

Vale: Cathy Goodsall



On Friday the 12th June 2020, one of our truest friends and supporters, Cathy Goodsall, tragically passed away after an ongoing and courageous battle with cancer. Cathy was a much loved member of the Rockhampton policing community, and her passing will stay with us all for a long, long time. Cath commenced working with the QPS at the old Rockhampton District's Office on 15 August 2005 as an AO2 Administrative Assistant, and from day one she displayed the

attributes that would make her such a valued member of our team – everyone's team! – and make it so easy to work with her, laugh with her, respect her, and yes...when the occasions presented themselves, party with her. Cathy had outstanding skills at organising everything and anything, multi-tasking to the point of an art, and never ever turning down a challenge or failing to help anyone in need.

Cathy was later promoted to the AO3 Admin position at the Capricornia District Office on 24 Feb 2014, and here all her skills, commitment and personal drive really rose to the top as the dynamo that kept the District Office, and in fact the entire districts, administrative functions running along in a faultless and never ending rhythm. But it was the passions that Cathy undertook behind the scenes, and often unknown to most others, that really painted the picture to how special a person she really was. For over 2 decades Cathy was an extremely proactive and successful fund raiser for Cancer Council Queensland, spending countless days, evenings and weekends working alone or with others, to raise funds through anything from local morning teas, themed evenings out and trivia nights, to door to door donation seeking, and organising and taking part in countless challenges such as the annual Relay for Life fund raising walks. When not busy attending to all those very fulfilling, but time consuming responsibilities, Cathy also threw herself into the role of local Red Cross ambassador with the exact same level of enthusiasm and commitment. Cath regularly gave blood, but also annually organised, promoted and tirelessly drove the blood bank challenges between the local Emergency Services – always leading from the front, and whipping as many people as possible into a frenzy of blood giving to not only help the Red Cross cause, but to also try and ensure the local Police won any contest she happily nominated them for. Her efforts for the Cancer Council Queensland and the Red Cross, were regularly rewarded with congratulatory and thank you letters from a wide range of senior executives of those organisations as well as participants and beneficiaries of her efforts, but as with everything else Cathy did – it wasn't for accolades or recognition – it was because her selfless commitment to the welfare of others was an integral part of her DNA, and the knowledge her efforts were helping others, was simply reward enough.

With her total and unwavering commitment and loyalty to the QPS from the first day she started with us, Cathy also then not surprisingly quickly found her way into the Rockhampton chapter of Community Supporting Police (CSP). (cont p 2)

Vale: Cathy Goodsall (cont p 1)

And here again, like everything else she undertook, it wasn't half hearted or lacking in gusto, and Cathy immediately became the driving force behind the local CSP committee from 2012 until 2020. Even after retiring in September 2016, and then having a well-earned hiatus of travelling and relaxing with her husband Dave, Cathy still remained very active with Rockhampton's CSP either as a committee member or a volunteer.

Over the years, Cathy held a number of roles with CSP, especially treasurer and vice-president, but her greatest passion was fund raising and managing the Rockhampton CSP Emergency Accommodation house. A CSP residence that has provided much needed emergency accommodation for so many police and their families over the years, and which Cathy, and more often than not with the support of Dave, worked tirelessly to upkeep the yards, maintain the consumables inside, organise (and often complete) any repairs needed, and always pride herself that it was completely spick and span and available in the condition that those in need utterly deserved. As a fund raiser, Cathy again led the charge where ever and whenever possible, and it would be near impossible to try and work out how many CSP bears, miniature police uniforms, and other general merchandise items she sold from her desk in the District Office or from the counters of the stalls at so many events over the years, or the number of 'sausage sangers' she sold annually at fund raiser BBQ's or the ever reliable Bunnings stalls. Cathy's passion and commitment to everything she did was contagious and the Rockhampton branch of CSP would never have achieved so many successes, if not for her involvement at every level. I do know that one of Cathy's proudest moments as a Rocky CSP rep, was her work in helping organise and coordinate the annual CSP State Conference at Rockhampton in July 2014. Again this is where Cath's abilities really stood out, and the conference was not only a resounding success for her and everyone else involved, but the friendships that Cath made from that one event, let so many other people find and enjoy the warmth, selfless, funny and always happy Cathy Goodsall that we were all blessed to meet and know for so many years. Toss into that self driven mix, her total commitment, dedication and love for her extended family and friends, and her ability to be mother, grand mother, saviour, best friend and rock to so many others, it goes just a little way to showing what a wonderful woman Cathy was.

Words will never be able to express how much Cathy meant to the entire Rockhampton and Capricornia Police community, to the Cancer Council Queensland, to the Red Cross, to all her friends and associates in CSP, and most importantly to her husband Dave, and their children and grandchildren as well as the many other members of her extended family, but I know we are all certainly richer for having been part of her life, and will never forget her passion for life, her devotion to the welfare of others, and that mischievous lovable streak that was always bubbling just below the surface.

