

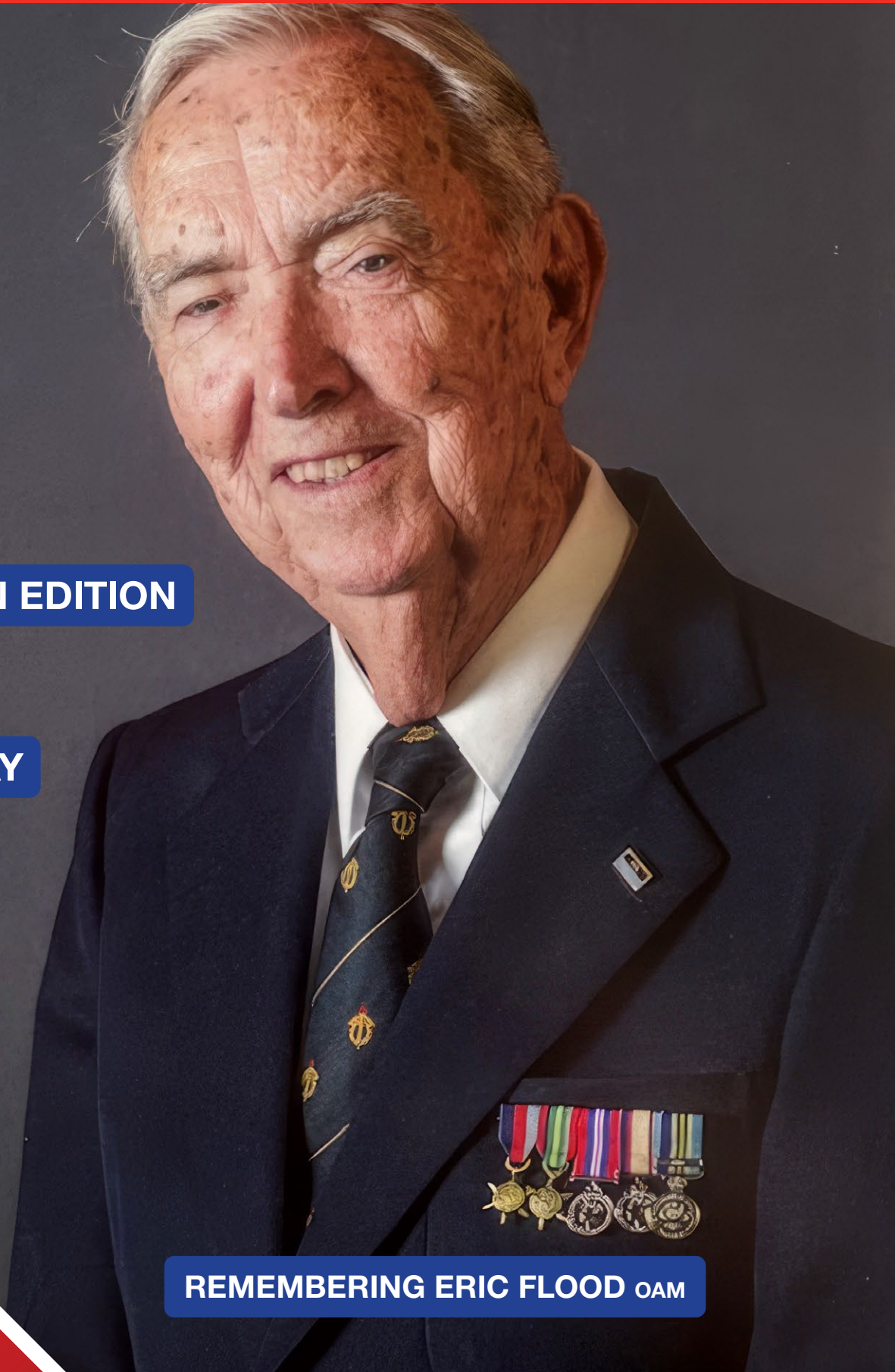
# Chatterbox

**CENTENARIAN EDITION**

**ANZAC DAY**

**MOTHER'S DAY**

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



**REMEMBERING ERIC FLOOD OAM**

# From the Editor

Welcome to our August edition of *Chatterbox*. It was with great sadness we heard of the passing of Eric Flood OAM, one of our most distinguished Legatees. Personally, Eric was a great inspiration to me. He was a quiet respectful man with much wisdom and experience in Legacy matters, holding many senior positions in our Central Coast Legacy. We will all miss him very much and I am sure this issues cover photo, and his story will be a great tribute to him.

Peter Lawley OAM has announced his retirement as Central Coast Legacy CEO ending a long and very successful administration leadership of Legacy over 15 years. With a very dedicated group of staff members, Peter has displayed great initiative and leadership to steer Legacy through some very remarkable times of change, we will all miss him. He has assured us that



he will keep in touch. Heather Wilby has been appointed Central Coast Legacy General Manager to replace Peter Lawley. With Heather's 25 years of experience at Legacy, we are all very excited with her appointment and wish her every success.

ANZAC Day again was very well attended throughout the Central Coast, particularly at the Gosford Cenotaph where Central Coast Legacy members strongly participated. We have included a montage of photos of various ANZAC Day commemorations throughout the Coast.

Included in this August issue are our Centenarian stories, Mother's Day function, 2025 Legacy Scholarship recipients, Legacy race day and all our normal reports and articles.

**Legatee David Ferry – Editor**



**Heather Wilby – CC Legacy General Manager addressing Legatees and Staff at the July Members Monthly Meeting**

Legal appointments available to all enrolled beneficiaries every Tuesday at  
**Legacy Village, 51-57 Masons Parade,  
Point Frederick**



**For an appointment,  
please call  
the Legacy Office on  
4323 4977**



**Page 7 Remembering Eric Flood**

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**NEXT ISSUE 106**

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# President's Report

As we head into the second half of 2025, I write to advise of several quite significant events that have occurred since my last *Chatterbox* message.

The annual Legacy Race Day, held at Gosford on 10 April, was an enormously successful event due in large part to the efforts of our staff. While I was unable to attend, I understand the venue was outstanding and the event was well patronised by Beneficiaries, Donors and Legatees. On behalf of the Board, I thank all those who took part on the day or were involved in delivering the event.

The annual Scholarship Presentation Luncheon, held at Gosford Golf Club on 15 April, was a most successful event due to the efforts of the Scholarship Committee and our own staff. I wrote to Liesl Tesch AM MP and Adam Crouch MP to thank them for presenting the scholarship certificates to the recipients and for their continuing support of CCL. Both Liesl and Adam spoke with me about how impressed they are with the breadth and depth of our scholarship program.

Remarkably, there was a pause in the very heavy rain on ANZAC Day this year, so all commemorations held throughout the Central Coast were surprisingly well attended by our Beneficiaries, Legatees and the public. Our Legatees and staff laid wreaths at Avoca Beach; Copacabana; Davistown; Doyalson Wyee RSL; Ettalong; Evergreen Life Care; Gosford RSL; Gosford Cenotaph; Greenway Chapel & Memorial Gardens, Green Point; Hardys Bay; Memorial Park, Woy Woy; Ourimbah Lisarow RSL; Palmdale Lawn Cemetery; Terrigal; and Toukley RSL.

Sadly, many would be aware Legatee Eric Flood OAM passed away on Monday 28 April. He will be greatly missed by all who knew him and valued his forthright advice and wise counsel. His service to Legacy over many years in many capacities was exemplary and is recounted more fully elsewhere in this *Chatterbox*.



As readers would recall, the Board have carefully considered the way ahead for the continued provision of accommodation and services to our beneficiaries located in the current Legacy Village. The Board agreed the most feasible and cost-effective option involved a combination of leased residential accommodation, and leased and purchased office space in Shortland Street, as well as retention of accommodation on the boundary of our current site in York Street.

All costs related to leasing and purchasing of accommodation and office space have been, and will continue to be, offset against the funds raised from the sale of the Masons Parade site, which was finalised in July.

As previously advised, following completion of the Masons Parade land sale, the York Street subdivision and resident relocations, the role of the CEO in its current form is no longer required. The Board endorsed a succession plan with internal staff being interviewed for the position of General Manager in early June. The Board approved the outcomes of the selection process with Heather Wilby appointed as the General Manager effective from 1 July 2025, to allow for an appropriate handover and transition period. I am sure that you would all join me in congratulating Heather!

Finally, in December 2024, the Board established a strategy and planning subcommittee. The subcommittee considered the short and medium-term challenges relating to CCL strategy and business planning over the period 2025 -2030. The subcommittee has now reported its findings on the future directions for the CCL to the Board. The outcomes will be reported to Members before the annual general meeting in September.

**Legatee Patrick Gallagher CSC**  
*President*

## ***Chatterbox audio***

Many of our enrolled beneficiaries receive copies of *Chatterbox* on audio CD. If you are a sight-impaired enrolled beneficiary, or know someone who is, you can access an audio edition via **MP3** or **Audio CD**.

If you would like an audio version of *Chatterbox*, please contact the Legacy office on 4323 4977.

***The Central Coast  
NSW Legacy website  
is live. Scan the QR  
code with your phone  
or visit us at***



***www.cclegacy.com.au***

# CEO Update

On the 1st of July 2025 the sale of the Legacy Village site at Masons Pde was completed. This was a significant milestone in the history of Central Coast Legacy, and the funds received will enable the long-term financial sustainability of Legacy on the Central Coast for the long term.

The current residents will relocate during the coming months to new apartments at 1 Shortland Street Point Frederick, (next door to Masons Pde) and Legacy will continue to be able to provide safe and secure affordable housing for our Beneficiaries.

