



Behind the Crime

An initiative of Community Supporting Police Inc. and the
Queensland Police Service

Presents



Queensland Police Service Diving Unit



The Queensland Police Service Diving Unit is responsible for all under water search and recovery operations relating to police investigations in Queensland. The work of the Unit includes, underwater search and recovery of evidence as part of police investigations and incidents, providing assistance to officers investigating diving fatalities and conducting underwater surveillance of structures and venues as part of the security overlay for VIP and dignitary visits.

This presentation by current members will feature case studies which highlight these capabilities and experience of the Queensland Police Service Diving Unit.

Friday – 14 September 2018
Brisbane Girls' Grammar School Gehrman Theatre
Gregory Terrace, Brisbane
Parking available within school grounds and on the street

6.45pm for 7.00pm start

Cost: \$25 per adult
\$20 adult student/adult concession (children are not permitted)

More information: Email btc@csp.asn.au

Conditions: Cameras, mobile phones, videos and other audio and visual recording devices are not permitted. These presentations contain adult themes, therefore children (under the age of 18 years), will not be permitted entry.

PAYMENT METHODS

- Pay online using credit card or Paypal payment, please go to <http://csp.asn.au/store/> and follow the links.
- For cheque or money order payments, please post to **Community Supporting Police, PO Box 209, Strathpine Centre, Qld 4500**, and provide your name and contact details.
- If you wish to pay at the door, please email your name to btc@csp.asn.au

We need accurate attendance numbers for catering purposes. Once we hear from you, your name will be on the attendee list and will be confirmed at the door.

All monies raised through this fundraising initiative go to support all members of the QPS and their families.

Our Generous Donors

We would like to thank Brisbane Girls Grammar School for providing the Theatre. Thank You!

CSP members

Out & About

The members of Community Supporting Police Inc, wish to sincerely thanks Mr Ron Chapman, The Caravanning Queensland staff for their ongoing support of CSP, we had a fantastic time at the 50th Queensland Caravan, Camping & Touring Show in Brisbane 6th –11th June 2018



2018 Caravan and Camping Show volunteers included: Pamela, Mary-Anne and Lance, Leonie, Deb, Colleen, Jim, Peter, Evan, Emmanuel, Peggy, Kate and Jan, Col and Ros, Judy and Bob, Diana, Vic and Cecelia.



(photo left) Inspector Lee Jeffries APM with Vic and Cecelia Serchen. Members of Community Supporting Police Inc attended the Moreton District Health Expo at Burpengary on 5 June 2018, as part of the Moreton District Workplace Champions project. The afternoon of engagement with Moreton District Police (photo right) gave our members a great

opportunity to promote CSP, its background and our mandate to support QPS members and their families in times of crisis. It was also a great venue for us to show case our merchandise to the QPS members and their families who attended.

CTB trying out his radio skills (insert above left)



Caravanning Queensland together with Top Parks aimed to break the GUINNESS WORLD RECORDS® title with the world's **Largest caravan built from LEGO® bricks** at the 50th Queensland Caravan, Camping & Touring Show in Brisbane .

The project was constructed on the Gold Coast over 10 weeks, taking more than 500 man hours and over 280,000 individual LEGO bricks.

A team of up to 16 adult fans of LEGO (AFOLs) from across Queensland & interstate, the caravan measures 2.2m tall by five meters long and the 700kg of LEGO bricks are held together by 70 Litres of glue.

Caravanning Queensland General Manager Jason Plant said the full-size caravan built from LEGO bricks is modelled off and sits on an original 1973 Viscount Royal chassis, Australia's largest caravan manufacturer at the time.

www.caravanindustrynews.com.au/general-news/caravanning-queensland-builds-worlds-largest-caravan-with-lego-bricks





This Black Dog Breakfast article is courtesy of SSgt Larissa Miller (OIC Capalaba):

Superintendent Nelson took up the position of Assistant District Officer, South Brisbane District on 21 August 2017. Throughout her service she has attended a number of confronting incidents and saw the impact these jobs had on her colleagues. The Black Dog Institute was founded in 2002 and is internationally recognised as a pioneer in the identification, prevention and treatment of mental illness and the promotion of wellbeing. Senior Psychologists (HSOs) in Brisbane Region have worked closely with the Black Dog Institute and trained police Peer Support Officers (PSOs) to co-facilitate sessions on understanding and improving mental health.

