



QHVSG

Specialising in Homicide Support & Recovery

Newslink

November 2019

QHVSG
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Registered Charity No 1253
ABN: 88 536 686 758

Advocacy

Education

Support



**Queensland
Government**



QHVSOG successfully initiates change to Federal Policy

We are pleased to let you know that we have recently secured an in-principle agreement for an important change in Federal policy that will make a difference to families across Australia who have lost a loved one to homicide.

Through member feedback, we recognised that once a prisoner who was subject to deportation was moved out of QLD Corrective Services (QCS), the QCS 'Victims Register' section was no longer able to provide updates to families around prisoner movements. This meant families were not able to find out where the perpetrator was (i.e., in custody or in the community), or when they were leaving the country. Not having access to this basic information was negatively impacting our members.

Thanks to bipartisan support and co-operation by the QLD and Federal Governments, this is going to change.

Through the efforts of both the Hon. Mark Ryan MP (Minister for Corrective Services, QLD) and Trevor Watts MP (Shadow Minister for Corrective Services, QLD), QHVSOG was able to secure state-level support and then establish a meeting with the office of Federal Home Affairs Minister, the Hon. Peter Dutton MP. After a productive meeting, QHVSOG has now been informed that critical information-sharing processes will change. This specifically relates to information about prisoners who are being deported from Australia post-release (whether on parole or end term).

This is a massive change to the Federal processes and a huge win for homicide victims' families not only in QLD but in every state and territory across Australia. We have shared this significant development with NSW HVSG and will be in touch with other organisations across Australia who support homicide victims. We will now look to contribute to the development of a MOU to support homicide victims' families across Australia. If you feel that this development is relevant to you, please contact me directly at the office for advice and support. We

sincerely thank Minister Ryan, Mr Watts, and Hon. Minister Dutton for their support of this initiative.

Parole Board QLD - Victim Submissions

It is an uncomfortable truth that a part of the homicide victims' journey is facing the possibility of the release of the perpetrator/s.

Persons sentenced to 'life' in QLD (if granted parole) will be under the supervision of Corrective Services for the rest of their lives. In short this means that these individuals have to abide by the conditions (rules) that are set down by the Parole Board QLD forever. Breaching these conditions or committing further offences may lead to the prisoner being placed back in custody.

Prisoners who have a custodial end date to their sentence and who are granted parole will also be subject to conditions of release.

Conditions that are set by the Parole Board are based on the individual prisoner and must take into consideration the point of view of the victims. These conditions may include, the prisoner not being allowed to enter specific towns or suburbs, having monitoring devices worn, having to undertake regular drug and alcohol testing, adhering to curfews, not entering licenced premises and having to undertake psychological treatment in the community. Critically, information that is supplied to the Parole Board is completely confidential and the prisoner does not have the legal right to access the details of those submitting information.

Our operations team at QHVSG can assist you in developing submission to the Parole Board. Please let us know if you need our advice around this.

AGM 2019

Details of our Annual General Meeting appear within this NewLink edition and on our website at <https://qhvsg.org.au/event/annual-general-meeting-2019/>

We have also sent out links to the AGM via our email service. If you have not received the email, please check your junk folder and contact us if it has not been received.

Take care

Brett.

Are you interested in joining the QHVSG Board of Directors?

We are looking for hard working, dedicated people to join our team for 2020!

We are currently seeking nominations to fill the positions on the QHVSG Board of Directors for a period of one year.

The QHVSG Board of Directors consists of the following roles:

Chairperson

Vice Chairperson

Secretary

Treasurer

3 General Board Members

We encourage all QHVSG members and supporters who would like to contribute to our organisation by volunteering as a Board member to consider nominating.

We are looking for a diverse range of people to apply to ensure that we have a broad range of skills and experience on the Board.

Please note that we require all nominees, proposers and seconders to be financial members of QHVSG.

You can become a QHVSG financial member or renew your financial membership for just \$1 by completing the membership form. You can request a membership form by emailing admin@qhvsg.org.au or by phoning 3857 4744.

Please return completed membership forms to admin@qhvsg.org.au or by post to PO Box 194, Clayfield QLD 4011.

Completed Board member nominations must be received by the Returns Officer by email at secretary@qhvsg.org.au or by post to PO Box 194, Clayfield QLD 4011 no later than 5pm on Tuesday November 19th, 2019.