The York Street units have been subdivided from the Masons Parade site and Legacy will continue to own and operate these units as well. This will provide 21 Units for affordable independent living accommodation.

The office holds a waiting list for both Shortland and York Street units for those interested enrolled Legacy beneficiaries living in the community.

In addition, Legacy has purchased a 3-bedroom apartment in Shortland Street for use as Common areas and meeting space for the Legatees and residents, and



office space for staff.

The funds received have been invested to provide a long-term cash flow for support of our Legacy services.

Our Welfare/Advocacy budget includes expenditure in excess of \$1 million for accommodation supplement and welfare programs, social support etc.

Also on July 1, 2025, Heather Wilby commenced as General Manager of Central Coast Legacy, as I will be retiring in September 2025.

Most will know Heather, who has worked for Central Coast Legacy for over 25 years and Heather has a wonderful knowledge, commitment and understanding of Legacy and the needs of our Beneficiaries and Legatees.

I will leave in the knowledge of a strong and successful future for Legacy on the Central Coast. I have thoroughly enjoyed my role at Legacy, with the incredible support from the staff and Legatees, and the enjoyment of the many events and programs we have held for our wonderful "Legacy family".

There has certainly been some changes during my time as CEO, all with the intention of assisting Legacy to continue for the long term to "Support our Veterans' Families".

**Peter Lawley OAM – Chief Executive Officer**



*Peter & Ross Lawley, 1965*



*Peter & Ross Lawley, 2019*

## **Central Coast NSW Legacy operates Widows Social Clubs at various locations across the Central Coast.**

**Our Social Clubs provide an opportunity for our enrolled beneficiaries to get together for a social catch up, have a cuppa and a bikkie, discuss social events including regular bus trips, bingo days, morning teas, luncheons and other events that may interest our beneficiaries.**

**Transport can be arranged for our beneficiaries to attend the meetings.**

**Each meeting is attended by our Legatee Liaison Officers and also one of our Welfare Officers.**

**If you are interested in attending one of our Widows Clubs, please contact the Legacy Office on 1800 LEGACY (1800 534 229) or 4323 4977.**

## Sunflower Social Club

We have been buzzing these past 4 months. Recent excursions on the bus have proved popular.

**Wyong Veterans Hub – March:** The visit to the Wyong Veterans Hub was an eye opener. As we entered, we were greeted with a warm welcome and the waft of freshly cooked scones and pastries. We enjoyed the hospitality in a comfortable cafe-like area and were served a choice of tea, coffee of our choice and the freshly cooked scones with cream and jam plus pastries. It is a well designed, welcoming atmosphere for veterans and their families. The staff and volunteers are to be congratulated on this improvement within the veteran community. We finished the day with lunch at The Tall Timbers Hotel, Ourimbah.

**Mangrove Creek Dam, April:** Our first stop, coffee at Kulnura where we enjoyed ANZAC biscuits from Legatee Karen and rock cakes from Thelma. Mangrove Creek Dam included an informative visitors centre and viewing area, such a serene scenic place. We lunched at Wyong Bowling Club.

**Rookwood Cemetery – NSW Garden of Remembrance, May:** The area is well maintained, a credit to the staff. The registers listing all the plaques were available at the entry. Our driver Colin was so helpful & ensured that everyone found the plaque/s they wanted to visit and photograph. Anne (Legatee) deserves special thanks for assisting everyone on the day. We had adequate time to visit and reflect. A day to be remembered & a precious time for all. Asquith Golf Club was our lunch destination. Thanks Colin, we all look forward to our bus outings.

As a follow-up Guest Speaker, Robyn from “Friends of Rookwood” came to the meeting in June to talk extensively on the history of the cemetery. We hope Robyn will visit again as there is more to hear. Their



publication “The Sleeping City” is available for purchase.

**Alison Homestead – Wyong, June:** A Heritage listed property, there is an entry fee of \$5.00 and Central Coast Legacy paid the extra to include a Devonshire tea of freshly made scones with the trimmings. After viewing a large array of interesting exhibits, we visited the nearby Old Wyong Milk Factory complex to check out The Chocolate Shop and The Cheese Shop where we could purchase items. Lunch was at the Hotel. The decision to stop and shop at the Sarah Lea Outlet on the return journey was a bonus.

**Events:** The Mother’s Day event at Gosford RSL, these Legacy special events are always enjoyed. Our entertainers on the day, musician Joey & Italian tenor Gaetano.

Gosford Race Day, and The Big Morning Tea were also events attended by some members.

Our club would not function without the efforts of our Welfare Officer, Jessica Stoker plus Legatees Anne, David & others who help organise and run the meetings, events and escort us on the bus trips. Our meetings are held on the 1st & 3rd Friday of each month, and we always extend our time together by following up with a coffee or lunch in the bistro.

## Wattle Social Club

Hello everyone, winter has arrived. I hope all are rugged up and keeping warm. Our Mother’s Day treat at Gosford RSL was really enjoyed by all. As usual Joey’s entertainment had us singing and clapping to the music. The food was so luscious. Thank you everyone at Legacy for making such a lovely memorable day. We were surprised to hear Peter Lawley will be retiring in September. We wish Peter good health and happiness in retirement. Our Wattle Club group at Erina Leagues Club continues to keep good numbers. We love our bingo and lively discussions. Thanks to Legatee Karen for the jars of lemon butter for our raffles. It was a shame the May bus trip to Mangrove Mountain Golf Club had to be cancelled. The rain was just too heavy to go ahead. Our much-anticipated outing to Legacy Race Day was disappointing as once again the races had to be called off. We had a mouthwatering lunch with good

company. The Legatees kept us entertained with prizes for games and trivia. Legacy gave each table \$50.00 and whoever managed to increase their money the most won money vouchers. No more races but we still had a terrific day out.



## Rosemary Social Club

By the time you read this hopefully most of the cold will have left us; it seemed to come suddenly and viciously. Despite that, we've had some interesting meetings and bus trips.

L/Nunn organized for our May meeting the first of our guest speakers. Tim and Martin from the Rural Fire Service spoke on preparedness for the fire season and (very helpful) set up in our mobile phones the "Hazards near me" app. which covers fires, floods and incidents.

Notable bus trips have been to Breakers Country Club where we had a very nice meal. The scenic trip took us first to Mt Penang Waterfall Café for morning tea. In May we went to the Hunter Valley Gardens, not inside because of all the walking involved but a wander around the shops and lunch in The Lime Tree café. It was nice to be inside on that day as it was pretty chilly. Highlight of that trip was really morning tea at The Oaks which is very popular with bikers. There must have been 30 bikes there and some of our ladies couldn't resist having a chat with those grey haired, leather clad gentlemen.

The destination in June was to Patonga with morning tea at "The Hub" in Wyong. It's open 5 days a week as a drop-in centre for Vets and their supporters. They are happy to do a lovely spread if a group is booked in. A thank you to Col, our bus driver for organizing these morning tea spots and to Legacy for shouting us



coffee. We also enjoy Col's company at meals and his attentiveness to small details such as insuring everyone has the right coffee and meals.

Jumping back to May. How good was the Mother's Day Luncheon! Joey on accordion and Gaetano, a lovely tenor, entertained beautifully and Legatees made every lady feel special.

Our July trip was to Dobell House Wangi Wangi. We hadn't been there for years, so it was interesting to see how much had changed yet stayed the same.

You can see that we are alternating trips north and south which makes them more enjoyable – do try to come along and have a day of fellowship and fun. We do miss some of our regulars who are unable to make it as they are unwell and wish them a speedy return to better health.

**Ruth Condon**

## Toukley Social Club

I hope all are coping with the winter chill – it will be over before too long we hope. Our meetings on the 1st Monday of the month (10am) at the Ary, Toukley have had a steady attendance and Jessica and our Legatee run an enjoyable meeting. They've been trying very hard to hand out diaries as prizes for the Bingo winners, but the choice of chocolates is always welcome. Some of our ladies have been unwell and we wish them a speedy recovery. That's the problem with getting on in years; things take longer to come good.

Despite having an extensive list of destinations for bus trips we still have trouble deciding where we'd like to go but the bus is always full. The aim is to alternate north and south. However, wherever we go we always enjoy our bus trips with Col – his jokes are a bit strange though. We like that he always joins us for morning tea and lunch as does the Legatee who travels with us, and we appreciate Legacy shouting us our morning coffees.

Highlights of the past couple of months have been lunch at The High Tide restaurant in Brooklyn which is delightful by the water seeing the busy boats and the occasional train go by. We also had a lovely day in June heading north. Morning tea was at the Museum of Art and Culture at Booragul beside Lake Macquarie where there was, beside the museum pieces, an exhibition of

children's artwork. That was followed by an enjoyable lunch at the Gunyah Hotel at Belmont. On that trip we were pleased to be joined by, as well as our experienced Legatee, a new Legatee. It's always a pleasure to meet someone new to that position.

Back in May the Mother's Day event was so enjoyable. The entertainment, as always, was first class and we enjoyed the Legatees attention at each table. It was also great to see Chris, our bus driver for many years, who is now enjoying retirement. People come and go but there are always people we remember, which is another reason to attend as many social events as possible to keep up our connections and not become isolated and feeling alone.



## The Entrance Long Jetty Social Club

I hope everyone is keeping healthy and warm. Colin has been busy taking us on our monthly bus trips. April saw us off to Harbord Diggers Club. The café was on the ground floor, which made access easy for us. All had an enjoyable lunch. We stopped to look at the thundering surf covered in brown foam and spray showering the shoreline. People lined the street taking photos. Others just watched the spectacle. Wonderful looking at the ferocity of nature. Our May bus trip took us firstly to Penang Gardens for morning tea overlooking the lake.

