

Legacy newsletter



February 2013

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.



FROM THE PRESIDENT

The Coffs Harbour Legacy family stands at 635, which is part of the national figure of 98,260. It is interesting to note that national welfare spending for the twelve month period has increased to over \$17million. This year marks 90 years that Legacy has been in service and the assistance provided to our widows and children of Veterans during that time.

Since Legacy first commenced way back in 1923 by returned soldiers of WW1, the entire system was conducted by veterans who were known as Legatees. From then on to become a Legatee you had to be firstly a returned man and secondly be invited to join Legacy.

This system prevailed until 1991, when it was decided to admit members of both sexes who believed in the ideals of Legacy. The reason for this change of policy was the decline in available male members.

An essential part of the organisation is the employment of staff members who play a critical part in the operation of our day to day functions.

We are also looking for interested members to join our organisation as Legatees. These new members have frequently been found from families who have been the recipients of Legacy benefits.

I would like to encourage anyone who is interested in becoming a Legatee, or is in need of any assistance, to contact the office on 6652 7583.

Legatee Peter Angus

SENIORS WEEK MORNING TEA AND GUEST SPEAKER

DATE : Tuesday 19th March

**WHERE : OP 81 Cafe , 81 Park Beach Road
Coffs Harbour**

TIME : 10.00am -11.30am

**GUEST SPEAKERS : Colleen Friel (Occupational Therapist)
Legatee Betty Wright (OAM)**

MENU : Devonshire Tea / Coffee "with a Difference"

COST : Gold Coin Donation

TRANSPORT : Community Transport (must be registered)

Please RSVP to the Office by Monday 11th March (Numbers Limited)

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

Just a reminder that it is a good idea to have a bag packed with items you might need if you suddenly have to go to 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, and emergency contacts, to assist the hospital staff.

BOARD AND STAFF CHANGES

Legacy welcomes Legatee Peter Happ to the Board of Directors. Peter was president of Coffs Harbour Legacy in 1983/84 and has recently retired as a local dentist.

We are sorry to see Lorraine Drew leave the Legacy family. Lorraine is moving on to work with FIBA Oceania and will be sadly missed. Lorraine will be replaced by Abby Monro, you may have already heard Abby's cheerful voice when contacting the office.

Jane Sury has taken on the role of Welfare Secretariat/ Activities and Marketing. Jane has been replaced in the field by Alison Hughes.



Why your medicine cabinet can be a health hazard

Most of the medicines in our medicine cabinet we need, but what about the yellow pills in a jar that's lost its label, and the eye drops we have had for a long time. And what was that Quivinrox B-Sulphamate for?

Old medicines lying around the home 'just in case' are dangerous...

- If taken when they're out-of-date
- If taken when not prescribed for you
- If in reach of little prying fingers

The RUM Project provides the safest and easiest way to dispose of unwanted and out-of-date medicines. It makes possible the return of all household medicines to any pharmacy at anytime - for free and safe collection and disposal.

Don't flush medicines down the toilet.

Sewerage plants can't treat all chemicals in waste water, resulting in contamination of waterways.

Don't pour medicines down the sink.

Household medicines contain highly soluble chemicals which when entered into water systems can harm aquatic life.

Don't throw medicines into the garbage bin.

Household medicines disposed of this way end up in exposed landfill sites.

Think before you throw

Unwanted medicines are often dumped into the toilet, tipped down the sink or put out with the garbage, which starts a journey that can seriously harm the environment.

More than 500 tonnes of medicines find their way into waterways and landfill every year. We need to change our behaviours to solve this problem and give the environment a chance.

RUM provides the best alternative

By returning out-of-date and unwanted medicines to our local pharmacy, we can make our home a safer place, help safeguard our community and protect our environment.

This is all we need to do... it really is easy

Step 1 Sort through your medicine cabinet and drawers, putting to one side the out-of-date and unwanted medicines

Step 2 Take them to your local pharmacy

Step 3 Give them to your pharmacist for proper disposal, and...

Step 4 Tell your friends and relatives about the RUM Project.

FRITTATA RECIPE

This is a quick and easy recipe and a great way to use up bits and pieces in the fridge.

