Newsletter

Serving the families of those who served.

Published by the Legacy Club of
South Australia & Broken Hill Inc.
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LegacySAandBH

LEGACY
SOUTH AUSTRALIA & BROKEN HILL

July/August 2025

Marching in Honour

This ANZAC Day, the streets of Adelaide were filled with pride and remembrance as Legacy Youth, past and present, marched proudly taking their rightful place in the procession, honouring their parent who has served and sacrificed for our nation.

Legacy's participation in the march is not only a tribute to the brave men and women who have given their lives or health in military service, but also a vital opportunity for their children to connect with their parent's legacy and have their service commemorated.

Our amazing and dedicated Legatees who embody the true meaning of 'service to others' and who continue to be unwavering in their commitment to supporting the families of those who served, flanked each row of youth as the march proceeded through the city.

The presence of Legacy Youth in the ANZAC Day march is a powerful testament to the enduring spirit of those who serve and the strength of their families. It's a moment for all Australians to come together in solidarity, support, and gratitude.

Lest we forget.

President's Message
Legatee Heather Willis

Dear Legacy Family,

Hello and welcome to winter!

Anzac Day seems long ago now but we have a wonderful photographic collection to share of our Youth and Legatees in the march and at The Cross of Sacrifice in Adelaide. It was a good day overall, relatively warm and perfect for our annual Union Hotel BBQ and the jazz band performance including a very talented Legatee. I trust you had a good day too, wherever you were.

At a recent Beneficiaries luncheon, I talked about my travels to the various corners of our State so far this year. Apart from Eyre Peninsula, Yorke Peninsula and the Riverland during Feb-Apr, more recently I've visited the Upper South East, Barossa, Pt Pirie and the Whyalla Flinders area. I'm now preparing for trips to Murray Bridge and Broken Hill in July and August. All of these visits are a great opportunity for me to connect with our Legacy families in regional areas and to hear about things of interest in their lives.

I have also spent time with Widows Clubs and Social Groups in the greater metropolitan area recently, sharing lunch with ladies from West Torrens, Central Districts (Happy 60th Birthday!) and Plympton. Next up is Tea Tree Gully, Lockleys, Woodside, and the Intergenerational Group.

I had a lovely telephone conversation with our eldest Beneficiary who turned 111 years young in June. What an inspiration! I take a turn as the Duty Legatee in Legacy House each month which gives me the chance to chat with Beneficiaries who don't have a dedicated Legatee. It always amazes me to hear about your interesting and eventful lives.

This year is the 80th anniversary of the end of World War II and there are a number of commemorative services planned. Myself and other Legatees have already attended services dedicated to Victory in Europe, the Battle of Coral and Balmoral (Vietnam), Aboriginal Veterans and Bomber Command. Over the next few months we expect to attend services for Korean and Vietnam Veterans, Malaya and Borneo, the Merchant Navy and Peacekeepers. It is a busy program.

I am often asked about the relocation of Legacy House to the Torrens Parade Ground precinct in Adelaide. After two years, I can safely say that the move has been positive in many ways. It's easily accessible. The refurbished space is modern, comfortable, and inviting. It is well appointed to suit the needs of our staff, Legatees and visitors. Proximity to other like-minded organisations also brings with it a better working relationship and the ability to collaborate on initiatives that benefit us all. There are

excellent spaces for social and networking events and it allows for medium to very large events like our fantastic Christmas Luncheon. Overall, it's been a very successful move. You are always welcome to visit when in town.

We endeavour to make this newsletter interesting and informative and to ensure that you know you are in our thoughts. We often receive feedback and I'm very pleased that many of you look forward to each issue and enjoy reading the stories or having your families share in the experience.

For those celebrating a birthday or anniversary, I wish you a very happy day. To everyone, keep well and look after each other.

As always, yours in Legacy

Heather Willis

A Proud Moment for Catherine and her Mum, Nancy

We would like to extend our congratulations to Legacy Youth Ambassador Catherine and her mother, Nancy, on their remarkable achievement in graduating university. Catherine has successfully graduated with a double degree, an extraordinary accomplishment that reflects her dedication and perseverance.

What a great achievement!

Anzac Day 2025

Anzac Day March

Cross of Sacrifice Remembrance Service

Union Hotel Anzac Day Street Party

Anzac Day Luncheon
Guest Speaker Legatee Graeme Gatley

Pictured is L/Graeme Gatley.

