



AFP Legacy Newsletter

March Quarter 2022



From the President

It is with a heavy heart, but a very proud one, that I make this my last newsletter message as President of this wonderful charity. I am moving off-shore into another policing role and it is only right that I step aside from this role and allow others to continue to run and grow AFP Legacy for the benefit of AFP families in need. The charity is in great hands as Owen Law moves into the President role and Chris Parker into the Vice President role. As the Founding President of AFP Legacy and having led the Board for the last 10 years, I remain as passionate today as I was way back in 2012 when we started on this journey, so I'm not disappearing altogether and will remain as a Board Member. I continue to be comforted by all of those who contribute to AFP Legacy, whether it be by fortnightly payroll deductions or by volunteering your time and effort to help with events and activities; I am sincerely grateful to you all.

Kind regards, Shane

Shane McLennan
President

Easter Raffle

Tickets are now available online for the [AFP Legacy Easter Raffle Fundraiser](#).

Scan the QR code below to purchase tickets
Raffle drawn Wednesday, 6 April 9am



1st Prize

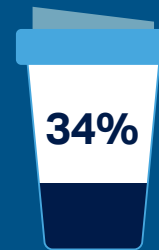
SRG Kenny, AFPL Water bottle, AFPL Keep Cup, AFPL Cooler, AFPL Gym Towel, White Kenny Cap, plus loads of Easter themed decorations, toys & chocolates!

2nd Prize

Limited Edition Traffic Kenny, AFPL Cooler, AFPL Golf Towel, AFPL Keep Cup and White Kenny Cap, plus Easter themed decorations, toys & chocolate!

3rd Prize

Cassie Koala, AFPL Gym Towel, AFPL Keep Cup, Blue Kenny Cap, plus Easter themed decorations, toys & chocolate!



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

QUARTERLY MOMENTS

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

- Legatee attendance at Family Day
- Grief Counselling
- Medical fee assistance
- Home services

AFP LEGACY CALENDAR OF EVENTS

April

- 1- Summer Kenny's on sale
- Easter Raffle

May

- Run 4 Blue

July

- FNQ Golf Day, Cairns

September

- Wall to Wall
- Police Week

October

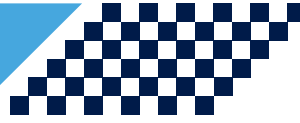
- 22 - AFP Legacy Ball, Hotel Realm Barton ACT

Note: all events listed are subject to COVID-19 restrictions

AFP Legacy proudly supported by



Fabulous Family Fun Day



AFP Legacy Legatees from around Australia gathered in Canberra on Saturday, 19 March for the first Family Day since the pandemic began. Forty Legatees were joined by AFP Legacy Board Members, Ambassadors, Volunteers and Police Bank Sponsors to celebrate coming together. We were delighted to be joined by some of our good friends from NSW Police Legacy too.

A beautiful autumn afternoon in the Nation's Capital, set the scene for an afternoon of barefoot lawn bowls, fabulous food, fun and laughter, as well as a special visit from Constable Kenny Koala. Family Day is a very special day on our calendar, offering families an opportunity to come together to offer support, unite and share stories.

As with all AFP Legacy events, we thank those who donate to make this day possible. Particular thanks go to our major sponsors, Police Bank who contribute significantly to days like this. Thanks also to the AFP Sports Federation for donating sports clothing for the kids to take home and enjoy; and to our very talented Volunteer Maree for knitting gifts for the kids, and Kasey from 'kakes by KC' for donating scrumptious cupcakes for everyone to enjoy!

Constable Kenny, together with Police Bank, gifted the Legatees with Summer Kenny Koalas, launching our new stock of this much loved item. These items will be available to purchase via our [website](#) from 1 April 2022.



Family Fun Day



Thank you Kasey from 'kakes by KC'
E: kakesbykc@gmail.com
I: @kakes.by.kc



Game on!





Action



Our fabulous major sponsors, Police Bank



Our youngest family member meeting Constable Kenny



Never too old to love Constable Kenny



Constable Kenny greetings

Western-Central Command Row for Charity



In November last year, the Western-Central Command wanted to create an annual charity event that challenged both the individual and the team, physically and mentally, whilst raising awareness for AFP Legacy. Whilst they acknowledge it is impossible to replicate the tough times that family and friends experience when they lose a loved one, they wanted to show their support by toughing it out in a 24hr row challenge.

In the days leading up to the event the team were made aware that the WC SHIELD team had created a roster of participants to come along and row with them to break up the monotony of the hours, in total they had 33 participants join them during the 24-hour challenge. These participants were drawn from teams all over WC AFP such as PSO's at DPU, Federal Agents from CT, Crime Teams, and Intelligence, WAPOL secondees, HR and support Teams and the Executive branch.