Peel and cut vegetables of your choice into cubes and roast until cooked e.g. Pumpkin, onion, zucchini, potato, cherry tomatoes, beans, capsicum. When cooked place in pie dish, add herbs of choice (parsley, chives, rosemary etc). Add 4 to 6 beaten eggs depending on amount of vegetables till pie dish almost full. Grate cheese over top, add tomato slices if desired and place into oven, 180 degrees til eggs are cooked (about 30 mins)

For something a little more exotic, try frying mushrooms and onion for pie dish and add sundries tomatoes and olives.

Veterans' Community Support Update: Emma Belcher

Essential Medical Equipment Payment: This payment is available through DVA to cover the additional costs of running essential medical equipment, or medically required heating and/or cooling, that may arise from the introduction of a carbon price. To be eligible, the person with the medical needs or their carer must have a Commonwealth Government concession card issued by DVA or a DVA Gold or White Card, have a medical need to use the equipment in the home and be responsible for contributing to the payment for the energy account. If you would like more information or would like a form sent to you, please contact DVA on 1800 555 254 or call the Veterans' Information Service on 6650 9029.

HomeFront: This program provides eligible veterans and war widows with a free home assessment once every 12 months, as well as providing information about DVA and other community support programs and services that help maintain independence and improve quality of life and wellbeing. DVA provides financial assistance towards the cost of recommended aids and minor home modifications designed to reduce the risk of falls and accidents in the home. All DVA Gold and White Card holders are eligible for HomeFront. To arrange a HomeFront assessment call 1800 801 945.

These are just two of the many programs available through Department of Veterans' Affairs (DVA). If you would like any further information about these or other DVA programs and services, please feel free to give me (Emma) call on 6650 9069. For enquiries about your payments or to update your details, you can call the Veterans' Information Service on 6650 9029. Alternatively you are welcome to come in a visit us in the Department of Human Services office on Duke Street.

WRINKLES, WIT AND WISDOM

Nothing is more responsible for the good old days than a bad memory
Franklin P. Adams

The age of a woman doesn't mean a thing. The best tunes are played on the oldest fiddles.
Ralph Waldo Emerson

Age is not measured by years. Nature does not equally distribute energy. Some people are born old and tired while others are going strong at 70.
Dorothy Thompson

I succeeded by saying what everyone else is thinking.
Joan Rivers

We live in an age when pizza gets to your home before the police.
Jeff Marder

It's easy to identify people who can't count to ten. They're in front of you in the supermarket express lane.
M. Grundler

I am amazed at radio DJ's today. I am firmly convinced that AM on my radio stands for Absolute Moron. I will not begin to tell you what FM stands for.
Jasper Carrott

You can say this for ready-mixes, the next generation isn't going to have any trouble making pies exactly like mother used to make.
Earl Wilson





Betty Wright OAM

We received the wonderful news last month that Betty Wright had been honoured with a medal of the Order of Australia. Betty has worked tirelessly as a volunteer with many organisations. Incredibly, she has clocked up over 70 years as a community volunteer, and continues to give many hours of assistance to a multitude groups. The Order of Australia is an order of chivalry established on 14 February 1975 by Elizabeth II, Queen of Australia, to recognise Australian citizens and other persons for achievement or for meritorious service. Before the establishment of the Order, Australian citizens received British honours.

The Order was countersigned by the then Prime Minister Gough Whitlam. The original order had only three grades; Companion (AC), Officer (AO), and Member (AM). On 24 May 1976, the further categories of Knight (AK), Dame (AD), and Medal of the Order of Australia (OAM) were established by the Queen on the advice of Whitlam's successor, Malcolm Fraser.

Following his 1983 election, Prime Minister Bob Hawke, abolished the Knight & Dame categories and the Queen co-signed in March 1986. Existing Knights and Dames were not affected by the change.

The Queen of Australia is Sovereign Head of the Order, while the Governor General is Principal Companion & Chancellor of the Order. Congratulations Betty, a well deserved honour.