Rest in peace Cathy and thanks for being part of our lives.

Ron Van Saane
District Officer Capricornia District

Below: Commissioner Stewart presenting Cathy Goodsall with Certificate of Appreciation for her commitment to QPS family & CSP in 2015 as part of the Q150 Expo in Capricornia Region.



Photo above taken at the Rockhampton "Fancy Dress Day" July 2014, raise funds for CSP, Police Legacy and helping Hand — L2R: Sgt Toni Healey, Insp Virginia Nelson, Snr Sgt Mel Adams & Cathy Goodsall



The photos (left) were sent through by a member of the QPS State Crime Command, Police Headquarters who was working alongside members of the Australian Defence Force manning the Queensland Northern Territory border at Urandangi, who met the children and decided that they deserved a special surprise...a Community Supporting Police Junior Police polo, Junior Police cap and CSP plush police puppy.

The ADF was in Urandangi supporting police on the border. The ADF are attached to 2nd Cavalry Regiment (B and C Squadron) based in Townsville. (far left).They did a lot of work on the War Memorial and sourced Australian and Aboriginal flags to fly on the flag pole, which they gave a face lift to with a lick of paint, new hooks and new halyard. They spent a lot of time polishing a brass memorial plaque they found in the pub, painting and restoring the flag pole and generally making the War Memorial more attractive. As well as this they contributed to many improvements around the pub which included pouring concrete paths and laying stepping stones and general tidy up and assistance to Pam (far left 3rd row).

The initial border site was located outside the Urandangi Pub, however, the border was later moved to Cooks Well site as there were many vehicles avoiding the site outside the pub by using backroads.

The nights were cold, but the fire kept us warm.

The sunrises and sunsets were equally as beautiful as each other and the overall experience was made better by Pam's hospitality and catering of our meals. And we can't forget Darcy and Thommo, who helped Pam with the washing up and preparation.

The Australian Army have been residing at the Urandangi checkpoint since the beginning of the Queensland border closures in early April, now being monitored only by Queensland Police.

On top of checking interstate travellers, the army have had the unique opportunity to look after baby joeys, visit outback sites, and help the Dangi Pub during COVID. Publican Pam Forster said it was a sad day seeing the new Dangi members leave.

<https://www.facebook.com/ABCNorthWestQLD/posts/>



Community Support

The photo on the right depicts a future Queensland Police Service (QPS) recruit. Although only 4 this budding Junior Police Officer is keen to serve the Queensland community. As you can see by the big smile and delicious cake, even Junior Police "Don't do Boring".

A career with the Queensland Police Service is dynamic, challenging and ultimately rewarding. The QPS currently employs more than 15,000 members including sworn police officers and public servants. In addition to these roles, the QPS also employs Police Liaison Officers, and enlists the help of volunteers.

In the interest of everyone's health and safety, during the ongoing and unprecedented impacts of novel coronavirus (COVID-19), the QPS has postponed some of our activities including seminars, recruiting assessments and have limited our planned face-to-face interactions until further notice."

For more information and updates: please go to the QPS website. <https://www.police.qld.gov.au/units/police-recruiting>

If you have a little someone who likes having fun helping people, you can purchase a Junior Police Polo Shirt and Junior Police Cap at the CSP Shop: www.csp.asn.au



Coming soon!!!! Junior Police Cargo Pants.

The members of CSP sincerely thank Mum for sending in this beautiful photo and for her support of our organisation, which supports members of the QPS family in times of trauma and/or crisis.

Community Supporting Police Inc acknowledges QBANK, our major supporter, for their continued and valuable support of our organisation.

QBANK provides much needed financial assistance thus enabling CSP to provide emergency accommodation to members of the Queensland Police Service and their immediate families in times of crisis and trauma.

QBANK's contribution extends to providing staff to assist in the selling of CSP merchandise at major events.

**For this generosity
Community Supporting Police Inc
is extremely thankful.**



AUSTRALIAN POLICE MEDAL (APM)

The members of Community Supporting Police Inc. extend our sincere congratulations to: Inspector Tracy Lee Dale; Inspector Wayne David Rasmussen; Inspector Phillip Allan Stevens; Senior Sergeant Nicole Leesa Fox; Senior Sergeant David James Rutherford; Sergeant Ian John Leavers and Sergeant Karlene Louise Trezise on being awarded the Australian Police Medal (APM) in the 2020 Queen's Birthday Honours.

Inspector Tracy Lee Dale Inspector Dale's service as a leader and mentor has been exemplified through her involvement as a Regional Duty Officer and Specialist Services Inspector in the South Eastern Region, working with officers from a broad rural portfolio as well as in areas of: Cross Cultural, Crime Prevention, District Duty Officers and Tactical Crime Squads. Her working partnership with other community leaders and groups, has made a significant contribution to improved service delivery and enhanced safety for the community of Queensland.

