

Vale Donna Farkas



29th June 1966—9th October 2021

Inspector Leonie Fordyce forwarded the below message advising the passing of Ms Donna Farkas, that one of Community Supporting Police's truest friends and supporters, had passed away from injuries sustained in a car crash on Saturday the 9 October 2021.

"It is with sadness I advise you of the passing of one of our own at Safety and Wellbeing.

Ms Donna Farkas, a long serving AO3 in the QPS who has spent the past seventeen years supporting Chaplaincy as well Donna was a stalwart member of the National Police Remembrance Day Committee and Coordinator for the QPS/Community Supporting Police Emergency Accommodation. Donna is survived by her husband Ferenc who also suffered injuries in the crash but is expected to make a full recovery. Donna's passing is a loss to Chaplaincy, National Police Remembrance Day and Safety and Wellbeing. She quietly and resolutely went about her duties, loved giving of herself to others and had immense pride in her role as a committee member and the Community Supporting Police, Queensland Police Service Emergency Accommodation coordinator. Over the years Donna touched many people within the organisation and she will be sadly missed".



In 2017 Commissioner Ian Stewart awarded Donna the Commissioner's Certificate (Corporate Support) as recognition of her "exceeding expectations and in acknowledgment to her service to the chaplaincy unit and National Police remembrance Day events" <https://mypolice.qld.gov.au/news/2017/11/21/police-officers-recognised-commitment-service> (photo left)

CSP member Mr Peter Johnson joined with Donna's family, the QPS, her friends and colleagues to acknowledge and remember a very kind lady whose compassion touched the hearts and lives of hundreds of QPS members and their immediate families to access emergency accommodation in their time of need.



Donna is also remembered for her zest of life as those who were fortunate enough to enjoy Donna's company at the Chaplain's Conference fancy dress dinners can recall the efforts she went to arrange the event and the enthusiasm Donna brought to the night itself.

Rest in peace Donna,
thanks for *your assistance, support,
friendship, and for being part of our lives.*



THE WORKING CLASS MAN

I looked upon his photo, the happy, open grin
Taken, gone forever, by that vile, evil sin
Such kindness in his eyes that will never open again
His memory a haunting echo, of this man amongst men.

I thought about his Sharon, his treasured son Jack
His rocks, his life, his world, who always had his back
No more Sunday breakfasts, no laughter in the room
An empty chair, an empty bed and silence in the gloom.

He came to the job later, fulfilling a childhood dream
Helping others, everyone's mate, the lifeblood of the team
From fixing cars to fixing society, always seeing the good
Dave Masters did what he could, and what the rest of us should.

He loved the Mounted Unit and the beauty of a horse's soul
He and Manny rode together, for years on patrol
The ancient bond between human and horse, timeless and unspoken
And when Manny passed away, Dave's big heart was broken.



He found his way to Deception Bay, and was soon the heart of the station
Always up for a laugh and a joke, and some after shift libation
V8 supercars, Jimmy Barnes, and laughs around the fire
“The Working Class Man” and a police officer to admire.

It was a Friday nightshift, on the 25th of June
Always a busy one, they come around too soon
Dave shared a joke with young Zac, as the magazines clicked into place
They headed out to face the night, another shift at the coalface.

THE WORKING CLASS MAN (cont)

A run of jobs, blues and people in distress
They talked about Dave's favourite music, Barnesy, Cold Chisel and INXS

The call came over, a stolen car and stingers authorised
"We're proceeding code 2 with stingers," Dave and Zac advised.

They set up at a bridge, along the Bruce Highway
The vehicle thundered towards them, no time for delay
Dave saw them coming and grabbed the stingers ready
With murder in her black heart, the driver's aim was deadly.

The criminal accelerated suddenly, Dave had nowhere to go
She altered course, straight at Dave, delivered the fatal blow
She never braked, she never stopped, she didn't give a damn
She took a Father, husband, and a mate, she took our wonderful man.

Dave and Zac did everything right, in a night gone wrong
He was gone in an instant, not painful and prolonged
He had no chance to think of the future that was taken
Family, friends and grandchildren, everything forsaken.

The phones were ringing early, televisions were switched on
The blue line came together, we couldn't believe he was gone
Our family gathered around Dave's family, in a safe cocoon of love
We sought comfort where it was, or in the bottle or God above.