AVENUE TO HONOUR AUSTRALIA'S HEROES OF AFGHANISTAN

The Minister for Veterans' Affairs, Warren Snowdon, today announced \$100,000 in funding towards the construction of an Avenue of Honour on the banks of Lake Tinaroo in Queensland to commemorate the sacrifice of Australian soldiers in Afghanistan.

"The Australian Government is proud to support the construction of this Avenue of Honour, one that will ensure we never forget those who have given so much for our country in recent times," Mr Snowdon said

The Avenue of Honour will follow the path of fallen Private Benjamin Chuck's Gun Carriage and will symbolise the final journey home. Private Chuck was a Commando in the Australian Army, he was killed in June 2010 with two fellow Commandos, when a US Black Hawk helicopter crashed on return from Kandahar Province in Afghanistan.

Construction of the Avenue is expected to be completed in mid-2013 and will complement other memorials to Australia's Afghanistan war dead, including at the Australian War Memorial.

Mr Snowdon said that Private Chuck's family met with and raised the construction of the Avenue of Honour with Prime Minister Gillard late last year.

"Prime Minister Gillard, along with myself, realise the important contribution Australian troops have made in Afghanistan, we value their courage, commitment and their sacrifice in the fight against terror," Mr Snowdon said.

Once complete, the Avenue will be lined with vibrant Flame trees, which will lead to a sculptured memorial paying tribute to our fallen soldiers in Afghanistan. Individual commemorative plaques will be a prominent feature, each one acknowledging those who have tragically lost their lives in the Afghanistan campaign.

"Private Chuck, along with every other Australian soldier who has served for our country, is deserving of our ongoing gratitude and respect," Mr Snowdon said.

DANCE AWAY DEMENTIA

Article taken from "News for Seniors" – Issue 89 December 2012

Feel Like dancing? Well get up and boogie because there is research that shows getting your groove on may help reduce the incidence of dementia, including Alzheimer's disease. Research published in the *New England Journal of Medicine* rated dancing, along with playing a musical instrument and board games, as activities that can help reduce the risk of developing dementia.

Alzheimer's Australia's Dr Chris Hatherly says the research offer some hope; 'We know that regularly exercising the brain is an important way of reducing the risk of dementia,' he says.

"Brain exercise is basically anything that challenges your brain, and the best ways to do this are to learn new hobbies and to spend time with people in social situations."

The cost of care for those with dementia in Australia is about \$6 billion a year (Alzheimer's Australia Consumer Dementia Research Network) not to mention the emotional impact it has on the families and friends of people living with the disease.

"We know that there are lots of lifestyle changes people can make to help reduce their risk of dementia," Dr Hatherly says.

"The brain is just an organ of the body after all, so everything we know is good for our physical health is also going to be good for our brain health – things like not smoking, eating healthy foods and generally staying fit and healthy. Dancing is great in that it combines physical and mental activity in one; staying physically active, socialising and challenging the brain to learn new steps and moves."

For more information about tackling dementia and Alzheimer's disease go to fightdementia.org.au or call the National Dementia Helpline on **1800 100 500**.



Senior's Computer Classes

Would you like to send & receive emails / to family and friends, learn how to 'Skype' or catch up with people on Facebook? Come and see how in a friendly environment.

For bookings and enquiries call Abby at Legacy on 6652 7583 Tuesday to Friday between 8.30am and 2.30pm.



From Legatee John Fielding – House and Contents Insurance.

Eligible Widows are encouraged to investigate the rates offered by DVA via the Defence Service Home Insurance Scheme. The 'house' insurance is underwritten by DVA while the 'contents' is underwritten by QBE.

An 'eligible widow' is basically the widow of an Australian Defence Force person who had qualifying service. You can easily check by ringing DSAH on 1300 552 662.

From a personal view I have had my home (not contents) insured with DSH for many years with never an argument over a claim. I am not sure why I don't have my contents, just too lazy to change!

A comparison on my home in Woolgoolga valued at \$397,000 is;

DSH	\$812.95
GIO	\$2,285.73
APIA	\$1898.62
NRMA	\$1385.77

LEGACY STAFF PROFILES

With new people on board and changes within our Office, we thought it would be a nice idea to give you a little background on our staff.

