



AFP Legacy Newsletter

October 2023



From the President

AFP Legacy are pleased to report another year of successful, well supported events, including the Police Legacy Kids Adventure Camp in January, the Young Adult Police Legacy Camp, AFP Legacy Family Day and the Kokoda Trek all held in April. Our Legatee families are now looking forward to the December Family Camp to be held on the South Coast of NSW. We again thank NSW Police Legacy for including our AFP Legacy Legatees in these Kids Camps, the ongoing connections made are vital and our Legatees very much look forward to these events.

Attendance at these events would not be possible without the support of AFP Legacy Contributing Members. I encourage anyone who is not yet contributing, to consider supporting AFP Legacy via fortnightly deductions.

On a final note, tickets are on sale and selling fast, for our AFP Legacy Gala Ball. We again hold the event at Hotel Realm in Canberra on Saturday, 25 November 2023. Details of the Ball are contained within this Newsletter edition; we hope you can support the Charity.

Wishing our supporters all the best for the months leading into Christmas.

Owen Law

President

Have Your Fortnightly AFP Legacy Contributions Ceased?

We are noticing a drop in payroll deductions from some of our regular contributors and thought we would alert people in case they were not aware.

To ensure your valuable giving remains current and "on going", please check the following:

- 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!!!
- If a specific date, consider selecting '**on-going**'

Thank you again, to the generous members who regularly contribute to AFP Legacy, enabling us to support our AFP families in need.



Currently, 31% 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:

- Grief counselling
- Home services assistance
- Medical fee assistance
- Birthday gifts
- Tertiary Education assistance
- Driving lessons
- Bereavement payments
- School camp assistance
- AFP Legacy Ball tickets

AFP LEGACY CALENDAR OF EVENTS

November

- 25 AFP Legacy Gala Ball, Hotel Realm Canberra
- 28 AFP Legacy AGM

December

- 1-3 NSW/AFP Legacy - Police Legacy Family Camp, South Coast NSW

January 2024

- 11-16 Kids Camp Police Legacy, Tamworth NSW





AFP Legacy
remembrance in service

JOIN US FOR THE 2023

AFP LEGACY GALA BALL

SATURDAY, 25 NOVEMBER 2023
HOTEL REALM, BARTON ACT

**Arrival at 6.15pm for
7pm start**

Ticket includes canapes,
3 course meal, drinks
and live entertainment
by the NSW Police Band

Tickets can be purchased from:
www.ticketebo.com.au/australian-federal-police-legacy/afp-legacy-gala-ball-2023

\$2,300 for Table of 10 (preferred)
\$250 for Individual

PROUDLY SUPPORTED BY OUR PLATINUM SPONSOR

**Police
Bank** 



Brad Hardy Foundation Walk

The inaugural Brad Hardy Foundation Walk was held at Lake Burley Griffin, Canberra on Saturday, 27 May 2023. The Foundation was formed in honour of Brad Hardy who was tragically lost on 6 March 2021. Brad was a dedicated, young AFP Officer who was committed to protect and serve his community. Brad always went out of his way to support those around him and was quoted as "one of the best. He wouldn't hesitate to give you the shirt off his back."

Although being a cold, foggy morning, over 120 people attended the event. The Walk also completed the Run4Blue Brad Hardy campaign, which was held throughout the month of May.

The day began with an exciting relay around the Lake between four teams. The teams that competed were ACT Policing, AFP Protective Officers, AFP Recruits and the Brad Hardy Team. ACT Policing crossed the line in first place followed by AFP PSO's. It was a competitive, entertaining event, which we hope to hold annually. All participants were presented with a Brad Hardy Medallion.

At the completion of the relay, the Hardy family along with all other participants commenced the Brad Hardy Foundation Walk to honour Brad and also show support to the commitment of all AFP Officers.

The event was a huge success with the community and AFP members coming together to raise valuable funds for AFP Legacy. An outstanding total of \$28,000 was raised throughout the month of May through Run4Blue and the Brad Hardy Foundation Walk. The Brad Hardy Run4Blue Team was also the top fundraising team in the Run4Blue event.

The event would not have been possible without the support of our Major Sponsor Nutrien Water as well as CEFA, BROD, ACT Oztag, Canberra Raiders, CBR Carpentry, Canberra Trophy Centre, 42Casts and Jaymak. The Foundation look forward to the continued support of these sponsors and invite interested businesses to contact the Brad Hardy Foundation if you would like to support this worthy cause.

