

# THE LEGACY FLAME



## Legacy

### NEWSLETTER

### EDITION ELEVEN

*Published: March 2019*

COFFS COAST LEGACY  
& LEGACY ON VICTORIA

*Patron: Cpl Mark Donaldson VC*

## **PRESIDENT'S MESSAGE**

### **LEGATEE ALLAN HARRISON**

Welcome to the first newsletter for 2019 and my first as President. I hope you have all been enjoying a safe and happy new year so far.

It was my privilege to take over the President's Gavel from Legatee Pat Magann at the changeover luncheon in November last year at Sawtell RSL. It was a thoroughly enjoyable event, well organised and so well presented by the club.

On the subject of Pat and also Bob Denner, I wish to record my sincere thanks to both Legatees for their support and wise counsel during my period as Vice President and in the short period since assuming the Presidency. Both gentlemen were exemplary leaders of our organisation and continue to contribute materially to our work.

I further wish to thank my fellow Board members for the confidence they have shown in me in their decision to elect me as President. Our succession plan was interrupted by the untimely passing of a wonderful Legatee and gentleman in Bob Gailer who would have been at the helm now. His memory will be perpetuated in the naming of our newly completed meeting and education room in his honour.

The official opening of the Legacy on Victoria renovations and extensions took place on 23<sup>rd</sup> February and we were privileged to have His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, on hand to perform the official opening. His Excellency was in the Coffs Coast precinct in connection with other Vice Regal duties and kindly agreed to include our ceremony in his busy schedule. We thank him most sincerely for that kind consideration.

During the festive season I attended, among others, the Christmas Drinks soiree at the Mid North Coast Veterans' Centre (VCMNC) and the Legacy Staff Christmas barefoot bowls afternoon at Park Beach Bowling Club.

The former function was well attended and most enjoyable. It underlined the growing co-operative links between VCMNC and Legacy, with benefits flowing in both directions. The function at the bowling club was great fun and afforded the opportunity for Legatees and staff to socialise and get to know each other. This is particularly important for nursing home staff who don't get to cross paths with our Legatees all that often.



Last year I presented the Legacy-sponsored Rainy Macdonald OBE community service awards at two local High schools. I never fail to be impressed at the achievements of students who are recognised at these ceremonies but this time it was special. Both of the Junior Legatees at one of the schools I attended had achieved simply outstanding results in their respective HSC and Year 10 studies and never fail to acknowledge the role which Legacy has played in their education and personal development.

Finally I am pleased to see the expansion of our Legatee group with two new inductions in February, giving us a great start to the new year. The Woolgoolga Chapter has seen an increase to five Legatees and four Friends of Legacy. This extra support will allow Bob and Robyn Wyer to delegate and share the workload which they have so willingly shouldered thus far.

I look forward to working with you all during 2019.

Yours in Legacy  
Allan Harrison  
President

## **CEO'S MESSAGE**

### **SHAWN BERGQUIST**



It is with great pleasure and some relief that the renovations of Legacy on Victoria, have been completed and we now have an environment that is not only pleasant for our residents, but also for our staff to work in. We were able to gain great media coverage for our Grand Opening on the 23rd February aided by the visit of His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales.

2019 has already commenced with a real focus on Aged Care with The Royal Commission into Aged Care and the implementation of the new Aged Care Quality and Safety Commission. This involved the amalgamation of the Australian Aged Care Quality Agency and the Aged Care Complaints Scheme.

The Royal Commission into Aged Care has commenced in Adelaide and reports are starting to filter through. Coffs Coast Legacy and Legacy on Victoria support the Royal Commission into Aged Care as we believe that every Australian deserves to be safe and supported in any setting.

The new accreditation standards will be implemented on 1 July 2019 and we are well on our way to ensuring that we are ready for these new standards. Our aim is to include residents and families in the process so that they have a choice and a voice regarding their care. We will ensure that Legacy on Victoria embraces cultural safety and diversity in all forms. We will continue to support community connection for all of our residents.

I would like to take this opportunity to express my gratitude to all the residents, families, staff and volunteers for their teamwork and cooperation during the challenges of the renovations - the noise, dust and disruptions to our daily lives. We now get to enjoy our rejuvenated new environment and be rewarded for all of that effort. I would also like to take this time to thank Ross Colquhoun - Architect, and Steve Ryan of P&A Ryan Building Contractors for the cooperation, flexibility and respect they have shown throughout the project. Kate Lane has also been an amazing support with the interior design work, bringing our vision to life.

Shawn Bergquist - CEO/DON

## **A WORD FROM THE LEGACY ASSIST TEAM**

2019 is well under way and it has been a very busy start for the Legacy Assist Team. Our work has certainly expanded in recent months as the message is getting out to the community that we now work with families of veterans who have given their health.

