

TORCH



CRAFTY
REMEMBRANCE DAY
CREATIONS

CHEERLEADING
GAMES

BACKYARD ASSIST:
WINTER UPDATE

THE LEGACY
CENTENARY TORCH
RELAY MAKES ITS
WAY DOWN THE EAST
COAST

THE LORD MAYOR'S
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THE TED SMOUT
AWARD 2023



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ON THE COVER

The Legacy Centenary Torch Relay Sunshine Coast



Dear Legacy Family,

Winter is now behind us and we look forward to the joys of Spring. I trust that you are all well and that you have put the challenges and concerns of COVID behind you. We have learnt much as an organisation as the pandemic developed, particularly regarding maintaining contact with our many beneficiaries who are residents in aged care facilities that have been subject to regular visitor restrictions. Many of our Legatees have reported the benefits of keeping in touch with their beneficiaries though phone contact with family members to ensure your well-being. We are most grateful to the many family members who have assisted us in this way.

Since the last edition of the Torch Magazine, we have participated in the very successful Legacy Centenary Torch Relay. Many of you will have seen footage and photos of our Joint Patrons, Her Excellency the Governor of Queensland Dr Jeanette Young and Professor Graham Nimmo, participating in the Torch Relay and hosting a morning tea at Government House. We are most grateful for the wonderful support they continue to give to Legacy.

The Torch Relay continues to make its way to Melbourne for the culminating event in mid-October.

Recently, we conducted our major community fundraising activity for the year, simply referred to as Legacy Week. My sincere thanks to the many Legatees, volunteers and in many cases beneficiaries who have helped us 'man' the stalls and the phones. Without your help and assistance we simply could not raise the funds we require to maintain our services.

Our CEO, Mr Brendan Cox, recently completed a very prestigious Churchill Fellowship study visit to the UK and the US to investigate how we can improve the model of care we provide to our beneficiaries. He has brought back a raft of good ideas and we are very keen to develop a new, more collaborative model of care to be based in our new Legacy House. In simple terms we hope to be able to bring representatives together from each of the agencies providing care and support to our beneficiaries, under the one roof, to ensure better coordination of their efforts, and most importantly more timely support to our beneficiaries.

Planning for the construction of our new Legacy House in Greenslopes continues on track and if all goes to plan we hope to move in, in early 2025.

Yours in Legacy,

Paul Power
President, Legacy Brisbane

A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER



Dear Legacy Family,

It has been a busy winter for Legacy nationally as the Torch Relay has made its way through Queensland, into New South Wales and Canberra and will now commence the last part of its journey through Tasmania and Victoria. It has been a huge undertaking and I hope many of you were able to see it or participate in the event if it journeyed near your home town. Unfortunately, it could not visit every region due to how large our wonderful country is.

In July, I returned from my Paul Tys Churchill Fellowship. It was an amazing experience where I

visited wonderful organisations in both the UK and US as I investigated better models of care to support those families where the veteran has returned suffering mental health injury as a result of their service. I am currently writing my report with the intent the model of care to be developed from our new location in Greenslopes is well informed by the practices observed in the UK and US.

The Churchill Fellowship was awarded to 'investigate better models of care to the families supporting a veteran with mental health issues associated with their military service'. I commenced my Fellowship on Saturday 10 June and returned to Australia on Tuesday 17 July.

During this period, I visited UK and US counterparts in service to families. The journey commenced in Belfast where I attended the European Conference for Trauma and Stress Studies before spending a week in London visiting Government and For Purpose organisations operating in the veteran and family support

area. I then travelled to Boston (US) and New York visiting their Government and For Purpose organisations.

Legacy Week was another success in 2023 and many Legatees, ADF members, volunteers and dependants occupied 64 separate sites from Rockhampton in the north to Logan in the south. Thank you to all the Legacy Family members that contributed to this wonderful event.

We have conducted numerous Backyard Assist programs again this Winter. Please do not hesitate to call Legacy House (Leanne) on 07 3029 5600 or Legacy Sunshine Coast (Star) on (07) 5443 9841 if you would like to nominate your home for a BYA in Brisbane and surrounds or the Sunshine Coast in late 2023 or early 2024.

I look forward to updating you all again next year!

Yours in Legacy,



Brendan Cox
CEO, Legacy Brisbane



NONAGENARIAN'S HIGH TEA

Story by: Legatee Rae Brown



It was a pleasure once again to host our annual Nonagenarian's High Tea on Friday 11th August at the Wynnum RSL.

22 widows were in attendance including 10 who had reached the incredible age of 90 years plus our two centenarians, Margaret Boyle and Dorothy Green. The tables were beautifully decorated by the staff at the RSL and delicious hot savouries and mouth-watering sweet treats were served along with jugs of punch and gourmet chocolates.

Our local MP Joan Pease, Member for Lytton, once again donated the lucky door prize of a beautiful gift basket and she presented the prize to the delighted winner Mrs Doreen Williams. Joan also presented all our Care Group members with a certificate to commemorate the Centenary of Legacy.

A big thank you goes to the Lord Mayor's Charity Fund for very generously funding our High Tea in Legacy's centenary year. Thank you also once again to the Mrs Joan Pease, the Wynnum RSL, our Wynnum Legatees and most importantly our wonderful Care Group ladies for making this morning tea so enjoyable!



Betty Smith



Doreen Williams



Dorothy Green



Frances Cumpsty



Josephine Graham



Jill Marrian



Valma Kenny



Annie Sharp



Margeret Boyle



Valma Kenny



Nola Jones



Una Elwood



CRAFTY REMEMBRANCE DAY CREATIONS

Story by: Sarah Calderwood



The Keperra Sanctuary Craft Group has generously knitted poppies for Legacy to sell for our upcoming Remembrance Day campaign.

Originating over 20 years ago as a way to catch up and chat with other residents, Craft Group leader Margaret Breeze says participants began bringing more craft to keep their hands busy while chatting and thus the Craft Group was born.

Now in its 23rd year, the Craft Group ranges from 16-20 members who meet in the Keperra Sanctuary Sun Room every Monday from 9:30am - 10:30am. To date, they have knitted and donated close to 250 one-of-a-kind poppies for Legacy to sell as part of their Remembrance Day campaign.

Many Sanctuary residents have ties to Legacy. 'My Dad fought in WWII and Legacy helped my Mum with trips and outings and they

were just marvellous. Life-savers. Legacy was very good for Mum'. Nancy, Legacy child.

We are so appreciative of the Keperra Sanctuary Craft Group for their generous time, talent and beautiful knitted poppies!

If you're craft inclined and interested in making poppies for Legacy to sell, we would love to hear from you! Please contact fundraising@legacybrisbane.org.au



CHEERLEADING GAMES

Story by: Kim McNamara



One of our young Fraser Burnett beneficiaries, Braydoch, recently travelled to Hawaii for the Global Cheerleading Games! Here is a recap from Braydoch's mum, Kelly.

