



SA POLICE LEGACY **NEWSLETTER**

JANUARY 2022



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

Brevet Sergeant Samanda Attard

Elected

Peter Graham

Elected (Retired Police Officer)

Inspector Kellie Hall

Commissioner's Representative

Superintendent Matthew Nairn

Elected

Tom Nyenhuis

Elected (Retired Police Officer)

Senior Constable Julian Snowden

Police Association of South Australia Representative

Glenn Thomson

Elected (Retired Police Officer)

Company Secretary

Karen Cucchiarelli

POLICE LEGACY NEWSLETTER
EDITOR: KAREN CUCCHIARELLI
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PRESIDENT'S UPDATE

Hello everyone, I hope this edition of our newsletter finds you well. As I write today I reflect on the year that was, and the first thing that comes to mind was the many smiling images I saw from our 2021 Christmas lunch at the Police Club. Unfortunately I was not able to enjoy the occasion due to getting caught up in a COVID-19 scare and was very quickly enjoying the confines of my own home instead!

Whilst I was not at the Christmas Lunch in person, I was there in spirit and the many kind wishes of thanks that poured into the office after the lunch continue to remind me of the valuable role we play in bringing members of the police family together.

The genuine affection and warmth between SA Police Legacy staff and those attending our lunches and social events gives me great comfort. It is evident our legatees enjoy the close relationship and commitment of our staff, who provide wonderful opportunities for new friends. The team continues to check in and offer support during difficult times. Terella, Bernie and Karen welcome new legatees with open hearts and arms to support the long road ahead. If you need help, or if you know somebody who does, please keep in touch.

The quiz nights held in March and October last year were a time of high spirits and storytelling. I am studying hard in the lead up to the next event to ensure my team finishes a little higher on the leader board. It's always a great night out and I highly encourage you to attend.

The inaugural Triple O Charity Ball held in November 2021 at the Adelaide Oval was a fantastic night. It brought together legatees, members of the police family and other members of the emergency

services. SA Police Legacy Manager Karen Cucchiarelli played an instrumental role in bringing the night to fruition. I am looking forward to the night being a permanent fixture in the SA Police Legacy Social Calendar.

We are very appreciative of the loyalty of our police community during 2021 enabling us to continue to provide support and assistance to police families in their time of need. Providing such support would not be possible without the generous and ongoing financial contributions by serving and retired officers.

The board farewelled Board members Inspector Mark Walker-Roberts and Inspector Jeff McDonald in 2021 and we thank them both for their commitment and support to the board and the SA Police Legacy family. We also welcomed new board members, retired police officers Peter Graham and Tom Nyenhuis. I also thank our patron the Commissioner of Police Grant Stevens for his ongoing support.

The entire SA Police Legacy team are looking forward to moving into our new office in Gilbert Street, Adelaide this year. Whilst our current office in Carrington Street has served us well, the new office will provide many benefits including more space and flexibility for staff, board members and our members.

The year 2022 is shaping up to be a very exciting one and I encourage you to stay connected by reading our newsletters and following us on social media.

On behalf of the Board of SA Police Legacy and our terrific staff we wish you all a safe and wonderful year.

Take Care,

President



In loving memory of
Detective Sergeant,
Alison Bee (1964-2011)



Every purchase raises funds for SA Police Legacy!

Purchase SA Police Legacy beanies like the ones worn here by Tahlia and Kosta and other great merchandise by heading to our website policelegacysa.org.au/shop

MEET OUR HERO FUNDRAISER TAHLIA FELLOWS

My name is Tahlia Fellows, proud daughter of Brevet Sergeant, Paul Fellows. Throughout 2021, I fundraised with family, friends, colleagues and local communities to raise much needed funds for SA Police Legacy.

Detective Sergeant, Alison Bee, who tragically passed away in 2011 is my motivator to advocate for SA Police Legacy and the wonderful work that they do for SAPOL families in times of illness or bereavement. Many past and present officers and their families have been touched by Ali's presence throughout her years of service.

Working with SA Police Legacy has transformed my personal grief into a beautiful silver lining. I have been able to raise awareness for SA Police Legacy through the support of local businesses and bakeries taking part in Blue Donut Day, Run4Blue, Police Remembrance Day raffles and quiz nights/live auctions.