In our sombre lines of blue, we all gather together
Our national day of remembrance, every September forever
The piper haunts our wounded hearts with his lonely refrain
We look ahead stoic and silent, hiding all our pain.

Remember Dave, remember him well, remember our others lost
They stood bravely, served with honour and payed the ultimate cost
Be proud of what we do, keep fighting the good fight
We'll do what we've always done and we'll keep doing it right.

By Tim Beard, Moreton DDO.



President's Christmas message 2021

Well another year has almost passed with COVID-19 still at the forefront of our minds. Although there have been a number of lockdowns and other restrictions throughout the year, I am pleased to report that Community Supporting Police Inc. (CSP) has, in conjunction with the Queensland Police Service (QPS) and with the aid of our sponsors been able to provide emergency welfare accommodation for members of the QPS requiring assistance.

The Chaplaincy Unit coordinates the requests for emergency welfare accommodation and it is with sorrow that we acknowledge the death of Donna Farkas Administrative Officer Level Three (AO3) on 9 October 2021. Donna worked tirelessly over seventeen years as liaison between the Chaplaincy Unit and members of the QPS seeking support. Donna will be remembered fondly and she is sadly missed.

The CSP Annual General Meeting was held on the 8 September 2021 and we welcome Inspector Jason Overland as a new member of the Management Committee.

The Executive:

President — Mr Dan Mahon APM

Vice President and Facilities Manager (Windsor) - Mr Bryan Brown AM

Treasurer and Members Registrar — Mr Victor Serchen

Secretary and Branch Liaison — Mrs Cecelia Serchen.

Appointees:

Police Liaison — Inspector Jason Overland

Police Chaplaincy Representative — Reverend Doug Foster

Helping Hand Fund Representative — Ms Nadene Sander.

Portfolio Holders:

Blue Ribbon Committee Representative — Mr Col Diachkoff

Emergency Accommodation Coordinator and Brisbane Cleaner — Mrs Peggy Campbell

Event Coordinator (Brisbane) - Mrs Cecelia Serchen

Marketing and Promotions Officer - Ms Deborah Nicholson APM

Merchandise Officer and Brisbane Police Beat Liaison - Ms Colleen MacCarthy.

Inspector Jason Overland has taken over from Inspector Leonie Fordyce as the Police Commissioner's Liaison Officer. Leonie contributed in excess of four years as the Commissioner's Liaison Officer and made a significant contribution to the management committee and members of the QPS. She will be missed and I welcome Jason aboard to continue the important role of liaison between the QPS and CSP.

The Branch Committees based in Toowoomba, Rockhampton, Townsville and Cairns also held their respective elections. I thank all the management committee members and regional committee members for their unstinting support, efforts and advice throughout the year and into the future.

Since the Spring 2021 newsletter CSP members attended the Bribie Island Combined Emergency Expo held on 17 October 2021. It was a magnificent day for all attendees and there were plenty of demonstrations of our emergency services expertise. From a sales perspective, CSP had a great day selling \$3752 worth of merchandise of which we made about \$1500 profit to contribute to the upkeep of emergency welfare accommodation.

CSP members will be attending Police Headquarters on the 1 December 2021 and also the Carols in the Queen Street Mall from the 1 until the 3 December 2021 to sell merchandise. It is a relief that we can finally reengage with people to raise much needed funds to continue our work.

A number of projects were commenced during 2021, two of which are the update of the CSP website and the maintenance and refurbishment of five units in Brisbane. The website is well overdue to be modernised and this is occurring with the specialist input from Spyda Web Hosting and Management Committee members who have been working tirelessly. We are expecting the new website will be released in early 2022. (cont. pg. 5)

President's Christmas message 2021 (cont. pg. 4)

In respect of the units in Brisbane, we have liaised with members of QPS Capital Assets to progress painting and reflooring of the units which is currently being assessed. During the last month Deborah Nicholson, Peggy Campbell and Peter Johnson have undertaken working bees to remove old furnishings and make the units look spic and span. Furniture, bedding and other household goods have been purchased to update the units in the vicinity of the Royal Brisbane Hospital.

