



SA POLICE LEGACY NEWSLETTER

JANUARY 2023



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The SA Police Legacy Board

President:

Sergeant Jodi-Lee Black

Vice-President:

Glenn Thomson (Retired Police Officer)

Board Members:**Costa Anastasiou**

Police Credit Union Representative

Peter Graham

Elected (Retired Police Officer)

Inspector Kellie Hall

Commissioner's Representative

Superintendent Matthew Nairn

Elected

Tom Nyenhuis

Elected (Retired Police Officer)

Peter Shanahan

Appointed

Senior Constable Julian Snowden

Police Association of South Australia Representative

Mark Weaver

Elected (Retired Police Officer)

Senior Sergeant Mark Willing

Elected

Company Secretary

Karen Cucchiarelli

The tragic event in Queensland in December last year weighed heavily on our policing community and we reached out to Queensland Police Legacy to let them know we were all thinking of the families and friends of Constables Rachel McCrow and Matthew Arnold, and resident Alan Dare. We are so thankful that Constables Randall Kirk and Keely Brough are safe and can't bear to think of the emotions they and other attending police officers and first responders went through on that day and are most likely still working through today.

As you are aware Mark Willing stepped down as President of SA Police Legacy in October last year and remains a valued member of our Board. Mark has an ingrained passion for all things SA Police Legacy and has given his all over the years and we thank him for everything he has done so far. I was fortunate to have served as his deputy for the last seven years, and he leaves me now with very big shoes to fill – a challenge I am really excited about.

Highlights of 2022

The last few months of 2022 were extremely busy for us as we finally moved into our new building in Gilbert Street. Commissioner Stevens very kindly officially opened the office in November, and we are still really excited about how well the new premises fits our expanding services. Karen, Terella, Bernie and Nadine are well settled in now and finding it much more suitable as we continue to grow.

A Christmas lunch was held for our legatees at Rydges, South Terrace after the closure of the Police Club earlier in the year. It was a great afternoon, and we were privileged to have Commissioner Stevens and his wife Emma attend, as well as several others who have given great support to SA Police Legacy during the year. Particularly our Ambassador Travis Thomas who, along with several others that had their trip to Kokoda cancelled due to COVID, kindly provided us with stories and photos (which were magnificent) from their alternative trek in the Flinders.

The Triple 0 Charity Ball held at the Adelaide Convention Centre in late November 2022 was a resounding success with 600 people attending – an increase on the 450 who attended the year before. It was a fantastic night and raised

much needed funds, not only for SA Police Legacy, but also the Professional Firefighters Federation and the Stafford Wulff Opportunity Scholarship in Paramedic Science. We're hoping this year will be even bigger and better.

September saw our "Wall to Wall" riders again head off to Canberra for Police Remembrance Day and a group of police legatees went to Brukung to see them off. The South Australian chapter of this event gets bigger and bigger every year and it is a very impressive sight to see. Board director Matthew Nairn is heavily involved in this event, and we thank him for all his efforts. We are so grateful for the donations we receive each year from this event to help service our Wellbeing Grant for our Young Legatees.

Looking to the future

Bernie has been in discussions with Legacy Australia which supports families of Australia's armed forces and has arranged for some combined events for our police legatee families in 2023. This will mean we will have access to events and resources that we previously have not been able to, given our relatively small size compared to theirs. Our first of these events will be a Beach Fun Day in February – here's hoping for good weather!

Our member base is, as always, the backbone of our organisation. With our services continuing to expand we have found a need for increased funding and as a result released a donation campaign asking serving police officers to consider increasing their fortnightly deductions to assist us to continue to provide as much support to our community as possible. What we do is only made possible by the amazing generosity of those who donate and we are truly grateful for any increases possible.

I hope this latest edition of our newsletter provides some great insights on the work we've been doing and what is coming up.

From our family here at SA Police Legacy to yours, thank you for reading and we wish you a very happy and healthy 2023.

Take care,

Jodi-Lee Black

President

MEET OUR PRESIDENT JODI-LEE BLACK

In 2022, Jodi-Lee Black was elected as President of our board and although she has been a board member for several years, we thought now was the perfect time to re-introduce her to those who haven't had an opportunity to speak with her directly.