Over 100 beneficiaries gathered at our Anzac Day Luncheon in solemn remembrance to honour those who have served and those who continue to serve our nation. Our luncheon was graced by the eloquent words of Legatee Graeme Gatley, who beautifully articulated the powerful impact of legacy on the lives of families deeply affected by service.

His message resonated with all present, highlighting the enduring support of Legacy - who remains dedicated to serving the families of those who served. We also acknowledge that ANZAC Day is a time to reflect on those loved ones that we have lost or have returned different from the people we once knew. A time to honour all our loved ones who have worn our country's uniform in the name of service.

Climbing to New Heights

Legacy families gathered for an unforgettable morning at Adelaide Tree Climb and it was nothing short of spectacular! With the sun shining brightly above, our incredible Legacy youth soared through the treetops, climbing, swinging, and flying across the parklands like true adventurers.

The joy in the air was contagious as laughter echoed through the trees. Our amazing Youth Ambassadors were there every step of the way, offering support and encouragement to the younger climbers, proving once again that teamwork and camaraderie make every adventure better!

Woodside Two Ferries Bus Trip

The Woodside ladies enjoyed a lovely day out that included lunch at the Tailem Bend Hotel. The highlight of the day, the two ferry rides—first on the Wellington Ferry and then on the Tailem Bend Ferry on the way back. It was a day filled with scenic views and cherished memories shared among friends.

L-R: Nancy Pritchard, Margaret Black, Ros Abraham, Margaret Saunders, Roz Lawson, and volunteer driver Kathryn.

Celebrating 60 Fantastic Years

Central Districts Legacy Widows Group (now Social Group) is celebrating its 60th anniversary this year. Celebrations included a visit from President Heather Willis' and a luncheon. A planting of the Legacy Flame Grevillea is planned in the Salisbury War Memorial later in the year.

Defence Force Mentors

Not everyone is aware of the very important role played by Defence Force Mentors (DFM's) in some of our schools. DFM's assist those students, whose parents are serving in the ADF and often have to cope with new schools through postings. Having someone who particularly understands the problems that dependents of ADF personnel can face, in addition to the normal difficulties of navigating school, and is able to provide one-on-one support is invaluable in the student's achievements both now and later in life.

Legatees Ross Smith and Geoff Banks, along with RAAF Bear, were greatly assisted by DFM Kerrie Stevenson. Supported by the staff and students of Golden Grove High, Pedare Christian College, and Gleeson College, she helped organise fundraising events at each school during last year's Legacy Week. Unfortunately Kerrie is moving on, and we wish her well in her future endeavours. We also look forward to continuing our relationship with the schools and the new DFM.

WHEN RAIN OUTSIDE TURNS INTO RAIN INSIDE

EMERGENCY ASSISTANCE 132 500

Government of South Australia

SES RESCUE

EMERGENCY CONTACTS

WHEN TO CALL 000

Is your situation life-threatening due to any of the below?

- All fires, including bushfire and house fire
- Dangerous or life-threatening situations - Police
- Health & Medical - Ambulance
- Major gas leaks
- Accidents where there is fire or the need for medical assistance

WHEN TO CALL 132 500 (SES)

Flood or storm assistance:

- Serious damage to home
- Property at risk of flooding
- Tree fallen on car or home

Government of South Australia

SES RESCUE

NON-EMERGENCY CONTACTS

Often situations that seem urgent and overwhelming can be dealt with using local services such as a handyman, arborist or local council.

For non-urgent situations visit ses.sa.gov.au or refer to the following numbers:

SES Infoline
1800 362 361

Police
Non-urgent matters
131 444

Crime Stoppers
(report crime anonymously)
1800 333 000

Local Councils
(Fallen trees on local roads, footpaths and parks)
lga.sa.gov.au/councils

Roads and traffic
Accidents resulting in a traffic hazard
131 444

Major arterial roads (dangerous conditions, road hazards and signal faults)
1800 018 313

Electricity
Power network faults and emergencies, including loss of supply
13 13 66

SA Water
Burst water mains
1300 650 950

Sewer blockage or overflow
1300 883 121

Gas leaks
1800 GAS LEAK
1800 427 532

Health & medical
Health Direct - free health advice from trained clinicians
1800 022 222

Mental health emergencies
13 14 65

Poisons information
13 11 26

SES0012

Legacy Utility Grant Reminder:
Keep Comfortable Year-Round!