Alison Hughes – Community Service Worker (South)

I started with Legacy on 16th January this year, I will be visiting ladies living from Coffs Harbour, down to Urunga and across to Bellingen and Dorrigo. I will be replacing Jane Sury who is now in our office. My visiting days are Wednesday and Thursday, and you can catch me in the office every Friday.

I was born in Armidale but raised in the Sutherland Shire area of Sydney. After I finished my HSC in 1980 I commenced my Registered Nurses training at Lewisham Hospital which I completed in 1984. Following my registration I spent 3 mths driving and camping around Australia with 2 girlfriends. A year later the travel bug bit hard and I flew over to London and ended up staying 13 mnths where I did a lot of travelling around Europe and parts of North Africa. I came home broke and ended up being offered a job the same day I got home and started work in the Operating Theatre at St George Hospital, Kogarah. I married in 1989 and we have 3 children. My husband and I decided to move our little family to the Coffs Harbour area 9 yrs ago.

Norelle Slater – Community Service Worker (North)

I will have worked for Coffs Harbour Legacy for 12 yrs in September this year.

I enjoy my role in assisting our ladies to remain safe & independent while living at home. I support Legacy ladies living in the area between Coffs central, west to Nana Glen & North to Red Rock. I am a registered Nurse & while I do not work in this capacity with Legacy, I believe my training, experience & empathy enables me to encourage ladies to seek medical assistance when it is needed. It is not always obvious if a visit to the GP is required but a trained eye & some gentle persuasion can often allay fear & encourage further assistance if needed. I have gained experience by working in Public & Private Hospitals & Dr's clinics as a Nurse/ Receptionist.

I have also gained valuable life skills while raising a wonderful daughter & son & assisting my husband in our Engineering business.

I have always been involved voluntary organisations in the community & held committee positions within these groups. I live in Urunga & I enjoyed being a voluntary caller & office assistant with Urunga Telecross since its inception.

I have a certificate in office skills & keyboarding & trained in Loss & Grief support with the National Association for Loss & Grief which I find invaluable.

I also commenced a craft group in the local Church as an outreach to the community & along with my husband have been part of many Christian ministry teams visiting the correctional centres in Grafton & Kempsey.

My greatest passion is my family. I thoroughly enjoy my two little granddaughters, 2 1/2 & 17mnths with another baby due in June. I am an avid cake decorator, love gardening, craft & getting together with friends.

Jane Sury – Welfare Secretariat / Activities Officer (Mon – Thurs)

I have worked with Legacy for over 7 years and just recently changed from my role as Community Service Worker. I am looking forward to the challenges in my new office position, but will miss visiting all those wonderful Legacy ladies in the community.

I am a Social Worker by profession, and have worked in both aged care and disability. Previous employers include South Sydney City Council, Parramatta City Council, Liverpool Hospital and Coffs Harbour Support Services. I have worked alongside my husband in his own business for many years, where I have gained skills in administration and small business accounting. I have also worked in a voluntary capacity with Neighbour Aid and Meals on Wheels.

I moved to Coffs Harbour in 2003 and have never looked back. Both my daughters are now at University (very proud), so I am finding more time to enjoy my favourite pastimes. I enjoy weekends away on the bike, cooking for family & friends, reading and am a self confessed Zumba addict!

I look forward to catching up with as many ladies as possible at upcoming Legacy functions and events.



Abby Monro – Office Administrator (Tues – Friday)

It was with much excitement that I started working with Legacy on the 22nd of January, 2013. I'm in the office as the administrator on Tuesdays through to Fridays and I look forward to getting to know you all.

I was born in New Guinea, raised in New Zealand, and immigrated to Australia and have lived here for the last 21 years. I have four beautiful sons, ages five, 11, 16 and 21.

In 2005 I decided to make a career change from nannying, and working in a health food's shop, and began my education in Business Administration. Since then, I've had the pleasure of working in several computer companies, and a not-for-profit organisation that supports pregnant young women and their children.