Superintendent Nelson saw an opportunity to deliver Black Dog Breakfasts in the South Brisbane District to reduce the stigma around mental health and bring awareness and support to our colleagues, friends and family who suffer from mental illness and formed a committee to deliver this. The committee was composed of Senior Psychologists (HSOs), Kishwar Maloney-Salam and Paul Koning and Senior Sergeant Officers in Charge Ian Cameron (Acacia Ridge) and Larissa Miller (Capalaba). This committee has pledged to deliver 8 breakfasts in 2018, 2 per patrol group throughout South Brisbane District.

The Black Dog Breakfasts are a sign of the strong commitment of South Brisbane District senior leadership team in line with the 'Our People Matter Strategy', to promote mental health awareness, healthy bodies and minds as well as safe, fair and positive workplaces.



The QPUE, Sciacca's Lawyers, Police Health and Community Supporting Police have demonstrated their strong commitment to supporting QPS employees by supporting the delivery of these breakfasts through funding for the breakfasts (QPUE), donations of fitness trackers (Police Health) and black dog toys (Community Supporting Police).

Bayside Patrol Group BDB, (photo left: L-R) SSgt Tony Collins, SBD ADO Supt Virginia Nelson, Andy and Zoe Cullen, OIC Capalaba SSgt Larissa Miller, Bayside Patrol Group Inspector Tony Ridge.

On 22 February 2018 the South Brisbane District launched the Black Dog Breakfasts at Fiction a restaurant in the Bayside Patrol Group. This event was aptly hosted by Sergeant Tim Hoffman of the Cleveland Watchhouse. Each breakfast seminar takes the format of a Black Dog Institute Presentation and a special guest presenter sharing their personal experience with mental illness. The inaugural guest presenters were Andy and Zoe Cullen and attendees were police and their families. Andy is a retired Army Major with 17 years service and numerous overseas tours mostly specialising in EOD disposal. The overall result was Andy suffering significant PTSD. It is well known, when one person gets PTSD their entire family is in turn affected by PTSD. Unsurprisingly, Andy Cullen's PTSD impacted on his entire family. He and his wife Zoe shared their individual and collective stories of their journey and experiences coming to terms with this significant mental health injury.

Both Andy and Zoe's stories demonstrated their individual and collective resilience and determination in the face of adversity which increased understanding and awareness of mental health.

Their presentation was extremely well received by the attending police and police family members who commented as following *'the rawness and honesty of the situation was astounding, I felt the emotion and was able to relate', 'I will be more open with my family in dealing with mental health issues'* and *'excellent in raising awareness of mental health issues'*.

(photo right) Sgt Tim Hoffman, Cleveland Watchhouse, thanking Andy and Zoe Cullen at Bayside Patrol Group Breakfast.

The Riverside Patrol Group Breakfast was held on 29 March 2018 with Sergeant Paul Hauff of Mt Ommaney Station hosting the event with special guest Brian Kerle, former coach of the Brisbane Bullets and son of a QPS officer. Brian shared his own deeply personal and impactful story with mental illness which was very well-received by all those attending that breakfast. (continued pg 4)



(continued from pg 3)

On 26 April 2018 the Mount Gravatt Patrol Group Black Dog Breakfast was hosted by Sergeant Mick Morier of Upper Mount Gravatt Station. The special guest was Senior Sergeant Peter 'Rooster' Ryan shared with the group his long-standing close friendship with former QPS officer Owen Harms ('Harmsy'), former OIC Miriamvale Station, and the battle Owen tragically lost with depression and PTSD in mid 2017. Another breakfast held was 31 May 2018 which Sergeant Peter Nicol of Dutton Park Police Station hosted for Riverside Patrol group at Yeronga RSL, with special guest Paul White, former QPS officer and CEO of the Brisbane Broncos.

Paul shared his personal challenges in the job and comparisons with his current organisation in effectively responding to mental health issues and how they deal with reducing stigma and encourage open, honest conversations around mental health.