As a result, we now have five new families and a total of 17 Junior Legatees enrolled with Coffs Coast Legacy. Our work supporting Legacy Widows is also changing as we find more assistance is needed to navigate the ever changing aged care system. In this newsletter we have enclosed an information sheet on accessing services with and without a Gold Card. Please remember that our team are there to assist at any time with this process.

We are also continuing to attract new Legatees to our family, all of whom have jumped right into the work we are doing with our families. This extra support has been gratefully received by the team and beneficiaries alike.

Joanne Hill will continue to organise visits with our widows however you do not need to wait for an appointment. If a need arises, Joanne or another team member can call out to see you at any time. If you are able to get to our lovely new offices, then you are more than welcome to call in for a chat, information and a cuppa.

We have had a few widows request pension reviews which are currently being investigated by our compensation advocates. If you feel that it may be worth looking at your eligibility again, then please call the office to discuss how these reviews work.

Best Wishes - Dot, Jo and Jane.



## HOW CAN LEGACY HELP?

Things in life often change and you may have different needs now than when you first joined Legacy. We often receive calls asking how Legacy can help now that your circumstances have changed or because it has been a while since you last spoke to someone from Legacy.

Some of you may have an allocated Legatee or Friend of Legacy. They can be your first point of call to discuss your needs and how Legacy can best support you. If you do not have a Legatee or would like to speak to somebody from the Legacy Assist Team, you can call the Legacy office. The Legacy Assist team are professional staff members who are happy to speak with you over the phone or visit your home to determine what your needs are and how we can help.

We can assist in a range of different ways;

- Provide a social call
- Link you with a Legacy Social Group, Activity or Legacy holiday
- Provide information and referrals with regards to matters of health, ageing, planning for the future, transport in your community, home support, housing and residential aged care.
- Provide equipment and personal alarms for non-Gold Card Holders
- Financial assistance in necessitous circumstances

Sometimes it's hard to know where to start and it can help to speak with someone who has knowledge of these things. We will do all we can to help and if we are not able to assist directly, we will certainly point you in the right direction.

If you have not had a home visit for a while, you will probably have received a phone call at some stage during the year to ensure everything is going ok. This is another way we try to keep in touch and let you know we are here if you need help. Please remember that you can request a visit by phoning the Legacy office and asking for a member of the Legacy Assist team on 1300 LEGACY (534 229).

## **FAMILIES OF VETERANS**

Legacy support can be provided for eligible families of veterans who are suffering with significant physical and emotional incapacity. Coffs Coast Legacy provides support to the partners, children and families of veterans who have sustained a serious service related illness or injury which impacts on their ability to support their family. This includes those families living with Post Traumatic Stress.

Legacy's primary focus is on the unmet needs of the partners and children of incapacitated veterans, rather than on those of the veteran themselves.

Our programs work collaboratively with other agencies and services to obtain the best possible outcomes for the family in need.

**For further information contact the Legacy Assist team on 1300 LEGACY (534 229).**

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## **JUNIOR LEGATEES**

Children are particularly deserving of Legacy support. While Legacy can never replace a spouse or parent, it will strive to create an environment where the family can thrive despite their loss. Marshalling all of its resources, Legacy will provide the advocacy, counselling and family support necessary for each family member to fulfil their dreams and live rewarding lives. Particular attention is given to the educational and developmental needs of children.

Coffs Coast Legacy delivers support to the children of Veterans by providing;

- Regular contact by a Legatee to keep abreast of the families requirements
- Assistance with educational expenses including school fees, excursions, textbooks, computers, school clothing and stationery
- Pocket money
- Access to Legacy camps and activities

## NSW SENIORS FESTIVAL

For the NSW Seniors Festival 2019, we held a Zumba party! The ladies who attended had a great time going through a Zumba routine and catching up at the Cex.

A huge thank you to Debbie Leaney for designing such a fun routine.



## COFFS COAST LEGACY

### SCHOLARSHIP WINNER 2019

We are proud to announce the winner of the Coffs Coast Legacy Scholarship for Tertiary Education for 2019. Tegan will be studying Nursing at SCU. We wish her the best of luck in her studies.





## JUNIOR LEGATEE CAMPS

Our Legacy camps can provide parents with respite and also introduce children and families to others with a shared experience. The programs are designed to provide support, a sense of community and opportunities to develop life long friendships.

Throughout the year opportunities are available to attend holidays and camps in Sydney, Terrigal, Wollongong, Moss Vale and Western Australia! Some of these are designed for the whole family and others for the children only. All of them are supported by trained professionals and a team of dedicated Legatees.



Some of our local families have attended these camps and they are always keen to have their name put down for the next one. Coffs Coast Legacy will assist with travel arrangements and with any costs involved to attend.

If you would like more information on which camps are coming up in 2019, please contact the Legacy Assist Office on 1300 534 229.



## THE ANZAC DAY TRADITION

Anzac Day, 25 April, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as "Anzacs", and the pride they took in that name endures to this day.

