

# TALKABOUT

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**FREE**

**INNISFAIL & DISTRICT**  
Community Information Newsletter  
Produced by the

**COMMUNITY SUPPORT CENTRE**

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## Feast of the Senses

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**EDITORIAL**

Here we are again and I hope everyone had an enjoyable Easter. The photo on the front cover taken by a lady from Innisfail Camera Supplies, shows a group of Innisfail people on one of the food trails held during Feast of the Senses. We had just been enjoying scones with Davidson plum jam. I'm on the right of the picture. I never knew there were so many different kinds of fruit grown in Innisfail. It was a lovely day's outing.

My family have been nagging me to sign an Enduring Power of Attorney, which I have done this week. "What's that?" you are saying! Well it just means that if ever I lose the capability to act for myself through either accident or stroke, I have nominated someone to make decisions for me health wise and financially. Everyone should have one especially in my age bracket. Now after that I can't resist putting the following poem in for you to read.

Please enjoy Gwen 

**There's Nothing the Matter with Me**

There's nothing the matter with me,  
I'm as healthy as I can be.  
I have arthritis in both my knees  
And when I talk, I talk with a wheeze.  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.  
Arch supports I have for my feet,  
Or I wouldn't be able to walk in the street.  
My memory's failing.  
My head's in a spin.  
But I'm awfully well for the shape I'm in.  
The moral is this, as my tale I unfold,  
That for you and me who are growing old,  
It's better to say I'm fine with a grin,  
Then to let folk know the shape you are in.

1. The very best form of exercise is to reach down and help someone up.
2. Emotions are like food. Live on the wrong ones and life will be shorter.
3. If you live your life worrying about swallowing a fly, you will never open your mouth.

**CSCI is looking for an**  
**EXPRESSION OF INTEREST**  
**from talented people who would like to**  
**share their skills with other members of**  
**the community in a fun filled group**  
**setting.**

If you are artistic, dance, cook or have some other hobby or craft that you would be happy to teach or demonstrate as a one-off introductory session, please contact Natasha or Federica at the Community Support Centre Innisfail Inc. on 40 438 400.

**LEFT-HANDERS**

We're a little different—left handers.

It's not just that we wear our watches on the wrong  
arm  
Or smudge our books  
And so write cacky-handedly.  
It's not just that scissors and irons make us feel  
clumsy  
Or the belt's the wrong way  
And the keys the wrong side.

We're always reminded we're round the wrong way  
So much that we take it for granted:  
Each time we sit down the knife has to be switched  
And the glasses are set - dare we move them?

We're forever a problem for coaches and teachers:  
"First try it out right -  
Oh well I can't help you."  
You're just a bit odd, a bit weird, a bit gauche.  
Clumsy and clunky, you know!  
You can't buy the clubs  
Or the sticks or the bats  
And no one can teach you to throw!

Some even say sinister,  
At the wrong hand.  
You can't even shake on it, right!

And why are people more afraid of the left  
Of being left out, not right on?  
And the rest are left over,  
Raising the wrong hand  
Putting the wrong foot forward.

But we do think differently - it's true.  
We like languages, music, spaces too.  
We're creative  
And maybe a mite more sensitive,  
Cause we know what it is to be different,  
Yet forced into other's shoes;  
So our worlds are a side more complex-  
And that's our gift to you.

From *Southpaw: a Matter of Reversal* by Adrian Lane  
(B Soc Stud '80) Ginninderra Press 2009



## The Personality behind the Portrait Ruth Lipscombe

The winning picture at the most recent Innisfail Art Society Biennale was a portrait painted by local artist, Jacque Duffy, and the subject was local identity, Ruth Lipscombe. But who is Ruth Lipscombe and why did this portrait prompt so many people to contact the artist with praise for her choice of subject? Many of you might recognize the name from letters to the Editor in the Innisfail Advocate (letters of support for local growers, enterprises, conservation efforts and others bringing our attention to matters of concern)-but know little about this person who obviously cares so deeply about our region.

CSCI decided to get Ruth on the phone and ask some questions and this is what we found out:

Ruth was born and raised in the Blue Mountains where her lifelong interest in conservation was nurtured by her grandfather. Ruth's career path, as a teacher, led her to the Northern Territory where she taught for a number of years before being selected to go to Sydney to attend a reading advisory course. When she returned to the NT she was appointed as Reading Advisor and travelled all over the Territory in this role. Ruth next became Principal Education Advisor, which involved working with the Aboriginal communities of the area before being sent to Adelaide to fill a much needed role - that of trainer to students who were going to teach in the NT.

