



SA POLICE LEGACY NEWSLETTER

JULY 2019



SA POLICE LEGACY NEWSLETTER

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Elected

Terella Rosen

Liaison Officer (Legatees)

POLICE LEGACY NEWSLETTER

Editor: Karen Cucchiarelli

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PRESIDENT'S UPDATE

Hello everyone. I hope this edition finds you well. Firstly, I'd like to welcome new staff members Terella Rosen, Liaison Officer Legatees and Bernadette (Bernie) Sahb, Liaison Officer for Members and Wards to the Police Legacy team. Both Terella and Bernie bring a wealth of knowledge and experience to their roles and I know you will make them feel part of the SA Police Legacy Family.

In April this year police ward Tom Koerner and I were very fortunate and privileged to accompany 40 other legatees, wards, police officers and representatives from the NSW, WA, NT and AFP Police Legacies on the annual NSW Police Anzac Kokoda Trek.

During four months in 1942 Australian soldiers faced extreme and unimaginable hardship on Kokoda. Over 600 diggers and an untold number of local soldiers and carriers – known as Fuzzy Wuzzys Angels – lost their lives in halting the Japanese advance on the rugged mountain trail. It is through their sacrifice, and the sacrifice of all the brave Australian soldiers who have followed in their footsteps, that we enjoy the freedoms we have today.

In walking the track, both Tom and I gained a unique insight and sense of the courage, endurance and mateship – without the ultimate sacrifice that the diggers made before us. The memories of those that have fallen is never forgotten.

At the conclusion of the trek Tom and I represented SA Police Legacy and paid tribute to the diggers at the Anzac Day Service at the Bomana Cemetery, Port Moresby. It was a moving ceremony that served as a strong reminder of the link between the sacrifices of our diggers and those of our emergency service personnel.

Since its creation in 2004 as a joint initiative between 'Our Spirit' and the NSW Police Force, the Kokoda program continues to grow and provides an excellent opportunity for legatees and wards to gain a once in a lifetime experience.

The Trek itself was physically challenging, but the journey, new friendships and learnings about the diggers far outweighed any physical hardship. For Tom Koerner, this journey provided a wonderful opportunity to grow and bond with other police wards and police legatees from around the nation.

Tom provided a 'Kokoda' presentation at the mid-year SA Police Legatee luncheon and it was fantastic to see over 70 legatees and invited guests attend the event.

On behalf of Tom, I wish to acknowledge the support of the staff and board of SA Police Legacy and its sponsors and other supporters in supporting this very important initiative.

The Board and our volunteers continue to provide fantastic support to SA Police Legacy. That support comes in many forms including attendance at board meetings, running barbecues, selling bears, attending graduation parades or signing up cadets to our workplace pledge program. A big thank you from me!

2019 continues to shape up as an engaging year. We remain focused and committed to supporting SA Police legatees, wards and families.

Take care,

Mark Willing - President

COPING WITH LONELINESS

One of the difficult parts of living with the loss of a partner is often loneliness and feelings of isolation. Many people find their friendships change, transport may be a challenge, and they venture out of the home less often as they manage feelings of sadness, worry and loss of confidence. Having time alone to reflect, remember, heal, and acknowledge grief is important, but this is different from loneliness.

Loneliness can arise when we feel isolated and our social needs are unmet by our current relationships, and this can lead to depression and health problems.

Most people experience loneliness at some point in life and it is not a sign of weakness. There are many things we can do to help with loneliness though. Here are some tips if you are feeling lonely:

- Talk about how you feel to those around you – trusted friends and family will want to help
- Learn to enjoy your time alone – try gardening, cooking, jigsaws, reading, exercise, music
- Give yourself permission to grieve in your own way – there are no rules, be kind to yourself
- Try something new – enrol in a course, learn a new language or skill, join a support group

- Volunteer – visit www.volunteering-sa-nt.org.au to search for opportunities
- Get involved in your local community – join a walking group, participate in a community garden, join a local gym
- Pets – if you are able to provide a home to a pet, they can offer companionship and love and, in the case of a dog, help you out of the house for exercise
- Join an online group – there are many social media groups to connect and find support
- Continue with existing friendships, but be open to new ones, including other widows/widowers
- Come along to an SA Police Legacy event – we would love to see you!