The opportunity to help South Australia's dedicated officers and keep deceased officers' legacies alive is a truly incredible experience that I will cherish forever. The pandemic may have prevented some fundraising events from going ahead but it hasn't stopped me from reaching out to local communities and organisations to create meaningful conversations around police mental health and share the importance of SA Police Legacy's involvement with SAPOL.

Thank you to Karen, Terella, Bernadette and the Board for your ongoing dedication to SA Police Legacy and our SAPOL families. You have helped me through the most difficult period in my life and finally I can see the light at the end of the tunnel.

FUNDRAISING FOR SA POLICE LEGACY

If you would like to fundraise for
SA Police Legacy please contact us at
info@policelegacysa.org.au

EXCITING NEWS!

We're recruiting!

We are thrilled to be expanding our team and hiring an Administration and Event Assistant. We hope to introduce you to our new, part-time staff member soon.

AND... We're on the move.

With our continual growth we have gotten too big for our Carrington St office and will be moving to our new location in Gilbert St, Adelaide mid-2022. More details to follow soon.

MEET YOUNG LEGATEE POPPY THOMAS



Poppy with her Dad, Dac

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

My name is Poppy Thomas. I am currently 14 years old. I have an older brother and younger sister. My mum is a police officer, and my dad, Dac Thomas was too. He suddenly and sadly died on 12 February 2017 when I was just 9. Dad was a Detective Sergeant, and had been a police officer for 30 years. My dad used to help coach my soccer team and also take me to cricket matches. I loved spending time with my dad and miss him greatly every day. I still love to play soccer and always think of my dad during the games, and know he would be very proud of me.

How has SA Police Legacy supported you?

SA Police Legacy have been a great support enabling me to continue to enjoy many extra-curricular activities. The wellness grant has helped to pay for my soccer fees and boots, volleyball fees and music lessons. Without their support I wouldn't be able to participate in all three activities. SA Police Legacy also organise many fun activities including bowling days, latitude nights and Christmas parties. It's very generous that I also receive a gift at Christmas and for my birthday, helping to remember my dad and know he isn't forgotten.

Can you tell us about school and what career you think you might like to pursue when you're older?

I am about to start year 9 in 2022, and enjoy being a part of the volleyball special interest program. I also enjoy French classes and advance tech where I get to play with tools and make cool stuff. I enjoy media studies too and would like to pursue a career as a film/camera operator or a Pilot, maybe in the Airforce.

What do you enjoy about being part of the SA Police Legacy community?

I like being part of the community with people who understand what it feels like to lose a parent, as those kids have lost a parent too. It's a place where I feel safe and comfortable and able to talk to the coordinators who always make the time to see how we are. I think it would be great to have a movie night or go-cart day to race my brother and beat him!

QUIZ NIGHT

Our last quiz night for 2021 was held at Fullarton Community Centre on Friday 22 October and we were pleased to welcome 120 attendees.

Quizmaster Andrew Stratford stumped most of us again, however the Police Credit Union team showed us all what they're made of and took out first place on the night! The quiz night **raised almost \$6,000 for SA Police Legacy** and we are so grateful to everyone who attended, it truly was a fun night.



Next quiz night...
May 2022

Date and location to be
announced soon.

See you there!



MEET LEGATEE BARB LOWCOCK



My husband, Irvin Lowcock, joined SAPOL in 1954. His course was sworn in as police officers at the start of their training instead of the end, because Queen Elizabeth II and Prince Phillip were visiting South Australia and extra police were required. His probationary period was at Mount Barker, before being transferred to Port Lincoln where he was given the nickname 'Ike'. His next transfer was Kadina, where we married in 1957 and had our two sons, Peter and Stan. After Kadina, we transferred to Moonta and had our third son, John. I helped at this station, looking after runaway children, making huge amounts of tea and coffee for the courts, and answering phone calls. It was amazing how some people thought police wives could issue firearms licences and receipts for fines!

