



LEGACY
BRISBANE WATER (NSW) LEGACY
No 98 April 2023

Chatterbox



REMEMBERING MAX DAVIS

LEGACY TORCH RELAY

LEGACY RACE DAY

FREE PICK ME UP &
TAKE ME HOME

Ourimbah-Lisarow RSL Club Limited and Legacy Fund Raising Day

Our wonderful supporters and friends at Ourimbah held a very successful fund raising day at the Club, their biggest fund raiser to date on January 8 this year.

The Newcastle Salvation Army Band and an amazing Raffle drew a large public gathering from all over the Coast. Legatees and Legacy Village residents were in good attendance.



This all began with Jenie Pankhurst (very sadly no longer with us) and her husband Dave. At this time Dave Pankhurst was President of the Club and fully supported Jenie and her endeavours. During the ANZAC Centenary



commemorations, Jenie was crocheting lots of poppies with the help of Barbara McNab, who has recently stood down as President of the RSL sub-Branch.

Little did they know at the time how their fund raising efforts would grow? Barbara McNab knew how talented one of her Affiliate members, Lyn Turpin, was with her craft skills. Soon Lyn Turpin and her husband Ian joined the team.

Starting with a small table selling items of craft, knitting, crocheting etc. and being fully supported by the Club's CEO, Durban Arnold, it is now a very large table situated at the front entrance to the Club selling many more items. These items include a fabulous range of handcrafts, jams and pickles made and donated from all parts of the Coast.

Lisarow RSL Club Limited also donates to Legacy part of their weekly 'Bingo cash Housie' proceeds. Lyn and Ian Turpin manage this weekly task, taking over from Dave Pankhurst who started this generous donation to Legacy.

Brisbane Water Legacy are so grateful to all these hard working volunteers at Ourimbah and for the regular donations to support the Legacy cause.

One of our own Legacy Village residents, Hennie, is now regularly donating her beautifully knitted children's clothes and other items to the Ourimbah fund-raising team.

A huge thankyou to you all.

Legatee Karen Dryden

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NEXT ISSUE – 99
Copy deadline is
3 July 2023

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President's Report

Much has transpired since delivering my first *Chatterbox* report in December last year. The new year has come and gone and I have both sad and good news to impart, and I also offer some reflections on the past and future of the Club.



Sadly, I must advise you that Legatee Max Davis passed away on Thursday 12 January 2023. An obituary is also published in this edition of *Chatterbox*. The Members' Meeting Luncheon on 21 February was devoted to a celebration of Max's life.

More happily, I note that Jack Wade was awarded an Order of Australia Medal (OAM) in the 2023 Australia Day Honours List. While Jack made his mark with a series of successful business ventures over a period of five decades, he would be better known to you as a Legatee of our Club, where he also serves as a member of the Board of Directors. On Australia Day, I wrote to congratulate Jack on his well-deserved award on behalf of the Club.

In other news, the Ourimbah RSL held a Big Band Fundraiser for BWLC on Sunday 8 January. The event was very well attended by the public and also by many of our Legatees. I spoke at the event to thank the volunteers manning the sales tables and the Newcastle Fellowship Band for donating their time for the day. I have thanked Barbara McNab, President of the Ourimbah-Lisarow RSL Sub-Branch for their strong and continuing support.

Responses to BWLC's request for expressions of interest for the sale and leaseback of Lot 2, 51-57 Masons Parade, Point Frederick, were reviewed over the December-January period and the three respondents were interviewed on 18 January 2023 by the Village Redevelopment Committee. The outcomes of the interview process will be reported in due course.

Legacy Australia planning for the Legacy Centenary Torch Relay continues, and while several important operational and administrative matters require further clarification, BWLC has now begun preparing for its own leg of the relay to be run on the Central Coast on 15 July. We will report again once the selection of Torchbearers has been finalised by Legacy Australia.

The Club's strategy and business plan for the years 2023-2025 were reviewed as part of the February Board meeting. Principal themes considered included: provision of services, village redevelopment, the Club's role out to 2050, the Club's positioning on the Central Coast, and succession planning out to 2050. A further review will occur as part of the annual budgeting process in May 2023.

Finally, and again on a melancholy note, Legatees Tony Morton, Stephen Bailey, Bob Keating and I attended the final meeting of the Toukley Torchbearers for Legacy on 12 December 2022. While I have written more extensively elsewhere in this edition of *Chatterbox*, I must record my heartfelt thanks on behalf of the Club to the Toukley Torchbearers who have supported BWLC continuously and faithfully since the mid-1980s. Thank you Ladies!

Warmest regards to all,

Legatee Patrick Gallagher CSC
President

CEO Update

It seems in each edition of *Chatterbox* I talk about our Village redevelopment almost ready to start. This remains the case, with some delays now caused by the economy and challenges in having suitable trade staff to build the new development. We expect that this will be overcome by mid-way through 2023, and we can commence work.

Part of the redevelopment plan is the sale of half of our land at Point Frederick, and we have now engaged CBRE, a leading agent to market and sell the land at the best possible return to Legacy. We intend to progress this sooner rather than later, and will lease back the units for a period of about 2-3 years whilst the new building is constructed, so that our Legacy Beneficiaries living at Point Frederick will continue to do so until they move into the new building.



If you hear of any rumours or want to know more, please contact myself or Heather at the office, we can provide you with up to date, factual information.

All staff were saddened to hear of the passing of Legatee Max Davis. Max was a wonderful Legatee and worked closely with the whole team, his sense of humour and commitment to Legacy made our roles just that much better. His bright sense of dress, and stories when visiting the office will be greatly missed, but not forgotten. Our thoughts are with Sharyn and his family and friends.

Max was the inaugural chairman on the Village Redevelopment Committee, and it was his statement at the initial meeting in 2017 that our objective in this redevelopment is to ensure we "provide lifetime, affordable, dignified accommodation for Legacy Widows, Beneficiaries and Veterans". An objective that we have continued to state and focus on through the planning process.

Peter Lawley – Chief Executive Officer

From the Acting Editor

Very sadly, our long-standing Editor, Max Davis, passed away at the Royal Adelaide Hospital on the 12th of January 2023. From the Editorial Committee of 'Chatterbox' we would like to pass on our sincere condolences to his wife Sharyn. Max did an outstanding job with the Brisbane Water Legacy Magazine, bringing together interesting, informative and timely articles for our audience to read.

On the 21st of February a 'Members' Meeting Luncheon' was held to celebrate Max's life and all the dedicated work he did for Legacy. Eric Hook, *Chatterbox's* Art Director, travelled down specially from Macksville to attend the luncheon. The Editorial Committee intend to carry on Max's great tradition and enthusiasm for *Chatterbox*, including his wonderful sense of humour – we are all going to miss him very much.

In this edition we have our normal selection of articles plus some interesting new ones. They include a very informative gardening article about 'Pot Plants' from Roz Bailey, and 'The Changing Face of the Central Coast', a story about growing up on the Central Coast from 1952 until 2023 – 71 years of dramatic change.