Did you know that Legacy provides a Utility Grant to help alleviate energy costs in the home (e.g. electricity, gas, firewood). The grant is up to $500 and is issued twice a year. If you are interested please contact your Legatee or the Community Services team for a Financial Assistance form.

For more information call **08 8231 9812**.

Bequests

We wish to thank and acknowledge the vital support received from our supporters who have left a gift to Legacy SA and Broken Hill in their will. We continue to serve the families of those served through the generous support of our Legacy Family and Friends.

If you have any questions about how you might help Legacy by leaving a gift in your will, please phone Legacy SA & BH on **08 8231 9812**.

Birthday Celebrations

We would like to wish the following Beneficiaries a very **Happy 100th Birthday**

Mrs Veda Hilton
Mrs Verna Harris
Mrs Theresa Vuckovic
Mrs Fay Buckby
Mrs Christina Green
Mrs June Shepherd
Mrs June Baker

June Baker

Verna Harris

Verna Hilton

Mary Kent

Birthday Acknowledgements

Mrs Lorna Henstridge celebrates her 111th Birthday. Legatee Robin Henry visited Mrs Henstridge.

Mrs Isabel Fuller celebrated her 104th Birthday in good cheer. Isabel is pictured with Legatee Ian Fitzgerald.

Mrs Doreen Pope celebrates being 107 years young in the presence of her family and Legatee Alan Hill.

STOP THE FLU
BEFORE IT STOPS YOU

Under the National Immunisation Program, free flu vaccinations are available to:

- children 6 months to less than 5 years of age
- Aboriginal and Torres Strait Islander people 6 months and older
- pregnant people (any trimester)
- people aged 65 years and older
- people 6 months of age or older with underlying chronic medical conditions.

Visit
sahealth.sa.gov.au/flu

Government of South Australia
SA Health

What's On

Beneficiary September Luncheon

LOCATION
Adelaide Pavilion
Veale Gardens cnr South Terrace and Peacock Road

DATE & TIME
Wednesday 24 September
Arrival From 11:30am
Lunch commences at 12:00pm

Free for enrolled Legacy Beneficiaries

RSVP
To RSVP, please call Legacy on **8231 9812**
by COB Friday 5 September 2025.

Please advise of any dietary requirements when booking.
Please note seating preferences on the day cannot be guaranteed.

LEGACY SOUTH AUSTRALIA & BROKEN HILL | **Serving the families of those who served.**

Beneficiary October Luncheon

LOCATION
Adelaide Pavilion
Veale Gardens cnr South Terrace and Peacock Road

DATE & TIME
Wednesday 29 October
Arrival From 11:30am
Lunch commences at 12:00pm

Free for enrolled Legacy Beneficiaries

RSVP
To RSVP, please call Legacy on **8231 9812**
by COB Friday 10 October 2025.

Please advise of any dietary requirements when booking.
Please note seating preferences on the day cannot be guaranteed.

LEGACY SOUTH AUSTRALIA & BROKEN HILL | **Serving the families of those who served.**

BOOK NOW

Legacy CHRISTMAS Luncheon

LOCATION
Torrens Parade Ground
1 Victoria Drive
Adelaide SA 5000

DATE & TIME
Tuesday 2 December 2025

Free for enrolled Legacy Beneficiaries
$35 for Accompanying Guests

Bus transportation available

LEGACY SOUTH AUSTRALIA & BROKEN HILL

Serving the families of those who served.

Pine Cottage

Holiday House, Victor Harbor

Call 8231 9812 to book in.

The cost is **$420 per week**, Friday afternoon to the following Friday morning.

Located within walking distance to shops and local eateries and a short drive to the beach and other township attractions. The self-contained property has everything to make your seaside holiday a comfortable and pleasant experience.

LEGACY SOUTH AUSTRALIA & BROKEN HILL

Serving the families of those who served.

Home fire safety fact sheet

Home Security

In trying to keep intruders out of our homes, we often overlook the need to escape ourselves in the event of fire. There are many security devices which prevent intruders from getting in or thieves removing goods. However, if a fire occurs the danger is that these security devices may prevent you and your family from getting out of the house.

The South Australian Metropolitan Fire Service (MFS) has attended many house fires where victims have been found inside, behind dead-locked doors. They have been unable to find the dead lock key and get out.