Thank you also to AFP Legacy and ACT Policing for all their support in holding the event and participating on the day.

We look forward to holding the event annually and for information on future events, please 'like' and follow our Facebook/Instagram page or see our website.

Facebook: <https://www.facebook.com/profile.php?id=100089334467684>

Instagram: <https://instagram.com/bradhardyfoundation?igshid=NTc4MTIwNjQ2YQ==>

Website: www.bradhardyfoundation.com.au

AFP Legacy Board and Staff wish to thank Sharon, Cameron, Josh, Lachie and Team Hardy for all of their amazing work in raising important funds and awareness for AFP Legacy.



David Packwood & Constable Kenny Koala posing at the Brad Hardy Foundation marquee



Runners from the relay teams preparing to head off around Lake Burley Griffin.



The start line of the Brad Hardy Foundation Walk, with some of the 120 participants.

My name is Paula Baker. Anastasia, Joshua and I become members of AFP Legacy when my amazing husband, best friend and father to Anastasia and Joshua, Peter Baker lost his battle with Cancer on the 21 February 2021. No one really wants to become a part of the AFP Legacy family, but they have been so supportive of our family. It is the camaraderie amongst members that is the most help. I am going to attempt to tell you about our latest experience with AFP Legacy, no words can really explain our trip but here we go....

A little background on us, I am 51 years of age and 160cm tall (this is important for later in the story), I don't consider myself overweight I'm just under tall, Anastasia is 20 years of age and at ADFA in Canberra and Joshua is 18 years of age and studying at QUT in Brisbane. Anastasia registered us for the Kokoda track in PNG. Prior to departure, we were training as much as possible, walking the stairs at Robina Train Station, finding as many hills at Mudgeeraba and up at Binna Burra walking as much as possible and Anastasia also Personal Training at ADFA. I don't think any amount of training can prepare you for what we were about to experience.

We headed to Brisbane Airport bright and early on the 14 April 2023 and boarded an Air Niugini flight to Port Moresby (POM). This was not the first time the kids and I had been to PNG, Pete was deployed to POM and Lae, prior to him being diagnosed. The kids and I had a few trips to visit him, and we know how dangerous PNG can be, so it was with a little nervousness and anxiety that we were heading there without Pete.

We landed in POM after a 3hr flight, jumped on buses and headed to the Airways Hotel for our first nights' accommodation and last real meal. After very little sleep that night we were up very early to meet in the hotel foyer at 3am so we could be boarding the buses at 3.30am to head to the airport for our 35min flight to Poppendetta. After a little delay due to heavy fog, we finally took off. The scenery from the sky was spectacular. On landing in

Poppendetta we gathered our bags and jumped on trucks for the dusty, bumpy, 3hr, 59km trip to Kokoda Village.

Arriving at Kokoda Village to a local welcome of dancing and local foods. Here our packs were weighed, our packs weighing in the lightest at 10 and 11kg (a little more anxiety here, oh dear have we forgotten something are our 15 rolls of toilet paper going to be enough, I could have put in those extra 3 rolls the kids made me leave at the Hotel, lots of things going through our heads or just mine!). We were allocated our local porters (LEGENDS). At this point the kids and I looked at each other worried about spending the next 9 or 10 days with these guys by ourselves after what we had previously experienced in POM and Lae. We sat at Kokoda Village for a bit listening to a history briefing from our guide, Aidan, then off we went. We didn't start walking on the first day until about 2pm. My anxiety was going crazy, we crossed under the arches of Kokoda got a few photos and off we went it was hot, NO it was really hot, the humidity was a killer, within a few minutes of walking we were wet with sweat this was to be how we remained for the next 10 days. I was told this would be one of the hardest days, this was rubbish. We soon learned not to believe what we were told. If you asked the Legends how long to go, they would say 30mins,