Legatee David Ferry – Acting Editor



New Legatees

Please join us in welcoming all the new (and returning) Legatees who have joined Legacy in the last year: Anne Taylor (returning), Kerrie Stirling, Terry McGregor, Luke Hill and Karen Dryden. They are all looking forward to making contact with all of our enrolled beneficiaries through a number of different programs our Legacy Club offers, including social events, social group meetings, telephone contact program, bus trips, flower deliveries for those special birthdays and other events throughout the year.

Welcome to our new Beneficiaries

Brisbane Water (N.S.W.) Legacy would like to extend a warm welcome to all of our new Beneficiaries. We have had 20 new enrollments and 5 transfers from other Legacy clubs since 1st of December 2022. We look forward to seeing you attend one of our Social Clubs and join us at Legacy's many social events held throughout the year. Please call the office for more details.

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.

TOUKLEY TORCHBEARERS FOR LEGACY

March 1985 – December 2022

As reported in the last issue of *Chatterbox* in December 2022, the Toukley Torchbearers for Legacy formally disbanded at their last meeting which was held at the Toukley RSL on 12th December 2022.

Legatees Tony Morton, Stephen Bailey, Bob Keating and I attended that final meeting at the invitation of the Toukley Torchbearers President Wilma Pisani and Secretary Sue Hartas. The gathering, while sad, was also an opportunity to reminisce and celebrate their past wonderful successes as a standalone group as well as their continuing and promising future as part of BWLC.

The winding up of the Toukley Torchbearers represents the end of an era that began in 1975 with the founding of the Toukley Widows Club which, as the BWLC history records, then transformed into the Toukley Torchbearers in 1985. From 1985 onwards the history becomes much clearer because the record of donations from the Toukley Torchbearers to our Club dates from that time onwards.



TOUKLEY TORCHBEARERS FOR LEGACY

Secretary Sue Hartas wrote at length on the history of the Toukley Torchbearers in the December *Chatterbox* so I will not repeat the details of that comprehensive report. But I will note with pleasure that the Torchbearers are again transforming themselves, this time in recognition of demographic realities rather than due to any absence of enthusiasm for crafts, fetes, garden parties and golf days!

In that regard, it should be mentioned with some pride that from March 1985 to December 2022, the Toukley Torchbearers have raised and donated more than \$1.6 million to the BWLC. That simple fact is, by any measure, an absolutely staggering achievement in these days of increasing charity fatigue. It also shows that the ladies of the Toukley Torchbearers have spent many, many hours raising funds and working very hard while doing so.

As President, I can only thank all who have been part of and supported the Toukley Torchbearers for Legacy over the 37 years that they have been fundraising and also record our collective appreciation and admiration for such a long tradition of support to the Club, and we look forward to continuing our relationship in a different way. As I said in my earlier report, well done Ladies!

Legatee Patrick Gallagher CSC
President



Torchbearers

LEFT: Pictured at the opening ceremony of the Gosford Torchbearers Arts and Crafts Sale at Legacy House on Mason's Parade, Gosford, were from left Torchbearer president, Mrs Joy Snowdon, secretary, Mrs Marg Dorrn and vice president, Mrs Beth Noble. The exhibition raised \$1200 in funds for Brisbane Water Legacy.



Rosemary Social Group

Our first meeting was held at the ARY club at Toukley on 14th February and was well attended. We were greeted by Michael Parsons, and our Legatee, Carolyn Nunn.

With renovations pending at Point Frederick it was decided to conduct our Widows meeting at the ARY club, which means that the northern ladies now are the ones who need transport, so luckily we have Chris and the Legacy Bus to sort that out for us.

2022 ended on a high note with a combined Legacy Christmas party event at DOYALSON RSL.

This was a huge success with great food and drinks, and wonderful entertainment courtesy of the staff. It was also lovely to catch up with Welfare Officer Sharon Groom on that day as well.

Now, it's onward and upwards for this year. Starting off on 22 February with a trip to Manly..... then on March 16th, we are off to the races!

On 22 March, Hunter Valley Gardens will be our trip and coming up in May, a Wine Tasting has been arranged at McGuigans. So it's all happening.....!!

The Torchy Trading Table with its Jams, Pickles, Relishes, Lemon Butter, cakes and Slices continues to be well received with all proceeds going to Legacy.

At this point, I would like to invite any enrolled widows to join our lovely little group, At our age, fellowship and support is very important. Regards,

Wilma Pisani

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

Call the Legacy Office on 4323 4977 for assistance!

The Entrance/Long Jetty Widows Club

Well, we are back in action already, hasn't the time gone quick.

At the time of writing this we have already had two meetings, and have had the pleasure of welcoming our new members Sue, Shirley, Margaret & Jean. We have had two outings on the Legacy Bus to Wangi Wangi and Cardiff RSL.

We are extremely grateful to Diggers @ The Entrance for allowing us to use their bus to transport our members to and from our meetings.

We are looking forward to the upcoming Race Day event and Mother's Day event Legacy are hosting for us.

Jessica Stoker – Welfare Officer

Wattle Widows Club

Welcome Ladies to *Chatterbox*. Our Christmas is behind us for another year – hopefully it was a happy, healthy one (no Covid). Legacy is on the move this year, with our Bingo now being held at Erina Leagues Club, who have very generously given us the use of a space free of charge while Brisbane Water Legacy goes ahead with a rebuilding program.

Our bus trips with Chris, etc, will stay the same as usual, and of course, the Legacy contact number will stay the same, 4323 4977. It will be a big, new, LEGACY on Masons Parade, Gosford, so come along and join us ladies, be part of it, and watch it all happen.

Patricia Young



Legacy Sunflower Group

(formerly known as Woy Woy Ettalong Widows)

We have had a lovely break over Christmas with our families and we are so happy to be back and meeting with each other.

At our most recent meeting we officially voted in a change of name, and have the pleasure to announce we are now known by 'The Legacy Sunflower Group'. This name reflects the group perfectly as we are a bright and colourful bunch!

We have had two trips aboard the Legacy Bus, one of which was to Ourimbah RSL to support Lyn Turpin and her stall of goodies, all proceeds go to Legacy. So far, this financial year, Lyn has raised just over \$7,000! Lyn is at the club every Wednesday, call in and see her if you are ever in the area.

We would like to take this opportunity to wish you all a happy healthy and chocolaty Easter.

We are looking forward to a wonderful year ahead.



Toukley Torchbearers for Legacy

Welcome to 2023

At the December meeting we disbanded as our own identity handing over our last cheque to President Legatee Patrick Gallagher by Treasurer Pat Laing.

We are now a social group and have cut down our fundraising although we have 5 event dates in the calendar for 2023. The 1st of these is a stall at Davistown Putt Putt boat regatta on Sunday 2nd April 2023.

In September we have our Legacy Harry Moore Memorial Gold Day with our monster raffle and great prizes. October sees Legacy Ladies Golf Day and the Garden Party at Legatee Carolyn Nunn's. November we will be hosting a luncheon at Legatee Carolyn Nunn's.

