

Newsletter

Serving the families of those who served.

Published by the Legacy Club of South
Australia & Broken Hill Inc.
ABN 48 827 750 273

Torrens Parade Ground
1 Victoria Drive, ADELAIDE SA 5000
GPO Box 1367, ADELAIDE SA 5001
Ph: 08 8231 9812
reception@legacysa.org.au
www.adelaidelegacy.org.au



LegacySAandBH

Print Post Approved No: PP565001/00041

March/ April 2026



Legacy Youth Ambassadors

In early 2020 an exciting new proposal was presented to the Legacy Board by the Youth Sub Committee – the Youth Ambassador Program. This unique initiative aimed to renew and re-invigorate the Legacy image and message by reflecting the younger face and voice of Legacy. In addition, it re-enforced the importance Legacy places on caring for and nurturing its young people.

As a new venture with few guidelines to call on, a number of Legacy Youth were invited to join a small group of Legatees at Legacy House to brainstorm the possibilities, their input was invaluable. As a result, a team of four youth were chosen and the Youth Ambassador journey began. They were generous in sharing their stories, each of them having lost a parent and being grateful for the support of Legacy in their lives.

Continues on page 3.

President's Message



Hello and welcome to the March/April Newsletter.

Last time I mentioned our Legacy Youth and the busy year they had in 2025. This issue includes an article explaining how the Young Ambassador Program came about and it puts a spotlight on one of them. I hope you enjoy reading about the role these young people play and the great work they do to represent Legacy in the community.

Article #11 in our Club History Series provides an intriguing background to the wonderful painting created for Legacy by prominent South Australian artist Ivor Hele. The image is used on the dust cover of 'Fathers Anonymous' (1970) which was written as a history of Legacy in South Australia, Broken Hill & Northern Territory

from inception to the late 1960s. Those who knew our previous premises in Franklin Street, Adelaide, will recall this image is the subject of a huge wall mural on the outside of the building, which is now under protective cladding.

Legacy was once again invited to join the Veterans SA Regional Outreach program, this time on a visit to the Limestone Coast in early February. We joined the RSL, RSL Care SA, Soldier On, Operation Unity and various other agencies who support veterans and their families in the area. We had a very informative 'round table' discussion and then met with veterans and families at the Mt Gambier RSL over morning tea and an open forum with the SA Minister for Veterans Affairs, the Hon Joe Szakacs (who is also a Legatee!).

Thank you to local Legatees, Lower South East Group Chair, Rob Sandow and Barb Smith who made us feel welcome, and to Mrs Beth Hunter (Legacy widow) for her engaging conversation with the Minister. We even attracted the attention of the local newspaper so watch out for a story about Legacy in The Border Watch.

You may be aware that Legacy has recently changed the eligibility for Legacy benefits by removing the requirement for the veteran to have had operational service. This extends our support to families no matter where the veteran served and to reservists on full-time continuous service. We can also lean in earlier to meet families of veterans transitioning out of the Defence Forces on medical grounds. This means that we can now support many more families. If you have any questions about this please call Legacy House for more information.

There are plenty of events coming up in the next few months for adults and youth alike. In this issue, read about tips to stay cool in the hot weather, check out the upcoming luncheons, book a holiday stay at our cottage in Victor Harbor and have a go at the recipe. I've tried it - delicious!

I hope to see some of you on my travels around Adelaide over the next few months and in the Riverland in April. Happy International Women's Day in March and I wish you all the best on ANZAC Day wherever you may be. Happy birthday to those celebrating another milestone.

Stay well.

As always, yours in Legacy

Heather Willis

Legacy's Youth Ambassadors ctd.

The Youth Ambassador Program is now well established and our Youth Ambassadors have contributed enormously. Some of the initial group have now become Legatees themselves. Our current Ambassadors, Catherine, James, Kalani and Khobi continue to contribute generously in many ways. They continue to mentor our younger beneficiaries at Family Days – beach days, trips to Monarto Zoo, the One and All tall ship, and Christmas parties. They lead the way on ANZAC Day, represent Legacy at Commemorative Services and have been a significant presence at the launch of Legacy Week each year. They have spoken at Members and Beneficiary lunches and Section Meetings.