Tell us about yourself

I'm 54 and care for my mum who lives with me and loves to go all over the place on adventures with me, particularly to Big Bash Cricket! I spend the vast majority of my free time in my craft room and am at my happiest when I'm creating something – making me resent the time I spend at work because it means I'm not making something! I've been a police officer forever (36 years) and have worked all over the state and a brief secondment to the AFP overseas. I love to travel and have big plans for a lot more when I retire in a few years.

As the new President, what do you think is working well and what can be improved?

I believe wholeheartedly that we have an excellent team in the SA Police Legacy office who are exactly the people we need to provide our members, legatees and young legatees with the services we offer. They are forward thinking and the very fact that they don't have a policing background leads to fresh, new ideas of what else we can provide, or how else we can provide it - which has led to our rapid expansion in the last few years. We have had such terrific management right from the start and it has been really exciting to be part of the shift from an all police run organisation to the new "hybrid" model.

In terms of improvement, I think reaching out to our members and making them aware of what we do and ultimately what we can do for them, needs improvement. Mostly so they realise we can help them, but also to show them why funding is so important and why we are asking them to increase their financial assistance, it's not just "because" but for a specific purpose.

What do you see as the top 3 priorities for 2023?

1. Reaching more of our membership, making them aware of who we are and what we do. We need some new and innovative ideas for this, but we're working on it.
2. Maintaining our campaign to encourage the membership to raise their donations so that we can provide our support to more people.
3. Identify needs in our board and work towards filling them so we can continue to grow.



What message would you like to pass on to our Legatees, Young Legatees and members?

Please know that the board and staff of SA Police Legacy have your true interests at heart. We are all working hard to make sure that we provide you with the best service we can, by actively pursuing new ideas to keep our activities relevant and specific to you. We encourage you to reach out if you have new ideas of what you would like to see from us.

**SPECIAL
OFFER**

**10%
OFF**

Thanks to our great friends at Chemdry Locals, SA Police Legacy members (retired or serving police officers) and Legatees can receive 10% off the following cleaning services: Carpet Cleaning, Tile Cleaning, Upholstery, Rugs & Mattresses.

Chemdry Locals owner, Shane is also a part time ambulance officer with South Australian Ambulance Service so we're happy to be supporting his business.


Simply call Shane on 0475 555 470 and mention SA Police Legacy or code SAPOL10% at time of booking.

chemdrylocals.com



EVENTS

& Updates



Our core purpose is to support South Australian police families during difficult times, something that isn't possible without the generous fortnightly donations from our members, and the ongoing support of our key partners and sponsors.

Our tireless fundraising and support of the wider police community means that we can continue to deliver much needed services to our members, legatees and young legatees. These services include financial grants (for members, legatees and young legatees), home visits, phone support, hosted social events and holidays, workshops and much more.

Helping us reach our fundraising goals are two key events that both fall in the latter half of the year, the Triple 0 Charity Ball and the Wall to Wall – Ride for Remembrance.

It doesn't feel that long ago that we were up in the Adelaide Hills at the CFS Training Centre in Brukunga. On this particularly cool September morning in 2022, we were overwhelmed to see almost 100 riders enter the grounds for the annual Wall to Wall – Ride for Remembrance. A big thanks to the CFS for hosting and catering the morning. The event,

which saw participants ride from Adelaide to Canberra's National Police Memorial, raised the largest amount ever in one year - \$20,000! We couldn't be more grateful for the hard work and commitment of everyone, in particular Michael "Mick" Klose who worked tirelessly to organise the event. We give you a wholehearted thank you.

Funds raised by the annual Wall to Wall event are used to fund our Young Legatee Wellbeing Grants and any funds leftover goes towards the balance of our services.

Planning the Triple 0 Charity Ball is an epic 12-month task. The Ball for 2022, was held at the Adelaide Convention Centre on 26th November and attended by over 600 guests. We are excited to announce the ball raised over \$84,000, with a third of those funds coming to SA Police Legacy! It was great to see several members, legatees, and supporters enjoying the event, some of which were repeat attendees. If you're thinking about coming along this year, please do – not only will you have a great time, you'll also be supporting SA Police Legacy.