I wish everyone a merry Christmas and happy New Year for 2022. The Management Committee is looking forward to working with the branch committees, other CSP members, the QPS, sponsors and members of the public to make 2022 a year of positive gains for CSP and continue our ability to support those in need.

We are always looking for good people to join CSP and assist in any way they can to support members of the QPS. Please consider work colleagues, friends or family members who you think would like to join a great organisation and support our QPS.

Stay safe and well.

Dan Mahon APM

President

Community Supporting Police Inc.



Quick Cup Cakes.

Ingredients:

- 60g butter or margarine
- 1 and half cups self raising flour
- 1/2 cup sugar
- 2 eggs
- 1/4 cup milk
- 1 teaspoon vanilla essence

Method:

1. Preheat oven to 220 and place patty cases (12) into patty tins, set aside
2. Using Mixmaster bowl, place all ingredients into bowl and beat until combined (start mixing on Lo speeds slowly increasing to Hi speed)
3. Place rounded desert spoonful of batter into patty cases
4. bake for 12 –15 minutes
5. Allow to cool and decorate as desired.
6. Serve with rice.

Yummy!!!





Constable T. Bear Calendar

Community Supporting Police is extremely fortunate to have many wonderful members who very kindly share their talents and expertise to assist our organisation in a variety of ways.

Pictured here are teasers for a "Most Wanted" Calendar, which one of our fantastic and devoted members has designed to promote Community Supporting Police and our unique range of merchandise.

The artist, who wishes to remain anonymous, has been a member and has

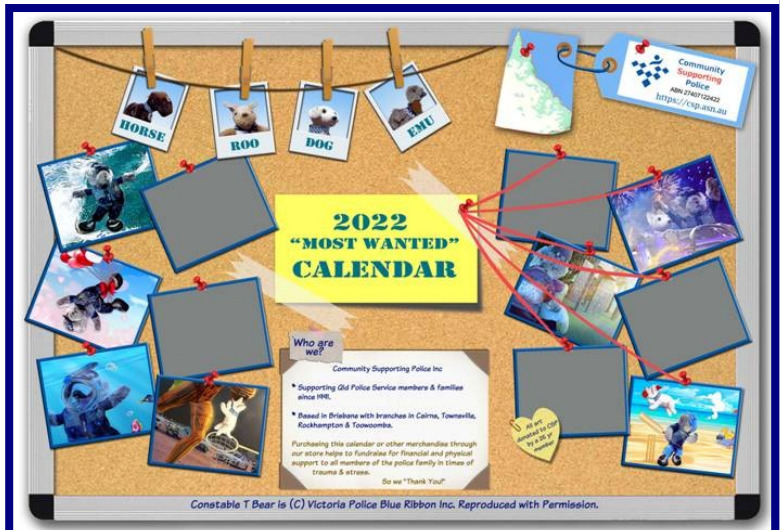
actively promoted CSP's 'story' for many years.

The calendar is a pictorial of our amazing soft toy collection as they explore the far reaches of Queensland in their quest to support Constable T. Bear to keep our community safe.

Their adventures will definitely capture the imaginations of both children and adults.

The Limited Edition 2022 calendar will be available on line or at various CSP stands from the beginning of December at a cost of \$12.00 (plus postage and handling if applicable).

The members of CSP sincerely thank our member, for donating their time and expertise to create this fantastic artwork.



Need Financial support?

Helping Hand is a charitable fund with Tax Deductibility Status and is a sub-committee of CSP.

The fund provides financial assistance to members of the QPS family who are affected by serious illness or personal trauma and meet the necessitous circumstances criteria.

Financial support of HH is vital for the Fund to continue to support members of the Queensland Police Service family.

Support can be provided through donations, sponsorship, payroll deductions and fund raising events.

The Helping Hand Committee work voluntarily to ensure donations are maximised towards providing financial assistance to all paid members of the QPS family in their time of need.

A tax deductible donation, as little as \$2.00 per pay, through your QPS payroll.

You can make difference.

Members of the QPS can create a fortnightly donation through ESS (instructions can be found on the Helping Hand page on the QPS intranet).

Not a QPS employee and would like to donate?