As you can see, we will still be working hard to raise funds for Brisbane Waters (NSW) Legacy.

There are many people who have worked very hard over the years holding committee positions, doing craft, cooking cakes and making jams and pickles etc. and helping on our stalls. Many of these people are no longer with us.

One person who I think needs special mention is Ruth Condon OAM. Ruth, in my 11 years with the group and long before that has held nearly all committee positions. Ruth has been our main jam and pickle maker as well as cakes and slices. Ruth's home and garage was also a storage room for many Torchies items. She held many garage sales at her house. Thank you Ruth, you are a special woman.

Till next time stay safe

Sue Hartas

Toukley Social Club

Hello ladies and welcome to the new year of 2023.

Hopefully you all had a memorable, happy and peaceful Festive season with your family and friends. We finished up 2022 with a wonderful Christmas luncheon together at the Toukley Golf Club and our last bus trip was to Newcastle with lunch at the Swansea RSL - very enjoyable. Also, I think most of us were able to attend the fantastic Christmas Event that Legacy put on for us at the Doylo. What a floorshow the staff put on for us!! It was hilarious.

Our first meeting on the 6th February was well attended and Michael advised us of our future engagements. Our first bus trip will be to the King Tide Café at Brooklyn and the following month we will be going to the Asquith Golf Club so we will look forward to those outings. Michael also advised us that the Legacy Race Day is on again this year which was great news. We were reminded that the Regional Seniors Travel card is now available for us to apply for on 137788.

Mary oversaw the raffle which was won by Evelyn – congratulations. Thanks to Mary for all the work she has put into the raffles for us, we do appreciate it.

We also decided that the Book to be gifted by our Legacy Social Club to one of our local schools on Anzac Day this year would be to a new school in our region – Porters Creek Public school. Sue and Di have agreed to organise this with the school librarian.

We look forward to another year of friendship and companionship together.

Hazel Duckett and Diane McCarron



Greetings from our busy bus!

Well, hello again from our happy bus travellers.

The year has started as hectic as it finished in 2022. As I write this we are nearly halfway through February and again I ask 'Where has the year gone?' Christmas seems like a distant memory now and the days are flying by.

We have some great plans for outings this year, some old favourites and some new venues will definitely be on the agenda. Additionally, the weather has been fantastic which always makes our days out much more pleasant.

It has been very pleasing to see some new faces on our happy little bus. Ladies you are all most welcome and it also gives me an opportunity to sample a few of my old jokes previously heard by our regulars.

While the year is young our outings are just getting up and running however, we have already been to Belmont 16ft Sailing Club and Wangi Wangi Workers. Both these venues have most magnificent views overlooking Lake Macquarie and it makes for an equally pleasant lunch and chat.

On the right is a poem from one of our very talented ladies, Patricia Heathfield who has written over 50 ditties/song/poems over the course of several years. Patricia has provided us with a booklet of what she has written up until May 2022. She has preceded most with a little explanation of who/what they are about.

I wrote this when I turned 90 – four years ago.

Patricia Heathfield

LEGACY RACE DAY

We recently held our annual Legacy Race Day at The Entertainment Grounds at Gosford.

A beautiful, clear and warm sunny day was bestowed upon us, as our beneficiaries, Legatees, Sponsors and Staff enjoyed a scrumptious buffet lunch, whilst watching the horse races.

We would like to thank our very generous sponsors who contributed to this very successful day. Many of our sponsors were also able to join us on the day and mingle with our beneficiaries.

Our thanks goes out to The Entertainment Grounds, Austbrokers Central Coast, Diggers@Ettalong, Entero, Fortunity, Gosford RSL Club and Kent Law Group.

We have included some photographs from our Race Day, on **page 13**.

We have a number of trips planned for the first few months of 2023 including but not limited to, trips to Manly, Murray's Beach Café, Shelly Beach Golf Club, Terrigal Marine Centre, Newcastle Waterfront, The Barramundi Farm, Hunter Valley Wine Tasting, Ferry to Davistown, and Harrigan's Irish Pub Hunter Valley.

One venue I would love to re visit is the Rookwood War Memorial Gardens (Garden of Remembrance) This is a magnificent tribute to our service men and women who have passed, and it serves as a vivid reminder as to why we are able to live so freely in this amazing and wonderful country called Australia. Previously after visiting we have had a lovely lunch at Carnarvon Golf Club which we can do again after our next visit.

Finally, I would like to thank all our wonderful Legatees who accompany us on our trips to keep all our beneficiaries safe. They are all volunteers who have Legacy and its beneficiaries deep within their hearts.

Hope to see you all sometime in 2023 on our happy little bus.

Happy travels

Chris



45 x 2 = Ninety!

Good grief that's not what I planned
Why getting old, it just should be banned.
Grow old gracefully – that's what they say
Well, I'd still be forty if I had my way!

Who wants grey hair and arthritic hips
Instead of lithe limbs and come-hither lips.
Clothes you once wore, you've thrown in the bin
Now you have wrinkles and a damn double chin!

So these extra years – I can't see merit
But like the face in the mirror I'll just have to wear it.
Have a drink now, eat up, have your fill
And hope I live long enough to go pay the bill!

Report from Busselton, W.A.

Dear Legacy, Thank you so much for always being there for us and thank you for inviting us to the W.A. camp, we had a blast. It was challenging but so rewarding and so much fun. We went in caves, swam A LOT, did PT, made friends and so much more. I would also like to thank you for all of the other camps, I will remember these experiences for ever. You guys always help us and make us laugh at events like Christmas lunch, so thank you! I am so grateful to have you guys.

From Tehya Hill



Dear Legacy, Thank you so much for letting me go to Western Australia for the Legacy Busselton camp. Over the 10 days I was there I have made some of the happiest and best memories in my life. The other kids at there have become brothers and sisters to me, my second family. Again, Thanks and I hope I can return next year.

From Kian

Dear Legacy, Thank you so much for giving us the opportunity to go to the Busselton Legacy camp. It was heaps of fun and great to meet new people. I really enjoyed the survival part. It gave me a chance to get closer to a lot of kids at camp because all of the activities we did like the obstacle course, sleeping outside underneath hoochies, climbing up sand dunes, rolling down sand dunes, rationing, swimming in the dams and lakes, canoeing, learning first aid, a bush tucker talk, and lantern stalk where we crawled through long grass at night to reach a glowstick whilst the instructors walked around flashing lights to find us. Even though I personally enjoyed survival most of the camp was amazing and every day we did something new and exciting. I'm so glad I was able to come. Thanks again.

From Jude



KIAN



JUDE

What effect has Legacy had on us?

I'd like to say that Legacy has had a positive effect on me. After my husband died, I had a letter from Legacy welcoming me to join the Widows Club. This took me 6 months to bring myself to do. Peta settled me in with the ladies, who played ½ indoor bowls and ½ bingo. Over our games of bowls, I got to know the two Junes and Gladys very well. 6 years later I still sit with the two Junes. Ladies like Eva100, June Littlefield, June Withey, Gladys and Gloria, all in their 90's are a wonderful inspiration, with so many chapters in their lives to share with us.

