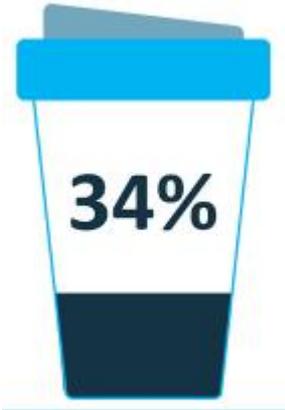




AFP Legacy Newsletter

June Quarter 2020



Currently, 34% of AFP staff contribute fortnightly to AFP Legacy. For the price of a cup of coffee each week, sign up through Insight! today!

All sign ups receive an AFP Legacy Gift

NO EVENTS? NO WORRIES!

Get social with us!

Have some fun and support the Police Family during June/July.

All from the comfort of your own lounge!



The current pandemic has seen a lot of our fundraising activity on hold, so we thought we'd try an online raffle where you can purchase your tickets [online](#), support AFP Legacy and be in the running to win one of our amazing AFP Legacy Merchandise Packs, full of goodies.

Check out our AFP Legacy [Facebook](#) and [Instagram](#) pages for further info and links to this **FUNdraiser**.

We may even have a special guest along for the draw...

QUARTERLY MOMENTS

This quarter your donations helped AFP Legacy assist AFP families in the following ways:

- COVID-19 Financial Assistance Packages for Legatees
- Medical Fee Assistance
- Welfare Packages for Legatees
- Meal Delivery services
- Home delivery sanitary items for immune compromised AFP employees
- Assist Legatee study costs

AFP LEGACY CALENDAR OF EVENTS

July

NSWPL/AFPL Kids Camp, Kakadu NT
(Cancelled due to COVID-19)

September

NPRD
Cairns Golf Day
Ride for Remembrance

October

ACT Golf Day, Canberra
AFP Legacy Charity Event, Canberra
(Annual Ball cancelled for 2020)

#stayconnected

#inthistgether



We continue to support our AFP families in need throughout the COVID-19 pandemic. Do you have any ideas to benefit Police families whilst in isolation, encouraging us

to stay connected and also entertained; that might be by sharing a workout app that you use, a nice recipe, can you recommend a podcast for use during daily physical activity, know of a good Netflix series, can you review a series for us?...Please email afplegacy@afp.gov.au and we will share with our Police community.

With **EOFY** fast approaching, remember AFP Legacy can take one-off **donations**, from individuals and businesses.

Visit our [website](#) to make a donation - **every dollar helps!**

Sign up through Insight! for Salary Deductions

Shop online via policelegacyafp.org.au

Become a volunteer for AFP Legacy

AFP Legacy Office - EBB
Phone: 02 5126 9335 - Ext: 269335
afplegacy@afp.gov.au

RAMSI STREET TENNIS OPEN

Raising funds for AFP Legacy

*Pre-COVID-19....*On a muggy Sunday afternoon in Honiara, brave souls from the AFP Solomon Islands Police Development Program (SIPDP) and the New Zealand Solomon Islands Police Support Program, (SIPSP) came together to compete for bragging rights as the inaugural Ramsi St Tennis Open Champion and to raise money for AFP Legacy. With a cheering crowd from places as far away as the other side of town, New Zealand and a NSW fire station, the players battled it out on Ramsi St Centre Court. Following a fiercely competitive tournament, AFP Legacy Treasurer Charmaine, was crowned champion.

All prize money was donated and a total of SBD \$1504.40 (AUD \$300), was raised for AFP Legacy!

- Thanks to all who took part, nice to see our amazing AFP Legacy Treasurer get the win ;).



SIPDP & SIPSP Tennis Players



The trophy presentation to the winner and runner-up



Selfies from the crowd in their tennis whites



The Kiwi representatives



Meet the Johnsen Family AFP Legacy Legatees



Leading up to the death and subsequent funeral of my husband Commander Mark Johnsen, life was very frantic with lots of people supporting my daughters and I through every facet of our lives. Understandably though, as time moved on, I felt reluctant to burden my support network with my own concerns as to how I was to navigate my daughters lives, without their Dad. Ironically this is when I was contacted by the Chequered Ribbon Association (soon to become AFP Legacy) to inform me of what they do as an organisation, and how they wanted to support our family.