War broke out in 1914, and in 1915, Australian and New Zealand soldiers formed part of the expedition that set out to capture the Gallipoli peninsula in order to open the Dardanelles to the Allied navies. The ultimate objective was to capture Constantinople (now Istanbul), the capital of the Ottoman Empire, an ally of Germany.

The Australian and New Zealand forces landed on Gallipoli on 25 April, meeting fierce resistance from the Ottoman Turkish defenders. What had been planned as a bold stroke to knock Turkey out of the war quickly became a stalemate, and the campaign dragged on for eight months. At the end of 1915 the Allied forces were evacuated from the



peninsula, with both sides having suffered heavy casualties and endured great hardships. More than 8,000 Australian soldiers died in the campaign.

Gallipoli had a profound impact on Australians at home, and 25 April soon became the day on which Australians remembered the sacrifice of those who died in the war.

Although the Gallipoli campaign failed in its military objectives, the actions of Australian and New Zealand forces during the campaign left a powerful legacy. What became known as the "Anzac legend" became an important part of the identity of both nations, shaping the ways in which they viewed both their past and their future.

Anzac Day commemorations have evolved since they began in 1916, to now serve to commemorate those who lost their lives in all the military and peacekeeping operations in which Australia has been involved.

*Australian War Memorial website*

## DORRIGO RSL SUB BRANCH CENTENARY

This year marks the 100<sup>th</sup> anniversary of the Dorrigo RSL Sub Branch, which was formed on April 24, 1919.

This milestone was celebrated with a luncheon on Sunday February 24 with the guest of honour being His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales and Mrs Hurley.

Also present was Senator for NSW Jim Molan AO DSC; Ray James - Vice President RSL NSW; Don Robertson - President of the RSL North Coast District Council and Rick Maunder from the Bellinger River RSL Sub Branch.



Legatees Bob Denner, Jim McCleod, Barbara Ainley and Bernie Fell attended the event.

Legacy widows in attendance were Frances Aylott, Ida Taylor, Ina

Williams, Pat Ellis, Annie Morrison and Margaret Corlis; their husbands were named and honoured as part of the proceedings.



## LEGACY PROFILE

### 60 SECONDS WITH LEGATEE JEREMY NASH

***What position do you hold in Coffs Coast Legacy?***

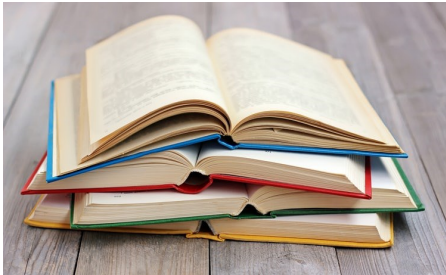
Junior Vice President, which sounds wonderful, but is a training position so that I can learn to be useful to Legacy.

***Do you have a 'nickname'?***

My best one from primary school was Gerny Trash, but I'm still waiting for someone to tell me my current one.

***What was your first job?***

I was a sales rep for the export division of Reckitt and Colman in Hull in the UK, assigned to the Middle East section.



***What is your favourite hobby/pastime?***

Reading

***Do you have a favourite holiday destination and why?***

We always used to come to Sawtell with the children from the Dorrigo Plateau where I had a farm, but now I live there, and it is still my favourite holiday destination.

***What was your first car?***

A mini when I was at university.



## CONTINUED ....

### ***What is your favourite TV show?***

The news.

### ***What type of artist/band/performer interests you?***

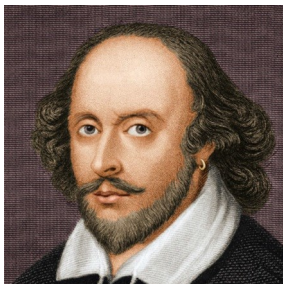
I listen to a lot of vocal classical music, from oratorios to opera.



### ***Are you a cat or a dog person?***

I have been responsible for looking after both over the years, but would probably favour dogs. We are pet free at the moment.

### ***Which three people (anyone!) would you invite to dinner and why?***



Shakespeare, Monash and Voltaire. The first to take a peek into such a creative mind, the second because I so admire his farsightedness, attention to detail and perseverance, and the last because his intellect, tact and wit would be fascinating to experience at first hand.

### ***Is there anything else you would like to share with us?***

Yes, I have a rare ability to look things up, research matters, and still come to the wrong conclusions, which makes me very grateful for the influence of friends and colleagues.

## LEGACY ON VICTORIA - GRAND OPENING

Saturday 23 February 2019 was the official opening of Legacy on Victoria and we were honoured to have His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of New South Wales, Mrs Hurley, Members of the Locke family, The Honourable Luke Hartsuyker MP - Federal Member for Cowper, Mr Andrew Fraser MP - State Member for Coffs Harbour, Legatees, staff, residents and families and friends present to witness this special occasion.