During 2020 & 2021 I was quite ill, but I always had a goal to get to bingo. I have enjoyed all our special days, they are first class thanks to all the staff. I always also enjoy our bus trips with the other ladies. I could never have enjoyed all these activities staying at home. I had so much stress living in a unit which contributed to my illness, but in last December's *Chatterbox* was an ad that a unit was available here in the village. I had to wait all over Christmas holidays before I could phone Legacy and the unit was still available.

I moved into the Village in March this year and my health has improved dramatically. There is always someone to talk to and to feel in the land of the living. Everyone here are so helpful especially all the staff and Legatees. It is very comforting to know there is always someone to help you. All I can say is thanks to the Legacy Family.

– Robin Voysey

My mother Peggy Steele first attended Legacy Widows Club in Donnison Street Gosford about 1967. A large number of Legacy ladies were there then. When Legacy sold their premises in Donnison Street, they moved to their new hall in Masons Parade about 1975.

Around this time my mother use to sign Legacy cheques, so must have been on the committee. Evelyn Eaton would have been a new member around this time and she said to me a couple of times "your mother took me under her wing when I joined Legacy." Which I think was nice. They became great friends. Evelyn was a Legacy lady for 50 years and was also our patron. A lovely lady.

I joined Legacy Widows Club in 2006. A group of us were able to play indoor bowls while the others played Bingo. We had 2 Bowls mats and quite a few ladies played. Dorothy McDowell was running it. Eventually we had to close our Bowls as we didn't have enough ladies well enough to keep playing. We all then played Bingo. Legacy met every Thursday and was called Legacy Widows Club.

– June Littlefield





Legatee Max Davis Past President BWLC 2019-2021

On Thursday 12 January 2023, Legatee Frank Leslie Max Davis passed away in the Royal Adelaide Hospital after a short illness at age 83. He is survived by his loving wife Sharyn and daughter Deanne.

Max was an exemplary Legatee, highly regarded by both his Beneficiaries and fellow Legatees. He will be remembered by all of us as a quiet, intelligent, compassionate man who did not seek credit for the great work he did for Legacy nor for the support that Sharyn gave him to allow him to do so.

Max was born in Adelaide on 14 April 1939. He served in the Australian Army for six years from 1957 to 1963. During that time, he saw service with 1st Field Regiment Royal Australian Artillery (RAA), 26th Field Regiment Royal Artillery and 4th Field Regiment RAA in Australia, Malaya and Borneo.

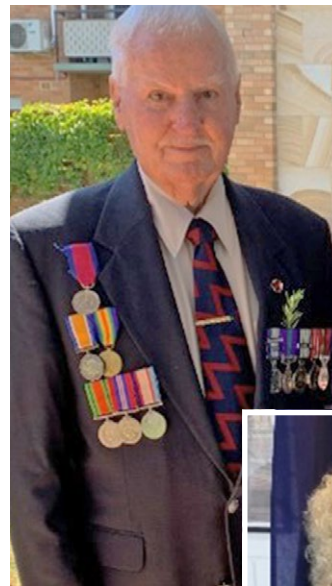
Following his service, Max's career encompassed several roles and included experience as, among other things, a Corporate Executive Sales and Marketing. That role played to his strengths and Max was an effective and personable communicator who as a Legatee was both persuasive and able to put people at ease.

Max joined Brisbane Water (NSW) Legacy Club in 2007. He was a member of the Board of Directors from 2008 to 2022, including terms as

Vice President from 2015 to 2017, and President from 2019 to 2021. He also edited the Club's *Chatterbox* Magazine with great energy and imagination from 2009 until his passing.

In addition to his marketing and communications skills Max possessed an astute business sense and it was he along with others that suggested the nursing homes then owned by Brisbane Water Legacy be sold. The long standing and continuing sound financial position of the Club is fundamentally a direct result of that initiative.

Max was also known for his sense of humour, determination and generous spirit. Those who worked with him found Max epitomised the role of a Legatee: respectful, patient, honest, loyal and always happy to help and look after our Beneficiaries. He will be remembered by all with whom he had contact with great fondness and respect.



FROM THE WELFARE TEAM

What a wonderful start to 2023, we have certainly had our fair share of hot sunny days over this summer period. Let's hope Autumn provides a gentle transition into the cooler months ahead. Your welfare is our greatest concern and we want you to know we are only ever a phone call away.

The welfare team have commenced the year in full force providing support to our beneficiaries as required. We enjoy our visits with you and listening to your individual interesting life stories often shared during our visit.

We couldn't help but notice a great number of beneficiaries enjoying unrestricted socialisation, outings, and bus trips at our social clubs once more.

As some of you may already know, the Welfare Officers will be attending our widow's club meetings along with the assistance of our wonderful Legatees. Should you need to speak to us about any issues you may be having or assistance that you may require please chat with us and we can arrange to come and visit you at a suitable time.

Legacy provides a variety of services to assist. We also work closely with a wide range of community service providers. It can be difficult finding the appropriate service especially in recent times with staff shortages due to the lingering impacts of covid – 19 which remain.

Brisbane Water Legacy and the community services offer a great deal that enables elderly people or people with a disability to live alone with maximum quality of

life. The support ranges from transport to food services, to socialisation, to allied health services such as podiatry and exercise programs. Please always ask a Welfare Officer for more information regarding these services.

Our aim is to assist in directing you to the right services to remain living independently in your own home and beyond this can assist with the next steps into care when the need arises. Many of you have wonderful families who are just a phone call away, however, beyond this we are also here to provide the extra support sometimes required.

During our visit, we discuss your current needs to enable us to organise the best possible support and services required. The information provided is recorded on our very secure database and your privacy is always assured. With your permission we ask you to provide the contact details for a family member or close friend, as well as your GP contact details. This enables us to provide the best possible timely service to you as the need arises.

Welfare Officers follow a program and will call to arrange a suitable time to visit those living independently. However, if you wish to see a Welfare Officer between routine visits for any reason, contact the office on 4323 4977 to discuss and make an appointment.

Welfare Officers Parsons, Groom, Stoker, and Heenan and Chris O'Malley, bus driver



***Chatterbox* on audio CD**

Many of our enrolled beneficiaries receive copies of *Chatterbox* on audio CD.

If you are a sight-impaired enrolled beneficiary, or know someone who is, please contact the Legacy office on 4323 4977 for copy of the audio CD.

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

FAMILY BENEFICIARIES PROFILES

Introducing our newest Family Beneficiary Junior, **Joshua**. A very polite and kind hearted 11-year-old soul who is a wonderful support to his mum through chores such as washing dishes, putting rubbish out and maybe.. just maybe keeping his room tidy. Though born in the Philippines, the family moved to Australia when he was only 4 months of age. He understands he has lots of cousins there and hopes to one day, meet them. He would also love to visit the Gold Coast, a particularly special holiday spot for his mum and dad in the past.