We strongly recommend the following strategies concerning deadlocks and security grills:

- Windows and security devices must be easy to open from the inside to allow a quick escape.
- Windows with security devices should incorporate quick release mechanisms.
- Make sure everyone can operate security barred doors and windows.
- The best option is to install deadlocks which can be opened from the inside without keys.
- Do not deadlock your doors when you are at home unless you are prepared to leave the key in the lock. If there are glass panes in the door, consider leaving door keys on a hook in the centre of the door, out of reach of potential intruders or installing a security screen on the glass. Looking for keys and trying to fit them into locks in a very hot, toxic, smoke filled environment is likely to cost you your life.
- Limit the number of keys needed to open deadlocks. Have all your deadlocks keyed alike.
- Install and maintain smoke alarms to provide early warning of fire.
- All the people in your home should talk about and plan how to get out in the event of a fire. Prepare and practise a Home Fire Escape Plan.

BE SECURE, BUT BE FIRE SAFE!

BE ABLE TO GET OUT QUICKLY.

Adelaide Station
99 Wakefield Street
Adelaide SA 5000

Enquiries 8204 3611
samfscommunitysafety@sa.gov.au
www.mfs.sa.gov.au

Legacy Children & Junior Legacy Clubs
Centenary of Legacy, History Item #7

When Melbourne Legacy Club was formed in 1923 drawing on the work and experience of Hobart's Remembrance Club, its focus was on 'mutual helpfulness'. It was not long before the original objects of the Club were being critically reviewed. There was concern that they were duplicating some of the work of the RSL and to many members, business reciprocity did not provide sufficient justification for a Club. Individual Club members had been devoting increasing attention to assisting the less well-off in the ranks of ex-servicemen and their dependants.

In October 1925, Legatee Frank Doolan, Acting Secretary of the Club had developed the idea of the Club taking on the task of looking after the children of deceased servicemen. He was thinking in terms of education, vocational guidance and physical training. In many ways this would be formalising what many members had been doing for the families of those who had not returned.

Doolan outlined his idea to the Board of Management and earlier informal discussions had ensured the Board's agreement. A Ways and Means Committee was appointed to plan its implementation. Having first surveyed the assistance already available to deceased soldiers' children which already offered sufficient vocational guidance and educational assistance, it was decided that the Club could best perform a service by taking a personal interest in children particularly as they completed their education and sought employment.

Briefings at successive Club luncheons shifted club opinion behind the scheme and after further discussion the Committee determined on four branches of activity. Firstly, they would bring children into contact with Legatees by organising a youth club encompassing such activities as literature discussions and debating, and physical education. Regular holiday camps would be held. Contacts made in this way would be supplemented when required with help in obtaining employment and by more general advice and assistance ('Big Brothering'). 'Care was to be taken not to encroach on the work of this kind already being undertaken by unit associations and the League (RSL)'

There were over three thousand soldiers' 'orphans' in Victoria at this time and the initial problem was how to contact them. They already knew of a small number of children but with the enthusiastic help of two active war widows organisations, were soon able to gather almost 100 children to a meeting at which was formed a Junior Legacy Club with its own constitution. They were given a degree of autonomy, electing their own office bearers and developing a long list of things they wanted to do. Members were charged a nominal annual membership fee, and they were issued with a replica of the badge worn by the senior club (i.e. by Legatees).

With the successful launch of the boys Junior Legacy Club there was pressure to establish a similar club for girls. While there was some hesitation due to the appropriateness of a men's club sponsoring a girls' club, this was overcome particularly when the services of a lady who was a physical training instructor with the Victorian Education Department became available.

By mid-1928, over 400 children were on the roll of the junior clubs and nearly 300 of these attended boys and girls gymnasium classes. Literature and debating classes were active and annual camps were held[1].

Adelaide Legacy Club (now the Legacy Club of SA & Broken Hill)[2].

Thus, by the time of the formation of Adelaide Legacy Club in February 1928, Melbourne Legacy had developed a distinctive identity and field of service together with a significant degree of public recognition. Importantly there was an established model for the provision of support to the children of deceased veterans.