Inspector Wayne David Rasmussen, has an expansive area to cover extending to the New South Wales and South Australian borders. Throughout his career, Inspector Rasmussen has instigated various programs and activities built on trust and respect focusing on the creation of better relationships between the QPS and First Nations Peoples. One such initiative was the Queensland Police Artwork - 'Look to the Stars', which is now incorporated into the QPS strategies making a significant contribution to improving the QPS's service delivery thus enhancing safety and will remain as a legacy for generations that follow.

Inspector Phillip Allan Stevens together with the support of other officers successfully led the QPS response to the growing organised crime threat posed by Outlaw Motorcycle Gangs (OMCG) and their networks. These operations resulted in the disruption of the associated criminal activity and improved public safety.

Senior Sergeant Nicole Leesa Fox was recognised for her dedicated service as a Queensland Police Service (QPS) Forensic Crash Investigator, whose exceptional skills in the Forensic Crash discipline have been recognised by the judiciary who see Senior Sergeant Fox as a highly regarded expert in collision analysis. Senior Sergeant Fox, through her work with the State Training Coordinator has developed national standards for investigators, awareness training for school children to promote safe handling of "All Terrain Vehicles", aiming to reduce deaths and serious injuries.

Senior Sergeant David James Rutherford 's dedication to providing a safer environment for all children and families has seen him spend a significant period of his service as Officer in Charge in multiple remote communities throughout the state where he has built a knowledge of Indigenous culture. This knowledge base and understanding has resulted in the implementation of practices focused on bridging the gap between the QPS and Indigenous communities.

Sergeant Ian Leavers was recognised for his leadership skills, governance abilities, management expertise and acknowledged as a leading advocate for the improvement of wages, conditions and entitlements for police. Sergeant Leavers has been at the forefront of legislative changes relating to sentencing for those who assault police and has driven significant changes to alcohol fuelled violence legislation. Sergeant Leavers' dedication to the members of his police family has not only enhanced the safety of members of the QPS as they undertake their day to day activities but in turn improved safety for the wider community.

Sergeant Karlene Louise Trezise has performed diligently during her career, working with the Esk community to reduce road trauma and drug use. She has implemented extensive traffic enforcement measures, and worked in partnership with the Queensland Department of Transport and Main Roads to significantly reduce road trauma through the introduction of reduced speed limits in certain rural winding roads resulting in reduced fatalities and injury in traffic accidents in the area. Sergeant Trezise's commitment to the local community as first responder working with other QPS Police, Emergency Services, external partnerships and the community, during the 2011 Esk Floods and the recent Peachey/ Esk Fires, preserving life and property, was also acknowledged.

<https://mypolice.qld.gov.au/news/2020/06/08/qps-officers-receive-national-recognition-for-outstanding-efforts/>

Congratulations!!!
to all Award Recipients



Blue HOPE is the third recipient of the Blue Ribbon funds for 2020.

Commencing in September 2014, Blue HOPE Support Services Ltd is a unique registered charity that provides much needed mental health support to current and former Police Officers and their families. After identifying distinctive gaps within existing internal support strategies, Blue HOPE was built specifically 'by cops for cops' with a view to filling said void.

Very often reluctant to speak out in terms of their mental health owing to a perceived stigma attached to those who put their hand up, Police Officers by and large simply remain silent, allowing diagnosed conditions such as Post Traumatic Stress Disorder, Depression and Anxiety to manifest themselves until such time as the cup inevitably flows over, very often with catastrophic results.

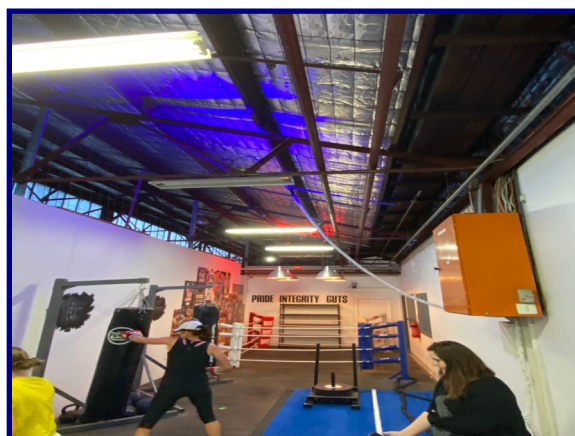
To that end, Blue HOPE was designed with a view to providing completely external, tailor made support to those Officers who for whatever reason, find themselves in tough times. Not withholding to any Law Enforcement Agency, Blue HOPE provides anonymous real time, tangible support to cops in crisis. As earlier stated, we are a registered charity with Deductible Gift Recipient status.