For the year 2023, we have an extensive list of events coming up and we're sure there will be something for everyone to enjoy. It would be wonderful to see those who regularly join us and we also warmly welcome new faces too. This year we are dipping our toe in new waters and partnering with Military and Emergency Services Health Australia (MESHA) and co-hosting a member group called The Blue Circle. I encourage serving and retired members to read more about The Blue Circle on the following page and express interest if you'd like to attend. New services only get off the ground if we have interest and attendance from our communities, so we ask for your trust as we work together on new ventures.

Thank you for your continued support and feedback on our events. We look forward to seeing you at one of them soon.

2023 CALENDAR OF EVENTS (SUBJECT TO CHANGE)

Young Legatee events

February 25

Beach Fun Day alongside Legacy Australia's families

Mar/Apr

Adelaide Zoo

June

SA Base Camp

September

Royal Adelaide Show tickets

November

Christmas party

Legatee events

February

Male legatee Fringe Festival

March

David Roche Museum house tour & lunch
Tasmania hosted holiday

May

Movies

June

Mid-year lunch

September

Wall to Wall – Trip to Canberra

October

Day trip to Fleurieu Peninsula
Country trip to the Riverland

December

Christmas lunch

THE BLUE CIRCLE

Recently we have been working with Military and Emergency Services Health Australia (MESHA) which is part of The Hospital Research Foundation Group, to explore options for additional programs to deliver to our SA Police Legacy members. We are now excited to announce an opportunity for SA Police Legacy members to take part in The Blue Circle.

The concept of The Blue Circle is to create monthly, informal catch ups with members while providing speakers who will cover topics relevant to serving and retired police officers. The Blue Circle will be co-hosted by SA Police Legacy's Liaison Officer Bernie Sahb and Matthew Newlands or Narelle Mason from MESHA. Both Matt and Narelle are former police officers who currently work as lived experience mentors with MESHA.

The Blue Circle monthly catch ups with like-minded people provides opportunities to learn new information and make new connections. We understand that being in the job means that heavy demands are placed on you physically and mentally, and we hope that by joining this group you may find connections with peers while also picking up new tools and information that will add to your positive wellbeing.

The Blue Circle

When: Every 3rd Wednesday of the month
Starting Wednesday 15th February 2023

Time: 10.30am – 12.00pm

Place: SA Police Legacy - 286 Gilbert Street, Adelaide
*Morning tea will be provided.

Fundraising events

March

Adelaide Oval Corporate Box auction

May

Run 4 Blue

May 19

Quiz night

August

BINGO!

September 12

Wall to Wall – Ride for Remembrance

September 29

NPRD and Blue Donut Day

November 25

Triple 0 Charity Ball

December

Stall at SAPOL HQ

EXPRESSIONS OF INTEREST

If you're a serving or retired police officer interested in attending The Blue Circle simply email bernie@policelegacysa.org.au or call 8232 5513 to express your interest.

WHAT IS MESHA?

Military and Emergency Services Health Australia (MESHA) is dedicated to informing and improving policy, programs and services for current and former serving Australian military members and emergency service personnel and their families. They deliver high quality research and offer a range of programs to support military members, emergency service personnel and their families with understanding identity, improving mental health, overcoming injuries, the transition to civilian life, and more.



MEET NARELLE AND MATT

MESHA Program Coordinator, Narelle Mason worked as a Police Officer with SAPOL for 6 years in a variety of roles and locations both rural and metropolitan. In 2007 she commissioned into the Royal Australian Airforce and served for 10 years until she was medically discharged in 2017 as a result of physical injuries obtained during her service. Narelle's husband is current serving Air Force and they have two children. She has been working as a counsellor and lived experience mentor since her discharge, working predominately with Veterans and First Responders. Narelle now delivers programs to Military and Emergency Services personnel around Australia.

Matt Newlands joined the MESHA team formally in November 2020 after volunteering as a Program Facilitator since 2018. He brings his 10 years of experience as a Police Officer with the South Australia Police, and his lived expertise of mental distress, help-seeking challenges and self-stigma, as well as his pathway to post-traumatic growth to his various roles in the mental health sector.

Matt manages the service delivery of MESHA, with oversight of the Group Emotional and Relationship Skills (GEARS) program, MindRight and StoryRight programs, and Mental Health First Aid, as well as engaging key stakeholders within the Military and Emergency Services sector. He is also responsible for the growth and support of MESHA's lived experience workforce.

Additionally, Matt holds a position on the State Government's Suicide Prevention Council, and volunteers as a national Community Ambassador for RUOK?