Then we travelled on to Asquith Golf Club. Our ladies had a nice lunch with views over the manicured grounds of the golf club.

Our June trip was on the Riverboat Postman on the Hawkesbury River. Luckily, we had allocated seats, as there were a lot of people on the popular cruise. Firstly, morning tea with a huge Anzac biscuit. Lunch consisted

of a salad with a bread roll. The river was sparkling, and the scenery was spectacular. Even the sandstone had been washed to a creamy colour from the recent rain. It was a fantastic day. Thanks Colin, for driving us safely to our destinations of interest and the Legatees who accompanied us.

We were looking forward to the Legacy Race Day in April. We were served a delicious lunch, and the first two races had been run. Suddenly the races were abandoned. Some of the Legatees had a basket of goodies, which were prizes for games and trivia. Also, there was a competition on race winnings. Some lucky people won vouchers. No more races but we still enjoyed a great day.

Mother's Day was a treat for us joining with all the other clubs at Gosford RSL Club. A sumptuous lunch was served, as Joey entertained us



with lively, much-loved music.

Thanks to Legacy Staff and Legatees, who make all these wonderful events possible for us. Peter Lawley announced he will be retiring in September. We wish Peter a happy, healthy retirement.

## Social Bus Report

Where has the year gone, it seemed like yesterday that I was writing my first Social Bus report at the start of the year. The social bus trips for the last couple of months have been very popular and successful.

A couple of trip highlights for me personally have been the Veterans hub (great finger buns and scones for morning tea) and Rookwood cemetery Veterans Memorial. If you have not been there on a social trip, I highly recommend your club makes the effort to get there. Other trips of note were Harbord Diggers, Asquith Golf Club, Oak Restaurant, Mt Penang café and The Riverboat Postman. Something that has been happening with a few of the trips recently is that there has been a destination for morning tea as well as a different one for lunch which has been fantastic to see. Some examples are Alison Homestead (great scones), Mangrove Creek Dam Visitors Centre, Museum of Art and Culture, Toukley Art Gallery and The Veterans Hub,



did I mention the finger buns and scones for morning tea (Not a Typo). Most of these places I never knew existed, which shows the vast array of knowledge and interests from the ladies, and the obvious lack of mine. While we have had a couple of trips cancelled due to weather and other factors, it has been really pleasing to see the continued support of the trips by the ladies and the Legatees.

The introduction of Legacy paying for morning tea drinks on the trips has been well received and very successful, many a tea, coffee, milkshake, and hot chocolate has been consumed. It has also been fantastic to get to know a lot of the ladies and Legatees as the trips have rolled on and I look forward to getting to know everyone even more as the trips go forward.

Thanks for travelling with Central Coast Legacy Bus Service, safe travels, happy motoring and see you soon on one of our happy bus trips.

Bus Joke: As a result of my giving up my seat on the bus for someone else, I lost my job. Apparently, you're not supposed to do that when you are the driver.

Colin

## Poppy Social Club

I was chuffed when Legatee Anne Taylor asked me for assistance to set up a new social club. She had observed for some time that some beneficiaries were not attending the current social clubs. We realised a 'Pilot Project' may identify women who were looking for different outings using public transport or their own car to attend these venues.

After 6 months of the 'Pilot Project,' it was clear there were people keen to meet up with other women who are in a similar position and explore outings the Poppy Club offers while enjoying the company of other beneficiaries sharing similar interests.

Poppy Club is open to a range of activities and not reliant on the Legacy bus for transport however, there may be an option to use the Legacy bus in the future depending on where our trip is going to.

So where have we been so far? Well, after some initial coffee mornings and lunches locally, some of the outings have been:

- Train to Sydney then ferry to Parramatta for lunch
- Train to Newcastle, then light rail to Olive Tree Markets, a walk along the boardwalk, ferry ride and lunch
- Train to Hawkesbury River and enjoyed lunch on the Riverboat Postman
- High Tea at Erina to celebrate everything motherly.

Some of the upcoming outings look to be places like the Sydney Fish Markets, Whale Watching, The NSW Art Gallery, Christmas in July to name a few.

Do you fancy joining a lively group of ladies who refuse to step foot in the 'quiet carriage' of the train? So how do you know if Poppy Club is for you? Here's a guide to help you decide:

I can use WhatsApp on my mobile phone or are prepared to install on my phone. This is the main communication method being used. No monthly meetings to decide where to go as this is forward planned during an outing. (Dates and venues then shared on WhatsApp.)

1. I am prepared to catch a train, light rail or ferry (you will need to be quite mobile)
2. I am prepared to actively participate by suggesting outings or car-pooling
3. I can walk up and down stairs, on and off public transport
4. I am confident walking or standing for lengths of time on some outings
5. I can attend on a Thursday or Saturday.

If this sounds like it's for you, or you would like to give these outings a try, then contact the Legacy office on 4323 4977 and express your interest.

**Legatee Kath Hayes**



## Widows Social Club Meetings

**Sunflower Social Club** meets at Ettalong Beach Diggers Club on the first and third Friday of each month at 10am, with a monthly social outing on the third Wednesday of each month.

**The Entrance-Long Jetty Social Club** meet at Diggers at The Entrance on the third Monday of each month at 10am, and a monthly social outing is the first Tuesday of each month.

**Toukley Social Club** meets at The Ary, Toukley on the first Monday of the month at 10am, with a social outing on the third Thursday of the month.

**Wattle Social Club** meets at Erina Leagues Club on the first and third Thursday of the month at 10.15am-12noon, with a social outing on the fourth Friday of the month.

**Poppy Social Club** outings are on the last Thursday or Saturday of the month. Outings are attended using public transport or by driving to the venue. WhatsApp is used to communicate outing details.

**Rosemary Social Club** meet at The Ary, Toukley on the second Tuesday of the month at 10am, with the social outing on the fourth Wednesday of the month.

*For further information about our social clubs, please call 4323 4977.*

## Eric Flood OAM

Eric served Legacy, and Central Coast NSW Legacy in particular, with great dignity and compassion for well over the 50 years. He was an inaugural member of the CCL Scholarship Committee (and was still a member at the time of his passing) and was its Chairman for 5 years. He also served as Chairman of Chatterbox for six years during which time he presided over its revamp. Eric was highly regarded by his colleagues not only for his intellect, wisdom and common-sense view of the world, but for his enduring kindness and courtesy towards all those he encountered, widows, staff and Legatees alike. Eric had a wonderful speaking voice and his recital of In Flanders Fields or The Ode was an especially moving experience. His colleagues are certain that he has a special place in the hearts of all the widows and families he has assisted during the course of his 50+ years in Legacy.

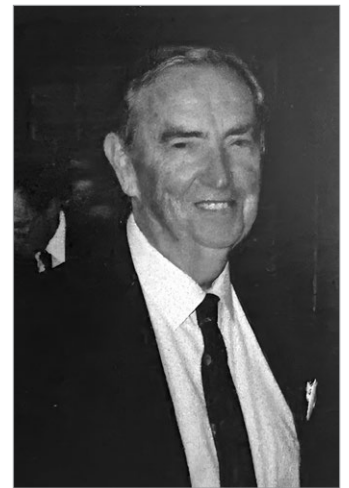
Legatee Eric Flood OAM passed away on the 28th of April 2025, his death marking the end of a 56 year association with Legacy. He joined Legacy in Lithgow,



a division of Sydney Legacy, in 1969 and transferred to the St George Division for many years prior to moving to the Central Coast in 1998 and transferring to Brisbane Water Legacy, now Central Coast NSW Legacy. The early days of his time in Legacy were dedicated to supporting the many families of WW2 veterans, with the focus

very much on providing the children- Legacy Juniors - with educational, sporting and personal development opportunities. Over time, Eric developed expertise in assisting widows with their pension applications, a task he continued to perform right up until the time of his death. His passion for providing educational opportunities for young people was a key factor in him being appointed the inaugural member of the Scholarship Committee at Central Coast Legacy in 2002. He continued as a member of this Committee right up until the time of his passing.

Eric was much loved and admired by his Legacy colleagues. He exemplified all that was good about Legacy – a passion for service and a commitment to personal effort aimed at ensuring the care and wellbeing of the family members of those who have served. He served Legacy with compassion and humility and will be long remembered.



Eric receiving his Order of Australia Medal

## Scholarship News

A delightful ceremony was held at the April Member's meeting when six of the eight successful candidates were presented with their Scholarship Certificates by Liesl Tesch AM MP and Adam Crouch MP.

A record number of 25 applications were received from young people. The most deserving candidates were chosen after an interview by Legacy's Scholarship Committee and endorsed by Legacy's Board.

The recipients were Anyssa (Bachelor of Business), Brooke (Bachelor of Occupational Therapy), Fraser, (Bachelor of Paramedicine), Jack (Bachelor of Teaching), Josiah (Bachelor of Mechatronic Engineering), Makenzie (Bachelor of Medical Radiation

Science), Noah (Bachelor of Exercise and Sport) and Thea (Bachelor of Education Primary).

These scholarship recipients showed exemplary merit, deservedness and financial disadvantage. We wish our new recipients the very best with their studies along



with our other 8 existing recipients still engaging in their education.

# Recognition and Reserve Membership for Legatee Elizabeth Ward

At the Members' Monthly Meeting held on Tuesday 20 May 2025, Central Coast Legacy acknowledged the long and excellent service of Legatee Elizabeth Ward.

As we all know, Elizabeth has been a valued and very active member of Central Coast Legacy since joining what was, at that time, Brisbane Water Legacy in July 2011. Sadly, for us, in February this year Elizabeth decided to step down as an active Legatee, but we are now delighted she has accepted the Clubs offer of Reserve Membership.