The main focus of the opening was the Sergeant Matthew Locke MG House, with the ribbon cutting being performed by His Excellency, who also gave a passionate speech that meant a great deal to a lot of people. The attendance of members of the Locke Family made this a very special



## CONTINUED....

The football team representing the Armed Services attended the ceremony and their presence was greatly appreciated. His Excellency and Mrs Hurley allowed time in their busy schedule to meet and talk with guests, residents and families. This was a memorable day for those that were present.



## FROM OUR COMMUNITY ACTIVITIES TEAM

It is never an easy task to plan activities a year ahead, however to secure venues and transport it is important that we lock in dates as soon as possible. We have enclosed a calendar of events through to the end of the year to mark your calendars. Invitations will be issued to all of our major functions a few weeks prior.

Save  
THE  
Date



We had a great turn out to all our functions last year especially our Christmas functions which is great to see. Thank you to everyone who assists to organise and who joins us for these functions.

Our monthly luncheons at Cex are continuing on the first Friday of every month, commencing at 11.30am in the Brasserie. Due to our Legacy Golf Day on 5 April, this lunch will be on the 12th in April only.

If you are a golfer then please take note of this Golf Day on 5 April as we like to make up a few Legacy teams to give our partners and supporters a run for their money.

The Legacy Laurel Social Group also meet in the Brasserie on the third Monday of every month for lunch. Our Woolgoolga Social Group will be running several bus trips in 2019, the first one being on 20 April to the Maclean Highland Gathering. Their meeting days are the first Saturday of every month and the friendly group meet for lunch and a chat at a local venue.





## CONTINUED...

Our bus trips are open to all Legacy beneficiaries but numbers are limited so please put your name down if you are interested in attending. There will be a reserve list for these trips as they are very popular.

For the younger families and more adventurous amongst us, we will be holding a family day during the April School holidays to the Treetops Adventure Park.

Last year we marched under the Legacy banner for ANZAC Day. Unfortunately we did not have many widows so this year please put it on your to do list. It will be suitable for all abilities as we will have volunteers to assist if you have any mobility issues.

We are looking forward to another year of fun and companionship with all of our beneficiaries.



## COFFS COAST LEGACY FUNCTIONS



## COFFS COAST LEGACY GOLF DAY 2019

Our annual charity golf day will be held Friday 5 April 2019 at Coffs Harbour Golf Club.

If you are interested in joining in the fun and entering a team please call Coffs Harbour Golf Club on 6652 3244 to register. Alternatively if you wish to make a donation to the prize pool, please contact the Legacy Office on 1300 LEGACY (534 229).



**FRI 5TH APRIL**

11am | Registration  
12pm | Shotgun Start

**TEAM ENTRY \$260**  
Teams of 4  
Inclusions: 18 holes golf and  
post game platter

**SPONSORS TEAM \$400**  
Inclusions: 18 holes golf,  
2 x Carts, post game  
platter & banners on hole

## **BENEFICIARY PROFILE:**

### **60 SECONDS WITH JOY BONNEY**

***What association do you have with Coffs Coast Legacy?***

Widow.

***Do you have a 'nickname'?***

Joyful.

***What was your first job?***

Hairdressing.

***What is your favourite hobby or pastime?***

Table Tennis and Gardening.

***What was your first car?***

A Hillman.

***Do you have a favourite holiday destination?***

New Zealand.

***What artist/band/performer interests you?***

Justin Stanley.

***Are you a cat or dog person?***

Dog.

***What is your favourite TV show?***

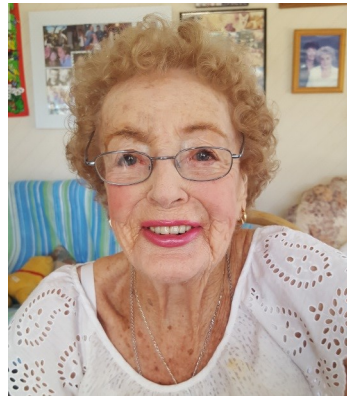
The Chase.

***Which four people (anyone!) would you invite to dinner and why?***

My son, daughter and Anita and Ron (good friends).

***Is there anything else you would like to share with us?***

Enjoy the wonderful world that god gave us. Enjoy each moment to the fullest and enjoy seeing others happy.





**Best wishes to members of our Legacy Family  
celebrating significant birthdays.**

*january*

Elizabeth Balmoor, Elaine  
Woodstock

*february*

Janette Robinson

*march*

Elizabeth Lawry, Betty Crockett

*april*

Dorothy Briggs, Joan Cottell,  
Joy Gilbert

## WHY FUN IS IMPORTANT

Sometimes it's easy to forget how much fun life can really be, regardless of your age - participating in activities make us feel engaged and connected.