After a stint in Mt Pleasant, we were back to Yorke Peninsula at Port Victoria. Here I also helped in the station and I learnt to drive! It was a very caring community and everyone helped when my father died soon after we'd arrived. Ike passed his sergeant's exam and we moved again, this time to Whyalla. Ike didn't really enjoy his time there, but one funny incident I recall was when he had brought a kangaroo home in a bag, to be released into the scrub. Without knowing, I opened the garage door and the kangaroo immediately hopped out forcing us to chase it around our backyard. It would have looked funny, a police officer in uniform and me in my pyjamas! The kangaroo was captured and safely released into the wild. Most aspects of a police officer's life are not as we see on American TV!

Our next transfer was to Adelaide where our family became very involved in the Scout Association, leading groups and participating in jamborees, comedy performances and other activities. Ike applied for an officer-in-charge position at Mount Barker and was successful. We lived there for a time before heading back to our home in Ingle Farm. While he was stationed at Para Hills, he slipped and hurt his back badly which led to his retirement. I decided to do a course in remedial massage to help him and became self-employed in this area a few years later. I think I did help Ike with my massages, he often booked himself in the appointment book. Unfortunately, I wasn't there for him when he needed me

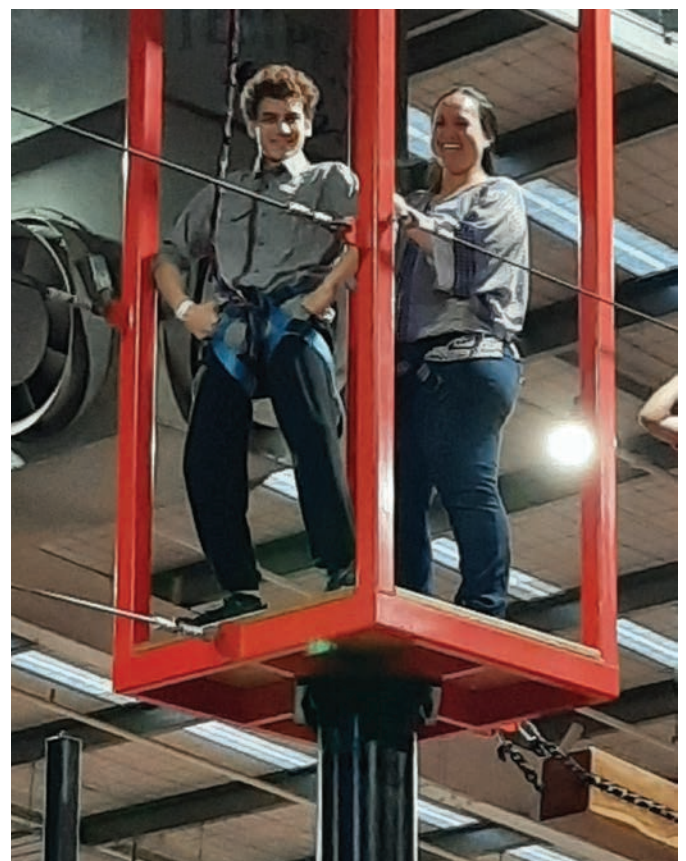
most when he had an abdominal aorta aneurysm and died on the operating table after losing too much blood.

My son, Stan was working within SAPOL at the time and introduced me to SA Police Legacy. Not all of our partners lost their lives in the course of their duties and SA Police Legacy acknowledge all deceased police officers. Ike had contributed to SA Police Legacy through his pay during his employment but I never dreamed I would be a part of the community. I have been a widow for 23 years now and they have helped with financial assistance, outings and holidays, learning new skills, and meeting others in the same situation. The friendships I have formed will last a lifetime. I live back in Port Victoria and country folk are not forgotten; we may not have as many functions as in the city, but we do have some events in our areas and are remembered at Christmas time.

Thank you SA Police Legacy for making our lives easier and to all serving officers for your donations. I for one are very appreciative.

YOUNG LEGATEE CHRISTMAS PARTY

In December 2021, our Young Legatees were fortunate enough to celebrate Christmas at Latitude. Eilish, Grace, Ava, Leia, Ollie, Bailey, Darcy, Poppy, Harrison and Osharn attended with their families and enjoyed hours of climbing, parkour, zip-lining, bouncing, rock climbing and tackling the obstacle course. Some of the adults, like Shelley joined in and much fun was had by all.



