



SA POLICE LEGACY **NEWSLETTER**



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The SA Police Legacy Board

President:

Senior Sergeant Mark Willing

Vice-President:

Sergeant Jodi-Lee Black

Board Members:

Costa Anastasiou

Police Credit Union Representative

Glenn Thomson

Elected

Sergeant Jane O'Connor

Elected

Sergeant Jeffrey McDonald

Elected

Inspector Kieran Baggoley

Commissioner's Representative

Inspector Mark Walker-Roberts

Elected

Sergeant Mitch Manning

Police Association of South Australia Representative

Brevet Sergeant Samanda Attard Elected

Company Secretary Karen Cucchiarelli

PRESIDENT'S **UPDATE**

Hello everyone and welcome to the new year. I hope this edition of our newsletter finds you well.

As I write I am reflecting on the Kids' Christmas event I attended at the Mega Courts Complex at Windsor Gardens. A very jolly Father Christmas arrived with the help of a local police patrol ensuring all the children and their families had a fantastic day and enjoyed the festivities.

We continue to expand the activities offered to our wards. Attending these events provides them with the opportunity to unite together, sharing their stories and experiences.

At this time last Christmas, I was very busy preparing to undertake the Kokoda trek with one of our wards Tom Koerner. Tom and I were immensely proud of completing the trek and we look forward to supporting police officers Melanie and Rob — who will represent SA Police Legacy as they embark on the trek in April this year.

Our Christmas Lunch at the Police Club again drew a large crowd and lived up to its reputation as a time of high spirits, good food and storytelling.

Our Legatee social events continue to be very well received and the Facebook images of the varied events including film mornings, high teas and fashion parades remind me of the valuable role we play in bringing friends together.

Other events such as the inaugural journaling workshops have also provided an opportunity for new friends to reflect on the challenges that many face.

I must say a big thank you for the overwhelming response to our recent Legatee Survey. The inspiring words used by Legatees to describe SA Police Legacy were adorned on the tea towel that was given out at our Christmas Lunch. The survey responses have provided a valuable opportunity for our board to continue to enhance our services.

The introduction of our bold new brand at the Adelaide Oval — as part of the Wall to Wall activities — reminded our many supporters of what SA Police Legacy has achieved as we acknowledged our 30-year anniversary.

SA Police Legacy could not do what we do, without our large group of supporters. In October I hosted an event at the Police Club with many of our supporters including staff from Police Credit Union, Police Health, the Police Association, SAPOL, Wall to Wall, Metropolitan Fire Service and Cops for Kids. Over 20 supporters attended and provided me with the opportunity to thank them for their enthusiasm and commitment in supporting SA Police Legacy.

The SA Police Legacy Board and our dedicated team of Karen, Terella and Bernie remain focused and committed to supporting SA Police widows, widowers, wards and members.

I wish you a safe and enjoyable new year and I look forward to seeing you all soon.

Take care,

Mark Willing - President

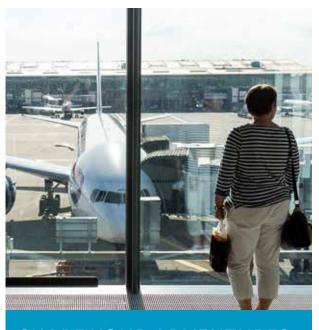
MEET LEGATEE ALICE FOSTER

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

My husband Jim, retired in 1986 as a result of an old injury and became the welfare officer at the Retired Police Officers' Association for quite some time. We travelled a lot together and it was on a trip to South America he started to feel a strong pressure on his chest. Back in Australia we discovered this was due to lung cancer and he died seven months later. I was a wreck for quite a while. Eventually, I joined the police widows' group and a few months later, attended my first Police Legacy Christmas luncheon.

How has SA Police Legacy helped you?

SA Police Legacy has helped me greatly. After 53 years of marriage, I didn't know what to do on my own. Jim and I did everything together. Meeting other widows who were in the same boat as me was helpful. I have enjoyed many trips with other widows through Police Legacy, including Broome and Norfolk Island.



SHARE YOUR ADVENTURES

We'd love to hear your stories of travelling alone. You can let us know by calling me on 08 8232 5513 or emailing terella@policelegacysa.org.au.

How do you remember Jim in your family now?