A passive activity like watching TV is entertaining, but does it really rise to the level of being fun on its own? Maybe not so much especially if you're watching alone. That's why it's often a good idea to pursue other kinds of activities - the kinds that make you an active participant.

The bottom line is you get to choose what fun is for you. Even if you can't be as active as you want because of a disability or advancing age, you can still find plenty of opportunities for having fun. There are many activities (even physical ones) can be adapted to accommodate your particular capabilities. So pay attention to your heart. Keep doing anything that makes it feel lighter and causes you to smile.

### ***Make Fun a Top Priority***

There are so many great activities for seniors to choose from, it would be silly not to play as often as possible. So get back in touch with your fun side and start having enjoying yourself. It is simply too important to ignore. You deserve to smile!



## CONTINUED ...

### *Fun Activities for Seniors*

Fun games for seniors can involve any activity that give you the opportunity to get some exercise, or to improve your hand-eye coordination, which can be satisfying, especially if you get to mix with other people in a friendly way.

Consider these activities:

<b>Physical Activities</b>	<b>Performance</b>	<b>Social Gatherings</b>
<ul style="list-style-type: none"><li>• Indoor Bowling</li><li>• Lawn Bowls</li><li>• Ball Tossing</li><li>• Play Frisbee</li><li>• Zumba</li></ul>	<ul style="list-style-type: none"><li>• Seniors Karaoke</li><li>• Acting in a play</li><li>• Ballroom Dancing</li><li>• Writing</li></ul>	<ul style="list-style-type: none"><li>• Trivia Nights</li><li>• Formal Tea</li><li>• Murder Mystery</li><li>• Bingo</li></ul>
<b>Games and Puzzles</b>	<b>Outdoor Activities</b>	<b>Arts and Crafts</b>
<ul style="list-style-type: none"><li>• Pictionary</li><li>• Yahtzee</li><li>• Chinese Checkers</li><li>• Crossword Puzzles</li><li>• Chess</li><li>• Card Games</li><li>• Scrabble</li></ul>	<ul style="list-style-type: none"><li>• Nature Photography</li><li>• Walking</li><li>• Picnics</li><li>• Bird-Watching</li><li>• Gardening</li><li>• Golf</li><li>• Fishing</li></ul>	<ul style="list-style-type: none"><li>• Paper Craft</li><li>• Knitting</li><li>• Crochet</li><li>• Sewing</li><li>• Quilting</li><li>• Card Making</li><li>• Sketching</li><li>• Painting</li></ul>

## **DVA COMMUNITY NURSING UPDATE**

DVA provides entitled veterans and War Widow/ers with access to a range of health care and related services, including community nursing services, at DVA's expense. The DVA Community Nursing Program provides home nursing services to entitled persons to meet their assessed clinical and personal care needs.

The aim of the DVA Nursing Program is to enhance independence and health outcomes by avoiding early admission to hospital and/or residential care. The services are delivered by registered nurses, enrolled nurses and nursing support staff.

Some important and much needed changes were made to this service and came into effect on 1 January 2019:

- Better provisions for overnight care
- Increase to three times daily visits when required
- Second Worker visits – enabling two workers to attend when required.

These changes will improve service delivery and enable people to remain in their own homes with increased support.

If you would like more information about community nursing and other home support services, please call the Legacy Assist Team on 1300 534 229.





## MEET A COLLEAGUE

### 60 SECONDS WITH FAYE SMITH

**What position do you hold in Coffs Harbour Legacy?**

Lifestyle Assistant.

**Do you have a 'nickname'?**

I have a few; FayeFaye, Fayebee, Fayezy

**What was your first job?**

My first job was at The Emporium.

**What is your favourite hobby/pastime?**

I love to play sport. I play all types of Football including Rugby League, Oztag, Touch and League Tag.

**Do you have a favourite holiday destination and why?**

I don't have one specific holiday destination, but I love camping and exploring new places with my family.

**What was your first car?**

Toyota Rav 4.

**What type of artist/band/performer interests you?**

I like 80s and 90s. Anything on the radio that's catchy and you can sing along to.

**Are you a cat or a dog person?**

I'm a dog person, especially puppies.

**What is your favourite TV show?**

I enjoy watching true crime shows.

**Which three people (anyone!) would you invite to dinner?**

I get to have dinner with them every night, my partner and two children. The reason I choose them is because they are my favourite people.



## FROM OUR LEGACY ON VICTORIA LIFESTYLE TEAM

Hello and welcome to our first edition of the Legacy Newsletter for 2019.



We hope that the festive season was a happy and joy filled one for you. It was great to see so many of the residents, family and friends enjoying the Christmas celebrations in December.



A lot has happened since our last newsletter!



We held our Service for Remembrance Day in November where residents and Legatees laid wreaths at the service.