"The Hawaii trip was fantastic and Braydoch's team did an absolutely brilliant job. The incredible news is that the team secured Second Place in the Level Four Co-Ed Division and also came Second for Overall Grand Champions Level Four at the DC Global Cheerleading Games. The team narrowly missed out on top spot but are so proud of their achievements. Watching them perform really highlighted the level of teamwork, skill and dedication that every athlete brought to the arena. Overall, we had an absolutely amazing



result and it was such a fun event with teams from Australia, New Zealand, USA, Canada and South Korea all competing in a huge variety of levels.

From the very beginning of this amazing journey, Braydoch set his sights on excellence and he always gives his all at every practice. The team worked tirelessly in the lead up to the competition with hours dedicated to mastering the intricate routine. It was wonderful to see the whole team contribute their individual talents to bring the routine to life with such vibrant energy and passion. Having the opportunity to compete against some of the most talented Cheerleading Squads in the world was an absolutely exhilarating experience and one that Braydoch will remember for the rest of his life.

He was able to create cherished memories, new friendships and enhanced his sporting goals in such a vibrant atmosphere. He had an absolutely brilliant time.

Both Braydoch and myself would like to express our deepest gratitude to the amazing Legacy Community for your belief in Braydoch and providing us with such an invaluable grant. We are truly humbled by your support. Often Cheerleading is a sport that is overlooked and this can be so deflating for the athletes that put in so much dedication, time, emotional and physical training to compete in a sport that they love. Thank you Legacy for recognising this achievement and providing such an amazing gift to our family. We are truly grateful."

Well done Braydoch and team!



BACKYARD ASSIST: WINTER UPDATE

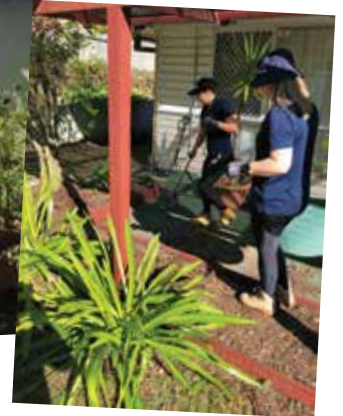
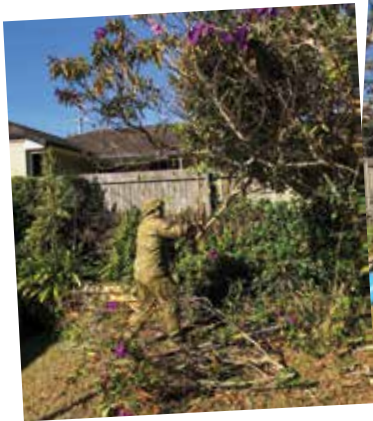
Story by: Leanne Drake

Over the winter months we have been busy transforming yards for deserving widows with the Legacy Brisbane Backyard Assist Program.

In June, we worked with the Transurban team and the ADF in Holland Park. These amazing people worked hard to clean up Vilma's yard, so she didn't have to worry about the garden being overgrown anymore.



July found us at Warnie's place at Slacks Creek. The ADF from Enoggera Barracks and the wonderful corporate sponsors from Rheinmetall helped tidy up her yard so she didn't have to worry about it anymore. We were well fed by Warnie's amazing cooking. Legacy Brisbane made the Channel 10 news to display the great work done by our awesome volunteers.



In August, we ventured out to Deception Bay where over 30 of our amazing volunteers from Sci-Fleet Toyota and the ADF helped our very deserving widow, Julie. Some of the ladies from the Redcliffe, Caboolture and Bribie Island Contact Group made sure we were well fed and none of us were left hungry.

Julie was so appreciative of the transformation, and she said her husband would be truly grateful for the help that she received.



Before



After

We couldn't run this program for our deserving widows without the help from our volunteers and we truly appreciate the ongoing support we receive from them each month.



THE LEGACY CENTENARY TORCH RELAY MAKES

Story by: Emily Kuehner



Our wonderful Torch Bearers in Rockhampton

Our wonderful Torch Bearers in Maryborough

After arriving in Western Australia in May, the Legacy Centenary Torch Relay has continued to make its way through South Australia, Northern Territory, Queensland and NSW. After a short break in August, the Torch Relay has continued to the ACT and Victoria.

On Friday June 2, the Torch Relay made its way through Rockhampton. Starting at the Rockhampton War Memorial, the Torch travelled a 9.5km route throughout the city before concluding at Rockhampton Regional Council.

On Monday June 5, the Maryborough Torch Relay started off at the Maryborough Cricket Club. The Torch travelled a 4.3km route throughout the city before concluding at Maryborough Town Hall Green.

The Sunshine Coast lived up to its name on Wednesday June 7 and produced beautiful weather for the relay. Beginning at Mooloolaba Spit Park, the Torch travelled 6.1km along the coastline before concluding at Cotton Tree Cenotaph.

Lastly, the Torch made its way through Brisbane on Friday

June 9. The relay commenced at Government House where our first torch bearers were joint patrons of our club, Her Excellency the Honourable Dr Jeannette Young AC PSM, Governor of Queensland and Professor Graeme Nimmo RFD. The Torch travelled 8.2km throughout the city before concluding at Brisbane City Hall.

A huge thank you to all of our Torch Bearers for making each and every relay so special. We have loved hearing your Legacy stories and the Torch Relay would not have been possible without your support!

The Torch Relay pays tribute to the courage of all of our veterans and their families, and it has been wonderful to see veterans who have been awarded the Victoria Cross for their exceptional acts of bravery during wartime carry the Torch: Keith Payne VC in Mackay, Mark Donaldson VC in Coffs Harbour, and Daniel Keighran VC in London.

Some notable Torch Bearers across Australia have included Rugby League legend Wally Lewis, Major General Jake Ellwood and Major General Stuart Smith, Australian Landscape Architect and TV

Presenter Costa Georgiadis; Sports Reporter, Mark Beretta; Wiggle star and former infantry soldier, Anthony Field; His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of the Commonwealth of Australia, and Her Excellency Mrs Hurley and more.

The Legacy Centenary Torch Relay will finish at the Shrine of Remembrance in Melbourne on Friday, October 13. What an incredible journey it has been!



Costa Georgiadis and Mark Beretta



Dan Keighran VC at Buckingham Palace

ITS WAY DOWN THE EAST COAST



Our wonderful Torch Bearers in Sunshine Coast



Our wonderful Torch Bearers in Brisbane

THE LORD MAYOR'S PICKLES

Story by: Legatee Cathy Anstey

Some time ago, the Lord Mayor of Brisbane, The Honourable Adrian Schrinner, kindly invited the North-West Legacy Group to visit Brisbane City Hall.