Make a donation through our GiveNow page at the following link:

<https://www.givenow.com.au/organisation/public/5308>





Young owner of stolen pup meets Police Dog Beau

by Senior Constable Jo Arthur

In August, seven year old Xavier had his Brittany Spaniel known as 'Blue Bell' ('Blue' for short) stolen from her home.

Caboolture Police have been busy conducting extensive investigations to locate her during which time they invited Xavier to the Police Station, where he met one of the Queensland Police's "very special Police Dogs 'Beau'" and his handler Senior Constable Grace".

At the same time the Caboolture Police also gave Xavier 'Dash' the plush pup which was proudly donated by Community Supporting Police.

Although we know that Dash won't make up from the loss of "Blue" the members of the Caboolture Police hope that "being able to give him a hug provides a small amount of comfort".

Blue (pictured right) is the assistance dog of a seven year old Bellmere boy, Xavier. She is his beloved new friend who has been working to help him with his anxiety. She was to start her intensive training in September.

In the short few months that Blue had been in his life she had already worked out how to make him smile.

Police from Caboolture executed a search warrant at a Bellmere address on August 30th and charged an elderly woman with stealing.

Unfortunately Blue was not located at the address.

<https://mypolice.qld.gov.au/moreton/2021/09/27/>



Wall to Wall riders blessed and on their way

Senior Constable Jo Arthur

On 16 September over 140 motorcycle riders attended the Moreton District Headquarters in Caboolture as part of the 2021 Wall to Wall ride.

The riders gathered in possession of a handcrafted baton that contains the names of our fallen officers. Sadly on of our own, Senior Constable Dave Masters name was added this year and today we had the opportunity to honour him once again

Police Chaplains Ian Todd and Matt Govan were there to bless the riders before they headed off on their journey, travelling to Emerald.

The national Wall to Wall ride involves police from all over the country who annually meet in Canberra for National Police Remembrance Day. Last year, the ride was cancelled and this year's border closures necessitate a modified trip, keeping our riders here in Queensland.

[Blue Hope](#) were in attendance to cook up breakfast for the riders. We appreciate their continued support of current and former officers all around Australia.



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.

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

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

Rockhampton: Sergeant Amanda Warby - Warby.AmandaC@police.qld.gov.au (Rockhampton,

Toowoomba: Inspector Paul McCusker — McCuskerPF@police.qld.gov.au (Toowoomba)

Police Liaison Officer: Inspector Jason Overland — Overland.JasonP@police.qld.gov.au (State wide)

Protect others and stop the spread

- * 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 Corona virus (COVID-19) or help with the COVID Safe app.

The line operates 24 hours a day, seven days a week.

If you are having a medical emergency call 000.

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

Thankyou to everyone, who has written articles, sent through recipes and made contributions to this edition.

If you want to share: stories, recipes please email the secretary at info@csp.asn.au

We sincerely thank you for your continued support of CSP.

Christmas is the time of year when families and friends embark on long journeys to visit loved ones, hence Queensland families are packing for boating, camping, fishing, 4WD and motorcycle riding trips.

Police want to remind road users that road safety is paramount, especially during the holidays when there are extra road users utilising busy roadways during their travels.

Before taking off on your holiday adventures consider the following:

- Ensure that your entire vehicle is appropriately serviced, with plenty of fuel, oil and water.
- Check the weather forecast and road conditions prior to travelling, seasonal rain sometimes arrives un-expectedly and suddenly.
- Plan your travel route and pack supplies appropriately for length and stay of travel.
- Research your route. Those travelling to the Far North and Far West for the first time should be knowledgeable about unsealed and dusty roads in our region and ensure their vehicle is capable.
- Please also consider weather conditions and their effects on rivers, creeks and other crossings
- If it is Flooded Forget It!!

Queensland Police implore road users to make sure they plan for fatigue management during their travels, and for motorcycle riders to take extra precautions particularly during the holidays.

Police will be utilising photographic technology to enforce seatbelts and mobile phone use and other Fatal Five offences.

Police urge the community to familiarise themselves and remember the Fatal Five:

1. **Think before you drink – don't drink or drug drive.**
2. **Slow down and stick to the speed limits.**
3. **No seatbelt – no chance.**
4. **Driver fatigue can be fatal – rest and revive regularly.**
5. **Avoid distractions – no mobile phones! Pay attention to the job at hand, driving.**



Get the facts on Queensland's most dangerous behaviours behind the wheel.

