

# Christmas Letter 2007

2007 was a year of looking forward, as we consolidated our businesses, changed some around, and even joined the franchise Priceline with Sydney Partner and friend Terry Herfort, in a big pharmacy where Festival Hall used to be.

After we opened this store in March, Carmel was totally exhausted, so we took off in April for five relaxing days in Fiji, where we haven't been since our honeymoon, 29 years ago.

Our house is still for sale - we had a contract in September which fell through (subject to purchaser's auction). This year we also made some home improvements. What an adventure!! As most of you know, South East Queensland is experiencing the worst drought in over 100 years, and we are now on Level SIX water restrictions. To reduce our town water consumption we installed a pool cover, this really surprised us with the huge halt in evaporation. We also installed a 9000 litre tank. This was a fun drama. All hands on deck with lots of supervisors!!! We eventually got the tank over the eight metre drop (which I estimated to be three metres), then floated it down the pool into position!!!

I was lucky enough to get in a week of fishing in May at Cape York, where Cyclone Pierre had blown through the week before. We were knocking the Barramundi on the head with the lures but they just wouldn't take a bite till the very last day!!!

We again ventured to Waddy Lodge on Fraser Island in September. Our group's flag is getting crowded with our mounting fishing camps. The Tailor and the Dart fish were there, but not in their usual numbers. Yes we now "catch and release"! We are turning "Green" to save the fish stocks for the future generations!

I am very pleased in a way, to say at different times this year I have weighed less than all three of my sons. You will see that I have developed a "chooks neck". Yes I am well - old age!!

Carmel (in 30 minutes) in March changed two of our cars. My Panel Van of 24 years was converted to a black "Urgent Medicine Dropper". She also replaced her old Volkswagen Van to another red car, our first Four Wheel Drive.

The great family event was in March where the Matriarch of our family (Aunty Patty Edwards) celebrated her 90<sup>th</sup> Birthday in grand style. The Murphy side of the Family gathered around her as well as her many friends. Her speech brought back with great humour a life time of memories. It was great catching up with the Bergin boys and their families who flew in from the USA and especially my cousins, Mel and Marg and the rest of their family who came up from Sydney.

At the end of July we had our 45<sup>th</sup> class reunion for the year of 1962 out at Nudgee College. Old faces are getting older! In October we celebrated with much ceremony the 10<sup>th</sup> year of the Equestrian Order of the Holy Sepulchre of Jerusalem at St Patrick's The Valley.

Carmel and I attended two successful international pharmacy conferences. The first one was in China, where we got to see my newest grand nephew Jett, whose very active big brother Flynn entertained the conference goers on our first night in Beijing. It was great to catch up with nephew Mark and Cindy Parer.

The irony about China is its National Bird, "the crane". An ex-Queensland Premier's observation was the growth of a country can be measured by the number of cranes he could observe. China was just covered in cranes, as far as the eye could see, especially in Chongqing the biggest city of 33 million people!! Throughout China, standard 67 storey dormitories are being built to house the many rural workers who are migrating to the cities, forming the back bone of modern China workforce.

In 25 years China has caught up and surpassed Australia. However, like India they are both in transition as they change their economy in just one generation.

The second conference was in Paris. I had the privilege of giving a paper on "Introducing a product to the Australian Pharmacy Market". We caught up with many of our rugby oriented peers at this conference. No we didn't see the Wallabies in Paris, they had already left (unfortunately).

These two conferences were back to back and certainly gave us the longest break we have had overseas in our 29 years. We came back to what was for me, the two highlights of the year.

The first event was a black tie dinner, at the Great Hall of the University of Sydney, to which my four children, my two sisters and my brother in law were invited by the Australian Pharmacy Practice Foundation, where they witnessed the Sanofi Aventis Medal of Excellence Award being bestowed on me. This was for being innovative at the coalface of community pharmacy over many years. Please go to our website [www.healthnut.com.au](http://www.healthnut.com.au) to see photos of the night and the citation.