December was a particularly busy month for us with loads of entertainment including: The "RnR" group coming into entertain, The Shelly Jones band, Country Cubs Kinda Kids coming to sing to our residents and give out flowers for Christmas, the Coffs Coast Pipes and Drums came and completely blew us

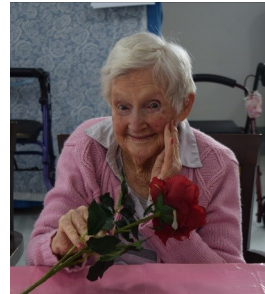
away with their skill and music and the Julie Ross dance school came, the children and adults danced for us.

We also held Friends of Legacy Christmas lunch at the Plantation hotel in Coffs which was a wonderful time to give thanks to those volunteers who give their time to help others.

In January we proudly celebrated Australia Day with a dress up day and celebration morning.

In February we held a Valentines Morning High Tea, for all those that have loved in their lives.

Our Church services for this year are being held every second Tuesday. The Legacy ladies will continue their visits to pamper our resident's hands.



Our Armchair Travel session for February visited China, to enjoy the spectacle of how they celebrate Chinese New Year. This year is the year of the Pig. This was a great opportunity to find out about the history of Chinese New year and what each year signifies. Our March session will be heading to Old Scotland.

We have had some pretty special birthday milestones, including two of our residents reaching their 100th birthday. It is wonderful for all our resident's, families and staff to share in the celebrations.



April will see our programs continue and special events for both Easter and Anzac Day, both very important days in our yearly calendar.

We look forward to what this year will bring.

Be safe and enjoy yourselves, until next time.



Regards, the Lifestyle Team

## RESIDENT PROFILE

### 60 SECONDS WITH PEGGY BARTLETT

***How long have you been with Legacy on Victoria?***

4 Months.

***Were you or a family member in the military?***

My husband and I were in the Navy, working on Aircraft carriers and I was on a shore base.



***What was your first job?***

I was 15 and got a job as a shop assistant. The London Blitzes were happening and I got two shillings and six pence. Then the shop got bombed and I had to go work at Boots Cash Chemist.

***What is your favourite hobby/pastime?***

Knitting, I was always knitting throws. I also love reading.



***What has been your favourite holiday destination and why?***

Frank (my husband) and I bought a pop top caravan and went around Australia.

## *Continued...*

### ***What is your favourite TV show?***

Sir David Attenborough—doing shows about the world around us, wild life and the environment.



### ***Are you a cat or dog person?***

I'm a dog person. I love all animals, but I've always had a dog.

### ***What was your first car?***

An old Austin 7. We got £40 for it.

### ***Which 3 people (anyone!) would you invite to a dinner?***

Beth Hamilton (who I've known for 32 years), Taffy (was a ship mate on the base) and my mum.

### ***Is there anything else you would like to share with us?***

I was happily married to Frank for 60 years, after only knowing him for 6 weeks before we got married. It was the best time of my life.



## LEGATEES

The definition of Legatee is a person who receives a legacy. Our Legatees accept a Legacy of Service which was bequeathed by our departed comrades. A promise to look after the families that were left without a parent or a partner as a result of their service.

Legatees are the face of Legacy in the community and for our beneficiaries. Coffs Coast Legacy relies on the assistance of our Legatees to support our beneficiaries by phoning and/or visiting our families to ensure they are getting the opportunities and services they require for a happy and fulfilling life.

Legatees are not only returned service personnel, we welcome anyone who shares a commitment to Legacy's ideals. Every new Legatee has a mentor to guide them, so you will always feel supported in your role.

If you or anyone you know may be looking for a rewarding role like this, then please contact the Legacy office on 1300 LEGACY (534 229). You can come along to one of our General Meetings held each month and this will give you the opportunity to meet other Legatees and learn more about what the role involves.



## NEW LEGATEE INDUCTIONS

2019 is off to a great start with the induction of two new Legatees, Margaret Rodwell and Tex O'Grady.

We welcome Margaret and Tex to the Legacy team!



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## THANK YOU - TIM AICKIN

Coffs Coast Legacy would like to thank Mr Tim Aickin for his generous donation of his photograph of *Bellinger River, Thora* for use on the 2017-2018 Annual Report and 2019 Calendar.

Tim is a local photographer in the Coffs Coast region.

