



LEGACY
BRISBANE WATER (NSW) LEGACY
No 96 August 2022

Chatterbox



ANZAC DAWN SERVICE TERRIGAL

CENTENARIANS

MOTHER'S DAY HIGH TEA

FREE PICK ME UP & TAKE ME HOME

Photo provided by local professional photographer Jim Picot

From The Editor

Well, here it is August and only a month or so to Spring with the promise of warmer days.

As you will see recorded in this issue 2022 has seen BWLC back to normal with well supported functions for our beneficiaries, with more to come in the next four months. Not only have

functions been a key focus but a record number of Legacy scholarships awarded to Legacy decedants.

Also, the last twelve months has seen a most welcome (and needed) influx of new Legatees already keenly contributing.

2023 will see Legacy celebrating 100 years of service. Fulfilling the promise made by one of our founders, when asked in 1923, "What does Legacy do?" he is said to have replied, "Look after the missus and kids".

A highlight of the Centenary will be a worldwide Torch Relay, starting in Pozières and touching every Legacy Club in Australia and the UK, finishing in Melbourne. More details later in year.

Now, a little snippet of information about a very exciting event that will be launched on 24th September at the annual Changeover Luncheon. A very generous benefactor (who

is also a Legatee) has donated a unique prize of a restored VW Sedan, painted in a fashion that honours and commemorates the service of veterans. Some lucky person will win this magnificent prize.

See preview photos below.

How, when, how much, who, you ask?

Tell you in September!

Legatee Max Davis –
Editor



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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, 0420 564 685

Legacy Village

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

President's Message

Since the last Edition of Chatterbox we have had pretty much a 'normal' run of activities with no interruptions due to Covid and the like, although a few Legatees and staff have succumbed in this period; I understand all are now well again.

Many would be aware that, sadly, Mike Hickey recently lost his 107-year-old Mum. Although not a Beneficiary Mrs Hickey (Senior) was I think the oldest of our close associates of Legacy and was well known as Mike's guiding light. Mike was almost a daily visitor to her aged care facility and they shared many precious moments right until the very end. Her funeral was well attended by Mike's friends in Legacy and our condolences go to Mike and his family. May your Mum rest in peace Mike; her life well-lived.

On a brighter note, the Mother's Day High Teas were a great success with some 160 ladies able to attend. We also had the Family Beneficiaries function attended by 35. All were treated to some Sydney Opera-class entertainment by our 'staff troupe' that never ceases to amaze, if not astonish most of us. When it comes to multi-skilling there is seemingly no end to what these beautiful people will or can do. I know everyone would want me to thank them so much and I have done this formally.

Sadly, last month Legatee Max Davis resigned from the Board of Directors after 14 years as a Director, including two years a President / Chairman and two years as Vice President / Chair. Max has had his share of health issues lately but stood aside essentially to make way for others to step up and give the Board a try before the next AGM.

On behalf of us all I would like to express our very sincere gratitude to Max for his tireless work on our behalf over such a long time. Much has happened during Max's time on the Board and he has been a tower of strength in its many deliberations. We shall miss Max and his lively sense of humour, along with his astute wisdom, but he will be in the background driving fund raising and Chatterbox. Max, thank you ever so much for all your work. On a more personal note, thank you for your expert guidance to me as your one-time Vice President, as President and again when you were my Vice President. I would also like to make special mention of Sharyn who has been by your side throughout your tenure in several senior positions – thank you, Sharyn.

Two new Directors joined the Board in June: Legatee Ivan Kent, who as many know is a reputable local lawyer who has for many years provided free advice to our Beneficiaries, and Legatee Bob Lowry who has been a Legatee for over 25 years having served in several clubs, mainly Canberra Legacy. Bob is a former Army Officer come diplomat and authored the book, *The Last Knight*,



CEO Report

It has been an encouraging return to normal in 2022, with several of our events well attended, and planning in full swing for our normal Brisbane Water Legacy functions.

The talent of our staff in "event management" is evident, from the initial idea of "mad hatters tea party", through to the golden ticket Willy Wonka Chocolate factory event that is our annual Christmas in July event.

All staff actively share the ideas, arrange the decorations or as evident at the Mad hatter's tea party, choreograph the entertainment. In addition, all staff prepare, cook and serve the meals. I am fortunate to lead such a marvellous team, all of whom have great pleasure in holding these social events for our Legacy beneficiaries.

The Board of Directors have approved our annual budget for the 2022/23 Financial year, and our Business Plan for the same period in place. As mentioned in the President's report, there will be some increased activity around fundraising this year, with a change to previous years practice of the Badge Day appeal in September. The challenge with Badge Day, and the high number of other charities active around September has seen us decide to take a different approach for this year. Restrictive and expensive arrangements in being able to 'sell badges' or fundraise in shopping centres has been a driving factor in this change.

I look forward to the next financial year, as we progress our Village redevelopment, as well as return to normal with our service delivery to all beneficiaries across the Central Coast.

Peter Lawley – *Chief Executive Officer*

a biography on General Sir Phillip Bennet, AK, AC, DSO, CVO, former Chief of Defence and Governor of Tasmania. On your behalf I welcome both Ivan and Bob to the Board.

Recently Legatee John (Jack) Wade donated to the Club a vintage Volkswagen 'Beetle' to be raffled as a fundraiser. A photograph of this wonderful automobile is shown in this Edition of Chatterbox so you can have an early 'peek'. We are still in the early stages of planning this event but we look like launching it at the President's Changeover Lunch on 24 September 2022, and drawing the raffle on ANZAC Day 2023, probably at the Gosford ANZAC Day Races.

I want to say a very special thank you to Jack and his wife Wendy for their extreme generosity. They have both been so good to us with their donation of wine for our various activities, now this – we are most grateful.

Continued on page 2.

WHAT WERE THE TOUK EY TORCHIES DOING ON A COLD WET SUNDAY MORNING?



Running a stall and fund raising for Legacy (what else?).

Well done ladies!



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. Some organisations that have your consent or are exempt may still call you occasionally.

President's Message

Continued from page 1.

Finally, just a quick mention of the Village Redevelopment. All is going to plan although the bureaucracy has thrown down a few frustrating, in fact annoying, minor roadblocks as seems normal with developments these days. We are addressing these with the relevant authorities. Remember the old Regimental motto of the Australian Army Training Team, Vietnam (AATTV): 'Persevere'!

Until next time: stay well.

Warmest regards,

Legatee John George, OBE – President



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**

SOCIAL CLUB PHOTOS



The Entrance Long Jetty Social Club



Gosford Laurel Social Club



Woy Woy Ettalong Social Club



The Rosemary Social Club



Toukley Social Club

Are you having trouble attending Widows Clubs because of mobility or transport reasons? Call the Legacy Office on 4323 4977 for assistance!

Chatterbox on audio CD

Many of our enrolled beneficiaries receive copies of Chatterbox on an audio CD. If any other sight impaired enrolled beneficiary would like a copy on an audio CD, please contact the Legacy office on 4323 4977.

We would like to acknowledge the generous sponsorship of Vision Australia for providing this service.

Gosford Widows Laurel Club

Welcome to Chatterbox, Ladies.

Happily, we are all well and underway back to our normal days. It is good to catch up with our Legacy friends and have a good chat.

We are having bingo mornings with our Legatees, Kathy and David and they keep us in line calling out numbers and collecting our prezzees and of course there is Angela who organises our luncheons and bus trips.