Great Hall, University of Sydney, Our Family with sisters Jenny and Alice-Anne and Brother in Law Terry Parer. Five Pharmacists!

I am very humbled by this great honour. I was in good company, two great men that we have come to admire, Bill Scott (a very active Victorian Pharmacist who has just stepped down as President of the Pharmacy Guild of Victoria) and Bruce Annabel (the innovative Brisbane Pharmacy accountant) were also honoured.



Receiving the Australian Pharmacy Practice Foundation Award from Director Leah Goodman

The second event was a celebration of our family's 75<sup>th</sup> year in pharmacy. It was a great gathering in QueensPlaza in Brisbane City, of over 400

guests, many of whom were past staff, loyal customers and members of the caring profession from Brisbane's CBD. Please see a write up and photos of the 75<sup>th</sup> celebrations on our special website ([www.healthnut.com.au](http://www.healthnut.com.au)). The website also documents our progress and the changes in the way we have practiced pharmacy from Dad's day in 1932 to now.



Present Key Staff at 75<sup>th</sup> Nov 2007

Past Staff at 75<sup>th</sup> 1932 - 2006

### **Seamus:**

In his second year of science, he has kept a fine balance between study, work and sport. He played with the Brothers U19 Colts 1 Team, where he received an award for the Best Forward. He put in a great effort this year and a few representative team appearances resulted, they were the Brisbane U19 team who played Qld Country U19 and in the President's XV, who played QAS U19, Canterbury U19 and Wellington U19.

His studies this year took a more direct focus on the medical field than in his 1<sup>st</sup> year, with subjects such as Anatomy, Physiology, Immunology and Pharmacology. His focus over the summer break is preparing himself for the entry exam to medicine, called Gamsat. It is a very tough and challenging exam and I wish him all the best.

Seamus has been working hard over the year in the pharmacies. He has been called upon many a time to fill in when someone has gone on holidays or called in sick. He works Sundays in our QueensPlaza store and also at Adelaide St and MacArthur Central pharmacies.

In between all his study, work and sport, Seamus has somehow found the time for social activities this year. He attended a number a balls, which he enjoyed immensely. He again travelled out west to the Goondiwindi B&S Ball and to the Roma Cup Races, returning home safely both trips. And this year he travelled down to Byron Bay for his first Splendour in the Grass music festival. He has had a busy year.

**Bridget:**

This was Bridget's year in many ways. As I write this Christmas tone I am so proud of the way that she has taken on her profession and for the effort she is putting in. She has her mother's work ethic, and they both worked till 4:30 one morning, and a few midnights in the last few weeks.

In the middle of this, she was the editor and main contributor of a 60 page "Draught" Pharmacy Student Magazine, which was at last published. All this between pre-reg year, assignments, study and 40 hour shift working up to 11pm at night.

This knocked her social life around, but she did manage to slip away to see her mates in Cairns and Townsville. She also played a few games of touch on an irregular basis.

We will miss her very much, when she leaves in February for a two year stint on a working holiday around the world. We wish her a safe trip and hope that she experiences life and the cultures in the many countries she visits.



Bridget picks a winner in May 2007 with Kevin Rudd  
(New Prime Minister)

**Brendan:**

He has had a tough year. Both in sport and work, but it has been a learning experience that will stand him in good stead for the future. He has only had a few days off; one was a trip to Cloncurry, where he attended the 100<sup>th</sup> Birthday (indeed unique) of his girlfriend Adelaide McDonald's Grandfather.

He also visited Daniel's Mining town Middlemount, it was great to see the two boys hamming it up together, as they hosted a party for Daniel's friends, and also attended the town's Christmas Party.