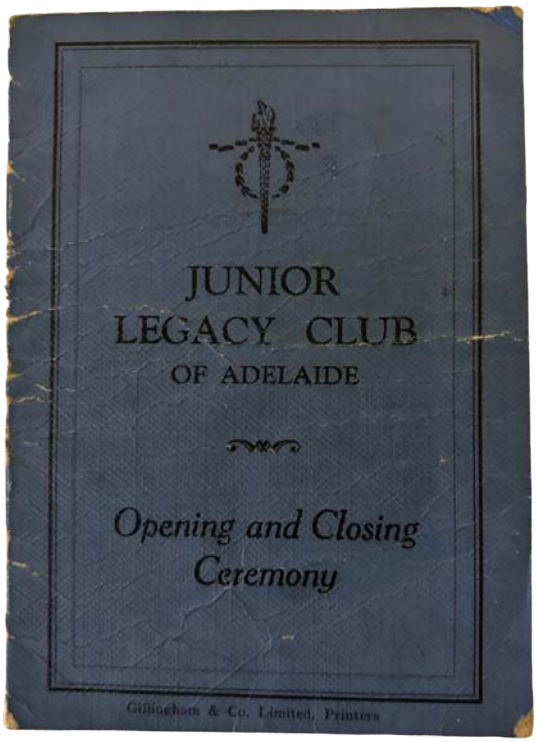
In drawing up the Adelaide Club's rules and regulations the policy was established of seeking 'opportunities of helping the dependants, particularly the children of those who sacrificed their lives in the Great War or who have died since of war injuries'[3].

[1] The detail on the activities of Melbourne Legacy in relation to the children is largely drawn from 'Legacy The first fifty years', Mark Lyons, Legacy Coordinating Council, 1978.
[2] Detail on Adelaide Legacy has been largely drawn from the two Adelaide history books, 'Fathers Anonymous' 1970 and 'A Generation of Legacy Service' 1997, Adelaide Legacy plus Club Annual Reports and an Academic thesis by Ms Anne Kinloch 'The Legacy Club of Adelaide 1918-1939', 1966.
[3] Fathers Anonymous', 1970, p11.

In Adelaide Legacy children were known as 'Wards' depicting the relationship between the dependent child although no legal arrangement was entered into. Interstate the term 'Junior Legatee' was usually used.

The early energies of Adelaide Legacy went into finding employment for older Wards, whose names had been passed on by the Repatriation Department (now DVA). Employers were circularised, talks given on radio and much effort expended in personal canvasing. For calendar year 1929, the Employment Committee reported successfully placing 91 boys and 44 girls in apprenticeship employment.

It was eighteen months before Legacy organised regular activities for children. Nevertheless, two big children's picnics had been organised (Christmas 1928 and ANZAC Day 1929).



In 1929 a **Boys Junior Legacy Club** was formed and after seven months it had an active membership of 156 out of 232 boys aged 12 to 16 eligible to join. It had its own committee. They used the YMCA facilities and activities were divided into four areas: Spiritual which embraced the nightly Ceremony of Remembrance, Educational, Recreational and Social which included debating. A 'Father and Son' dinner was held at the YMCA presided over by the Legatee President Arthur Blackburn and the principal speaker was Legatee Stan Savage, the President of Melbourne Legacy. A camp had been held at Mylor for 91 boys and the State Governor attended as Patron of the Adelaide Club. Incidentally the camp expenses were £157,15 shillings and one penny.

The **Girls Junior Legacy Club** first met in May 1930 operating along similar lines to the boys' club, albeit with activities to meet the needs and interests of the girls. By 1932 there were 69 members with an average attendance of 48 at meetings.

Interestingly, in Adelaide more than elsewhere the view was taken that Legatees stood in the place of the Children's fathers providing them with 'chances' they would have had if their fathers had lived. Despite this view, at this early stage there was no attempt to formally allocate Legatees responsibility for particular children or families. However, by 1933 individual Legatees were given the responsibilities of keeping in touch with individual wards. This was the beginning of the advisership system which was formalised further in 1938 with a committee of oversight of its own.

During 1931 some 30 older boys were transferred from the Junior Legacy Club to the newly formed **Intermediate Club**. The Club also operated under a constitution and was largely self-governing. Activities were designed to embrace lectures, debates, gymnastics as well as a dramatic society. Similarly, planning was in progress to form an Intermediate Club for girls over 18.

As the results of the Depression wore on the Employment Committee was finding its task increasing difficult[4]. They approached the SA Minister for Works who arranged for the payment of an annual grant of £50 to assist the Legacy Club Employment Committee in its work. Part of the justification for the grant was that the work of Legacy was relieving the work of the then Government Employment Bureau[5].