Remember the FATAL FIVE

DRINK AND DRUG DRIVING

DRINK DRIVING

More than **1 in 4** drivers and riders killed on Australian roads have a blood alcohol content exceeding the legal limit.



DRUG DRIVING

Drug use increases the risk of being involved in a crash, the risk is similar to driving with blood alcohol of **up to 0.15%**.



MEDICATION

Almost **1 in 4** Australian drivers ignore medication warning labels and continue to drive after taking prescription drugs. Some medications can impair your ability to drive.



SPEEDING

Speeds just **5km/h** over the speed limit in urban areas and **10km/h** in rural areas are enough to double the risk of a crash.



SEATBELTS

Unrestrained drivers and passengers are **8 times** more likely to be killed in a road crash.



DISTRACTION

Using a mobile phone while driving is highly distracting and increases your risk of a crash **four-fold**, even when using a hands-free kit.



FATIGUE

A driver who has been awake for 17 hours has a driving ability similar to a driver with blood alcohol concentration of **0.05**.





Acting Sergeant Tammy White, (left) from the Pine Rivers Patrol Group Crime Prevention unit, has been out and about at Bunnings and local coffee shops promoting crime prevention for the month of October.

Tammy has been highlighting offences such as: the unlawfully entering and stealing from motor vehicles, opportunistic break and enters and offenders using remote controls from un-garaged cars to gain entry to houses are common offences.

Unfortunately, vehicles being left unlocked or screen doors not being key locked and /or garage door remotes are being left in un-garaged cars, thus allowing opportunistic offenders to gain access.

Preventing the opportunity for these types of crime is the most prevalent way to avoid becoming a victim. Please remember to:

- 1) Lock and secure your vehicles and your homes.
- 2) Do not leave valuables or your garage remote in

your vehicle.

With your help we can reduce the chance of opportunist crimes occurring.

Senior Constable Jo Arthur advises that "As well as responding to crime when it happens, Queensland Police Service (QPS) works with communities to prevent crime and make Queensland a safer place to live, work and play.

The QPS's crime prevention policies, strategies and programs are guided by the [National Crime Prevention Framework](#) developed by the Australian Institute of Criminology.

The QPS website outlines some of the programs QPS has to help people in Queensland stay safer, address anti-social behaviours and reduce crime.

We work together with government, businesses, community groups and individuals to deliver these programs.

For more information or to access crime prevention flyers please go to:

<https://www.police.qld.gov.au/safety-and-preventing-crime>



(Above) Senior Constable Brennan and Senior Constable Griffiths with PD Kaos, Senior Sergeant Eaton, Jess and Emma, at Dayboro Coffee with a Cop, where Acting Sergeant White also had CSP merchandise on display . Thank you for your continued support Tammy.

**It's important to tune into
your surroundings.**



Prevention Together

Prevent | Disrupt | Respond | Investigate

From the Branches

**Congratulations
and
thank you!!!**



CSP members (left to right) Chaplain Glenn Louttit and Ms Donna Hardy both from Rockhampton Branch received their 5 Year Service Award for their commitment and dedication to Community Supporting Police Inc, in particular Rockhampton Branch and the members of the Queensland Police Service who work within the Central Region. Congratulations and thank you!!!



(left) Inspector Joe Kitching Townsville Branch Chair was presented with a cheque for \$250 from McGraths Real Estate on Friday 30 April.

Inspector Kitching explained to those present on the great work done by CSP to support QPS colleagues in their time of need.

Inspector Kitching thanked Inspector Russell Rhodes (Mareeba) and CSP member for his valuable referral of McGraths to the CSP (Northern and Far Northern). This community donation is very useful in support of ongoing servicing and maintenance of our Welfare House "Margaret House."



The Australian Government has partnered with Crime Stoppers Australia to launch a permanent national firearms amnesty to keep Australians safe while ensuring those with a legitimate need to access firearms are able to do so.

People who have an unregistered firearm or firearm-related item will be able to surrender it to a police station anonymously and without penalty, for registration, sale or destruction.

Licensed firearms dealers can also receive surrendered firearms in most states and territories. An unwanted firearm may also be handed in.