Some solid planking to warm up



Airport departure shot

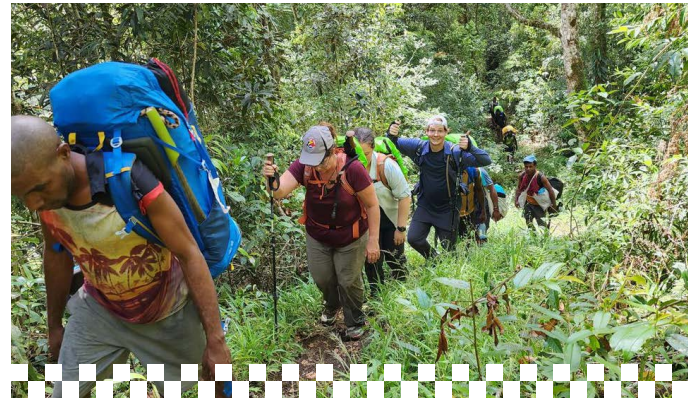


Touch footy with the Legends



4 hours later and you are still walking, what happened to those 30mins? When we finally arrived in camp that afternoon and the Legends helped put up our tents, I was seriously doubting what on earth are we doing, are we nuts? When Johnno (one of the guides) said 'don't worry the hardest day is over', that again is rubbish, every day just seemed to get harder. At the start the Legends would find a log for me to sit on, by day two when they would say 'rest', I would just plonk down on the ground, I didn't care if I was sitting in mud or on a wet scrub or tree roots. We laugh now that we think it was day two, we did our first river crossing, (we now know it was really a stream, with what was to come), we all took off our shoes and socks. One day we did 16 crossings not one of us took off our shoes. This track is no walk in the park and the kids and I knew it was going to be hard going, as we had walked (slipped and climbed) from Ower's corner to Goldie River December 2018 with Pete and some of his work mates and their families.

Every morning we would wake at 5am quickly get dressed into our wet muddy wet clothes and put on our wet boots. Nothing dried overnight, either from the humidity or the rain. We were in two person tents. The kids and I shared our sleeping arrangements one of us with the bags in one tent and the other two of us in the other tent.



Some tough terrain

During the nights it was hard to sleep as you were not normally on level ground, and it sounded like everyone was sleeping in a packet of chips rustling around in their tents trying to stay on their mattresses. Once dressed in our wet smelly clothes we headed to breakfast, (stop imagining a buffet, it was not) we either had a little bit of porridge with honey, or 2 weet-bix with hot water and sugar. We then went back to our tents and packed them up with our Legends, they would take our bags and we would take our day packs. We carried in our day packs, snacks (that's another story), first aid kits, medication, sunscreen, insect repellent, cutlery plate and cup, and head torches. Once packed up we would have a morning briefing, this morning briefing was a history lesson was about where we were on the track and what happened, and the briefing also included what we were apparently going to experience that day.

If you walk over to your kitchen bench and try and step up on to that that is the height of some of the steps that we had to step up onto or down from. Me being so tall did find this rather hard, the first few times I had to do these big steps the Legends would put their hand out and I would step down or up with their assistance and the kids either giving me a push from behind or hanging onto me. But my knees didn't like this so I would say to the Legends I am going to sit on my bum, they would look at me in horror, even after sitting on my bum to get down to the next step my legs still didn't reach the ground, I don't know how they thought I could step down.

We climbed up a waterfall, I did think this was hard but when we made it to lunch that day one of the guys said to me how did you find that waterfall. I said it was tough. He said I don't think you did it as tough as me, I looked at him and said I think we all came up the same waterfall, He said I got diarrhoea on the way up, I looked at his brother and he laughed and said I quickly got in front of him. I laughed and thought oh dear I hope we have enough toilet paper.



End of day, ready for a big rest!



