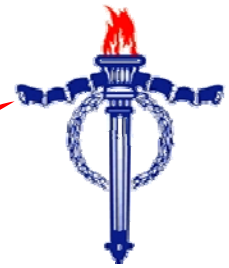


Legacy newsletter



November 2012

Coffs Harbour Legacy
PO Box 4260, Coffs Harbour 2450
Phone: 02 6652 7583

KNOW SOMEONE IN HOSPITAL?

If you know a Legacy lady is in hospital, please let the office know on 6652 7583 so we can arrange a visit or assist with discharge arrangements.



ANNUAL GENERAL MEETING

Legacy's Annual General Meeting was held on the 24th October, 2012 with the incumbent Board of Directors being re-elected unopposed.

The only change was the position of President with Legatee Peter Angus taking on that role. Legatee Angus comes to the position with almost 40 years experience as a Legatee.

Your Board of Directors is –

President	Legatee Peter Angus
Company Secretary	Legatee Marian Pettit
Directors	Legatee Betty Wright
	Legatee John Fielding

LEGACY OFFICE CHRISTMAS CLOSURE DATES

The Legacy Office will close on Friday the 21/12/2012 and re-open on Wednesday the 2/1/2013. In case of an emergency call 000.

C.EX FRIDAY LUNCH AND SHOW

The lunch and show which is held at the C.ex on the 1st Friday of every month is very popular with our ladies.

The lunch costs the ladies \$6.00 and there is something on the menu to suit most tastes.

Anyone wishing to attend and receive the subsidised price must contact the Legacy Office on 6652 7583 by the FRIDAY prior to the lunch.

The lunch dates for **2013** that Legacy will subsidise are:

February 1, March 1, April 5, May 3, June 7, July 5, August 2, NO LUNCH SEPTEMBER, October 4, November 1, December 6.

Due to the popularity of the function and to enable lunch to be served on time all ladies are requested to be **seated by 11.45am.**

You are also requested to have your **\$6.00 in an envelope** with your name on it.

Late arrivals will be at their own expense.

Please wear your name badge if you have one.

Disclaimer

This newsletter is produced for the members of Coffs Harbour Legacy Welfare Fund. It is written with care and in good faith from sources accurate at the time of writing. However readers should not act or refrain from acting solely on the basis of information contained in this newsletter on any matter. Views expressed by the author are NOT necessarily the views of the Legacy Club.



Hospital Bag

With the recent increase in the number of ladies being taken to hospital in an emergency situation don't forget to have a bag packed with items you might need for a stay in hospital. Keep the bag in a handy place which the ambulance officers can find.

It would also be a good idea to include a list of all medications and the dosage to assist the hospital staff as well as emergency contact details.



OMG (Oh! my God for those non-texters), I'm rich! Silver in the hair, Gold in the teeth, Crystals in the kidney, Sugar in the blood, Lead in the butt, Iron in the arteries, and an inexhaustible supply of natural gas! I never thought I would accumulate such wealth!

When a woman says "What?" it's not because she didn't hear you.

She's giving you a chance to change what you said.

Woolgoolga Exercise Classes

Exercise classes are held at Woolgoolga Diggers (Woolgoolga Returned Services Club) each Friday.

Legacy ladies only pay \$2.00, are picked up by bus from the local area and morning tea is included. Legacy pays the balance.

Inquiries should be made to the Club on 6654 1234.

Classes commence at 10.40am to 11.30am.

Most attending ladies enjoy lunch together after at a cost of \$10.00 which includes a free drink.

MEDICARE SERVICE CENTRES HAVE GONE CASHLESS

Claiming a Medicare benefit will be quicker and safer from now on, with all our Medicare Service Centres going cashless by the end of September.

Medicare benefits will be paid straight into your bank account – either by swiping your debit card at a Service Centre for instant access to your benefit or by Electronic Funds Transfer (EFT) where your benefit is paid into your bank account overnight.

Once you have registered your bank account details (BSB and account number) with Medicare, you can choose from a range of convenient payment options to have your Medicare benefit paid securely into your bank account.