My interests include cooking, horse riding, piano, reading, and playing the bagpipes. My children and I belong to the Coffs Coast Pipes and Drums bagpipe band, so if you're out and about next ANZAC day, you'll see us marching with the band. I also love taking my family on picnics at the lovely places Coffs Harbour has to offer and walking on our lovely beaches.

LEGACY HOLIDAYS MOSS VALE

Set in five acres in the idyllic Southern Highlands, Moss Vale is a quiet haven offering Legacy widows a ten day holiday. Accommodation and meals are provided at no cost to the widow.

Each intake comprises up to 24 widows, who are met at Central Railway Station and then transported by the Legacy bus to Moss Vale.

Optional full and half-day bus trips are arranged every second day.

Moss Vale is a comfortable mixture of old-world charm and modern convenience. Cool in Summer and cosily heated during Winter, it is a place of friendship and rest. Each twin bedroom has been lovingly and individually decorated. All bedrooms have ensuite facilities.

Please inquire through office.



IMPORTANT NOTE RE MONTHLY LUNCHES AT CEX

We would like to encourage everyone once again to come along to our First Friday Lunches and Seniors Concert at Coffs Ex-Services Club.

We meet in the Bistro at around 11.30 and have our own reserved table. Lunch is only \$6.00 for Legacy Ladies, and we request you please put it in an envelope.

This function is becoming very popular with the regulars, but we would love to see new faces join us. It is a friendly, welcoming group and the concert afterwards is always enjoyed. Unfortunately, due to declining numbers from Woolgoolga and a larger Community Transport Bus, they are no longer able to collect our ladies from up North. We need to get more people involved up that way to warrant booking the service.

Please support this event so that everyone can continue to enjoy it this year.

Mark the First Friday on your calendar and ring the office the week prior to confirm a place.

MBT – HONORARY SOLICITORS

We are pleased to announce that MBT Lawyers are once again Honorary Solicitors for Legacy. MBT deal with Wills and Probate, Personal Injury, Litigation, Family Law, Commercial Law and Criminal Law.

If you require any legal services, please consider MBT and mention that you are with Legacy.



I never wanted to believe that my Dad was stealing from his job as a road worker. But when I got home, all the signs were there.

-

What do you call an alligator wearing a vest?

An investigator.

DENTAL TREATMENT AND DVA – LEGATEE PETER HAPP

DVA has restored its policy prior to November 2012. Dental Hygienists have always and can continue to treat Veterans and Widows holding the appropriate DVA card. No co-payment is required by DVA patients for preventative services. DVA provide for twice yearly examination by a Dentist and preventative cleaning of the dentition by a Dental Hygienist or Dentist.

Six monthly examinations are an important preventative health measure to detect oral cancers early and to ensure prostheses are correctly fitted. Early detection of oral cancer like all cancer is the clue to successful treatment. Dental Hygienists are a very important link in the preventative health chain as twice yearly cleaning of teeth by a well trained professional can save teeth which improves the value of good nutrition, general health and self esteem. Nursing Home nutrition is notoriously good for destroying dentitions, as often, of necessity, it requires less mastication. To add insult to injury patients often have poor hand /eye coordination and poor eyesight and do not readily accept having their teeth cleaned after each meal let alone use dental floss at least daily. Anger towards family and staff is a common response from patients when they attempt to clean teeth in a Nursing Home setting or at home.

Preventative Dental Health treatment falls outside of the DVA Schedule C of Dental Services and has no annual monetary limit only a time limit. Schedule C is for the more expensive items of treatment such as crowns, implants and prostheses for which there is an annual limit of \$2446 per financial year (June to June) so once June has passed any outstanding entitlement to funding is forgone for Schedule C items. Any treatment performed one day outside of the eligibility period fails to attract a benefit so make sure recall appointments for prevention are outside of the six month period by at least one day.

Ambulant and Non Ambulant Patients inside or outside of a Nursing Home can be transported by relatives, community transport or ambulance to be treated in the Dental Surgery setting. Try to get a surgery without stairs.

Another proposed Dental Van by NSW Health to treat Nursing Home patients consisting of one van to cover all Nursing Homes on the North Coast will not touch the edges of what is required and will be hopelessly inadequate as are all Commonwealth and State Dental Services. The following quotation comes to mind to give you some perspective.