I talk to Jim every day – I wish him good morning and good night. In my home, most of the furniture was made by him and we have many photos displayed. He is with me all of the time. I speak about him with my children, grandchildren and great grandchildren. I let them know when he would be proud of them.



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

Focus on remembering the good times, don't dwell on the hard times. Keep them in your mind, in your thoughts and prayers. Get out of the house and meet new people, keep busy and try new things.

FACING THE FEAR OF TRAVELLING ALONE

Written by Terella Rosen

One thing I have noticed since starting with SA Police Legacy is the apprehension of many new police widows and widowers to try new things and to travel without their partner, particularly for the first time. It can be a daunting experience but one that can also bring a lot of joy.

It was my pleasure to meet with Alice recently and hear her story for 'Meet the Legatee'. Alice is a great example of 'feeling the fear and doing it anyway'. She was terrified the night before her first trip and wondered whether she had made a terrible mistake. The trip to England turned out to be a "a piece of cake" according to Alice. While there, she spontaneously jumped on a cruise to Norway, had an amazing time and since then has travelled much more. She even did a trek in Tibet to Mount Everest Base Camp at the age of 75!

Alice's main advice for travelling alone is to plan well, know what you are doing, and make sure you can manage your luggage on your own.

POLICE LEGACY SURVEY THE RESULTS ARE IN...

Thank you to all police legatees who completed our survey. We now have a clear understanding of how you feel about SA Police Legacy, our services and support. Receiving feedback such as this is vital for the continued success of our organisation.

The first goal in our strategic plan is delivering relevant services and support; this survey has enabled us to track our performance and set goals for improvement over the next 3 years. Below is a summary of our key findings from the 113 responses we gratefully received:

Overall Service and Contact

73% are satisfied/very satisfied with SA Police Legacy's overall support.

Top 3 things we can do better:

- Subsidise more events
- Contact country legatees more frequently
- Do more for younger widows/widowers

86% believe frequency of communication is just right.

78% believe our newsletter is the best way to communicate, followed by social calendar letters.

Legatee Events

45 respondents have not been to an event in the past 12 months. Here's the **top 4** reasons why:

- Health issues
- Timing issues (either work, travelling, too early)
- Financial issues (too expensive)
- Transport, location or parking issues

Key feedback on events:

- "Most enjoyable and well organised"
- "More movies and lunches would be great"
- "Great events, love meeting new people"
- "Transport can be an issue"
- "I still work, so mid-week events are difficult"

Top 5 requested events for future:

- Guided tours of interesting places
- Lunches
- · Country day trips
- Theatre/Concerts
- Movies

Support

41% said social events/functions were the most helpful support, while **20%** said home visits.

73% of legatees would like SA Police Legacy to offer referrals (ie psychologist) or financial support for grief therapy.

Country

(In country areas) **48%** are willing to travel to the nearest town to attend social lunches with other police legatees, and of that group half wanted a 'host' and half didn't mind.

Top responses for how we can better support those in regional areas:

- More telephone support
- More lunches or meetings

Children/Wards

100% of respondents with wards have benefited from the Education Grant, with **83%** of those believing the financial support received is adequate.

92% of respondents with children believe it would be beneficial for mental health support to be provided for the children (ie referral to psychologist, therapeutic consultations).

96% of respondents with children would like to see 'Career Guidance' sessions offered to the children.

Remembrance

53% of respondents would like SA Police Legacy to hold its own annual memorial service, remembering ALL police deaths. **42%** did not want this service.

78% of respondents would like SA Police Legacy to create its own 'honour roll' to remember ALL police deaths.

Legatee Travel

52% are not interested in travel, whilst **34%** were interested in travel within the state.

12 respondents would consider overseas travel.

The Board and Staff attended a Planning Day in October 2019 where the survey results were kept front of mind when setting the strategic goals for 2020-22. As a result, a number of strategic goals were updated and new goals created.

Over the following year, we will continue to highlight changes made as a direct result of your feedback. Some actions have already been implemented including suggestions for legatee events for 2020, an honour roll on the website (currently being designed), career guidance sessions for wards (being sourced) and a plan for our country legatees is underway.

Thank you again for being a part of our community. Your voice counts and we look forward to running future surveys to ensure legatee satisfaction continues to rise.