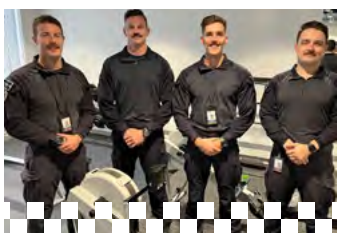
As all members participating in the Moe Row challenge were from the Protection Operations Response Team (PORT) they already knew each other's strengths and weaknesses and worked together to complete the challenge. Whilst there were times during the event where everyone experienced mental and physical fatigue, they drew on the support of others and the reason for the event to motivate them.

A combined total of 482,896 metres was rowed between the SHIELD support crew (190,293) and the Moe Rowers (292,602), an impressive feat!!

Following the row challenge, AFP Legacy organised a breakfast which allowed the team to spread the mission of AFP Legacy in a formalised manner.

As can be seen by the title "Moe & Row" the team also grew some impressive moustaches to raise awareness of Men's Health during the month of November (Movember).

AFP Legacy thanks the Western-Central Command for their innovative fundraising initiative.



Moe Row Team

Supporting AFP Legacy



If you'd like to support AFP Legacy, an easy way to start is by signing up through Insight!

Sign up steps for contributing to AFPL can be found below:

Go to Insight!

Select 'Payment Details'

Select 'Deductions'

If 'AFP Legacy' is not showing, please consider reinstating/commencing

- Select 'Add Deduction'
- Select 'AFP Legacy'
- Select 'On going'

Check the 'To Pay Day' box

If it shows 'Unlimited' all is good!!!

Summer Kenny is Here!



The much anticipated 2022 shipment of the Summer Kenny Koala's have arrived and AFP Legacy is fully stocked and ready!

Orders can be placed via the AFP Legacy [website](#)

Pricing is as follows:

\$50 – contributing members to AFP Legacy

\$60 – non-contributing members to AFP Legacy





Quest for Life Retreat: AFP Legacy Legatee Review



As a busy mum of four, I was extremely grateful to be given the opportunity from AFP Legacy to spend a week at the Petrea King Quest For Life Centre located in the peaceful Southern Highlands Village of Bundanoon. I enrolled in the Moving Beyond Trauma program. This program is for people with Post Traumatic Stress Disorder or Complex Post Traumatic Stress Disorder. The environment at Quest For Life is nurturing and conducive to aid in the healing process. Each day started with voluntary participation sessions of gentle yoga stretching and meditation. I took part in all of the voluntary sessions to enable myself to get the full experience and hopefully some baby steps towards healing. After a delicious hot/cold breakfast each morning the first session follows. I will mention that after every session there is a tasty snack or hot/cold meal waiting for you. It resonates with one of my mantras "feed the problem"probably explains my comfort kilos I am currently escorting around. As a busy single parent, to have all my meals cooked for the five days, that alone was a treat in itself.

The Facilitators claim, that this is not a 'fix everything in a week program', however, they do claim that they have provided some tools to add to your tool kit for recovery and healing.

After the sudden death of my first husband and my second marriage dissolving due to unpleasant circumstances, I

am consciously aware to be strong, have mettle and keep going with the healing process. At times, I have fallen off this road and have spiralled down, however, thankfully not to the point that required medical intervention. Recovering and healing is hard but I owe it to my beautiful daughters to have grit, persevere and keep gathering tools and utilising these tools to hopefully overcome what life threw at me. I don't want to pass on my trauma to my children especially as they have their own trauma to overcome.

I am also hoping that eventually these tools help me to become myself again, as I miss the old Rachael.

From the bottom of my heart, thank you AFP Legacy for suggesting this beautiful and peaceful place and for covering the costs, as I honestly know that I wouldn't have been able to attend without your help.

For anyone reading this who feels they may need help with recovery, please be brave and talk with AFP Legacy. I am guilty of telling AFP Legacy that "I am fine, the girls are fine" when really it's quite the opposite. I am too proud, but also feel that I am not deserving enough, as surely there are people with worse circumstances, who are more deserving of help.....but our kids need us and we need to be strong for them. Asking for help is hard, but if you can just pick up the phone or send a text or email and say, hey I need some helpAFP Legacy will move the world for you and stop at nothing to help.

Thank you so much for sharing your experience with us, Rachael.

AFP Legacy FNQ Charity Golf Day 2022

Looking for a reason to escape the cold bleak winter of the south and head up to the tropical north to support charity?

Why not sign up for the AFP Legacy FNQ Charity Golf Day, being held in Cairns on Friday, 1 July 2022.

We're offering a 4-person Ambrose event with the price of entry covering an electric cart to take you around the lush tropical course and a scrumptious lunch.

