

TALKABOUT

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FREE

INNISFAIL & DISTRICT
Community Information Newsletter
Produced by the

COMMUNITY SUPPORT CENTRE

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WEB PAGE
www.csci.org.au



Australia's Biggest Morning Tea held at the Community Support Centre Innisfail

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Editorial

Well here we are again and isn't it wonderful weather and it makes you feel good to live in this part of the world. The sunny days and crisp mornings add to our sense of hope and optimism at this time when many in our community are still rebuilding following Cyclone Yasi. A message of hope as well as the amazing generosity of people is highlighted in our 'Helping Hands' story on page 6.

May was the month of the Cancer Council's Biggest Morning Tea events throughout our region - another example of *Hope* and *Generosity*. Congratulations to the organizers and fundraiser involved, for a job well done.

For this issue I have chosen fish recipes, something I haven't done before - I am sure you will enjoy them.

Gwen 

*Once a day and sometimes more
You knock upon my daydream door
And I say warmly, "Come right in,
I'm glad you're here with me again"
Then we sit right down and have a chat,
Recalling this, discussing that,
Until some task that I must do
Forces me away from you
Reluctantly, I say "Goodbye"
Smiling with a little sigh,
For though my daydreams bring you near
I wish that you were really here.
But what reality can't change
My dreams and wishes can arrange
And through my wishes you'll be brought
To me each day, my dear, in thought.
Helen Gilchrist*

CSCI Volunteers Program

Here at the CSCI, we greatly value individuals who want to dedicate part of their own spare time to our Centre as a Volunteer.

The CSCI utilizes Volunteers in the following areas:

- *Front Desk: telephone and reception*
- *Tax Help*
- *Talkabout (the Community information Newsletter (i.e. assistant/editor/journalist, photocopying and stapling, deliver newsletter)*
- *Gardening*
- *Assisting with Programs, i.e.*
Produce Swap Day
Child Protection Week
- *Welfare Services Directory*

In July we will run a four session Volunteers Course for suitable and motivated people who would like to become part of our friendly and committed team.

If you would like to learn more about our Centre and this valuable opportunity, please contact Julie on **4043 8400** or

E-mail: julie@csci.org.au

P.S. Applicants must be eligible for a Blue Card.



Don't forget our next.....

Community Produce Swap Days

Tuesday, 14th June 2011
Tuesday, 12th July 2011
Between 10—12pm
(the 2nd Tuesday of each month)

At the Community Support Centre
Innisfail
13-17 Donald Street
Enquiries: 40 438 400

Bridge The Gap {With The Innisfail Jubilee Bridge}

(An original song by Innisfail resident, Sam Pappalardo)



Back in 1897, when pioneering blood; cut its way through thick and thin making tracks into the scrub.

At the junction where the Johnstone joins arriving tired and torn, those men of old put up a camp and Innisfail was born.

Well the township grew and the locals mixed with people as they came. At this spot, the Ma:Mu tribe said, Chjowai has been it's name.

Yes where the junction waters meet, the people saw a need, to span the flow, expand the town and plant the farming seed.

{Chorus}

They needed a bridge, to join the town {a bridge to} lead them here, to lead them there, a bridge to bring them back.

They needed a bridge, there's no turning back. They don't wanna swim they don't wanna row, so come on bridge the gap.

So the bridge was built and the traffic flowed back in 1923. On the opening day, in a gala way, they called it the Jubilee.

In art deco style it stood till July 2010, then the word went out, the bridge had dropped, would never be used again {and the cry rang out}

{Chorus}

We need a bridge, to join the town {a bridge to} lead us here, lead us here, lead us there, a bridge to bring us back.

We need a bridge, there's no turning back. We don't wanna swim, don't wanna row, so come on bridge the gap.

It's 2011 at the Junction now, there's a low pitch roar.

Men and their machines are working, even though it pours.

The day has come, the work is done, the tools are downed with glee.