A very fit and determined Brendan went to South's Rugby Union to further his playing ambitions, but unfortunately after five games he seriously injured his neck. This has been a career ending event. It is still a worry, and hopefully time and correct treatment will stabilise his health, and his long term health prospects won't be in jeopardy

By the time you receive this letter Brendan would have undergone a spinal operation to improve his neck and hopefully enable him to swim and jog again. We pray this will be a successful operation and returns to pain free long term health.

After his injury he immediately went back to assist coaching the Brothers Under 19's Colts, where his communication and team building skills, shine out.

**Daniel:**

Daniel has completed his graduate program with Anglo Coal, who has offered him a permanent position in Middlemount, Central Queensland. We see a reasonable amount of him, when he passes through Brisbane to various company conferences. We were delighted to have his presence in Sydney, and to see him during the Melbourne cup week, where he caught up with old friends in Brisbane.

His country rugby team Capella lost the Grand final to Claremont. They even had their rugby profile and photo written up in the Central Queensland Newspaper. He is also a member of one of the local touch football teams.

He has settled into country life and thinks nothing of driving the 1.5 hours, there and back to the movies, groceries, car repairs or nip down to Mackay or Rockhampton for the day - 6 hour round trips.

We look forward to seeing him at Christmas.

**Carmel:**

Australia Day 2007 we headed to Kingscliff NSW (Carmel's teen years haunt) where Trevor her brother runs an Australian Day Fest. Trevor, like his Dad, is into party games for example "Tossing the thong", "Wrestling the croc", and of course "Tug-of-war".

Carmel had a very busy year, with the opening of Priceline Festival Towers, just after relocating the Albert St Pharmacy to QueensPlaza (next to David Jones and Coles) and trade shows in Brisbane, Sydney and Melbourne.

Social catch ups with girlfriends were not as frequent but will be remedied in 2008. The Friday night Terrace Mums Drinks survived most months.

Carmel is kept in the loop with ex-Nudgee Mums thanks to Barb Costello and Linda Canning. The annual Mothers Mass & Christmas Dinner was once again a great (but very noisy) occasion.

Sheryl McCormack (Mother Hen to many of the ex All Hallows Mums) organised a group at the annual Mothers Day Morning tea which was a sell out with tables even on the stage. Karni Liddell, journalist and Para-Olympian was the guest speaker and without a doubt an amazing and inspiring person, who carried us through the emotions of her life struggles.

Our Lady's 1972 had a very pleasant afternoon at Lucianna's coffee shop. All the regulars were there to support Lucianna's new business venture and of course some verbal exercise and to sip the grape. Frances Guthrie must take full credit for an afternoon of girlhood chatter. Our Lady's College turns 45 in 2009. Carmel and a few of the girls recently formed a committee to initiate the proceedings for 2008 and 2009.

Carmel was back to golf this year with Vivienne Cassidy & Bridget at Victoria Park. However, the end of the year has been so hectic that some months the "clubs and outfit" have not made it even to the driving range, likewise ballet and tap dancing.

The annual weekend camping fest at Moreton is always the ultimate in total relaxation with the Clarkes and the Deciris. Carmel's new tribute past with flying colours on the sand hills, unlike someone else's toy.

Then there was the bush tucker cooking lessons with Keith McNeill at the Polo Club. Don't worry Charlie, Carmel has no intentions of displaying you as "Chef Extraordinaire" on Moreton.

New Years Eve 2007/2008 will be spent at Coolangatta for the first time in many years.

We are heading south hopefully to sunshine and surf. We will miss the company of previous years at Noosa, fondly referred to "Schoolies for the parents" by Carmel.

The Delahunty Family wish you the very best Christmas possible and we hope that the New Year of 2008 will fulfil many of your dreams

We are yours truly,

*James, Carmel, Daniel, Brendan, Bridget and Seamus*

PS. *By the way the stamp on the envelope is not just your average stamp, but a unique celebratory stamp for our 75 years of service and who knows, it may just become a collectors item... keep it and see.*



Our Grown Family - November 2008