can do is have a backup plan. That's why it's a good idea to write down a list of emergency phone numbers and keep them somewhere easy to access- like on the fridge or by the phone.

That way, it's easy to get in touch with the right people if you do need help.



## 6. Look After Your Eyes

This is one of those safety tips that can be easy to forget until you're outside somewhere and fighting the glare in the middle of summer. Many seniors can find themselves dealing with vision loss, and if you spend too much time exposing your eyes to the sun, this can irritate them, causing further damage. Be sure to always wear sunglasses if

you're outside to look after your vision and protect your eyes from UV rays.

## 7. Check Your Prescriptions

There are many medications that increase your sun sensitivity. That's why it's important to check the side effects of any medications you're taking so you'll know if you need to take any extra precautions.

## 8. Exercise at the Right Times

While many summer health tips for seniors focus on staying indoors, many seniors are active well into their twilight years, and this shouldn't change. However, the summer heat can make it difficult to do outdoor activities like golf, tennis, walking, and jogging.

Your best bet is to get up early and go outside before the heat of the day. You may also find that you enjoy exercising a little later- maybe even after dinner.

## 9. Get Help

Cooking, gardening, and cleaning can be much more difficult in the heat. That's why it can be a good idea to hire some help over summer. There are plenty of options, including everything from light cleaning to in-home health services.

## 10. Know Your Warning Signs

This is one of the most important senior summer safety tips, and it applies to families and friends of seniors as well.

It's normal to feel a little flushed and tired when the temperature rises, but if you're feeling nauseous, you have a headache, and you're fatigued, these are also early symptoms of heat stroke. Other warning signs include confusion, dizziness, high temperature, and often, a lack of sweat. If you notice these signs yourself, or in someone you love, get help immediately.



# Dr Douglas Arndt

The family of Dr Douglas Arndt have advised that he sadly passed away on 1 September 2021.

Dr Arndt joined Brisbane Water (NSW) Legacy Club on 1 January 1994. He became one of the Advising Doctors on the Pensions Committee, providing guidance and support with his medical expertise to pension cases. He would thoroughly review each file, write extensive notes on each case to explain his findings and recommendations.

In 2011 Dr Arndt accepted the Board of Directors offer

of Reserve Membership, and remained a member of the Pensions Committee up until 2019.

A gentle, warm and generous Legatee, a friend to many, not only within the Legacy Family, but also throughout the Gosford community.

He will be sadly missed.

Dr Arndt is survived by his wife, Mrs Vilma Arndt. Mrs Arndt has now moved to an aged care facility on the Central Coast.

He was 94 years of age.

## “When Great Trees Fall”

by Maya Angelou

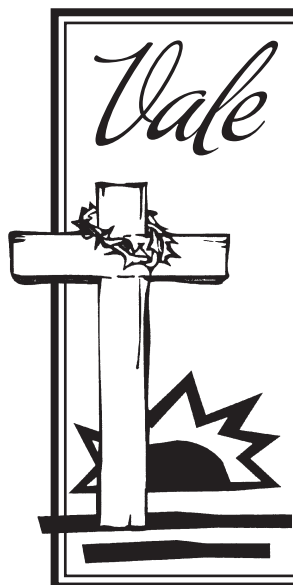
And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.

### A Veteran's Wife

By Heather M. Tabers

A uniform I do not wear  
A gun I do not carry.  
But I serve my country proudly  
Through the man I chose to marry.  
I may not wear a dog tag  
But I have a mission just the same.  
My husband defended freedom  
And I'll defend his name.  
A purple heart I'll never wear  
No ribbons adorn my chest.  
But this ring upon my finger  
Shows that I'm truly blessed.  
My husband is a warrior  
Both in battle and at home.  
He loves and guards us fiercely  
No greater love I've ever known.  
When shadows of his darkest days  
Come back to haunt his mind  
His wife will faithfully stand beside  
And love he'll always find.  
A Veteran's wife I'm proud to be  
No greater honor could I know  
Than to proudly love and honor  
My husband, my hero.