SUPPORTING LEGATEES

By Terella Rosen, Liaison Officer (Legatees)

Over the past six months we've held several events for legatees, including a high tea at the gorgeous historic Glanville Hall, a day trip in support of Wall to Wall and our annual lunch to acknowledge National Police Remembrance Day.

We closed 2022 with a fun and festive Christmas lunch at Rydges Adelaide. Around 80 legatees and special guests attended the lunch including our Patron, Commissioner Grant Stevens, who presented well-deserved Honorary Life Memberships to President Jodi-Lee Black and Vice-President Glenn Thomson.





BE SCAM AWARE

Scammers may use your personal information to contact you by phone, text or email. NEVER click on links or provide personal or financial information to someone who contacts you out of the blue.

You can learn about potential scams and what to do if you think you are being scammed by heading to the Police Credit Union website: www.policecu.com.au/scams-and-warnings

Reporting Scams

You can report scams to Scamwatch and check the Australian Cyber Security Centre website for information about cyber security.

Protect Yourself

Learn how to protect yourself from scams by visiting scamwatch.gov.au



These handy scam aware tips are brought to you by...



FRIENDSHIP IS ONE OF THE GREATEST GIFTS OF ALL

Some of the most special moments we see at SA Police Legacy are when police legatees form meaningful friendships with each other that go beyond our social events into their daily lives. While all of those friendships are to be celebrated, here are just a few that show the importance of bringing people together with a common bond.

Judith and Helen

Judith and Helen met because they live in the same street, but their friendship grew because of their connection with SA Police Legacy. After Helen's husband passed away in 2019, Judith encouraged her to join her at our Christmas lunch and since then Helen has attended many of our events. As a result, Helen has also been able to form new friendships with other police legatees, like Leonie. The three often attend events together and it's always a pleasure to see them. Judith and Helen have the kind of friendship where one can spontaneously put the kettle on, or open a bottle of wine, and invite the other to join them for some good company and conversation.



Ros and Anne

Ros and Anne met through SA Police Legacy and were able to support each other through the early days of the tremendous grief they were feeling at the loss of their husbands. They connected over their love of travel and have since taken many trips together, including an Alaskan cruise and travel through Russia and Northern Europe. They are often seen at our Christmas lunch together, enjoying each other's company and having a laugh.

Shirley, Julia and Maxine

Some people attract friends wherever they go and Shirley is no exception. Joining our community in 2020 after the passing of her husband, she has developed several friendships, including Maxine and Julia. Shirley and Maxine live close by and regularly catch up for a coffee and a chat. Julia and Shirley quickly became 'besties' last year, speaking on the phone most days, regularly going on fun outings together, such as stage shows and art exhibitions, and offering each other valuable support on the hard days. They have joined us for many events over the past year or two and if you sit at their table you can be guaranteed a good time.



Shirley and Maxine



Shirley and Julia



Bev and Robyn

Bev and Robyn met on our whale watching trip in 2020. They had an instant connection - as Robyn says, they just “clicked” and they’ve since shared accommodation on other SA Police Legacy trips. Though they live a six-hour drive apart, they have long phone conversations and Robyn has stayed with Bev at her home on the Eyre Peninsula. They have the kind of friendship where months can go by without talking yet it is as though no time at all has passed when they reconnect.



Anke, Audrey and Helen

Showing that friendships can develop whether you are in the hills or on the coast, Anke has connected with Audrey and Helen since she joined us after her beloved husband passed away in 2021. Audrey and Anke have a weekly cuppa and chat, and Helen and Anke were brought together over their interest in gardening and have recently been on a little adventure to the Barossa, enjoying some shopping and the pleasures of the region. Anke has also helped them both with their gardens, helping the friendships to grow in more ways than one!



Photo by SlingShot Studios, supplied courtesy Police Association of SA

On the 15th of November 2022 the new office of SA Police Legacy was officially opened by our Patron, Police Commissioner Grant Stevens APM LEM.

We were delighted to have several visitors join us and the feedback regarding our modern, purpose-built space was overwhelmingly positive.

Vice-President Glenn Thomson spoke of the history of SA Police Legacy, from very humble beginnings to now owning our own space at 286 Gilbert St, Adelaide.

This new larger space demonstrates the ever expanding services we now offer and the growing team of staff and volunteers who all work tirelessly behind the scenes.