If you would like to receive further information regarding joining the QHVSG Board of Directors or would like to request a Nomination and Consent to Act form, please contact Board of Directors Secretary Monique Ferrario at secretary@qhvsg.org.au

The Annual General Meeting will be held at:

Time: 11am on Saturday December 7th, 2019

Venue: Police Headquarters, 200 Roma Street Brisbane

We thank you for considering this opportunity to volunteer for our organisation and to help QHVSG continue its important work.



ANNUAL GENERAL MEETING

Saturday 7 December 2019 at 11:00am

Queensland Police Headquarters
Ground Level Conference Room
200 Roma Street, Brisbane Qld 4017

AGENDA

1. Chairperson opens meeting; quorum established.
2. Present and Apologies
3. Declaration of Proxy Forms
4. Confirmation of Minutes of the Annual General Meeting held 24 November 2018
5. Chairperson's Report to be received
6. Chief Executive Officer's Report to be noted
7. Treasurer's Report to be adopted
8. Auditor's Report to be received
9. Election of Office Bearers
10. Handover to incoming Chairperson
11. Appointment of Auditor to be resolved
12. Appointment of Legal Advisor to be resolved
13. Close of AGM

QHVSG Children's Christmas Party

Date: Sunday, 1st of December 2019

Time: 10:30 to 14:30

Venue: Mabel Park, Paradise Road, Slacks Creek (Just off the Freeway at IKEA)

RSVP: Friday, 15th November 2019

Fun for all ages! Everybody is welcome!

Santa is coming so please RSVP so he can have a gift ready for every child under 12 years.

Activities include: Jumping castle, Bungee Run, Gladiator Duel, Fairy Floss, Animal farm, Pony Rides, Face Painting, Balloon art and more!

Feel free to bring chairs and picnic blankets.

We look forward to celebrating Christmas with you all!





Please Join us for Christmas Lunch!

The last Gold Coast Support Group meeting for 2019 will be a social luncheon for Christmas.

Date: November 23rd, 2019

Where: Burleigh Heads Mowbray Park Surf Life Saving Club
Goodwin Terrace and Gold Coast Highway, Burleigh Heads

Time: 12pm

RSVP: Monique or Gai on 0421 603 957 by November 13th

Note: Please bring along a \$10 Secret Santa gift for your gender. Those attending with children, please also bring a small gift for them. Everyone is welcome! We hope to see you there!



Detective Training

QHVSG members deliver valuable information to trainee Queensland Police detectives at Oxley Police Academy several times a year.

This year 140 trainee detectives were given information and incredible insights into the effect of homicide on families and loved ones. It is critical detectives understand:

- The impact of the initial visit,
- The immediate and long-term effects of homicide and,
- How valuable the relationship between the police and families can be.

The sessions are held once every three months and generally take an hour.

If you would like to be part of the team of members delivering this crucial information to Queensland Police please don't hesitate to get in touch with Michelle by calling the office number or by emailing michelle.gadke@qhvsg.org.au



QHVSG Story Bridge Climb

25 Years of Support 'Lighting up for Love'

Book Now!



~ It takes resilience to provide 25 Years of support. ~

It takes resilience to overcome adversity, so we are 'Lighting up for love!'

Friday 7 February 2020 marks 25 Years to the day that our founding members met to discuss the need for support in Queensland for victims' of homicide.

Join us for an incredible twilight Story Bridge Climb to honour our loved ones and recognise the incredible achievement from QHVSG.

What is happening?

The Story Bridge will be 'Lighting up for Love' as we commence our walk

Specially reduced rates for all QHVSG Supporters

Meet and thank some of our founding members

The Brave can also abseil!

\$20 from each person goes to QHVSG

You can also choose to fund raise (and we can show you how)

Prices

Story Bridge Climb \$119 (normally \$159)

<https://storybridgeclimb.rezdy.com/344953/qld-homicide-victims-support-group-twilight-climb>

Story Bridge walk and abseil \$139 (usually \$199)

<https://storybridgeclimb.rezdy.com/344962/qld-homicide-victims-support-group-twilight-climb-and-abseil>

NB - there are strictly limited numbers for this event.



~ Benefits of Gardening for your mental health ~

Having a garden can do wonders for your mental health. Many studies have shown the increase in mental wellbeing that comes along with nourishing a garden of your own, including:

- Gardening Allows us to connect to nature and destress
- Plants don't judge us!
- Gardening puts you in control
- Gardening allows you to nurture
- Gardening is a great way to practice mindfulness – notice the colours, textures, scents, growth and blooms on your plants.