Shelley and her son Osharn enjoying the sky high obstacle course



SUPPORTING LEGATEES

By Terella Rosen, Liaison Officer (Legatees)

In the last six months of 2021, we managed to hold several events for legatees, including a tour of Carrick Hill, a concert at Elder Hall, a short trip in support of Wall to Wall and four nights in the beautiful Flinders Ranges. We then closed the year with a festive Christmas lunch at The Police Club, attended by 60 legatees, plus special guests including our Patron, Commissioner Grant Stevens, and music from the Band of the South Australia Police. We've got a great list of events coming up in 2022. Check out our calendar of events on page 7 and get to work planning your social calendar with SA Police Legacy in mind.





**Are you donating to
Police Legacy?**

Serving Members can donate through
the SAPOL HR21 system or contact us at
info@policelegacysa.org.au

Retired Members can donate \$1 or more
per fortnight or pay a one-off \$100 life
membership fee. Contact us at
info@policelegacysa.org.au



PROPOSED EVENTS FOR 2022

The below list of events are subject to change.

YOUNG LEGATEES

Month	Event	Month	Event
6 March	Bowling	14-19 June	Heysen Trek
3 July	Go Karting		
11 November	Christmas Party		

LEGATEES

Month	Event	Month	Event
20 January	High Tea at Glanville Hall	13 September	Wall to Wall
18 February	Under 65's event	29 September	National Police Remembrance Day memorial service and lunch
22 March	Morning tea and Easter shopping in the Adelaide hills	21 October	David Roche House Museum tour and lunch
11-14 April	Kangaroo Island tour	4 December	Christmas lunch
26 June	Midyear lunch		

FUNDRAISING

Month	Event	Month	Event
6 April	Stall at SAPOL HQ	13 May	Quiz Night
28 April	Retired Member Golf Day	26 November	Triple O Charity Ball
1-31 May	Run 4 Blue	14 December	Stall at SAPOL HQ



TRIPLE O CHARITY BALL A GREAT SUCCESS!

We are so proud to have been part of the 2021 Inaugural Triple O Charity Ball. The event took 12 months to plan and came together tremendously, resulting in great success.

The idea started with the President of the Australian Professional Firefighters Foundation, Scott Rouse. Scott approached Karen from SA Police Legacy with the idea and soon they were scouting the charity field in search for an aligned charity that represented South Australia Ambulance Service.

It wasn't long before the Stafford Wulff Opportunity Fund was selected, offered by Flinders University. This scholarship fund provides financial support to paramedic students and helps to purchase all necessary equipment required.

The black-tie event was held on Saturday 27 August, 2021 at Adelaide Oval and raised over \$60,000 for the three charity partners mentioned above. This fundraising was largely successful due to the support we received from guests at the event who bidded for auction prizes, purchased from the wine wall and bought dozens of raffle tickets. A heartfelt thank you goes out, from us, to everyone who attended the event and a special acknowledgement to our donors and sponsors, particularly Tomich Wines.

We are grateful to police legatee, Phil Pullinger who shared his deeply personal story on the night, helping guests gain an understanding of the importance of what SA Police Legacy offers to the community. Phil you were incredibly brave, thank you again.

After a particularly demanding year for emergency services, it was a great opportunity to say thank you and allow everyone a well deserved moment to "let their hair down". We hope to have the opportunity to continue this event annually and would love to see even more of you there.





FEELING ANXIOUS ABOUT COVID-19? YOU ARE NOT ALONE

The changes in South Australia over the past few months have meant many of us have, or know someone who has come into contact with COVID-19, either through being a close contact or testing positive for the virus. It is natural to worry in the midst of the uncertainty and unpredictability, but it is also important to try to manage our anxiety so it doesn't get in the way of us living the life we desire. If worry and anxiety is getting hard to manage, it might be helpful to seek support from a professional.