FOODS TO HELP BEAT STRESS & ANXIETY

With the recent Christmas break, you may find yourself still dealing with stress and anxiety. Stress is a tricky condition to manage, because it's different for everyone. What you're triggered by might not be what sends others into fight or flight mode. It's important to spend the time getting to know your mind, and the thoughts or scenarios that put your body in a state of stress. Your diet plays an essential role in the health of your mind. There are foods that both help and hinder your stress and anxiety levels.

Try to avoid reaching for comfort food when you're feeling blue. As an alternative, try to include these foods into your diet, every day.

Your stress-buster superfoods

Asparagus

There's a link between depression and low levels of folic acid. Consuming one cup of asparagus provides two-thirds of your daily needs. And this vegetable is easy to include into just about any meal. Add a serve of sauteed asparagus to your brekky omelette or grill it with fish for lunch or dinner.

Avocado

What Aussie doesn't like avos? And best of all, it's great for you. Studies have shown that feelings of anxiety may be connected to a B vitamin deficiency – compromising healthy nerves and brain cells. Avocados taste great, are rich in B vitamins and monounsaturated fat and potassium (which naturally lowers blood pressure). Next time you're feeling like something sweet, instead of going to town on the tub of icecream, make your own dessert by blending avocado, banana, vanilla extract and nut milk. Drink it as a smoothie or freeze it.

Blueberries

This small berry has big health benefits. Blueberries pack a powerful antioxidant and vitamin C punch. When you're stressed, your body needs this to help repair and protect cells. They taste great and are easy to add to your yogurt bowl or high fibre cereal.

Salmon

A diet packed with omega-3 fatty acids, such as salmon, to level out your cortisol and adrenaline when you're tense.

Fish helps keep your mind at ease, so aim to consume 100grams at least three times a week. Your head (and heart) will love you for it.

Turkey

Fill up your plate with turkey. Its strength is in the amino acid tryptophan which tells the brain to release the feel-good chemical, serotonin. You'll feel calmer and less tired.

Oatmeal

Smash stress with more serotonin by eating oatmeal. It gets the calm-inducing hormone flowing through your body. Choose the plain, thick-cut oats that you need to cook. Avoid instant options that have higher sugar levels. Coarse oats are rich in fibre so they keep you full for longer.

Yogurt, milk & probiotics

Gut bacteria plays a role in the production of serotonin, dopamine and gamma- aminobutyric acid – all neurotransmitters that are central to your mood. Bacteria in the gut is connected to the brain and immune system, so restoring your gut's balance through probiotics will treat (and even prevent) anxiety. If fermented foods don't agree with you, consider taking a probiotic supplement.

Consider treating stress and anxiety through your diet. Nutritional deficiencies can affect your brain chemistry and the how neurotransmitters are formed.

Eat mindfully and you'll notice a newfound clarity and calmness. Pair this with other positive stress management strategies like meditation, yoga and journaling to help promote a clear, peaceful perspective.

Article supplied by Police Health





SUPPORTING **LEGATEES**

Written by Terella Rosen

In March this year, it will be one year since starting my role as Liaison Officer for Legatees — time flies when you are having fun! Though there is sadness in the way we have all been brought together, we certainly share a lot of happy times too.

From cheese and chocolate tasting in the Barossa to travelling throughout SA for Wall to Wall, it was my pleasure to accompany you to the events in the second half of 2019.

Wall to Wall

Nine travellers joined me for the three-night trip for Wall to Wall in September. We saw some beautiful countryside,

shared dinner and a few laughs with the riders in Shepparton and ate too much everywhere we went!

Police Remembrance Day

I attended my first Police Remembrance Day ceremony on 27 September and was honoured to pay my respects to police officers who have died in the line of duty. Following the ceremony, we enjoyed lunch and companionship with around 20 police legatees.

Journaling Workshop

I was privileged to recently facilitate a new initiative for police legatees who have been bereaved in the last three years. Six police widows participated in a journaling workshop which enabled them to connect with each other and express their grief in new ways. Feedback from the group was very positive and I am looking forward to running further workshops later in the year. Please let me know if this is something you are interested in.

As the new year begins, I wish you peace, strength and courage for whatever adventures 2020 may hold for you.



Wall to Wall



Tasty treats at the Barossa Valley Chocolate Company



Journaling Workshop



Wall to Wall

HEALTHIER **ALTERNATIVE**

With Christmas recently behind us and the new year here, what a great time to have your whole house smelling of beautiful spices! These biscuits are a healthier alternative to your average biscuits, taste delicious and go perfectly with a warm cup of tea!