NERVOUS ABOUT ATTENDING AN EVENT?

Contact Terella, our Liaison Officer for Legatees, who will support you to come along and receive all the benefits of social connection and understanding our wonderful group has to offer.

Phone: 8232 5513

Email: terella@policelegacysa.org.au.





TOM KOERNER'S KOKODA STORY

Before receiving my letter from Police Legacy asking if I would be interested in walking the Kokoda Trek, I had little understanding of what took place nor did I know the importance of Kokoda.

Being someone that likes to take on challenges I put my name in before doing any research. When I was called in to have an interview with members of the SA Police Legacy Board I figured I had better do some digging on what I was getting into. So I watched a few documentaries and read a number of articles. This really kicked me into second gear as I then understood it was a huge mental challenge as much as it was a physical one.

The training took place not long after I was accepted and I met Mark Willing the President of SA Police Legacy who was going to be my partner and mentor for the trek. We met up on weekends to talk about the trek, train for the trek, and to also get to know each other. Mark was a huge help to me, he always knew what was going on and he always made sure I was keeping up with getting all the gear together. Together we also took part in some fundraising activities with the help of SA Police Legacy staff, cooking Bunnings snags on one weekend and participating in a Quiz Night.

The trek itself came around quickly and Mark and I felt that we were ready as we set off to meet some other Police Legacy members (from Western Australia) in Brisbane before flying to Port Moresby in Papua New Guinea. We met the whole group of trekkers at the hotel and introduced ourselves over dinner.

Day one started off heavy with a small flight followed by a five-hour drive in the back of a truck to the starting point of our trek. It was there we met our 'legends', who were local people who became our individual tour guides as well as our companions. By the end of day one we had quickly learned that this was not a challenge to take lightly, and as

we all set up our tents and had our first dinner together the challenge became real.

Throughout the whole trek each day was full of getting to know new people, hearing their past experiences and telling them about mine. Listening to the guides tell stories about the war gave me an insight into the lives of the Australian soldiers, and the challenges they faced. I made some lifelong friends who I felt I was able to connect with so easily, having similar experiences through Police Legacy which allowed us to all understand each other so well. The kind of things I learned were incredibly transferable to life back home, such as being more thankful for the kind of life I get to live and the friends and family I have around me.

I cannot thank SA Police Legacy enough for what I was able to experience, and it's something I'll carry with me for the rest of my life, and I hope the opportunity for wards to participate continues for many years to come.



FIREFY FOR A DAY!

Written by Bernadette Sahb, Liaison Officer (Members and Wards)

On Sunday 2nd June six wards, legatees and their families braved the cold and rainy weather to attend a special event at the Metropolitan Fire Station in Adelaide. Initiated by Michael Tagell, a dedicated and enthusiastic firefighter, the event was organised to give the children an inside look at what our amazing firefighters do and an opportunity to be a 'Firey for a Day'.

The day commenced with Michael and his colleague Fireman Hardy Kosiol demonstrating the features of the fire truck, and giving the kids an opportunity to use the fire hose, which they appeared to delight in. This was followed by the opportunity to take a ride in the bucket which is attached to a fire truck with a vertical reach of around 28 metres and is designed for high level rescue or firefighting. Many of the children were brave enough to take the challenge, but not so many of us adults were!

The kids then crawled through the tunnels, which simulate a dark and confined space that firefighters may have to access in the case of a fire. With the use of torches and a little bit of courage they all made it through! They then had the opportunity to ride inside the cab of a fire truck and learn some firefighter secrets. Our last activity was to dress in the firefighter outfit, which consists of boots, pants with braces, jacket, mask, oxygen and helmet, an extra 27 kgs in weight. How the firefighters manage to move quickly in an emergency situation with all that gear was a mystery to most of us!

The kids had worked up an appetite by this stage. Lunch was generously donated by the Australian Professional Firefighters Foundation, and was kindly prepared and served by the friendly firefighters at the MFS. Fuelled up by lunch and ice-cream the kids were now prepared to take on triple Olympian, and retired Adelaide 36ers' triple championship-winning NBL player Brett Maher (who also happens to be a fireman based at the Adelaide MFS station). Brett kindly helped the kids shoot some hoops and managed to hold his own against five of the kids trying to get the ball off him!