(photo right L-R) Riverside Patrol Group Black Dog Breakfast. BD Presenter SSgt Daryl Green, BR A/C Brian Wilkins, OIC Capalaba SSgt Larissa Miller, QPUE SSgt Tony Collins, Broncos CEO Paul White, OIC Acacia Ridge, SSgt Ian Cameron, SBD DO A/C/Supt Virginia Nelson

The Breakfasts have been extremely well received throughout South Brisbane District (the last breakfast needing to increase available tickets to accommodate demand). It takes great personal courage and bravery to share a deeply personal story with strangers, especially a police audience. Every guest presenter has modelled this superbly by sharing their own experiences and stories to help others and to start the necessary conversations around mental health. Each guest's story has been told with a

different format, delivery style and content however the overall impact and message remains the same. The conversation around mental health is a very necessary conversation we need to all have with a common theme of looking out for your workmates, look after one another and look after yourself. More importantly, ask people how they are, listen. Although as police we love to solve other people's problems, sometimes the act of listening is help enough. The impact and ripple effect from these speakers cannot be underestimated and will be far reaching as people start to share their personal stories.

Other Districts have taken note of the impact of these breakfasts and are planning to run their own. It is anticipated the breakfasts will be offered statewide as the benefits are immeasurable.

If you or anyone you know is struggling or experiencing any concerns around mental health, please be aware of the many support options available internally and externally. These can be found through Employee Wellbeing on the intranet <https://qpsnet.qldpol/spp/etc/sr/sw/ew/Pages/SupportOptions.aspx>, including links to HSOs, PSOs, chaplains, 1800 ASSIST and other options externally.

The members of Community Supporting Police sincerely thank SSgt Larissa Miller (OIC Capalaba) for taking the time to write and send through this article.



COPFIT

At one of the North Brisbane District's Black Dog Breakfast recently held at Norths Leagues and Services Club, Nicole Orlowski addressed those present about a support group, "Copfit". Copfit was formed in November 2017 and is run by two current serving QPS Officers, Nicole Orlowski and Bernie Nyhan, as a tribute to a friend and colleague, Dale Foster, who died as a result of suicide in November 2016.

According to Bernie, "Copfit focuses on the correlation between active lifestyles and healthy minds. It's mission is to assist the Police family in improving the mental health of its Officers through a community that supports and encourages active lives. The Copfit slogan of UNITE, EXPLORE SURVIVE. forms the basis of what we are about. People coming together as a community and engaging in active lifestyles to overcome the stresses of everyday life. We believe that if we UNITE as a community and EXPLORE life to its fullest, our mental and physical health will SURVIVE.

We want to be able to encourage people to get outdoors, get active to ignite lost passions or create new ones altogether. To give Cops something to look forward to on their days off rather than sitting at home depressed. To show people that there is so much more to life than just work. It's time that we took control over our lives and put the focus on our own mental health and start living a life that benefits us. We don't have control over what happens in the job, but we do have control over what we do in our own lives. (continued pg 5)

R U OK? Day 15th September 2018

In 2009, Gavin Larkin, decided to set in motion the question “R U OK?” in honour of his father who in 1995 was not OK and sadly took his own life leaving behind family and friends with un -answered questions. Gavin wanted to also protect other family networks from the pain of losing someone near and dear in this way. National R U OK? Day has been dedicated to remind everyone to ask the question and start the conversation which could ultimately change another person’s life. According to the Black Dog Institute “1 Australian in every 5 is affected by mental illness each year”. The Institute continues, “talking about mental health issues should be no different to talking about physical health issues”. www.blackdoginstitute.org.au

This year Senior Psychologists (HSOs) in Brisbane Region have worked closely with the Black Dog Institute and trained police Peer Support Officers (PSOs) to co-facilitate sessions on understanding and improving mental health. The Black Dog Breakfasts are a sign of the strong commitment of South Brisbane District senior leadership team in line with the ‘Our People Matter Strategy’, to promote mental health awareness, healthy bodies and minds as well as safe, fair and positive workplaces.

For further information please go to: www.blackdoginstitute.org.au

If you need help please go to:

www.blackdoginstitute.org.au;

www.mensline.org.au;

wwwmycompus.org.au;

www.kidsline.org.au;

www.lifeline.org.au;

www.headspace.org.au;

www.sane.org.au;

www.beyondblue.org.au

If you are in crisis: please call: Lifeline 13 11 14

Queensland Police Services: employees, family members and retired personnel

1800 ASSIST (1800 277 478) -

Free short-term external counselling service

1800 4QPS DFV (1800 4777 338) -

Free external Domestic and family violence counselling service

equipt (download App Store or Google Play) -

Free wellbeing app for police officers and their family members



“2017 R U O K ?” Day Photos courtesy of Inspector Fordyce.