ALMOND GINGER BISCUITS

(makes 10-12 cookies)

Ingredients

1.5 cups of almond meal ½ cup nut butter (almond or peanut) ½ cup maple syrup ½ cup shredded coconut

2 tbsp black strap molasses ½ tsp baking soda

1.5 tsp ground ginger

1/2 tsp allspice 1/2 tsp vanilla

Method

Preheat oven to 190 degrees and line a cookie sheet with baking paper. Simply mix every ingredient in a bowl until well combined. Roll the mixture into small balls, then place on the tray and gently flatten them out. Bake for 10-12 minutes or until golden. Set aside to cool then enjoy!





Eden WillingBHSc Clinical Nutritionist

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KIDS EVENT CHRISTMAS FUN DAY

Sunday 1st December 2019 was the inaugural Wards Christmas Fun Day. Held at Mega Courts Indoor Sports at Windsor Gardens a total of 18 adults and 18 children attended, including wards, legatees and their partners or families, Board Members, Staff and even Father Christmas!

After some effort rounding up all of the kids from their soccer game and from jumping on the inflatables, Father Christmas arrived in a Police Car with lights flashing and siren sounding, much to the children's delight. Gifts were handed out putting smiles on a lot of faces!

Lunch was enjoyed together in our private party room, and we also celebrated the birthday of one of our legatees Racheal, with some special red velvet cupcakes, kindly baked by Terella.

Special thanks to all of the families who joined in the fun on the day, to Michael Klose who organized the patrol car, and of course to Father Christmas!







ANNUAL LEGATEE CHRISTMAS LUNCH

Our Christmas lunch is always popular and 2019 was no exception. Police legatees, board members, staff and special guests enjoyed lunch at the Police Club, catching up with old friends and meeting new ones.

President, Mark Willing made the official welcome and Commissioner's representative, Kieran Baggoley shared a personal story about the value of SA Police Legacy. We also welcomed special guests from the Police Association of SA, Police Health, Wall to Wall, Retired Police Association and Police Super.















Your financial decisions and activities can have a huge effect on your financial health and general wellbeing. That's why it's important to remember that sustaining healthy finances often requires some personal effort. It's good to know that there are a few simple things you can do right now to help you maintain your financial health today and in the future.

Get a clear picture of your current financial position.

The first thing you should do is get a clear understanding of your current financial position. You can do this by creating a comprehensive list of the following:

- assets and liabilities
- income and expenses
- personal insurances (life and funeral insurance)
- · general insurances
- estate plans (will, power of attorney, advance care directives)
- your goals and aspirations

List important documents and store them securely

Being organised and making a list of your important documents will make it easier to have everything in order and locate documents quickly when you need them.

Some of the key documents to consider:

- birth and marriage certificates
- house deeds
- bank account details
- will, enduring power of attorney, and advance healthcare directive

Be sure to keep these documents in a secure location - either in a locked fireproof filing cabinet, a solicitor's office, financial institution safe custody box/envelope, or a secure data file.

Access to these files should only be available to the person you nominate to manage your financial affairs (power of attorney) or your estate (legal personal representative/executor) in the event you can't.

Create a support team

Just as important as a list of documents, you should also have a list of important contacts that act as your support team such as a solicitor, accountant, financial adviser, bank manager, doctor, and legal personal representative.

Review each aspect and adjust them if needed

Over time, things change so it's important to regularly review your finances. Take the time to scan through your personal insurance, health insurance and general insurance to ensure they're adequate for your needs and cost effective, then adjust them if necessary.

Check your investment portfolio and weed out under performers. Check for tax efficiency and maximise your Centrelink benefits. And most importantly, ensure your estate plans are up to date and reflect your wishes.

Book a FREE financial health check today

Police Credit Union is a financial organisation founded on a proud 50-year history of caring for the financial welfare of its Members. Offering a range of financial, investment, credit and insurance services, Police Credit Union also offer FREE financial health checks conducted by dedicated Relationship Manager, Linda Ginever. Linda will help you review all your banking needs and look for ways to help improve your financial health.

Call Linda today on 08 8208 5628 or 0438 859 797 to book a one-on-one conversation.