Thank you to everyone who dropped in on the day, including Deputy Commissioner Linda Williams and Assistant Commissioner Scott Duval.

To those who didn’t get a chance to visit on the night, please drop in any time and say hello, you’re always welcome.



MEET YOUNG LEGATEE OLLIE BALINT

Twelve-year old Oliver "Ollie" Balint is one of our amazing young legatees. Ollie has an infectious smile and is full of fun and adventure. He's a talented musician, enjoys camping and loves his Nintendo (and beating his Dad at pretty much anything!). Ollie regularly attends our young legatee events with friendliness and enthusiasm, and he's especially welcoming to newcomers, which we really appreciate - thanks Ollie. Here's Ollie's story...

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

In my family there is me and my dad (Jason). My dad is a Police Officer with SAPOL. We have a family shared Labradoodle called Abbie and I spend lots of time with my grandparents after school and occasionally on weekends.

My mum (Madie) was a cardiac nurse for over 21 years at the Royal Adelaide Hospital. Sadly mum was diagnosed with pancreatic cancer in 2019 and she passed away 15 months later in July 2020.

How has SA Police Legacy supported you?

SA Police Legacy have been a huge support to me through the well-being grant, which helps to pay for my piano and clarinet lessons. Each year I also receive a card and some money for my birthday and at Christmas. I have used this money in the past to save up for games on my Nintendo and to purchase headphones. I also really enjoy regular catch ups with the other young legatees at events such as Go-karting, Latitude and Ten pin bowling.

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

I have just graduated from primary school (year 6) and I'm really looking forward to starting high school next year. My favourite subjects at school are maths, science and digital technologies. I played basketball in the year 5/6 team at school and I'm hoping to continue with this next year in high school. This year I passed my preliminary piano exam and I'm looking forward to joining the Drum Corp next year. I'm not really sure what I want to do when I get older, but I'm thinking maybe something to do with IT.

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

I like that I get to hangout and have fun with the other kids through Police Legacy. I have met lots of new people and have made some good friends. Through Police Legacy I have been able to try lots of new things.

FUNDRAISING FOR SA POLICE LEGACY

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



YOUNG LEGATEE CHRISTMAS PARTY

On Friday 4 November we hosted a group of adventurous, excited and happy kids at our Young Legatee Christmas Party. We had exclusive use of Inflatable World – a place where the kids ran, jumped, bounced, climbed, chased, shot and generally, had a whole lot of fun!

Some adventurous parents joined in as well, and there was fierce competition at the basketball hoops. We welcomed three families to their first Young Legatee Christmas Party, and it was wonderful to see them supported by our existing group of friendly and welcoming Legatee families. Unfortunately Father Christmas was unable to make it (Covid perhaps?!), but the kids still received his gifts and the delight on their faces was priceless.

A special thank you to SA Police Legacy Ambassador Lance and his lovely wife Donna who volunteered on the night and provided fun competition and entertainment for the kids.





SA POLICE LEGACY HONOUR ROLL

We remember those who have passed away since our last newsletter

Serving Members

Jeffrey Matthew Wight	22	August	2022
Martin John Keast	8	October	2022
Robin Michael Firth	22	November	2022

Retired Members

Elvio Giampaoli	4	July	2022
Trevor Rex Medhurst	5	July	2022
Dean Wayne McFarlane	7	July	2022
Darryl John Clarke	13	July	2022
Anthony Charles Wilson	17	July	2022
Brian MacDougall	29	July	2022
Francis Warner	15	August	2022
Raymond Elmo Killmier	6	September	2022
Lionel Capper	11	September	2022
John Kenneth Daire	19	October	2022

Retired Members cont..

Victor John McLaglen	21	October	2022
George Richard Harris	31	October	2022
Bronwyn Jane Knofel	16	November	2022
Peter Gilbert Whellum	23	November	2022

Police Legatees

Bettie Jones	24	June	2022
Betty Parsons	16	July	2022
Kathleen Doyle	28	July	2022
Rae Holloway	7	August	2022
Patricia Bissell	28	August	2022
Eleanor Lindner	23	October	2022
Joyce Nottle	8	November	2022
Coral Fay Bagg	25	November	2022

ANNUAL GENERAL MEETING 2022

The Annual General Meeting (AGM) for 2022 was held on 17 October and chaired by SA Police Legacy President, Jodi-Lee Black.