(continued from pg 4)

Copfit organises regular events that focus on bettering the mental health of Police Officers through physical exercise: from single to multi day hikes, camping trips, bbq’s, yoga sessions and most recently Tough Mudder. We engage with the Police family to promote mental health awareness. We are active on social media, promoting the amazing personal achievements by Police Officers all over the state, sharing their stories with our community to influence and support others. We act as a positive influence for those facing difficulties and hardships associated with being a Police Officer. We build working relationships with other organisations to provide greater resources for our community members.” (for more information please go to: <https://www.cop-fit.com> Or <https://www.facebook.com/unite.explore.survive/> Or email copfit.aus@gmail.com)

Regards

Bernie Nyhan



A BRIEF HISTORY OF THE QUEENSLAND POLICE SERVICE BLUE RIBBON COMMITTEE

- extract from article written by Mr Greg Early, retired Assistant Commissioner, Queensland Police Service, Chairman of the Queensland Blue Ribbon Committee from 2003 onwards.

According to Mr Early, the Victoria Police Blue Ribbon Foundation was formed in 1998 following the murder of two Victorian Police Officers in August 1998 and in response to community anger and sympathy and a suggestion by a caller to a Melbourne radio station that everyone display blue ribbons as a mark of respect. The result - a significant number of Victorians wore ribbons in support of the police. Following on from this

spontaneous show of support, it was suggested that a permanent day of community remembrance for all police members killed in the line of duty should be set aside. The day most significant was the National Police Remembrance Day, celebrated on 29th September annually.

Early in 2003 the Chief Executive Officer of the Victoria Police Blue Ribbon Foundation, Neil Soullier, met with key Queensland Police stakeholders in Brisbane and explained the process in Victoria. Soon after this meeting, Commissioner Bob Atkinson asked Mr Early if he would chair a Queensland committee, to which Mr Early agreed on the condition that the committee would not be run as a commercial venture, as was the Victorian model. Then on 11 July 2003 a meeting attended by representatives of Police Media, Police Chaplaincy, Community Policing, Policy Legacy, Community Supporting Police, Queensland Retired Police Association, both Police Unions and the past and Present Policewomen's Association was held to discuss the proposal.

The result was the formation of the Police Remembrance Day Blue Ribbon Committee. Ever since, the Committee has been known as, the QPS Blue Ribbon Committee. Initially the Committee decided to utilise police stations, shop fronts, police beats and police establishments as distribution points for the ribbons and to have a launch of the Remembrance Day ceremony early in September so that members of the community could be invited thereafter to call into their nearest station/establishment and collect a ribbon free of charge if they wished. Further to this any donation would support Police Legacy, Community Supporting Police and Children's Charities.

Each police station and establishment would be provided with some means to collect donations, including but not limited to: officers in charge would be encouraged to have an open period at their station say on the morning of 29 September to encourage their community to call in, have a chat, collect a ribbon and possibly make a donation.

Since 2003 Blue Ribbon Committee members have facilitated the distribution of the ribbons to each police station and establishment. Each police station has a small box containing ribbons on the counter all year round and members of the public can take a ribbon irrespective of whether they make a donation or not. It is purely voluntary.

The Blue Ribbons are purchased from the Victoria Foundation and the funds raised are distributed between Police Legacy, Community Supporting Police and a nominated Charity. Previous recipient charities include but are not limited to: Royal Flying Doctor Service, the Queensland Institute of Medical Research, Angel Flight, Beyond Blue, White Cloud, Hummingbird House and in 2017 Mater Little Miracles. This year's third beneficiary is Zephyr Education (see page 5 for more information about Zephyr).

A dedicated team of volunteers originally including: Mrs Pat and Mr Jim Dryden, Mr Evan and Mrs Jennifer Newton and Mr Greg Early, all members of Community Supporting Police and/or the Blue Ribbon Committee, tirelessly worked out the number of ribbons required to be inserted into envelopes of varying sizes; addressed envelopes and delivered them to the Post Office. In 2015 and 2016 the distribution of the ribbons state-wide was handled by Mr and Mrs Newton then in 2017 Mr Col Diachkoff, who replaced Mr Newton as the CSP representative on the Blue Ribbon Committee, performed this task.

