

LETTER BOX

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OUR MISSION

SAFETY HOUSE
– Working For Safer Communities For All

OUR VISION

People working together to assist in creating a feeling of safety within our communities.

Bribie Island: New Beginnings



Amazing Service: Bribie Island stalwart Fred Witsenhuisen (right) receives a framed plaque from State President Keith Madden.

'Man of many hats' kept the committee running

AT Bribie Island & Districts Safety House Committee's recent Annual General Meeting, Fred Witsenhuisen was presented with a framed plaque from the State Association for his long term efforts and commitment to Safety House.

The presentation was made by Keith Madden, State President of the Safety House Association of Queensland Incorporated. Keith thanked Fred and gave an overview of Fred's service which was quite amazing.

Fred has been actively involved with Bribie Safety House for around 20 years. During this time, he has held many positions on the committee including Monitor since 1993, Monitoring Coordinator for 14 years,

Treasurer for 6 years and Vice Chairman or Chairman since 1999. He often wore 'many hats' to keep the committee running over the years. Fred and his wife also offer their home as a Safety House.

Fred has put in a huge effort to keep Bribie Safety House going. This had been an overwhelming task on many occasions—but he prevailed. Fred had been pivotal to the continuity of the program, because he was experienced enough to pass on the knowledge of the program to newer committee members. He also promoted the program in local newspapers, using his experience as a journalist from his younger days.

Fred appeared quite surprised by the award and thanked those present. There

were around 20 people in attendance at the meeting, and a new committee was elected. Fred said that the attendance was fantastic and wished the new committee well. There are now 74 Safety Houses and 7 approved businesses in the Bribie Island & Districts area. This makes Bribie the second largest program in the state after Rockhampton.

The new committee, led by freshly-elected Chairperson, Margaret Price, was very enthusiastic about their new roles. Margaret described it as "new beginnings". She addressed the importance of educating the community about Safety House and its goals.

Officer-in-Charge at Bribie Island, Police Senior Sergeant David Crawford-Raby was in attendance and thanked Fred for his work with Safety House and with the community as a whole.

Both Councillor Gary Parsons and Senior Sergeant Crawford-Raby offered their assistance in getting the message out there. With this level of community interest and support, the future looks rosy for Safety House on Bribie Island.



A Spot of Darwinian Inspiration

“It is not the strongest of the species that survives nor the most intelligent that survives. It is the one which is most adaptable to change.”

LETTER BOX

is very grateful to be supported by Crime Prevention – A Community Responsibility



Still in pursuit of that elusive 'spare time'



Enthusiasm Plus: New State Committee member, Evanthia Smith.

HI there! My name is Evanthia Smith and I have been associated with the local Safety House committee at Bray Park for the last 4-5 years.

I joined the Safety House committee as a monitor because I had young children starting at primary school, and there was a need for more volunteers.

Now, for a little background history on me...

Originally from Darwin, I moved to Brisbane in January 1993. I worked full-time for 20 years in the retail book industry, working my way up to book buyer and store manager, as well as working nights and weekends for Birch Carroll & Coyle/Event Cinemas for nearly 14 years on a casual basis. During this time, I managed to cover all the cinema areas from candy bar and usher to duty manager.

Currently, I am working as a teacher aide at my children's school and studying to obtain my Certificate III in Education Support.

I married in December 1998 on what turned out to be one of the hottest days on record. I have three young children aged between 6 and 10, and life is pretty busy with schoolwork and extra-curricular activities—not to mention the day-to-day challenges of parenthood and looking after a busy household.

If I had any spare time, I would spend it catching up on my reading. My favourite author is James Patterson and I am about 15 books behind, BUT I continue to buy them as I am ever the optimist and know that ONE day, my children will actually let me have that '5 minutes peace' about which most parents only dream.

My other consuming passions are photography and scrapbooking, and a bit of dabbling in the garden. I have recently

become a member of Brisbane Organic Growers Inc. and hope to gain enough knowledge to grow a relatively successful veggie garden, along with a few fruit trees and some herbs. (Just looking for a bit more of that elusive 'spare time').

Favourite TV shows in our household include *My Kitchen Rules*, *Masterchef*, and *Dancing with the Stars*. My cooking is constantly rated for appearance and taste and how well it is plated up.

In return, I am the 'in-house' judge regarding the latest dance moves.