During the AGM we acknowledged the sad passing of 44 members between July 2021 and June 2022 and observed one minute silence. We remember them.

Two honorary life membership nominations were successfully approved, and we congratulate Ms Jodi-Lee Black and Mr Glenn Thomson. This takes us to 11 honorary life members, and we again acknowledge the combined time, commitment and results this group has achieved.

Board changes were also announced at the AGM, and we congratulate Matt Nairn, Jodi-Lee Black, Glenn Thomson and



Mark Weaver for their successful election on to the board of SA Police Legacy for a 2-year term.

Lastly, a constitutional change to rule 15 – board composition, was tabled as a special resolution. This change has removed the requirement that office bearers (President and Vice-President roles) must be serving police officers. This special resolution was successfully passed.

Thank you to those who attended our AGM.

GO SIXTY PLUS SUPPORTING YOU TO LIVE HOW YOU WANT

Go Sixty Plus is a product range dedicated to supporting retirees navigate their life stage choices, whether choosing to stay in their home, downsize or move into aged care. It doesn't matter if you've been a Police Credit Union member for 50 years, like Kyle, or you're new to Police Credit Union and reside interstate like Theresa, our range of Go Sixty Plus products can help you get what you want.

Go Sixty Plus –Home Equity Release

This range of products (Police Credit Union's Home Care Services Loan or the Heartland Senior Finance Reverse Mortgage Loan) provide retirees with the ability to stay in their homes, while unlocking the wealth associated with their property.

Kyle, a Police Credit Union member of 50 years, speaks of how a Reverse Mortgage Loan was the right option for him...

"I have been a member of Police Credit Union for over 50 years and during this time have made my fair share of visits to their branches for one reason or another, from the original small White House office in Carrington Street to the branches of the modern era. Not to mention the numerous phone calls I have made seeking some form of assistance.

Without doubt I cannot recall any visit or telephone conversation where I was either dissatisfied or unhappy. Police Credit Union and its' staff have been nothing short of fantastic and it's a credit to both the organisation and the personnel within it.

Earlier this year, due to circumstances out of my control, I was in a financial bind whereby I would either have to sell my home or gain some form of loan without sufficient income to make repayments. Then enters, Linda Ginever.

From the very beginning of meeting this wonderful lady, I felt comfortable with her assisting me in addressing my financial dilemma.

She was informative, supportive and always kept me in the loop with what was occurring — even going the extra mile to work with me, in her own personal time (on a public holiday) when others may have left me in the dark. This dedication made me feel privileged to be a member of Police Credit Union and I knew that someone special was looking after my needs.

It is a rare thing today to find people going the extra yards to help someone, but Linda certainly did. As you may have gathered by now, I cannot speak highly enough of Linda and felt blessed to have her assist me. With the help I received from Linda and Police Credit Union, I have managed to continue to reside in my own home and the financial dilemma I was facing has disappeared."



Go Sixty Plus – Bridge to Retirement Loan

This bridging finance is specifically designed to support retirees facilitate an easy and smooth relocation into a retirement village or care apartment via bridging finance secured against their existing home property.

Theresa and her husband both from Brisbane, came to Police Credit Union to discuss their options when they were looking to move into a newly built retirement village. Taking out a Bridging Loan, helped to remove the stress of having to put their home on the market in a hurry and allowed them to stay in their home rather than rent while they waited to move into their new property. As Theresa mentions below, it was the perfect result for their personal situation.

"Thank you very much for all your help with this Linda. It is very much appreciated. I have talked to a number of people about the proactive approach Police Credit Union has in assisting senior Australians to downsize.

In our situation, we were reluctant to sell our house early and move into a rental given the struggle that a lot of people who needed to rent were having while trying to find rental accommodation. I'm not sure of any other financial institution which would have been as accommodating and supportive as yours.

In fact my brother, who is a broker told me that we wouldn't be able to get a bridging loan for our situation. So, I would like to congratulate Police Credit Union and you in particular for making it a much less stressful situation for us to finance our new home."

WANT MORE INFORMATION?

If you would like further information regarding how our GO SIXTY PLUS products can assist you, please contact Linda Ginever – Relationship Manager, Police Credit Union on 0438 859 797.