Our last bus trip with Chris and the Legacy bus, we headed south to Asquith where we dined at the Asquith Golf Club. We then did a local tour and headed back home. To be a little different after reaching the Hawkesbury River we diverted to the Pacific Highway and enjoyed a nice scenic trip home.

Our next bus trip is up to Newcastle and our luncheon venue is a surprise just to keep us guessing but trips with Chris are always a surprise as he tours in and around everywhere.

Any ladies reading Chatterbox who would like to join us just give us a call, you will be most welcome.

Patricia Young – *Co-ordinator*

The Entrance Long Jetty Legacy Windows Club

Hi Everybody

Gosh it is the end of June, half the year gone already, hard to believe.

Our Club has welcomed 3 new Members, namely Mrs. Helen Horton, Mrs. Shirley McKenzie and Mrs. Margaret Beach, we are so pleased you have join our group.

Our Ladies attended the Mad Hatter's Day at Brisbane Water (NSW) Legacy House in May and had a lovely day, thanks to Mr. Peter Lawley and his Staff, you people do a wonderful job every time, and we really appreciate these functions, thank you all ever so much from us all.

To Chris our bus driver we all thank you for our outings with you. We have been to Berowra Waters – Fish & Chips Day, then up the Coast to Cardiff RSL Club for lunch. Also, we would like to thank the Legatees who joined us on these days out with Chris.

We have had our AGM for 2022 again in June, same Committee voted in again.

Sadly, we have lost 2 of our Ladies in June, Mrs. Joy Hogarth on 15th June, 2022 and Mrs. Dorothy Tydeman on 24th June, 2022. Both of these Ladies have been with us for a long time and attended our meetings and functions. They will be missed by us all.

No more from us all just now, hope you all stay safe and warm for the rest of the Winter.

Mrs. France Brock – *Secretary/Treasurer*

Rosemary Widows

We continue to meet on the second Tuesday of each month at Legacy House at 11am. The Legacy Bus has been provided for those widows who reside on the North end of the coast which is very much appreciated.

During this year we have had several new members joining our group bringing the number of attendees to 34. We commence our meetings with cups of tea and coffee and a chat with our friends. We have a couple of games of bingo often called by Chris (our bus driver) and there is always a lucky door prize to be won. Our Legatee, Carolyn Nunn assists staff at the meetings with taking names for the bus trip and the list for our next meeting. Legatee Nunn then assists staff with tea and coffee top ups and the delivery of our 2-course meal to the tables. During the meeting we get an update from our Torch Bearers who bring along some of their freshly baked cakes, slices, jams and preserves for purchase.

Our bus trips are on the third Wednesday of the month. Chris is always assisted on these trips by one of the Brisbane Water Legatees for our safety. The bus is usually full, we enjoy a lovely drive and Chris books us in somewhere nice for lunch. We have had trips to Rhodes, Patonga, and Galston just to name a few of our destinations.

So, if you would like to make some new friends, please call the Legacy office and they will advise you about our meetings.

Wilma Pisani – *Social club member*

Woy Woy Ettalong Widows Group

Well, here we are halfway through the year already, hasn't it flown by! We have been busy meeting at Ettalong Diggers twice a month. We have had some amazing trips on the bus so far, although it doesn't matter where we end up as long as we are out and about we are happy. Even though the cold has kicked in, we will end up somewhere warm and cosy for lunch.

We have had some great guest speakers at our meetings; such as the NSW State SES Deputy Commander, Central Coast Marine Discovery Centre, Australian Old Time Radio and a historian who gave us a run down on 100 years in Umina, which was quite interesting.

The events held in the Legacy Hall recently have been thoroughly enjoyed! We were very entertained at the Mad Hatters Mothers Tea party with a skit from the staff, what a surprise that was. We are grateful to be able to get the bus from Ettalong Diggers into these events, always worthwhile to attend. Looking forward to the next event Legacy have been preparing for.

Take care, until next time.

Bonnie

Toukley Torch Bearers

We are slowly getting back to having some events.

We have the Harry Moore Memorial Legacy Golf Day booked for 11 September 2022 and the Ladies Legacy Golf Day booked for 18 October 2022.

We also have 3 days booked for Budgewoi shops.

Sadly, due to lack of numbers, ladies getting a little older and less able bodied we may have to shut our fundraising down.

If you or anyone may be able to help us out in anyway, please contact me Sue Hartas 0414701489 or 49761404 we would love to see some new blood join us to support BWL.

Sue Hartas – Secretary

Social Bus Report

Well, hello again from our intrepid bus traveller's.

Winter has hit with a bitter chill however it has not dampened enthusiasm for our bus trips.

Over the last couple of months, we have transversed the countryside from north to south and east to west.

One trip in particular saw our beneficiaries visiting a lovely winery in the Hunter Valley for a wine tasting experience. The ladies all commented it was the best wine tasting they had ever experienced. Our thanks go to one of our ladies whose daughter arranged and presented the event.

We again visited the Direct Factory Outlet's in Homebush and had a run around the Olympic precinct (not literally however, in the bus).

The Olympic precinct is very interesting as we got to see all the sporting complexes, not just the stadium. We also visited Bi-Centennial Park which is a lovely area in Homebush.

Cardiff RSL is another popular venue as they have started up their 'all you can eat' menu.

It's a very reasonable price and they really look after our passengers.

With the Covid lockdowns we haven't



Toukley Widows Group

We have had a fairly busy time so far this year with the relaxation of covid rules and we started with a bus trip to Marthaville in February which was, as usual, delightful.

In March we went to the Elephant Shop at Cooranbong which was very interesting. The big event in March was the Legacy Race Day and despite the bad weather which cancelled the Gosford races, we were able to enjoy the results of the Newcastle races. A wonderful raffle was held with great prizes.

In April we went to Swains Nursery at Dural, followed by a nice lunch at the Galston Club. The Mother's Day morning tea was wonderful. The staff went all out looking after us and the decorations were outstanding. We were all much entertained by the staff with their Alice in Wonderland characters. We also enjoyed the wonderful Joey – always a favourite – and Dexter and his great voice and version of some of the rock and roll music.

Our bus trip for May was to Bobbin Head and we were reminded that the café no longer accepted cash. Our June bus trip will be to Lovedale and we look forward to that. All in all it has been wonderful to get back to a sense of normality and be able to meet up with our friends again.

Hazel Duckett and Diane McCarron

been to some venues for a couple of years and Swansea RSL has really spruced up the club. Lovely food, great prices and a beautiful outlook made this day very enjoyable. We drove all around Catherine Hill Bay, Caves Beach and Swansea and the weather was perfect.

Our bus is back in full swing, and our outings are open to all Legacy beneficiaries so why not come along and have a lovely day out and enjoy what our beautiful country has to offer.

We have some very interesting and enjoyable trips planned so we hope to see you there.

Chris



Many people grow up, listening to family stories about the “good old days”. These stories may grow, by being embellished over time, but they usually contain elements of fact. Such stories are much sort after by family historians and should be recorded. Have you taken the time to record your own stories for the benefit of your children and grandchildren or other relatives? Everyone’s life experience is unique. Don’t think that what you have done in your life is not interesting. You have lived through decades filled with new inventions, tragedies, triumphs and events such as the Covid 19 pandemic.