I can be a little impulsive at times—which is the only reason I can think of for purchasing a bicycle for myself, after buying my ten-year-old a bike for her birthday. What WAS I thinking?!

Thankfully, I am more than capable of laughing at myself, so there was a bit of a giggle when I found myself getting back on a bike after almost 17 years.

My ten-year-old excitedly tells me that she is looking forward to teaching me to ride a bike... I'm looking forward to my first lesson!

As I have only recently become a State Council member, I look forward to working with the other members, and gaining more experience over time.

Kids Help Line 1800 551 800

KIDS HELP LINE is Australia's only free, confidential and anonymous, 24-hour telephone and online counselling service specifically for young people aged between 5 and 18.

Points to Ponder

- *What do you want from your boss—more money or more appreciation? Remember that when you are the boss...*
- *The REASONABLE person adapts themselves to their circle of influence. The UNREASONABLE person persists in trying to expand their circle of influence. Therefore all PROGRESS depends on the unreasonable person...*

Working together on children's behalf

Are you concerned about the treatment and care of children?



PERHAPS you suspect that a form of child abuse is occurring. If so, contact either **Crime Stoppers** on 1800 333 000 or report the information directly to the Crime Stoppers website: www.crimestoppers.com.au.

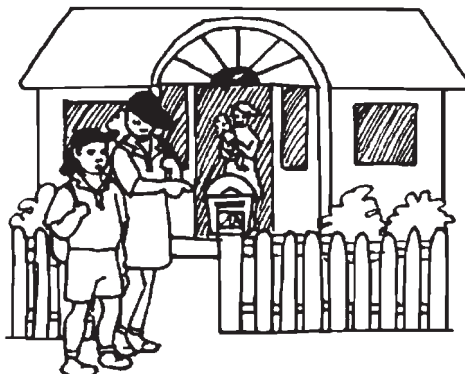
Alternately, you may choose to report the situation direct to the Department

of Child Safety in order for these matters to be brought to attention.

Once a suspected case of child abuse, sexual abuse or neglect issues, is reported to the Queensland Police Service and the Department of Child Safety, these bodies work together to investigate the matter.

Child Safety is the lead agency in child protection, while the Police Service takes on the investigative role.

Your details will always be kept confidential. In some cases, the Queensland Police Service may know the person—and this makes sense because, from time to time, Police Officers may need to get back to them for additional information.





SAFETY AUDITS

Making YOUR Community Safer

A Safety Audit is a community initiative which aims to minimise opportunities for crime, particularly violent crime, in public places. Local residents inspect their neighbourhood to determine what action can be taken to make their community safer – e.g. improved public lighting or the trimming of overgrown foliage. An Audit Kit explains the process.

For further information, please contact your local District Crime Prevention Coordinator, or the Community Safety and Crime Prevention Branch

GPO Box 1440,
Brisbane Qld 4001
Phone: (07) 3234 2111



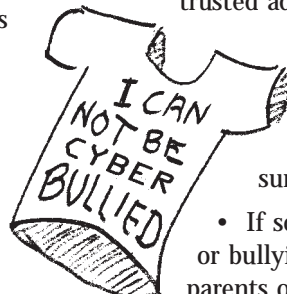
On The Thoughtful Side!

- *WORRY* consists of creating mental pictures of what you do not want to happen. *CONFIDENCE* is creating mental pictures of what you do want to happen...
- *Happiness is an inner-light, with no "off switch"...*
- *If your dream depends on a lot of luck—then you're in trouble. If it depends entirely on luck—you're living in Fantasyland...*
- *When you reach for the stars, you may not quite get one—but at least you won't come up with a handful of mud!*

Protect Yourself!

Say "NO" to cyber-bullying

CYBER-BULLYING occurs when the internet, email or mobile phones are used to deliberately and repeatedly engage in hostile behaviour to harm someone. It can be an extension of other forms of bullying and can lead to social, psychological and academic difficulties.



Tips for Parents

If you think that your child is being cyber-bullied:

- Discuss any changes in their mood or behaviour with them.
- Help them to stay connected to family and friends whom they can trust.
- If you have any serious concerns, contact the Police immediately.
- Work with your child to save any evidence of cyber-bullying, e.g. emails, text messages; it may be required at a later time.
- If necessary, involve your child's school, for advice about their processes, so as to work towards achieving a positive outcome.
- Cyber-bullying will not stop if it is ignored. You can help by listening to your child and work with them to take control of the situation.