The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.
Ronald Reagan

On a lighter note:

"Healthy teeth is nice to have,
They fills you with content,
And if you doesn't know it now,
You will - when they have went".



Mind Exercises

1/ Each of the following sets of letters can be made into a real word by adding three letters to the beginning, and the same three letters in the same order to the end. For example, ANGLEM can have ENT added at the start and the end to become ENT+ANGLEM+ENT = ENTANGLEMENT.

ERTAINM
ISCOVE
ROW
IOXID
ROCOS

2/ Due to rumours that there was a world shortage of chewing gum, everyone was stocking up on packs. By the time I'd got to the store, they had sold out!

However, there were two people at the till who had already bought 4 and 5 packs respectively and they kindly offered to share their packs with me.

After the sharing, we all had the same number of packs each and I paid them \$9 for my packs. How did they share the \$9 between them?

3/ A man who lives on the tenth floor takes the elevator down to the first floor every morning and goes to work. In the evening, when he comes back; on a rainy day, or if there are other people in the elevator, he goes to his floor directly. Otherwise, he goes to the seventh floor and walks up three flights of stairs to his apartment.

Can you explain why?

A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

A hole has been found in the nudist-camp wall. The police are looking into it.

COMMONWEALTH RESPITE & CARELINK CENTRE

Are you a Carer or do you have a Carer? A carer is anyone who provides regular support to a relative or friend who has a disability, a chronic, terminal or mental illness, or who is frail aged or has dementia. Respite is when another person takes over the caring role temporarily, so the Carer can have a break from their responsibilities.

The Respite Support Service can help the carer in the following ways;

- Short term, planned and/or emergency respite.
- Payment for respite, when needed, on a short term or occasional basis
- Information on respite options and ongoing support
- Links to other services that can assist Carers in their caring role
- An Emergency After Hours Service for Carers who are in crisis.

Freecall 1800 052 222



There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did!

A backward poet writes inverse.

OUR VALUED SPONSORS

Please remember them when you need service

Baringa Private Hospital

Berry Exchange

Coffs Harbour Bridge Club

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 EQUIPMENT

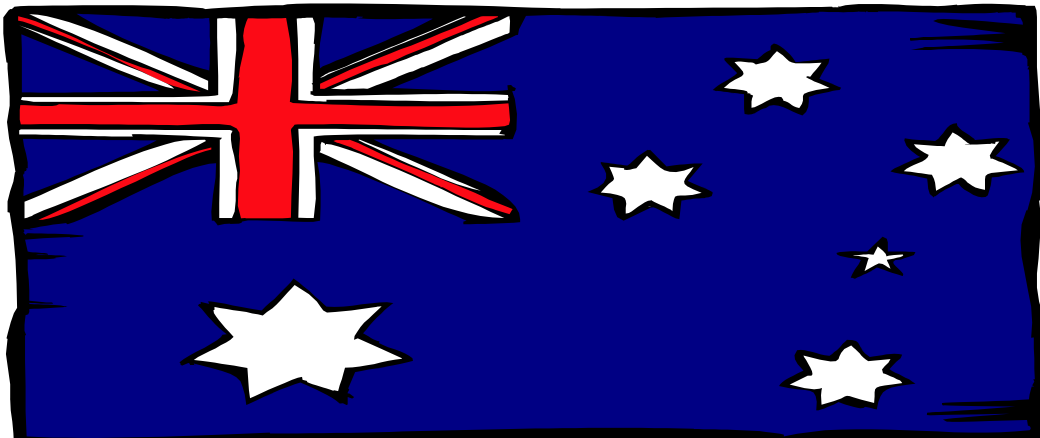
Legacy has an equipment pool available to our ladies who do not have a Gold Card. Equipment is also available to widows with a Gold Card who only need a short-term loan while awaiting equipment from DVA. Items we currently have in stock include;

Rollators
Shower Stools
Over – toilet chairs
Pick-up Sticks

Please contact the office for more information on 6652 7583.