Townsville Memorial Day

Townsville Memorial Day was held at the Palmetum on Saturday the 19th of October. A small but powerful gathering of Townsville members paid tribute to their loved ones' memories by participating in a brief service followed by lunch. It was wonderful to have everyone participate in an afternoon of sharing tears, laughter and support.

Townsville Memorial Day Poem

When Great Trees Fall by Maya Angelou

When great trees fall,
Rocks on distant hills shudder,
Lions hunker down in tall grasses and even
Elephants lumber after safety.

When great trees fall in forests,
Small things recoil into silence, their senses
eroded beyond fear.

When great souls die
The air around us becomes light, rare,
sterile.
We breathe, briefly.
Our eyes, briefly, see with hurtful clarity.
Our memory, suddenly sharpened,
examines, gnaws on kind words unsaid,
Promised walks never taken.

Great souls die and our reality bound to
them
Takes leave of us.
Our soul's dependant on their nurture, now
shrink, wizened.
Our minds, formed and informed by their
radiance,
Fall away.
We are not so much maddened
As reduced to the unutterable ignorance of
dark, cold caves

And when great souls die,
After a period, peace blooms,
Slowly and always irregularly.
Spaces fill with a kind of soothing
electric vibration.

Our senses, restored, never to be
the same, whisper to us.
They existed. They existed; we can
be.
Be and be better.
For they existed.





November Peer Support Meeting Dates

Brisbane **Saturday, 16th of November 2019**

CHRISTMAS LUNCHEON

1:00pm

Time: **Albion Hotel Bistro**, 300 Sandgate Road, Albion

Where: Please contact **Berni** on **07 3857 4744** to **RSVP** by 08/11

Gold Coast **Saturday, 23rd of November 2019**

CHRISTMAS LUNCHEON

Time: 12:00pm

Where: Burleigh Heads Mowbray Park Surf Life Saving Club

Please contact **Monique** on **07 5593 3528** to **RSVP**

Ipswich **Saturday, 2nd of November 2019**

Time: **10:00am to 12:00pm**

Where: Leichhardt One Mile Community Centre, Denman Street,
Leichhardt

Please contact **Elaine** on **07 3857 4744** for any queries

Mackay *Please contact **Leanne** on **0458 242 969** for any queries*

Sunshine Coast **Saturday, 9th of November 2019**

CHRISTMAS LUNCHEON

Time: 1:00pm

Where: Maroochy RSL- Bistro

Please contact **Berni** on **07 3857 4744** to **RSVP** by 01/11



December Peer Support Meeting Dates

Ipswich **Saturday, 14th of December 2019**

Time: **12:00pm** **CHRISTMAS LUNCHEON**

Where: TBA

*Please contact Elaine on 07 3857 4744 to **RSVP** by the 7/12*

Mackay *Please contact **Leanne** on 0458 242 969 for any queries*

~ CHRISTMAS LUNCHEON REMINDERS ~

Christmas Luncheons for each region have been outlined in the November and December Calendars in this issue of NewsLink. If you have any enquiries or wish to RSVP please contact the team or email **Michelle Gadke** at [**michelle.gadke@ghvsq.org.au**](mailto:michelle.gadke@ghvsq.org.au). If you are an *existing member* of these peer support groups, you will also receive an email inviting you to attend each of these events.

NOTE: If you would like to be added to a mailing list for these peer support groups or other peer support activities in your area please don't hesitate to contact Michelle Gadke.