My daughters, Kira, Brittney, Rhianna and I felt very honoured to be invited to Government House alongside other Legatee families to have an afternoon tea with then Governor General, Dame Quentin Bryce on Police Remembrance Day. This was a wonderful experience, and was the first time that my daughters were able to meet and interact with other children who had experienced a similar loss to them.

Over the years we have been invited to gatherings with other Legatee families, AFP Legacy Ball's, NSW Police Legacy Ball's and Police Remembrance Day memorial services. There has also been financial assistance for my daughters with their studies. We are very much a part of the AFP Legacy Family and they have always acknowledged important and special days in our lives including birthdays, Mothers Day, and the marriage of my eldest daughter Kira.

My daughter Brittney was given a tremendous opportunity of participating in AFP Legacy's inaugural Route 66 ride in the USA in 2017. This was a once in a lifetime experience with fellow

Legatee Kefi Faupula. The Australian and American Police Officers that she encountered during this ride, along with the ongoing compassion she has received from AFP Legacy, was instrumental in her deciding that she wanted to follow in her Dad's footsteps and become a Police Officer.

We were all very proud when she was sworn in to the AFP on 8 May 2020.

AFP Legacy came into our lives at the very worst time of our lives. They never intruded, yet always ensured that we knew that they would be there for us, for as little or as much as we needed. We were a part of their family and never felt alone.

On behalf of my daughters and I, I would like to thank the AFP Legacy Board and all of the staff that contribute to this wonderful organisation. You have helped us get through the worst time of our lives, and we will forever be immensely grateful.

*- Nicole works for the amazing Volunteers In Policing Team and assists
AFP Legacy with fundraising activities. Thanks Nicole! And to the Johnsen Family,
we sincerely thank you for sharing your story with us.*



Sign up
through
Insight! for
Salary
Deductions

#stayconnected #inthistgether

During this time of isolation, we are working to #stayconnected and remind our Police Family that we are #inthistgether. Thanks to our contributing AFP Legacy members, our staff were able to pull together Welfare Packages for our AFP Legacy Legatee's. These packages consisted of board games, colouring in books, magazines, jig saw puzzles, treats and more! The Packages were very well received and our Legatees wish to pass on their **sincere thanks** to all of you who support them through our charity.



Competition Winners!

Thanks to all who took part in our Easter Colouring In and Mother's Day Craft Competitions. We received so many amazing entries. Keep an eye on our AFP Legacy Facebook page for more opportunities to stayconnected and win yourself some AFP Legacy merchandise along the way!





Assisting the Police Family!

A story of support, thanks to our financial contributors

In September 2018, my wife Andrea noticed some dimpling on the outside of each breast. Thinking it was associated with the underwire of her bra, thought nothing of it. She booked a mammogram in October, which identified a lump in her left breast. Further screening in November which involved an ultrasound of both breasts, identified the lump on the left to be approx. 20mm in size and a 10mm (approx.) lump on the right side. Biopsies were taken of both lumps. We were called back to the ACT Breast Screening Clinic on 12 November 2018, to be told that she had bilateral breast cancer – stage 2 in the left breast and stage 1 in the right.



Appointments were made with a Surgeon and breast conserving lumpectomies booked for 12 December. During the surgery a targeted number of lymph nodes were taken (4 from the left and 3 from the right). The right side came back all clear, including the tissue surrounding the lump. The left side had cancer cells detected in two of the nodes. There was further surgery on 17 January 2019 to remove 10 more lymph nodes, a further 2 of which came back with cancer cells (a total of 4 out of 14 nodes were positive). Chemotherapy and Radiation therapy were the treatments recommended. Chemo first, 4 doses of Adriamycin Cyclophosphamide (AC) over 8 weeks, and 12 weekly doses of Paclitaxel. More surgery – 3rd one in three months – to insert a portacath, which is used for the injection of the chemo drugs into a major blood vessel. If the chemo drugs are injected into an arm or leg vein, it will eventually kill the vein.