The crucial differences between family history and genealogy is the need to put “flesh on the bones” of the ancestors you discover. Genealogists concern themselves with dates and charts. Family historians are concerned with how their ancestors lived between the dashes of birth and death dates. This quest for such details is like completing a jigsaw puzzle without the picture on the box to follow or with crucial pieces hidden from view. The quest can become an obsession in some, but for others, it is an exciting journey full of highs and lows, brick walls and eureka moments. It is up to you how much time you spend, how much detail you go into and whether or not you set yourself limits.

One of the easiest ways to help your descendants fill in the dates of your life is to record it for them. A simple way to get started on documenting your own story is to make use of memory joggers, which are basic questions about the past. Get yourself a ring binder and some A4 paper or even a simple exercise book. Write each question on the top of a separate page. When you have a moment to sit and ponder, flick through the pages and choose a question to answer.

Do you have to sp

We all know how rapidly technology is changing. Paper and handwriting will stand the test of time much more than something saved to the cloud or saved onto a USB stick.

Sometimes objects from your past can illicit strong memories. Look around your home and focus on a particular object. Describe where it came from geographically, what it is made from, how you obtained it and, most importantly, why you still have it. Write these thoughts down and if practical, take a photo of the object and add it to your notes. Historic photographs also work as memory joggers. As humans, we generally don’t have strong memories of our first years, but photos that capture this time can assist you in remembering stories told to you by your parents, grandparents or other relatives. Don’t try to include every photo from your past. Be selective and choose places, people or events that mean the most to you.

Memory Jogger Websites

www.preservingtime.org/memory-jogger-s-for-waiting-personal-histories.html

www.waynegroner.com/2012/08linda-spence-and-memory-joggers-tips-on.html

www.brythonium.co.uk/get-writing-our-tips-and-memory-joggers/

www.oversixty.com.au/lifestyle/family-pets/rose-osbourne-guide-to-telling-life-story

For example: The below photo was taken in 1963, in the front yard of my neighbour’s

a few minutes are?

home, 35 Lone Pine Avenue, Umina. Our neighbour, Mrs Rena Keetman was a local Brownie leader and the small girl beside her is me, dressed in my new brown uniform. On this day, I made my Brownie promise and joined an organisation that became part of my life, and that of my daughter, for many, many years. Both my mother and her sister had been brownies, and the yellow tie and leather belt I wore both belonged to my Aunt. The beautifully polished Brownie badge I wore belonged to my mother. I still have all these objects to this day.



There are many websites that can offer lists of memory joggers, or you can just create your own. Just remember to break down important areas, such as your school days into a number of questions. Examples may include the following:

Where did you attend school? How did you get to school? Describe your uniform.

Describe a typical school day in primary and in high school. Did you have any favourite teachers or subjects? How did you spend your break times? What sports did you play at school? Who were your friends? Have you maintained any childhood friendships?

After dealing with school move onto your childhood home, activities you did in the school holidays, then cover family celebrations or other religious or cultural events. Spend some time thinking about your parents, siblings and other close relatives. What did they do employment wise? Were they involved in sports or particular interests or hobbies? Once you get going, other areas of your past will be easier to record.

Describe aspects of your adult life, such as your first job, your first home, serious relationships and so on. Include details of music you enjoyed, fashions you wore or abhorred, slang words you adopted, books films and television shows that entertained you. Think about significant world or local events and how they affected you, where you were when you heard the news.

If after starting to record your life, you find that you wish to pursue family history, there are organisations on the coast who can offer resources, support, encouragement and most

importantly friendship.

Wyong Family History Group Inc.
www.wyongfamilyhistory.com.au

Central Coast Family History Society
www.centralcoastfhs.org.au

Lynda Smith, Publicity Officer,
Wyong Family History Group Inc.

ANZAC DAY AT TERRIGAL BEACH



MAD HATTER'S MOTHER'S DAY HIGH TEA



FAMILY BENEFICIARIES FUN DAY

On the 18th of May 2022, Our Family Beneficiaries came together to enjoy a Fun Day in our Legacy Hall.

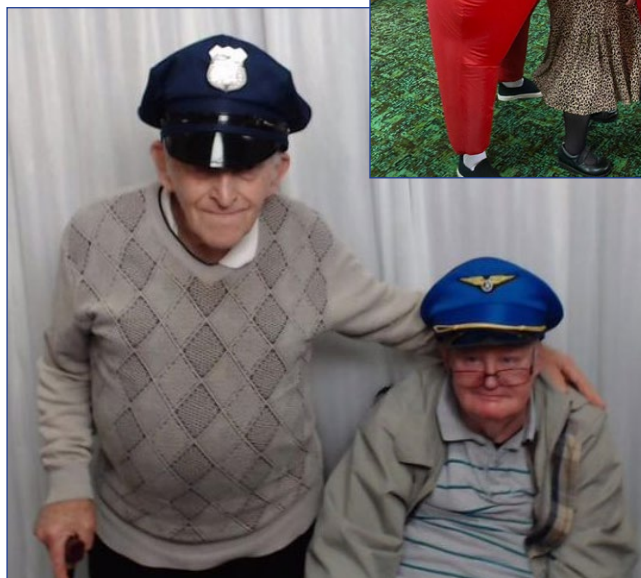
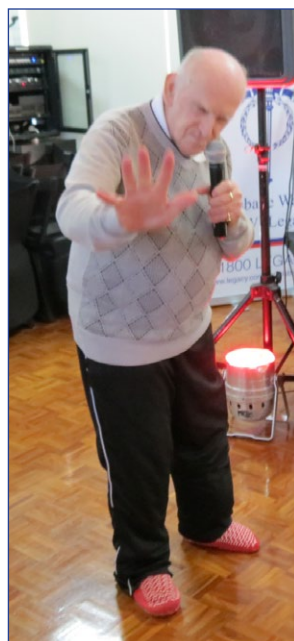
Thirty-three of our family beneficiaries and their carer's were invited to join in on a day filled with fun, singing, dancing, good food and laughter.

A photo booth provided an opportunity to dress up and gather for lots of fun and laughter creating great memories and instant pictures to take home and reflect upon.

The DJ provided a great selection of upbeat songs creating a great atmosphere for all to sing and dance along too.

Party food consisting of hotdogs, hot chips, party pies, sausage rolls and to top it off ice-cream and lolly bags to take home.

All in all, a very memorable fun day.



In an enduring testament to the life within our Legacy family, and, for the 9th 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.

We share the thoughts of 9 most special ladies, we honour at this time.

Irene Williams (as told 25/5/22)

I was born, raised, and schooled in Dulwich Hill, the middle child, with 2 brothers and 1 sister. As luck would have it, we had a tennis court in our backyard, so tennis was naturally our pastime growing up. Going back that far, in time, though, some memories are hard to recall, but I do remember nothing but happinesses. Also, and though I could honestly say, I wasn't an exceptional student, I did look forward to the holiday breaks.



Another fortunate thing about where we lived is that my husband to be "Sid's" aunty lived next door to us and he seemed to come around a lot to visit her. More than anyone else. From the start I thought he was a bit of alright and it would seem he felt the same. Following school, I worked at a book binding company in York Street Sydney until we married. I was 23. Sid had also joined the Navy. We moved to our home in Canterbury, near the Racecourse, and those race days remain in my blood. I still have the odd punt every Saturday.

Sid and I had no children of our own, but we took over the care of my sisters' kiddies – Cathy and Greg following her early passing at only 43yo. Our entire family is close and keep in touch regularly.

Sid and I moved to the Central Coast in the late 90's. This was his choice, I simply complied but not long after, I was converted. It's such a beautiful spot, there's no way I'd ever return to Sydney.