We'll commemorate and celebrate, as we reopen the Jubilee {in art deco too}

{Chorus}

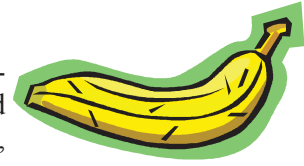
We got our bridge, we've bridged the gap {a bridge to} lead us here, to lead us there, a bridge to bring us back.

We need our bridge, to join the town. We don't wanna swim, don't wanna row cause now we've bridged the gap.

{Repeat last chorus twice and then end}

Copyright © Written by Sam Pappalardo 15/01/2011

BANANAS



MAKE A FACE MASK. That's right, you can use a banana as an all-natural face mask that moisturises your skin and leaves it looking and feeling softer. Mash-up a medium-sized ripe banana into a smooth paste, then gently apply it to your face and neck. Let it set for 10 to 20 minutes, then rinse it off with cold water. Another popular mask recipe includes $\frac{1}{4}$ cup of plain yoghurt, 2 tablespoons of honey and 1 medium banana, all mixed up together.

EAT A FROZEN BANANA. As a summer treat for friends and family, peel and cut four ripe bananas in half (across the middle). Push a wooden paddle-pop stick into the flat end of each piece. Place them all on a piece of waxed paper and then place it in the freezer. A few hours later, serve them up as yummy frozen treats. If you want to go all out, quickly dip your frozen bananas in 170 grams of melted white chocolate or milk chocolate melts (chopped nuts or shredded coconut are optional), then refreeze.

TENDERISE A ROAST. Banana leaves are commonly used in many Asian countries to wrap meat while cooking to make it more tender. And some people claim that the banana itself also has this ability. So the next time you're cooking a roast, add a ripe, peeled banana to the baking dish.

POLISH SILVERWARE AND LEATHER SHOES. Using a banana peel is actually a great way to put the shine back into your silverware and leather shoes. First, remove any of the leftover stringy material from the inside of the peel, then just start rubbing the inside of the peel on your shoes or silver. When you're done, buff up the object with a paper towel or soft cloth. You might even want to use this technique to restore your leather furniture. Test it on a small section first before you take on the whole chair.

ATTRACT BUTTERFLIES AND BIRDS. Bring more butterflies and various bird species to your backyard by putting out overripe bananas (as well as other fruits such as mangoes, oranges and pawpaws) on a raised platform. Punch a few holes in the bananas to make the fruit more accessible to the butterflies. Some enthusiasts swear by adding a drop of Gatorade to further mush things up. The fruit is also likely to attract more bees and wasps as well, so make sure that the platform is well above head level and not centrally located. Moreover, you'll probably want to clear it off before sunset, to discourage visits from possums and other nocturnal creatures.

FOR THOSE WITH GREEN FINGERS

BRIGHTEN UP HOUSE PLANTS. Are the leaves on your house plants looking dingy or dusty? Don't bother misting them with water—that just spreads the dirt around. Instead, wipe down each leaf with the inside of a banana peel. It'll remove all the gunk on the surface and replace it with a clean, lustrous shine.

DETER APHIDS. If aphids are attacking your rose bushes or other plants, bury dried or cut-up banana peels a few centimetres deep around the base of the plants, and soon the aphids will leave. Don't use whole peels or the bananas themselves, though; they tend to be viewed as tasty treats by possums, bandicoots, rabbits and other animals, who will just dig them up.

USE AS FERTILISER OR MULCH. Banana peels, like the fruit itself, are rich in potassium—an important nutrient for both you and your garden. Dry out banana peels on screens during the winter months. In early spring, grind them up in a food processor or blender and use the mixture as a mulch to give new plants and seedlings a healthy start. Many cultivars of roses and other plants, like stag horn ferns, also benefit from the nutrients found in banana peels; simply cut up some peels and use them as plant food around your established plants.

ADD TO COMPOST PILE. With their high content of potassium and phosphorus, whole bananas and peels are welcome additions to any compost pile—particularly in so-called compost tea recipes (made by brewing compost in water for a couple of days to produce energy-rich liquid). The fruit breaks down especially fast in hot temperatures. But don't forget to remove any stickers from the peels, and make sure you bury bananas deep within your compost pile—otherwise they could turn out to be a meal for a four-legged visitor.