After 2 years in Adelaide, Ruth returned to the NT but was inspired to extend her experience to working with the Aboriginals of Central Australia so she took up the post of deputy principal at Yirara College for a couple of years before retuning to the Top End to work in outstation education - a job she loved for the opportunities to visit remote outstations only reachable by air and tinny! Her next posting involved working with the people of Kakadu before she was unfortunately diagnosed with what would be the first of 4 different types of cancer. Ruth went to Sydney for treatment and decided, on her return, that "I did not want to die in the Territory" so she made the move to tropical FNQ and initially settled in Cairns, where she credits the ready availability of fresh fruit and vegetables as being an important part of her battle against ill - health.

And so to Innisfail. Some of Ruth's Aboriginal friends in the area were encouraging her to move away from the tourist push in Cairns and, on one of her regular visits to "Violets and Lace Nursery" she found a vacant block of land at Coquette Point, built a home with a wonderful view and made the move 12 years ago. Since her arrival, Ruth has become part of the fabric of the town. Her regular letters, to the newspaper, of support and encouragement for local initiatives and businesses are deliberately aimed at counter acting the frequently negative tone of the news. Ruth sincerely believes that Innisfail people are some of the most friendly and helpful there are. Ruth also has a great regard for the farming community and unique tropical fruits that they grow in this area and it was this regard that led her to instigate the first "Feast of the Senses" 8 years ago - an idea fulfilled by the hard work of Pedro O'Connor of DPI and John Waldron of the art gallery at Mourilyan Sugarama. The idea of the "Feast" was to showcase the tropical fruit and the artistic talent of this area - a vision that Ruth still strongly supports.

In 2003 Ruth was the recipient of the *Cassowary Award for Conservation* "For her passionate involvement with community conservation and personal commitment to reconciliation with Traditional Owners" and, in spite of ongoing battles with her health, she continues to be a strong, clear voice in our community.

## Extracts from "The Anzacs"

by Patsy Adam-Smith

*(Anyone wishing to verify or add to these extracts should read the book which is in the RSL library. There is much much more to read. Allan Scott)*

There had to be a hero.  
So there was a hero.

But this one was different, this was a man as Australian as a kangaroo, a real colonial spirit. He had scarcely begun his task when he was killed. He was an Englishman with all the qualities of the legendary Australian and a pride in this country few could exceed.



He arrived in Australia before the Great War started. Later he enlisted in the Australian army. His name was John Simpson Kirkpatrick. For reasons of his own he enlisted as John Simpson.

Simpson was with the medical parties that went ashore on April 25<sup>th</sup> with the fighting men and, as they landed, they were hit, as were the fighters. Their work at first was right there on the beach with the men as they fell. Later they followed the fighters up the gulches, searching for the wounded, bringing them back to the beach. Simpson discovered a donkey in a deserted hut, took possession and worked up and down the dangerous valley, carrying wounded men to the beach on the donkey. He continued day by day from morning to night and became one of the best known men in the division. Everyone from the General down seems to have known him and his donkey.

He had set off on his own with his donkey that he called '**Murphy**' or '**Duffy**' or any other name that came to his tongue. '**Abdul**' he shouted, or come on '**Queen Elizabeth**', referring to the great ship offshore.

Simpson worked his donkey and himself tirelessly for 25 days.

On May 19th he went up the valley past the water-guard, where he generally had his breakfast, but it was not ready. "Never mind," he called. "Get me a good dinner when I come back." ---

**"He never came back."**

He had carried many scores of men down the valley, and had saved many lives at the cost of his own.

Later, Colonel Sutton, then commanding the Ambulance wrote to Simpson's sister,

*"Your brother landed with us from the torpedo boat at daylight on 25 April so taking part in the historic landing." He truly died doing his duty. He gave his life in the performance of a gallant and cheerful service that has been excelled by none."*

Later again, there was a letter from a soldier whom Jack had brought down to the beach on the donkey. In his letter he had called Simpson,

**" the bravest of them all."**

Simpson was a real man, and when he died, real men wept in the sight of others.

# Bartle Frere State School

Price Road  
Bartle Frere Qld 4871

Ph (07) 40 676 240



Bartle Frere State School opened on 30th January 1922, with just 18 pupils on the first day. By 1927 there was an average attendance of 38. With the area of Bartle Frere still growing the school underwent a number of building extensions, with the school always being maintained to the highest standards.