Well, it was a fantastic day – one that the ladies and Legatees talk about still – a fabulous morning tea, a tour of City Hall including long lost corridors and then a great chat with the Lord Mayor himself. During this discussion, the unstoppable, invincible Mrs Beryl Davis discovered that Lord Mayor likes his pickles, chutneys and relishes. The sparkle in her eye told me she was storing this news away and action was afoot!

No sooner had I dropped Beryl home from this great day out, she was onto the case and working long into the night with her secret recipes at hand.

Delivered in no time at all to City Hall were two special jars containing delectable relish and chutney for the Lord Mayor...he was delighted! And having four young ones at home, Beryl made sure there was lots to go round.

At each meeting of the Pine Rivers Group since, Beryl has a 'special jar' of her pickles or chutney for the Lord Mayor which is duly delivered to him. She always asks "did the Lord Mayor like his pickles?" and adds "well I KNOW he did, as I had a lovely letter!"

On a personal note, Beryl is one of the most generous, lively, entertaining people I've met – she is simply magnificent, a pocket sized dynamo. She is the life blood of the Pine Rivers Group...I think she would have made a fabulous Lord Mayor too!



Hon. Adrian Schrinner



Mrs Beryl Davis



THE TED SMOUT AWARD 2023

Story by: Legatee Chad Sherrin

The Ted Smout Award is an engraved bronze medallion presented annually to one of Legacy Brisbane's young people for 'achieving against the odds', displaying excellent personal, community and/or educational performance and resolution during that year.

The Award is created in memory of Legatee Ted Smout, in recognition of his service to his country, and as a Legatee. In 1915 Ted Smout enlisted as a 17-year-old in the AIF and served four years as an Army stretcher bearer on the battlefields of Belgium and France; and, at the time of his death in 2004, was Legacy Brisbane's longest serving Legatee, having served for 67 years.

As the 2023 recipient of this award Dominic Sprenger has faced many challenges in his life: challenges that might see many fail, or use as an excuse for their non-performance.

Diagnosed with autism in his Prep year at school Dominic struggled, both with his schooling and his interaction with others. His challenges were exacerbated when, at 10-years-of age, his father died in tragic circumstances as a result of his military service and Dominic became even more withdrawn.

Despite these challenges, and with the help of his mother Wanda, understanding teachers, speech therapy and the support of a clinical psychologist, Dominic put in a huge effort to gradually overcome his earlier learning difficulties and graduated from secondary school with good marks across the range of his chosen subjects.

It was not in just his



academic achievements that Dominic showed his grit and determination. His autism meant that he lacked the coordination for some physical sports and the ability to work effectively in a fast-moving team; undeterred Dominic threw himself into swimming, tennis bowling and chess, enjoying success in all and gaining a Qld junior state ranking in chess, regularly representing his school.

Those on the autism spectrum often struggle with changes in routine and coping in loud environments so it was not without some anxiety on his mother's part when Dominic announced his first job was to be in a retail store in a large shopping centre. However, her concern was unfounded as Dominic revelled in the work and was very well liked by the store owners, his co-workers and the public alike.

Looking to the future, this year Dominic applied for and was successful in gaining an electrical apprenticeship. Despite being less than six months into his

apprenticeship Dominic has excelled, as evidenced in a recent report from his employer:

"Dominic Sprenger has been with us for five months now: he has been an excellent apprentice to have on our job site. He shows great dedication and commitment to his role and his work ethic is second to none; he is punctual and his knowledge for a first-year electrical apprentice is at a very good level.

Most young men now unfortunately are not motivated to work and enjoy a full day. Dominic is different, as he shows the initiative and drive to push himself to become that better apprentice, who just wants to learn his industry. He is a pleasure to have on our team."

Despite all of the challenges he has faced, Dominic has displayed outstanding determination and commitment, qualities that make him the worthy recipient of the 2023 Ted Smout Award in recognition of his life achievements to date.

Congratulations Dominic!

105 YEARS YOUNG!

Story by: Maureen Nash

Heather Cossart fondly known as "The Duchess" by her husband Doug was born on the 16th June 1918. As the only child born to Scottish mother Emily McChesney and father William Thompson, Heather lived in Far North Queensland at a place called Brandon until she moved to Graham Street Ayr at 4 years old. Heather describes Ayr as "a big country town".

Her childhood was idyllic, playing in the streets with neighbouring children, spending time with family friends, many who were Scottish, and she remembers fondly travelling with her mother and father from Ayr to Brandon by Molly the sulky horse. Then there was Rosie who was a beautiful horse and Bertie the pony which her father William was training so Heather could ride him; but her mother intervened saying "Take that child off that horse!!"

Heather loved cats and dogs and her childhood pet Minnie a grey tabby cat was a close companion. Heather walked to school, returning home every day to have lunch, unlike other children who ate their lunches at school. Heather was bit of a 'rebel' telling about the time where she was only 3 days into starting school and all the children had to march around the playground but she stood on the 'form' or bench. Her teacher didn't see the funny side and Heather got the cane!!

Although Heather doesn't have many early memories of the start of WWII she remembers "young lads" going off to the war. During the war Heather moved to Bundaberg where she met her husband Douglas Cossart who was serving in the Air Force. Heather remembers meeting Doug at a dance, joking "He asked me out one night and I couldn't get rid of him".

They married in 1946 and moved to Brisbane finally settling in a post war home in Ison Street Morningside (a gravelled road at the time) which was opposite what they called the 'ghost' house a creepy white house that seemed to light up at night. Heather lived in her house for 62 years.



Life was good, her children David and Rois were born, and Heather bought their first car before getting her license and prided herself on her driving ability once she had her licence!

Unfortunately Doug's health wasn't good, the war affected him both physically and emotionally. Heather recalls "At times he would speak about the war and at other times he was silent. The war affected his health, a lot of men were affected by the war". A great husband and father sadly Doug passed away just shy of his 80th birthday.

Heather has always been active in the community, she ran a Sunday School which catered to over 100 kids, she was President and Secretary of the Barunda Bowls Club at Coopooroo keeping the finances coming in and one of her great achievements being a stay at home mum managing a household. She is also a member



now of the 100 Plus Club.

Playing lawn bowls she says is a "hospitable game" and for Heather, it was the love of the game and winning which she liked to do!

Heather still lives in her own villa having moved to Carina around 13 years ago after encouragement from her grandson. She is a member of the Carina Leagues Club and enjoys going a few times a week. Not quite sure what all the fuss was about on her 105th birthday, the club celebrated with a huge cake to honour her life.

Family is important to Heather and she also believes that the "simple things" in life bring you pleasure and you don't need all these "big things". Although when asked about inventions over her lifetime she rates the washing machine, dryer and television as significant and being a keen gardener, the improvements in gardening products. She remembers when television first came to Australia in 1956 and they would go to the neighbours who had a TV.

I asked Heather 'What have you done to get to 105?' She said a lot of people ask her that and she doesn't know why she has lived so long and jokingly said "Actually God must only take the good ones".