Legacy has provided each Youth Ambassador with media training and leadership opportunities to enable them to represent Legacy through schools, community or corporate engagement. Their commitment to Legacy through sharing their own journey is not only an inspiration now, but is shaping the future of Legacy.

To enquire about a Youth Ambassador speaking to your club or social group please contact [Cherylea Williams \(cwilliams@legacysa.org.au\)](mailto:cwilliams@legacysa.org.au) or [Legatee Sue Moorhead \(suzanne.moorhead1@gmail.com\)](mailto:suzanne.moorhead1@gmail.com).



The Youth Ambassadors at the Family Christmas Party



The Youth Ambassadors leading Legacy in the ANZAC Day March

Intergenerational Social Group Luncheon

The historic Earl of Leicester Hotel in Parkside was the venue for the Intergenerational Lunch on Sunday 8th of February. About 30 women of varying ages enjoyed the atmosphere, delightful food, and camaraderie generated by socialising with others with shared experiences. Three new beneficiaries were warmly welcomed into the group and are already looking forward to the next gathering.

Keep an eye out for advertisements in this Newsletter if you would like to join us for Sunday lunch every couple of months.



The historic Earl of Leicester Hotel



Legacy Youth Ambassador – Catherine Heylen

Catherine Heylen joined Legacy in 2020 and was appointed as a Youth Ambassador. Growing up mostly in Adelaide, Catherine's father was a Vietnam Veteran. He left the Australian Defence Force after completing his five years of service, having also been diagnosed with shell shock sustained after a bomb exploded beside him.

Catherine's father passed away after suffering from early-onset Alzheimer's Disease, which he developed as a result of the PTSD he suffered after Vietnam.

With mixed Australian and Singaporean-Chinese heritage, Catherine has spent considerable time in Singapore, returning regularly to spend time with her mother's family.



In 2025 she graduated with a double degree in Mechanical Engineering and Design & Technology Innovation. Highly intelligent and much sought after as her career progresses, Catherine joined engineering company Lucid Consulting Australia after having been recommended by Legacy.

Legacy provided support to Catherine while at university, including offering a laptop and scholarships to ease the financial burden on her mother. Legacy's support enabled her to participate in unique opportunities such as an industrial design study tour to the US and an internship at the Tokyo University of Science in Japan.

Catherine has already achieved some early academic and career goals. Following a five-stage application process in 2023, Catherine was the only Australian selected for an international IAESTE (International Association for the Exchange of Students for Technical Experience) internship. During her internship she achieved a world-first advancement in her field, which led to an invitation for a second internship to continue her research in 2024.

Catherine's ambassadorial role has enabled her to meet young people with similar experiences, practise her leadership skills, grow in confidence, appreciate the value of volunteering and to tackle her long-standing fear of public speaking – she now speaks from the heart with great maturity.

Most importantly, Catherine feels secure knowing that Legacy is there for her mother while managing ill-health if she's away. Having little contact with her father's family, Legacy has become her support network, fostering a sense of belonging with people she knows she can rely upon.



Legacy Remembers

Legacy was represented at two significant commemorative services recently - remembering our National Servicemen and the loss of Australian Army Nurses on Bangka Island, Indonesia in WW2.

Early last century, Australia called into service all males 18 years of age for a period of duty to our nation. Later, and by ballot, another group of young Australians 20 years of age were also call for service. From 1951-1972 more than 280,000 served in National Service schemes in Australia and overseas in theatres such as Borneo, Malaysia, PNG and Vietnam and in the waters off the Korean peninsula. Those who served includes the 15,300 who went to Vietnam and some 200 who did not return. Their families and friends grieve that loss to the present day.