COMMUNITY SUPPORT CENTRE INNISFAIL WELCOMES YOU TO: GAMES MORNING FOR KIDS

This free event is a great opportunity for children (between the ages of 5 and 12) who would like to spend some fun time playing interactive board games, whilst learning new exciting skills and making new friends. The children will choose from a variety of games and enjoy the opportunity to challenge their strengths in a safe and positive environment.



When: Monday—27th June

(school holidays)

9:30 am to 11:30 am

Where: Community Support Centre,

13-17 Donald Street Innisfail

Age Groups: 5 - 8 and 9 - 12

Cost: Free

Bookings Essential

Please RSVP by 23/6/11

Please contact Reception on 40 438400
to register.

Helping Hands for Cyclone Recovery.

For months following the cyclone, we all read about, heard about or were directly impacted by the devastating effects of Yasi. It is easy to get caught up in the negativity and constant bad news. This month, we are focusing on the good news stories that brought hope to those impacted.

A nurse at the Innisfail hospital tells of how a lady in NSW sent a number of care packs to the hospital for new mums who delivered just after the cyclone. The pack consisted of a card with a verse, soap and tea bag for the mum and an outfit for the baby. The lady's hope was to bring a smile and encouragement to the new mums. These were very well received.



A resident in Goondi mentions that a kind man and his three sons from the neighbourhood turned up with chainsaws one afternoon to assist with cleaning up the yard. Neighbours also shared generators which helped with a baby in the house.

One week after the cyclone, donations were received from a family that wanted to help the community. Innisfail residents took the money and purchased some water and supplies and took fresh water and sandwiches to the Tully and Cardwell community.

Students at Good Counsel College assisted in finding generators and donating them to affected student households. A highlight for some students at Good Counsel College was to help clean up after the cyclone. A group went to Warrina to clean up and others went to St Rita's School to clean and get classrooms ready, and others assisted families in similar situations.

Christian Outreach Centre in Innisfail wanted to help clean yards, focusing on the yards of the elderly, widowed and disabled. However, as no one had chainsaw licences they were slightly limited to what they could assist with. Global Care Australia, the disaster relief arm of the Christian Outreach Centre, sent out a chainsaw instructor to train volunteers in the Mission Beach and Tully area. Four sessions were conducted the first weekend and the demand was so great that a further four sessions were offered on a second weekend. In total approximately 50 – 60 volunteers received their chainsaw licence and were able to assist with cutting back debris. The Christian Outreach Centre set up an area outside the post office where people who needed assistance could place their names.



The Community Support Centre received calls from members in the community who wanted to donate a part of their disaster recovery payment to those who needed the money. The centre distributed these kind donations into the community.

Carolyn B, has blogged about Cyclone Yasi. Here is an excerpt from one of her articles: *Receiving can be difficult when you're not used to it. We've felt the untouched emotions felt when having to receive. For some, this is a first; the unfamiliar act of receiving graciously; the unknown act of receiving with courage. Reactions to this are so*

instinctive but in times like this need to be hidden under a brave heart, knowing people want to help and at this time they need their gift to be taken; with courage; with hope; with grace; in the way it is given. We think at the time and hope this may never have to be again, having to receive so much from strangers that is.

Over the past few months, the Tully and Hull Heads communities have been the recipients of so many acts of giving, so many acts of kindness and generosity. Acts of love have come in the form of varied messages, from household goods to clothes, from cash to meal vouchers, furniture to food, personalised gifts and home-cooked meals.

*Amongst other things 'Connect 2 Mums' and 'Mothers Helping Others' organisations conducted an online auction and raised over \$2000. This, along with other cash donations were put together to purchase gift and meal vouchers from local businesses and given to some beautiful and very needy Tully and Hull Heads residents to lift their spirits. The donations were clever. Forty \$50 meal vouchers were purchased from the Tully Heads Tavern, a further ten \$50 Myers / K Mart gift vouchers were also delivered to residents who needed a boost. Six \$100 vouchers were purchased from the local Tackle World to give to some local fishermen in the community who lost what was most valuable to them. **The message was simple .. helping business, helping residents. Caring for local business. Caring for local people.***

<http://carolynb.com.au/blog/category/a-grateful-life/our-cyclone-yasi-story/>

Still Struggling with Cyclone Recovery?