Connor Pullinger, 18 with big sister Melissa Pullinger, 21

A BIT ABOUT LINDA GINEVER

Linda Ginever is Police Credit Union's Relationship Manager for **GO SIXTY PLUS** — a membership package for over 60s, with unique benefits, services and products to help you maximise the potential of your assets, to gain the lifestyle you want.



Linda has worked within the financial services industry since 1990, first joining Police Credit Union in 2010 as a financial planner, then as an Authorised Representative of Bridges Financial Services Pty Ltd.

Linda's varied experience includes specialised financial work with pre-retirees and retirees from SAPOL, SA Ambulance Service and health professionals from government and private sectors.

She had the pleasure of working with the Police Legacy Board as the financial planner for the Police Legacy's investment portfolio, which more than doubled during her tenure (2010-2018) and enabled the charity to expand their offering to SA Police families in need.

Linda is passionate about the welfare of all her clients and is dedicated to helping you get the most out of your finances.

"In my role as 60 Sixty Plus Relationship Manager, I look after the senior demographic where I discuss your current situation and provide a free financial health check to help you achieve some peace of mind so that you reach the peak of financial health or have plans to take timely corrective action."

PULLINGER FAMILY 12 MONTHS ON...

Written by Phil Pullinger - serving Police Officer, legatee and father of Connor and Melissa.

September 12th 2019 was the anniversary of my wife's death and we all miss her immensely. As a family we have started to take time out of our busy schedule to go for days out where we talk about her and share our memories to help the grieving process, which has really helped us deal with our loss

Since the loss of my wife I have been trying to keep busy. A good friend of mine who is a serving police officer came to me and suggested that I start to race bikes. I used to ride bikes regularly but with very little focus. I decided to throw myself into it and began to race veteran races around the state. I have really enjoyed my new found interest with varying degrees of success. I started competing in F grade but have steadily progressed to C grade and I favour criterium style races at Victoria Park. I train specifically for these races which has certainly kept me busy and I have very little down time.

I am immensely proud of our two children who have faced adversity and continue to face life with positivity and an inspiring strength of character.

Connor has sat his final exams, finished year 12 and applied for three drama based university degree courses. Following the huge success of the SBS production "The Hunting", in which he was lucky enough to get a role, he has acquired an agent. This has provided exciting opportunities to audition for further TV work, so watch this space for further developments.

Connor wants to thank SA Police Legacy and Cops for Kids who are continuing to support his passion for drama and the arts.

Melissa continues her Flinders University drama degree course and recently entered the 48 Hour Film Festival with her peers as they hope to follow up last year's success where they were awarded best film.

Melissa has recently been filming in Currency Creek for her final university assessment in which her year level must write, film and edit a 30-minute production.

Their mother would have been so proud to see them succeed and perform so well.

As a family we try to schedule days out or even just a walk along the beach and talk about our fond memories of my wife which has proved very therapeutic for us all. Although we all feel our loss and have our sad times we try to stay busy and happy and value all the support that we are offered by our friends and colleagues.





CHRISTMAS CARD COLOURING COMPETITION

Congratulations to nine-year old Sienna and 12-year old Poppy who designed the two winning entries for our Christmas Card Colouring competition. Beautiful work! These designs were used to produce our Christmas Cards, one of which each legatee would have received.

A special mention to artist Sonia Jackson who kindly produced artworks which we used to print Christmas Cards for people to purchase, with all the funds being donated to SA Police Legacy.



OUR AMAZING WARDS IN ACTION

Nine of our wards, aged between four and fourteen attended a fantastic event in August at Latitude.

Grace, Leia, Bailey, Alexia, Sienna D, Darcy, Poppy, Harrison and Sienna H enjoyed three hours of getting to know each other while they bounced, climbed and played their way around Latitude.

Everyone enjoyed dinner and parents were able to chat with each other in a relaxed and friendly atmosphere. There were many happy and tired faces at the end of the night!

THANK YOU TO OUR YOUNG VOLUNTEERS!

In September 2019, Wards Meaghan and Kira kindly volunteered their time to help out the staff in the SA Police Legacy office. They helped with a range of duties including dressing our range of plush police dogs! Apart from gaining some work experience they were also able to chat and make a connection with each other while they worked.

Kira also volunteered at the Wall to Wall Event, where she handed out gifts to attendees, and picked up some event work experience along the way!

Thanks again to Meahan and Kira for their help.