The kids really bonded throughout the day and it was a great opportunity for the adults to mingle, try new things and share in the delight of the kids' experiences. The kids and adults had a fantastic time and we've all made some new friendships in the process.

A big thank you to Michael Tagell, Hardy Kosiol, Brett Maher, all the friendly firefighters who prepared lunch and helped out, and also to the Metropolitan Commander David Juniper for supporting the event.





SUPPORTING LEGATEES

Written by Terella Rosen, Liaison Officer (Legatees)

Since starting my new role as Liaison Officer for Legatees in March, I have had the pleasure of talking to many police legatees. Each one left me feeling warmed by their welcoming and kind words, and admiring of the strength and resilience they have drawn upon to survive tough times. I have shared quite a few laughs and I'm reminded of how important humour can be, in our highs as well as our lows.

Speaking of which, on 23 May we saw the movie 'POMS' which gave us all a giggle, and enjoyed lunch together at the Marryatville Hotel. It was the first event I had organised in my role and I appreciated how welcome everyone made me feel.

We have a full diary of legatee events coming up this year, including our midyear luncheon on 30 June and a day trip to the Barossa in August.

In September, we will help celebrate the 10th anniversary of 'Wall to Wall', with a stand up breakfast to farewell the riders at Adelaide Oval. I can't wait to hear the roar of so many motorcycles in one place. As our biggest fundraiser, Wall to Wall is such an important event in the SA Police Legacy calendar. A group of police legatees may meet with the riders in the Riverland, or perhaps join them in Canberra, dependent on interest. We are still looking for expressions

of interest from police legatees, so please contact me on 8232 5513 if you are considering this trip.

For many years I have worked with people who are newly grieving, mostly in the area of suicide bereavement. I have been giving some thought as to how we can help new police widows and widowers connect with each other, particularly if they do not feel ready to join our social events.

I have previously facilitated journaling workshops for people in early stages of grief and they were very well received, with participants making important connections with each other, and finding understanding and hope as they were guided to express themselves in new and creative ways in their journals. I will be running some workshops for police legatees later this year. Invitations will be extended to police legatees who have been bereaved in the last three years.

Expressions of interest are most welcome from police legatees 'further down the track' in their grief for future workshops to be held next year. You can express your interest by emailing or phoning the office.

As we enter a new season of winter, I reflect on this quote from John Steinbeck, "What good is the warm of summer, without the cold of winter to give it sweetness?". Thank you again to everyone who has welcomed me into my new role; I am honoured to be working alongside you and I wish you sweetness all year round.



OUR MEMBERS AND POLICE WARDS

Written by Bernadette Sahb, Liaison Officer (Members and Wards)

Having started in March this year, I am getting to know some of our members, legatees and wards, and I have found everyone to be incredibly welcoming.

The SA Police Legacy team are amazing to work with and are very supportive, creative and dedicated to their jobs. Working with Karen, Terella, Mark and the Board has been a pleasure, and I have heard many inspiring stories about how resilient the police community families are. I am now experiencing this first-hand as I get to know those of you in our Police Legacy community.

I hope to achieve many goals during the next year. I would like to meet all of our wards and to learn more about them, and to find out from them (and their parents) how we can better support them, particularly in times of grief, loss and stress. I will be implementing a communication strategy to reach more of our members and increase member awareness of the services and support that we offer. You will notice an increase in the frequency and variety of events, further supporting the feeling of community.

Some of the feedback I have received already from police wards is that they would like to attend activities such as movies, museums, art galleries, laser skirmish, music, dance, basketball, animals and rock climbing. I am planning a Christmas event for police wards this year, so that our children and young people of all ages can gather together in a relaxed and fun environment. I would like feedback on whether sessions around career guidance (ie resume writing, career advice) for our police wards who are 16yrs and over, is of interest.

I've had the honour of attending a number of Graduation Ceremonies at the Police Academy, and had a really positive experience meeting cadets and sharing with them stories of how families have been supported by SA Police Legacy. We now have a stall at graduation ceremonies and many proud family members purchase our bears for their graduating family member as a memento of the day.