Tips for your Children

- Guard your privacy. Do not post information or photos that you do not want everyone to see. Even if your profile is private, you cannot

control what your friends do with the information which you post.

- Only share your login or password details with your parents or another trusted adult.
- Before communicating or giving out personal information to someone whom you don't know, be sure to check with your parents.
- If someone is sending you hurtful or bullying messages, tell your parents or another adult whom you trust.
- Do not respond to these messages, and block the sender. Report them to your Internet Service Provider.
- If you are aware that cyber-bullying is happening to a friend, support them and report the bullying.
- Do not forward on messages or photos, which may hurt or upset someone.

For more information, contact the **Cybersmart Online Helpline** on the Cybersmart website: www.cybersmart.gov.au or call **Kids Helpline** direct on 1800 55 1800.

If there is a threat to your safety, contact your local Police Station. Police Stations are listed under "Police" in the Business and Government edition of the White Pages.

Should any situation be life-threatening, phone Triple Zero (000).

STAND UP AND SPEAK OUT

Reminder to be Vigilant

Suspicious activity needing reporting?

DO you suspect that drugs are being sold from a residence? If so, then you can report the information by phoning **Crime Stoppers 1800 333 000**. Alternately, you can report the information directly to the Crime Stoppers Web site: www.crimestoppers.com.au.

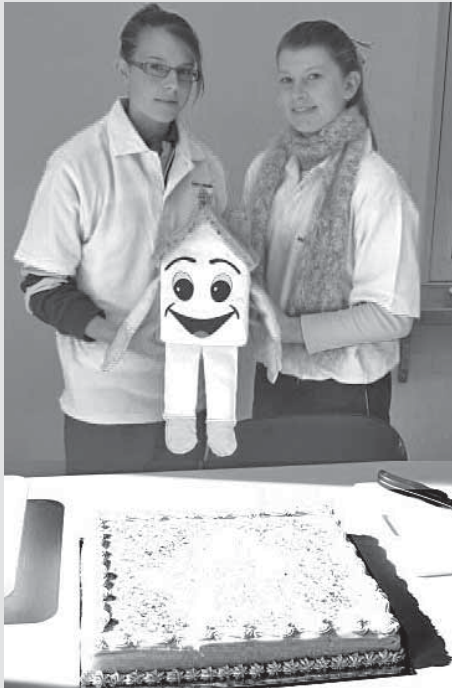
The kinds of details to pass on to Crime Stoppers would be times of the day

or night and what type of suspicious activity is occurring, people involved (even descriptions can assist), and motor vehicle registrations.

The information is then passed onto the relevant Police Station for further investigation by detectives. Anyone contacting Crime Stoppers can remain anonymous if they desire.

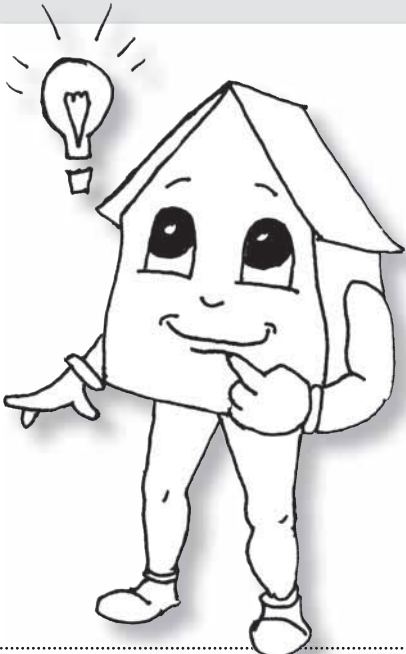


Safety House icing on Millmerran's cake



YOUNG IMA LOOKED HUNGRY AS NIKKI AND Ellie, students at Millmerran State P-10, helped out with the Millmerran Safety House Promotional and Resources Stall at the Under 8s Day held at St. Joseph's School, Millmerran on 10th June.

The stall included give-away bags to all the children under 8. Promotional material was given to parents and students. Pieces of this beautiful cake—provided by Millmerran Bakery with Safety House wording on it—were given to the children.