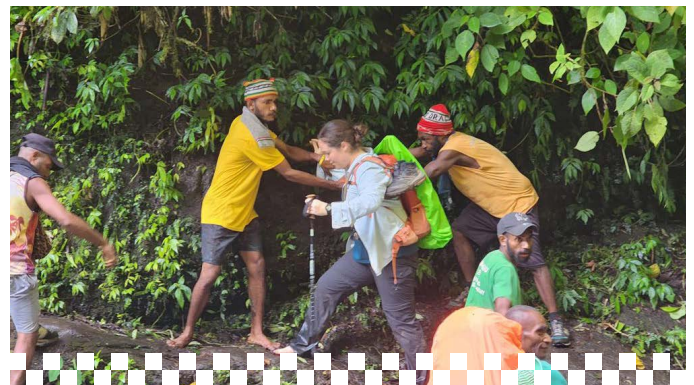
Trekking with the team

Kokoda – Baker Family

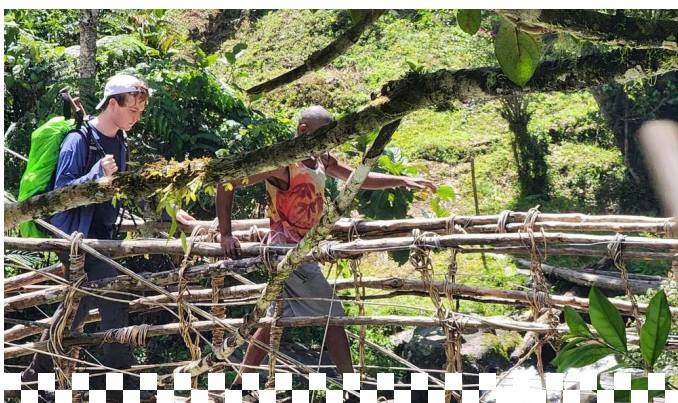
I could tell you about each day but honestly, I have no idea what day what was, I do know that day 6 was TOUGH. We set out just after 7am to have one of our Legends come running up to us to say that one of our Legends had been turned around and we now had the predicament of 3 bags and 2 porters. Anastasia decided to take her pack minus a few things as well as her day pack. I can't really remember step by step what this day was I do know it was a long slippery clay down hill and a lot of up hill, we did a small river crossing, the water was at crutch to waste deep and then to walk into a village at about 4pm for lunch. Oh, forgot to tell you lunch is 2 minute noodles. Day 2 they didn't taste that great but every day the noodles just got better and better. We had just sat down to eat our noodles when our Legends came to us and said quick we have to go the river is rising. We quickly scooped our noodles through our bowls in our bags and got going we reached the river, when we arrived at the big river the kids and I stood on the bank watching the Legends struggle with taking our bags over and watching the movement of the rushing, swirling water, (our lifesaving training kicking in) when they asked who was going to go first out of the 3 of us the kids were quick to say Mum. The Legends told me to hang on to the rope and stay on my feet (I think they thought I was 6ft tall) I took 2 steps and I couldn't touch I was hanging onto that rope so tight I could see muscles in my arms I didn't know I had I was kicking for my life, everyone was yelling and screaming, I made it across and so did the kids after me. We said to our Legends how long until we are at the village give it to me straight not 30mins, one of our porters just said to me do you have your head torches? I knew this was not going to be great. We then had to walk through a swamp sometimes knee deep in mud and water hoping your boot was still on the end of your leg. When we finally got out of the swamp we were at the base of yet another mountain, there is no traversing these mountains they just go straight up and over and there is what they call false peaks so you look up and it looks like you can see the top only to arrive there and realise you take two steps of flat

then it climbs again and again and again, if you put your foot up against a wall to do a calf stretch that is the angle we constantly walked at either up or down. There was no looking up on this afternoon we were now in torrential rain and the sun was quickly setting. I remember part way up this mountain sitting down in the mud, torrential rain, in the dark crying and saying sorry to the legends and kids for being so slow, the legends bent down and said to me "You 3 are our responsibility it doesn't matter how long it takes we will get you to camp safely" We finished the last hour, hour and half of that walk with no water in our camelbaks, walking into camp in the dark only to find out there was no water at camp. We were able to collect water of the tents and tarps in camp with the help of other legatees. This night was our best dinner yet. Up until now we had had tuna (think it was tinned mackerel) and rice, cooked spaghetti, oh one night we did have a Moo Moo (traditional dinner) veggie cooked underground this was pretty good, but day 6 was Deb (powered potato) and baked beans mixed into it. So good, so flavoursome.

Day 8 we headed off the kids and I were feeling very emotional, knowing that we would soon (in many hours, 30mins in Legend talk) be arriving at Goldie River. To cross this river and arrive at camp for the night was a mix of emotions.



Legends being Legends



Now that's a bridge



Joshua finds a Rabbits in PNG



Day 9 we woke knowing this was it we were about to cross the line.

To be able to walk or climb this Kokoda track is an amazing experience and to be able to share this experience with other legatees is the best. Listening to their stories and sharing ours is what makes these Legacy events so special. One of the Legatees attempted to get in to a state police service and failed on the push ups when we heard about this every day a group from our group would get down every morning or night and do push ups with them. At the start this person could only do one needing to complete 6 to pass the police entrance test. On day 9 under the arches of the Kokoda track at Ower's corner they did 10 push ups with the group in the mud. It is these little things that make this trip so special.