Elizabeth's time as a Legatee and as a member of our Club included many significant achievements and milestones, highlights of which include:

- Service on the Board as a Director of the Club from 2012-2020
- Service as Deputy President and Vice Chair from 2013-2015
- All culminating in her role as President and Chair from 2015-2017.

In addition, Elizabeth was at various times a member of the Finance, Family Welfare, Legatee Welfare, Pensions, Scholarship and Personnel Committees, chaired many of them, and often sat on more than one Committee at the same time.

In a broader context, Elizabeth also held the position of National Adviser for Welfare and Wellbeing programs for Legacy Australia. In that role Elizabeth dedicated herself to serving the families of those who served in the ADF and who gave either their lives or health in service to our country. During that time, Elizabeth made many significant contributions to several wider Federal Government initiatives relating to Defence families.

In 2021, the Board of Legacy Australia endorsed a proposal for a national evaluation of all programs and services offered by Legacy to be undertaken by Elizabeth. This was a mammoth task as it entailed surveying all

Legacy Clubs around Australia across a wide range of issues with a view to obtaining a detailed understanding of the range of programs and services offered by clubs and the beneficiary groups to which they were offered. The evaluation concluded with a 200+page report and a series of recommendations, many of which are at last being acknowledged and addressed by Legacy Australia as part of the Legacy 2030 'Towards One Legacy' agenda.

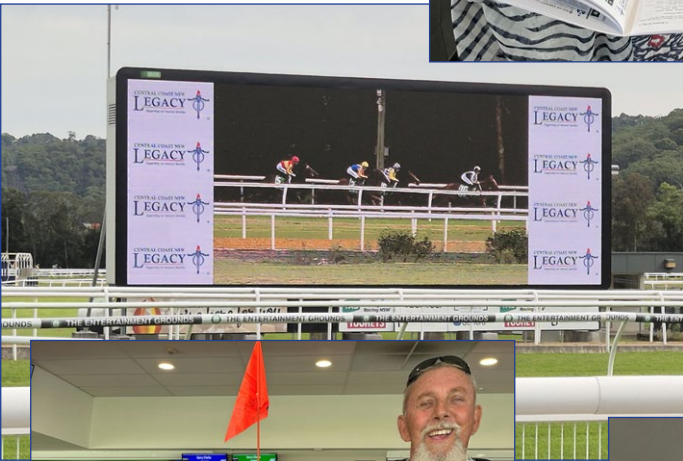
To say that Legatee Elizabeth Ward has achieved many things in Legacy over many years would be an understatement. She has been an exemplary Legatee, demonstrating compassion and kindness both to our beneficiaries and to her fellow Legatees.

As I said on the day, "Elizabeth, we will truly miss your commitment and your dedication as an active member, we wish you all the best for the future, and we look forward to welcoming you regularly to the Club's gatherings as a reserve member."

**Legatee Patrick Gallagher CSC**  
*President*



# LEGACY RACE DAY



# ANZAC DAY 2025 ACROSS THE COAST



# MOTHER'S DAY LUNCHEON



In an enduring testament to the life within our Legacy family, and, for the 12th year in succession, we devote this article to recognising and congratulating those amongst us who have become Centenarians since last August. Achieving this uniquely amazing occasion deservedly warrants great honour and we take this moment to celebrate the treasure of their lives. Amongst those included personally below, are also Gloria Moss, Mary Morgan and Marjorie Hunt.

The thoughts and memories of 6 most special ladies shared at this time, now follow.

## **Beryl O'Rourke (as told 26/6/25)**



With war raging in Europe and Asia Pacific, Beryl aged nineteen, abandoned by her first husband, was raising a child six hundred miles north of the Brisbane line. At a local dance she met Denis (Dinny) on leave from a tour of Tobruk. When the last waltz was over Dinny rode a bicycle ten miles into the blackout to ask for her photo to carry with him on his next tour (Borneo) and later boasted of his efforts. Beryl dismissed his claim having regularly ridden such distances to her workplace and representing her school and district in vigoro for fifteen years from age twelve. Having survived the rigours of war the two were reunited, married and raised seven children. Upon his passing, forty-nine years later, that photo was found still tucked in his wallet.

Glenella a small farming district near Mackay, Queensland is where Beryl's life began. Her father, at the age of fourteen, lost his father and Beryl was to suffer this same fate in the year Australia declared war when her father died of a tropical disease. The youngest and only sister to four brothers she didn't seek their help to flourish. Being stoic, industrious and independent she built a thriving dressmaking business while looking after her toddler, Heather. Beryl, Dinny and Heather moved to a new house incorporating a corner shop, just in time for a new arrival. Sadly, this child, Barry, did not come home from the hospital. But eleven years and five children later the house was full. Her brother George passed away in this period and Beryl nurtured three of his children for eighteen months before they could return to their mother. Just after Heather's entry into Kelvin Grove Teacher's College, Dinny was quarantined to Brisbane with Tuberculosis for twelve months.

Dinny returned and they decided to move closer to the city for easier access to schools soon after their last child arrived. Dressmaking, specializing in bridal gowns, continued when a friend invited Beryl to a Bessemer party. She entered Bessemer ware's cake competition winning first prize and chose to become a salesperson. Beryl thrived in this business and attained top salesperson in the state. Her secret to success, lifting the lid of a casserole dish to reveal a boiled rum fruit cake. As the rum aroma rose up and wafted across the room so did her sales. Her youngest son who had accompanied her on these trips started school when a critical lack of teachers in local primary school saw Beryl helping as a teacher's aide.

Over time Beryl was given control of her own grade three class. The government compelled Beryl (having a junior level certificate) to achieve a Dip. Ed. by correspondence over the following two years. She continued teaching until her first born, Heather, fell seriously ill. A friend offered a house in Blue Bay, Central Coast for respite care. Four years after Heather passed, Beryl and Dinny took the plunge to leave sunny (hot) Queensland to settle in The Entrance, Central Coast. Nine years later during mourning Dinny's passing she endured a robbery in which she chased the cowardly pair out of the house. Then fell victim to macular degeneration in both eyes but this did not slow her down. She joined clubs and went on many social trips local and interstate; Vision Australia commenting she was an inspiration to others.

Today Beryl enjoys an extended family of ten grandchildren, eight great-grandchildren and three great-great-grandchildren. Currently bedridden in a nursing home on the Central Coast, New South Wales she would love to catch up with those she spent time within the local chapter of Legacy and War Widows which kept her active even though legally blind for the last 20 years. Her tip for longevity: just put one foot in front of the other and avoid the perch, you can't fall off of it if you don't get on.

## Mary Grace Huntsman (as told 4/6/25)



I was born at Royal Women's Hospital Paddington on 24/9/24. At that time, my father and mother were living at Rushcutters Bay with my maternal grandparents. Sadly, when I was only 6 months old, my father was killed at Penrith Speedway, Dirt bike riding, aged only 24.

Little changed for me until aged 6 when my mum remarried to a Frederick McCarthy. Mum moved to live with him at Maroubra, but I stayed on and was raised by my grandparents, now at Double Bay. As the years passed, mum had 4 other children. I had two half-brothers and two half-sisters.

My school years were at Double Bay Primary to year 4 then to St Joseph's Nuns at Edgecliff and beyond to Intermediate at Monty Ella Vita (Charity Sisters of St Vincents). School for me included

friendships, a love of books, art and history but can remember little sport other than, I think some running. Born and raised a Catholic, I always held my faith and had a deep respect for others.

Leaving school my first job was as an apprentice florist, and I helped my grandmother who had a grocery shop at Double Bay on weekends. Although I had always wanted to be an archaeologist it wasn't to be with War approaching. As it broke, and with Nanna retiring, 'Manpower' stepped in and told me 'Food over Flowers'. I became somewhat a permanent at the Grocery shop and while there was little time for much else, I also joined St Johns Ambulance and The Red Cross V A D (Voluntary Aid Detachment).

With War, good friends of ours, living in the same street (the Oats) had their son 'Kenny' deployed to Darwin. While there, he shared his photo album with some of the 'boys'. One chap, a Peter Huntsman, must have taken an interest in what he saw in one of the shots and asked for permission to start 'pen friending' me. After some 14 months of letters, he returned home in February 1943, and we met. The meant to BE's continued and we were married December that same year. Strangely enough HIS family lived at Rosebay. We were all very close by.

After our wedding, we stayed on with Nanna till our eldest, Robyn was born in 1945, and we moved to a rental at Rosebay on our own. Peter went back to his trade as a printer and book binder and in 1948 we were blessed with another child, Ray. We moved further onto a property at Frenchs Forest and had a ½ share in a Laundrette. Bushfires devastated our home in 1951 and we moved to the Central Coast on an Orchard at Terrigal. The sea breezes and cleaner air helped Peter with his health. Things settled greatly for him though he continued to fight Repat for a Pension. Our third child Peter was born 1953. Around 1969 we moved back to Parklands, Sydney closer for Robyn who was starting college. My Peter's health battles continued, and I lost him at 53yo in 1976. In 1978, I sold up and moved to the Central Coast to live with my daughter in a granny flat on her property. When they moved some years later, I relocated to a rental in Wyoming. I noticed there was an opportunity to apply for a Legacy Unit at Point Frederick and was luckily accepted and moved to the Unit I still occupy in December 1996.

I have always loved craft and was part of the 18 strong, Legacy Village Craft group for over 23 years.

Together, we made countless shawls for Ethiopian children, singlets for AIDS babies and shawls for the local homeless including trauma bears for Westmead, John Hunter and Gosford Hospitals. Our work included over 5000 poppies.