Give yourself a pep talk

TAKE some time to boost yourself. When self-doubt sets in, give yourself a pep talk. Repeat aloud the following affirmation: *"I am a unique individual whom the world has never known. I am born to do well and succeed. I was born to be great, because I have what it takes to be great. I am enthusiastic and optimistic. I am a change-embracer and the master over my life. As blessed as I am with all of my talents, there isn't anything I can't do. I will never fail. I'll go out and make today 'an-attitude-is-everything-day:'"*



By maintaining the right attitude, you can go beyond your current situation and achieve more than you ever thought possible.

Now is the time to start dreaming. What is it that you've always wanted to do? Now's your opportunity! Do

you want to go back to university and enrol in a higher degree? Maybe you would like a career change. Start making plans.

Don't allow procrastination to hold you back. Instead, turn procrastination into hustle, and begin working toward your goal. Remember that setbacks make you stronger. Welcome them, learn from them, and then get over them.

The seed of greatness lies within you. How well that seed grows is up to you. If you allow setbacks to overwhelm and overcome you, then the seed will shrivel up and die.

On the other hand, if you stop complaining about what has happened—and instead, constantly affirm your gifts and talents, and hustle to reach your goal, then you'll overcome any situation which tries to hold you back. (Ken Wright)

Scam: Beware of Strangers laying Bitumen

Itinerant Bitumen Layers

SCAMSTER ALERT



THE Office of Fair Trading advises that consumers along Australia's east coast have been approached over many years by itinerant bitumen layers who come here on tourist visas.

Residents and businesses are approached with a false story that they have been working on construction sites with the Main Roads Department, and offer to lay new bitumen driveways or car parking areas with leftover bitumen at a low price, with cash payment required.

Utes and/or trucks are hired to transport bitumen purchased locally, and they may also have a light roller of some type. They have been reported as taking road base gravel which has been left on the side of the highway by the Main Roads Department.

Typically, these operators provide a substandard job resulting in the surface breaking up and requiring repair by a qualified trader. The consumer ends up paying twice for the same job.

Traditionally these operators move north for the winter months. In the past, they have hit Emu Park, Gracemere and Calliope, and it's expected that they will again be in the Rockhampton region soon.

The large amount of rain in the region this year has resulted in driveways and carparks having deteriorated, with the possible greater potential for unsuspecting consumers to be scammed.

If you or anyone whom you know has been approached by these operators, please phone your local police station or Crime Stoppers on 1800 333 000 – <www.qld.crimestoppers.com.au> 24 hrs a day.

Crime Stoppers is a charitable community volunteer organisation, working in partnership with the Queensland Police Service.

For The Funny Bone

- A new neighbour asked the little girl next door if she had any brothers and sisters. She replied, "No, I'm the lonely child."
- After putting her children to bed, a mother changed into old slacks and a droopy blouse and began to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard her little three-year-old say with a trembling voice, "Who was that?"

Worth Pondering

- The greatest gift is not found in a store or under a tree, but in the hearts of true friends...
- Life does not have to be perfect to be wonderful.
- Waste not fresh tears over old griefs...
- There is no such thing as failure. There are only results.
- People with open minds must be careful these days. There are a lot of others around, intent on throwing rubbish into them...
- The key to success is to risk thinking unconventional thoughts. Convention is the enemy of progress...

NOW READ THIS—You are a unique human being, walking a unique path, and working with your own unique set of challenges and qualities. You were never intended to be like anybody else...

Parentline 1300 30 1300

PARENTLINE is a confidential phone counselling service aimed at providing professional counselling and support for parents and all who have the care of children. • This service is available 8am-10pm, seven days a week, to parents in Queensland and the Northern Territory—for the cost of a local call.

Aspire to Inspire...

The Inspiration Factor

THE first thing that an aspiring leader must realize is that they must be inspiring! They must be capable of, and willing to, inspire people onto greater things than if the leader were not in their lives.

Is this too grandiose an ideal for the average local business owner? Absolutely not! The people who work at your business, school or organization need to be inspired by you on a regular basis. It is what keeps them from giving up.

Take the opportunity to remind them of the big picture...

They aren't just serving food—they are helping families spend time together, so make it enjoyable.

They aren't just changing oil—they are helping to make sure that a woman and her children don't break down on the side of the road at night.