It is important to note that if you do not want your benefit paid into your bank, Medicare staff can offer you alternatives.

Changes are also being made to the opening hours of some Service Centres. Evening trading is no longer available, but Service Centres that currently open on Saturday mornings will continue to open as usual.

For more information call 132 011

Most Doctors also offer to make a direct claim from Medicare if Medicare has your bank details.

HOW TO MAKE A TRAUMA TEDDY

Trauma Teddy Pattern



Trauma Teddies are knitted and then donated to the Red Cross who distribute them to the emergency services. They can be knitted in any colours and Football club colours are good to use too.

Trauma Teddies are made in 8 ply wool (no angora) and need to be filled with Hobby Fill, not old stockings, cut up rags or bean bag filling. Also for safety reasons no buttons, plastic eyes, plastic noses or beads.

The eyes, nose and mouth need to be embroidered on with wool.

Pattern for Trauma Teddy

Materials:- 8 ply wool(various colours)

Needles:- size 9 (3.75)

size 10 (3.25) for loose knitters

Front

Legs and Pants(knit 2 of)

Cast on 12 stitches (leg)

knit 34 rows

Change wool colour for pants

Knit 8 rows

Join by knitting across both legs.
Then knit 14 rows (this finishes the pants)

Sleeve

Cast on 12 stitches on each side knitting

Knit 18 rows

Cast off 12 stitches each end (this forms the arms)

Head

Knit 34 rows (see instructions for alternative head)

Cast off

Back

Repeat this procedure to obtain the other side of the teddy.

Sew on the face. Join up and fill with Hobby Fill only.

Gather around the base of the head to form the neck (and pinch the corner of the head and sew to form the ears.

Alternative head

Knit 10 rows

Cast on 2 stitches at the beginning of the next two rows

knit 10 rows

Cast off 2 stitches at the beginning of the next 2 rows

Knit 10 rows

Cast off

REMEMBER

Legacy assistance is as close as your telephone. If you have a problem ring

6652 7283

to obtain the attention of a Legatee or a trained and friendly Community Service Worker or even the correct answers from our competent office staff

Legacy Shop Scarba Street, Coffs Harbour Phone 6651 9669

The Legacy shop is always looking for volunteers or goods to sell.

If you have large items to be picked up please contact the shop Monday to Saturday.

The Legacy Shop provides very valuable community services.

- It allows volunteers to provide an important service and feel useful
- It provides a face for Legacy in the community
- It is an important source of income for Legacy
- It provides goods to the community at a reasonable price

Senior's Computer Classes

For bookings and enquiries call Lorraine at Legacy on 6652 7583 Monday to Friday between 8.30 and 2.30.



New Digital TV Stations

Analogue stations have now been switched off in the Coffs Harbour area and you will need a digital alternative. Below you will find a list of the numbers and the relevant channels for the Mid North Coast. It is suggested that you cut the list out and keep it beside the TV.

Finding your favourite channel is then just a matter of selecting the corresponding numbers on your remote.



TV CHANNELS

2	ABC 1
21	ABC 1
22	ABC 2
23	ABC 3
24	ABC NEWS
3	SBS 1
30	SBS HD
32	SBS 2
5	CHANNEL 10
50	ONE HD
55	CHANNEL 11
6	CHANNEL 7
62	7 TWO
63	7 MATE
64	4ME
8	CHANNEL 9
80	GEM
88	GO

From Legatee John Fielding

The following is a shortened but direct copy of new/revised road rules that are liable to affect you. Remember that not only can an infringement cost you money a 'senior' can then be required to undergo a new driving test!!

Do the right thing. It never hurts to use your car indicator when making any change of direction particularly in a public car parking area, private driveway etc. Yes, you possibly don't have to indicate by Law but does it hurt? It can certainly save a life and a lot of hassle for you.

A prize example is the three street intersection at the pub in Woolgoolga, where Clarence, Beach and River Streets meet. It clearly is an intersection but drivers are puzzled where drivers are turning. So use your indicator.