These envelopes are sent to stations and other police establishments and are accompanied by a memorandum signed by the Commissioner of Police and addressed to the officer in charge as well as ribbons, deposit slips and a NPRD poster. This memorandum contains the following request: "Please retain and display the Blue Ribbon box and surplus blue ribbons on your front counter all year round so that community members can pick up a free blue ribbon to wear and make a donation if they choose. Money collected through this scheme can be banked throughout the year."

The retention of both the surplus blue ribbons and display of the blue ribbon box on the counters at police establishments all year round has been beneficial when the Queensland Police Family is faced with the murder of an officer - most recently Detective Senior Constable Damien Leeding in 2011 and Senior Constable Brett Forte in 2017. On both occasions, the QPS Blue Ribbon Committee was able to ensure that stations had sufficient stocks of ribbons to meet the desire of community members.

As part of the National Police Remembrance Day commemorations, Police Recruits used to walk beside the march from Police Headquarters to one of the three Churches used for NPRD services, namely Ann Street Uniting Church, St John's Anglican Church and the Cathedral of Saint Stephen, and offer a blue ribbon to members of the crowd with some donations being received by them. In recent years, with the co-operation of Queensland Rail, Recruits, serving Police Officers, representatives of Police Legacy and Community Supporting Police and volunteers from QBank have been placed strategically at Roma Street, Central and Fortitude Valley Railway Stations to offer blue ribbons to commuters with donations being received by them. (continued pg 7)



You can help children whose lives and education have been disrupted by domestic violence by donating to Zephyr Education Inc.

Zephyr Education Inc is a Queensland based charity whose sole purpose is to help these vulnerable children get back to school as quickly as possible by supplying them with: School uniforms and shoes, School bags, lunch boxes and water bottles. Textbooks and stationery specific to the year and school they will be attending.

Zephyr also supplies swimming gear and pays resource levies (e.g. for e-learning), camp fees and sports fees to make sure the children don't miss out on these important activities.

Many of these children arrive at domestic violence shelters with just the clothes they are wearing. It is vital for their self-esteem and continuing education that they fit in at their new school by having the same uniform, books and equipment as the other children.

Zephyr Education Inc was established in April 2013 under the name Zephyr Foundation and is currently supporting the educational needs of children in 70 shelters throughout Queensland from the Gold Coast to Weipa. Nine of these are indigenous shelters and one supports immigrant women. Since February 2017, Zephyr has also been supplying school gear to children in all 7 DV shelters operating in Tasmania. Zephyr is run by volunteers and no one receives any remuneration or expenses for their work.

Zephyr often receives feedback from staff at shelters confirming that the support it provides is not only vital but transformational. For example, the manager of an indigenous shelter sent an email about two little girls who were terrified about starting at their new school the following week. However, after receiving their new uniforms and school packs from Zephyr, they spent the afternoon parading around the shelter in their uniforms and were so excited they couldn't wait to go to school.

Here are two other emails showing the impact of Zephyr's work: *As always, I am so grateful for the support you provide our families! You should have seen this little boy on his first day of school with his uniform and books ready to go. Instead of being stressed his mum was able to relax and enjoy watching her baby start school. Your support has a huge impact on the lives of women and children and we can't thank you enough!* (Shelter Coordinator)

A student at our school arrived day 1 with her school bag packed with books and other resources. This has allowed her to maximise her learning and start her educational journey with confidence and a smile. Zephyr Education made this possible. (School Deputy Principal)



Kind regards

David Bevan

Donations can be made to:

Zephyr Education Inc BSB: **084-004** Account number: **15-629-0526**

Ref: **Your name**

Please email your contact details to admin@zephyreducation.com.au so we can send you a receipt.

All donations of \$2 or more are tax deductible www.zephyreducation.com.au

ABN 805738577 ABRN 615454227

(continued from pg 6)

A BRIEF HISTORY OF THE QUEENSLAND POLICE SERVICE BLUE RIBBON COMMITTEE extract:

Over the years and in addition to the activity at the three major Railway Stations, Community Supporting Police members have been present in major shopping centres in Brisbane, have offered ribbons to patrons and where possible have collected donations.