As published in the 101 Battery Royal Australian Artillery Association Newsletter, November 2021.



Shirley Alder  
Yvonne Allen  
Petah Ashby  
Norma Asplet  
Marie Austin  
Patricia Bintley  
Jean Bowen  
Suzanne  
Braithwaite  
Doris Bright  
Betty Bromfield  
Leila Bush  
Norma Clifford

Freda Curran  
Betty Dunn  
Merlene Fitzpatrick  
Carol Frost  
Mavis Georgiadis  
Phyllis Graham  
Joyce Henry  
Evelyne Houldey  
Ruth Iddon  
Peggy King  
Frances Lamrock  
Beryl Lott  
Mavis McKinnon

Catherine McNab  
Joan Meade  
Jean Newton  
Marion Oldfield  
Claudine Oughton  
Iris Palmer  
Grace Parsons  
Daphne Pasquill  
Margaret Pollock  
Ellen Powyer  
Patricia Ryan  
Helen Savage  
Elaine Spalding

Patricia  
Sparrow  
Shirley  
Stanbury  
Clarice Taylor  
Coral Walker  
Doreen Ward  
Phyllis  
Willoughby  
Doris Wills  
Elin Wilson  
Joan Wilson

# From our readers ...



Thank you Sharon for your lovely visit on my birthday and also for the most beautiful arrangement of flowers and card, with my favourite colours. It certainly is very much appreciated and with grateful thanks to you all at Brisbane Water Legacy for all your kind thoughts and care to me. I feel very humbled by all that has taken place. With very best wished to you all. Please take care and stay safe and well. Love and blessings to all.

**G.P.**

Dear Legatee David Ferry. Thank you so much for my birthday card and thank you for the Article in our magazine regarding what we did the day World War was declared. Even a photo of me. Regards,

**J.L.**

To Peter and all Legacy Staff. Thank you for the beautiful flowers and card you sent me for my 90th Birthday "Lucky Me" and thanks again for August and September lunches. Went down well. Take care all in the coming months. Best wishes,

**M.McN.**

Dear David, Perhaps you have forgotten the lovely phone call you made to me a few weeks ago enquiring into my health, anything you could do for me. Such an unexpected call and so personal and sincere. Many thanks for making my day so perfect. Best wishes

**J.D.**

Dear Michael, People as thoughtful as you, who are often hard to find, should be told how much they mean for being so considerate and so kind. Yours Sincerely

**E.S.**

To the wonderful staff at Legacy, thank you so much for the assistance you gave my mother J.C. with the removal from the house and onto the street of her two lounges and cushions for a council clean up, it was marvellous, I am so grateful. You are all definitely Angels without wings.

**J.G.**

To Kathy Patterson and Staff at Brisbane Water Legacy, Thank you very much for remembering my 94th Birthday!! The years are going and always a kind thought from Legacy. Best wishes and thanks for all you do for us.

**P.K.**

To all the Legacy Staff. Thank you so much for such a lovely lunch. It's so much appreciated and such a kind thought.

**K.P.**

Thank you to ALL the Legacy staff. The lunch was delicious. I give you 10 out of 10.

**B.L.**

To Peter, Heather and Staff. What a lovely thing to do!! The lunch you cooked and served was delightful and most enjoyable. Thank you most sincerely. It was a credit to you all. Kind Regards

**I.C.**

To Legacy, thank you for your kind letter, dated 14th July 2021 offering to help if we needed. I have LME calling on me. Thank you for the podiatrist, he called on Thursday, the first time since February - My feet thank you!

**M.W.**

Dear Mark, just had the pleasure of your very pleasant call enquiring if I was in need of anything as a result of lockdown. Really starting to get used to restrictions now as time goes on and the generous calls I receive from Legatees making sure I am not short of anything. What a wonderful organisation Legacy is. And all run on volunteers. The annual lunches you hold throughout the year are always so professionally served, again always by your wonderful staff. Thanking you again for your kindness. Keep well. Best wishes.