We enjoyed Bowls together and many close friendships were made. Sadly, I lost Sydney in Dec 2004, but one special friend from those days, Margaret, continues to pop in on me most days, just to see if I need anything or how I am. She is an absolute treasure.

With some honesty in reflection as to why I have made it to 100 years, and while I can say it could be because of never smoking, not drinking (I left that to Sid – one of his joys), and simply eating fresh food, its mostly, I believe, because of having such a wonderfully caring, loving husband, friends, and family. The pacemaker I had inserted recently probably helped a bit too! (LOL)

Mrs Laurie Toland (as told 23/5/22)

I was born in Marrickville 1922 where Mum and Dad ran a mixed business. Unfortunately, the depression took its toll and because of very hard times, we moved to Katoomba. Dad found work there with a large grocery firm, Moran & Cato and my school years were spent at Saint Mary's College until I left after completing the Intermediate - around 15yo. I wouldn't say I had any special talents as a student except for Elocution and growing up as an only child, I quickly learnt there was no point in straying from truths as there was no-one else to blame. Luckily, I had many friends.



Following school, Dad got me a job at Moran & Cato also. I enjoyed tennis, walking and gatherings at 'the Caledonians' (a Scottish sideline). As life's circumstances once again changed, we moved back to Sydney late 1930's where Dad became a funeral director at Redfern.

In 1942 I joined the Army as a District Records Officer and became a Corporal. I remember meeting my 'to be' husband through an Army friend, Edith, who was going out with a fellow in the same unit. They were on leave from New Guinea, and I knew 'Daniel' was meant to be. After a whirl-wind romance we married 6 months later. I fell pregnant straight away. We were blessed with 3 beautiful children – Ian, Jill, and Stephen. Sadly, Ian passed only a few years ago. Our moves in marriage included Mortdale then onto Clovelly from where I lived till moving to the Central Coast in 2007.

During our 'Sydney years' and until 60yo, I worked at David Jones' in the Pharmacy, supplementing my husband's War Pension as he was unable to work. Our family was always close with countless smiles and friends, and we entertained a deal – Daniel had regular old Army mates over. I even enjoyed the odd scotch and soda at night. Possibly my only vice. Our children enjoyed Rugby, Tennis and Golf. I remember spending many Sunday afternoons at Leichhardt Oval watching our beloved Balmain Tigers win – in my unbiased opinion, possibly the best team ever.

With some honesty I have smoked, but only in the Army, as it seemed to be the 'done thing'. Fresh home cooking was always on the table and something we shared – I won't lie, Daniel was quite the chef!

Reflectively, I never thought I'd make 100 though, but if I were attesting it to anything, it could be a few things - Possibly breathing in the fresh, clear, misty air in Katoomba, the love of family, friends, always looking to simple joys in life, and overcoming obstacles with the sentiment 'it is what it is'.

Annie Goodwin (as told 7/6/22)

Annie Margaret McGee was born on the 11th of June 1922 in Boggabri NSW. Annie lived with her parents and 5 siblings in Maules Creek NSW on their farm. Enjoying all aspects of farm life, helping with the farm animals and general life that living on a farm entail, Annie is very much a home body.

In 1942 she moved to Sydney working as a machinist at Niles Factory and during the war did factory inspection work on aircraft and army parts.

Annie married Kevin Goodwin after his return from the Occupational Forces in Japan in October 1947 and moved to Tamworth where Kevin set up his own painting contracting business. Together they had 5 children Carmel, Terry, Denise, Bernie and Mark.

Kevin passed away in 1989 and Annie moved from Tamworth to Gosford in 1993 to be close to her daughter and son-in-law Denise and Stephen. Later, Annie moved into Brentwood Village Kincumber in 2003 where she enjoyed a great life getting involved in activities and outings and having family come to visit.

In 2015 it became apparent Annie required more care, therefore the decision was made to move into a local Residential facility where she currently resides and loves it.

Annie is absolutely devoted to her family - a wonderful mother, grandmother, and great grandmother. She has 11 grandchildren and 21 great grandchildren.

Unfortunately, due to Covid a big celebration is not achievable at this time, but Annie's family members are sending videos and spreading out the visits over the coming weeks. Annie is looking forward to it.



Marjorie Male (as told 21/6/22)

I was born at Currabubula a village on the Northwest Slopes of the New England region of New South Wales. It is located 30 kilometres south-west of Tamworth. My parents were farmers raising sheep and growing wheat. There were two of us. I was the eldest and I had a younger brother. As it was 5 miles to the nearest school, I commenced my schooling by correspondence at the age of seven. We were mailed the lessons which I would complete and return. I wouldn't commence at



school until I was nine due to the distance.

I later attended business college and then obtained employment as a Secretary in the Commonwealth Bank. I met James, a banker from Cootamundra and we were engaged for four years before we married at Tamworth in 1944. We had three children - two sons Denis and Robert and a daughter Kerrie.

Due to Jim's position as a relieving staff bank manager for the Commonwealth Bank we moved around quite a bit. We lived in Murwillumbah, Coonabarabran, Wollongong, Dubbo, and Wamberal just to mention a few towns. When we moved to Wamberal in 1963-1964 Jim became a Legatee for Brisbane Water (NSW) Legacy, and I became a Torch Bearer for Legacy.

We would eventually retire in Wollongong where we lived for 30 years before we moved to Tumby Umbi in 2004. Sadly, I lost Jim in 2012.

In the past I enjoyed overseas travel with family to places like Europe and Wimbledon in the UK. I have remained socially connected and regularly attend trivia nights, the theatre, Probus, cards, village luncheons, all the Legacy events throughout the year as well as time with friends here at the retirement village where I now live.

The secret to my longevity is simple good luck, good genes and making the most of every day.

Eva Penson (as told 17/6/22)

I was born in "Yurrunga" now known as Fitzroy Falls; a village located within the Southern Highlands region of New South Wales. The locality was known as Yarrunga but was renamed after the 81-metre waterfall.

I was the 2nd of 6 children, my parents were English immigrants. I had 4 brothers and 1 sister. We moved from Yurrunga and settled in Granville where dad took a job with Granville council. I went to school at Granville South Public School which opened in 1889 and is still open today. I liked bike riding, so I joined a bike club. I also enjoyed physical culture, so I joined the 2GB physical culture group which was run by Miss Bostock at Wembley House.



I would later work as a machinist upholsterer with Bruton & Wheeler, at Domino bedding, a bedding manufacturer in Sussex Street, Sydney.

During WW2 I met a couple whose son was away at war. He was in the 6th Division, which was the first Division formed for the Second AIF in WW2. I began to write to him, we married on the 16th of August 1944 when he was home on leave. I observed our first

anniversary alone the day before Prince Naruhiko Higashikuni became Prime Minister of Japan and ordered the Imperial Army to obey the emperor's call to lay down their arms.

After the war we bought a house in Warwick Rd Merrylands, where we raised three wonderful children - two sons Robert and Steve and later we were blessed with our daughter Robyn. In 1978 we decided to purchase a little holiday house in Ettalong. Sadly, on his first official day of retirement in 1983 I lost my husband. I eventually pulled down the old holiday home at Ettalong and rebuilt. Here I have stayed since 1985. I have been an avid indoor bowler with Legacy and Senior Citizens, and I also enjoyed playing tennis at the Umina courts until I retired at the age of 86.

Why am I still here at 100 years old?.., I believe it is because I walked or rode my bike everywhere when I was young as I never learnt to drive. I have remained active, I enjoy working in the garden, spending time with my daughter on bus trips and enjoy being a social club member, attending the Gosford Laurel social club most weeks at Legacy House.