Signalling at a roundabout

Drivers entering a roundabout and intending to turn either left or right, must give sufficient warning to other road users by signalling before entering the roundabout. The image right illustrates this. When exiting a roundabout, whether turning left, right or even straight ahead, drivers **must always** indicate a left turn just before exiting, unless it is not practical to do so.

Penalty: 2 demerit points and \$165



Giving way to pedestrians when turning at an intersection

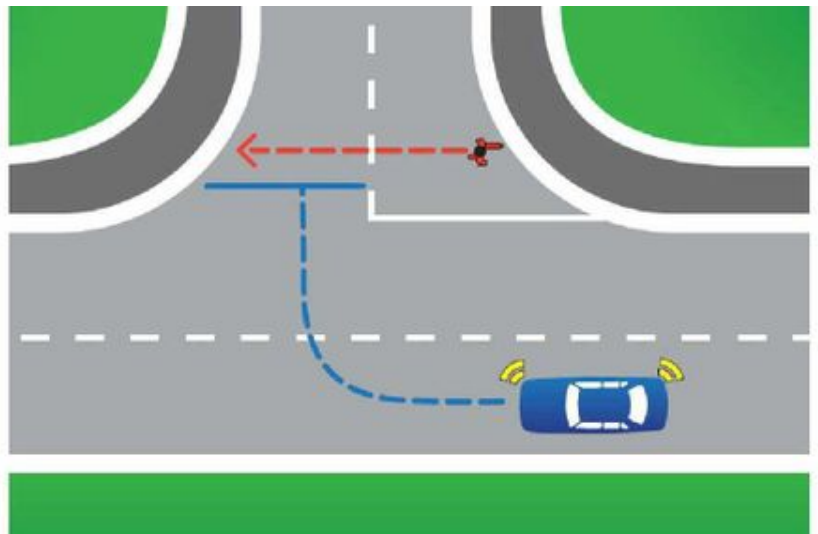
When turning into a road at an intersection, a driver must give way to any pedestrian who may be crossing the particular road the driver is entering. The image right illustrates this.

Penalty: 3 demerit points (4 in a school zone) and \$298 (\$397 in a school zone)

Entering blocked crossings

Drivers approaching an intersection without traffic lights can stop on a pedestrian crossing immediately before the intersection if the crossing is not blocked, but only after giving way to pedestrians using the crossing. This is to allow drivers to check for traffic at an intersection.

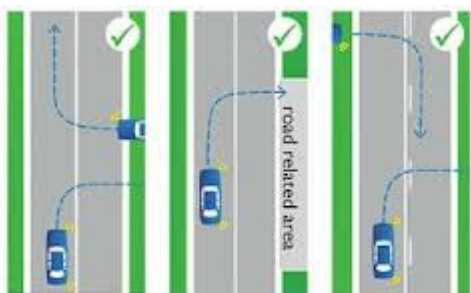
Penalty: 2 demerit points (3 in a school zone) and \$232 (\$298 in a school zone)



Exceptions to keeping to the left of a dividing line

Drivers are permitted to cross a single dividing line to enter or leave a road. See examples below.

In NSW drivers are also permitted to cross two continuous lines to enter or leave the road by the shortest route



Exceptions to keeping to the left of a dividing line

Keeping to the left of a dividing line: U-turns

Drivers are NOT at any time permitted to make a U-turn across the following:

- A single continuous dividing line; or
- A single continuous dividing line to the left of a broken line; or
- Two parallel continuous dividing lines.

These three examples are illustrated below.

Penalty: 3 demerit points and \$298 for motor vehicles, up to 4 demerit points and up to \$1,191 for heavy vehicles and \$66 for cyclists



USE OF MOBILE PHONES

The new laws make it clear that a driver in a moving or stationary vehicle (unless parked) **MUST NOT HOLD a phone in his or her hand** other than to pass the phone to a passenger.