**J.D.**

To the wonderful Legacy team, can't thank you enough for your kind thoughts and beautiful flowers on the occasion of my birthday. Many many thanks

**B.Z.**







# THE LIGHTER SIDE OF LIFE



A Doctor was addressing a large audience... "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.

However, there is one thing that's the most dangerous of all and we all have eaten, or will eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake?"

A Group of Americans was traveling by tour bus through Switzerland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing.

"These," she explained, "are the older goats put out to pasture when they no longer produce."

She then asked, "What do you do in America with your old goats?"

A spry old gentleman answered, "They send us on bus tours!"

A teacher wanted to teach her students about self-esteem, so she asked anyone who thought they were stupid to stand up. One kid stood up and the teacher was surprised. She didn't think anyone would stand up so she asked him, "Why did you stand up?" He answered, "I didn't want to leave you standing up by yourself."

Bob was in trouble. He forgot his wedding anniversary. His wife was really angry. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!"

The next morning, he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand-new bathroom scale. Bob has been missing since Friday.

A worldwide survey was conducted by the UN. The only question asked was: "Would you please give your honest opinion about solutions to the food shortage in the rest of the world?" The survey was a huge failure. In Africa they didn't know what "food" meant. In Eastern Europe they didn't know what "honest" meant. In Western Europe they didn't know what "shortage" meant. In China they didn't know what "opinion" meant. In the Middle East they didn't know what "solution" meant. In South America they didn't know what "please" meant. And in the USA, they didn't know what "the rest of the world" meant.

One night a lady came home from her weekly prayer meeting, found she was being robbed, and she shouted out, "Acts 2:38: 'Repent & be baptized & your sins will be forgiven.'" The robber quickly gave up & the lady rang the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."



# WHY A RED POPPY?

The red poppy, the Flanders poppy, was first distributed as the flower of remembrance by Colonel John McCrae, who was Professor of Medicine at McGill University of Canada before World War I. Colonel McCrae had served as a gunner in the Boer War, but went to France in World War I as a medical officer with the first Canadian contingent.

At the battle of Ypres in 1915, when in charge of a small first-aid post, he wrote in pencil on a page torn from his dispatch book:-

## The Red Poppy

In Flanders' fields the poppies blow,  
Between the crosses, row on row.  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are dead, felt dawn, saw sunset glow,  
Loved and were loved and now we lie  
In Flanders' fields.

Take up our quarrel with the foe;  
To you from falling hands we throw  
The torch; be yours to hold it high.

If ye break with us who die  
We shall not sleep, though poppies grow  
In Flanders' fields