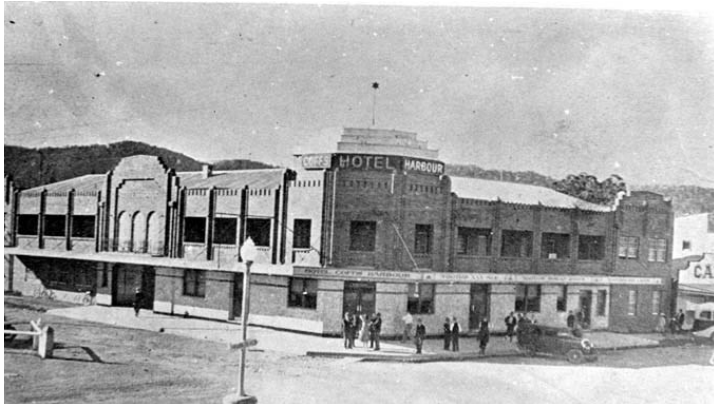
To see more of his work you can visit his website at [www.timaickin.com.au](http://www.timaickin.com.au)



## FROM THE ARCHIVES



*Coffs Harbour Fire  
Station  
circa 1925*



*Coffs Harbour  
Hotel  
circa 1940*



*Aircraft from the  
Vintage Aircraft Rally  
Coffs Harbour  
circa 1979*



# COFFS COAST LEGACY OPPORTUNITY SHOP

Our Opportunity Shop continues to be a vital link for us with the local community. Our Shop Committee, staff and volunteers continue to provide a high standard of service to assist in raising valuable funds, that stay on the Coffs Coast to assist our beneficiaries. Thank you to each and every volunteer and staff member for their dedication and hard work, and to our customers for their support.

## **GOODS WANTED**

***Are you moving home or are downsizing?  
Do you need to get rid of unwanted items?  
Items left over from your garage sales?  
We can assist!***

***Please donate any quality goods via our Op Shop!***

***FREE local pick-up available***

If you have not yet been a customer at the Coffs Coast Legacy Shop please come on in to say hello and find yourself a bargain.

Donations can be made direct to the shop during business hours listed below, or to the rear of the shop at Scarba Street (accessible via the laneway).

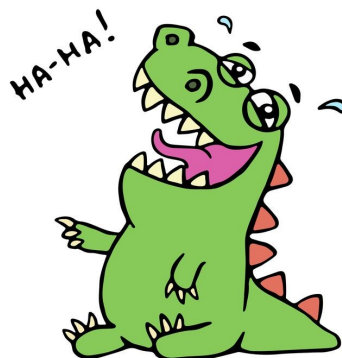


**FREE local pick-up available**

**4 Scarba Street,  
Coffs Harbour - 6651 9669  
Opening Hours Mon-Fri  
9-3pm; Sat 9-11.30am**

## JOKES

- What's Peter Pan's favourite restaurant? Wendy's.
- I named my horse Mayo. Mayo Neighs.
- What did the pirate say on his 80th birthday?  
Aye matey!
- Why did the scarecrow win an award? Because he was outstanding in his field.
- Need to build an ark? I noah guy.
- What did the hat say to the hat rack? You stay here I'm going to go on ahead.
- Did you hear about the two guys that stole a calendar? They each got six months.
- I wouldn't buy anything with Velcro. It's a total rip-off.
- What do you call a sad strawberry? A blue berry.
- Why do fish swim in salt water? Because pepper makes them sneeze.
- What do you call a cow that works in a bank? A cash cow.
- What side of a sheep has the most wool? The outside.
- I refused to believe my road worker father was stealing from his job, but when I got home, all the signs were there.
- Parallel lines have so much in common. It's a shame they'll never meet.
- What do you call a fat psychic? A four chin teller.



## UPCOMING

### HAPPY EASTER!!

With this edition of our newsletter the last before Easter this year, we would like to wish everyone a safe and Happy Easter.



From all of the team at Coffs Coast Legacy

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### PEPPERMINT SLICE

**Why the recipe is special:** 'Quick and easy'.

**Preparation Time:** 10 minutes

#### Ingredients

- 1 tin condensed milk
- 1 packet Marie/Malt biscuits (crushed)
- 2 Peppermint Crisps (crushed)

#### Method

Combine all ingredients together.  
Spread into a lined slab tin.

Ice with chocolate icing – 4 oz.  
chocolate (melted) 2 oz. butter  
combined.

Supplied by Betty Collard



## DIGESTIVE HEALTH

Digestive health symptoms are very common in Australia, with over half the population likely to experience either constipation, diarrhoea, stomach cramps or bloating in a calendar year. That's over 12 million people! So why are these symptoms so common? And if you are one of the many suffering in silence, where can you get help?



When we consider that an adult's small intestine can be up to 10 meters long, it's not surprising that it is prone to disturbances. The causes of these disturbances are many and varied and therefore so are the treatment strategies.

When treating digestive health symptoms, it is vital to not only provide relief from the acute symptoms, but also to address the underlying condition or cause of the symptoms. Your local Amcal Pharmacy has staff specially trained to assess your digestive health by running a free health check. From there we can determine how we can bring you quick relief from symptoms, as well as develop a plan to reduce flare-ups in the future.

To help you decide if this service might be useful to you or somebody you know, let's have a look at some common digestive symptoms and the things that may cause them.

**Nausea** – Can be experienced as an isolated symptom or in combination with vomiting. The most common causes food poisoning, gastroenteritis & motion sickness. These problems generally self-resolve meaning treatment is often unnecessary. Vomiting can increase the risk of dehydration and rehydration salts are the best way to reduce this risk. If you experience chronic nausea, a medication review with a pharmacist is recommended to ensure the medicines you take are not part of the cause.