[4]South Australia, along with the rest of the country. experienced a severe downturn during the Great Depression that began in 1929 with the worst year being in 1932. The unemployment rate sored to 35.4%, particularly affecting Adelaide. Many South Australians struggled with unemployment, poverty, and lack of access to basic necessities, leading to widespread hard ship and social Problems. (Wikipedia)
[5]This grant continued to be paid each year becoming $100 on the introduction of decimal currency and by 2002 had 'grown' to $1,000 per year! In 2009 the annual state government grant was increased to $100,000.

By the Tenth Annual Report of Adelaide Legacy 1937-38, meeting attendance for the Junior Boys averaged 70-80 and for Junior Girls was an average of 63 out of a membership of 93. The Intermediate Boys had added some forty members during the year, and the Intermediate Girls reported having spent a successful year which included a Weekend Camp at Mt Lofty. Prominent people were often arranged as guest speakers for club meetings and at one notable meeting Lady Haig who was visiting SA addressed the meeting.

During WWII there was a move among Intermediate Club members to form a Senior Intermediate Group in preparation for the return to Legacy Club life of those who had joined the forces. The Senior Intermediate Boys Club first met in March 1946 with a membership of 46 growing to 62 by the end of the year . They met in various locations. Members provided valuable a valuable Legacy work force for various activities including assisting at at the Legacy Hostels in Adelaide and at the two regional camp sites.

The equivalent group of women who were former Wards met in 1949 as a Married Girls Club changing their name to the Senior Intermediate Girls Club in 1952 to admit unmarried women.

In 1964 the number of Wards registered with Adelaide Legacy rose to a peak of 2,775 before commencing a long decline.

The last few members of the Senior Intermediate Girls Club continued until June 2023 meeting in the Franklin Street Legacy House. The Boys who had been then meeting the Tubercular Soldiers Aid Society rooms in Morphett Street, winding up a few years earlier. Some of former members still participate in the Adelaide ANZAC Day March with the Legacy contingent.

Legatee Don Stewart

Enclosures:
1. Photo: 'Junior Boys Dinner 1970' (Photographer L/ Max Farrell) (taken from page 51 of the Club's second history book 'A Generation of Legacy Service', 1997.
2. Booklet 'Junior Legacy Club of Adelaide – Opening and Closing Ceremony'.

Legacy Assistance and Support

Telephone
08 8231 9812

Email
familyservices@legacysa.org.au

Legacy beneficiaries with an allocated Legatee are encouraged to make contact with their Legatee for advice or assistance. If you are unable to contact your Legatee, or if you do not have an allocated Legatee, **you can contact a Community Services Team Member at Legacy between the hours of 9am and 4pm, Monday to Friday.**

Types of support available:

- Financial support (i.e.: education, utility, driving lessons)
- Holiday accommodation
- Compensation advocacy
- Legal advice
- Information provision
- Family Days (social support)
- Social work team

Other Support Services

Open Arms
Face-to-face and/or tele-health counselling.

1800 011 046

Mens Line
Telephone and online counselling service for men.

1300 789 978

Beyond Blue
24/7 suicide prevention and crisis support.

1300 224 636

Kids Helpline
24/7 online and phone service for young people aged 5-25.

1800 551 800

Suicide Call Back Service
24/7 phone and online counselling to people affected by suicide.

1300 659 467

1800 Respect
24/7 support to people impacted by domestic, family or sexual violence.

1800 737 732

Lifeline
24/7 crisis support.

13 11 14

All Hours Support Line
24/7 telephone service for Australian Defence Force members and their families. Services include psychology, medical, social work, and chaplain services.

1800 628 036

Safe Zone Support
24/7 counselling line for all current and ex-serving ADF personnel, veterans and their families.

1800 142 072

Support Agencies and Information

To make an appointment with any of these services, please contact Legacy on **08 8231 9812** and ask to speak with a Community Services Team Member who can assist in your enquiry.

Legal Advice

Mark Turner (Scales & Partners)
1st Monday & 3rd Thursday of each month between 12:30pm & 2:00pm
The initial consultation is free and follow-up, such as Wills or Power of Attorney and the like, will attract a moderate fee.

Real Estate Advice

Debbie Glastonbury
4th Wednesday of each month between 10:00am and 11:00am

Legacy Equine Therapy

For Social and Therapeutic support
The session includes an introduction to the horses, close interactions and petting but no riding. If you have a good level of mobility, make an appointment.