The biggest influences in my life have been a number. My 2nd class teacher, Miss White who had a love of adventure and simple philosophies, my grandmother who took me everywhere with her. She was intelligent and introduced me to the world beyond 4 walls, and my aunty Glad - a leading tailor in Sydney and Mezzo Soprano at St Marys Cathedral who included me in her passion for sports and hiking.

Possibly the greatest personality I ever met and, someone I was quite unaware of at the time was underworld wife, Tilly Devine in a Butcher Shop in Maroubra when I was 6yo. I had been tasked with getting a leg of lamb by my grandmother with 2 shillings and wondered at the fox fur around her neck. I thought she was wearing a live animal. She was dressed to the nines, and I marvelled at her elegance. Sharing a smile and short word, I remember her telling the Butcher to GIVE me the leg of lamb without payment. He did!!

My greatest happinesses were gained from both my family and the time I shared with my Peter at Terrigal where his health genuinely improved. Life was simple.

I never smoked, had an odd wine with dinner and remember a world Cruise / Tour I took for 5 ½ months in 1977. During that time, we visited Germany. I simply wanted a soft drink, but they only served Beer. Well, with some honesty, I can say, I've had a beer now. I never smoked though I could roll Peters cigarettes better than him. My favourite meals are pork or corned beef and I've always eaten healthily.

Bottom line, I've always kept busy. I've never been bored and can't understand that concept. Always a worker who preferred to be behind the scenes and I never dwell on things. I am very proud of the fact that I was part of the first Lions Club in Australia, holding all highest positions through 12 years.

Why have I reached this age? ... Good genes!!

**Kitty Patterson (as at 27/06/2025)**



I was born in England, I grew up in Leeds, Yorkshire. I am the eldest child of four, I have three younger brothers. Life was very hard in those days, because there wasn't much technology. I went to primary school in Leeds. I left school at 14 and I worked in a clothing factory, when the war started, we had to make army greatcoats and then after that at 18 we had to go into an aircraft factory and make aeroplane parts.

After the war finished, we had to go into a certain department, and I went into Leeds infirmary. I had to work there folding sheets. I then went back to the original factory where I was making clothes.

I love dancing and I used to go three times a week, this is where I met my husband, he was such a good dancer, he loved to dance! I got married at 24.

Following the birth of my first child, I stayed at home for a while then ended up going back to work at the clothing factory. At this time, we were renting

a one-bedroom house, I had my two other children, boys. The houses we were living in were pulled down and we ended up getting a new house in Seacroft, England.

We came to Australia in 1968, as my husband was a builder and due to all the snow in England he couldn't get any work. We went to Camberwell Road in Melbourne, and I got a job making tramway uniforms for the trams and bus workers in Melbourne, I was there for 15 years.

Before I retired, my husband built us a house in Melbourne near Tullamarine airport, we stayed there for 15 years. From there I ended up retiring at around the age of 60.

We then moved to Darwin, we were only there for three months it was too warm for our English blood! Then we moved to Mermaid beach on the Gold Coast, we were there for about two years. After that we moved to Cairns where my daughter was living, my husband got sick, so we ended up having to move back to Melbourne for his medical treatment.

Following my husband's passing, I moved to the Central Coast and lived here with my daughter for 15 years. I moved to Peninsula Village 6 years ago.

I play bowls at Everglades Country Club, twice a week. I won the major and minor pairs. I still really enjoy dancing and partake in happy hour in the village every week. I still do a lot of knitting, and I am an active member at the Legacy Sunflower meetings.

I would say the secret to living a long life is good English blood!

## Heather Sheens (as at 27/06/2025)



I was born in Queensland and had two older brothers. Sadly, my mother passed away when I was born. I understand that an aunt, my mother's eldest sister, came back home from India to look after us. My mothers two sisters moved us to Sydney,

and they looked after the three of us until our dad remarried. We then moved in with our father and

stepmother. She had three more boys over the next few years, so I grew up in a house full of males.

I started primary school in Byron Bay, then we came back to our home in Lane Cove, and we went to the local school.

After leaving school, I worked in a photographic studio, retouching prints. I ended up leaving that job and became a receptionist at the Sanitarium Factory in Lewisham, which is where I met my first husband. I stayed working there until we got married.

We rented a small place in Chatswood, just around from the Shopping Centre. While we were living in Chatswood I had my first daughter. We had five girls all together: Janice, Wendy, Beverley, Nerida and Glenda.

My husband decided to buy land, out the back of Thornleigh, so we moved out there into a little army Nissan Hut. The hut was owned by a married couple, and sadly, while the husband was travelling home from work in Sydney, he had pulled over on the side of the road and passed away from an asthma attack, so we bought the hut off the wife. We lived in the hut with no water and no electricity for a number of years.

We needed money to build a proper house, so I decided to go back to work. There were two factories a mile and a half away and the guy across the road was the manager at one, so I decided to approach the other, a factory called Alan and Hanburys. When I went there looking for work, a guy in the surgical section saw me, and he knew me from church. He came over and asked what I was doing there. I told him I was looking for work and he said I could have three weeks work in the warehouse if I come in on Monday. I did those three weeks and then asked for a full time job and got it.

I had to walk the mile and a half to work every day, and was leaving home before the girls would leave to catch the bus to school. I knew they were safe because the dog would walk 3k with the girls to the bus stop and make sure they got on the bus before returning home.

I ran for a few years, and helped at the church with the children's bible education, including cleaning the church, placing flowers etc. The church folk ended up helping build what was known as my husbands "builders shed". It was just four walls and a roof initially. That eventually morphed into our permanent house. When we moved in, he put a makeshift wall up at one end, which gave us two

bedrooms, there was seven of us living there. I bought a pedestal basin, small square bath and a toilet from a second-hand shop. I ended up giving the toilet to the lass up the road, as we had no sewer service. We had a back yard toilet which was way up the yard. Safe to say no one was wanting to go to the toilet at nighttime.

I spent my spare time sewing clothes for my children and anyone else who asked. I used to make my own hats, as well as crocheting and knitting garments for myself and the girls. I cooked for a number of functions. Sometimes people paid me to do these things, so I'd have a little extra treat for the girls. I was still working at the factory but had moved into the office.

One by one the girls moved out of home and once they had left, I thought to myself "what am I doing working so hard all for this man?" so I divorced him.

I met my second husband "Major" on the road in Gundagai. He had come from seeing his sister at Lavington and I was coming back from Melbourne. I had stopped in at the garage to get something to eat and petrol. I saw his blinker from afar that he was turning the other way and then next thing I knew he had changed his direction and had come up beside me while I was purchasing my sandwich. He was living in a little hut at his daughter's place in Manly.

I bought a property in Charmhaven which we would visit on the weekends, to work on. Then we married on the property the day after New Years, 2nd January 1979. We both gave up work and ended up moving in permanently.

We travelled Australia, sleeping in a tent, for 12 months. We travelled in a Mitsubishi, with a trailer on the back. We went anticlockwise and by the time we got to Melbourne we upgraded to a caravan. We then used the caravan to visit family and do some short trips. We did a lot of travelling in Australia for a number of years and visited some spectacular places.

We eventually settled down in our place in Charmhaven, we were getting too old to travel and we were starting to have health issues. My daughter, Wendy, moved to the area as our carer. We didn't need round the clock care, just someone to help organise doctor's visits and home care.

Sadly, Major ended up getting dementia, and he stayed at home for a number of years. He used to sit in his chair and look out at the lake, watching the birds. Wendy's health deteriorated and my youngest

daughter offered to stay and care for us. We still didn't need a lot of care, but Major was getting worse, and we were having difficulty managing him. I needed a hip replacement so Major had to go into respite for the six weeks I was recuperating. We found a place for him at Wyong, and he liked it there, it was located on the river. Unfortunately, his mental state deteriorated, and he couldn't come home from the aged care facility. We decided it was too much for Glenda and I to manage. He lived in the facility for two and a half years before he passed.

I still had someone at home to help me do the things I couldn't manage on my own. I was losing my sight and was unable to crochet and knit, both activities I had enjoyed very much.

I also could not read anymore. My daughter Nerida introduced me to a tablet and headphones, so Glenda regularly downloads audiobooks from the library for me to enjoy. This is what I love to do and still do to this day. Sometimes the books are spicy, but I just turn them off if it gets too much. I don't wear the headphones anymore because they hurt my ears, but I enjoy my audio books. I listen to about five or six a week.

I believe the secret to longevity is hard work. My girls think it's because I'm stubborn.

**Noni Emerton (as at 30/06/2025)**



I was born in Sydney, I'm the youngest of four children. Three girls and one boy and grew up in South West Rocks which is where I went to school. I left School at the age of 12. I got a job cleaning people's houses until I realised it wasn't for me. One

day I was sent out on a message errand and in a window, there was a little notice that said “wanted a girl between the age of 16-18 to train as a shop assistant” this was at a lady’s shop for clothing. I went in and I got the job! My colleagues were so lovely at the shop I loved it so much and I ended up working there for few years.

I got married to my husband, Albert in March 1960. We had a house at Lidcombe, I had my first son, Alan while living here. We had Fijian friends which we had over all the time, matter of fact it was actually the King of Fiji, Mr George Jackson, who actually lived with us for some time. My husband ended up employing George in the foundry, where they would split pig iron with a big sledgehammer.

One night, my husband went up to the pub and as he was sitting around the bar, he overheard some patrons talking about selling a house in Bexley, so we bought it from them and sold the house in Lidcombe.

While we were in Bexley, I was a housewife but made and sold lampshades on the side, after the household dinner rush, I would have my boys help with the lampshade making process while they sat beside me doing their homework.

Sadly, my husband ended up breaking his back, while he was at work, he had a long road to recovery with a lot of surgeries, luckily, he came good in at the end of it, however, he was never one hundred percent.