Since 2014, Blue HOPE has undertaken over 3000 engagements, ranging from a simple coffee meeting right up to arranging and assisting with hospital admission in cases requiring acute care. It must be stated that dealing with suicidal Police Officers is a very confronting situation, one which Blue HOPE is strongly equipped to deal with based on our own significant Policing experiences. **Blue HOPE Support Services Ltd. 3/929 Kingsford Smith Drive, Eagle Farm, Q. 4009 ABN: 81604985533 ACN: 604985533**

The uniqueness of Blue HOPE revolves around a clients ability to immediately build a rapport with their Blue HOPE case officer very simply owing to his or her own current or former experiences. There is no wasted time seeking clarification as to stories told, as inevitably we are able to identify exactly with the sometimes awful and cruel sights, smells and sounds as described by our clientele, things which make up the daily life of any Police Officer.

The organisation has evolved since 2014, to the point where we now have a dedicated base of operations situated at the corner of Kingsford Smith Drive and Harvey Street North Eagle Farm. Within this facility we have dedicated office space, consulting rooms, conference facilities, a fully equipped strength and conditioning gym and a social / drop in centre, totalling some 450 square metres.

In addition to this, we designed and purpose built a



commercial food trailer which is extremely pro-active in terms of engaging serving Police Officers in the field. This trailer is exclusively used to provide quality meals and barista made coffee to operational Police Officers anywhere and at anytime.

The food trailer ultimately allows us sometimes only five minutes to meet with Police over a meal and/or a cup of coffee. The overriding principle of our pro-active strategies is to simply

encourage that hard conversation, perhaps at the time but very often after we depart, that can have a positive effect on Police lives, and can ultimately save a life. We don't preach, but we make it abundantly clear that we are there for them should they need us.

(cont. Pg 7)



Blue HOPE (cont pg 6) We at Blue HOPE do not profess for an instant that we have re-invented the wheel. Absolutely to the contrary, we base our engagement strategies very simply on the 'help your mates' concept, an underlying principal that makes this country the incredible place that it is.

One of our core principles is to take the time to highlight how a simple cup of coffee or a gym workout for that matter, are often the very first steps in building trust, leading to our clientele embarking on that journey that potentially changes their lives.

I have included a photograph (right) of our dedicated vehicle and 'Chuck Wagon' the investment in which we think demonstrates how serious we are in advocating change in the Police mental health space. On October 1 (COVID restrictions permitting), Blue HOPE is embarking on our 2nd annual road trip, effectively completing an anti-clockwise lap of Queensland, stopping at 27 Police stations including but not limited to Townsville, Cairns, Hope Vale, Normanton, Karumba, Camooweal, Mt Isa, Birdsville, Hungerford, Texas and home to Brisbane.

This trip is primarily self-funded and allows us to show some of the more remote Police communities that we care. In October we will be launching our 'Shoutacopacupofcoffee' (hard to say but easy to do) concept, which will with any luck, encourage people to donate a few dollars with a view to us making a free cup of coffee for a Police Officer on this trip. As earlier stated, this very simple gesture can often be the first step towards positive change.

Thank you
Andrew Ayres
Founding Director Blue HOPE Support Services Ltd.
M: 0416 839499 E: andrew@bluehope.org.au



Quarantine is going well but I'm pretty sure the cat is cheating



Gloria's Honeycomb

Ingredients:

- 1 cup sugar
- 4 tablespoons golden syrup
- 4 tablespoons water
- 2 1/2 teaspoons bi-carbonate soda

Method:

1. lightly grease tin & saucepan
2. dissolve sugar into water in saucepan
3. Bring to boil, then simmer for 7 minutes
4. Add Bi-carbonate soda & stir quickly until all is mixed in.
5. Pour quickly into greases tin, cool and

Enjoy!!!

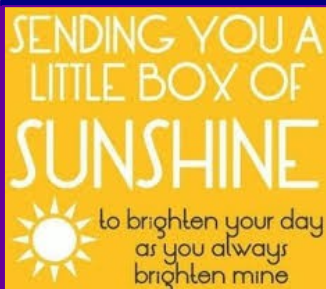
Keeping in touch

CSP Brisbane Meetings Dates 2020

Annual General Meeting: Wed 16th September 2020 via MS Teams (online)

General Meeting: Wed 11th November 2020

PLEASE NOTE: that due to the current COVID-19 restrictions CSP Management Committee and General Meetings are not taking place at there usual locations **but** rather online until further notice.



techjunkie.com

Keeping in touch

Thank you to the members of CSP who have been sharing recipes and messages across our network during the COVID-19 isolation as a means of keeping in touch. The sharing of recipes and various words of wisdom has allowed some of our volunteers as well as others within our community and beyond to stay connected as we travel through this unusual time.

During these last few months we have also become more aware of the impact of isolation has on both a person's physical and mental health, hence it is also important for us to realise that as restrictions

begin to ease and we embark on our "new normal" it is expected that some people may experience an exacerbated feeling of social isolation and loneliness.