**Diarrhoea** – Can be a symptom of the same self-resolving causes as nausea and vomiting and if so, a short course of rehydration salts may do the trick. If the symptoms are ongoing and or intermittent then a condition such as inflammatory bowel disease, irritable bowel syndrome or a food intolerance/allergy may be to blame.

These conditions may require ongoing management by your GP, a dietician or specialist but there are treatment options available for acute symptoms and a discussion with your Amcal Pharmacist about your symptoms is a great starting point to assess options for ongoing management.

**Constipation** – Can be difficult to diagnose as “regular” is different for every individual and can vary from 3 times a day to 3 times a week! Constipation, like diarrhoea, can be caused by irritated or inflamed bowels, but more commonly changes to the amount/type of food and fluid ingested or medication are to blame. If your bowels are irregular, your Amcal Pharmacist can advise you on the best treatment and screen for possible causes.

**Reflux** – Occurs as result of stomach acid regurgitating into the oesophagus and presents as an uncomfortable/burning sensation in the chest. Many different causes of reflux exist and for that reason it is very common and up to 20% of adult Australians report experiencing reflux at least once a week. Dietary modification and simple antacids are generally the first-line treatments but identification of the cause is important to exclude an ulcer or infection.



If you, a friend or family member are experiencing any of the above symptoms and would like more information or a free digestive health check, please visit your local Amcal Pharmacy at Coffs Harbour or Toormina.

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***Amcal+ Coffs Harbour - Open 7 Days a Week 8:30am – 9pm***

Address: 343-345 Pacific Highway, Coffs Harbour NSW 2450 - Opposite the hospital in the Specialist Medical Centre - Email: [info@amcalcoffsharbour.com.au](mailto:info@amcalcoffsharbour.com.au)

Phone: 6652 2336 Fax: 6652 2339

***Amcal Express Toormina - Open 7 Days a Week***

**8:30am – 7pm, Sat 9am – 1pm & Sun 9am – 12pm**

Address: 9 Minorca Place, Toormina NSW 2452 - Toormina Medical Centre

Phone: 6658 8333

## **COFFS COAST LEGACY FUNDRAISING INITIATIVES**

Please support Coffs Coast Legacy in any of the following ways:

We have a range of badges, pens, lanyards and other merchandise which is available all year round.

Keep an eye out for our tin hats found at various convenient locations around the Coffs Coast - a great way to lighten the load of change in your pocket/wallet!

*If you have any suggestions on sale locations for any of the above, or would like to sell some items yourself, please let us know.*

Legacy's ongoing support is funded through Legacy Week, and other merchandise sales activities during the year. Our services are humbly dependant on public support. Donations and bequests are gratefully received and faithfully applied.

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## **GENEROUS DONATIONS**

Coffs Coast Legacy would like to thank those members of the public who make donations to our tin hats and to our Legacy Opportunity Shop.

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## **DID YOU KNOW?**

You can receive a copy of our newsletter via email. If you would prefer to receive this publication via email, please contact the office and advise them of your current email address by calling 1300 LEGACY (534 229) or email us [admin@coffslegacy.com.au](mailto:admin@coffslegacy.com.au)

## KNOW SOMEONE IN HOSPITAL?

If you know a Legacy lady is in hospital, please let the office know on **1300 LEGACY (534 229)** so we can arrange a visit or assist with discharge arrangements.



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## 1300 LEGACY (534 229)

Our standard office hours are **8am - 4.30pm Monday to Friday**.  
***If you call outside these hours you will be given the option to press 1 for the nursing home or 2 for the Legacy Assist office where you can leave a message.***

***If your call is welfare related, please ensure you do not select the nursing home option as the nursing home staff cannot assist with welfare and may not be in a position to take messages, please ensure you call during office hours where possible so we can best assist you.***

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## LAUREL SOCIAL GROUP

The Laurel Social Group for the benefit of Beneficiaries and is run by its members. The Laurel Social Group exists to provide companionship, outings and activities. They meet on the 3rd Monday of every month - 10am start at the Coffs CEX. Please contact the office on 1300 LEGACY (534 229) if you are interested in attending.

*Caring for the families of those who served their country*

**COFFS COAST LEGACY & LEGACY ON VICTORIA**

**55 VICTORIA STREET, COFFS HARBOUR NSW 2450**

**PH: 1300 LEGACY (534 229) | FAX: 02 66 521 474**

**EMAIL: [admin@coffslegacy.com.au](mailto:admin@coffslegacy.com.au)**

**Website: [www.coffslegacy.com.au](http://www.coffslegacy.com.au) | [www.legacy.com.au/coffsharbour](http://www.legacy.com.au/coffsharbour)**

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