RE-BRANDING OF SA POLICE LEGACY

It has been 30 years since SA Police Legacy was formed by a group of dedicated SA Police officers who identified a need to support police families during difficult times.

Fast forward to 2019 and SA Police Legacy has grown to become a reputable charity that provides support to over 330 police legatees, over 40 police wards and over 4500 members.

This year, the board of SA Police Legacy is celebrating the 30th anniversary milestone and it comes with an opportunity to refresh the organisation in preparation for the future.

It is with great excitement that SA Police Legacy launches a new logo, which is displayed above. The board hope you love the new logo as much as they do and also reassure members and supporters that the organisation remains as focused as ever in delivering the services they always have.

The team excitedly launched the logo as part of the Wall to Wall send off on 10th September 2019. SA Police Legacy were honoured to have Patron, Police Commissioner Stevens, officially launch the logo which represents what SA Police Legacy is all about — the police family through the use of the chequered strip, remembrance in the candle flame and unity and support represented by the interlinked arms.

Once again, we thank you for your on-going support and look forward to sharing our new logo with you.



SAVE THE DATE

2020 Calendar Events

Friday 31 January

YOUNGER POLICE LEGATEES

An informal catch up for younger police legatees (contact your Liaison Officer if interested)

Tuesday 11 February

HAPPY NEW YEAR! SOUTHERN BRUNCH

Brunch at Boatshed Café in Hallett Cove for southern police legatees or those happy to travel

Tuesday 18 February

HAPPY NEW YEAR! NORTHERN BRUNCH

The Watershed, Mawson Lakes

Friday 1 May

CONCERT AND AFTERNOON TEA

Elder Hall lunchtime series concert and coffee/tea at the Museum Café

Monday 15 June

HISTORICAL TOUR AND DEVONSHIRE TEA

(LEGATEE SUGGESTION!)

Guided tour of Dunluce Castle in Brighton, SA with morning or afternoon tea

Sunday 5 July

MIDYEAR LUNCH

Our annual midyear lunch

Wednesday 26 August

DOLPHIN CRUISE AND LATE LUNCH

(LEGATEE SUGGESTION!)

Cruise along the Port River and late lunch at the Lighthouse Wharf Hotel

Tuesday 29 September

NATIONAL POLICE REMEMBRANCE DAY

Remembrance service & lunch at Largs Pier Hotel

Thursday 15 October

LAVENDER FARM TOUR WITH

AFTERNOON TEA (LEGATEE SUGGESTION!)

Guided tour of lavender farm in bloom and scones with jam and cream

Sunday 29 November

CHRISTMAS LUNCH

Our annual lunch for the festive season



KOKODA TREK 2020

In September 2019 SA Police Legacy offered an opportunity to serving police officers to apply for a position on the Kokoda Trek 2020.

Partnering with NSW Police Legacy this Kokoda experience is about mentoring children who have lost a police officer parent, as well as developing leadership skills and resilience while paying tribute to fallen soldiers.

The calibre of applicants was incredibly high with over twenty-five applications received from police officers from all over the state. After a short-list process, five excellent candidates were interviewed and Melanie and Rob were the lucky two officers selected to participate.

Congratulations to Melanie and Rob who both have experience in trekking, fundraising and mentoring. Their fundraising activities are well underway and planning is continuing for the major fundraising Quiz Night event on 7 February 2020, so please save the date!

Melanie and Rob have kindly shared their motivation to apply for the Kokoda Trek experience, how they are preparing for the gruelling 96 kilometre trek, and information about their fundraising plans.

Why did you apply for the Kokoda Trek Opportunity?

Rob: To experience a trek as iconic as Kokoda is a fantastic opportunity. After reading the initial email I began to draw connections between my Police experiences and those experiences with Wards and Legatees I know.

I am particularly passionate about my annual involvement with the SA Police Football Side (SA Hounds) as coach, in which we play for memorial shields in memory of Officers killed on duty. I highlight to the players the value of families within their career, and that sadly there are many legatees out there that no longer have the connection to the police service that their husband/wife or parent once did. SA Police Legacy does a fantastic job in keeping families included within the 'Blue Family'. My acceptance to undertake this trek is a way for me to pass on my life

experiences within the police service to Legatees and Wards whilst giving me an opportunity to promote this great service.