In 2018 the QPS Blue Ribbon members include: Mr Andrew Gough, Secretary/Manager of the Queensland Police Legacy Scheme, Mr Colin Diachkoff, Community Supporting Police, Inspector Deborah Nicholson, QPS Liaison Officer, a representative of QPS Media and Public Affairs Group, a representative of QPS Chaplaincy (Senior Police Chaplains Rod Wood or Andrea Robertson) and Mr Greg Early, Chairman and State President of the Queensland Retired Police Association.



The *Community Supporting Police Inc. (CSP) Helping Hand (HH)* is a registered tax deductible gift status organisation which aims to render financial aid and assistance to members of the *Queensland Police Service (QPS)* and their families, who are faced with serious, terminal, life threatening injuries or significant personal trauma.

Helping Hand has established a network of volunteer employees across the State, who can identify and coordinate assistance for colleagues and their families. HH raises funds through donations, sponsorship, payroll deductions and fund raising events.

No donations have been spent on administration costs since the fund commenced in 2005. *Helping Hand* donations, including those made through the payroll system, are tax deductible.

Financial support of *Helping Hand* is vital for the Fund to continue to support members of the *Queensland Police Service* for as little as \$2.00 per pay, **YOU** can make a significant difference.

If you are a Queensland Police Service employee in need of support please contact your local QPS Chaplain or CSP Branch.

Brisbane CSP meeting dates for 2018

Annual General Meeting Police Headquarters: Mon. 3rd September 7.00pm
General Meeting at Police Headquarters: Wed. 14th November 2018 7.00pm



If you would like to attend your local CSP Branch meeting please contact your local QPS Chaplain or CSP Branch representative.

Cairns: Rev Doug Foster—foster.dougn@police.qld.gov.au

Mareeba: Inspector Rolf Straatemeier—straatemeier.rolfr@police.qld.gov.au

Townsville: Senior Sergeant Janelle Poole—poole.janellem@police.qld.gov.au

Rockhampton: Senior Sergeant William Fleming—fleming.williamj@police.qld.gov.au

Toowoomba: Inspector Sharee Cumming—cumming.shareet@police.qld.gov.au

**Thank you to
our wonderful sponsors!!!**



We hope you find this edition informative and interesting, keeping you up-to-date with what Community Supporting Police is doing throughout the State to "support those who support us" and keep us safe.

If you have any feedback, comments or recipes we would love to hear from you!!

Alternatively, if you attend an event, hold an activity or have a story or photos you want to share please feel free to: email the secretary at info@csp.asn.au



Community Supporting Police Inc



Support those ...who support you

Community Supporting Police Inc (CSP) is a community driven organisation which is devoted to raising funds to provide comfort and support to members of the Queensland Police family in times of crisis and /or trauma.

Since its inception in 1991, CSP has continued to raised funds to provide emergency accommodation free of charge to hundreds of QPS families who have required assistance. Requests for assistance are made through the Police Chaplain or Human Services Officer.

Membership is \$20 per year



Helping Hand is a registered charity and is a sub-committee of CSP. Helping Hand provides financial assistance and a communication network to members of the QPS family affected by serious illness or personal trauma.

QPS members can make donations to Helping Hand through payroll deductions, which are tax deductible

For more information about *Helping Hand* or *volunteering for CSP* or *CSP membership*

visit www.csp.asn.au or

email info@csp.asn.au

To make a donation or purchase *Behind the Crime* tickets or *CSP merchandise* check-out www.csp.asn.au or email info@csp.asn.au.



(photo left) CSP members Fay and Peter Johnson with retiring Academy Protocol Officer Mr Barry Martin. Photo was taken at the Recruits' Induction Parade on 10th May at Oxley Academy, where Fay and Peter presented Mr Martin with a Certificate and small token of Appreciation for his commitment and support of Community Supporting Police. Mr Martin has always provided adequate space for CSP volunteers to promote our organisation to the newly graduating officers and their families, thus providing us a perfect opportunity to sell our merchandise. (this insert follows on from article in the

June Edition)

Farewell & Thanks

WE NEED YOUR HELP!!!

To support those who support us"

Become a member, make new friends & learn new skills while raising much needed funds to supply emergency accommodation to Queensland Police Service members and their families In times of crisis and trauma.

Please help us support those who support us

**For more information:
contact info@csp.asn.au**



Community Supporting Police

Community Supporting Police Inc. 2018 Annual General Meeting Invitation

To be held:

Monday 3rd September 2018

At

**Queensland Police Service Headquarters
200 Roma Street Brisbane**

**Commencing
7.00pm**

All welcome.