I am the flag of Australia,
My name is "Southern Cross"
I fly atop tallest buildings.
I stand watch in Australia's halls of justice.
I fly majestically over institutions of learning.
I stand guard with power in the world.
Look up and see me.
I stand for peace, honour, truth and justice.
I stand for freedom.
I am confident.
I am arrogant.
I am proud.
When I am flown with my fellow banners,
My head is a little higher,
My colours a little truer.
I bow to no one!
I am recognized all over the world.
I am worshipped - I am saluted.
I am loved - I am revered.
I am respected - and I am feared.
I have fought in every battle of every war for 99 years. I was there at Gallipoli, the trenches of Turkey, in the Western Front in France, and the beaches of Normandy, Korea and , Saigon, Vietnam know me.
I'm presently in the mountains of Afghanistan and the hot and dusty deserts of Iraq and wherever freedom is needed.
I led my troops, I was dirty, battleworn and tired,
But my soldiers cheered me and I was proud.
I have been burned, torn and trampled on the streets of countries I have helped set free.
It does not hurt for I am invincible.
I have been soiled upon, burned, torn and trampled in the streets of my country.
And when it's done by those Whom I've served in battle - it hurts.
But I shall overcome - for I am strong.
I have slipped the bonds of Earth and stood watch over the uncharted frontiers of space from my vantage point on the moon.
I have borne silent witness to all of Australia's finest hours.
But my finest hours are yet to come.
When I am torn into strips and used as bandages for my wounded comrades on the battlefield,
When I am flown at half-mast to honour my soldier,
Or when I lie in the trembling arms of a grieving parent
At the grave of their fallen son or daughter,
I am proud.



UPDATE ON THE ANZAC CENTENARY GALLIPOLI COMMEMORATIONS

In an update on the Centenary of Anzac program, Minister Assisting the Prime Minister on the Centenary of Anzac, Warren Snowdon, today announced the Governments of Turkey, Australia and New Zealand have formally agreed to the capacity of the Anzac Commemorative Site for the 2015 Dawn Service.

Mr Snowdon said the three Governments had carefully considered a detailed report on the safe carrying capacity of the Anzac Commemorative Site, and agree to the findings that the attendance should be 10,500.

"To ensure the safety of visitors, extensive investigations have been conducted and the capacity is based on a rigorous independent analysis," Mr Snowdon said.

"In addition to safety, the capacity also considers the geographic challenges of the site. Surrounded by thick scrub, steep terrain, bounded by the Aegean Sea and protected by heritage and conservation measures means the site cannot be expanded."

Mr Snowdon said 8,000 places will be made available to Australians and a further 2,000 places will be available to New Zealand with the remaining 500 allocated to official guests and representatives from Commonwealth and other nations.

"There may be close to one million Australians who can trace a direct family link to those diggers who landed at Gallipoli in 1915 and there is also expected to be interest from descendants of former military members, war widows, current serving members and their families, young Australians and individuals with an interest in Australia's military history.

"The allocation of places will be decided by process of a ballot. An announcement on how the ballot will operate will be made in the coming months. We anticipate the ballot will be held early next year and there will be ongoing consultation with New Zealand.

"A ballot is the fairest and most equitable method, ensuring a transparent and open process for allocating attendance places," he said.

All Australians will have the opportunity to register, with successful applicants provided appropriate time to make their travel arrangements.

"The Australian Government appreciates the ongoing cooperation and support from Turkey in allowing us to hold commemorations on Turkish soil. Our long-standing relationship and combined dedication to preserving and protecting the Gallipoli battlefields is paramount," Mr Snowdon said.

A Backward Glance

IT IS well when you've lived in
clover,
To mourn for the days gone
by—
Would I live the same life over
Could I live again? Not !!
But, knowing the false from
the real,
I would strive to ascend:
I would seek out my
boyhood's ideal,
And follow it to the end.

