

Victorian Police Tragedy.



By Source Fair use,
<https://en.wikipedia.org/w/index>.

The recent tragic circumstances in Victoria, where four officers were killed in the Eastern Freeway traffic incident, has and will have a long-lasting impact on the Victorian Police Service, their families, friends and the community, as well as other jurisdictions around Australia.

Community Supporting Police (CSP) has provided support for members of the Queensland Police Service and their families, as well as police officers from other jurisdictions for the past 30 years. During this period CSP has witnessed the loss of life of police officers whilst carrying out their duties. The effects of such tragic incidents are long lasting on the Service and officer's families.

Community Supporting Police recognises the commitment of these officers and offers support, where possible. Condolences are offered to the four families, friends and Victorian Police Service.

We will remember them.

May they rest in peace.

Mr Bryan Brown

President Community Supporting Police Inc.

"Supporting those who support us"

"We will remember them."

Each year vigils, marches and services are held to commemorate National Police Remembrance Day. National Police Remembrance Day is a day when members of the Police Families and the wider community come together to remember and honour police officers who have been killed in the line of duty. Also remembered and honoured are officers whose death did not occur as a consequence of their duty. National Police Remembrance Day will be commemorated on the 29 September 20. For more information about the services in your local area please contact:

<https://www.police.qld.gov.au/national-police-remembrance-day>.



Police Legacy. Various Police Legacy schemes have been set up across Australia to look after the families of police officers who have lost their lives.

Victoria Police Legacy was founded in 1980 to support members of the police family who have lost a partner who was a serving or a retired sworn member of: Victoria Police, Protective Services Officer or recruit in training. As well as serving or retired sworn members and Protective Services Officer who have lost partners. In addition, Victorian Police members, their partners and families and Police Legatees experiencing grief and hardship caused by imminent or actual death or permanent (prolonged) disability.
<http://www.policelegacyvic.org.au/aboutus/whatwedo>

Queensland Police Legacy Scheme (QPLS) was established 1971 and assists the eligible dependent families of deceased Queensland Police Officers, whose spouse/partner has died and Queensland Police families with a parent suffering from an incurable/terminal illness. The primary focus of the scheme was to ensure the education of those children, was not disadvantaged by the death of their parent. Funding the educational expenses of dependent children continues to be the core focus of the QPLS to this day.
<https://policelegacyqld.org.au/about-us-2/history/>.



Keeping in touch

Members of Community Supporting Police have been sharing recipes and messages across our network during the COVID-19 isolation to keep in touch. The idea of sharing recipes came from one of our wonderful event volunteers who saw the need for those volunteers and others within our community and beyond to stay connected during this unusual time.

Some members have also brightened up our days with various words of wisdom, the odd funny line or two or a beautiful or cute picture which has quite often brought a tear to the eye.

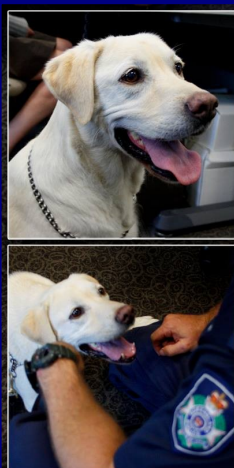
All those grandparents who are missing their grand kids right now. Once this is over you can have them for a month. Sincerely, a tired mom.



Some of the contributions are presented through out this edition, whilst other may appear sometime in the future.

A sincere thank you to everyone who has contributed, commented or provided suggestions whether it be a reflection, laughter or a new recipe you have stimulated conversation and kept us in touch, in a time when we do not have our usual: events, activities and community engagement to attend, so thank you.

Stay safe, strong and healthy.



PD Homer

Photos: courtesy of Senior Constable Warren Williamson QPS Explosive Ordnance Response Team

checking passengers on the Queensland train network.