They aren't just teaching reading—they are helping to open a mind to the profound mysteries of the world.

They aren't just selling gifts—they are helping people to show their appreciation to others in a tangible way.

Applying this principle to our activity, *we aren't just serving on Safety House committees*—we're helping a generation of children to become more attuned to their own safety and protection.

Calendar for Committees

AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tell Someone about SH	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	Note Down Good Ideas	Plan Ahead	Monitoring

SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Newsletter	Monitoring	Plan Ahead	Tell Someone about SH	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	Note Down Good Ideas

Safety Houses are not just for children...

Are Safety Houses all there is to the Safety House Program?

Of course not!

THE Safety House Program was initially established to improve the safety of our children while travelling within our communities, but has now changed to improve the safety of our community members while travelling within our communities.

There are THREE sides to the Safety House Program, each of equal importance:

1. Our networks of Safety Houses within communities
2. Our Personal Safety Skills education which is taught to school children.
3. Our Personal Safety Skills education which is taught to our community members.

The networks of Safety Houses within our communities are maintained by Local Committee Members who monitor each house every month to ensure that it remains safe for people to use.

Before the distinctive yellow and black Safety House sign goes up on or near the letterbox, all residents living in the house (18 years and over) have to apply for and retain a current Children's Commission Blue Card.

Safety Houses may be used anytime — night, day, weekdays, weekends and holidays. Safety Houses may be used by adults as well as children. Safety Houses are there for you to use whenever you are feeling frightened or unsafe, no matter what the reason. Every time a Safety House is activated, the householder will immediately ring the Police and the Police will attend.

The Personal Safety Skills which our Local Committee Members teach school children and other community members are an investment in our community's future. These sessions give our children and our community members the vital skills necessary in order to help keep them SAFE.

Our Personal Safety Skills provide children and our community members with the power to make SAFE choices when faced with threatening or frightening situations—and essential knowledge of how best to avoid placing themselves in a dangerous situation in the first place.

Over the past few years, we have designed new and improved Personal Safety Skills education for school children and the community, along with two new DVDs for teenagers to assist them in keeping safe.

Isn't the Safety House Program only for young children?

Decidedly not!

SINCE the Safety House program started, the Association has broadened the use of Safety Houses to the whole community. For instance, there are reports of many senior citizens being assaulted and robbed in our communities.

Many adults and seniors go for walks in the morning and/or the evening for exercise, which is very good for your health, but there are some things that you can do, so as to keep yourself safe.

Do you tell someone:

- Where you will be walking?
- Which route you will be taking?
- How long you plan to be?

If you are away longer than you said you would be, or if something happens, your family will know something is wrong and they will know where to look. When your children go out, you want to keep them safe and you ask them to take care. By the same token, if they are running late, you naturally feel concerned.

All that we are asking is that you take care out there and be aware of your surroundings, when you are out and about. If you find yourself feeling unsafe, and there is a Safety House nearby, then you can go there for help.

The vital safety skills which the children

learn, come into their own when children reach the age when they want more independence.

That marks a time when they are more likely to be travelling around their communities alone or with their friends, rather than with their parents or a supervising adult. This is the time when your children need to know how to avoid trouble and how to access help quickly.

The Importance of Plan "B"

For instance, if your son or daughter is at a party which gets out of hand, what can he or she do?

Speak to your child, and go through their Plan B with them, so that you know what they are likely to do if something goes wrong while they're away from home. Ensure that your child has a phone card/mobile phone so that they can call you to collect them. Advise your child to go to a Safety House if one is nearby.

It's a fact of life that there will be times when you cannot be there to protect your child—but there is something positive you can do to increase the safety of your own children as well as all other community members. *It is as simple as offering your help to your local Safety House Committee.*

Without caring people who are committed to continuing the essential work of the Safety House program, there will be no Safety Houses for your children or other community members to use, when they need them.

Even when it comes to adults, it's wise to make plans when going out—and this should include a back-up plan.

REMEMBER:

Feeling unsure? ... Knock on a Safety House door!

Everyone has the right to feel safe—all the time...