<i>Dylan Anderton</i>	<i>25/11/2001</i>
<i>Paul Stephen Bakes</i>	<i>16/11/2017</i>
<i>Revelle Sabine Balmain</i>	<i>05/11/1994</i>
<i>Michael Timothy Brack</i>	<i>14/11/2015</i>
<i>Jackson Bradey</i>	<i>27/11/2009</i>
<i>Geoffrey Braunack</i>	<i>01/11/2004</i>
<i>Robert Bush</i>	<i>18/11/2000</i>
<i>Gregory John Cash</i>	<i>08/11/2014</i>
<i>Janaya Clarke</i>	<i>09/11/1998</i>
<i>Gayleen Lee--Ann Cobby</i>	<i>13/11/2017</i>
<i>Nicholas Howard Collins</i>	<i>28/11/2012</i>
<i>Russell Jon Dean</i>	<i>01/11/2002</i>
<i>Wayne Andrew Dover</i>	<i>30/11/2013</i>
<i>John Fotek</i>	<i>12/11/2004</i>
<i>Rita Janice Frescura</i>	<i>03/11/2016</i>
<i>Robyn Kay Frescura</i>	<i>03/11/2016</i>
<i>Shelly Frost</i>	<i>26/11/2000</i>
<i>Robert Andrew Graham</i>	<i>16/11/2017</i>
<i>Russell Green</i>	<i>08/11/2005</i>
<i>Janelle Haviland</i>	<i>28/11/2003</i>
<i>David Haywood</i>	<i>01/11/2003</i>
<i>Terry Hibberd</i>	<i>06/11/2001</i>
<i>Philip Scott Hoy</i>	<i>02/11/2003</i>
<i>David Alan Knyvett</i>	<i>16/11/2015</i>

<i>Jake James Roy Lasker</i>	<i>07/11/2012</i>
<i>Ingrid Lester</i>	<i>19/11/2002</i>
<i>Darryl Lewis</i>	<i>25/11/1996</i>
<i>Tammy Maree Lewis</i>	<i>17/11/1992</i>
<i>Annette Jane Mason</i>	<i>19/11/1989</i>
<i>Adrienne Miller</i>	<i>26/11/1996</i>
<i>Jennifer Newing</i>	<i>05/11/1999</i>
<i>Allan Edward Northey</i>	<i>13/11/2008</i>
<i>Cameron Olsen</i>	<i>21/11/2004</i>
<i>Warren Olsen</i>	<i>21/11/2004</i>
<i>Tiahleigh Palmer</i>	<i>05/11/2015</i>
<i>Steven James Pertzal</i>	<i>17/11/2018</i>
<i>Andrew Rowe</i>	<i>08/11/2010</i>
<i>Chantelle Rowe</i>	<i>08/11/2010</i>
<i>Rosemary Rowe</i>	<i>08/11/2010</i>
<i>Shelsea Sky Schilling</i>	<i>09/11/2016</i>
<i>David Seckold</i>	<i>25/11/2000</i>
<i>Yupin Wanput</i>	<i>18/11/2015</i>
<i>Elly Warren</i>	<i>09/11/2016</i>
<i>Liselotte Klara Helena Watson</i>	<i>13/11/2012</i>