This year, on Saturday 14th February, the National Servicemen's Association SA held a poignant service at the Memorial Stone in the West Torrens Memorial Gardens to mark 75 years since National Service commenced. This commemoration ensures that their service is recognised, respected and valued, and that their sacrifice is not forgotten. A tribute was laid on behalf of Legacy. You may be aware that the memorial was opened by our own Legatee Colonel Peter Scott DSO OAM (dec.) in 2005. Peter was a past Commanding Officer of 3rd Battalion Royal Australian Regiment (1969-1971).



The Bangka Day commemoration annual service honours the sacrifice of Australians in war. Dedicated to the service women in the Southern hemisphere, this memorial is believed to be the largest of its kind. It is particularly significant as it remembers the 21 Australian Army Nurses who perished on Bangka Island, having escaped by sea from war-torn Singapore in 1942. Five of those lost were from South Australia. The only survivor, Sister Vivian Bullwinkel, was also a South Australian. In their honour, in 1953 the South Australian Women's Memorial Playing Fields were established and cover eight hectares of land at St Mary's. The Trust, formed in 1967, continues to ensure that the women's playing fields flourish and that local women and girls are supported in their sporting endeavours. It was an honour for Legacy to attend the service on Sunday 15th February and lay our tribute.



Legacy on the Limestone Coast

Community Connections in Mt Gambier

The Legacy Club of South Australia & Broken Hill recently took part in a Community Connections event hosted in Mt Gambier. Legacy joined with the Minister for Veteran Affairs Joe Szakacs, the team from Veterans SA, several ex-service organisations along with local representatives from SAPOL, Regional Development Australia and other local Members of Parliament for this event.

For Legacy, spending time on the Limestone Coast connecting with beneficiaries and members of the local veteran community was both meaningful and invaluable. Engaging face to face with veterans and their families, listening to their experiences, answering questions, and sharing information reinforces why outreach opportunities like this are so important.

Supporting families remains at the heart of Legacy's mission. Conversations such as these remind us that while services and programs matter, it is connection, collaboration and community that truly make the difference.



President Legatee Heather Willis, Cherylea Williams, Dan Demaria, Beneficiary Beth Hunter and Joe Szakacs MP

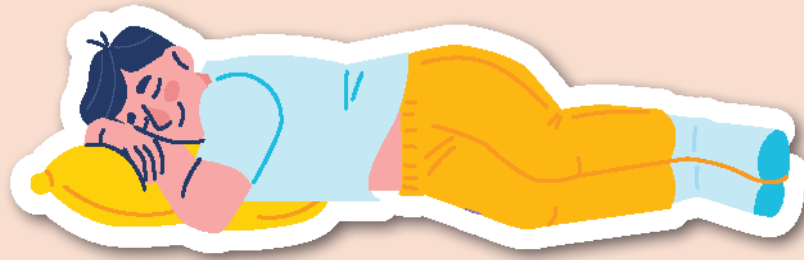


Legatee Barb Smith, Beneficiary Beth Hunter & President Legatee Heather Willis

Legacy Widows' Club and Social Group Floral Emblem



The **Manningham Social Group**
is represented by the Daisy.



Hot weather and sleep

It can be more difficult to get the sleep you need when the weather is very hot.

Try these tips to help you get a better night sleep:



Keep curtains, blinds and windows closed during the day to keep your home cool.



Exercise and strenuous activities should be done earlier in the day to allow your body time to cool down before going to bed.



If you have an air conditioner, put it on before you go to bed to let the room cool down.



Having a cool shower or bath just before going to bed will help bring your temperature down, making it easier to get to sleep.



Sleep in the coolest room in your home – it might not be a bedroom.



Cool down with a wet towel or water spray bottle.



Limit daytime naps to early afternoon and make sure they are short.



If you use a fan in the bedroom, keep the door open to improve airflow.



Choose breathable, lightweight fabrics like cotton for your bedding and clothing to keep cool.