Alternatively, visit a branch or policecu.com.au/go-sixty-plus.

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You just don't know what curve ball life may throw at you



"The physical, emotional and financial cost of cancer treatment was significant."

WENDY - SENIOR SERGEANT
MT GAMBIER

IT'S MORE THAN JUST A DONATION

Senior Sergeant Wendy, located at Mt Gambier received a Member Health Grant from SA Police Legacy after being diagnosed with breast cancer following a routine mammogram. This is Wendy's story.

In February 2020 I was diagnosed with breast cancer following a routine mammogram. I did not have any signs or symptoms and was feeling fit and fabulous! The next few weeks were a blur as I attended specialist appointments and underwent several surgeries in Adelaide - at the time COVID-19 was exploding across Australia.

I remember listening to the surgical team talk about only performing emergency surgeries due to the anticipated strain on the hospital system just as the anaesthesia was taking affect. Fortunately (but unfortunately) my cancer surgery was considered an emergency.

The recovery from surgery was long and painful and involved short stays in hospital, care from my local health network and even more trips to Adelaide for post-surgical review. My husband and kids came with me on each trip to Adelaide to provide support, however with each trip we had to pay for hotel accommodation and meals away from home.

The physical, emotional and financial cost of living in a regional location and having to travel to Adelaide for cancer treatment was significant. Following surgery I received chemotherapy for 4 months which was able to be administered locally.

Radiotherapy was considered but the closest Radiological Service was 200 kilometres away in Warrnambool, which equated to a 400 kilometre round trip per day. The alternative was to temporarily reside in Adelaide for 5 weeks away from family and social supports. Adelaide for me was a 1000 kilometre round trip.

As the financial costs mounted I reached out to SA Police Legacy, who were able to provide a financial grant, which assisted greatly with costs associated with my cancer treatment. It was such amazing support and something I will be forever grateful for — a grant only available thanks to the ongoing donations SA Police Legacy receive from the community.

I encourage anyone who can, to support SA Police Legacy by making regular donations because you never know when a serious illness or injury will strike, nor can you anticipate the financial, emotional and social toll it will have upon yourself and your family.

Since being treated for cancer I have increased my fortnightly donation to SA Police Legacy as a way to simply say 'thank you' but to also support other members who may have their own challenging health journey in the future.

SA POLICE LEGACY MERCHANDISE

ALL PROCEEDS GO TOWARDS ASSISTING SA POLICE FAMILIES DURING TIMES OF CRISIS.

Head to our website to check out our range of products available

policelegacysa.org.au/shop



**BEAR
CONSTABLE**



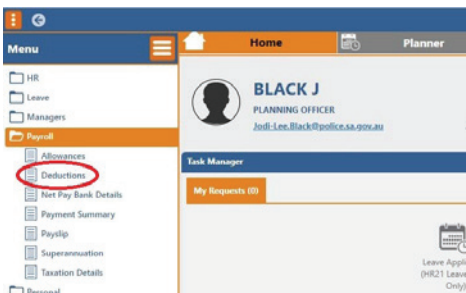
**BEAR
SPEEDY COP**

HELP SUPPORT OUR POLICE COMMUNITY BY INCREASING YOUR DONATION TODAY!



Are you a serving member? You can help SA Police Legacy continue to support our Police Community by increasing your donation in 3 simple steps to just \$5 per fortnight - that's the cost of one cup of coffee.

1. Select "Deductions" under the Payroll tab and all of your current and historical deductions will be listed.



2. Select Police Legacy\$ D973

30/06/2022	Police Legacy\$	D973
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and the Deduction Details will show up to the right. Manually change your current \$2.50 deduction to \$5.00 (or your chosen amount).

Amount \$

10.00

Not a serving member?
You can still make regular donations by heading to our website policelegacysa.org.au

3. Remember to save on top right.



\$45

BEAR
DRUMMER



\$40

DOG
GOLDEN LABRADOR



\$40

DOG
BLACK LABRADOR



\$40

DOG
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SA POLICE LEGACY

50/81 Carrington St, Adelaide SA 5000
PO BOX 6514, Halifax St, Adelaide SA 5000

Office hours:

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

Karen Cucchiarelli - Manager & Editor SA Police Legacy Newsletter

08 8232 5513 | 0401 399 806 | info@policelegacysa.org.au

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