Here are some strategies from Beyond Blue to help manage anxiety:

- **Slow breathing.** When you're anxious, your breathing becomes faster and shallower. Try deliberately slowing down your breathing. Count to three as you breathe in slowly – then count to three as you breathe out slowly.
- **Progressive muscle relaxation.** Find a quiet location. Close your eyes and slowly tense and then relax each of your muscle groups from your toes to your head. Hold the tension for three seconds and then release quickly. This can help reduce the feelings of muscle tension that often comes with anxiety.
- **Stay in the present moment.** Anxiety can make your thoughts live in a terrible future that hasn't happened yet. Try to bring yourself back to where you are.
- **Healthy lifestyle.** Keeping active, eating well, going out into nature, spending time with family and friends, reducing stress and doing the activities you enjoy are all effective in reducing anxiety and improving your wellbeing.
- **Plan worry time.** It's hard to stop worrying entirely so set aside some time to indulge your worries. Even 10 minutes each evening to write them down or go over them in your head can help stop your worries from taking over at other times.
- **Be kind to yourself.**

For more strategies and activities to manage worry during the pandemic, you might like to read "Guide to Living with Worry and Anxiety Amidst Global Uncertainty". Head to psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf or contact Terella for a hard copy.

MEET THE BOARD PETER GRAHAM

About me

I joined SAPOL in 1961 as a Junior Constable/Cadet and worked within SAPOL for 49 years before retiring as a Chief Inspector in 2010. It was a career I enjoyed, serving in a range of postings including general duty uniform, traffic patrols and the CIB, and the Media Liaison Office. I am also married with two daughters and three grandchildren, who I enjoy spending time with.

Outside of my police service, I was very much interested in sport and played cricket and football for local teams in the areas in which I served. Some 40 years ago, along with my daughters, I became heavily involved in the sport of swimming as an administrator and Technical Official.

Since that time I have been fortunate enough to have been to four Olympic Games, several World Championships and other International Events including the Commonwealth Games.

I am a Life Member of Swimming Australia and was awarded an Order of Australia medal in 2017 for my contribution and involvement in the sport.

SA POLICE LEGACY HONOUR ROLL

We remember those who have passed away since our last newsletter

Retired members

Paul Dohnt	4	June	2021
William Skoyles	4	June	2021
Archibald Kempster	11	June	2021
Leonard Turley	20	June	2021
Ian Humby	6	July	2021
Dean Trickett	27	July	2021
Richard Cook	29	July	2021
Eric Hill	31	July	2021
Mark 'Boots' Roberts	2	August	2021
William Lonie	9	August	2021
Mark Hollowell	14	August	2021
Ronald Thomas	20	August	2021
Barry England	22	August	2021
Robert Lodge	27	August	2021
Brenton Mackie	11	September	2021
Lindsay Yeo	1	October	2021
Allan Smart	2	October	2021
Ernest Aston	22	October	2021
Kenneth Thorsen	4	November	2021
Robert Hamdorf	19	November	2021
Thomas White	22	November	2021

Police legatees

Kathleen Haseloff	7	June	2021
Pam Mitchell	13	June	2021
Olive Wilkins	19	June	2021
Lorraine Tamone	22	June	2021
Doreen Ramsden	6	July	2021
Beatrice Wescombe	10	July	2021
Joan Beath	1	August	2021
Valma King	7	August	2021
Beryl Harvey	15	August	2021
Margaret Haynes	9	September	2021
Annie Willmott	13	September	2021
Shirley Comley	26	September	2021
Joyce Daly	2	October	2021
Wilma White	23	October	2021
Margaret Kent	18	November	2021

What SA Police Legacy means to me

I have been a member of SA Police Legacy since its inception and believe in what it represents to all SAPOL members and their families. People in crisis need support and in that respect the culture, ideals and values of SA Police Legacy fit situations of that nature well. Support goes beyond financial welfare and embraces social and emotional needs of legatees.

My reason for joining the board

Sadly, some of my peers have passed away in recent times and I was concerned for the health and welfare of spouses and children left behind. In several cases the shock of bereavement left them bewildered and somewhat vulnerable with a clear need for comfort and support at this time and

beyond, particularly if there are dependent children involved. I also believe it is important to educate members as well as the general community about the purpose and goals of SA Police Legacy. They are a guiding light in difficult and traumatic times.

The contribution I hope to make

The SA Police Legacy board has worked well and I wish to continue that work as part of the team. I hope to build on the SA Police Legacy culture so that it maintains and strengthens its role with the policing family.



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SA POLICE LEGACY

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Karen Cucchiarelli - Manager & Editor SA Police Legacy Newsletter

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Government
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