<https://www.abc.net.au/news/2009-08-09/bomb-detection-dog-starts-qld-train-patrol/1384194>



PD Homer was the name adopted by one of CSP's most popular plush toy dogs. CSP's Beige Labrador (pictured left featured in the June 2018 Edition of the CSP newsletter, when Senior Constable Tammy White encouraged him to be the pin-up pooch for the launch of the joint Pine Rivers Crime Prevention/ Bray Park NHW "light up key ring" project at the Emergency Services Expo at Kurwongbah on Sunday 20 May 2018.

<https://mypolice.qld.gov.au/pinerivers/2018/05/22/use-your-keys-to-lock-out-the-thieves-come-get-your-free-key-ring/#>

Farewell PD Homer

Retired Firearms and Explosive Detection Dog (FEDD) Homer (PD270) died on 27 March. PD Homer was laid to rest at the age of 14+ years, after a long working life with the QPS and 5 years in retirement. Those who knew him will remember his wonderful personality, which he continued to have until the very end, always happy and eating snacks as his eyes closed for the last time. PD Homer was much loved and will be very sadly missed.

The ABC ran an article introducing Homer, the Labrador, to the public when PD Homer began work after three months training in Brisbane to become a firearms and explosive detection dog



“Prisoners Make Clothes for Kids in Need”

Prisoners at the Brisbane Women’s Correctional Centre (BWCC) have shown enormous enthusiasm for an innovative new project with children’s charity, Uniforms 4 Kids, that has already delivered huge benefits to the community and increased morale at the prison.

In August 2019, BWCC was approached by Uniforms 4 Kids’ Director and Operations Coordinator, Anne Macdonald APM, to set up a workshop with prisoners to design and sew unique clothing for vulnerable children in need, using donated law enforcement and emergency services organisations uniforms that would have otherwise become landfill. At her initial meeting with the prisoners, Ms Macdonald was greeted with predicted scepticism, but they finally agreed to participate in a trial under the supervision of BWCC’s Trade Instructors. It excluded prisoners who have been convicted of any offences against a child. All items of identification on the uniforms were removed before being given to the BWCC. About 30 prisoners began to make the clothing in October 2019. By mid-November the prisoners had already made over 100 stunning items including 18 dresses, 5 two-piece suits, 25 shorts, 25 skirts and 35 matching scrunches.

When Ms Macdonald made the first collection of clothing, she was absolutely overwhelmed by the immense quality and quantity of the garments made with love by the prisoners. She thanked them for their creativity and passion in embracing the project and spoke to the prisoners about the many children in need who would benefit from their work – children in remote areas, bushfire victims, migrants, orphanages, domestic violence shelters, Christmas Island, villages in Solomon Islands, New Guinea and Malaysia.

Anne Macdonald was genuinely humbled by the heart-warming enthusiasm shown by these prisoners whose once empty, sceptical faces now glowed with happiness and pride. One of the prisoners said she now looks forward to going to work each day at the prison and learning something new and exciting every day. Another spoke of her gratitude in being chosen as one of the inmates to take part in the project – that when she was a poor child herself, there was no such program to help her get clothes on her back and “only having undies to run around in as a child”. She said Uniforms 4 Kids was a wonderful idea by people in the Police Department.

Others spoke of their feelings of pride in their creations and increased confidence in themselves for what they have achieved. “I wanted to do something useful with my time in jail. I felt chuffed with myself for learning to straight sew, top-stitch and use an overlocker with growing confidence and patience.”

Another inmate, who has been in and out of jail six times, said it is the first time she’s finally been excited for a new future without drugs when she is released. She said knowing that she has “made a difference and a bloody good difference,” and feels confident enough after four months of sewing to train other girls to make more clothing. She thanked Ms Macdonald for believing in her and the other inmates “to do good”. One inmate said she enjoys “giving kids some happiness in unfortunate situations” and is proud to be able to give back to the community. “My whole life I have always felt I didn’t fit in and that feeling was amplified in jail – it is the best feeling knowing our clothes are made with our own hands for kids who really need them”.

The 100 items of clothing made by the prisoners have been given to children in remote indigenous communities in Queensland.

The Commissioner of Queensland Corrective Services, Peter Martin APM, is now looking to expand the successful program to other women’s prisons across the state. (cont. P4)



(Photo above) the trade instructors, Anne Macdonald and the prisoners with the clothes covering their identity.