Millie Govier (as told 15/6/22)

I was born on the 9/4/1922 in Treharris, a small town and community in the Taff Bargoed Valley in the south of Merthyr Tydfil County Borough, South Wales. When I was about 2 years old the family moved back to Cardiff the capital and largest city of Wales. Officially known as the City and County of Cardiff, the city is the eleventh largest in the United Kingdom. My two older brothers and I attended school there.

My first job was in a shoe shop, if not for the woman who employed me, I would have gone to work in the paper mill, I really liked my job there.

I married in 1942 and had 3 children, 2 daughters and a son. Unfortunately, that marriage didn't last. In 1964 I married for the second time my second husband Ronald had been

in the RAF during WW2. In 1966 the family emigrated to Australia, and I finally reunited with my brother and his family who I had not seen since the war.

I worked at several different jobs over the years including, managing a fish and chip shop, and running a large house in Terrigal for The Christian Brothers. Sadly, Ronald passed away in 1985.

I eventually moved into a Legacy unit at Point Frederick on the 23rd of November 1998. I was very happy there, I enjoyed the company of the other widows and the activities in the village. I also enjoyed playing



the piano and running the choir and craft groups.

Sadly, June 2019 at 97 years old my health started to decline and after a spell in hospital I decided to move to a care facility in Wyoming. I later found out that the facility that I now reside at was formally the Legacy nursing Home. I am happy here and often have visits from my family who all reside here on the Central Coast.

Winifred Burford (as told 21/6/22)

I was born in Strathfield, the eldest of 4 girls. I went to Burwood school. Then my family moved to Mascot where my father had a private hire car service. I stayed in Mascot and lived with my parents until I was married. I worked as an invoice typesetter at Selleck's Factory which sold Selleck's plastic and aluminium in Surry Hills, I worked there for 10 years.

My late husband, Richard, lived at Rosebery about 10 minutes away. We met at a dance, which I attended each month. The heel came off my shoe and because Richard was a carpenter, he said he would fix it for me, and offered to walk me home.

Richard then joined the Army and went to Darwin and wrote me a letter asking to get engaged. However, because Richard was in Darwin, he could not make the engagement party, so his mother kindly had stepped in his place. He was granted leave from the Army and we got married on the 3rd March 1945, in Mascot.

My parents retired to the Central Coast, Richard had built their house and because he loved the area so much, we eventually moved to the Central Coast together when our daughter, Sue, was 4 months old in 1948. Richard built the house I am currently living in and have done so for over 70 years. Richard continued to build houses in the area, and I helped with the paperwork for the business. After he retired, we travelled around Australia. We joined the APEX club in the area and I, still to this day, 50 years on, catch up with friends from the club.

I thoroughly enjoy watching tennis, I played tennis until I was 80 years of age. I love to read, and love getting out in my garden as much as I can. I am still quite independent; I do my own shopping and cook my own meals. I often go to the club on a Saturday with my daughter. I keep myself busy with craft and make and send over 60 homemade birthday cards a year.

Quite a lot of my family have made it well into their 90s and some over 100 years of age. However, I think the secret to longevity would be everything in moderation, early to bed early to rise.



CENTENARIANS

Gwen Ayre (as told 28/6/22)

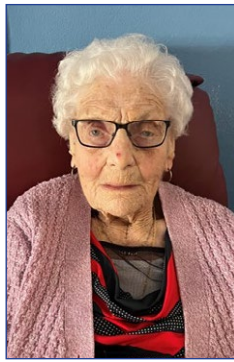
Born Clovelly, Eastern Suburbs I had two brothers and a sister. I went to school at Randwick Girls High. I go by the name Nancye as my parents could not agree on a name and whenever my father called my Gwenneth, my mother would correct him with Nancye.

When I was younger I worked at EMI Records in admin bookwork.

I met my first husband playing tennis, I was very active within the club. We married when I was about 20 years of age and we had two daughters 11 years apart. I was also very involved in a swimming club and was a state swimmer in breast stroke. We moved about the Sydney area a few times before we moved to Urunga

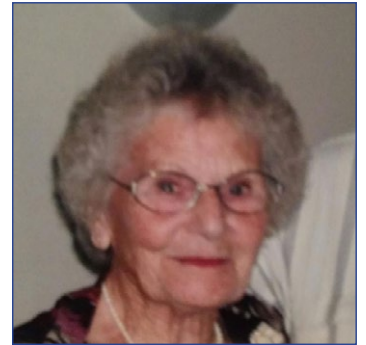
When I met my second husband we lived in Coffs Harbour for a while, before moving to the Central Coast. We were very involved in lawn bowls. I have been very involved in Legacy and the VIEW Club. We lived in the independent living units and I have now moved over to the Aged Care Facility, I absolutely love it where I am and I have made lots of friends.

I now have 7 grandchildren and 12 great grandchildren. I have had such a wonderful life.



Lorna Chapman (as told 21/6/22)

Lorna was born In Cowra, Central Western New South Wales. The property her family rented here was near the Japanese prisoner of war camp. Following school days, Lorna went to Sydney to study nursing and met her husband Roger while he was in Service – Army WW2. They married in 1945, brought land at Guilford and built their home where they remained for many years. They only had 1 child, Wayne, who joined the Navy, but with time her family extended to 1 grandchild, 4 great grandchildren and 2 great, great grandchildren. Lorna moved to Mannering Park after Cliff's passing about 2000 and continued to be well supported by the depth of a devotedly strong family connection. Sadly, she lost her son in 2017. As health issues challenged her past strong independences, loves of reading, pottering in the garden and quiet enjoyments, Lorna moved to a local Nursing Home in 2019.



Welfare Officers Parsons, Groom, Stoker, Heenan

BETTY HOBBS, OAM



Local identity, Betty Hobbs, who passed away on 7 July, 2021, aged 94, was posthumously awarded the order of Australia Medal (OAM) in the Queen's Birthday Honours List 0n Monday for

her service to the Community of Sawtell.

Betty moved to Sawtell with her parents in 1946 and apart from holidays, never left until her passing almost a year ago. In 1952 she married another local identity Nugget Hobbs who predeceased her in 2003. Nugget was also extremely active in community organisations including as a founding member of the Sawtell Life Saving club and the Sawtell RSL.

Betty was widely recognised and acknowledged

as a local stalwart. She was a founding member of numerous organisations in the Town including the RSL Ladies Auxiliary, Torchbearers for Legacy and the Ladies Surf Club. She was also extremely active in the Sawtell Bowling Club and the Sawtell Reserve Trust for many years. Betty served these organisations in various leadership positions, in some cases for several decades. The walls

of her modest lounge room were covered in Life Memberships and Certificates of Appreciation from these organisations.

Mrs. Betty Hobbs OAM was the mother of Legatee President John George OBE.



AN ANZAC STORY

On ANZAC Day I attended, on behalf of BWC Legacy, The ANZAC Service held at Brisbane Waters Private Hospital.

During the service a poem was read by Janelle Hall (a staff member of the hospital). It had been written by her 10 year old granddaughter Lily Rance.

The feeling expressed and projected touched me to the

extent I sought permission to publish in Chatterbox.

Here is Lily's story.

As I sat in silence fearing this might be goodbye, I could feel the tears in each mans eyes as the cold midnight air swished against our faces as we sat in the boat towing the soldiers. Us ANZACS, Us fighters to the land of Gallipoli where our lives will be put at risk. War was just beginning.