Josh likes soccer, basketball, field hockey -all school sports and thinks he'll be an Ice Hockey player when he grows up but is very sure in saying he needs to learn first!! He enjoys his Lego club, his Xbox and at school his favourite subject is Art. Mum says he's pretty good at Maths too.

Recently he was awarded a PBL Community award for being a safe, respectful, and engaged community member.

If that's not enough, his favourite food is Sushi! Joshua looks forward to meeting many friends here at our Club and without doubt, he'll make them.

Welcome to you Joshua.

Only in this stupid world
Do we buy hot dogs in packages of ten
and buns in packages of eight



Now for recognising a very special man, **David**, who was first enrolled with our Club in 1995. A most personable fellow happy to become engaged in all activities from the word go. During the years that have followed, David has developed a very special friendship with both Ray and Fred - casually referring to themselves as the three amigos.

Until early 2017, David lived independently in Housing with his cat and had a love of fishing, train trips and could often be found at Williamstown watching the jet fighter's take-off and land. He also had a keen interest in photography, gardening, and painting on glass. In an earlier life he also recalls enjoying stacking the semis in Redfern of ice-creams for 'Peters'.

Sadly, his life's journey took an about turn 6 years ago following a stroke at home. Unfortunately, he wasn't found until the next morning by a neighbour. Hospitalisation, health battles and intensive rehabilitation schedules followed over the next three months, and as personal independances were greatly affected, he was no longer allowed to return home becoming residentially placed.

This said, David never gave up and is well entrenched within a caring community maintaining a strong determination to maintain his involvement as best he can. Though now wheelchair bound, his words to live by ... 'look after your friends' ... continues a kind heart's outlook beyond his own limitations.

Whilst he cannot read, he has taught himself to write and has been found to record memories of the day's events. His recall of events and dates is quite exceptional.

David is supported by a loving brother, enjoys a beer (when he can get one), and is hopeful of his Newcastle Knights winning the NRL. David continues to attend Club functions and we are very proud of the man he is.

2022 CHRISTMAS FUNCTION AT THE DOYLO



2022 CHRISTMAS HAMPER DELIVERY



LEGACY RACE DAY





Briefing on the upcoming Legacy Centenary Torch Relay 2023 presented by Defence Health

Starting in Pozieres, France on April 23, 2023 the torch will then travel to Belgium and on to London. Flying from London, it will arrive in Perth WA, to begin its journey to all Legacy Club locations around Australia.

The torch will travel 55,000 km, through 100 stops, and will be carried by around 1,500 Torch Bearers. All torch bearers have a personal connection to Legacy.

Recently, dual Olympian and torch relay ambassador, Dr Jana Pittman launched the 100 Day Countdown in Sydney. She said, “The Legacy Torch Relay is a wonderful opportunity to commemorate 100 years of Legacy supporting Veterans and families.”

The Legacy Torch Relay arrives on the Central Coast on Saturday July 15, 2023.

The first leg of the relay will be following the ‘bike path’ between the ‘Woy Woy Memorial Park’ and the ‘Tascott boat ramp’. The convoy then drives to the ‘Garnet Adcock Park’, West Gosford, where the second leg commences to the ‘Gosford Boat Ramp’, Gosford.

The convoy then drives to the ‘Terrigal Haven Oval’ and the final leg follows the path around the seafront finishing at the ‘Terrigal Memorial’.

A reception will then be held at the Terrigal SLSC with invited local dignitaries and guests.



Easy colourful elegance in a tough situation

I'm sure, like me, many of you once had a large and beautiful garden. We downsized about 6 years ago, from a large, Western Sydney 1.5acre Lifestyle Garden, complete with chooks and ducks, a miniature horse, dogs, veggie beds, hundreds of roses and large swathes of garden beds, with a large naturalised Koi pond and two Aviary's - to a tiny Coastal garden.

Even though I'm now gardening in a tiny space, the gardener and creator of beautiful spaces in me still tries to cram in as many colourful flowering plants as I can, utilising every spare bit of space I can find. I started by under pruning of a Lillypilly hedge, creating space to plant underneath, and even to hang small pots from the lower branches, to placing an Arch over which a hardy climber adds height, colour and interest. Any wall space of the house is also fair game for me as I adore climbing plants in general and love the way a climbing Rose adds height and dimension to the garden.

This sea change from the base of the Blue Mountains to the Central Coast, also meant that I was now dealing with sandy soils and gale force winds at times, a complete opposite of my 20 years experience of clay soils, frost, and 45°+ temps.

So I've had to learn what plants will do well in this new environment and boy I've learnt a lot in the last 6 years! One of those lessons is, 'If you don't have room to plant it, pot it!' This is also in direct conflict to my previous gardening experiences, as having a large garden never really limited what you can buy when at plant fairs or nurseries. There was always space to plant a new purchase, and quite frankly, if there wasn't, I'd just dig up a new bed and create more areas to garden. One major problem of large scale gardening is getting everything watered, and with Western Sydney's ridiculous heat in the summer, pots were always the first to succumb.

Well, now I can say, that I literally have hundreds of pots - in the greenhouse and garden beds, on verandah's and throughout my well lit house. Did I mention I'm a bit of an obsessive, passionate gardener, haha. I've no room at all for a sunny veggie patch here, which was only a small hurdle as I've claimed the sunny paved area at our entrance. Yes, you guessed it - raised troughs and large pots for the Citrus and Olive trees. I know it sounds a lot, but when it's all crammed into a small space, it actually only takes about 40 minutes to water the lot! From front to back.

Which leads me into one of the greatest gardening finds I've had in a long while, and that's saying something from someone who's grown just about everything over the years. What is this wonder plant? *Diplademias* or *Mandevilla* as they were once known. A wonderful small climber that can be kept trimmed to a small shrub, or trained along a fence or structure, looks great in a hanging pot and does incredibly well as



a decent sized potted plant and can withstand gale force winds without losing flowers! Once they start flowering in Spring, they don't stop till the weather turns cold in winter, and if you have a warm protected spot, they may just keep on going.

They come in such a fabulous array of colours these days as species are hybridised and becoming more and more hardy and floriferous. Traditionally in white and various shades of pink through to magenta and reds, to one of the brightest cheerie yellows I've ever seen. All they need is some slow release fertiliser like an Osmocote for Flower and Fruit, which is most important to keep the flowers coming on.

The stems from which the flowers grow, tend to get longer and longer as the season goes, producing a new flower on the tip regularly. These flowering stems are the ones we trim back when the plant has finished flowering and is in rest, ready to do it all over again in Spring.

So if like me, you like a bit of easy colour to brighten your day, this is a must for any partly to full, sunny spot. Make sure you have good drainage and you're all set. Happy Gardening,

Roz Bailey

THE CHANGING FACE OF THE CENTRAL COAST



The changing face of the Central Coast

The 'Ferry Family' moved from Melbourne to the Central Coast in 1952 – I was three years old.

After finishing his service in WWII as a Pilot Officer in the RAAF, Dad went on and completed a degree in Pharmacy, ably supported by my Uncle Jack Clarke, who was a Pharmacist with a Chemist shop in Collins Street Melbourne.