Here are some telephone numbers that might be of use:

- ⇒ ACCOMMODATION 1800 623 208 if you need assistance.
- ⇒ BUILDING SERVICES AUTHORITY 1300 433 236
- ⇒ BUSINESS ASSISTANCE 1800 173 349
- ⇒ CENTRELINK 1802266
- ⇒ CASSOWARY COAST REGIONAL COUNCIL 40302222
- ⇒ COMMUNITY RECOVERY HOTLINE 1800 173 349
- ⇒ DONATIONS FOR CYCLONE AFFECTED HOUSEHOLDS 40302222 if you need items.
- ⇒ INSURANCE COUNCIL HOTLINE 1300 728 228
- ⇒ LEGAL ADVICE Cairns Community Legal Centre 1800 650 931
- ⇒ SALVATION ARMY 1300 66 22 17

There is nothing in the world that's nicer than a real, hot strong cup of tea!

(That's the opinion of some, anyway)

Tea tempers the spirits, harmonizes the mind, dispels lassitude and relives fatigue, awakens thought and prevents drowsiness, lightens and refreshes the body and clear perspective faculties.

(Lu Yu, poet during Tang Dynasty)

Australia's Biggest Morning Tea events were held at many places across Australia during May. A highly successful affair was hosted by Josie Bertuola at the Community Support Centre on 24 May and nearly 40 guests enjoyed her wonderful cooking and contributed to the fund-raising effort. These events raise money for cancer research, prevention and support services for cancer patients and their families.



So, with all the tea that has been consumed across Australia – here are some tea brewing tips from The Tea Centre (www.theteacentre.com.au);

Tips for brewing the perfect tea.

Warm your tea cup or pot, it does make a difference and only takes a minute.

Do not over boil the water as it will drain the water of oxygen.

Do not brew your tea for too long as this is often the cause of a bitter aftertaste.

Brew large leaf black teas for approx 3-5 minutes whilst finer cuts brew between 2-4 minutes.

Milk can be added to all black teas, but we do recommend that you try our black teas without milk as the milk can mask the delicate flavour of some teas.

Sugar and honey is up to the individual person and perfectly ok to add to your tea.

Milk First or Last?

In life there are always those questions that never seem to get answered and everyone has their own opinion. For some tea drinkers one of these questions is "Should the milk go in the cup first before the tea or added to the tea after it's been poured?"

An English woman discovered that it was better to add the milk to the cup before pouring the tea because adding the milk after changed the taste. This English woman was Dr. Muriel Bristol-Roach and in 1919 was a young research scientist.

Muriel commented on the difference in taste and so she was put to the test. Eight cups of tea, four with milk first and four with milk last, Muriel tasted and proved her point.

The ABC's science program Catalyst recently set out to look at why Muriel could tell the difference. They found it was down to milk protein's especially lacto globulin proteins which if heated above 75°C changed flavour. If the milk is added first the temperature of the milk doesn't go above 75°C. Whereas, if the milk is added to the hot tea, the temperature of the milk rises above 75°C for just a moment but enough time to change the taste. So Muriel was correct, well done Muriel.

**COMMUNITY SUPPORT CENTRE INNISFAIL
WELCOMES YOU TO:**

**Our FREE Recreational Group in July:
SELF DEFENCE with
Tony Termine**

**Come and join us and gain knowledge of and learn a few basic skills in self
defence while having fun in the process!**



When: Monday 11th July 2011

Time: 9:30—12pm

**Where: Community Support Centre,
13—17 Donald Street Innisfail**



**Please register by Tuesday 5th July by contacting Reception
on 40438 400**

ENROLMENTS ARE ESSENTIAL AND NUMBERS ARE LIMITED!

Morning Tea provided.

Date Claimers for June

**Country Music Cancer Council
Fundraiser**

 June 19th ...11am - 4pm... 
Wangan Hall.
Contact Carmel Butler on 40645108.