As land came into sight my courage was running out like a low battery, almost like building blocks on top of my head and it was unstoppable. I grabbed my gun ready to climb the path to life or death.

I started climbing. Bullets whistling through my hair and hitting my brave innocent men. I became paralysed with fear. I was so scared. It wasn't fair but I had to try and suck in the pain. It was hard but I made it to the trench okay. A little shocked but doing well. Well for now.

Not even a day passed and I want to faint from fear. Will I be able to do this or will I pass and walk the stairway to heaven? The war was starting.

I loaded my gun and shot. There was screaming and chaos, but I did not die. Three men from Turkey died and that was sad and we lost one of our brave men also. We might win today which is amazing. It all depends on what happens tomorrow. I wonder?

We will have to keep fighting because it was our job to represent our land Australia and I needed to make it great and safe, like a wall or a great big border so that there would be nothing but great people and a safe happy country to live in and be proud of.

Lest we forget.

Legatee Max Davis

Something to think about. ANZAC Day.

This morning I played the last post at dawn in a cul-de-sac in a suburb in the Green Point area. It was raining and attended by many local residents all crunched together in the weather in the middle of the road without a complaint whatsoever. The service was conducted by one resident called Tony Lord who together with his good wife Helen, invited all to scrunch breakfast in their home.

My point is: There are people and there are people and how good is it that a local community can get together to pay tribute to the fallen on such a memorable day with such graciousness.

Thank you for having me in your presence.

Legatee Bob Keating



Book Review

Apples Never Fall – Liane Moriarty

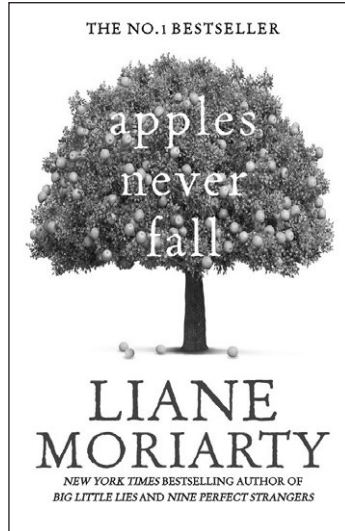
To an onlooker the Delaney' appear to be an enviably contented family. The parents Stan and Joy owned a tennis coaching academy for many years and have recently sold the business and look forward to relaxing in retirement. All the family played tennis.

Their four adult children – Amy, Logan, Troy and Brooke - are busy living their own lives, and while it could be argued they never quite achieved their destinies, no-one ever says that out loud.

Retirement is not all that Stan and Joy had hoped and they have become miserable, not coping at all well.

Apart from the usual tedium and demands of life, nothing seems particularly untoward until one day Joy disappears leaving behind a garbled text message. Suspicion soon turns to her husband, Stan. Another person of interest is a stranger who had unexpectedly turned up on the Delaney's doorstep. What does Savannah, a bedraggled waif, have to do with the mystery? Savannah also goes missing. Stan claims to be innocent but he seems to have a lot to hide.

Two of the children think their father is innocent, two are not so sure – but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaney's will start to re-examine their shared family history in a very new light.



Mrs Pam Morton

Kathy's Kitchen

Old Fashioned Irish Stew

So good in this cold weather!

Ingredients

- 750gms lamb neck chops
- 2 large brown onions roughly chopped
- 1 large carrot roughly chopped
- 1 large parsnip roughly chopped
- 1 kg potatoes roughly chopped
- 3 and 1/2 cups beef stock
- 2 Tbls tomato paste
- 1 Tbls Worcestershire sauce
- 2 sprigs thyme
- 1/4 cup chopped parsley

Heat oven to 160 degrees.

Layer meat and vegetables in a large oven proof dish and pour over with the mixed stock, tomato paste and Worcestershire sauce.

Cook covered for 2 hours.

Uncover and cook for 30 minutes or till ingredients are tender.

Serve with green vegetables and sprinkle with parsley.



Legatee Kathy Patterson

The 2022 World Submarine Racing Championships, held in Newfoundland, Canada.



Well, what the hell did you expect to see!?!?
I hope the rest of your day goes better.
P.S. - I looked at all the photos too.

We are all well aware of the war between Russia and Ukraine and equally aware of the support both moral and material offered by Australia.

How many know that 103 years ago Australian soldiers and sailors offered their lives on the steppes of Russia and on the Black Sea?

In fact, two of our soldiers received the Victoria Cross.

Australians and the Russian Civil War – By Stephen Brown

In the years following the 1917 Bolshevik Revolution, the Russian Empire descended into a brutal civil war in which millions of people died. Throughout 1918 and 1919, several hundred Australians served in foreign intervention forces in the terrible conflict. Australians served in training, reconnaissance and advisory roles in regions ranging from the territory of the Don Cossacks in Ukraine, and as far as to western Siberia. The largest Australian contribution was in Russia's north, as part of a multinational force sent to the port towns of Murmansk and Archangel'sk. There they assisted anti-Bolshevik White Russian forces and protected allied stores that had been sent to the now deposed tsarist armies in their fight against Germany. The only two Victoria Crosses awarded to British and Dominion forces in the campaign were awarded to Australian servicemen: Corporal Arthur Sullivan and Sergeant Samuel Pearse.

When the British authorities called for volunteers to take part in the North Russian Relief Force in 1919, the AIF indicated that it would not send any units as part of the campaign. Any Australians that did serve were required to discharge from the AIF and enlist in the British Army. Those that did take part in the North Russian Relief Force served in two British units, the 45th Battalion, Royal Fusiliers, and the 201st Battalion, Machine Gun Corps.

Service in the North Russian Relief Force was voluntary, and there is little evidence to indicate that any of the men volunteered for

WAR IN

political reasons. Some, such as Corporal Arthur Sullivan VC, had arrived in Europe too late to take part in the First World War and likely wanted to see some active service. Others were decorated veterans of Gallipoli and the Western Front who were interested in continuing fighting. They were perhaps curious to see Russia while taking part in a conflict that was not likely to be any more arduous than the fighting on the Western Front.



Corporal Arthur Percy Sullivan VC

Archangel'sk. During the attack, Corporal Arthur Sullivan, of Crystal Brook, South Australia, was part of a small detachment sent to take the towns of Sludka and Lypovets. After successfully taking their objectives, Sullivan's platoon were fighting a rearguard action to rejoin the main force when, under enemy fire, they were forced to cross the swollen Sheika River over a small plank. During the crossing, an officer and three

On 10 August 1919, North Russian Relief Forces took part in a major attack on Bolshevik positions along the Dvina River. The plan was to attack and weaken the enemy in the area so as to allow a safe withdrawal of the force from

RUSSIA

other ranks fell into the water. Without hesitation and under intense fire, Sullivan jumped into the river and rescued each man. He was awarded the Victoria Cross for his actions. His citation read that without his action his comrades “would undoubtedly have been drowned” and that “It was a splendid example of heroism as all ranks were on the point of exhaustion and the enemy less than 100 yards distant.”

Known as “the shy VC”, Sullivan died in 1937 as a result of a fall he sustained in London while a member of the Australian contingent attending the coronation of King George VI. A plaque has been placed on the railing at Wellington Barracks, near the site of his fatal accident.