So if you or someone you know needs help or someone to talk to or support, the following organisations might be able to help:

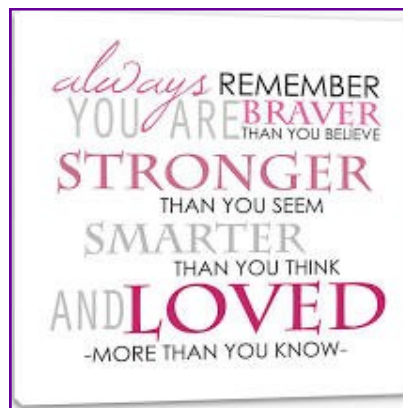
Beyond Blue: - Coronavirus Mental Wellbeing Support Service - 1800 512 348 or go to <https://www.beyondblue.org.au/>

Life Line: 13 11 14 – 24 hrs telephone crisis support needs

Kids Helpline: 1800 55 1800

ehespace: Online and telephone counselling for 12-25yr olds

Relationships Australia: 1300 364 277



<https://www.wallartprints.com.au/always-remember-stretched-canvas>

Amos's Easy Thai Peanut Sauce Recipe

How to Make My Mom's Thai Satay Sauce by Leela on March 31, 2009. This is a Thai satay sauce which is on the sweet side, has a flavour that is found in Thai curry (but is not supposed to be hot), and is served as a dipping sauce for Thai-style satay.

Ingredients: Serves: 3.5 cups

One 13.5-ounce can of full-fat, unsweetened coconut milk

2 ounces (approximately ¼ cup) of Thai red (preference) or Massaman curry paste (milder but flavourful)

¾ cup unsweetened (natural) creamy peanut butter (Do not use regular peanut butter or anything with added emulsifiers. It must be the type of natural peanut butter that comes with natural peanut oil on top and no sugar added.)

½ tablespoon salt

¾ cup sugar

2 tablespoons of apple cider vinegar or white vinegar (Do not use white wine, red wine, balsamic, or anything else — not even rice vinegar)

½ cup water

Method:

1. Put everything into a medium heavy-bottomed pot and bring to a very gentle boil over medium heat, whisking constantly.

2. Let the mixture simmer for 3-5 minutes over low heat; be careful not to let the mixture scorch at the bottom of the pot.

3. Take the pot off the heat, let the sauce cool down to room temperature (or slightly warmer), and serve the sauce with satay or fried tofu.

Notes

This peanut sauce keeps in a glass container in the refrigerator for weeks. Refrigerated sauce will thicken up considerably. To thin it out mix with a little bit of water to desired consistency, reheat, and serve. The sauce also freezes beautifully. (Wordpress Recipe Plugin by EasyRecipe)

Enjoy!!!

DAY FOR DANIEL Friday 30 October, 2020 WEAR RED .

Day for Daniel 2020 - This year, schools around Australia will be joining us for our 16th annual Day for Daniel, educating kids about their personal safety.

Daniel Morcombe Foundation celebrated its 15th anniversary on May 5th. The Foundation began with a strong commitment to empowering children with personal safety skills and supporting young victims of crime as a legacy to Daniel. Over the past 15 years, the Daniel Morcombe Foundation has become synonymous with the Australian community's commitment to child safety. "Our biggest achievement is that we have made it okay to report. It is no longer acceptable to hide beneath a cone of silence," Bruce said. Thank you to everyone who has joined us along this journey and for those who continue to support our efforts to keep kids safe.

Thursday 25 June saw the live stream of the first Australia's Biggest Child Safety Lesson (ABCSL), focusing on online safety strategies for children aged 8 to 12. The Foundation is delighted that this has been our most watched live stream event yet with over 121,000 children watching the lesson at the same time! Online safety is top of mind for parents, carers, and educators with COVID-19 forcing many regular activities and relationships into a technological space. The lesson uses an evidence-based approach to address the dangers to children online and engages children in prevention strategies.

Representing children's views and perspectives is particularly important. As such, we thank the students from various schools across the Sunshine Coast for their involvement as actors, journalists, and interviewees.

ABCSL was also supported by Daniel Morcombe Foundation Ambassador Steven Bradbury and Australia's eSafety Commissioner, Julie Inman Grant. View ABCSL now: [DanielMorcombe.com.au](https://danielmorcombe.com.au/wpcontent/uploads/2020/07/DMF_Newsletter_July_2020_WEB.pdf)
https://danielmorcombe.com.au/wpcontent/uploads/2020/07/DMF_Newsletter_July_2020_WEB.pdf

5 Tips for supporting a child who is ready to disclose:

The most important thing is to make sure the child feels safe and supported.