An exciting part of my role is to talk about SA Police Legacy to new cadets at the Police Academy. This is an opportunity to explain the benefits they may receive from

SA Police Legacy over their career, and beyond. And not only for them, but also for their families, who many times are the ones that need our support. Constable Laura Koerner accompanied me and shared how SA Police Legacy has supported her and her family. Most recently Brevet Sergeant Sam Attard, a member of the SA Police Legacy Board and legatee came along with her daughter, and police ward, Shanna to share their personal story with the cadets (pictured below).

LOOKING TO VOLUNTEER?

If you're a police ward, over 18yrs and interested in opportunities to mentor our younger wards, or become a volunteer then please contact Bernadette at bernadette@policelegacysa.org.au for more information.





BEHIND THE SCENES

Written by Karen Cucchiarelli, Manager

What an exciting start to the year we've had. I am so pleased to have both Terella and Bernie on board and I know quite a number of legatees and members have already had the opportunity to meet our new team. The skills and experiences that both Bernie and Terella bring are such an asset to our community and I know you'll all start to see that shine through as we continue planning upcoming events and introduce new workshops.

Welcome to those that are new to our community, I know it isn't under ideal circumstances that we all find each other, however I hope the support you receive helps lessen the pain. If anyone feels like they'd benefit from a chat by phone, or even over a cuppa in the office or at your house, remember we are only a phone call away and are available to be a listening ear.

As you may recall we've wrapped up our Kokoda campaign. Tom (police ward) and Mark (SA Police Legacy President) are now back and as Mark mentioned we invited Tom to join us at the Mid-Year to share his experience with us all. Our entire Kokoda campaign was extremely successful, particularly the Quiz Night and Bunnings BBQ, which raised \$6211! At the mid-year we also invited our Honorary Life Members and it was a real pleasure to see them all presented with Honorary Life Member badges on the day.

Coming up between now and the end of the year are a number of things, some familiar and some new. You will have received an overview from Terella on upcoming Legatee events, others will have received information from Bernie on Ward events, please keep us informed on whether these are events are ideal or if you'd like to see something different. Nationally we have Wall to Wall, Police Week and Police Remembrance Day, all of which we will be a part of and hope to again see as many of you at these occasions.

As a charity we work hard to ensure, financially, we are using member donations to benefit SA Police families. Since July 2018 we have paid over \$130,000 in grants and events, which is the highest amount paid in one year, since inception. This is all thanks to the generous, ongoing donations of our members and the general community. Paying over \$130,000 to families within the SA Police community is very rewarding, in particular knowing that almost \$68,000 has gone to Education Grants for police wards, almost \$17,000 to funding police legatee events/wills, almost \$14,000 to our members facing health issues, \$4,000 to police ward birthday/Christmas gifts and \$2,000 to support police wards gain their driver's license.

With a new team comes new ideas, with all planning stemming from the invaluable feedback we've received so far from many of you. A survey is being planned this year also, which will provide further opportunity to express your views on what you'd like to see SA Police Legacy offer. We hope to get this to you all by the end of the year. One



new plan you may have heard about is that Terella will be running a Journaling Workshop for those newly bereaved (up to 3yrs). Journaling can be a cathartic experience and we hope it may help new police legatees process their grief.

So much more is yet to come. We hope you enjoy hearing about our new offerings as they become available as much as we've enjoyed creating them.

MEET LEGATEE JOY STEVENSON



Could you tell us about your family and how you came to be involved with SA Police Legacy?

My husband, Barry Hannaford died in 1986. He was a Detective in the CIB and my children were 14 and 16 at the time. It was not good at all for a while, but we picked up and carried on because we had to. In 1990 I married Eric who I knew from my school days and gained two stepchildren, and now several grandchildren and great grandchildren.

How has SA Police Legacy been able to help you?

My first introduction to support was soon after Barry died and Sandra Deakin invited me to the Police Widow's Club. She was a great support and I formed many friendships through the Club, though many were older than me and have sadly passed away now. When Police Legacy was formed, though it was too late for my children to benefit from everything that is offered now, I have found it has helped me a lot to spend time with others who can relate to what it is like to be a police widow. Sometimes Eric will join in social events and the group always gives him a warm welcome. Being in the police family is not a 'normal life' and it is good to be with people who understand. Many of Barry's mates were very supportive to the children and me and that made a big difference too.



How do you remember Barry in your family now?