Penalty: 3 demerit points (4 in a school zone) and \$298 (\$397 in a school zone)

NOTE: Learner and Provisional P1 drivers are not allowed to use ANY function of a phone (including hands-free) while driving.



JAX Tyres

If you need tyres for your car, try Stuart at JAX Tyres in the Centre of Coffs. He promises a rock bottom price to Legacy Widows – just tell him ‘Legacy sent me’.

Need a holiday?

Legacy may be able to provide a free holiday to Tuncurry, Point Frederick (self care and catering) or Moss Vale (meals provided at no cost and optional bus trips arranged).

Holidays are no longer available for Narrabeen as Legacy’s Lease has not been renewed. Furlough House is not owned by Legacy and the owners are moving towards increasing permanent accommodation.

Please contact Coffs Harbour Legacy on 6652 7583 to register your interest in a holiday.

A motorcycle policeman was riding along when he saw a lady knitting while driving. She had her window down, so he pulled up alongside her and said: “Pull over!” she held it up and said: “No, it’s a cardigan!”

INDEPENDENT LIVING FOR THE HEARING IMPAIRED

Living at home independently doesn’t have to be a struggle if you are hearing impaired. It is important to know what options are available.

Solutions to help in everyday situations may be available to help you.

There are wireless headphones for the TV, amplified telephones, door bells that flash lights, vibrating smoke alarms and vibrating alarms to wake you up in the morning

For more information about devices to help hearing impaired people contact a quality hearing service provider like Australian Hearing. Australian Hearing can be contacted on 131 797.

Australian Hearing provides hearing services for eligible people, including pensioners and most veterans

AFTER HOURS MEDICAL HELP

After hours GP helpline – Fast Facts

The afterhours GP helpline is open when your regular GP may not be – at night, Saturday afternoon, Sunday, public holidays, 365 days a year.

It is important to remember that the afterhours GP helpline is not intended for people with life-threatening conditions. In these situations, you should dial ‘000’ and/or attend an emergency department without delay.

Call 1800 022 222 (free call, except from mobile phones).

Operating times:

- 6 pm to 8 am Monday to Friday
- 6 pm Friday to 8 am Saturday
- 12 noon Saturday to 8 am Monday
- 24 hours on public holidays

Someone sent me an email about using VODKA for cleaning around the house. IT WORKED! The more vodka I drank the cleaner the house looked

For anyone contemplating using the Sensis directory service number, 1234, DON'T!

Sensis, as you may or may not know, is a subsidiary of Telstra.

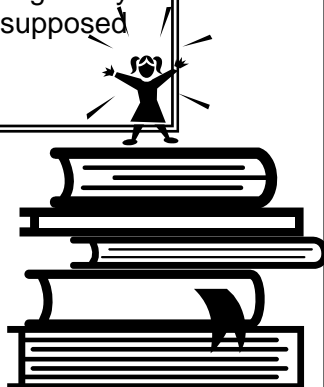
The 1234 number is replacing the Telstra 12456 directory assistance number, but this time with outrageous costs attached: 40c to call the number, then 4c A SECOND!

By law, Telstra have to provide a FREE directory assistance

number, because they are still majority owned by the government. They choose however not to pass this number on to the public.

What's the free number? 1223 USE IT!

Thumbs down to Telstra for finding a way to 'charge', for a service that is supposed to be provided for free.



When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandma," he advised "Mine says I'm 4 to 6."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

OUR VALUED SPONSORS

Please remember them when you need service

Baringa Private Hospital

BerryExchange

Geoff King Motors

Handybin Waste Services (Coffs Harbour)

Keith Logue and Sons

North Coast Power and Water

Park Beach Bowling Club

PRD Nationwide

Sawtell RSL Club

Urunga Bowling Club

Woolgoolga RSL Sub Branch

SUPPORT OUR SPONSORS

Many businesses in Coffs Harbour benefit greatly from contracts or referrals from the Department of Veterans Affairs.

There are quite a few businesses in the area that support Legacy and therefore **YOU**.