LISTEN Say: "I'm here for you." Give your full attention and be patient Let the child use their own words – don't ask leading questions

REASSURE Say: "You're brave and you've done the right thing in telling me." Try to withhold your own feelings or opinions

SUPPORT Say: "What happened is NOT your fault." Silence is good; allow the child time to process their thoughts, resources such as 'feelings' charts can be helpful

BELIEVE Say: "I believe you and I want to help you be safe." Explain the next steps – don't make promises you can't keep

RECORD & REPORT If it's not intrusive, make brief, factual notes at the time. Check the relevant state or territory legislation for mandatory reporting requirements and contact the relevant child protection agency immediately.

https://danielmorcombe.com.au/wpcontent/uploads/2020/07/DMF_Newsletter_July_2020_WEB.pdf

Congratulations!!!
Bruce & Denise

On June 6th, Queensland Day, Bruce & Denise Morcombe were honoured as Queensland Greats. State Premier Anastacia Palaszczuk said, "Every one of our Queensland Greats has worked to make other people's lives better, some after overcoming incredible adversity themselves." Bruce and Denise were very appreciative of the accolade and wished to thank all those who have supported their endeavours.

"I'm proud and I'm sure Daniel would be proud too," said Denise.

Previous recipients of this award include Commissioner Bob Atkinson AO APM, Steve Irwin, Deborah Mailman, Wally Lewis, Margaret Olley AC, and Rod Laver ACE MBE, among others.

https://danielmorcombe.com.au/wpcontent/uploads/2020/07/DMF_Newsletter_July_2020_WEB.pdf

PCYC Logan restoring bikes steers young Logan lives in the right direction:

Facilitated in conjunction with the Logan New Directions team, PCYC Logan is using restored bicycles to help young people in Logan to steer their lives in the right direction.



PCYC Logan branch manager Sergeant Mick Newell recently approached Acting Inspector Grant Ralston of Logan New Directions and Logan Child Protection & Investigation Unit, with the idea of restoring bicycles and giving them to young people in the community.

"Logan Central Police Station has dozens of bicycles forfeited each week. After a period of time if these bikes go unclaimed, they are donated to PCYC Logan," said Sergeant Newell.

"Given I'm an avid cyclist and both myself and Assistant Branch Manager Senior Constable Cherie McLean are handy with fixing bikes, I wanted to create a pathway for restoring these bikes, and supplying them to young people in need," he said

"Acting Inspector Grant Ralston immediately understood the opportunities this presented for helping young offenders and introduced me to the Logan New Directions team."

Established in August 2019, the Logan New Directions team consists of five representatives from government agencies including Queensland Police Service, Youth Justice, Department of Child Safety, Queensland Health and Education Queensland. "The aim of this joint collaboration is to identify young offenders aged between 10 to 15 years and provide them with positive pathways and opportunities to prevent recidivism, and ultimately keep our community safe," said Acting Inspector Ralston.

"The Logan New Directions team works together to involve identified young people in pro-social activities like school, employment and programs offered by PCYC Queensland and other community organisations like Youth Off The Streets," he said.

"When Sergeant Newell suggested the idea of giving restored bikes to young offenders I thought it was a great opportunity to provide a mode of transport to help them engage with pro-social activities in the Logan community, as well as being a positive reward for those young people who are really making progress."

Logan New Directions team member and Child Safety Officer, Taylor Johnson, is thrilled with the outcomes of the bike restoration program at PCYC Logan and says three bikes have been awarded in just three weeks.

"This program is really thinking outside the box and acknowledges that all our agencies can work together to provide holistic support for our young people in Logan, many of whom are vulnerable and have complex needs and don't necessarily fit into mainstream programs," said Ms Johnson.

"Programs like this introduce our at-risk young people to safe, reassuring places they can go to get support, build relationships and improve their community connections. I know one of the first bike recipients was so excited as she was struggling to attend school without transport, and now the bike will help her reengage with schooling," she said.

Boosted by the success of the initiative, PCYC Logan intends to introduce a Bicycle Restoration Program once COVID-19 restrictions are lifted and club activities and programs can resume. "The Bicycle Restoration Program will offer young people the opportunity to come along and learn how to fix their bikes, while providing a safe drop-in space, purpose and life skills in the process," said Sergeant Newell.

"As a former National Road Cycling Champion and National Time Trial Champion, riding is a passion of mine and I love seeing young people out and about riding. Bike riding helps your mental health, your physical health, prevents traffic congestion and helps the environment along the way. What more can you ask for!" For more information about PCYC activities please go to: www.pcy.org.au

Branch Updates

Northern Region Community Supporting Police Townsville Branch

The Northern Branch continues to work to support our members and families in the region. Our welfare accommodation "Margaret House" has been the Branch's focus in 2020. During the first half of this year Inspector Joe Kitching was able to source much need funding from the Queensland Police Service to support our branch to undertake urgently needed repair and maintenance work on the property.