The school is delightfully situated amidst cane fields and banana plantations, with the picturesque Mount Bartle Frere, the highest mountain in Queensland, at 1622 metres tall and part of the Bellenden Ker Range, as its backdrop.

Bartle Frere State School has been consistent in developing a high academic achievement with a very long list of students who have gone on to obtain University Degrees and others who have gained very responsible positions in business and various skilled trades.

The report by the District Inspector of Schools, Mr. K.T. Somers in April 1922 stated that *“there is an atmosphere of cheerfulness and willing effort. The pupils are very polite, orderly and responsive....”* And to date the environment of the school still shows the children eager to learn and portraying responsible character with letters of congratulations from Queensland Premier, Anna Bligh and Education Minister, Geoff Wilson saying *“having sought advice on the historical performance data for the Years 3, 5 and 7 literacy and numeracy tests for all state schools I have noted your school’s consistently good performance in areas of these tests and commend you and your staff for maintaining a commitment to literacy and numeracy.”*

Sport is also an ongoing practice and, with determination and fine sporting spirit, Bartle Frere State School has seen some champions over the years. Interschool Sports Day is still held each year and, despite their small size, Bartle Frere has often brought home the trophies for ‘Overall Champions’ and ‘Ball Games’, often performing very highly in Tunnel Ball, Relays, Leader Ball and other Team Sports.

In keeping up to date with today’s modern world, Bartle Frere State School began a Free Family Play Group in 2009. It is a place where parents and carers can meet giving their pre-schoolers the opportunity to interact and share in some fun and games with other children. The ‘Play Group’ is a very relaxed time and the kids enjoy painting, dressing-up, story time and other great activities. The school also houses great Library Facilities and a free Toy Lending Scheme.

Bartle Frere State School officially opened its Tennis/Multi-Purpose Court in 2009 and this is also available for public use 7 days, free of charge.

With less than two years until their 90th Birthday, Bartle Frere State School continues to thrive with their one, ‘multi-age’ classroom. Just as the school began in 1922, the low student-teacher ratio allows children’s learning ability to be maximised and students are given positive educational opportunities to learn and excel to the best of their ability. Students have learnt to put their best foot forward, to share and care about others and their environment, having been recognised in 2008 as a ‘Reef Guardian’ School winning the Environmental Award from throughout Queensland.

Bartle Frere State School is on the main road to the Josephine Falls just 20 minutes north of Innisfail, or phone 40 676 240 for more information on this highly prized school.

# 7 C's Morning Tea



You are invited to join us for:

- Coffee
  - Cake & a
  - Chat
- for the  
**Cancer Council**  
 at the  
**Community Support Centre**

**When:** Monday 10th May 2010

**Time:** 10am to 12 noon

**Where:** Community Support Centre  
 13-17 Donald Street, Innisfail  
 (orange building)

**Cost:** Gold coin donation, all proceeds to the Cancer Council as part of their "Biggest Morning Tea"

(For more information or to register your interest to attend this morning tea, please phone Natasha or Federica at the Community Support Centre on 40438400. Other Cancer Council fundraising merchandise will be available to purchase on the day.)

Join Australia's Biggest Morning Tea and support the Cancer Council.  
 Teas will be held at the following venues on the dates shown:

Paronella Park	Friday 7th May
Community Support Centre Innisfail	Monday 10th May
Silkwood C.W.A. Hall	Wednesday 12th May
Cairns Plumbing and Paint	Friday 14th May
Cane Cutter Court	Thursday 20th May
Innisfail C.W.A	Monday 24th May
Tracy and Marie	Tuesday 25th May
Greek Church Community	Thursday 27th May
East Palmerston Hall	Friday 28th May



**For further info contact Lydia 40645281 or Anna 40645255**

## Other Fundraising Events

- Friday April 23rd "Clip for Cancer" Innisfail RSL 6.30 pm
- Sunday 22nd June Country Music Concert at Wangan Community Hall from 11am—4pm. BBQ lunch, afternoon tea and refreshments available.
- Sunday 4th July Charity Golf Day. Nominate your teams now.

## Something to think about .....

Most women become mothers by accident, some by choice, a few by social pressures, and a couple by habit. This year, hundreds of women will become mothers of special children. Did you ever wonder how mothers of special children are chosen?