We ended up buying a block of land in Mollymook and we retired down there together. There were two golf courses there so of course I took up golf for a while. I would often play indoor and outdoor bowls, however, I had to stop because I was so sick of the women constantly whining, distracting me while I was trying to play. My husband and I did a little travelling around Australia and over to America. I wasn’t a big fan of America, I much prefer Australia.

Unfortunately, my husband became unwell, and I found it hard looking after him on my own, so we ended up selling the house at Bexley. My son was living on the Central Coast in Bensville at the time, so we bought our house at Umina, which is where we cared for him until he passed away.

The answer to longevity is spinach, I’ve eaten spinach my whole life and I also enjoy a nice scotch and whisky of an evening.

## Shirley Bright (as told 26/06/2025)



I was born in Newtown to Fred and Maisie and grew up mostly in Newtown and Dulwich Hill. My husband’s name was George, and he served in the Middle East in the Second World War. Though we had no children, we were inseparable and travelled extensively through eastern Australia. Most times it was travelling in our VW Combi campervan.

George and I built two houses together in the Sutherland Shire. Our second home had a deep-water frontage at North West Arm. Boating and fishing off the pontoon was a favourite pastime. During the building, I would have to say my most interesting birthday present was a cement mixer from George!

My brother was Glenn, and after George’s death I moved to the Central Coast to be with Glenn and sister-in-law Rita. I lived at my Lakeside home at Gorokan for over 30 years. I was an active member of the local view club and enjoyed many holidays away, including Tasmania and The Great Barrier Reef.

I have a wonderful nephew, Brad, his wife Jill and I am very adored by my great nephews Alex, Nathan and Scott.

**Welfare Officers Parsons, Stoker and Heenan**

# VALE – Legatee Barrie Hepworth

**10/5/1935 – 5/06/2025 – 90 years of age**

Legatee Barrie Hepworth joined Central Coast NSW Legacy in June 1999. However, it wasn't his first association with Legacy as Barrie was supported in his youth by Legacy when he became a Legacy Ward after the death of his Veteran father.

Barrie was appointed to the Board of Directors in 2000 and became Vice President in 2002. He then became the President/Chairman in 2003 and stayed on the Board until 2006.

From 2006 to 2010 Barrie was a member of the Village Support Committee and the Legacy Sports/Benefit Days Committee working tirelessly for the success of the Legacy Golf Days and Badge Day fund raising. From 2008 to 2015 Barrie was also the Liaison Officer for the Woy Woy Ettalong/Sunflower Social Group.

In 2015 Barrie took Reserve Membership and continued to support the Woy Woy/Sunflower Group when time allowed and was always guest of honour at their Christmas functions.

His beloved wife Monica passed away in 2018 and Barrie later moved from his home in Ettalong Beach into the Peninsula Village.

I was so fortunate to have Barrie as my Mentor

when I joined Central Coast NSW Legacy in 2013 and I couldn't have had a more caring, dedicated Mentor who instilled in me the love of my role within our organisation. He was so proud when I told him I had been appointed to the Board of Directors and his sentiments meant the world to me.

He always told me he "just wanted to give back to Legacy". A gentle man and a true gentleman.

REST IN PEACE

**Legatee Anne Taylor**



## LEGACY WEEK 2025

**Sunday 31st August 2025 – Saturday 6th September 2025**

The Public Relations and Community Engagement Committee will be organising events during Legacy Week where badges and Legacy merchandise will be available for purchase:

*Saturday 30th August 2025, Erina Fair with the Airforce Cadets, 9am - 4pm*

*Wednesday 3rd September 2025, Stall at Ourimbah Lisarow RSL Club, 10am - 2pm*

*Saturday 6th September 2025, Erina Fair with the Army Cadets, 9am - 4pm*

*Saturday 6th September 2025, Westfields Tuggerah with the Aust. Air League, 9am - 4pm*

Contact the Legacy office on 02 4323 4977 if more information is required.

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

Call the Legacy Office on  
4323 4977 for assistance!

***The Central Coast  
NSW Legacy website  
is live. Scan the QR  
code with your phone  
or visit us at***



***www.cclegacy.com.au***

A special mention to both Carolyn Nunn and probationary Legatee Maryanne McHugh for assisting with some community fundraising donations acceptance activities. The team has been very busy attending functions with Central Coast organisations that have made generous donations from their community fundraising efforts on ANZAC Day.

It has been my intention over the last 3 years to acknowledge individual organisations that support Legacy with thank you cards, email acknowledgement and face to face activities. This has shown to be a positive process given the number of new organisations that now raise funds and awareness of Central Coast NSW Legacy.



## ANZAC Day 2025

I was so pleased to attend the amazing ANZAC Day service at the Hardys Bay Community Club with Jenni and one of our newest Legatees Maryanne McHugh, 101-year-old female veteran and Legacy Beneficiaries Jean Jackson, Gladys Donovan and Marianne Blackwood.



It was a great pleasure to provide transport to and from their homes to Hardys Bay, share some lunch and drinks, listen to their stories etc. Special thanks to Jenni who assisted Jean in laying a beautiful wreath on behalf of Central Coast NSW Legacy. I would also like to acknowledge Legatees Nigel and Lorraine Parker who were so pleased to lay their 1st ANZAC Day wreath at the Davistown RSL.

## Mother's Day Luncheon

The Mother's Day luncheon was well attended by 130 enrolled Legacy beneficiaries, plus Legatees and staff. Once again, our entertainers, Joey Fimmano and Gaetano Bonfante provided exceptional entertainment. Gosford RSL Club provided a wonderful venue, with the room set up tastefully, the two course menu was perfect, with plenty of drinks available. See photos on page 11.

## Mother's Day Hampers

Once again, our amazing Legatees volunteered to deliver a total of 60 Mother's Day hampers to Beneficiaries, which were warmly received and appreciated. Thanks to BOMAS whose thoughtful generosity allows us to support our Beneficiaries with hampers. Legatees who delivered hampers: Andrew, Gattenhof, Harris, Hayes, Hickey, Lord, Lowry, Nunn, Parker, Smith, Taylor, Tobin, Wade.

**Legatee Stephen Bailey**



## Legatee Nigel Parker

I was born in Yorkshire, England and migrated to Sydney in 1964.

I lived in the Pennant Hills/Hornsby area till 2020. I worked in the Railways from 1980 to 2022 doing various tasks from Porter to Train Guard and Station Manager. I spent the last 20 years as the Alternative Transport Manager. This was a role in which my team organised the buses that had to replace trains, and enabling the maintenance crews time for both periodic maintenance and improvements.

My wife and I moved to beautiful Davistown in 2020 where I had the pleasure of meeting Stephen “Beetle” Bailey on the Davistown waterfront. He introduced me to the works of Legacy. I joined Legacy shortly after and have enjoyed the camaraderie of fellow Legatees in assisting the beneficiaries both in social activities, bus outings etcetera, and assisting in the planning and conducting of Special Events, Public promotions and delivering hampers to support the beneficiaries.

I married my long time sweetheart, Lorraine, who is also active in Legacy as both a volunteer and carer at most events.

I come from a loving family and community, I was always destined to give something back.



## Legatee Kath Hayes

My name is Kath Hayes, and I grew up in a large family, the youngest of seven.

After working in Sydney, I married in the late 70s, and we moved to Bensville and had three children. I became a single mum for a number of years till I met Kerrin, and we merged our families, and started our new life at Green Point.

When I returned to work after having children, I became involved in working with people with disabilities and my last position was reporting directly to the Minister.

Kerrin grew up with the support of Legacy, and although he was not well enough to become a Legatee and passed away in 2023, I decided the fit was right for me.

Through Central Coast Legacy, I have met many courageous, caring and resourceful people, and I feel blessed to be part of an organisation that cares for the families of our veterans.

I am now helping coordinate a new group within Central Coast Legacy called the Poppy Club. This is a social group for people who are happy to use technology for communication and use public transport or drive to outings.



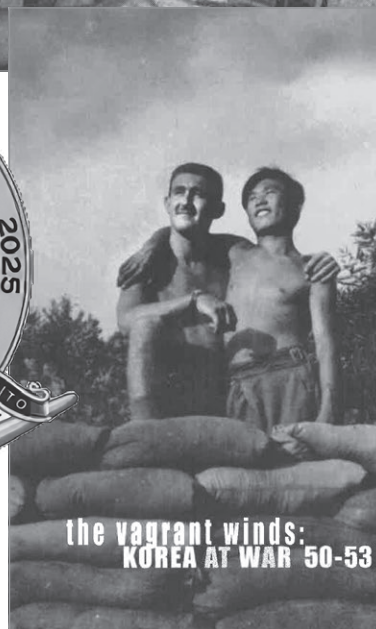
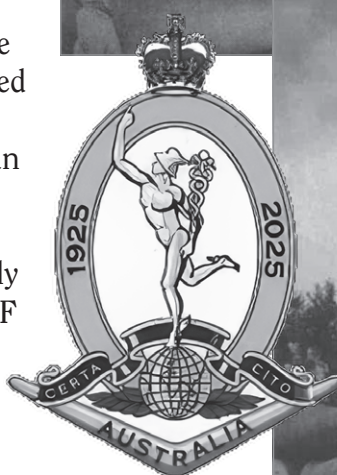
## 100 Years of The Royal Australian Corps of Signals (R.A.SIGS) by Robyn Voysey

### Their Motto – Certa Cito – Swift & Sure

The Corps was formally established on 14th February 1925. Their insignia is Hermes the Greek Messenger God. This Corps has had to keep up with all the new technologies of communications. From humble beginnings of typewriters, morse code and teleprinters to computers and electronics of modern warfare. My husband Vince was part of R.A. Sigs seeing 20years service. He was the last regimental Sergeant Major at Balcombe and the first at Watsonia.