Melanie: I applied for the Kokoda trek opportunity because I believed it was an amazing chance to challenge myself and be involved in a once in a lifetime opportunity. Promoting the amazing work SA Police Legacy do is also another reason, and something I feel very passionate about. The opportunity to experience this trek with other like-minded police, legatees, wards and representatives from other Police Legacies around the country, and meeting and supporting them in their own journey is something I am looking forward to. I'm also looking forward to the opportunity to honour the diggers who walked the track protecting Australian shores during WWII, with some making the ultimate sacrifice. With both my Grandfathers involved in the Pacific War campaign this is something which is very close to my heart.

How are you preparing yourself both physically and psychologically for the challenge of completing the Kokoda Trek?

Rob: I am in a really fortunate work place that encourages and supports an active and healthy lifestyle. My preparation for the trek commenced the week I had been selected – I received a few odd looks, slowly walking on a treadmill set on incline at work with a backpack on, but it did give me an opportunity to talk about Police Legacy and the trek!

The best way to prepare emotionally and psychologically is to share the preparation with my wife, kids and my Trek Buddy Mel! A weekly walk up Mt Lofty in between breaks of kid's weekend sport gives me an opportunity to talk to my kids about SA Police Legacy but also the conditions Australian Soldiers endured at Kokoda.

I have been listening to Peter Fitzsimmons audiobook 'Kokoda' and it really does paint a terrible picture of the conditions endured, whilst highlighting the mateship and sacrifice Australians made for each other.

Melanie: I have always been involved in physical exercise — through team sports or gym. To help prepare for the trek I have amped up my physical training. I have a personal trainer who I see once a week who is working with me with specific strength building exercises. Days off from work are spent hiking the hills, particularly at Deep Creek Conversation Park, Mount Lofty and Onkaparinga River National Park.

To mentally prepare I have been speaking with people who have previously completed the trek, and taking on board any tips they are willing to share. I'm also researching the Kokoda trek on-line so I have an idea of what to expect.

Can you give us an overview of your fundraising activities?

Rob: The power of social media has worked for a great cause in this instance. I have taken advantage of Facebook's fundraising initiative and have been overwhelmed by the generosity of my FB friends!

I have also sourced sporting items through supportive contacts to assist in raising money at our Quiz Night in February. I have found family, friends and businesses are truly supportive of SA Police Legacy and donate without hesitation.

Melanie: I have generated a Go Fundraise page that anyone can contribute towards by heading to: makingadifference. gofundraise.com.au/page/Melanie-78875737. Any donation is greatly appreciated.

I am also selling 'Thin Blue Line Key Rings' that I make out of paracord material. These key rings promote strength and courage and are symbolic of mateship and being supportive of each other — the same values the diggers would have gained strength from in 1942 during the Kokoda Trail campaign of the Pacific War.

Key rings are available from SA Police Legacy for \$5 each.



Rob in training.



MEDALS, MEMENTOS & MORE PH: 0405 672 714

MEDAL MOUNTING- ORIGINALS, REPLICA MEDALS, MINIATURES, RIBBON BARS, FRAMING, MEDAL BOXES and FELT MILITARY PATCHES

MEDALS MEMENTOS & MORE WILL DONATE 10% TO SA POLICE LEGACY FOR SAPOL EMPLOYEE ORDERS OVER \$100

(Your Invoice Number and Initials will be supplied only)



Be proud of your Service Medals and Awards

A Tax Invoice will be issued and most work is Tax Deductable (uniform)

Medals Mementos and More
Suite 1, 23 Greenhill Road WAYVILLE SA 5034



Mel in training.



The Go Sixty Plus range of financial products can support and benefit you to achieve your financial needs, goals and aspirations to live life better...

- Bridge to Retirement Loans
- Lifestyle Personal Loan available to retirement village residents secured against their residential agreement.
- Home Equity Release Loans*
- · Master Club everyday access account
- Term Deposits the security of a fixed rate for a fixed term, with deposits up to \$250,000 Government Guaranteed.

All these unique options plus a dedicated advisor to work with you and for you, to provide better options for your finances. This is what we mean by better banking.

Call **Linda Ginever** on **8208 5628** or **0438 859 797** for a free no obligation chat to explore your options with our **60 SiXTY PLUS** packages.







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Omce nours

Monday 9-2pm, Tues-Thurs 9-4pm, Fri 9.30am-4pm
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