Sergeant Samuel Pearse VC

Front, took part in the British attack on the railway village of Yemptsa, 170 kilometres south of Archangel'sk. During the attack, Pearse's unit came under attack from a Bolshevik-controlled blockhouse. Under heavy enemy rifle and machine-gun fire, Pearse cut his way through enemy barbed wire, charged

the blockhouse and killed the occupants. Not long after clearing the blockhouse he was hit by enemy fire. He was evacuated from the front line for treatment but died soon afterwards. He was posthumously awarded the Victoria Cross, his citation stating: “His magnificent bravery and utter disregard for personal danger won him the admiration of all troops.” He was 22 years old.

Although the bulk of the Australian role in the Russian Civil war occurred in the north, Australians were scattered across wide areas of the complicated conflict. In December 1918 HMAS Swan took part in a reconnaissance mission to support anti-Bolshevik forces in the Don region near the Black Sea.

Lest we forget.



Australian, French and Russian members of the allied mission to the Don region, December 1918.



Australian Fusiliers of the 45th Battalion in Russia, 1919.

SIX TIPS FOR STAYING HEALTHY THIS WINTER

During the colder months, you might be tempted to curl up on the couch and watch some Netflix. While it's good to relax and have some down time, it's also important to stay active and healthy during winter. Our LiveLighter team has put together their top six tips for staying healthy during winter.

1. Eat immune boosting foods

Our immune system is a beautiful and complicated thing - there's no simple trick to "boosting" it! Making sure you eat a wide variety of foods from the five food groups is the best way to make sure everything is in top shape. Pay particular attention to getting enough:

- Vitamin C – it's in most fruit and veg.
- Zinc – it's in most animal products and many nuts and seeds.
- Iron – it's in meat, beans and lentils and good ol' spinach.

2. Drink plenty of water

Feeling hot is often a trigger for us to drink, but it's just as important to stay hydrated when it's cold. Keep a bottle in sight to remind yourself to drink water throughout the day. And remember that soups and cuppas count towards your fluid intake too! Use this handy dandy wee chart to see if you're well hydrated.

3. Stay active

When the weather gets nasty, try mixing it up with some fun indoor activities! Trampolining, home exercise routines, indoor rock climbing, YouTube dance classes, Ninja Warrior-style obstacle courses and trapeze classes are all fun and (mostly) dry activities for winter time. An umbrella or raincoat and waterproof shoes will keep you comfy while you keep doing your everyday stuff like walking the dog and catching public transport.

4. Reduce your drinking

Alcohol can take a toll on our mood, sleep and energy levels, leaving us feeling more stressed and run down. Alcohol is also damaging for our long-term health, increasing the risk of stroke, high blood pressure, heart disease, liver disease and certain cancers. Not drinking alcohol at all is the safest and healthiest option. But reducing your drinking will also benefit you right now and you'll reduce your risk of cancers and other health problems later.

5. Practise good hygiene

Being vigilant about hygiene has never been more important. Not only will it protect you against the COVID-19 infection, but it also helps stop the spread of colds and the flu.

- Wash your hands regularly, and particularly before preparing food.
- Cough and sneeze into a tissue or your elbow (aka "the vampire").

- Throw snotty tissues in the bin straight away.
- Keep your spit to yourself and avoid sharing cups and cutlery.
- If you're sick, stay home and keep the germs to yourself.

6. Get some vitamin D

We tend to get less sunlight on our skin in winter, which can lead to less production of vitamin D - crucial for bone health and general health. But remember it's still possible to get sunburned in winter! Download the free SunSmart app and when the UV Index is below three, roll up your sleeves and spend some time outside in the sun. For extra vitamin D benefits, get moving outdoors. This is also a great mood boost when you've been cooped up inside all day.

Where can I get vaccinated?

You can book an appointment for a primary, booster or COVID-19 winter dose through the COVID-19 Vaccine Clinic Finder.

In-home and community aged care recipients and workers can get vaccinated at a GP clinic, Aboriginal and Torres Strait Islander Community Controlled Health Service or participating pharmacy.

Workers are prioritised to receive a booking within 7 days of their request for an appointment.

People with mobility challenges are encouraged to contact their GP or pharmacist to discuss options for a home visit to receive a vaccination.

Which vaccine can I get?

There are currently 4 safe and effective COVID-19 vaccines available in Australia, Vaxzevria (AstraZeneca), Spikevax (Moderna), Comirnaty (Pfizer) and Nuvaxovid (Novavax).

Each vaccine is highly effective at preventing death and severe illness among people who contract COVID-19.

The Comirnaty (Pfizer) and Spikevax (Moderna) vaccines are the preferred vaccines for booster doses.

Because I could not stop for Death

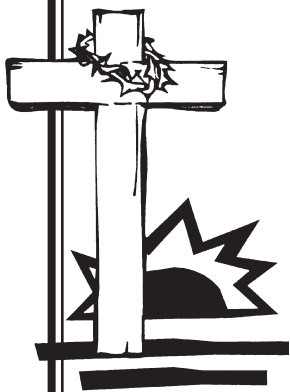
Because I could not stop for
Death –
He kindly stopped for me –
The Carriage held but just
Ourselves –
And Immortality.
We slowly drove – He knew no
haste
And I had put away
My labor and my leisure too,
For His Civility –
We passed the School, where
Children strove
At Recess – in the Ring –
We passed the Fields of Gazing
Grain –
We passed the Setting Sun –

Or rather – He passed Us –
The Dews drew quivering and
Chill –
For only Gossamer, my Gown –
My Tippet – only Tulle –
We paused before a House that
seemed
A Swelling of the Ground –
The Roof was scarcely visible –
The Cornice – in the Ground –
Since then – 'tis Centuries – and
yet
Feels shorter than the Day
I first surmised the Horses'
Heads
Were toward Eternity –

by Emily Dickinson

Vale

Nancy Barnes	Norma Eaton	Catherine Hogarth	
Ethel Bayliss	Ivy English	Phyllis Law	
Norma Buckley	Mary Ewen	Irene McIntyre	Hazel Ridland
Barbara Burns	Emily Gates	Maisie Mitchell	Edith Riley
Edna Burton	Eumorphia	Lorna Morton	Sandra Stuart-
Francis Bush	Gerasimou	Barbara Murray	Duff
Joyce Byrnes	May Greville	Dorothy Musgrove	Edna Taylor
Dorothy Callister	Joy Griffin	Priscilla Perrett	Dulcie Tonkin
Peggy Clark	Joan Hankey	Norma Porter	Dorothy
Elizabeth Connors	Aimee Harrington-	Ruth Pracy	Tydeman
Nola Davis	Smith	Hazel Raw	Joan Vale
Marjorie Dempsey	Mary Hazandonas	Inez Rich	
Eunice Eather	Jean Hill	Jane Richards	



Tread softly, for you walk on my dreams

From our readers ...



To Sharon, Michael and Team at Brisbane Water Legacy, We both would like to thank you all for going above and beyond. We are a little overwhelmed but know that A.M future is secure and bright. Hope you all have the best Easter.

A.M. & family

To my Legacy family, Thank you so much for my beautiful flowers delivered to me by Cheryl for my 90th Birthday. 'THANK YOU.' My families took me to Gosford Sailing Club to celebrate my 90th. I had a beautiful day, and it was enjoyed by all.

M.M.

To the Legatees and Staff, I'm writing to say thank you for the lovely flowers which were delivered by David Harris to my home on the morning of 29th March, my 90th Birthday. A very good choice of colours they made a lovely display and lasted very well also. Thanks again, Regards

M.G.