Birthday Celebrations

We would like to wish the following beneficiaries a very Happy 100th Birthday for January and February



Margaret Peters



Marthe Tranter

Alison Downing

Martha Tranter

Gwenyth Smith

Mona Stringer

Patricia Stephens

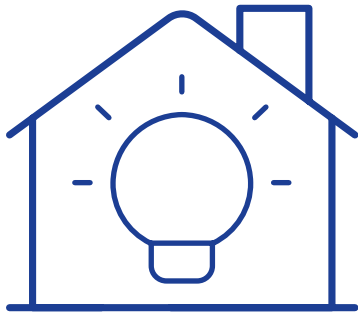
Una Backstrom

Ethel Burns

Margaret Peters

Betty Crafter

Legacy Utility Grant



Did you know that Legacy provides a Utility Grant to help alleviate energy costs in the home (e.g. electricity, gas, firewood). The means-tested 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 South Australia & Broken Hill in their will. We continue to serve the families of those who served, through the generous support of our Legacy Family and Friends.

If you have any questions about how you might help Legacy through leaving a gift in your will, please phone Legacy South Australia & Broken Hill on **08 8231 9812**.

What's On



Where

Adelaide Pavilion
Veale Gardens corner South Terrace
and Peacock Road

When

Friday 24th April 2026
Arrival from 11.30am
Lunch Commences at 12.00pm

RSVP

Friday 3rd April
Email familyservices@legacysa.org.au
or Telephone 8231 9812

Free for Enrolled Beneficiaries

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

ANZAC Day Luncheon



Where

Adelaide Pavilion
Veale Gardens corner South Terrace
and Peacock Road

When

Thursday 21st May 2026
Arrival from 11.30am
Lunch Commences at 12.00pm

RSVP

Friday 1st May
Email familyservices@legacysa.org.au
or Telephone 8231 9812

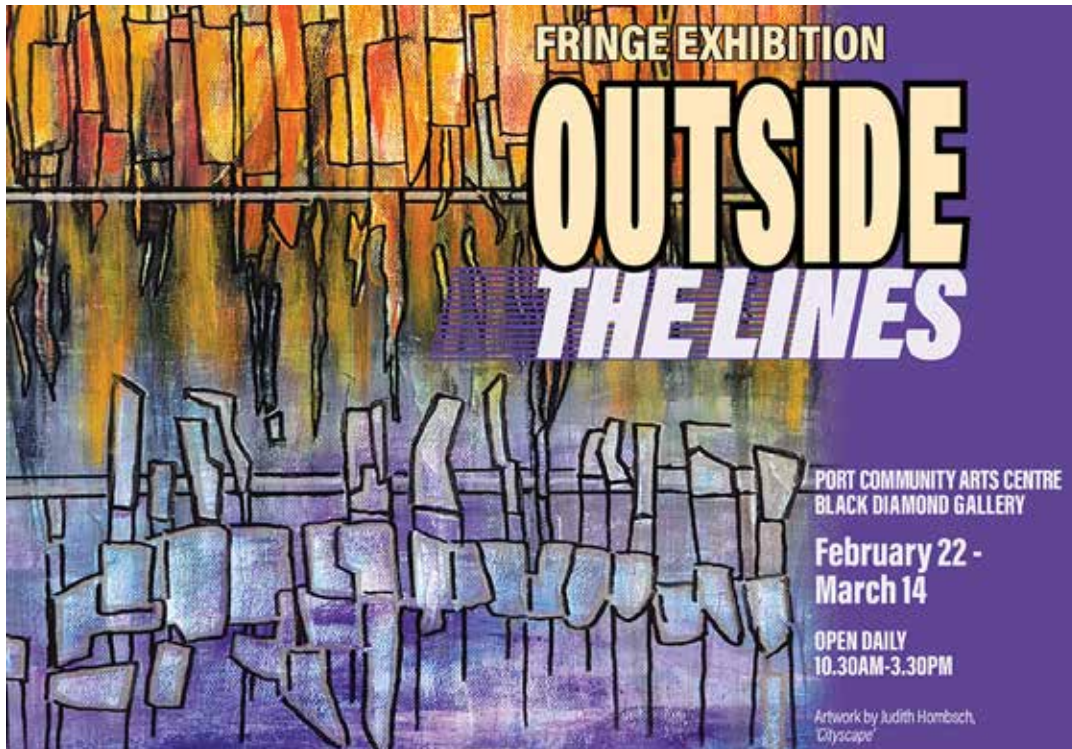
Free for Enrolled Beneficiaries

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

May Beneficiary Luncheon



What's On



Legacy Widows' Club & Social Groups

Below is a list of our Widows' Club & Social Groups. If you are interested in joining, please contact the Community Service Team on **08 8231 9812**