Heather does feel blessed with her health although she says she does have her "moments".



HAPPY 105TH BIRTHDAY FAYE!

Story by: Legatee Wal Farquhar

Widow Faye Clarke is a resident of Seasons Aged Care Facility at Golden Beach on the Sunshine Coast of Queensland.

On Saturday 29th July she celebrated her 105th birthday with friends and facility staff, who acknowledged her long life, her concern for others and popularity with local veterans' and elders' communities, principally Sunshine Coast Legacy Group and the Caloundra RSL.

For her birthday, Faye was seated beside a table in her small apartment room and was warmly dressed and able to observe her visitors. She explained her eyesight and hearing were failing but she would like to participate in discussion and welcomed questions from those attending.

Her apartment was adorned with balloons, flowers and decorations and cards and presents were shared with Faye. In pride of place was a cheesecake which Faye admitted she had never tasted, but on doing so, she claimed it was delicious and she regretted not having enjoyed it before.

Generous comments were made about Faye's kindness to new Seasons residents she met, her love of flowers and her capacity to maintain moderate health. Despite her age she maintains an interest in life and has a subtle



sense of humour, which allows her to defuse a disagreement between others, promptly and with a smile.

She mentioned that her family of three sons and a daughter from Sydney are visiting her next week and she is greatly looking forward to this. She referred to her many grand and great-grandchildren, all of whom are now attending school. She appreciated a rousing version of 'Happy Birthday' from her visitors, despite this being a 'centenary plus' birthday.

Faye explained that she now lacked her previous mobility but ensured she took a gentle walk around the perimeter of Seasons each day using her wheelie

walker. This helped her maintain some fitness and allowed her to meet and greet other residents. She said she was blessed by the help of the staff of Seasons who respond to any requests she makes. She was particularly grateful to those staff who helped her overcome her visual and hearing impairment by preparing and reading her correspondence.

It is of note that Faye is included in a recent statue unveiled in Kings Park, Caloundra, depicting Australian Army personnel involved in a New Guinea WWII action. It portrays an uninjured soldier protecting a wounded soldier and nurse. Given Faye's service as an Army nurse she was the model for the depicted nurse, using photo's and records of her service.

The statue is respected by members of local veterans' organisations and admired by members of the community and visitors. Importantly, it represents a long-term link for local citizens with Faye Clarke's life on the Sunshine Coast and a reminder of the contribution of Australian veterans' to the service of their country. As well, her visitors agreed it is a fitting memorial to a highly respected senior Legacy widow, who deserves a comfortable and pleasant future.

BAKER OF THE YEAR!

Story by: Legatee Verona Lowndes

This is Beth Colman and she loves to cook!

She entered the Redcliffe Show's baking section this year and took the baker of the year award.

Well done Beth from your friends at the Deception Bay Care Group.



ONCE IN A LIFETIME

Story by: Legatee Gordon Nielson



Gloria Mills and Ida Jackson

One of our Legacy Ladies, Ida Jackson turned 100 years-young on 24th July.

She celebrated that occasion with us at our monthly Warwick Care Group lunch at Club Warwick RSL.

Ida joined the army after her 19th birthday and served in an anti-aircraft unit in Brisbane and as a telephonist in Toowoomba until she was discharged on 21st September 1945. After the war Ida married and had four children Russell, Gary, Pam and Cheryl. Her husband passed away when she was 40 and she raised the children by herself.

Russel Jackson of Toowoomba and Pam Busto from Adelaide were able to be here to celebrate this milestone with their mother. This function was one of five different celebrations over her birthday week.

The Ladies and Legatees of the Warwick Contact Group wish you all the best for the future. (It's a pity you had to surrender your driver's licence).



Russel Jackson, Ida Jackson and Cheryl Busto

HAPPY 100TH BIRTHDAY EDITH!

Story by: Amanda Parker

Edith Ross was born in 1923 and grew up in Camp Hill. Edith loved school and attended Mt Bruce School Camp Hill.

Edith remembers at home to darken the lights during the war and her father was an air raid warden. Edith worked at Golden Circle when she was 16 to 24.

Edith has 4 children, 8 grandchildren, 21 great grandchildren and 2 great great grandchildren and loves every one of them.

Edith says when she was a child she would blow out a candle before bed and now she just asks her Google Home to do it.

Edith says when you fall asleep make sure you think of the love of your family.

Happy 100th Birthday Edith!



HAPPY BIRTHDAY!

HAPPY 100TH BIRTHDAY MARJORIE!



Marjorie was born on the 4th September, 1923 at Biggenden, Queensland where she went to school until severe droughts forced her family to move to the Lismore district, NSW, when she was 9 years old. There they endured being flooded out 4 times before moving to Murwillumbah and Terranora in NSW, where she worked on the farm and attended high school via correspondence and assisting with the teaching of the primary school children. They also supplied milk to the town from their farm.

She was a good tennis player and a keen dancer. It was at the Murwillumbah Dances where she met Ron Collins who was in the Army at that time and they married soon after. They moved to South Brisbane, then back to Casino, NSW then back to Manly where she became a nurse and worked at the Mater and Wynnum Hospitals.

Marjorie is the mother of 3 children, 6 grand children and 8 great grand children. Although tennis is a bit beyond her now she still enjoys sewing, knitting, cooking and of course the company of her many friends at the Redlands Legacy Care Group. The ladies organised a cake and flowers for her to celebrate her 100th birthday. She attends most meetings and

is an active participant in all the group's assisted activities. I'm sure Marjorie will be attending for many years to come. Happy 100th Birthday, Marjorie!

Submitted by Legatee Steve Jones



HAPPY 100TH BIRTHDAY KATHLEEN

Family members came from the Gold Coast, Toowoomba and Rockhampton to join Kathleen for a special celebration luncheon for her 100th birthday on 14th August. She received many beautiful cards and gifts.

Kathleen has a close and loving family. The Management and Residents in the little village where Kathleen lives in Wynnum also acknowledged this wonderful milestone.

Kathleen was delighted to receive the beautiful flowers and cards from Legacy.

Submitted by Legatee Liz Clark



HAPPY 101ST BIRTHDAY BETTY!

Elizabeth (Betty) Crawford turned 101 on the 9th August and is pictured here with her daughter Jillian McKeand and with a card and cymbidium orchid from Legacy. Betty is descended from early settlers in the Sydney region and has great memories of life in the 20th century. Betty is bright and cheery and enjoying life at Arcare Noosaville.

Submitted by Legatee John Reid



HAPPY 100TH BIRTHDAY JOYCE!



Submitted by Legatee Christine Atkins

A GIFT OF REMEMBRANCE

Story by: Sally Gardner



Leaving a Gift in your Will to Legacy Brisbane

Legacy serves the families of our fallen and injured veterans. It has been Legacy's mission to fulfil this battlefield promise for one hundred years.