Making Things Easier

All of the contacts you could possibly desire

Produced by the Seniors Task Force



Australian Banking Industry Ombudsman	1800 337 444
Australian Securities and Investments Commission	1300 300 630
Carelink	1800 052 222
Carer Respite	1800 059 059
Department of Housing	1300 880 882
DV Connect—(24 hr Domestic Violence help)	
Women's Line	1800 811 811
Men's Line	1800 600 636
Elder Abuse Prevention Unit	1300 651 192
.	www.eapu.com.au
Guardianship & Administration Tribunal	3234 0666
.	1300 780 666 (outside Brisbane)
Home and Community Care (HACC)	1800 052 222
Home Assist Secure.	1300 880 882
Legal Aid Queensland	1300 651 188
.	www.legalaid.qld.gov.au
Lifeline Financial	(07) 3250 1900
Office of Fair Trading	1300 658 030
Deaf/hearing impaired..	3246 1588 TTY
.	www.fairtrading.qld.gov.au
Office of the Adult Guardian.	1300 653 187
Parentline.	1300 30 1300
Public Trustee	1300 651 591
.	www.pt.qld.gov.au
Queensland Aged and Disability Advocacy Inc	3637 6000
.	1800 818 338 (outside Brisbane)
Queensland Law Society	(07) 3842 5888
.	www.qls.com.au
Queensland Police Service:..	
Crime Stoppers	1800 333 000
Crime Prevention Unit	(07) 3234 2111
Neighbourhood Watch..	(07) 3234 2111
Safety Audit Program	(07) 3234 2111
General enquiries	contact your local police station
Relationships Australia	1300 364 277
Residential Tenants Authority	1300 366 311
Retirement Village Association	(07) 3871 1622
Safety House Association of Queensland.	(07) 3356 9922
Seniors Enquiry Line	1300 135 500
TRANSInfo	13 12 30
deaf/hearing impaired	13 36 77 TTY
Translating and Interpreting Service	131 450
Tenant Advice and Advocacy Service	
New Farm.	(07) 3358 3951
Stafford	(07) 3857 8686
Victims Counselling and Support Service	1300 139 703

When Grammar falls short

We think we know what you were trying to say...

Spotted in a toilet of a London office:

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.

In a Laundromat:

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT

In a London department store:

BARGAIN BASEMENT UPSTAIRS

In an office:

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY, PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN.

In an office:

AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Outside a secondhand shop:

WE EXCHANGE ANYTHING—BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR HUSBAND ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window:

CLOSED DUE TO ILLNESS

Spotted in a safari park:

ELEPHANTS PLEASE STAY IN YOUR CAR

Seen during a conference:

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE FIRST FLOOR

Notice in a field:

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES

Message on a leaflet:

IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door:

WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR—THE BELL DOESN'T WORK)



Poor Megan

• Megan refuses to get out of bed. "I can't go to school," she wails. "The kids laugh

at me, the teachers hate me, and I have too much work!"

"Megan, you must go to school," her mother tells her. "You're the principal."

I MA

in
the

garden





I MA goes
fishing

Colour-in this scene from the world of Safety House



A Melting Moment

AN ELDERLY WOMAN and her little grandson—whose face was sprinkled with bright freckles—spent the day at the zoo.

Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

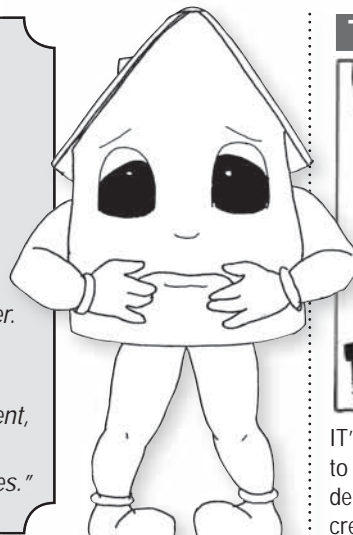
"You've got so many freckles, there's nowhere to paint!" a girl in the line said to the little fellow. Embarrassed, the little boy lowered his head.

His grandmother bent down next to him. "I love your freckles. When I was a little girl, I always wanted freckles," she said, while tracing her finger across the child's cheek. "Freckles are beautiful!"

The boy looked up and said, "Really?"

"Of course," said the grandmother. "Why, just tell me one thing that's prettier than freckles."

The little boy thought for a moment, peered intensely into his grandma's face, and softly whispered, "Wrinkles."



TREVOR



IT'S TIME to say goodbye to Trevor, owing to the sad demise of his very talented creator, Gerard Piper.