After finishing at Ower's corner, we had to walk another 7-7.5kms in the hot sun no shade along a gravelly road to another village where we were to spend our last night. This village is where half our legends live so when we were nearly at camp our legends said to us three and a husband and wife that were with us, this is where you clean, the 5 off us went and sat in this drain, creek river thing and had a wash down trying to clean the mud off us before reaching camp for the night. Most nights we had a bird bath to try and clean ourselves. Trying to sit in a tent

(sauna) and clean yourself with wipes then dry yourself with a towel that smells like cat pee (because it has been rolled up wet and in your hot pack all day) is something else. There was very little shade in this village, and it was impossible to sit in the tent for shade. Joshua went off to play football with the local kids and Anastasia and I used this day to dry all our dirty socks and undies. Josh was shocked when he came back to find all his undies spread out across the grass for everyone to see. The kids and I wore the same clothes everyday and at night changed into clean clothes to sleep in. I am happy we packed so light. We didn't need the 15 rolls of toilet paper I think in the end I gave one away and we still had the 3 rolls we started with.

To walk through the arches at Ower's corner with our amazing children Anastasia and Joshua was a very emotional moment. I am so very proud of these amazing kids, the support they gave me during this trek was outstanding. This trip I realised that I am not looking after them anymore but they are also looking after me.

It is hard to describe the emotions you feel on this track, I would not say that I have walked the Kokoda Track, I think it is more of a climb, slide, fall and scramble. We have climbed waterfalls, side stepped along cliff edges, stepped up and down over and over again, we have swum for our lives on river crossings. To think that our diggers and fuzzy wuzzy angels did this carrying their weapons and packs in horrendous conditions gives us such an appreciation for them and our previous and current serving members. It was a privilege to share this experience with Anastasia and Joshua and this is something I will always remember.

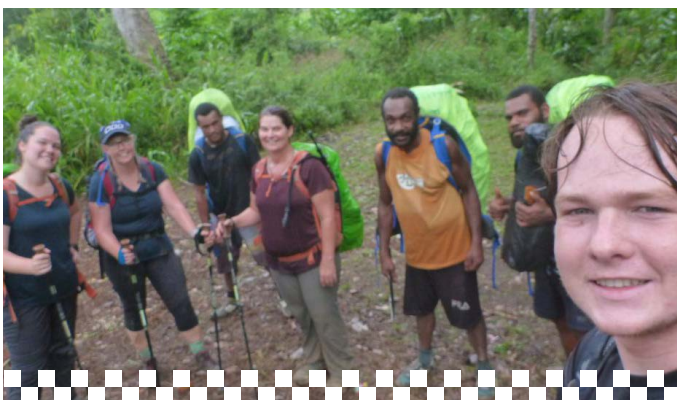
Thank you to AFP Legacy for allowing us to experience this and to everyone that has supported us and AFP Legacy allowing us and many Legatees to have these experiences.

Paula Baker – AFP Legacy Legatee

What an amazing experience, thank you so much for sharing, Paula.



Kokoda Trekking



Taking it in with a selfie



Legatees – Anastasia, Joshua and Paula

Young Adult Police Legacy Camp – 18s to 25s

Camp Review by AFP Legacy Legatee Eleanor – *Thanks Eleanor!*

AFP Legacy sponsored a weekend away for the Young Adult Police Legacy Legatees at Anna Bay on the NSW Coast.

We all had so much fun and like always it was great to meet up with our other “policing family”.

There were a couple of late nights had, which meant a couple of much needed sleep in’s had by all.

Thank you AFP Legacy for continuing to support Police Legacy Legatees.

Thank you to all who contribute to AFP Legacy, it honestly means the world. Big thanks to NSW Police Legacy for including AFP Legacy Legatees in another amazing opportunity.

Until next time bye 🙌 and thank you!

Eleanor – Young Adult AFP Legacy Legatee



Great day for Stand-up Paddleboards



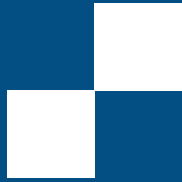
Gearing up for Sandboarding



Legatee Drumming Lessons



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