Berri/Barmera Social Group	Lockleys Widows' Club	Renmark Social Group
Blackwood Social Group	Lower South East Social Group	Stirling & Dists Social Group
Brighton/Hove Widows' Club	Loxton Social Group	Strathalbyn & Dists Social Grp
Central Districts Social Group	Manningham Social Group	Tea Tree Gully Widows' Club
Clare & District Social Group	Marion Social Group	Victor Harbor Social Group
Cnl Light Gdns Widows' Club	Mt Barker & Dists Social Group	Waikerie & Dists Widows' Club
Gawler Widows' Club	Noarlunga Centre Social Group	West Croydon Social Group
Goolwa Social Group	Plympton Widows' Club	West Torrens Social Group
Kilburn Social Group	Port Adelaide Social Group	Woodside Social Group
Largs Bay Social Group		Yorke Peninsula Social Group



Apple & Cinnamon Cake Slice



Ingredients

- 340g pkt golden buttercake cake mix
- 1 cup (90g) Desiccated Coconut
- 125g butter, melted
- 400g can apple slices / stewed apples
- 300g light sour cream
- 1 tsp cinnamon sugar



Method

1. Preheat the oven to 180°C. Grease a 20cm square cake pan. Line base and the two opposite sides with baking paper, extending the paper 5cm over edge of pan.
2. Combine cake mix, coconut and butter in a medium bowl. Press mixture evenly over base of prepared pan. Cook for 15 minutes, or until lightly browned. Cool slightly.
3. Spread apple evenly over base, then spread sour cream evenly over apple and sprinkle with cinnamon sugar. Cook for further 20 minutes, or until sour cream has set.
4. Cool in pan until cake is completely cool. Cut the slice into fingers to serve.

Method to make stewed apples - peel, core and chop three apples, place in a small saucepan with a couple of teaspoons of sugar, a small squeeze of lemon juice and a splash of water. Cover and simmer for about five minutes or until the apple is pulpy. If the mixture seems a bit watery, drain them before using.

Centenary of Legacy History item #11

The Ivor Hele 'Legacy' Painting

It was in the last years of the 1960s when the Club, the then Legacy Club of Adelaide Inc. was just over 40 years old. By then the leadership of the Club was largely in the hands of the WWII veterans. The Board decided the good work of Legacy in South Australia, Broken Hill and Northern Territory needed to be recorded.

A committee of Legatees – Charles Thomas (Chairman), Charles Wright, William Veale, Jack Riseley, Ken Price and Dudley Coleman with Bob Stewart the Administrative Officer, was given the task of expanding former General Secretary Frank Silwood's comprehensive historical records of the Club, into a detailed and informative history of the activities of the Club over those 40 years.

While developing the draft of the publication, the committee discussion turned to the need for an illustration for the book's cover. Legatee Charles Wright approached a friend of his, the prominent South Australian artist Ivor Hele who had been a WWII Official War Artist. Hele readily agreed and the book, 'Fathers Anonymous' Legacy in South Australia, Broken Hill and Northern Territory, was published in 1970 with Hele's painting providing an invocative dust cover.

The late Legatee Charles Wright put his recollections in a February 1999 letter to the then General Manager of the Club, extracts of which follow:

"I was a member of a small committee led by the Editor of the book, Legatee Dudley Coleman. It was 1970. He was a staff member of the 'Advertiser'. We met at lunch times. One day, Dudley said "I'll see if I can get one of our artists to do a cover for the book". I said, "Why do we not have the best; I can ask Ivor Hele". They said we could not get him. I said "I will ask him, I think he will do it. He has enormous sentiment for Legacy. "You would understand if you had watched me squatting beside one of my battalion mates as he lay dying in the mud". When I asked, he instantly said he would do it. I said we realised his fee would be high. "Fee? I would do anything for Legacy". I tried to get him to accept some gifts, but he would have none of it.