Home and Garden Maintenance

We Care Home & Garden

Locations

- Strathalbyn
- Mt Barker, Nairne, Little Hampton
- Port Elliot, Goolwa
- Mt Barker
- Echunga
- Possible Metropolitan locations - telephone to discuss

Rates

- Singular - $65 an hour
- Team - $120.00 an hour

Jobs

- General handyman
- Gardening

For more information, or to book a maintenance, please contact Steve on 0401 124 141 or steve@wecarehomeandgarden.com.au

Mobile Beauty and Wellness Services

Bedside Beauty and Wellness
Staff are fully qualified, experienced and specially trained to work in these sectors, in hospitals, with the elderly, and with those who have little or no mobility. They visit most metropolitan homes, hospitals, rehabilitation and aged care facilities, and work with over 45 leading home care and disability care provider partners.

Their treatments includes: hand and foot care, therapeutic massage, face and skin care, waxing and hair removal, and hairdressing.

For more information and or to book a service, check out the website bedsidebeauty.com.au or call Bedside Beauty and Wellness on 0422 629 447.

Legacy Widows' Club and Social Group Floral Emblems

The **Clare & District Social Group** is represented by the Camellia.

The **Lower South East Social Group** is represented by the Lavendar.

Carrot and Ginger Soup with Yoghurt

Ingredients

Olive oil spray
1 large brown onion, coarsely chopped
2 garlic cloves, crushed
2 tsp finely grated fresh ginger
2 tsp ground cumin
500g sweet potato, peeled, coarsely chopped
4 large (about 600g) carrots, peeled, coarsely chopped
1L chicken stock or vegetable stock
130g (1/2 cup) low-fat natural yoghurt
Chopped fresh chives, to serve

Method

1. Heat a large saucepan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring occasionally, for 5 minutes or until soft. Add the garlic, ginger and cumin Cook, stirring, for 1-2 minutes or until aromatic.
2. Add the sweet potato, carrot, and stock. Increase heat to high. Bring to the boil. Cover and reduce heat to low. Cook for 15-20 minutes or until the vegetables are soft. Set aside to cool slightly.
3. Place half the sweet potato mixture in the jug of a blender. Blend until smooth. Transfer the soup to a clean saucepan. Repeat with the remaining sweet potato mixture. Place the soup over low heat and stir until heated through. Season with pepper.
4. Ladle the soup among serving bowls. Top with yoghurt and chives to serve.

Legacy Calendar

JULY 2025	AUGUST 2025	SEPTEMBER 2025
16 Legacy Art Group	**18** Legacy Vietnam Veterans' Day Luncheon *- Adelaide Pavilion* **20** Legacy Art Group **31** Legacy Week *(31 Aug - 6 Sep)*	**3** Legacy Week Corporate Breakfast *- Skycity Adelaide Ballroom* **7** Australasian Soldiers Dardanelles Cenotaph Commemorative Service **17** Legacy Art Group **24** Beneficiary September Luncheon *- Adelaide Pavilion*
OCTOBER 2025	**NOVEMBER 2025**	**DECEMBER 2025**
15 Legacy Art Group **19** War Widows' Day **29** Beneficiary October Luncheon *- Adelaide Pavilion*	**8** 76th Annual Legacy Race Day *- Morphettville Racecourse* **11** Remembrance Day **19** Legacy Art Group	**2** Legacy Christmas Luncheon *- Torrens Parade Ground*

Change of Address Notification

If you are moving, please make sure we don't lose contact with you!

Name:.....

Date of Birth:..... /..... / .....

Previous Address:.....

New Address:.....

New Phone Number:.....

New Email Address:.....

- ( ) Own House/Unit
- ( ) Renting
- ( ) Retirement Village
- ( ) Aged Care
- ( ) Other:.....

Please return to:
Information Officer
Legacy Club of SA and BH Inc.
GPO Box 1367
ADELAIDE 5001
records@legacysa.org.au

2025
SERIES

GOVERNMENT HOUSE
ADELAIDE

Winter *Conversations*

Courageous Women *in the Arts*

Join Emma Fey, Deputy Director of the Art Gallery of South Australia, and Rachael Azzopardi, Co-Founder of Illuminate Festival, in conversation with Her Excellency the Governor on the history of groundbreaking Australian women visual artists, how they have claimed space for their creative work in South Australia and beyond, and work by women artists currently on show in Adelaide.

Free entry but
bookings are essential

Friday July 4

12.30pm - 1.30pm

Government House Ballroom