LEGACY SCHOLARSHIPS

Coffs Harbour Legacy is again calling for nominations for the Coffs Harbour Legacy Scholarship/Bursary.

Two types of Scholarships will be made available. The first is a grant of \$1000 to a grandchild/child of a World War 2, Korean, South East Asian or Vietnam Veteran to assist them to pursue full time studies of an approved course at a tertiary institution. The other, a grant of \$500, is for Year 11 & 12 Students enrolled in high schools located within the Coffs Harbour and Bellingen Local Government Areas.

The recipients of the Bursary will be decided by a committee of members from Coffs Harbour Legacy Club.

Nominations close on the 15/12/12 and will be decided early in 2013

WRAP WITH LOVE. INSTRUCTIONS FOR MAKING SQUARES

SQUARES FOR WRAPS

Squares for Wraps are to measure 10 inches x 10 inches (25 cm x 25 cm).

KNITTED SQUARES

To knit a 10 inch x 10 inch square use 8 (4mm) needles, 8 ply yarn, cast on 50-55 stitches, and knit each row plain (ie garter stitch).

NOTE

Test your tension to measure 10 inches.

DO NOT KNIT

Do not knit one row plain, one row purl (ie stocking stitch) as your square will curl up.

NO KNOTS

Start each ball of yarn at the beginning of a row and sew in ends. Do not cut ends off short as your square will unravel. When starting or finishing a square, sew in all ends.

[Click the print icon for printer friendly instructions.](#)

COMPLETED WRAPS ARE PREFERRED

They are made up of 28 squares

Across: 4 squares = 40 inches (100 cm).

Down: 7 squares = 70 inches (175 cm).

Please keep joins on the same side and flat and alternate the squares.

Wraps can be knitted, woven or patchwork lined to finish 40 inches x 70 inches (100 cm x 175 cm).

[Click the print icon for printer friendly instructions.](#)

INSTRUCTIONS FOR DIAGONAL SQUARES

Cast on 3 stitches.

Row 1: K1, increase 1 in next stitch, knit to end of row.

Repeat Row 1 until side edge measures 10 inches (25 cm).

Next Row: K1, K2 together, knit to end of row. Repeat this row until 3 stitches remain, cast off.

FUN AND ADVANCED PATTERN IDEA

Try it. It's easier than it looks. It cuts down on 'sewing up' time as 4 or 7 squares can be knitted in one strip.

Block 1, cast on 100 stitches

Row 1: k48, k2 tog. Using a contrasting colour tie a marker around the needle. Knit to the end of row.

Row 2: Knit to 2 stitches BEFORE the marker, k2 tog. Slip marker, knit to end of row.

Repeat row 2 until there are 4 sts left, dropping the marker on the last row.

Next row: k1, k2 tog, k1 Next row: k1, k2 together.

Final row: k2 together, do not break off thread.

To begin Block 2, pick up 50 stitches along the top edge of Block 1.

Turn knitting around and then continue by casting on (using the two needle cast-on method) a further 50 stitches (100 stitches).

Repeat rows as for Block 1.

Make columns of 4 or 7 blocks and sew columns together.

Or, alternatively, to avoid having to sew the columns up, using a completed column of 4 or 7 squares, begin 2nd column:

1st block cast on 50 stitches and then pick up 50 stitches along the right edge of the first square of the first column.

Knit a new square.

2nd block: pick up 50 stitches along the top edge of the square just completed and 50 stitches from the side of the 2nd square in the first column.

Knit a new square.

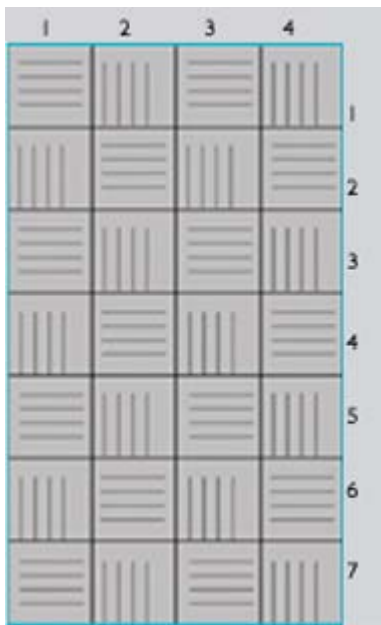
Continue with this process until all 28 squares have been completed.