("Prisoners Make Clothes for Kids in Need" cont. pg. 3)

BWCC's General Manager Darryl Fleming and Industries Adviser Michael Retchford say the results of this successful and innovative project have been incredible: -

- The prisoners want to come to work now
- They want to learn new skills
- Prisoner behaviour in workshops is exceptional
- Absenteeism has been reduced
- New skills gained are now applied to the existing work of the industries.
- The prisoners claim a feeling of pride in doing this work for the communities in need
- Some of the prisoners have written letters of appreciation for the opportunity to do this work.



WANT TO HELP?

If you have any old Queensland Police Service (QPS) uniforms, spare materials, buttons or ribbons or wish to volunteer to sew, please contact: anne@uniforms4kids.com.au

ANZAC BISCUIT recipe

<https://www.google.com/search?q=anzac+biscuits&oq=ANZAC+Biscuits>

Ingredients:

1 cup plain flour
1 cup rolled oats
1 cup brown sugar
1/2 cup coconut
125g unsalted butter
2 tbs golden syrup
1 tbs water
1/2 tsp bicarbonate of soda

Method:

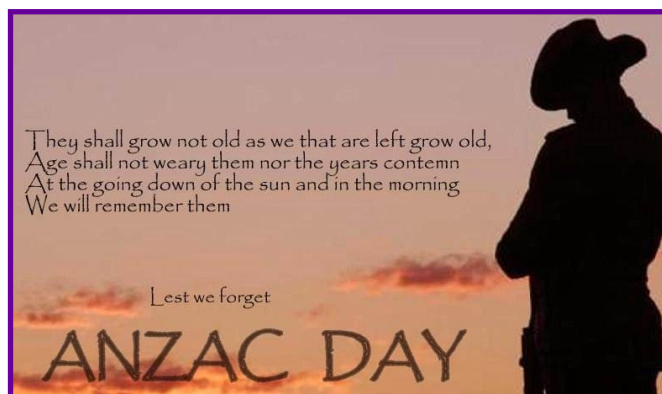
Sift the flour into a bowl. Add the sugar, rolled oats and coconut.

Melt the butter in a saucepan, then add golden syrup and water.

Stir the bicarbonate of soda into the liquid mixture.

Add the liquid to the dry ingredients and mix thoroughly.

Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.



Biscuits will harden when cool.

For crunchier biscuits, use more golden

Yummy!!!

Keeping in touch

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.

Keeping you up-to-date with what Community Supporting Police is doing throughout the State, to "support those who support us".

If you have any feedback, comments or recipes you would like to share 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 thank you for your continued support of CSP.



(Above) Sergeant Nadine Webster with Assistant Commissioner Schafferius and MP Jim Madden

Sergeant Nadine Webster of the Yamanto Police Complex, Ipswich District Crime Prevention Coordinator and member of Community Supporting Police Inc. has been named winner of the Neighbourhood Watch (NHW) Police Liaison Officer of the Year.

Sergeant Webster has encouraged engagement with Neighbourhood Watch through effective communication and a range of activities. Some of these activities include: community "sign-on" blog days and blog training; distribution of information for a range of NHW newsletters; helping to coordinate the state rally in Ipswich in 2013; assisting in the design, approval and adoption of the NHW shirt; working with Ipswich City Council to ensure the success of Neighbourhood Watch Day; negotiating and obtaining funding grants (used for UV pens and magnets promoting property security and information sharing). Sergeant Webster has also organised speakers for various crime prevention meetings, and covering important related topics such as dementia, graffiti management and removal, financial planning, domestic violence, alarms and many others.

She has also obtained funding to enable first-aid training for volunteers, organised Dogs on Patrol events, helped to improve safety for our society's senior citizens, and – importantly – she's always available to provide advice for people who call.

Nadine said she'd not expected to win an award. "We have so many dedicated and passionate officers across the State and they all do an amazing job working with communities through Neighbourhood Watch," she said.