Margaret House (see current photo right) has had a complete external repaint, stump repairs, replaced fencing, a new bathroom and electrical and minor modification work completed inside.

Margaret House is well utilised to support our members in urgent welfare need and this work certainly provides our guests with a safe and clean residence to support their families. Our committee sincerely thanks the QPS for their support.

Fundraising has been impacted by COVID 19 and the Branch is looking forward to being able to undertake more fundraising as the restrictions are relaxed.

With the AGM coming up, a number of Committee members have indicated their willingness to continue on the committee, thus ensuring continuity and momentum of the committee.

At the Branch Meeting, 3 June, the committee reviewed the existing Business Plan, Policies and Procedures, ensuring a smooth transition to the new committee later in the year.

Upcoming events are the Police Remembrance Day in September, and the swearing in of the current Recruit Class in December. A number of fundraising activities are also planned.

Thank You
Joe Kitching
Community Supporting Police Northern Region Branch

Southern Region Community Supporting Police Branch

Acting Inspector Lou Serafim advised that Darling Downs District are putting together a new CSP committee, to support the QPS members and their families who are required to access CSP emergency accommodation Shaunagh House.

Over the past couple of months Acting Inspector Lou Serafim with the assistance of her husband has been doing an upgrade to Shaunagh House. These renovations have included: getting the yard in better shape; cutting down the dead foliage and trees; purchasing plants and soil to create a hedge across the front of the residence; the old furniture replaced and curtains hemmed.



Acting Inspector Lou Serafim sends a huge thanks to her aunty who donated a brand new lounge and kitchen table and chairs and the donations of a \$100 Bunnings voucher.

Thank you
Lou SERAFIM
Southern Region Branch



"Trust Your Gut."**Crime Stoppers Day 2020 Media Release 18 May 2020**

An independent national survey commissioned by Crime Stoppers Australia has revealed as many as 1 in 5 Australians choose to turn a blind eye to unsolved crime and suspicious activity rather than speaking out – with another 1 in 3 survey respondents preferring to share information with family or friends rather than authorities.

While over half of respondents said they were prepared to speak up, those who wouldn't said they were held back because of personal concerns (79%) – primarily because they didn't want to get involved or were concerned for their own safety and feared repercussions.

The results have concerned the nation's preeminent information service, which is using National Crime Stoppers Day on Monday 18th May to urge all Australians to play a part in building a safer community by sharing with Crime Stoppers what they know, without having to say who they are.

Crime Stoppers Queensland State Manager, Carmen Jenkinson said that while Queensland's results are slightly higher than the national average, the research found a number of respondents second-guessed themselves before picking up the phone or going online to make contact, even though all types of crime information was welcomed.

"In Queensland the results show that 2 in 3 people reporting potentially illegal activity they had witnessed, and 1 in 4 of those are reporting to Crime Stoppers, compared with 1 in 5 nationally," Ms Jenkinson said. "Of those people who said they weren't prepared to speak up, we found the majority thought what they knew wasn't worth sharing, or they believed the crime information wasn't serious enough to share," Ms Jenkinson said.

"These moments of self-doubt mean some people in the community are not sharing potentially critical information about an unsolved crime or suspicious activity with us. We want people to know that even the most insignificant piece of information might be all it takes for police to solve a crime, and we welcome information about every type of crime, no matter how big or small," she said.

"It may be an overheard conversation, odd neighbourhood comings or goings, or something that just doesn't feel right – and that's the very time that people should *listen to their instinct* and share what they know with Crime Stoppers without having to worry about getting further involved or going to court."

"That is why our theme for this year's Crime Stoppers Day is "Trust Your Gut."

When it comes to the types of crime currently of most concern in our neighbourhoods, the research found people are most worried about becoming a victim of theft or robbery (68%), while one third (31%) are also concerned about the impact of drugs in their local community. When asked about Australia's biggest national crime threat, drugs emerged as the number one concern by almost half of the survey participants.

The landmark research, conducted by Colmar Brunton in February and March 2020, surveyed a statistically significant sample of Australians aged 13 years and older, which was then followed by a series of focus groups and in-depth interviews.

This is the first time Crime Stoppers Australia has specifically included people under 18 years of age (10% of participants) and persons from non-English speaking backgrounds (15%) in its market research activities, providing a more comprehensive understanding of Australians' views on a range of crime issues.

"This is the most comprehensive research of its type we have ever undertaken and the results not only provide valuable insights into what motivates and prevents people from speaking up, but also assists to focus our efforts in the years ahead to make sure everyone can confidently share what they know with Crime Stoppers without fear of retribution," Ms Jenkinson said.

https://www.crimestoppersqld.com.au/campaigns/crime_stoppers_day

In Australia, someone contacts Crime Stoppers every two minutes to share information about an array of unsolved crimes and suspicious activity that is then passed to police and leads to an average of 100 apprehensions every week across the nation for a range of crimes.