A Gift of Remembrance can help continue this good work to fulfil the promise into the future. We

hope you will consider leaving a gift to Legacy Brisbane in your Will to ensure the vital, ongoing care and services for the families of those who have made the ultimate sacrifice for their country.

Making or changing your Will to include a gift to Legacy Brisbane could be as simple as contacting your legal advisor and they will do all the important work for you. Once it's taken care of, you will have the peace of mind that comes with knowing all of your affairs are in order and that you are making a difference in the lives of veterans' families for generations to come.

The donations people have left in their Wills have played a vital

part in assisting Legacy Brisbane to continue our vital work and provide the financial, social, and developmental support our veterans' families depend on each day.

Even just a small portion of your estate will make a big difference and give hope to families now and in the future.

If you would like to find out more about leaving a Gift in your Will to Legacy, you can download a copy of our free Gift in Will booklet online at legacy.com.au/brisbane or contact Sally Gardner, our Donor Liaison Manager for your copy. You can reach Sally directly on 07 3029 5633 or email bequest@legacybrisbane.org.au.

VALE NGAIRE JEAN ROBERTS

Story by: Sally Gardner



Proud community member of the Sunshine Coast, Ngaire passed away peacefully. Aged 83. 22/01/1939 - 22/11/2022

Beloved wife of John (dec'd). Much loved mother to Rick, Greg, Sally and their families. Adored Step-mother to Philip (dec'd), Ian and Michael and their families.

Ngaire passed away on the 22nd November with her loving family by her side and Legacy representatives attended Ngaire's funeral service on Monday 12th December 2022.

Legacy Sunshine Coast had a long and fond relationship with the gracious and generous Ngaire

Roberts. When her husband John Roberts passed away we brought her into the Legacy family at Maroochydoore and in turn Ngaire continued to generously support Legacy and our widows and families on the Sunshine Coast.

Our Sunshine Coast Legacy Committee members and some Legacy staff found it a privilege to meet with Ngaire each year to thank her for all of her support for Legacy Sunshine Coast.

As a Legacy family we mourn her loss, fondly remember the time we spent with her, and value her wonderful contribution to the care of our dependants on the Sunshine Coast.

Rest in Peace, Ngaire.



CHRISTMAS IN JULY IN YEPPON!

Story by: Sandy Donges



Jean Fisher catching up with Joan Hinrichsen

On Friday 28th July 2023, the Yeppoon Laurel Club ladies gathered at the Capricorn Tavern for their regular monthly catch up.

For something a little special, it was decided that sparkly tinsel, handmade lace decorations and a tiny Christmas tree with little flashing lights would be a nice change of atmosphere.

As the ladies arrived and were seated, there was much chatter and catching up with each other.



Marjorie Buchanan had a very enjoyable morning

Tea, coffee and sandwiches were enjoyed by all.

A few fun, quick games of Bingo saw participation and much laughter as we tried to remember legs eleven, two little ducks, key to the door and Top of the House!



Irmie, Beth Tennent and her Mum Marjorie Buchanan

The loveliest surprise of the morning was when Jake from the kitchen delivered warm plum puddings with custard to the table. What an unexpected treat indeed.

The only thing missing was a few carols and Santa, but we did a pretty good dress rehearsal for the big day.

GOLD 4 GOOD



We are excited to be running our Legacy **Gold4good Appeal**. Are you looking for another way to donate? **Simply donate any unwanted or broken gold or silver jewellery.**

If you're having a Spring clean out around the home this week or weekend, why not donate some of your broken or unwanted jewellery to Legacy? Just one gold clasp or odd gold earring can help to change lives.



The jewellery can be anything from unwanted, broken or damaged rings, chains, pendants, bracelets, clasps, links, or odd earrings. Any gold coins or spare change will also be accepted.

Simply post your jewellery donation inside the provided donation envelopes by the 30th November 2023. Follow the 3 easy steps and fill out your details then place your jewellery donation into the provided Gold4Good donation

envelope and seal. Then place Gold4good donation envelope into the provided yellow reply paid return envelope. No stamp is required. Then simply pop into any Red Australia Post Box.

We can't thank you enough for supporting our Gold4good Appeal. For more information contact (07) 3029 5600 or email us at fundraising@legacybrisbane.org.au. Full terms and conditions are available at our website www.legacy.com.au/brisbane.



DIRECT MAIL SPOTLIGHT

Story by: Karen Plitt



Dear Readers

One of the very best things about sending out Direct Mail appeals, aside from getting the wonderful and very much needed donations, is that we often ask our donors to send us their thoughts and hopes.

We are so appreciative for the time spent and kind feelings sent in to cheer a family doing it tough or sharing sentiments about Legacy.