"What we are doing as a community and working with the districts, well, it's working. I could not win the award if it wasn't for the volunteers in NHW. It's a real accomplishment for the Ipswich district volunteers and all of the committees."

Nadine is a great believer in what Neighbourhood Watch brings to Australia, with communities and police working together.

"It means partnership," she said. "And it also provides an avenue for community collaboration and engagement."

According to Nadine, NHW is an enabler, providing an opportunity for people to "do something" about crime and crime prevention, "not just talk about it"

"It can be as simple as looking out for neighbours or reporting suspicious behaviour," she said. "It all works."

Congratulations

CSP Brisbane Meetings Dates 2020

Annual General Meeting: Wed 16th September 2020

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/via email etc until further notice.



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 and need support with emergency accommodation, 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)

Brisbane: **Donna Farkas**—Farkas.DonnaM@police.qld.gov.au (Brisbane)

Peach Smoothie

Ingredients:

4 cups (500ml) milk (of choice—no-fat/low fat, soya etc)
2 medium bananas (400gms) coarsely chopped
4 medium peaches (600gms) coarsely chopped
1/2 tsp ground cinnamon

Method:

Blend or process ingredients, in batches, until smooth.
Serves 4

For Mocha Smoothie:

swap: bananas for 250mls low-fat chocolate mouse; peaches for 250mls low fat ice cream; cinnamon for 1tbl sp instant coffee powder and add 1/2 tsp vanilla essence.

Keeping in touch

Remember when we were little and had underwear with the days of the week on them? Yah. Those would be helpful right now.

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.



The Commissioning of QPV Norm Watt & QPV Shayne Gill



QPV Norm Watt

On March 11 2020 Commissioner Katarina Carroll and Minister Mark Ryan attended the commissioning of Queensland Police Vessel (QPV) *Norm Watt* and QPV *Shayne Gill*, honouring the memory of our two fallen colleagues.

Commissioner Carroll said “It is incredibly important to me that we continue our tradition of honouring our fallen members and I know these two new vessels will be incredible assets for our Water Police Units.

Minister Ryan said the new vessels would be deployed to the Sunshine Coast and Hervey Bay. “Effective water policing is crucial for the Sunshine Coast and Hervey Bay.”

“These new vessels will be a massive boost to local water police and their capacity to keep the community safe in those regions.

Commissioner Carroll said “The new patrol vessel, Queensland Police Vessel (QPV) Norm Watt is named after Senior Constable Norm Watt, who died by gunfire while responding to an incident near Rockhampton on July 21, 2000”.

“New patrol vessel QPV Shayne Gill is named after Constable Shayne Gill who died instantly when he was struck by a passing truck while writing a traffic ticket on the Bruce Highway near the Glass House Mountains on May 21, 1996.

Minister Ryan said it was special to join family and friends of fallen officers for commissioning ceremonies. “The naming of these vessels after Constable Shayne Gill and Senior Constable Norm Watt is a fitting commemoration for these officers”.

QPV Norm Watt is a 17-metre-high monohull patrol and enforcement vessel and will operate out of Mooloolaba. While QPV Shayne Gill is a 15-metre-high patrol vessel and will operate out of Hervey Bay.

<https://mypolice.qld.gov.au/news/2020/03/11/two-new-police-vessels-honouring-fallen-officers>



QPV Shayne Gill

The Origins of Police Dogs in Queensland (<https://policelegacyqld.org.au/>)

‘The Origins of Police Dogs in Queensland’ is a book dedicated to QPS Dog Squad handlers and the remarkable bond they form with their four-legged partners. This second edition print contains a tribute to dog handler Senior Constable Norm (Normie) Watt who is the only Police Dog Handler in Australia to be shot and killed in the line of duty. The book also highlights a brief history of the Queensland Police Dog Squad including Queensland’s first police dogs, early training instructions and profiles for several of the QPS dog squad’s most prolific canines. The book is \$15, with all proceeds going to support Queensland Police Legacy families.



QUEENSLAND POLICE LEGACY

in our care

Crime Stoppers is pleased to join forces with the eSafety Commissioner to rollout a Child Protection campaign right across the country to combat child sexual abuse and unwanted contact online.