To support the commencement of the amnesty, Crime Stoppers has launched a National Illicit Firearms Campaign.

In coming months, Crime Stoppers will deliver 65 grassroots community events across the nation to encourage people to do the right thing and hand in unwanted or unregistered firearms.

Each state and territory have their own requirements about what can be surrendered, registered or sold. <https://crimestoppers.com.au>

To learn more state specific information, please go to <https://crimestoppers.com.au/firearmamnesty>



Get Ready Week, 10-16 October 2021, kicked off a series of events across the state to help Queenslanders prepare their homes and communities for the upcoming severe weather season.

At the launch Minister for Police and Corrective Services and Minister for Fire and Emergency Services the Honourable Mark Ryan said "Get Ready Queensland Week is about raising awareness to start preparing your families, pets, households and even your neighbours for severe weather and the Get Ready Queensland website has all the information to guide you." <https://statements.qld.gov.au/statements/93474>

While we can't control the weather, we can prepare for it.

[Severe Weather Outlook](#) for 2021/2022 reporting that Queenslanders can expect more cyclones, severe storms and flooding through to early 2022.

Bureau of Meteorology Senior Meteorologist Laura Boekel said Queenslanders should keep up to date with the latest warnings and forecasts on the Bureau's website and the BOM Weather Smartphone app. "We want people to 'know your weather, know your risk' – and that means understanding not just what kind of severe weather can impact the area you live in, but the hazards associated with it and what you need to do to avoid getting hurt," Ms Boekel said. <https://statements.qld.gov.au/statements/93474>

With so many new residents about to experience their first Queensland summer, we launched a series of fun new videos encouraging recent arrivals to take the three steps. Visit the [Get Ready 2021 Campaign page](#) to learn more! <https://www.getready.qld.gov.au/news/get-ready-week-2021-wrap>

Minister Ryan said "Queensland has been hit by almost 90 significant natural disasters and weather events in the past decade leaving a recovery and reconstruction bill of more than \$16.8 billion. "But we always get through them, digging deep and working shoulder to shoulder as communities recover from these events." "Our emergency services staff do an amazing job helping us out in our times of need so it's important we show them they can count on us," Mr Ryan said. <https://statements.qld.gov.au/statements/93474>

Get Ready Queensland is a year-round, all-hazards, resilience building initiative to help communities prepare for natural disasters. For more information on Get Ready Queensland visit:

www.getready.qld.gov.au



Out & About



CSP members Mr Dan Mahon and Mr Victor Serchen attended the Bribie Island Emergency Services Expo on Sunday 17th October



The Bribie Island Emergency Services EXPO is part of the state-wide “Get Ready” campaign, which promotes the need to be prepared. Held annually, this event draws community attention to the onset of the storm and bushfire season, Graham Gibb from the Bribie Island Emergency Services Marine Rescue said, he is grateful to the “unwavering Volunteers of Marine Rescue Bribie Island” who devote their time and expertise to proudly host this event, which has become the leading Expo of its kind in Queensland”.

CSP Brisbane Meetings Dates 2022

General Meeting: Wed 13th April 2022

Annual General Meeting: Wed 14th November 2022

General Meeting: Wed 9th November 2022

PLEASE NOTE: due to possible future COVID restrictions: the style & location of these meetings will be decided closer to their respective dates.

2022

January	February	March
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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October	November	December
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Thank you

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.

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

For information about **QBANK** and its services and products please go to:
<https://www.qbank.com.au>

YOUR PARTNER IN BANKING

What does it mean to be a member owned bank?

- We understand our Members and the distinct characteristics of their jobs
- We care for our Members and their families
- We are accountable to you

QBANK
 Police • Fire • Health • Public Service • Justice



The members of **Community Supporting** Police Inc acknowledges the continued support provided by the **Queensland Union of Employees**, to CSP and the members of the **Queensland Police Service**

The members of **Community Supporting** Police Inc gratefully acknowledges our Patron Commissioner Katarina Carroll APM, sworn officers and civilian staff members of the **Queensland Police Service** for their ongoing assistance to and support of CSP and the organisation's objectives to provide welfare accommodation to QPS members and their immediate families in their time of need



HUNTER
 Promotional Products
 & Uniforms
 Ph: 3881 0694
www.hunterpp.com.au

Community Supporting Police Inc wishes to acknowledge Brad and the team at **HUNTER Promotional Products & Uniforms**, for their continued and valuable support of our organisation's mission to maintain emergency accommodation to members of the QPS and their families, in their time of need.