Dorothy (his wife) and I drove down to Aldinga, where he lived, a few times to explain the picture I wished for. Exactly what you see on the cover.

Hele received an acknowledgement in the Forward. He would accept nothing more.

He was my good friend, a fellow artist of pre-war years."

Hele gave the painting to Legatee Charles who had it displayed in his house at Springfield for many years before bringing it into the office and presenting it to Legacy with the view that as it depicted Legacy and not just our Club, should Legacy cease operating, it should be offered to the Australian War Memorial (AWM) for its art collection.



¹ Sir Ivor Hele CBE (1912 – 1993). An artist, he studied art in Adelaide, Paris and Germany. He won the Archibald Prize for portraiture four times. Enlisting for WWII as a private soldier he initially served in the Middle East with the SA 2/48th Battalion before being appointed in early 1941 an Official War Artist as a Lieutenant. He also served in New Guinea and was later an Honorary Major in Korea.

Centenary of Legacy History item #11

The Ivor Hele 'Legacy' Painting

The AWM was subsequently contacted through the then Director and details of the painting forwarded to the then Head of Art, Ms Lola Wilkins who had kindly made suggestions on its conservation and security.

As part of our commemoration of the Club's 80th Anniversary (2008) it was decided that the painting should be conserved, re-framed and re-presented in the foyer of Legacy House, Franklin Street. ArtLab as part of its community service program generously cleaned the painting, advising that it was in good condition and that the artist's signature had been identified at the bottom right of the painting.

A grant from the ANZAC Commemorations Council facilitated the reframing and presentation of the painting in pride of place in the foyer of Legacy House, Franklin Street. In 2010 the painting was valued for insurance purposes at \$15,000.

It is perhaps interesting to speculate on details of Charles Wright's briefing to the artist on those visits to his Aldinga home. A photograph (see below, left) in a circa 1950s Adelaide Legacy Club marketing brochure with which Wright would have been familiar and may have influenced the artist. The photograph appears to be of two Wards at the ANZAC Day service at the Cross of Sacrifice, Adelaide, most probably in the early 1950s.



Sir Ivor Henry Hele, CBE, OBE

Legatee Don Stewart

27th January 2026

² Described as an unnamed oil painting (on board) approximately 370mm x 540mm (framed) executed by Ivor Hele for Adelaide Legacy and used on the dust jacket of 'Fathers Anonymous' a history of Legacy SA, Broken Hill and NT published in 1970. Subsequently Hele's signature was identified on the painting.

Support Agencies & Information

To make an appointment with any of these services, please contact the Legacy Community Services Team on **08 8231 9812**.



Legal Advice — Mark Turner (Scales & Partners)

1st Monday & 3rd Thursday of each month between 12:30pm and 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, 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 include: hand and foot care, therapeutic massage, face and skin care, waxing and hair removal, and hairdressing.

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

Support Agencies & Information

Companion Driving Service — Driving Miss Daisy

Driving Miss Daisy is a driving service offering passengers help and friendly assistance for their daily needs; with a knock on the front door, pick up and return. Peace of mind every time.

Whether it's to an appointment or a visit to the shops or simply to catch up with friends, with Driving Miss Daisy you have a trusted friend who will arrive on time and get you there and back.

Our prices are affordable and similar to the usual taxi or limousine service but with the added Daisy help and assistance.

If you qualify for NDIS or Aged Care assistance, then we will complete the work and invoice your provider. Our charging is based on time and distance and prices are quoted on the requirements of each individual journey.

Join the thousands of others who have enjoyed the Driving Miss Daisy service.