Predators who capitalise on the innocence of children makes these types of crimes amongst the most abhorrent imaginable and should not be tolerated in our community.

Research by eSafety has revealed 1 in 4 young people have been contacted by a stranger online.

Crime Stoppers' joint campaign will help parents and carers understand the warning signs of unwanted contact, protect their child's privacy online and to report suspicious activity.

Crime Stoppers wants to be part of the effort to rid the internet of this disturbing and vile content and bring those responsible to justice.

Crime Stoppers hopes parents and caregivers become more aware of the dangers facing children online, better monitor their online activities and take time to talk to them about how to spend time safely online.

Everyone has a role to play in combating predatory behaviour online and putting an end to unwanted and harmful contact from strangers.

Crime Stoppers jurisdictions right across Australia are getting behind this campaign. They will be featuring information and fact sheets on their websites, promote greater awareness of this initiative through the hundreds of thousands of social media followers, and get out into the community at grass-roots levels to reinforce what people should be on the lookout for.

ABOUT THE PROBLEM

- Child sexual abuse material consists of images, videos and live streamed footage that shows the sexual abuse or sexual exploitation of children.
- The content can range from children posing in sexually suggestive ways through to 'contact' offences involving direct sexual assault. In such cases, the predator is generally known to the child.
- However, an increasing number of cases investigated by police involve the sexual exploitation of children online by a stranger.
- Child sexual abuse material is obtained and shared in several ways:
- A predator records the sexual abuse of a child then uploads or shares it online.
- A predator contacts a child through an app or service on a connected device and tricks or coerces them into producing and sending sexually explicit images and videos of themselves.
- A predator shares images or videos of children 'stolen' from social media accounts.
- The trade in child sexual abuse material online is global and abhorrent. Every time an image or video of a child being abused is shared or distributed, demand is fostered for new and more extreme material.

WHAT TO DO:

- We are asking the community to be vigilant online.
- If someone suspects or sees something related to online child sexual abuse it should be reported immediately so action can be taken.
- We cannot underestimate the valuable contribution the community plays in helping to stop, solve and prevent crime.
- Reporting these crimes enable authorities to shut down the illegal content and catch the offenders.
- We are asking parents to closely monitor their child's online activity. If they see or suspect anything of a suspicious or uncomfortable nature, say something.
- Many of the crimes we deal with usually have witnesses, but online crimes of this type typically happen in the privacy of a child's phone or computer – that is why we rely on parents and carers to report what they see or know.
- A preferred outcome is prevention, so our plea to parents is to monitor your child's online activity and educate them on how to spot the danger signs. (cont. p 9)

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



Crime Stoppers' eSafety Campaign (cont. p8)**AN AUSTRALIAN CONTEXT**

- Children are accessing the internet through multiple devices - both at home and at school-which provides valuable educational and social benefits, but can also result in issues such as cyberbullying, inappropriate sharing of images or even grooming by online predators.
- In February we saw the Australian Institute of Criminology reveal that financial records showed that more than 250 Australians spent more than \$1.3 million to watch child sexual abuse, live streamed on the internet from the Philippines, over 13 years.
- While the majority were aged in their 50s and 60s, more than half had no criminal record and were from a range of occupations that included aged care workers, gardeners and even a housewife.

Many of the crimes we deal with usually have witnesses, but online crimes of this type typically happen in the privacy of a child's phone or computer – that is why we rely on parents and carers to report what they see or know. A preferred outcome is prevention, so our plea to parents is to monitor your child's online activity and educate them on how to spot the danger signs.

ADVICE TO PARENTS AND CAREGIVERS

- Parents and caregivers should ensure a child's social media account is private or adjust settings to control who can look at their photos and posts.
- Delete any requests from strangers.
- Ask your child about the sites, apps and online chat services they are using, and explore them together.
- Build an open, trusting relationship so they can come to you when someone is asking them to do something that does not feel right.