We talk about him all the time and the kids might sometimes ask, "What would Dad have done?" And they are very proud of his policing history. Barry was "larger than life" and my daughter is just like him in so many ways. As long as she is around, Barry will never die.



Do you have any words of advice for someone grieving the loss of a loved one?

Don't do it all on your own. It took me a while to learn that. There is lots of help out there and plenty of people willing to lend a hand. You don't have to do it all.



WALL TO WALL NATIONAL RIDE FOR REMEMBRANCE

Written by Michael Klose, Wall to Wall

This year is the 10th Anniversary of the National Wall to Wall Police Remembrance Ride, with riders from each State and Territory culminating at the National Police Memorial Wall in Canberra on Saturday 14 September 2019.

With the National Police Memorial as a focal point and highlighting the positive image of police in the promotion of motorcycle safety and awareness, this has become a much anticipated annual charity event in commemoration of the service and sacrifice of our police and for each of the State's to raise much needed funds in support of their police charity organisations.

Each of the Australian Police Forces has a dedicated place of remembrance and reflection, where they pay homage to and remember their police officers who have died as a result of their service to the community. From these sites a very special journey begins with the intention of arriving at the outskirts of our national capital to meet and join the other contingents of riders from across Australia.

In a final gesture of police solidarity and remembrance, the ride travels through Canberra to the National Police Memorial for a short, but poignant ceremony to commence the week in honour of our colleagues and mates; their names recorded on the touch stones of the memorial wall.

To promote this year's event, 6 riders, two from NSW and four from Victoria, including founding member, Brian RIX, departed Melbourne in mid-May, guarding the Wall to Wall batons from each State and Territory. Over the next 36 days, covering some 14,500kms, traversing the highways, bi-ways and backroads of Australia, they met with each of the Commissioners and presented the baton for safe keeping pending the journey in September,

The riders put up with blazing sun, howling wind, misty and dusty conditions, road trains, grey nomads, the odd bit of wildlife, a blow out, torrential rain, sub-zero temperatures and a noisy Harley and most impressive of all, each other for over a month.

Our ride will commence at the Adelaide Oval on Tuesday 10 September 2019, an iconic location which will be a wonderful send off to a large number of riders and support vehicles. They will be afforded a Police Escort through the city at 9.00am before travelling out along the South Eastern Freeway to Murray Bridge, and onto our first overnight stop at Mildura. The following nights will be in Shepparton, Cowra, Queanbeyan and returning via Corowa.

Wall to Wall SA aims to raise over \$10,000 this year for SA Police Legacy.

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MID YEAR LUNCHEON

Held on Sunday 30 June over 70 police legatees, SA Police Legacy Board members, staff, and Honorary Life Members, enjoyed a delicious lunch at The Police Club. We were pleased to hear from Tom Koerner about his experiences in Kokoda, celebrate the contributions of our Honorary Life Members and welcome two new Life Members, Brian Smith and Charlie Rumbelow.



LEGATEE EVENTS

AUGUST

Friday 2

Barossa Valley Day Tour
9am-3pm Lunch/Activities
Coach pick up/drop off at Police Legacy

SEPTEMBER

Tuesday 10

Wall to Wall Farewell
7am Adelaide Oval
‘Telstra Plaza’, War Memorial Drive, Adelaide. Send off the riders with a bacon and egg roll stand up breakfast - no cost to police legatees

Tuesday 10

Trip to Shepparton (3 nights)
Subject to numbers. See newsletter insert
RSVP asap

Friday 27

Police Remembrance Day
11am Service and lunch
Fort Largs Police Academy, followed by lunch at Largs Pier Hotel.
*Transport available from Police Legacy

NOVEMBER

Sunday 24

Christmas Luncheon
12 noon The Police Club
No cost – Police Legatees only
*Transport available

WARD EVENTS

AUGUST

Friday 23

Latitude 6pm-9pm
Session inc meal and drinks
Ages 4-18yrs
Details will be emailed soon.

OCTOBER

Tuesday 1

Movie & Lunch Day
Regal Theatre, Kensington
Join us during the school holidays for a movie & lunch. Details emailed soon.

NOVEMBER

TBC

Christmas Picnic
Featuring Father Christmas. Date and location announced soon.

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