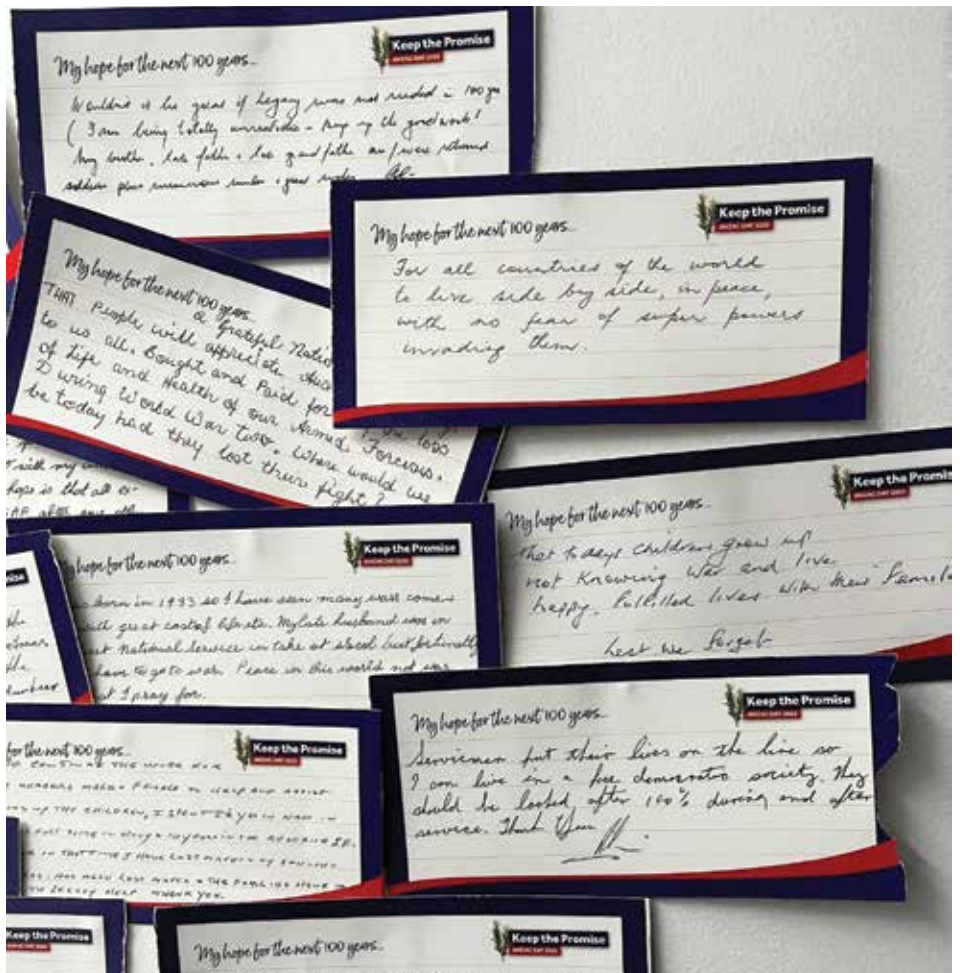
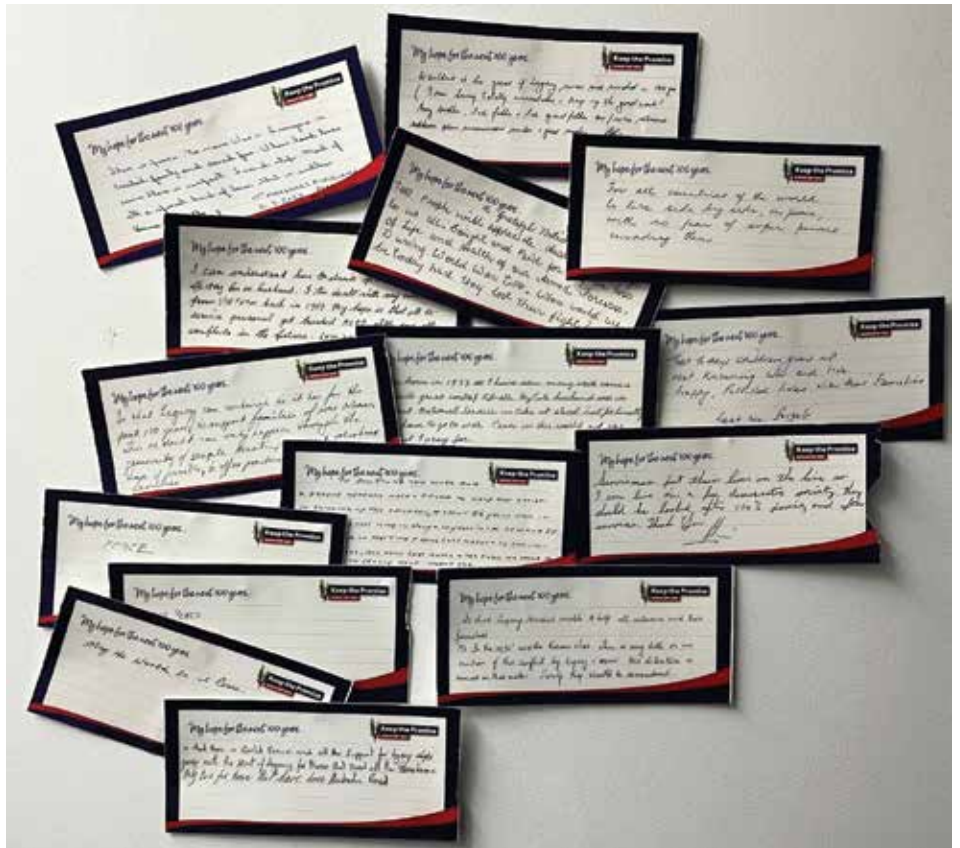
As many of you know, Legacy is celebrating 100 years of service and assistance to veterans' families. An incredible milestone! For our ANZAC Day appeal, we asked readers to send in their hopes for Legacy's next 100 years.

We received so many heart-warming messages— some wishing simply for 'peace.'

We are continually humbled by the generosity of our donors and the brave Legacy families entrusted to us to look after- widows, people with a disability and families with young children. Legacy will always be there for you.

As one donor wrote: "Wouldn't it be great if Legacy was not needed in 100 years (I am being totally unrealistic) Keep up the good work!"

As Legacy moves into its next 100 years, we say thank you for being part of our very big Legacy Family and for helping us Keep The Promise!



KATHY – OUR INSPIRATIONAL EXPLORER

Story by: Karen Plitt



I'd like to share a very inspiring story about one of Legacy's 'Explorers'. Kathy is an adult child of a WW2 veteran. She lives with a disability. Legacy stepped in to help her and her mum Joan for many years.

"She said she wanted to join for me. She wanted me to be a part of Legacy."

When a veteran's child, like Kathy, is living with a disability... 'Keeping The Promise' means caring support for life.

Kathy's mum passed away a few years ago and Kathy is now living independently.

"Until mum died, I didn't know what living by myself was really like," says Kathy. "Now I've got to keep going on with Legacy's help. I don't know what I'd do without them all. They're such a good group of people and so fun to be with. If I didn't have Legacy, I think I'd be a mess."

Kathy has been a member of Legacy' Explorer program for over 15 years. The Explorers program supports people living with a disability whose primary carers are their elderly war widow mothers. Along with services to help manage their challenges,

Explorers provides important social programs, like outings and Christmas parties where members can connect to others, build life-long friendships and be part of the caring Legacy community.

Not too long ago, we shared Kathy's story through our Legacy Week appeal. Some of you may have received this appeal. It offered its recipients the opportunity to send a message of encouragement back to Kathy. Here are just a few of the many messages we received (and are still receiving from our wonderful donors!).

"You have done so well. Legacy is there to help you."

"I am proud of you for being so brave and strong after the sadness of losing your father then mother. I am pleased you have found friendships love and caring with Legacy members'.

"You are very brave and you have been through a lot. I lost my husband recently so I know what it is like to lose loved ones."

"How special you are to your family and friends. You bring a lot of sunshine into all our lives and we love you."

"We are all very proud of you for

what you've done and for the encouragement you bring to others. We know your parents would be looking down feeling very proud.'

Kathy also gives back to Legacy by volunteering and was recently a Torch Bearer for our Centenary- an experience she'll never forget!

Kathy wants to share this heartfelt message with you:

I know my Dad would be thinking: 'Oh I'm glad Kathy is with Legacy!'. Knowing that Legacy's helping me when I need it: my Dad would say 'thank you Legacy for being with Kathy.'



10 COMMON FORMS OF ELDER FINANCIAL ABUSE

Here are 10 of the most common types of financial abuse from **Safe & Savvy - A guide to help older people avoid abuse, scams and fraud.**

Elder financial abuse can take many forms and can include repeated or one-off actions, threats or even a lack of action.