Know the warning signs:

- An online 'friend' who asks a lot of questions about personal information soon after meeting.
- Asks for favours and does things in return - abusers often use promises, gifts and favours to gain trust.
- Wants to keep their relationship secret.
- Contacts them frequently and in different ways, like texting, through Instagram or online chat services
- Asks things like who else uses their computer or which room it's in.
- Compliments them on their appearance or asks things like, 'have you ever been kissed'?
- Insists on meeting face to face.

You can download a number of useful fact sheets [here](#).

[Child Sexual Abuse Material Fact Sheet](#); [Young People Dealing with Unwanted Contact Fact Sheet](#); [Tips to be Smart Online Fact Sheet](#); [Unwanted Contact Fact Sheet](#)

Child sexual abuse material can be reported to the Office of eSafety at www.esafety.gov.au/reportillegalcontent

If you know or suspect someone is producing, downloading or sharing child sexual abuse material you can **report anonymously** what you know to Crime Stoppers online or Ph 1800 333 000.

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

Crime Stoppers is a community volunteer organisation that believes the general public can help make a difference in solving and preventing crime.

Tell us what you know ... not who you are

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.



Some members of Community Supporting Police Inc. are also members of Be Uplifted Inc which is a unique breast cancer charity that seeks to improve the lives of women, men and their families experiencing difficulty or disadvantage as a consequence of breast cancer.

Be Uplifted Inc (Be Uplifted) is a registered charity that focuses on offering practical support and financial assistance to breast cancer patients and survivors.

The charity's motto "**people not research**" reflects the values, and every donation Be Uplifted receives go directly to making a difference in the life of a local Brisbane breast cancer patient.

In recent years there have been a number of charities formed connected to breast cancer and many companies contribute to their nation-wide appeals. However, the majority of these non-profit organisations focus on research or patient care with minimal assistance being given towards the real-life costs encountered by breast cancer patients.

Be Uplifted provides funds, enabling women, men and their families who experience difficulty or disadvantage as a consequence of breast cancer, to access services and programs, pay bills, and receive goods or assistance to assist them in their time of need.

Be Uplifted Inc is a Brisbane-based breast cancer charity committed to supporting local families during breast cancer treatment, by offering both practical and financial support to local patients undergoing breast cancer treatment, and while they never turn a breast cancer patient away they do focus our support services to the following Brisbane hospitals: Holy Spirit Hospital Northside, North West Private Hospital, Redcliffe Hospital, Caboolture Private and Caboolture Hospital, North Lakes Day Hospital, Prince Charles Hospital and Greenslopes Private Hospital.

To help fund this wonderful organisation volunteers operate the Be Uplifted Charity Op Shops located at Zillmere and Aspley, where donations are received all year round. To pick up a bargain or find something special, visit the Op Shop at B1/194 Zillmere Road Boondall Queensland to find: clothing, fashion accessories, bric a brac, manchester, baby and children's' clothing, footwear and nursery items. As well as various handmade craft items and quilts made with love by their team of volunteers, including talented volunteer quilters.

Alternatively visit the Aspley Charity Op Shop at 5/611 Robinson Rd to find a range of: fashionable vintage clothing, unique home wares and more.

If you are interested in volunteering at the Charity Op Shop, please contact us: on 07 3633 0752.

To find out more about how Be Uplifted Inc and how this grassroots charity has evolved, please go to: <https://www.beuplifted.org.au/our-history>

Fran's 3 ingredient Fruit Cake

Ingredients:

600 mls flavoured milk or coffee flavoured milk
1 kg mixed fruit
2 cups SR flour

Method:

Mix the first two together and put in refrigerator overnight.
Next day add 2 cups SR flour and mix well. (Mine sometimes ends up in the refrigerator for 2 or 3 nights!!)
Bake in mod oven for one to one and a half hours. (This depends on the size of your tin)

Variation:

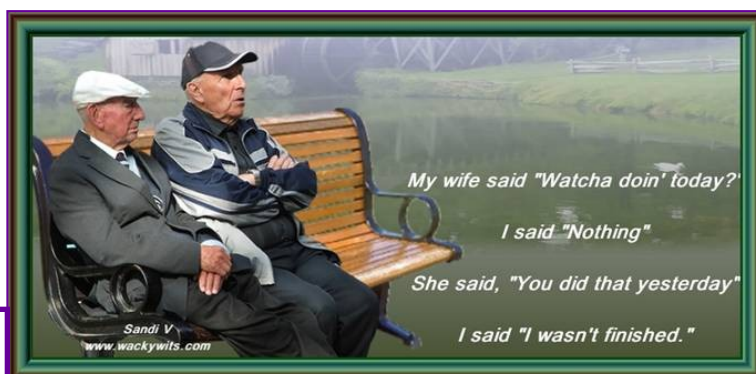
With people becoming more health conscious these days

Replace the flavoured milk with orange juice (no sugar) and using wholemeal SR flour.

Just as good.

Enjoy!!!

Keeping in touch:



Holly's 100 Cookie Recipe made with just 4 ingredients

<https://bakeplaysmile.com/famous-100-cookie-recipe-condensed-milk-cookies>

Ingredients:

500g butter
170g caster sugar
395g sweetened condensed milk
750g self-raising flour

Method:

Mix ingredients together in large bowl.
Then divide the dough into smaller bowls.
Mix through any add-ins such as Milo (malted milk); peanut butter; chocolate chips; raisins; sprinkles; white chocolate; crushed Cornflakes; nuts or muesli.

Note: if you've still got some dough leftover, you can pop it into an airtight sealable bag and place it in the freezer for up to 3 months. When you're ready to use it, simply allow it to defrost at room temperature, roll into balls and then bake as per the recipe. You can also freeze any baked cookies for up to 1 month in an airtight



Tammy's version Nuts & Bolts

Ingredients:

120g (approx. 8 –9 tablespoons) Rice Bran Oil
1 level teaspoon curry powder
1 level teaspoon mustard powder
1 sachet French Onion Dry Soup
1 sachet Cream of Chicken Dry Soup
375g peanuts
300g Nutri-Grain
For extra flavour and texture add rice crackers; pretzels or mixed smoked nuts. (optional)

Method:

Heat the oil in pan.
Then add spices and mix.
Then add the nuts and Nutri-Grain. and extras if using.
Let Mixture cool before storing in air tight containers.



Peter's Passionfruit Butter

Ingredients:

100gm butter
2/3 cup sugar
4 large egg yolks
6-8 passionfruit

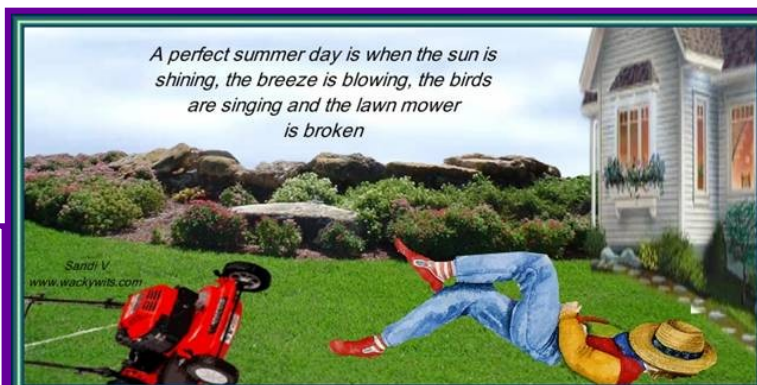
Method:

Place the ingredients in a bowl
Mix over a saucepan of boiling water
Stir until mixture is thickened.

Great spread on fresh bread



Keeping
in
touch





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.



Keeping in touch:

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, strong & healthy

CSP Junior Police Range

Plush Kangaroo
with Junior Police
bandana
\$12.00

Plush Emu with
Junior Police
bandana \$12.00



Junior Police Cap
adjustable
\$10.00



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

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named after
working Police Horse
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Soft Toys



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(named after QPS working dogs)
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JP Teddy
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Other Items

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Supporting
Police Pen in a
Pouch
\$5.00



Drink Holders
\$5.00



QPS Lanyard
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