To Legacy and Staff at Brisbane Water, Wishing you all a Happy Easter and to thank you for flowers and card for my 90th Birthday. I enjoyed your visit Sharon.

M.N.

To the Legatees and Staff, just a note to say Thank You for the 'Mad Hatters Tea Party'. As usual everything, the service, decorations, entertainment, and food was 1st class – but it is the norm for Central Coast Legacy! Please, everyone involved in this venture, accept my heartfelt thanks and congratulations.

G.W.

Dear President John, I would like to extend my sincere thanks to you, the Legatees and staff of Brisbane water (NSW) Legacy for the card and the most beautiful bouquet of flowers that you sent me for my 90th Birthday. I can't tell you how thrilled I was, they were so lovely, A special thank you to Legatee David Harris for his personal delivery. I enjoyed your visit so much David. We ladies in the Legacy family are so fortunate to have the security of legacy. To know that you are there in time of need is very special. My thanks to you all. Sincerely

J.T.

I would like to thank all the staff and Legatees for the effort put into decorating the hall and their wonderful re-enactment of the Mad hatters Tea Party, made a very fun day for us ladies. Now we have a lovely Christmas in July to look forward to! Many thanks again for your care and support. Yours sincerely

T.P.

To Tony Lord, Legatees and Staff. Thank you for the lovely card and best wishes for my birthday. Much Appreciated.

J.S.

Dear Cheryl, I'm writing to say thank you for securing and working for me for approved DVA Pension. The Legacy association are such hard working people. I now have joined the Gosford Laurel Widows Club, which I enjoy very much. Also thank you for my birthday card. Thank you once again.

P.D.

To all of the wonderful Staff at Legacy, Thank you so much for making the morning teas last week such incredibly happy events. Smiles on faces that don't often smile. Loved it.

K.P.

To David and all my friends at Legacy. Thank you for the lovely card I received for my Birthday. Kind Regards

E.B.

Dear Cheryl, many many thanks for my Birthday wishes on 25-4- ANZAC Day on my 92nd Birthday. Thank you for the love Legacy freely give.

B.S.

To all at Brisbane water Legacy, Staff and Legatees, Thank you very much for my 80th birthday wishes card and flowers. The flowers were absolutely beautiful. Thank you.

H.H.

Answers at bottom of page.

1. Which fictional bear has a friend called Tigger?
2. Maurice Joseph Micklewhite is better known as which actor?
3. 'After all tomorrow is another day' is a line from which movie?
4. What was the Indigenous man Albert Namatjira famous for?
5. Which Australian band sang 'Morning Town Ride'?
6. 'It puts a ROSE IN EVERY CHEEK' is a line from the jingle for which product?
7. What is Australia's national flower?
8. Which famous actress said 'Well behaved women rarely make history'?
9. In nursery rhyme 'This Little Piggy' which 'toe' had roast beef?
10. Which Australian Women's sports team is known as The Diamonds?
11. What is the bone disease that literally translates to 'porous bones'?

How did you go?

With thanks to Mrs. Sharyn Davis.

GHANDI WAS A WHAT?

So we all know how Ghandi was a wonderful person and a pioneer in the non violent protest movement.

But there are some facets of his life that add up to a very rare diagnosis.

First of all, he walked everywhere barefoot which made his feet very tough.

Secondly his diet was completely void of calcium sources which led to osteoporosis.

He was also a very spiritual man, and some might say he had supernatural powers.

Lastly, and probably the least known trivia about him was he abhorred brushing his teeth.

When his attending physician was asked for a summary of his health, the answer was none too obvious.

"He's a super calloused fragile mystic with nasty halitosis."

- Answers**
1. Winnie the Pooh
 2. Michael Caine
 3. Gone with the Wind
 4. Landscape painter
 5. The Seekers
 6. Vegemite
 7. Wattle
 8. Marilyn Munro
 9. Middle 3rd
 10. Netball
 11. Osteoporosis



THE LIGHTER SIDE OF LIFE



Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse then yells the second man, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M company!"

A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask.

"I work for 7 Up!"



Jim, Scott and Alex are tired after traveling all day and check into a hotel. When they get to reception, they find out they'll have to walk 75 flights of stairs to get to their room because the elevator is out of order.

Jim suggests that they do something interesting to pass time while they walk the 75 flights. Jim will tell jokes, Scott will sing songs, and Alex will tell sad stories. So Jim tells jokes for 25 flights, Scott sings songs for 25 flights and Alex tells sad stories for 24 flights.

When they reach the 75th floor, Alex tells his saddest story of all, "Guys, I left our room key at reception."



There's a blond and a brunette in a car. The brunette is driving while the blonde is in the passenger seat. They're going down a steep hill when the brunette realizes that the brakes don't work.

The brunette tells the blonde that the brakes don't work and they will drive off the side of the cliff because they failed to stop. The blonde then replies, "Don't worry! There's a stop sign ahead."

A father passing by his son's bedroom, was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands...

"Dear, Dad. It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her because of her piercings, tattoos, tight motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!

Don't worry, Dad. I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!

Brisbane Waters Private Hospital

Caring for the
Woy Woy
Community for
more than
44 years

Latest News

A trial of a new, revolutionary approach to geriatric care at Brisbane Waters Private Hospital which aims to tackle ageism in health care has already started to transform lives in the Woy Woy peninsula.

With more than 21% of residents aged 65 years and above living on the Central Coast, the hospital began trialing a new approach based on a range of evidence-based medicine principles introduced by a local geriatrician, Dr Peter Lipski.

Brisbane Waters Private Hospital Director of Clinical Services (DCS) and CEO Ms Debra Ritter said Dr Lipski's principles, which are outlined in the latest edition of his book were introduced to take age out of the equation when it comes to

Putting an end to Ageism in Health Care



clinical care at the facility.

"By introducing a holistic approach which focuses on core pillars of care, we have been able to see our geriatric patients dramatically improve, recover and return home in greater numbers than previously experienced," Ms Ritter said.

According to 76-year-old Umina Beach local, Douglas Lawrence, the care he has received under the guidance of Dr Peter Lipski's principles has transformed his life.

"To be seen as a whole person and not just an older person has been incredible, Dr Lipski didn't just listen to my main symptom and concerns, he took in the full, whole picture of my health and found there were a few areas that needed to be put back on track," Mr Lawrence said.

"I am a Vietnam Vet and this was the first time I had been encouraged to undergo the DVA process to streamline my care.

"It's hard for us returned service men who are still experiencing survivor's guilt to put their hand up and ask for help.

"Dr Lipski really helped me to not only take my health seriously, but he advocated for an operation and treatment that has fixed an injury that has impacted me my whole life.

"Seeing people for their symptoms and not just their age really matters and my overall health is now the best it's ever been."

Learn more via: <https://brisbanewatersprivate.com.au/specialties/geriatric-medicine>

Did you know that Brisbane Waters Private Hospital is home to the largest private mental health facility on the Central Coast?

For admissions:
1800 814 226

With urgent in-patient admissions and day patient admissions available, the Central Coast Clinic provides programs which offer Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy Skills Day Program (DBT), Acceptance and Commitment Therapy (ACT) in addition to art, music and group therapies.

With access to full rehabilitation facilities including hydrotherapy as well as private rooms and individualised care, the Central Coast Clinic provides a safe space to access support and learn strategies and tactics to help you recover, recharge and navigate any mental health issues you may be facing. Contact 1800 814 226 for admissions or for mental health day program enquiries contact 02 4343 0324. www.centralcoastclinic.com.au



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