Dad opened his first Chemist Shop at Long Jetty, supporting a large returned service Community. One of his customers was Mary Fleming and her husband. Mary now lives in the Legacy village at Gosford and she can remember my Father very well and his son 'David' delivering her prescription medications.

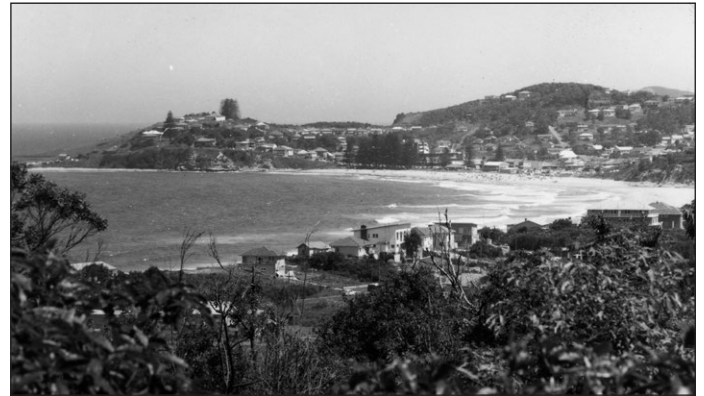
The Family discovered a well maintained house at Wamberal which they purchased. The house was surrounded by a magnificent garden which had been planted by the former owner who was an agriculturalist and orchardist. The property was situated on three blocks of land and as I became older I discovered what mowing was all about – although I did enjoy seeing the lawns well-manicured. Situated behind the house was a large orchard filled with Valencia and Navel orange trees, plus some Grapefruit and Mandarin trees. Mr. Manuel, who now owned the Orchard, said we could help ourselves to the fruit whenever we liked – we never went short of fresh citrus fruit.



Wamberal was a very pleasant small Village, situated on the Entrance Road. It consisted of a 'well stocked General Store', Petrol Station and Real Estate Agent. Everybody knew everybody and the local Community Hall was well patronised by the Community with a CWA, Erina Heights Public School meeting place, Junior Farmers Association and Fishing Club.

I grew up with my younger brother Robert. As we became older, through the help of Mum and her 'Racing Green' Austin A30, we discovered the magnificent beaches and lagoons surrounding Wamberal. Wamberal lagoon was our favourite, followed by Spoon Bay at Forrester's Beach. We often went down to Wamberal Beach for a swim and when the surf was too big at Wamberal we went over to Terrigal. Terrigal was a larger Village than Wamberal with a growing shopping centre, surf club and large 5 story Hotel called the 'Florida' and lots of brick and fibro houses. We often walked up the 'Skillion' at Terrigal and swam in the 'Haven'.

Mum and Dad wanted both Robert and I to become competent swimmers and we joined the Gosford Swimming Club. Under the watchful eye of the swimming pool manager and coach Mr. Les Lazarus we soon became very competent swimmers. My freestyle swimming ability in later life led me to compete in the State Swimming Titles held at the North Sydney pool. I also became a surf life saver, joining Wamberal Surf Club.



As I became older, I started my schooling at Erina Heights Public School, with my brother Robert following. We both enjoyed going to this great little school with a wonderful headmaster Mr. Ken Edwards, who was a returned serviceman and a friend of Dad's. Our teachers were excellent and I had very good memories of all of them, Mrs. Willoughby, Mrs. Hammer and Mr. Davies.

Dad became a founding member of Brisbane Water Legacy and regularly ran the 'Housie-Housie Raffles' at the Entrance to raise money to build the Legacy village at Gosford. Quite often Dad would invite his Legacy wards back to our house at Wamberal for a weekend BBQ. We got to know these families very well and one of the children, Keith Salmon became Dad's accountant in later years.

The Central Coast during my younger years was a great place to grow up. Gosford was a thriving town with the main street full of busy shops, a shopping Centre being built, later called the 'Imperial Centre' and a wonderful picture theatre called 'The Regal'. Where 'Erina Fair' is today there were orchards and a 'Drive-in picture theatre' (I wish they were still there?).

Wamberal and Terrigal were surrounded by orchards and vegetable gardens. Both the Wamberal and Terrigal lagoons were pristine (no pollution) and Wamberal had the 'Red canoes' and Terrigal had the 'Blue Canoes' very ably run by Eric Fox and his brother. I had my first paid job with Eric Fox at Wamberal retrieving the canoes when they ran out of time. I joined the Wamberal Fishing Club, catching lots of fish off the beach, assisted by our local fishing experts, Mrs. Gleeson and Mr. Watson.



Mrs Gleeson, President of the Wamberal Fishing Club

We rode our bikes everywhere, the local traffic being a lot less than today. We rode up the 'Brook's Hill' to our School, over to the Matcham/Holgate valleys and up the Tumbi Umbi road to the 'Ridgeway' then up to Mt. Elliott.

Things were about to change in our pristine little world at Wamberal. The first dramatic event was the Holgate/Matcham bush fire, fuelled by a howling westerly wind it raced down Willoughby road then onto the back of Terrigal eventually stopping when the wind changed on top of 'Hilltop road' at Terrigal. Over thirty houses were destroyed and people were hurt.

The next thing that happened was the 'sell - off' of farming land, particularly the orchards, replacing the paddocks with housing estates. This led to more septic toilets in the houses and soon all the local lagoons were polluted.



Erina Fair was being built which was a great enterprise that everybody thought at the time would be good for the Central Coast community. Sadly it meant the demise of the busy Gosford Shopping Centre, which still hasn't recovered to this day.

Finally the old wooden bridge over the Terrigal lagoon connecting Wamberal to Terrigal collapsed, luckily nobody was hurt.



Moving on to today. The Central Coast has dramatically changed with a huge increase in population. Sadly, the infrastructure (roads, community facilities, etc.) hasn't kept pace with the changes in population. The Central Coast is one of the best places in Australia with its magnificent waterways, beaches and bush settings. I hope that future good decisions will be made by our local and State Governments to put the Central Coast back on the map as a great place live or to visit.

Legatee David Ferry

We thank our 'Local Historian Librarian', Mr. Geoffrey Potter, Central Coast Council, for supplying the early historic photos in this article.

The old bridge and the new one across the lagoon at Terrigal

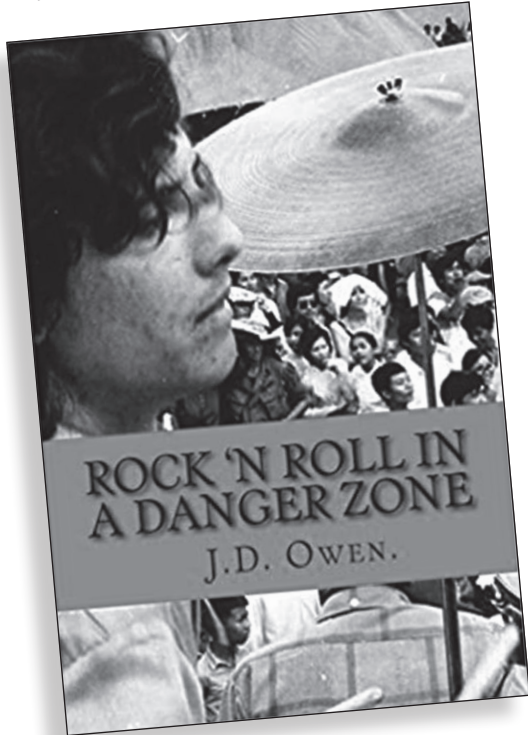


BOOK REVIEW

Rock 'n Roll in a Danger Zone by J D Owen

This is the story of an Australian band 'Xanadu', band members Claire Morrison, Don Morrison, Barrie Morrison, Wayne Anderson, Chris Button and Dave Atkins.