**Tableland County Music Clubs
Next Family Day**

Mareeba RSL Hall ...12Noon - 5pm...
June 26th, 2011.
Free Admission ..
All Welcome To Attend.
Contact Carmel Butler on 40645108.



An Ode to English Plural

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.
One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.
You may find a lone mouse or a nest full of mice,
Yet the plural of house is houses, not hice.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called
beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called
beeth?
Let's face it - English is a crazy language.
There is no egg in eggplant nor ham in
hamburger;
Neither apple nor pine in pineapple.
English muffins weren't invented in England.
We take English for granted, but if we explore its
paradoxes,
We find that quicksand can work slowly, boxing
rings are square,
And a guinea pig is neither from Guinea nor is it a
pig.

Something fishy...



Spinach wrapped fish

6 fillets of white fish (e.g. sea bream), 650g fresh spinach leaves with thick stalks removed, 6 tablespoons Greek style yoghurt, 6 tomatoes, peeled and diced.

Blanch spinach in salted boiling water for 1 min, drain, squeeze dry gently and set aside. Season fish with salt & pepper, top with a spoon of yoghurt and diced tomato and carefully wrap in overlapping spinach leaves. Place in baking dish and bake in preheated oven at 230°C for 10 - 15 minutes until fish flakes easily when tested. Serve drizzled with olive oil.

Cheesy baked fish

1/2 cup grated Cheddar cheese, 1/2 cup bread crumbs, 2ml dried basil, 1ml nutmeg, 2ml salt, 1ml pepper, 500g firm fish fillets, 5ml lemon juice.

Combine the cheese, bread crumbs, basil, nutmeg, salt & pepper. Spread half of the crumb mixture evenly in a greased baking dish. Place the fish on top of the crumbs. Sprinkle the lemon juice over the fish. Sprinkle the remaining crumbs evenly over the fish. Bake in a preheated 230°C until the fish flakes easily with a fork (about 5 minutes per 1cm thickness of fish).

Gwen's fish in foil

Place a fish fillet on a piece of foil, top with a drizzle of oil, a few slices of garlic and some fresh herbs. Close the foil tightly and bake in a preheated oven till cooked through.

Cajun style fish

4 fish fillets or steaks (with or without skin), 2 tbsp melted butter, 1 tsp crushed garlic, 2 tbsp paprika, 1 tsp ground cumin, 1/4 tsp white pepper, 1/4 tsp cayenne pepper, 1/2 teaspoon of dried thyme, 1/2 tsp dried oregano, A pinch each of ground sea salt and sugar (or use Cajun spice mix)

Preheat a grill or non-stick frying pan. Melt the butter in a small bowl and add the crushed garlic. Brush the fish fillets with the butter and garlic mixture. Combine the spices and herbs and sprinkle on one side of the fillets. Place the fish on the grill spiced side down (skin side first) and cook for 2 minutes over a high heat. Note that the Cajun spice mixture will char the fillets and may flare up. Sprinkle the remaining spices over the fish and flip. Cook the other side of the fish for a further 2 minutes or until the fillets are just cooked through. Serve immediately with fresh green salad leaves and crusty bread.

Steamed fish with ginger and soy

1 large Snapper, cleaned and scaled; 2 tbsps crushed garlic, 2 tbsps crushed ginger, 4tbsps soy sauce, 2 lemons sliced, freshly ground pepper to taste, 2 spring onions, finely chopped on a diagonal.

Marinate the fish with the ginger, garlic and soy for at least 2 hours in the fridge. Place a round cake-cooling rack in a wok and carefully place the fish on it. Or use a fish steamer. Place the sliced lemons inside and on top of the fish. Season with the pepper. Pour in some boiling water into the base of your steamer. Make sure the water doesn't touch the base of the fish. Cover the wok or steamer and steam the fish over a rolling boil for about 10 minutes. (Test it's doneness by flaking a little of the flesh) When it's ready, turn off the heat and keep it covered. Carefully remove the fish from the wok onto a dish. Sprinkle the spring onion over the fish. Garnish with any fresh herb you have handy.