This is to pay tribute and reflect on the service of the men and women who have all been a part of R.A. Sigs over the past 100 years.

The 25th of June 2025, marked 75 years since the beginning of the Korean War. Vince was part of K Force, with approximately 1000 volunteers. When Three Battalion was committed to the Korean War, the newly created Australian Army was in no shape to meet the challenge. Ex-infantrymen recently discharged from the AIF responded in droves and provided the urgently needed battle experience and essential specialist skills. These were the soldiers of the K Force who, with comrades in arms of the Regular Army, formed the last wholly Volunteer Australian Military Force to see active service. Many of those K Force volunteers transferred to the Australian Regular Army and provided battle experienced material for its future warrant and non-commissioned officers. Korea blooded a new generation of raw commissioned officers who in their turn, commanded units in Borneo and



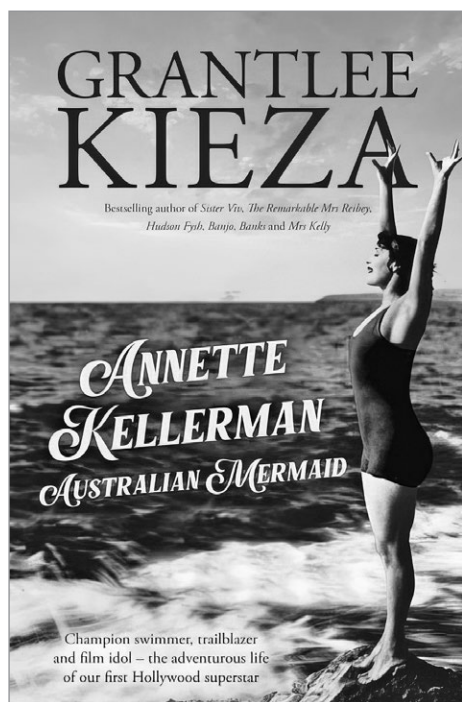
Vietnam and then went on to fill the senior army appointments. The Korean War years established the Regular Army. (The Last Call of the Bugle by Jack Gallaway – Forward XII, XIII.)  
**LEST WE FORGET.**

# BOOK REVIEW

## **Annette Kellerman by Grantlee Kieza**

Champion swimmer, trailblazer and film idol - the adventurous life of our first Hollywood superstar.

From the moment she was born at Marrickville, NSW on 6 July 1886, Annette Kellerman was a force of nature. After a diagnosis of rickets as a young girl she took



up swimming, and her extraordinary tenacity and bravery made her an Australian champion, beating boys, breaking records, and astonishing huge crowds by diving from great heights.

At eighteen, Annette had her sights set on swimming the English Channel and challenging endurance records in the Thames, and later in the Seine, Boston Harbour and the Danube - and famously scandalized the public with her one-piece swimming costume, which changed fashion forever and drew legions of women into the water, allowing them to swim freely.

Thrilling audiences on both sides of the Atlantic with her breathtaking vaudeville act, beauty and athleticism, she became famous as 'The Perfect Woman', and Hollywood swiftly embraced her. By 1914 she was a silent film superstar.

Annette's appetite for excitement and thrills was legendary - once flinging herself into a pool of live crocodiles for one film and jumping from the wings of a biplane for another. But she also had a shrewd business mind, lecturing and publishing books about

fitness and designing her clothing range, all to help women become healthier, stronger and more beautiful.

Kellerman was one of the highest-paid entertainers of her time and a world-wide celebrity, but despite her fame she saw her promotion of health, fitness and independence for women as her greatest achievement, and her influence and spirit changed the lives of millions.

**Pamela Morton**

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## Kathy's Kitchen

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This is my go-to, all-time favorites!

### **Bruschetta**

#### **Ingredients**

- 2 slices of sourdough bread
- Oil
- Avocado
- Feta Cheese
- Small tomatoes
- Chopped red onion or chives
- Herbs of choice
- Balsamic glaze

#### **Method**

1. Toast the sourdough, and brush with oil. (I use the herbed oil from the feta cheese)
2. Spread with avocado mashed or sliced.
3. Top with halved small tomatoes, feta, herbs, chopped red onion or chives, black pepper.

**Variations:** You can use olives, roasted capsicum, rocket or English spinach.

Enjoy!



## Movie Review

The 6888th Central Postal Directory Battalion, nicknamed the "Six Triple Eight", was a predominantly-Black, multi-ethnic battalion of the US Women's Army Corps (WAC) that managed postal services. The 6888th had 855 women and was led by Major Charity Adams. It was the only Black and multi-ethnic US Women's Army Corps unit sent overseas during World War II. The group motto was "No mail, low morale". The battalion was organized into five companies: Headquarters, and Companies A, B, C, and D. Most of the 6888th worked as postal clerks, but others were cooks, mechanics and held other support positions, so that the 6888th was a self-sufficient unit. It was formed to address a 3 year mail backlog and despite discrimination and war-torn conditions they sorted over 177 million pieces of mail ahead of schedule.

Based on a Kevin M. Hymel article 'Fighting a Two-Front War' and directed by Tyler Perry, the cast includes Kerry Washington, Sam Waterston, Susan Sarandon and Oprah Winfrey. It is available on Netflix.



### Marketing and Nuisance Calls

If you feel you're getting too many marketing or nuisance calls, you can contact the 'Do Not Call' register on 1300 792 958 or go to [donotcall.gov.au](http://donotcall.gov.au). Some organisations that have your consent or are exempt may still call you occasionally.

### Central Coast NSW Legacy operates Widows Social Clubs at a variety of locations across the Central Coast.

Our Social Clubs provide an opportunity for our enrolled beneficiaries to get together for a social catch up, have a cuppa and a bikkie, discuss social events including regular bus trips, bingo days, morning teas, luncheons and other events that may interest our beneficiaries.

Transport can be arranged for our beneficiaries to attend the meetings.

Each meeting is attended by our Legatee Liaison Officers and also one of our Welfare Officers.

If you are interested in attending one of our Widows Clubs, please contact the Legacy Office on 1800 LEGACY (1800 534 229) or 4323 4977.

## Don't go head over heels!

Falls are preventable. Let's take steps to avoid a fall.

Did you know 1 in 4 people over the age of 65+ will have a fall during the next 12 months?

Take positive steps to protect yourself from falling so you can live an active and independent life.

### Top 10 tips to staying on your feet

1. Correct fitting, supportive shoes that fit well and have laces, buckles or velcro, a firm back and low heel.
2. Avoid wearing socks without shoes or slip on scuffs so you don't slip.
3. Ask for advice from a Podiatrist about the best shoe for you. DVA can provide assistance with the cost with a Podiatry referral.
4. Visit your Podiatrist regularly to review your feet, to cut nails and remove corns and callous.
5. Foot and ankle strengthening exercises will help your balance and reduce the risk of falls.
6. Falls prevention watches and Lanyards are available and are particularly useful for those living alone. They work both inside and outside the home.
7. Regular eyesight checks to check depth perception, remove mats and rugs and ensure your home is well lit. Take extra care when wearing multifocal glasses and especially on the stairs.
8. Have your doctor or Pharmacist do regular medication reviews and consider a Webster Pack.
9. There is no shame in using a walking stick or a walker. It is better to prevent falls and injuries which could lead to hospitalization.
10. Eat a diet rich in proteins and calcium, drink plenty of water to prevent dizziness and add a little ray of Sunshine.



They are monitored and will register a fall and call for help.

**Legatee Maryanne McHugh**

*(Podiatrist and Registered Nurse)*



*Tread softly, for you walk on my dreams*

Turn Again To Life - Mary Lee Hall

*If I should die and leave you here a while,  
be not like others sore undone, who keep  
long vigils by the silent dust, and weep.  
For my sake – turn again to life and smile,*

nerving thy heart and trembling hand to do something to comfort weaker hearts than thine. Complete these dear unfinished tasks of mine, and I, perchance may therein comfort you.

## CONTINUING OUR LEGACY OF CARE

Please send me information on ☐ Helping as a Legacy volunteer ☐ How to make a bequest to Legacy

Enclosed is my gift of \$\_\_\_\_\_ to the Legacy family    ☐ My cheque is enclosed **or**    ☐ Debit my Credit Card

☐ Visa ☐ Amex ☐ MasterCard

Name on card \_\_\_\_\_

Expiry Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVN number\*\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

---

P/C

Telephone ( ) \_\_\_\_\_

All donations over \$2 are tax deductible.

***Please return this coupon to:*** Central Coast NSW Legacy, PO Box 4252, East Gosford, NSW 2250

\* This number provides extra security for online payments. It is a 3 digit number on the back of Visa or Mastercard credit cards, or a 4 digit number on the back of an AMEX card.

# From our readers ...



To Central Coast Legacy, thank you for my exotic flowers which were delivered to me at home 10th April by Cheryl. A lovely lady.

**S.H.**

A very special thank you to Legacy and especially to Nigel and Glen who gifted me with the beautiful Mother's Day Bags. Your thoughtfulness was much appreciated and a wonderful surprise. My kindest regards and well wishes to all at Legacy. Regards M.S.

To all at Legacy who do so much to help us always. Thank you for the lovely Mother's Day gifts and once again a lovely luncheon for all the ladies. Much love and appreciation from C.K. P.S. special love to Angela who works so hard to look after us - big hugs darling girl.