Henry Lawson



WHY THE ENGLISH LANGUAGE IS SO HARD TO LEARN

The bandage was wound around the wound.
The farm was used to produce produce.
The dump was so full that it had to refuse more refuse.
We must polish the Polish furniture.
He could lead if he would get the lead out.
The soldier decided to desert his dessert in the desert.
Since there is no time like the present, he thought it was time
to present the present.
A bass was painted on the head of the bass drum.
When shot at, the dove dove into the bushes.
I did not object to the object.
The insurance was invalid for the invalid.
There was a row among the oarsmen about how to row.
They were too close to the door to close it.
The buck does certain things when does are present.





ACTIVITIES CALENDAR FOR 2013

Please put the below dates on your calendar, to enable us to continue to run the following functions and events we need your support.

MARCH	Friday 1st March	- Coffs Ex Services (CEX) Lunch and concert
	Tuesday 19th March	- Seniors Week Morning Tea and Guest Speakers OP81 Coffs Harbour
APRIL	Friday 5th April	- CEX Lunch and Concert
MAY	Friday 3rd May	- CEX Lunch and Concert
JUNE	Friday 7th June	- CEX Lunch and Concert
JULY	Friday 5th July	- CEX Lunch and Concert
	Sunday 14th July	- Widow's Luncheon at Sawtell RSL
AUGUST	Friday 2nd August	- CEX Lunch and Concert
SEPTEMBER	Friday 6th Sept	- Badge Day (Volunteers required)
OCTOBER	Friday 4th October	- CEX Lunch and Concert
	Tuesday 15th October	- Veterans Health Week (Event TBA) Bellingen Area
NOVEMBER	Friday 1st November	- CEX Lunch and Concert
	Sunday 24th November	- Christmas Luncheon
DECEMBER	Friday 6th December	- CEX Lunch and Concert

MAN'S BEST FRIEND

A man and his dog were walking along a road.

The man was enjoying the scenery, when it suddenly occurred to him that he was dead.

He remembered dying, and that the dog walking beside him had been dead for years.

He wondered where the road was leading them.

After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble..

At the top of a long hill, it was broken by a tall arch that glowed in the sunlight.

When he was standing before it, he saw a magnificent gate in the arch that looked like mother-of-pearl, and the street that led to the gate looked like pure gold.

He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side.

When he was close enough, he called out, 'Excuse me, where are we?'

'This is Heaven, sir,' the man answered.

'Wow! Would you happen to have some water?' the man asked.

'Of course, sir. Come right in, and I'll have some ice water brought right up.'

The man gestured, and the gate began to open. 'Can my friend,' gesturing toward his dog, 'come in, too?' the traveller asked.

'I'm sorry, sir, but we don't accept pets.'

The man thought a moment and then turned back toward the road and continued the way he had been going with his dog.

After another long walk, and at the top of another long hill, he came to a dirt road leading through a farm gate that looked as if it had never been closed. There was no fence.

As he approached the gate, he saw a man inside, leaning against a tree and reading a book....

'Excuse me!' he called to the man. 'Do you have any water?'

'Yeah, sure, there's a pump over there, come on in.'

'How about my friend here?' the traveller gestured to the dog.

'There should be a bowl by the pump,' said the man.

They went through the gate, and sure enough, there was an old-fashioned hand pump with a bowl beside it.

The traveller filled the water bowl and took a long drink himself, then he gave some to the dog.

When they were full, he and the dog walked back toward the man who was standing by the tree.

'What do you call this place?' the traveller asked.

'This is Heaven,' he answered.

'Well, that's confusing,' the traveller said.

'The man down the road said that was Heaven, too.'

'Oh, you mean the place with the gold street and pearly gates? Nope. That's hell.'

'Doesn't it make you mad for them to use your name like that?'

'No, we're just happy that they screen out the folks who would leave their best friends behind.'



ANSWERS TO PUZZLES :1/ Entertainment, rediscovered, ingrowing, antioxidant, microcosmic.

2/ \$3 and \$6. As there were 9 packs in total, we each received 3 packs. The first person gave me 1 pack and the second person gave me 2 packs. So the money had to be shared in the same ratio, 1:2.

3/ The man can only reach the 7th Floor button due to his small stature. On a rainy day he can use his umbrella to reach the 10th floor button.

Coffs Harbour Legacy Welfare Fund
PO Box 4260
Coffs Harbour 2450

POSTAGE
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