- Financial abuse is often not technically illegal.
- Often elder financial abuse involves someone unethically exploiting power of attorney or other legal mechanisms that give them control over an older person's assets.
- Financial abuse often causes psychological, not physical harm.
- Often elder financial abuse doesn't involve obvious physical threats or violence (although it sometimes does). Instead, the abuser inflicts profound emotional harm and psychological distress on the victim.

Here are 10 of the most common types of financial abuse.

1. Abusing power of attorney

"Power of attorney" gives a trusted person (the 'attorney') control over someone's assets and allows them to make financial decisions on their behalf. Abuse can occur if the attorney uses this power to take a person's assets for themselves or for others.

2. Pressure, threats and intimidation

This occurs when someone attempts to force an older person to sign over ownership of assets, or make them a beneficiary of their will. The pressure may be physical, emotional or both.

3. Fraud, scams and identity theft

This occurs when a third party deliberately sets out to falsely gain a person's trust in order to defraud them and steal their money. Fraud, scams and identity theft (using an individual's personal information without consent, often to obtain a benefit) can take many forms, and are often targeted at older, more vulnerable people.

4. Abusing family agreements

Often families enter into informal agreements that are designed to help everyone, but have no legal backing (e.g. older parents sell their home and split the profit with adult children). These agreements can unintentionally create various risks of abuse.

5. Improper use of funds

This occurs when someone who lawfully has access to an older person's money uses it for unagreed purposes. For example, a carer could purchase things for themselves when buying groceries for the person in their care.

6. Theft

While theft is a risk for all people, older people are particularly at risk, especially if they have care needs. Thieves can exploit an older person's specific physical or mental vulnerabilities.

7. Inheritance impatience

This occurs when adults feel entitled to an ageing relative's assets. This could cause them to try and take their assets from them. Examples include stealing money from parents' bank accounts, or transferring assets to another person.

8. Guarantors gone wrong

Often older parents will help their adult children purchase a home or start a business by being a guarantor to a loan. In some cases, this can create situations where the older parents might lose their home, despite there being no bad intent.

9. Failure to provide promised care

This occurs when an (often well-intentioned) arrangement for family members to provide care to older relatives in exchange for financial assistance breaks down, often because of a change in circumstance (e.g. employment) for the younger person.

10. Emotional blackmail

This can be one of the subtlest and least visible forms of abuse. Examples include an adult child refusing access to grandchildren, except in return for a loan; or an emotionally dependent adult child abusing their parents' concern by demanding money.

If you, or someone you know needs help, call 1800 ELDERHelp (1800 353 374).



CARE GROUPS & LAUREL CLUBS

These groups have the aim to bring together Legacy widows in an atmosphere of friendship and caring. Membership is open to all. Most groups hold regular activities, as listed below – however we encourage you to contact the individuals listed below to ensure you have the most current information and events. If you wish to know more about Legacy Care Groups or Laurel Clubs, please contact Jackie Devine at Legacy House on (07) 3029 5618.

Beaudesert Care Group

Beaudesert RSL
23-25 William St, BEAUDESERT
9.30am, 2nd and 4th Wed of
the month
John Lacey 5547 0235

Bribie Island Care Group

Bribie Island RSL & Citizens
Memorial Club Inc
Toorbul Street, BONGAREE
9.30am, 4th Tues of the month
Marlene Ramsay 3408 3206
Adele Carr 3408 2713

Brisbane Laurel Club

Legacy House
41 Merivale Street,
SOUTH BRISBANE
9am to 11am, Mon & Wed
Elizabeth Cowell 3349 2084
Brisbane Legacy 3029 5600

Caboolture Laurel Legacy Group

Sports Central Caboolture,
Valhalla Room, Cnr
Beerburum Rd & Hasking St,
CABOOLTURE
10am, last Fri of the month
followed by lunch
Cathy Hartshorn 5428 0210
Estelle Anson 5495 1215

Deception Bay Care Group

Meet at Deception Bay
Shopping
Centre Eatery
10am, 1st Wed of the month
Verona Lowndes 0421 288 637

Gaythorne Care Group

Arana Leagues Club
247 Dawson Parade, KEPERRA
11am, Last Fri of the month
Peter Thatcher 3356 4250

Geebung Care Group

Geebung RSL
Newman Road, GEEBUNG
11am, 2nd Fri of the month
Christine Atkins 0411 389 843

Gympie Laurel Club

Veterans Service Centre
44 Nash St. Gympie
10am, 3rd Mon of the month
(except December & January)
Maureen Rush 5483 7410 or
0412 737 380

Holland Park/Mt Gravatt Care Group

Mt Gravatt Plaza
Meet at the entrance
10.30am, 3rd Thu of the month
Beryl Floyd 3349 0203

Inala Care Group

Blue Fin Fishing Club
24 Lilac Street, INALA
11am, last Fri of the month
Cath David 0408 846 574
Nev Patterson 0419 708 601

Kedron/Wavell Care Group

Kedron Wavell RSL
Hamilton Road, CHERMSIDE
11am, last Fri of the month
Margaret Hough 3205 4021

Kilcoy Care Group

Alternate venue each month
12 noon, 2nd Thu of the month
(February to December)
May Wallace 0405 392 461

LANA – Active Widows Social Group

Different venue each month
12 noon Last Sat of the month
Helen White 0413 627 266

Logan Central Care Group

Logan Digger's Club
42-48 Blackwood Road,
WOODRIDGE
10:30am, 1st Tue of the month
– lunch
3rd Wed of the month – bus
trip
Eunice Smith 0407 092 234

Logan East Care Group

Springwood Community
Centre
53 - 57 Cinderella Drive,
SPRINGWOOD
10am, 2nd Fri of the month
Glenda McIntosh 0417 764 101
Nola Nicholls 0438 266 455
Jane Jackson 0402 101 334

Logan West Care Group

Greenbank RSL Lounge
ANZAC Parade, HILLCREST
Last Fri of the month 10am
Clare Heieck 3803 1133

Pine Rivers Care Group

Pine Rivers Bowls Club
11 Sparkes Road, BRAY PARK
11.30am on the last Friday of
every month. Please join us for
a meal and the raffle.
If you'd like to join us, please
contact convenor Cathy Anstey

by the Wednesday before the
meeting on 0418 948 529.