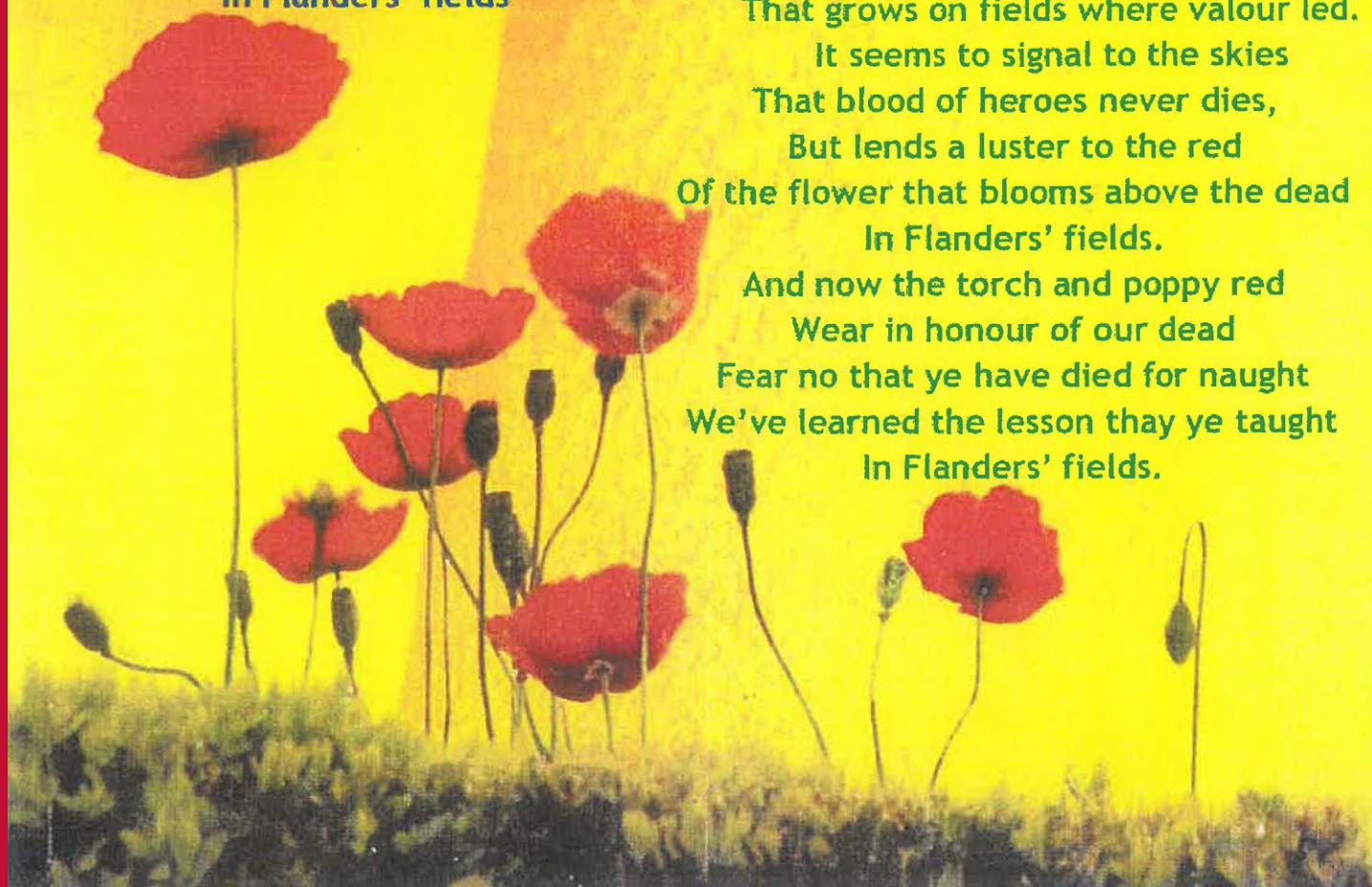
Colonel McCrae was wounded in May 1918 and died after three days in a military hospital in the French coast. On the eve of his death he allegedly said to the doctor, "Tell them this. If ye break faith with us who die we shall not sleep".

An American Miss Moira Michael, read "In Flanders' fields" and wrote a reply entitled "We shall Keep the Faith".

## We Shall Keep The Faith

Oh! You who sleep in Flanders' fields,  
Sleep sweet—to rise anew,  
We caught the torch you threw  
And holding high we kept  
The faith with those who died,  
We cherish, too, the poppy red  
That grows on fields where valour led.  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a luster to the red  
Of the flower that blooms above the dead  
In Flanders' fields.

And now the torch and poppy red  
Wear in honour of our dead  
Fear no that ye have died for naught  
We've learned the lesson thay ye taught  
In Flanders' fields.







# CREIGHTONS

FUNERAL SERVICE



## Wishing You A Merry Christmas

From the team at Creightons Funeral Service, we would like to wish you a Merry Christmas and Happy New Year! While it has been a long and difficult year, we wish you a safe time celebrating and connecting with family and loved ones.

Creightons Funeral Service have supported local families in times of need for over 170 years.

Established on the Central Coast, Creightons are proud to be **100% locally owned and operated**. Offering bespoke funeral services and affordable prepaid plans available, with appointments in one of the conveniently located offices or in the comfort of your home.

The friendly team are here for you 24/7 over this holiday period. Call their 24/7 phone line on 1300 130 955 or visit [creightonsfuneralservice.com.au](http://creightonsfuneralservice.com.au).