Everything progressed as it should, until the Paclitaxel. Andrea had severe reactions to the drug, resulting in pneumonitis – inflammation of the lungs. The effects can be described as living with a constant severe asthma attack – just having a conversation makes you breathless. Our Oncologist stopped all drug treatment, and directed us to start radiation, which was daily doses of radiation for 5-days a week, for a period of 6 weeks to both breasts.

During the entire process we received great support and we were bombarded with information. Contact these people, speak to those people, ring the Cancer Council, etc. For me it was keeping up with the household chores and caring for Andrea; while she was having chemo, it would knock her off her feet for 9 days at a time, she would feel okay for 3 days and the process would start again. We were told that we could get assistance to help us around the house and the Cancer Council gave us a voucher for cleaning services. Not knowing who to call in the ACT region, I contacted AFP Legacy to ask who they would recommend. Kelly was great to speak to and her first question was to ask why I needed that information. Once Kelly had heard about the diagnosis and some of the problems that had occurred, she asked that I wait a day or two. When Kelly advised that AFP Legacy would fund a cleaner for 3 months, we were so grateful, it felt like a burden had been lifted off our shoulders, by having one less thing to worry about.

We can't thank AFP Legacy enough for the assistance that they have given us.

- Michael James – Digital Forensics

Please accept our sincere thanks, Andrea and Michael, for sharing such a personal story with us.



Veteran's Rugby : Supporting AFP Legacy Commissioners Cup

On the evening of 28 February the AFP Rugby Union (AFPRU) Veterans team played in the annual charity match against the ACT Vets for the Commissioners Cup.

We are told that a 'top game' of rugby was played in great spirit. The match was followed by a donation by Crestron to Menslink and another from [Pink Termite and Pest Experts](#) to AFP Legacy, the AFPRU's chosen charity. AFP Legacy Vice President, Owen Law, accepted the donation and indicated it would go toward current programs being run to assist the AFP Legacy Legatees with post-school life skills and employment.



Thank you to the Organisers, Sponsors, Participants and Supporters!

The AFPRU has thanked Mark Wagg for assisting with strapping and medical care, Kelly Grainger for the fantastic photos she took throughout the match, Zac Jerrim from the Open Age team for assisting with managing and organisation for game day, and the ongoing support from the AFP National Sports Federation (AFPNSF). The AFPRU has also thanked the ACT Vets for hosting the team and putting on a great match.

The AFP Legacy Board of Management wishes to thank **Pink Termite and Pest Experts** for their generous donation of \$1K to our charity. We are most grateful and sincerely thank the AFPRU team for nominating AFP Legacy as their chosen charity for this event.

[The Sutton Road Training Centre](#) is a purpose built training and assessment facility situated on 63 hectares at Sutton Road near Canberra in the ACT. It is managed by Transport Training ACT who are a highly respected adviser to the Transport Industry.



Sutton Road Training Centre
Transport Industries Skills Centre RTO: 0201

As well as being the managers of Sutton Road Training Centre and its facilities, Transport Training ACT's role is to provide information and feedback to local, state and federal governments on the training needs and issues associated with vocational education within the transport industry. The organisation is made up of a board of directors represented by a cross section of the transport industry.



A good news story to emerge from the changing environment caused by the impact of COVID-19 is the ongoing training and upskilling that the organisation is able to provide the transport industry in a safe learning environment.

Sutton Road Training Centre are proud supporters of AFP Legacy.

They provide training in the following programs:

- * Heavy Vehicle & Passenger Vehicle
- * Dangerous Good emergency response
- * Forklift & High Risk Licences
- * Vehicle Loading Crane (HIAB)
- * 4x4 Courses
- * Defensive Driving Course
- * Specialist Driving roles

Business Hours: 7:30am - 4:30pm **P:** (02) 6297 7187 | **E:** office@suttonroad.com.au | **W:** [www/suttonroad.com.au](http://www.suttonroad.com.au)