Sew in all loose ends.

KANGAROO SQUARE

If you would like to knit and include one kangaroo square in your wrap, we have a pattern.

A 'Gift from Wrap with Love Australia' label has been printed and we ask that you attach one label to one underside corner of each Wrap. We will post you a supply of labels (free) if you phone on 02 8399 3000.



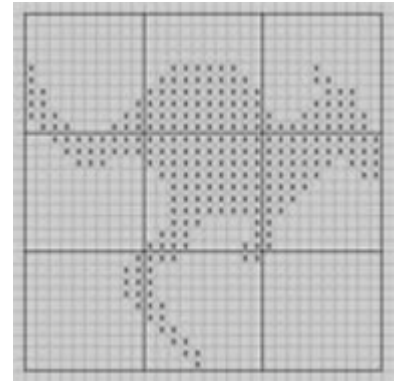
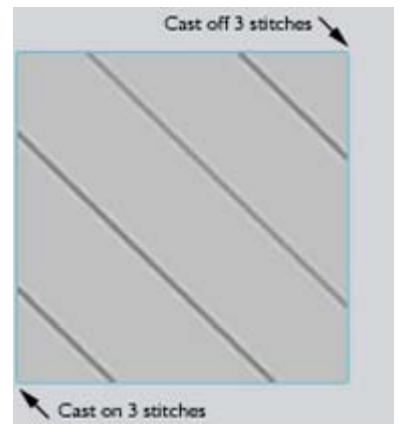
Knitting diagonal squares

When joining squares please join in an alternating direction

Kangaroo square

donations Your donations of yarn (wool or acrylic) especially 8 ply are always welcome - 60 cent stamps are valuable to us as well, they assist with our mailing costs.

wrap and yarn delivery You can personally drop off Wraps, yarn and squares to your local library



WHAT IS ELDER ABUSE?

Older people have the right to be treated with respect and dignity, whether they are being cared for in their own homes or in aged care homes.

Elder abuse and neglect receives less attention than child abuse. However, older people can be abused physically, emotionally, sexually and financially. Abuse or neglect is more likely to occur when an older person is dependent on others for assistance or care. The focus now is the prevention of elder abuse and neglect through personal safety and security.

The person involved is usually in a position of trust and known to the older person. All people have rights and these do not diminish as a person grows older. Older people are entitled to be treated as individuals with a right to privacy, protection, companionship, self-fulfilment, safety, warmth and care, just as much as anybody else.

If you are concerned about your own situation, or that of someone you know, please do not be afraid to ask for help. Talk to someone you trust, a friend, your doctor, nurse, minister, or call your local community service or the Police.

If you would like more information about this issue, please contact the Information and Referral Line for NSW listed below.

Elder Abuse and Neglect 131 444

ASK ABOUT MEDICINES ON PRESCRIPTION

In some cases, you can save money by obtaining medicines on a prescription rather than over the counter. This situation is more likely to apply to you if you are a concession card holder.

For example, people using paracetamol for chronic pain may save money by buying it on a prescription rather than over the counter.

Buying medicines on prescription will also help you to reach the Safety Net threshold sooner. If you need to use an over-the-counter medicine regularly, ask your doctor if it's available on prescription.

PBS SAFETY NET THRESHOLD

The threshold is the amount that must be spent before being eligible for a Safety Net Card

Concession card holders	\$348.00
Others	\$1,363.30

*Merry
Christmas*

*Coffs Harbour Legacy Board of Directors,
Legatees and staff wish you and your
families a very Merry Christmas and a
safe and prosperous New Year.*

Coffs Harbour Legacy Welfare Fund
PO Box 4260
Coffs Harbour 2450

POSTAGE
PAID
AUSTRALIA