Driving Miss Daisy Service Locations

Aldinga

P: 0461 345 547

E: aldinga@drivingmissdaisy.com.au

Burnside (and surrounding suburbs)

Pete and Jo Goodwin

P: 0460 306 553

E: BurnsideSA@drivingmissdaisy.com.au

Dernancourt (and surrounding suburbs)

Mandy Fielke

P: 0477 917 970

E: dernancourt@drivingmissdaisy.com.au

Henley Beach (and surrounding suburbs)

Jason Rasiah

P: 0428 099 770

E: henleybeach@drivingmissdaisy.com.au

Mount Barker (and surrounding suburbs)

Ben Jackson

P: 0419 666 548

E: mountbarker@drivingmissdaisy.com.au

Noarlunga (and surrounding suburbs)

Nik Vaalele

P: 0488 198 346

E: noarlunga@drivingmissdaisy.com.au

Pine Cottage

Holiday House, Victor Harbor



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.

Pine Cottage bookings for 2026 are now open

Call 8231 9812 to book in.

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



Serving the families of those who served.

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

Support Services



Open Arms

Face-to-face and 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 ADF members and their families. Services include psychology, medical, social work and chaplain services.

1800 628 036



Safe Zone Support

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

1800 142 072

HOT WEATHER AND PETS



Like people, animals can be affected by hot weather and suffer heat-related illnesses. Follow these tips to keep your pet cool when the weather is hot:



If possible, bring pets inside when the weather is hot. If they cannot be indoors, make sure they have plenty of shelter and shade. Pets in cages, like birds, rabbits and guinea pigs, need to be kept indoors or in shade at all times of the day on extremely hot days.



Never walk your dog on hot pavements, roads or sand – paws are sensitive and burn easily. If you can't stand the heat with the back of your hand then it is too hot for your pets to walk on.



Walk your dog early in the morning or evening when it's cooler.



Do not leave your pet's food outside in the heat – if they do not eat it straight away, cover it and put it in the fridge for later.



Make sure pets have two large bowls of clean, fresh water to drink (in case one runs out or is knocked over), and put both in the shade. Ice blocks help keep their water cool for longer.



Never leave pets in a closed shed, garage or car (including with the windows down) – the temperature inside will get very hot very quickly.



Fill a small paddling pool with some water and place in a shady spot so your pet can cool down.

If your pet is showing signs of heat stress, like panting, sweating or drooling:

- > move them to a cool place
- > seek urgent medical attention for your pet from a vet
- > apply or spray cool water onto your pets fur/skin, followed by fanning and also wet the ground around them.

For more information

sahealth.sa.gov.au/healthyintheheat

Public I1-A1

© Department for Health and Wellbeing, Government of South Australia.
All rights reserved. FIS: 20165.4 January 2021.



<https://creativecommons.org/licenses>



Government
of South Australia



SAVE THE DATE.



**JOIN US AT THE WARRADALE BARRACKS
OPEN DAY TO CELEBRATE 125 YEARS OF
SERVICE AND MATESHIP.**

14 March, 2026 | 8.30am to 3pm | Scan the QR to learn more.

#AusArmy125

ARMY.GOV.AU

125
YEARS FOR OUR NATION

Legacy Calendar

MARCH 2026		APRIL 2026		MAY 2026	
4 th	Intl. Women’s Day Beneficiary Luncheon <i>Adelaide Pavilion</i>	3 rd - 6 th	Easter Weekend	21 st	Beneficiary Luncheon <i>Adelaide Pavilion</i>
9 th	Adelaide Cup Public Holiday	15 th	Legacy Art Group		
18 th	Legacy Art Group	24 th	ANZAC Day Luncheon <i>Adelaide Pavilion</i>		
		25 th	ANZAC Day		

Update your details

Please let us know if your details have changed via the form below

Name:

Date of Birth: / /

Previous Address:

New Address:

New Phone Number:

New Email Address:

☐ Own House / Unit

☐ Renting

☐ Retirement Village

☐ Aged Care

Please return to:

Information Officer

Legacy Club of SA and BH Inc.

GPO Box 1367

ADELAIDE 5001

records@legacysa.org.au

Other:

.....