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 (contact details below)

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

Far North Region: **Rev Doug Foster** - Foster.dougn@police.qld.gov.au (Cairns & Tablelands)

Northern Region: **Inspector Joe Kitching** - Kitching.JoeJ@police.qld.gov.au (Townsville)

Central Region: **Sergeant Amanda Warby** - Warby.AmandaC@police.qld.gov.au (Rockhampton)

Southern Region: **Rebecca Elliott** - Elliott.RebeccaJ@police.qld.gov.au (Toowoomba)

South Eastern Region: **Linda Simpson** - Simpson.LindaM@police.qld.gov.au (Logan & Gold Coast)

Brisbane: **Cecelia Serchen** - info@csp.asn.au (Brisbane Metropolitan).

Russell and Sandy's Coconut Cream Rice Pudding (10,000 calories per serve)

Ingredients:

- 6 cups of water
- 2 cups of medium grain white rice
- 3 cans of coconut cream
- 1 can of condensed milk
- 1/2 cup of caster sugar
- 1 teaspoon of vanilla essence
- + some added full cream milk

Method:

1. Bring the water to boil in medium to large pot.
2. Add the rice and turn down the heat to low/simmer.
3. Cook until the water is absorbed.
4. Now turn heat to low (Don't let the rice bubble as this will burn the base of the pot)
5. Add the 1st can of coconut cream and stir in.
- 6 Let this be absorbed, stirring occasionally.
- 7.Repeat steps 5 & 6 for remaining 2 cans of coconut cream.
8. Now add the can of condensed milk and the vanilla essence, stir in to combine.
9. Add the half cup of caster sugar.
10. Leave in pot (pot on cooling rack) and allow to cool and absorb the liquid. (This might take a while).
11. As mixture comes to room temperature, add small amounts of full cream milk to bring pudding to your preferred consistency.
12. Serve warm or cool in bowls or glasses over fruit or jelly (lime jelly works well).

Notes: Suitable for freezing: Portion into small containers and freeze.

Keeping in touch

The police want you to know that running from them is not social distancing LOL

Enjoy!!!

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 tax deductible donations to Helping Hand through their payroll

For more information about
Community Supporting Police
visit www.csp.asn.au or
email info@csp.asn.au

To make a donation or purchase
check-out www.csp.asn.au or
email info@csp.asn.au.

We hope you find this edition informative and interesting. We would also like to sincerely thank all those, who have taken the time to write articles and contributed to this edition.

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



We sincerely thank you for your continued support of CSP.



CONTAINERS FOR CHANGE

Containers for Change is the Queensland Container Refund Scheme and has been introduced to help reduce litter and recycle some of the 3 billion beverage containers (approx.) that are generated in our state each year. These containers are the second most littered items in Queensland. To help us all improve our recycling efforts and keep our beautiful environment litter-free, Queensland's Containers for Change scheme lets people receive 10-cent refund for each eligible container returned to a container refund point.

For more information regarding the Containers for Change Scheme please go to:

enquiries@containersforchange.com.au

For your information and consideration CPS has now registered as a Container Refund Scheme charity.

Our unique identification number is **C10018638**.

If you or your family or friends would like to donate your/their "Container for Change" **refunds donated to CSP**, all they need to do is use the reference ID number **C10018638**

When leaving their beverage containers at the container refund point, any deposits will be automatically directed into the nominated Community Supporting Police Bank Account.

The members of CSP sincerely thank you for considering our organisation as a recipient for this fund raising activity.

Protect others and stop the spread

We can all help slow the spread of COVID-19 in Australia.

To protect others you must:

- * practise [good hygiene](#)
- * practise [physical distancing](#)
- * follow the [limits for public gatherings](#)
- * understand how to [self-isolate](#) if you need to.

National Coronavirus Helpline

Call this line if you are seeking information on Coronavirus (COVID-19) or help with the COVIDSafe app. The line operates 24 hours a day, seven days a week.

If you are having a medical emergency call 000.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>



**Stay safe,
Stay strong
&
Stay healthy**

CSP Junior Police Range



Junior Police Cap
adjustable
\$10.00



Junior Police Polo
slim fit children's size 2 to 12
\$30.00

Plush Kangaroo with Junior Police bandana
\$12.00



Plush Emu with Junior Police bandana
\$12.00



Geronimo
named after
working Police Horse
\$12.00



Soft Toys



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

JP Teddy
\$15.00



Collectable

CONSTABLE T. BEAR
\$50.00



For full range of CSP merchandise
please visit
the CSP store: www.csp.asn.au
for prices, availability and
information about placing orders.

Other Items

Community Supporting Police Pen in a Pouch
\$5.00



QPS Lanyard
\$5.00

Iconic

Koala Cop
\$20.00