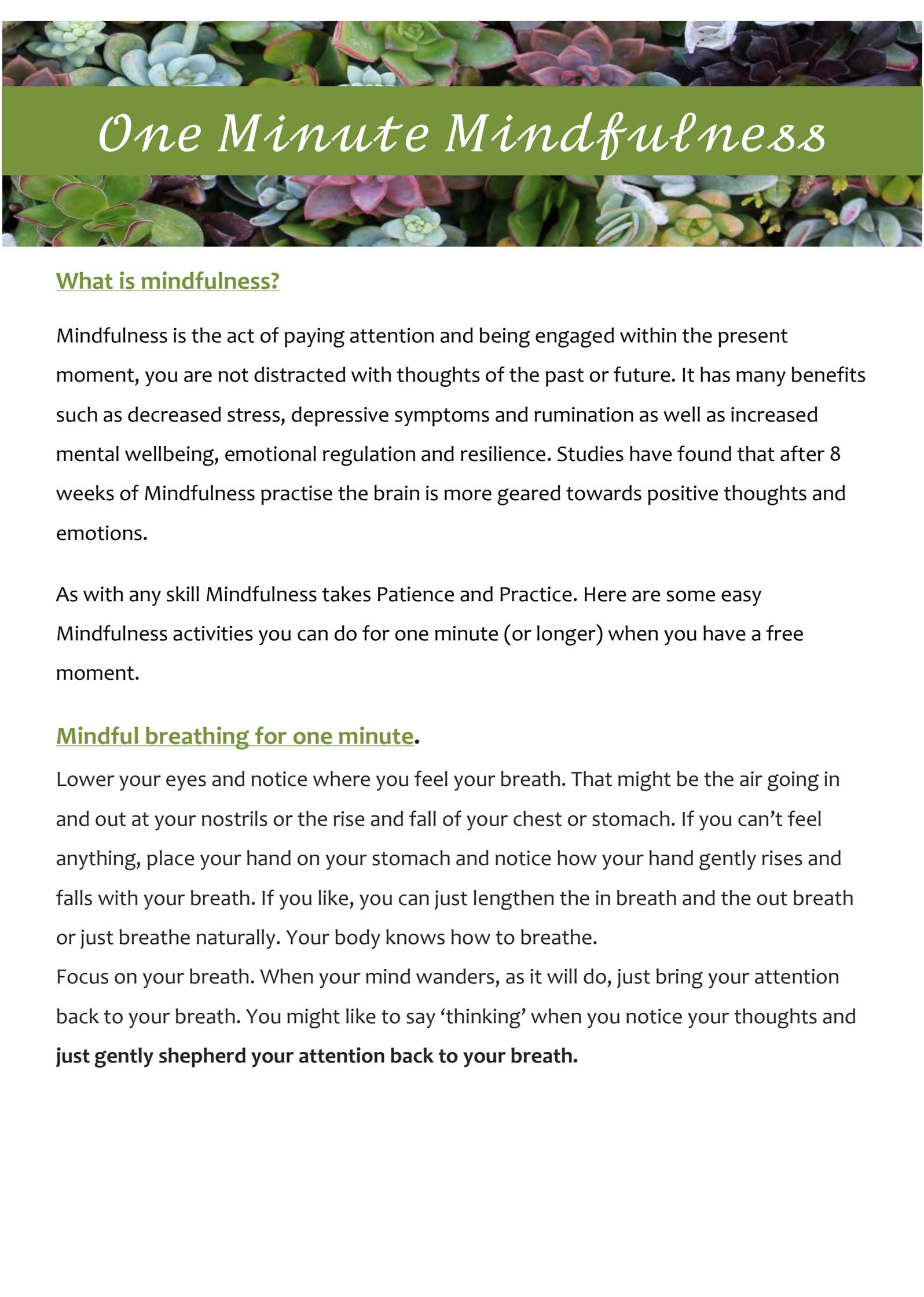
PLEASE NOTE: If you would like your Loved Ones details included in News-Link we need to have received your Membership and Confidentiality Form providing us with permission to publish. Just email us at admin@qhvsg.org.au or call on **1800 774 744** if you would like a copy of the form or you would like to ensure your loved one is included on the Anniversary list.

REMINDER:

News-link is published monthly. Date for inclusion in next issue is for **20 December 2019**.

Also lovingly remembered
Queensland Police Officers who have
been lost to homicide whilst selflessly
serving the public.





One Minute Mindfulness

What is mindfulness?

Mindfulness is the act of paying attention and being engaged within the present moment, you are not distracted with thoughts of the past or future. It has many benefits such as decreased stress, depressive symptoms and rumination as well as increased mental wellbeing, emotional regulation and resilience. Studies have found that after 8 weeks of Mindfulness practise the brain is more geared towards positive thoughts and emotions.

As with any skill Mindfulness takes Patience and Practice. Here are some easy Mindfulness activities you can do for one minute (or longer) when you have a free moment.

Mindful breathing for one minute.

Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can just lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.

Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say 'thinking' when you notice your thoughts and **just gently shepherd your attention back to your breath.**

STOP.

Stand up and breathe. Feel your connection to the earth.

Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.

Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.

Possibility. Ask yourself what is possible or what is new or what is a forward step.

Sensory Countdown

Take a moment to explore your surroundings, notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste

Thoughts as leaves

1. Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water.
2. For the next few moments, take each thought that enters your mind and place it on a leaf... let it float by. Do this with each thought – pleasurable, painful, or neutral.
3. Allow the stream to flow at its own pace. Don't try to speed it up and rush your thoughts along. You're not trying to rush the leaves along or "get rid" of your thoughts. You are allowing them to come and go at their own pace.
4. If your mind says, "This is dumb," "I'm bored," or "I'm not doing this right" place those thoughts on leaves, too, and let them pass.

If a leaf gets stuck, allow it to hang around until it's ready to float by. If the thought comes up again, watch it float by another time.

5. From time to time, your thoughts may hook you and distract you from being fully present in this exercise. This is normal. As soon as you realize that you have become side-tracked, gently bring your attention back to the visualization exercise

Thank you to all our Supporters



Simplicity Funerals

102.9
fm
hot tomato



McInnesWilson
LAWYERS



Queensland
Government



George Hartnett
Metropolitan Funerals
Honouring Lives



THE
COMPASSIONATE
FRIENDS
Supporting Family After a Child Dies



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