The group was formed in Bundaberg, QLD. After performing here for a number of years they left on an extensive tour of Australia's eastern seaboard in 1967, ending up in Sydney where they quickly gained popularity.



In May 1971 the band was signed on for a seven-month tour of Allied bases in Vietnam by an American promoter. By contrast Australian bands sponsored by the Australian government spent no more than 14 days in Vietnam, remaining around Nui Dat and Vung Tau. Approximately 650 Australian performers entertained the troops between 1967 and 1971.

Xanadu, however, travelled the length and breadth of the country, their youngest member just 16, the oldest celebrated his 21st birthday while in country. Following their time in Vietnam the group spent some time performing in Thailand. While here they were asked by Bee Gee Maurice Gibb to perform in the UK. A decade of success followed but by 1982 the band had separated, and all had returned to Australia. In 2003 group members were awarded the Vietnam Logistical and Support Medal by the Australian Government for their valued work in Vietnam.

J D Owen (a nom de plume) tells their story of their Vietnam experience. As it is 50 years since the last Australian troops left Vietnam this is a fitting book review choice for *Chatterbox*.

Kathy's Kitchen

Homemade condensed milk icecream

I wonder how many of you remember your mother making icecream with powdered milk and condensed milk. I certainly can, because I can remember being allowed to use a teaspoon to scrape out the condensed milk tin. This is a modern update and it's creamy and truly delicious.

You'll need a mixer or a whisk, a large mixing bowl and a freezer safe container.

Ingredients

2 cups of heavy whipping cream

1 can of condensed milk

Vanilla extract

Method

Place the whipping cream in a large bowl and beat until soft peaks form.

Fold in condensed milk and vanilla extract and stir gently to combine.

Transfer mixture to a freezer safe container and place in the freezer for 6 hours or until set.

Serve cold.

Legatee Kathy Patterson



Remembering Legatee Don McLachlan

Legatee McLachlan had a military background, RAAF 1944 to 1946, serving in Darwin and Northern Territory as Wireless Ground Staff. Following his service, he came a solicitor and judge. He joined Brisbane Water (NSW) Legacy Club in December 2000, and held positions on the Board of Directors between 2002 to 2009, Nursing Home Support Committee between 2001 to 2009, Pensions Committee Member and an active member within our Club until 2013 when he accepted Reserve Membership.

Following poor health, he made the decision to relocate down to Melbourne to be closer to his family.

Legatee McLachlan passed away on Wednesday 22 February 2023. He was 97.

18/11/1925 – 22/2/2023

Lest We Forget



Vale

Yvonne Ballard

June Gibbons

Mildred Matthew

Patricia Bigelow

Norma Gould

Gladys Packer

Betty Butler

Nina Gronow

Daphne Pieschel

Phyllis Butler

Pauline Hancock

Sandra Plowes

Mary Churchin

Peter Hardisty

Ruth Pocknall

Mary Croft

Edna Hawkins

Betty Richards

Shirley Crotty

Frances Howard

Frederick Rowles

Hazel Crump

Lalgean Jakeman

Gwendolyne Shoveller

Maureen D'Arcey

Thelma Leavers

Jeanette Sutton

Ruth Elliot

Valmai Lowe

Vivian Townend

Muriel Fairweather

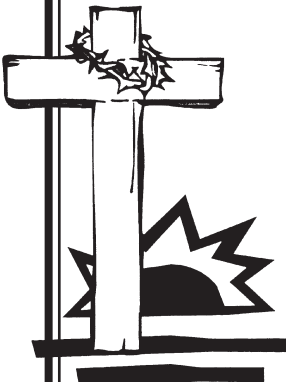
Jean Lund

Margaret Turnbull

Sylvia Fyson

Betty Macpherson

Joyce Zucchetti



Tread softly, for you walk on my dreams

From our readers ...



To Legacy, I have just received the most wonderful gift for Xmas. I can't express how much it means to me to know somebody cares at this time of year. Thanks to all who helped to make this happen. Best wishes to everyone at Legacy. Sincerely

R.M.

Dear David, Thank you for the lovely Birthday Card, and Best Wishes from Brisbane Water (NSW) Legacy. It was a surprise and greatly appreciated. My warmest wishes to all for a Happy 2023

D.J.D

To Legacy Members, I would like to thank you for the lovely hamper that I received.

R.C.

Thank you for the unexpected flowers for my 90th Birthday. "LOVELY" Much appreciated! From

R.T.

A special note of thanks to say just how much your kindness has really made my day. Thank you for the beautiful flowers.

N.D.

To Legatees and Staff of Brisbane Water (NSW) Legacy. Thank you very much for your lovely card and Birthday wishes on the 23rd of February. My son's Birthday is on the 22nd so we had a joint celebration on the Saturday following. Keep well. Regards

P.C.

Again I have the joyful task of thanking Legacy for the generous gift delivered recently. As before, I've been touched by the thoughtfulness shown in the contents; not just the basic needs of every day, but the luxuries which are above and beyond our needs, the additions which make recipients feel cosseted and special at a time of year which can be lonely and painful. In the world revealed in newspapers and on television as self-serving and uncaring, it is heart-warming indeed to receive evidence of a different spirit, and assurance that our loved ones who sacrificed much of their youth in service to their country, are not forgotten. Gratefully

P.S.

To Legacy Many thanks for the Christmas Hamper. Sorry I am late in thanking you - I've been ill in hospital. Much appreciated! I'll be 100 years old on 2nd April 2023. Thank you!

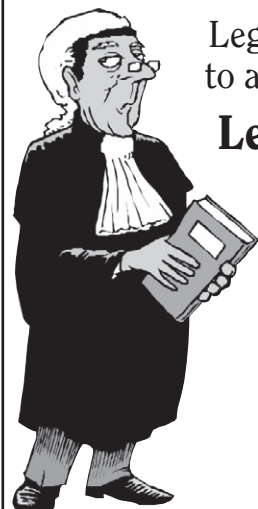
M.W.

Thank you all so much for a lovely day yesterday!

K.P.

On behalf of all members of the 'Legacy Sunflower Group' our thanks go out to our wonderful committee member, who made terrific chocolate chip muffins with lashings of green icing, with all the trimming to go with them, for our coffee break. It made St Patrick's Day very special for all of us. Great St Pats Day.