Redcliffe Laurel Club

RSL Club, Tobruk Lounge
Redcliffe Parade, REDCLIFFE
10am, 1st & 3rd Tues of the
month
Mary Cunneen 3889 5075

Redlands Care Group

Redlands RSL
8 Passage Street, CLEVELAND
10am, 1st Fri of the month
Colin Green 3286 6606
Shri Rogers 3206 7158

Courtesy bus available, phone
Redlands RSL on 3488 1199
before 2pm on Wed
before Fri meeting

Roma Care Group

Venue TBC
1st Tues of the month 10am
Janet Menz 4622 3339
Jill Denton 4622 2759

Sandgate Care Group

Post Office Hotel
12 noon, 1st Fri of the month
Tony Ralph 3254 2758

Sherwood Care Group

Westside HQ, Clewley Street
Corinda 11am, last Friday of
the month
Bill Crossman, 0417 795 824

Warwick Care Group

RSL Services and Citizens
Memorial Club
Cnr King and Albion St,
WARWICK
4th Tues of the month for
12pm lunch and 1pm meeting
Gordon Nielson 4661 5772 &
0429 615 773

Wynnum Care Group

Wynnum RSL
174 Tingal Road, WYNNUM
10am, 2nd Fri of the month
Rae Brown 3348 4508 or
0439 928 496

SUNSHINE COAST CONTACT GROUP

Woodford Care Group

Alternate venue each month
2nd Thu of the month
(February to December) 12
noon

Shirley Riddle 5496 1161
Glenn Willmann 0439 535 697

Caloundra Laurel Club

Caloundra RSL
West Terrace, CALOUNDRA
9.30am for 10am, 1st Mon
of the month
Helen Brett 0429 448 081

Coolum Care Group

Maroochy River Golf Club,
374-514 David Low Way, Bli Bli
4th Thu of the month 12pm
Brigid Gonano 0416 045 791
Kerry Wrangle 0413 446 603

Glasshouse Laurel Club

The Glasshouse Club, 6 Gardner
St
GLASSHOUSE MOUNTAINS
10.30am, last Wed. of each
month except Dec/Jan
Rhondra Poor 5441 2172
Star Perkins 5443 9841

Maleny Laurel Club

Maleny RSL
1 Bunya Street, MALENY
Odd months – 2nd Tues of the
month, 9.30am – morning tea at
RSL
Rhondra Poor 5441 2172
Star Perkins 5443 9841

Maroochydore Care Club

RSL House, Memorial Avenue
MAROOCHYDORE
9.30am, 4th Fri of the month
Diana Solomon 5443 9841

Nambour Care Group

Nambour RSL
Matthew Street, NAMBOUR
10am, 3rd Mon of the month
Rhondra Poor 5441 2172

Tewantin/Noosa Laurel Club

Tewantin/Noosa RSL & Citizens
Memorial Club, Memorial
Avenue, TEWANTIN
10am, 1st Mon of the month
Brenda McFeeters 0419 680
870
John Reid 0425 295 055

To celebrate the launch of the book 'We who are left to grow old: stories from widows to mark a century of Legacy', we have created a website where you can share your story with us.

Whatever you choose to write about, we look forward to reading your contribution.

Your story will then be shared on the Stories of Remembrance website. To share your story with us, please visit www.storiesofremembrance.org.au.



ROCKHAMPTON CONTACT GROUP

Biloela

11:30am, 3rd Mon of each month
ANZAC Memorial Club, 94 Callide Street
BILOELA
Bronwyn Hill 0467 447 872

Gladstone & Tannum Sands

11:30am, last Sat of the month
Venue varies, for details phone
Belinda Engstrom 0419 731 912

Clermont

RSL Club, Herschel Street, CLERMONT
2pm, 3rd Tue of every even month
Peggy Williams 07 4983 2093

Emu Park

10am, 2nd Wed of each month
Ocean Brew Eatery
34 Pattison Street EMU PARK
Fran Waterson 0407 131 162

Mount Morgan

9:30am, 1st Thu of each month
Uniting Church Hall, East Street, Mt Morgan
Tony Johnson 0408 068 624

Rockhampton City

Postponed until further notice
Call Legacy Rockhampton Office for updates
07 4922 4010

Yeppoon

10am, 4th Fri of each month
Capricorn Tavern
Scenic Hwy, Taranganba
Legacy Rockhampton Office 07 4922 4010

FRASER-BURNETT CONTACT GROUP

Maryborough

Maryborough RSL
163-175, Lennox Street, MARYBOROUGH
1st Tue of the month, 10.30am

Gayndah

Grand Hotel Gayndah
1st Tue of the month, 12 noon

Wondai/Murgon

RSL Club Wondai
87 MacKenzie St, WONDAL
Morning tea,
2nd Monday of the month, 10am

Kingaroy

RSL Kingaroy
Markwell St & Short St, KINGAROY
2nd Wed, every month, 10am

Nanango

RSL Nanango
24-26 Henry Street, NANANGO
Morning tea, 1st Wed of the month, 10am

Hervey Bay

RSL Pialba
11 Torquay Road, HERVEY BAY
3rd Mon of the month, 2pm



If you would like more information about the groups or events in your local area, please contact your local Legacy office using the details on the back cover.



LEGACY TORCH WORD SEARCH

SPRING FLOWERS

D R Z I H A F M R X R E G E R V P D E Q
A Q A P G B B E G O N I A G N M W B M G
F D M Q V N S U N F L O W E R S V J R Q
F D U N M T H S E J N W V R E J M R N M
O J M K Y I U A D J Z O R A J R N B R W
D B E B O A I W N I X X I C G J Q T I W
I E H A P S A T U Y H W B T I R R Q G Q
L S T N K M F H S B F C I X A D M D R H
K O N N O H A T A R A W R M R N E R X K
Y H A N D L I U N I V N K O A E R F S D
Q B S E E I L J K W L Z Z A E D L A M S
Z Y Y I H I R E R G K H C M O L C Z C U
L G R U H J X M Z A R H A C H O K A H T
P U H U F L V R N I R E E D Q G B L P P
A B C C M Z X G Y K T Z R N Q H V E I Y
W R E L T T A W R E D N E V A L G A Y L
S C S M E R W W W G C D A F P U G H H A
U L K V O N M C H S U R B E L T T O B C
H J S O F N Y H J F S L P X S X N C G U
H I B L C F B O J Q K K P X S O A V Q E

Orchids

Carnation

Chrysanthemum

Daffodil

Dahlia

Golden Wattle

Eucalyptus

Lavender

Sunflowers

Kangaroo paws

Begonia

Azalea

Bottlebrush

Waratah

Banksia



Supporting our veterans' families

LEGACY BRISBANE

Legacy House, 41 Merivale Street
South Brisbane Q 4101
t. 07 3029 5600
e. admin@legacybrisbane.org.au

**LEGACY SUNSHINE
COAST**

106 Memorial Drive
Maroochydore Q 4558
t. 07 5443 9841
e. [suncoast@
legacybrisbane.org.au](mailto:suncoast@legacybrisbane.org.au)

**LEGACY ROCKHAMPTON &
CENTRAL QUEENSLAND**

Suite 3, Tobruk House
8 Archer Street
Rockhampton Q 4700
t. 07 4922 4010
e. [admin@
legacyrockhampton.org.au](mailto:admin@legacyrockhampton.org.au)

**LEGACY FRASER
BURNETT**

1 Bryant Street
Pialba Q 4655
t. 07 4194 5111
e. [admin@
legacyfraserburnett.org.au](mailto:admin@legacyfraserburnett.org.au)