Why support this day? Commencing in 2017, the AFP Legacy FNQ Charity Golf Day was incepted as a way for AFP employees in the Cairns office to raise awareness of, and fundraise for their workplace charity. To date, the

Golf Day has raised over \$40,000 for AFP Legacy and is supported Australia wide.

Be sure to get behind and support the Cairns office in this fabulous day of golf and in turn, support your workplace charity!

For more information on the FNQ Charity Golf Day please contact:

David.Thatcher@afp.gov.au

Wayne.gibson@afp.gov.au

Adam.broadribb@afp.gov.au

Melbourne Airport Tatts to AFP Legacy

The AFP Social Tea Club at Melbourne Airport office, consisting of 19 uniform members, run a weekly Tatts syndicate. A recent winning ticket led the team to decide to donate the funds to AFP Legacy. Team member, Tim Webb said 'it was discussed amongst the team and all members agreed to donate the funds to AFP Legacy'. Thank you to all members for their thoughts and the generous donation.

Soldier On Veterans Support the Community

The Canberra Soldier On Music Group has been operating for about six years and has a small group who meet every Thursday for a few hours. The group meet to play music and have a chat and a brew. The opportunity for these veterans to meet and keep in touch with each other and enjoy the pleasure music brings, gave Navy Veteran Colin Greef the idea of having a community project that could help other Veterans and also disadvantaged children.

In 2019, Colin and two other Veterans, Mike Hogan and Rod McIntyre, decided on a guitar project. The aim of the project was to reach out to the local community in Canberra, asking them to donate guitars and ukuleles to Soldier On members who would then repair them if necessary and they would then be given to Veterans, disadvantaged children and community music groups.

The group have so far donated almost 200 guitars and ukuleles to Veterans and other organisations such as the Police Boys Club, AFP Legacy, an Indigenous Club who teach music to young children, a homeless shelter and many schools around the area. Members of the music group, Navy Veterans Colin Greef and Mike Hogan, have spent many hours on the road visiting schools around New South Wales donating guitars to students who show an interest in music, but due to financial constraints, do not have a guitar of their own.

The Soldier On Veterans have donated a number of guitars and ukuleles to the AFP including 10 to the local Police Youth Club at Erindale and eight to children of AFP officers.

The donation of instruments to these children is a small way of giving something back to the community, but also brings a lot of joy to the children who have an interest in music. The group have also visited schools on the South Coast after the fires and in the west of NSW where drought has caused huge problems within the farming community. After a short concert from Colin and Mike the guitars are then presented to the children who have been nominated by the school Principal. Colin and Mike

also donate a few guitars to the school for everyone to use.

Please accept sincere thanks from those AFP Legacy Legatees who were lucky to benefit from your kindness.



Photo shows Colin on the right and Mike (white cap) donating guitars to the Police



AFP Legacy Legatee



AFP Legacy Legatees



AFP Legacy Board Secretary Ms Kim Crimmins PSM



Kim Crimmins, AFP Legacy Secretary

In the 2022 Australia Day Awards, AFP Legacy Board Secretary, Kim Crimmins, was awarded the Public Service Medal (PSM) in recognition of outstanding service, particularly in the area of victim liaison in both a domestic and international setting.

Kim was integral in the creation and development of the ACT Victim Liaison Officer (VLO) program, assisting victims of crime through the investigation and court processes, and enhancing how police respond to their legislative requirements under the Victims of Crime Act 1994.

In July 2014, Kim was identified to assist the AFP Family Investigative Liaison Officer (FILO) response to the 41 deceased victims' families resulting from the downing of MH17 in the Ukraine (Operation AREW). Following her first deployment to Ukraine, and because of her exceptional efforts, Kim was requested to remain a full-time member of the FILO team.

Since this time, Kim has deployed, led, or engaged with AFP FILOs in response to various critical incidents, providing guidance to hundreds of victims through exceptional and deeply traumatic circumstances, to ultimately lessen the impact of the offences committed against them. In doing so she not only had a positive impact on their lives individually but ensures the positive reputation of the AFP, both in Australia and internationally.

For her service, Ms Crimmins has been awarded the AFP Operations Medal, four AFP Commissioner's Group Citations for Conspicuous Conduct, the AFP Service Medal and the AFP 40th Anniversary Citation. In 2021, she was also announced as the Most Outstanding Female Practitioner as part of the Australian Council for Women and Policing 22nd Excellence in Policing Awards.

AFP Legacy would like to congratulate Kim on the awarding of her PSM and for her continued outstanding service.