Lesley - Ann's Chicken Surprise

Ingredients:

800g chicken thigh cutlets
2 large brown onions
3 large capsicums
2 cans of diced tomatoes
2 cloves garlic (fresh)
1/2 teaspoon sambal
Salt and pepper to taste
2 teaspoons brown sugar
2 tablespoons of olive oil

A graphic with the word "Enjoy" in large, multi-colored letters (red, orange, yellow, green, blue) followed by three exclamation marks. The letters have a slight shadow effect.

Method:

1. Add olive oil to pan and sauté' diced onions & capsicum until tender.
2. Add finely chopped garlic. Sauté until fragrant.
3. Add chicken and brown.
4. Add tomatoes, brown sugar and sambal (as little or as much depending on how spicy you like it).
5. Simmer covered for about 30 minutes or until chicken is cooked through.
6. Serve with rice.

Tip: Lesley-Ann recommends chicken thighs as she finds these a more tender cut, and more flavour to the dish. The sauce can be made and used with other dishes e.g. Fish or other meals.
The sauce freezes well

Kira's Healthy Date Muffins

Ingredients:

- 100-150grams pitted dates
- 2 ripe bananas
- 100 grams coconut oil (or vegetable oil – but coconut taste best with this recipe)
- 2 eggs
- 100 grams of apple sauce or apple puree
- 100 grams of bran (cereal)
- 1 teaspoon bi-carb soda
- 1 teaspoon vanilla bean paste (vanilla essence is fine)
- 200 grams of wholemeal SR Flour

A graphic with the word "Enjoy" in large, multi-colored letters (red, orange, yellow, green, blue) followed by a series of dots and the words "guilt free" in green and blue. The letters have a slight shadow effect.

Method:

1. Pre-heat oven to 170 degrees
2. Use a thermo mix (or a blender) to finely chop dates & bran to crumbs
3. Add all other ingredients to thermo mix / blender on high speed for about 15-20 seconds until all ingredients are combined well
4. Divide into muffin tin or cake pan
5. Bake for approx. 20-25 minutes

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 raise funds to provide emergency accommodation to hundreds of QPS families who have required assistance. Requests for assistance are made through the Police Chaplaincy Unit 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 families affected by serious illness or personal trauma.

QPS members can make tax deductible donations to Helping Hand through their payroll

**(instructions can be found on the
Helping Hand page on the QPS internet)**

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



Junior Police Cap
adjustable
\$10.00

CSP Junior Police Range



Plush Kangaroo
with Junior Police
bandana
\$12.00

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



JP Teddy
\$15.00



Plush Emu with
Junior Police
bandana
\$12.00



Soft Toys



Geronimo
named after
working Police Horse
\$12.00



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

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



Queensland Police Service branded
Corporate Pen in Presentation box,
\$12.00
Box can be engraved
great for graduation gift



QPS Lanyard
\$5.00



Queensland Police Service
branded Key Ring
\$5.00.
(suitable for engraving)
great for graduation gift)



CSP Pen in Pouch
\$5.00

Other Items

All products are available
through the CSP online store
&
at Police Headquarters Store
Roma Street

Koala Cop
\$20.00



CONSTABLE T. BEAR

"MOST WANTED"

Calendar for 2022

\$12.00

**NEW
LIMITED EDITION**

**CONSTABLE
T.BEAR**

CHRISTMAS SPECIAL

\$45.00



Season's Greetings

**To all our fantastic:
followers, readers, sponsors
and supporters.**

**To all the wonderful recipients
of the emergency accommodation
and/or
Helping Hand funds...**

**The members of
Community Supporting Police
would like to take this opportunity
to wish you all a magical Christmas.**

**We hope this is a
truly peaceful and joyous time
for you, your family, friends and colleagues.
every success and happiness for the year ahead.**

**We sincerely thank you
for your continued support
during 2021
and look forward
to working with you and for you
in 2022.**