Butter-less SconesIngredients:

3 cups self raising flour
 1 cup milk
 1/2 cup cream
 1 egg
 pinch of salt
 1 teaspoon sugar.

Method:

1. **Sift** dry ingredients into a bowl
2. **Add** milk and cream and lightly beaten egg
3. **Mix** with knife to just combined
4. **Then kneed** on floured bench and roll out to 3cm thick
5. **Cut** with pastry cutter
6. **Bake** for 15—20 minutes in moderately high oven

Enjoy!!!

Serve with fresh whipped cream and jam or butter and a cuppa !!!

Kathy's Pumpkin MuffinsIngredients:

1 & 1/2 cups self raising flour
 1/2 cup milk
 1/2 cup mashed (cooked) pumpkin, drained
 1/2 cup sultanas
 1/2 cup firmly packed brown sugar
 1/4 cup vegetable oil
 1 egg
 1/2 teaspoon salt
 1/4 teaspoon nutmeg
 1/4 teaspoon mixed spice
 1 teaspoon sugar.

Method:

1. **Sift** flour, nutmeg, mixed spice into a bowl
2. **Stir** in sugar and sultanas
3. **Beat** egg,
4. **Add** oil, pumpkin and milk
5. **Blend** thoroughly
6. **Add** oil /pumpkin mixture to dry ingredients
7. **Stir** until combined
8. **Turn** into 12 well greased, deep patty/muffin tins
9. **Bake** in moderately hot oven for 18 –20 minutes or until cooked.

Serve fresh...

Enjoy!!!

Wendy's Hokey Pokey BiscuitsIngredients:

1 cup plain flour
 1 teaspoon bi-carbonate of soda
 1/2 cup sugar
 125gms butter/margarine
 2 teaspoons golden syrup.

Method:

1. **Beat** butter (margarine) and sugar until creamy
2. **Heat** golden syrup and milk until syrup has melted
3. **Put** aside until nearly cold
4. **Then** add the bi-carbonate of soda
5. **Beat** until frothy
6. **Add** to the creamed mixture
7. **Then** add the sifted flour
8. **Mix** until combined
9. **Roll** in to balls,
- 10 **Put** on to oven trays
11. **Press** down with fork
12. **Bake** in slow oven for 30 minutes

Enjoy!!! with a cuppa !!!

Bev's Mango ChutneyIngredients:

14 sliced mangoes
 5 cups sugar
 4 cups vinegar
 pinch of salt and pepper
 2 level teaspoons mixed spice
 2 full teaspoons ground ginger
 2 large onions
 3/4 cup or more sultanas

Method:

1. **Put** all ingredients in to a preserving pan and boil for 2 hours or a little more. If required.
2. **Stir** occasionally to ensure mixture does not stick.
3. **Cool**
4. **Bottle and seal.**

Serve with pumpkin muffins and salad or as a spread on meat or chicken.

Enjoy!!!



**JP Teddy
\$12.00**

Junior Police Polos Sizes 2, 4, 6, 8, 10 & 12



**CONSTABLE T. BEAR
2014
\$60.00**



**Junior Police Cap
(adjustable)
\$10.00**

\$30.00



**Connie the
Horse
\$12.00**



**Police Dogs \$12.00
(named after QPS working dogs)**



**Koala Cop
\$25.00**



QPS Lanyard



Drink Holders



Pen Holders



**Community Supporting
Police Pen in a Pouch
\$5.00**

CSP merchandise can be purchased at our stalls at various community events including but not limited to: The Caravan and Camping Show, the Brisbane EKKa both held at the RNA Grounds. Other locations where CSP merchandise can be purchased are Capalaba, Ipswich Central & Loganholme Hyperdome Police Beats as well as on Wednesday and Thursday (between 10.00 & 14.00) at the Police Headquarters Shop (ground floor 200 Roma Street Brisbane); OR online at www.csp.asn.au

If you want to check out the CSP merchandise once you access www.csp.asn.au please go to "Our Store" by clicking on the links, orders can be made here with payments processed through PayPal or Credit Card for your convenience.

Alternatively, once you have selected your items you can place your orders through orders@csp.asn.au and arrange for payment and delivery.

As you are aware all funds raised go to support those who support us.

We sincerely thank you for your support.