Spotlight on AFP Legacy Vice President Mr Chris Parker

Chris is a professional with deep experience in technological transformation, program/project management and corporate service delivery reform including four years of service in the AFP. Chris is currently deployed to Honiara, Solomon Islands under the Royal Solomon Islands Police Force and AFP Policing Partnership Program (RAPPP).

Chris' motivation for volunteering with AFP Legacy, and becoming a Board Member, comes from his respect for our members' commitment to the AFP's Mission as well as the sacrifices employees make in their work and a desire to contribute meaningfully and practically to the protection of their wellbeing.

In his spare time, Chris is a keen outdoors person, an amateur cook as well as a loyal supporter of the Canberra Raiders.



Chris Parker, AFP Legacy Vice President



Police Bank: Positive Leadership Scholarship



Police Bank, as part of our AFP Legacy Sponsorship Agreement, offer a Leadership Scholarship to an AFP Legacy Legatee school leaver who has demonstrated positive leadership. The scholarship is to assist a Legatee with costs associated with their tertiary or vocational training. Key requirements are:

- Demonstrated positive leadership
- Demonstrated community involvement

We are delighted to announce that AFP Legacy Legatee, Brad Rauter, a graduate from Saint Mary Mackillop College, is the recipient of the 2021 Scholarship.

Brad is currently employed at Queanbeyan West Public School as a School Learning Support Officer, where values of education and leading by example are constantly displayed. In this role he works with less fortunate students to hopefully improve aspects, attitudes and relationships throughout their schooling years. Following graduation, Brad has been accepted and completed his first semester of University, studying a Bachelor of Sports and Exercise Science at the University of Canberra. Brad

was recently accepted into Exercise Physiology and Rehabilitation and is currently in his second year as he received credit approval. A career he is pursuing in order to aid in the physical rehabilitation and preservation of individuals, specifically those suffering from illnesses such as cancer or diabetes.

Police Bank and AFP Legacy wish you all the very best with your studies and sporting career. Congratulations, Brad.



Brad in action for GWS Giants Academy

AFP LEGACY NEED YOUR HELP!



As we plan for the AFP Legacy Ball, we need your help to source prizes, auction items and sponsors. Donations can be in the form of an art piece, sporting memorabilia, jewellery, or can also be a service such as beauty treatments, gardening, interior design consult, voucher.... anything main stream or "outside the box" are welcome.

Sponsors are an integral part of running a charity event and if you have connections or ideas on who would be a suitable sponsor, please let us know.

Another important part of helping AFP Legacy is by volunteering. Please let us know if you would like to join the team who support your workplace charity – many hands make light work!

Please get in touch via the AFP Legacy email: afplegacy@afp.gov.au

Donations will be received until 31 May 2022, for the purpose of the AFP Legacy Ball. Donations at all other times, always welcome too!

Save the Date

AFP LEGACY BALL
HOTEL REALM, ACT

SATURDAY, 22 OCTOBER 2022

FEATURING THE NSW POLICE BAND



Proudly supported by our
Platinum Sponsor Police Bank
PoliceBank
The strength of community





RUN 4 BLUE IN MAY 2022



HOW FAR CAN YOU RUN?

Challenge yourself, your friends, your family or your colleagues. Every kilometre you do will help raise money to help the families of fallen police officers.

You can walk or run – any distance, anywhere, any time. Just register online; then pick your time and place, and start your Run 4 Blue!

REGISTER VIA QR CODE



\$35
per
person

REGISTER NOW run4blue.net >

FOLLOW & SHARE





What could you do with a \$1500* CASHBACK?

Receive \$1500 cashback for each
Home Loan you refinance to
Police Bank.

VISIT

www.policebank.com.au/refinance

PoliceBank 
The strength of community

Terms, conditions, fees, charges and lending criteria apply and are available at www.policebank.com.au. A Financial Services Guide (FSG) including terms and conditions is available at all Branches, on our website and upon request. Any advice given has not taken into account your personal needs and financial circumstances and you should consider whether it is appropriate for you. Please read and consider the FSG in deciding whether to use a particular product.
*To be eligible for the Police Bank Cashback offer, applicants must refinance an existing Owner Occupied or Investment home loan of \$250,000 or more from another financial institution to Police Bank. The Offer is only available to applicants who apply and are approved from 18/08/21 – 31/01/22 and funded by 28/02/22. Cashback is only available once to each individual or joint application per property refinanced. The \$1,500 cashback will be credited to either the primary transaction account for single borrowers or a joint account with the primary borrower for joint borrowers within 1 month of settlement. This offer is not available for new purchase home loans or in conjunction with any other offer, bonus or discount. We reserve the right to withdraw this offer at any time. Police Bank Ltd. ABN 95 067 650 799. AFSU/AGL No. 240016. 25 Pelican Street, Surry Hills NSW 2010.