B.C.



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

Simplicity, patience, compassion.

These three are your greatest treasures.

Simple in action and thoughts,

You return to the source of being.

Patience with both friends and enemies,

You accord with the way things are.

Compassionate towards yourself,

You reconcile all beings in the world.

- Lao Tzu -

An Interview with Sue Spiers

I had a fortunate childhood. I was born in 1941 during the Second World War. When I finished school with a teaching scholarship and went on to teach Primary School, art, music, and choir. I treasured the students art and the way they expressed themselves.

I went to art school in Sydney where I completed a 5 year painting diploma. On completion I thought I would become a famous artist. Because I had the teaching experience, I decided to become an art teacher, and started teaching at Wallsend High School. At first, I found it difficult, however I gradually learnt to love it. I learnt to do things the students enjoyed, rather than what I enjoyed—It was a great lesson.

Following Wallsend, I went on to Morisset High School. I was loving how the students expressed themselves. I was involved in the art teachers consulting group raising the importance of art education. I went on to be the Head Teacher in Visual Arts for many years. Later, I went to Lisarow High School as Head Teacher for Creative and Performing Arts, responsible for drama, music, art, and dance. Wherever I landed I always found it interesting to apply myself to the new. I loved teaching, it wasn't the art, it was the teaching. The kids were full of life, energy, and creativity. They have so much fun in them, they're always willing to give things a go.

After slowly cutting back my days and hours, I had to recognise that, due to my health, I could no longer teach and I finished last year. The process of getting to where I am now was a big learning process. It was as if the world I knew had finished, the teaching of individual students to

find their creativity had been a high priority for me.

Since giving up teaching, I have spent a lot of time meditating, and during meditation, I came to the realisation that I could work with adults, enabling them to express themselves within a group. Each individual is unique and the potentiality of a group is unique because of the different ideas that can come together. It excites me, it gives me a strong focus of being of service to humanity.

Most Sundays I run a small group art session usually 3-4 people, called 'Take me from Chaos to Beauty' to give others the opportunity to say 'yes' to coming along to play their unique part in the group. For me, it's about bringing light into people's lives. The only thing I ask people to bring along, is something that they think is beautiful. This can be anything that they consider expresses their vision of beauty. It can be a poem, their favourite music, a recipe, or a favourite object. The sessions start at 10am. Finishing time varies depending on how the group process develops.

Please contact me if you are interested to join the group one Sunday on chaostobeauty@icloud.com. If you wish to contact me by phone, please contact the Legacy Office staff.

"What are groups, but the willingness to lend Individual will to a finely honed focus of shared purpose."

—Triangles Bulletin, No 222, December 2022

Sue Spiers





THE LIGHTER SIDE OF LIFE



One day Jimmy got home early from school and his mum asked, "Why are you home so early?"

He answered, "Because I was the only one that answered a question in my class."

She said, "Wow, my son is a genius. What was the question?"

Jimmy replied, "The question was 'Who threw the trash can at the principal's head?'"

A little girl and her older brother were visiting their grandfather's farm. The brother decided to play a trick on his sister. He told her that he discovered a man-eating chicken. The girl was frightened and ran inside in fear. Then the older brother heard his little sister scream. He ran inside immediately. She was screaming at their grandfather, who was chowing down on a plate of fried chicken. "What is it?" he asked. The sister turned to him in fear and said, "It- it's- IT'S A MAN EATING CHICKEN!!!"

Two factory workers are talking. The woman says, "I can make the boss give me the day off."

The man replies, "And how would you do that?"

The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?"

The woman replies, "I'm a light bulb."

The boss then says, "You've been working so much that you've gone crazy. I think you need to take the day off."

The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."

A doctor and a lawyer are talking at a party. Their conversation is constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

After an hour of this, the exasperated doctor asks the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replies the lawyer, "and then I send them a bill." The doctor is shocked, but agrees to give it a try.

The next day, still feeling slightly guilty, the doctor prepares the bills. When he goes to place them in his mailbox, he finds a bill from the lawyer.

I went to have a statue made and the sculptor asked me if I wanted it to be iron or bronze.

I told him either ore.

Teacher: "Which book has helped you the most in your life?"

Student: "My father's checkbook."

A scientist and a philosopher are being chased by a hungry lion. The scientist makes some quick calculations and says, "It's no good trying to outrun it. It's catching up!"

The philosopher keeps a little ahead and replies, "I'm not trying to outrun the lion, I'm trying to outrun you!"

A dentist told a mother, "I'm sorry madam, but I'll have to charge you a \$100 for pulling your boy's tooth." The mother exclaimed, "A \$100! You said it was only \$20!" "Yes," replied the dentist, "but he yelled so loudly that he scared four other patients out of the office!"

A politician never lies. A politician was visiting a remote little rural town in Australia and asked the locals what the government could do for them.

"We have two big needs," said the townspeople.

"First, we have a hospital but no doctor."

The politician whipped out his iPhone, spoke for a while and then said, "I have sorted that out. A doctor will arrive here tomorrow. What is your other need?"

The townspeople replied, "We have no mobile phone reception in our town."

Latest News

Rehabilitation medicine is the comprehensive management of patients who have sustained a functional loss as a result of illness or injury.

Team Based Approach to Rehabilitation



BWPH, sees patients who have Orthopaedic (joint replacement, fractures, muscular injuries, spinal injuries), Neurological (stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, Parkinson's disease and other neurological conditions). Reconditioning (patients who have experienced an acute episode of illness or undergone a surgical procedure with subsequent deterioration), Amputee, and Pain Management, illness or injury.

We are driven to improve their function and quality of life.

Our philosophy is that by using a team based coordinated approach; with the patient as an active (rather than passive) participant we will achieve the best functional outcome for the patient.

Our approach is to collaborate with the patient to set SMART goals and achieve them succinctly

Our rehab programs are staffed by an experienced team including

- Rehabilitation Physician
- Nursing staff including Registered Nurses, Enrolled Nurses and Assistants in Nursing.
- Occupational Therapists
- Physiotherapists
- Exercise Physiologists
- Dieticians

- Speech Pathologists
- Allied Health Assists
- Social Worker
- Discharge Planner
- Clinical Psychologist Consultant- access to consultative services as required

Upon discharge patients can continue their therapy by attending our Day Program 2-3 days per week, which allows them to further improve their health and function.

Patients are also able to attend our Day program sessions without an inpatient stay with a referral from their GP to one of our Rehab Physicians.

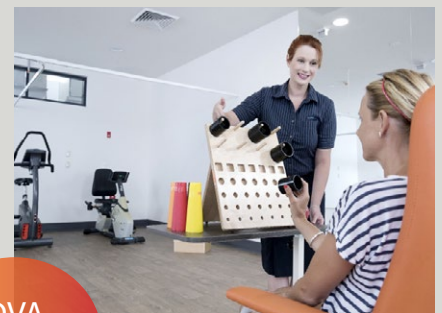
We also run a PD Warrior program for those patients with Parkinson's Disease that want to improve their management of the disease.

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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