A big thank you to the Legatees and Staff for a lovely 'Mother's Day' Luncheon and entertainment to remember, it was fantastic. The meal was delightful, the entertainment certainly kept everyone tapping their feet, clapping their hands, waving handkerchiefs and serviettes to the music, also singing along. The Show Stopper was the Tenor, when he sang 'Mama' to all the mother's present, and the mother's will always remember and never forget. There wasn't a dry eye in the house, or I should say room. Well done Legacy.

**B.C.**

Dear Legatee Karen Dryden, Legatees and Staff, Thank you one and all for your good wishes and lovely card it was a pleasure to receive, I thank you one and all for all the work you all do to bring the happiness and pleasure to us all. I look forward to Legacy meetings and bus trips to stay in contact with my friends and Legatees. Thank you.

**O.P.**

Thank you to Staff and Legatees at Gosford Legacy for the most generous gift for Mother's Day which I received yesterday. It is most unexpected and very much appreciated. I would also like my thanks to be extended to BOMAS for their dedication to raising funds so we can receive such amazing gifts. Kind Regards to Everyone. Sincerely,

**J.M.**

Central Coast Legacy and Staff, Many thanks for the Bags of goodies and the Mother's Day Luncheon was just wonderful. I forgot all the aches and pains listening to the lovely Italian singer and music and the food was great. Just arrived and many thanks for your best wishes for my Birthday on Monday. Many Thanks, Keep Safe,

**B.N.**

To Michael and all at Central Coast Legacy. Thank you so much for the superb Hamper you gave me for Mother's Day. I do appreciate your kindness. Regards

**D.D.**

Dear Michael and all the lovely Staff at Legacy. Thank you for the wonderful array of gifts I received for Mother's Day. I was unable to attend the Luncheon owing to health issues. Thank you again. Love,

**S.T.**

I'd like to thank Legacy for the beautiful arrangement of flowers that arrived for my birthday. They really did make me feel special. Thank you also for the wonderful Mother's Day outing you organised for us each year. The members of Legacy really go out of their way to make us widows feel special. Thank you for your loving care.

**H.H.**

To Legacy. Thank you so much for my Mother's Day gift, which was greatly appreciated. Unexpectedly circumstances prevented me seeing my family on Mother's Day, making the gift even more poignant and brightened up my day.

**R.V.**

Thank you so much for the visit you arranged for Carolyn Nunn to call and see me, bringing the most beautiful floral arrangement on the occasion of my 90th Birthday. It was such a lovely visit and so appreciated. Thank you so much for your kindness and thoughtfulness and for all you do.

**K.A.**



# THE LIGHTER SIDE OF LIFE



David received a parrot for his birthday. The parrot was fully grown with a bad attitude and the worst vocabulary; every other word was an expletive. David tried hard to change the parrot's attitude and was constantly saying polite words, playing soft music, anything he could think of to try and set a good example. He yelled at the bird and the bird yelled back. He shook the bird and the bird just got angrier and ruder. Finally, in a moment of desperation, David put the parrot in the freezer.

For a few moments he heard the squawk and kicks and screams. Then, suddenly, there was quiet. Not a sound for half a minute. David was frightened that he might have hurt the bird and quickly opened the freezer door. The parrot calmly stepped onto David's extended arm and said "I might have offended you with my rude language and actions. I will endeavour at once to correct my behaviour. I really am truly sorry and beg your forgiveness."

David was astonished at the bird's change in attitude and was about to ask what had made such a dramatic change. The parrot continued, "May I ask what the chicken did?"

\* \* \*

A young boy has just gotten his driver's licence and asked if he could borrow the car. His father said he'd make a deal with his son. "You bring your grades up, study your Bible, get your hair cut and we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it. After about six weeks his father said, "Son, I've been really proud. You brought your grades up and I've observed you studying your Bible, but I'm real disappointed you haven't got your hair cut." The son paused for a moment and said, "Dad, I've been thinking about that and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair and even Jesus had long hair." To this his father replied, "Did you also notice they all walked everywhere they went?"

The husband had just finished reading a new book entitled "You Can Be The Man Of Your House." He stormed to his wife in the kitchen and announced "From now on, you need to know that I am the man of this house and my word is Law. You will prepare me a gourmet meal tonight and when I'm finished eating my meal, you will serve me a sumptuous dessert. After dinner, you are going to go upstairs with me and we will have the kind of sex that I want. Afterwards, you are going to draw me a bath so I can relax. You will wash my back and towel me dry and bring me my robe. Then, you will massage my feet and hands. Then tomorrow, guess who's going to dress me and comb my hair?" The wife replied "The funeral director would be my first guess."

\* \* \*

In this life I'm a woman. In my next life, I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for 6 months. I could deal with that. Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too. When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that. If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs, if your cubs get out of line, you swat them too. I could deal with that. If you're a bear, your mate expects you to wake up growling. He expects that you will have hairy legs and excess body fat. Yup, gonna be a bear!

## Once upon a Mulberry Tree

Sometimes in life, we embark on a challenge that seems either impossible or just plain stupid. This story is both.

When we first moved to our small acres in Western Sydney, there wasn't much on the block but a big old Turpentine Tree and a small sapling Mulberry Tree, which was about 2 meters tall at the time. Poor thing had a bit of a rough start in life, as my husband reversed into it with the trailer one day! We straightened it up as best we could, but from that day on, it had a decided lean.

A few years later, we decided to buy a miniature horse, and the area around the Mulberry Tree became his yard, fenced in with a little corral. Hunter was no bigger than our Golden Retriever dogs when he came home to live with us – 6 months old and oh so cute. Thankfully, he was too little to reach most of the Mulberry leaves, as we were later to find, they were his favorite snack!

As time would have it, both horse and tree grew. Hunter's manure fed the tree, and the tree fed Hunter. It provided a large shady area and that gentle coolness that trees give on hot summer days. One day, we had a shocking storm, full of wild wind, rain and angry lightning, scaring the kids and animals alike. Whilst I was racing around the property, battening down the hatches, I heard a loud lightning strike – sure enough, it hit the Mulberry Tree! Hunter was madly running around his yard, the whites of his eyes showing his terror!

The next morning, we came out to survey the damage to the gardens and Mulberry tree – the whole top and middle of the tree was gone, right down to the main trunk! We weren't sure if this was the end of the tree, and not much we could do but wait and watch. Strangely over time, the tree grew even faster and lusher than ever before, not letting a mere lightning strike affect it at all.

But Mother Nature wasn't done yet. That

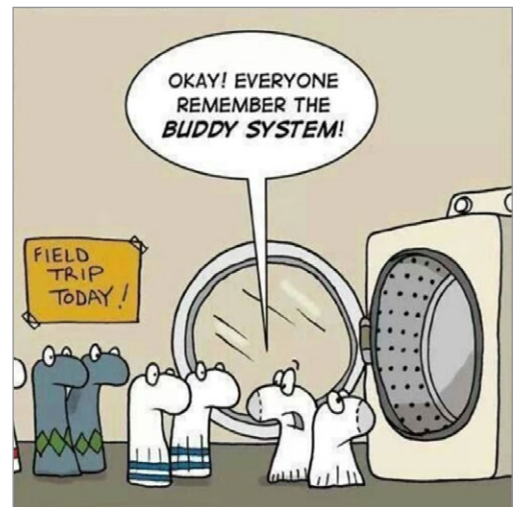
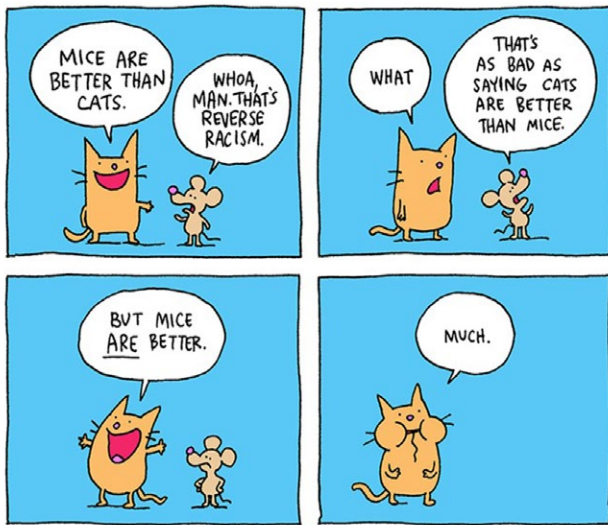
summer we had the offshoot of the cyclone up north, and torrential rain and wind hammered us for days, with even more electrical storms.

The clay soil was waterlogged and slushy and one particularly windy night, the gale force winds pushed the Mulberry Tree over, with the root ball totally exposed! Needless to say, Hunter was pretty pleased with this result, as he no longer had to stand on his little hind legs to reach the scrummy leaves.

After much googling to see how to save the tree, we decided to give it a go. The neighbors thought us mad. Out came the chainsaw and off with one whole side of the double trunk, and all the top branches and foliage of the remaining trunk. After digging the soil further away from the root ball and using some large sturdy timber beams and a friend's winch on his 4W Drive, we eventually got the trunk upright and back in its hole! It was a pretty sad sight though, just a large trunk staked up. Thus, it stayed for some time, until one day we saw masses of new growth covering the remaining trunk and branches – yeah! As the branches grew and got heavier with the weight of new growth, we realised the timber posts weren't going to hold it all up. So, we commissioned a massive steel post, which we concreted into to the ground at the base of the tree as its final support. There was no way the Mulberry's roots would ever support such a massive canopy ever again.

And so, the tree still stands, flourishing, supported by its metal post and a lot of love from us, as a testament to what a bit of blood, sweat and tears can achieve.

You might be wondering, 'Why didn't you just plant another?' Well, I guess you've never tried to plant anything in a horse yard and expect to see it the next day. And I suppose it was also the challenge – can we actually save it? And the answer was yes, which made me love the tree even more.



  
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