Somehow I visualize God hovering over the Earth selecting His instruments of propagation with great care and deliberation. As He observes, He instructs His angels to make notes in a giant ledger.

'Armstrong, Beth, son. Patron Saint, Matthew'

'Forest, Marjorie, daughter, Patron Saint, Cecilia.'

'Rutledge, Carrie, twins. Patron Saint, Gerard.'

He's quite used to profanity.'

Finally He passes a name to an angel and smiles.

'Give her a special child.'

The angel is curious. 'Why this one, God? She's so happy.'

',' smiles God. 'Could I give a special child to a mother who does not know how to laugh? That would be cruel.'

'But does she have patience?' asks the angel.

'I don't want her to have too much patience, or she will drown in a sea of self-pity and despair. Once shock and resentment wear off, she'll handle it. I watched her today. She has that sense of self and independence that are so rare and so necessary in a mother. You see, the child I'm going to give her has his own world. She has to make him live in her world and that's not going to be easy.'

'But Lord, I don't think she believes in you.'

God smiles. 'No matter I can fix that. This one is perfect. She has just enough selfishness.'

The angel gasps. 'Selfishness? Is that a virtue?'

God nods 'If she can't separate herself from the child occasionally. She'll never survive. Yes, here is a woman whom I will bless with a child less than perfect. She doesn't realise it yet, but she is to be envied. She will never take for granted a spoken word. She will never consider a step too ordinary. When her child says 'Mummy' for the first time she will be witnessing a miracle and know it. I will permit her to see clearly the things I see - ignorance, cruelty, prejudice and allow her to rise above them. She will never be alone. I will be at her side every minute of the day of her life because she is doing my work as surely as she is by my side.'

'And what about her patron saint?' asks the angel, his pen posed in mid air.

God smiles. 'A mirror will suffice.'



## Tax Help Volunteers Wanted

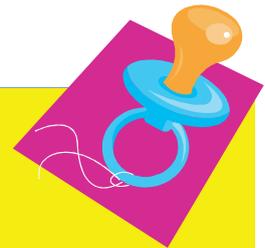
Tax Help is a network of trained community volunteers who provide a free and confidential service to help people complete their tax returns at tax time.

These volunteers are people from within the community. They are not Australian Tax Office (ATO) staff but they do receive training and support from the ATO.

If you are interested in becoming a volunteer please contact the Community Support Centre Innisfail on 40438400 to register your interest.

**Community Support Centre  
Innisfail Presents:**

**Infant/Baby Massage with  
Lorraine Piercy**



**Would you like a Simple Parenting Tool that  
can.....**

- Help you understand your baby's body language**
- Help your baby relax and sleep better**
- Relieve tummy pains, colic & constipation**

**You can learn simple step by step baby massage  
techniques that will show you how to calm and connect  
with your baby.**

**When: Monday 17th May, 24th May & 31st May 2010  
(10am to 12noon)**

**Where: Community Support Centre Innisfail**

**Cost: Free**

**For more information & what to bring on the day contact  
Lorraine on 40613949.**

**To register your interest to attend the course contact  
Natasha at the Community Support Centre on 40438400.**

**Hurry numbers are limited!**



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(Advertisement)

*Can you think of some of your own?*

- Act naturally
- Found missing
- Political Science
- Good grief
- Same difference
- Almost exactly
- Temporary tax increase
- Alone together
- Tight slacks
- Living dead
- Exact estimate
- Business ethics
- Pretty ugly
- Soft rock
- Military intelligence
- Extinct life
- Microsoft Works
- Terribly pleased
- Genuine intimidation
- Peace force

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*(Oxymoron—a phrase in which two words of contradictory meaning are used together for special effect.)*

**BEWARE THE LONG TERM MINIMIUM PAYMENT**

Just a little story to make all of you aware of one of the loan traps that are out in the big bad financial world.

Mary and Bill in 1985 went into a furniture store to buy a new lounge. They, like a lot of people, put their purchase on a loan plan that the store provided. No time limit was mentioned and they received a statement each month which showed a minimum payment which Mary and Bill regularly paid.

Some years later Bill passed away and Mary continued dutifully paying the minimum payments. Even when Mary moved in with her aging mother to care for her she continued to make the payments.

In time Mary's mother passed away and Mary was left by herself and on a Centrelink Pension. Mary was now struggling to make the minimum payments for the loan. She was in trouble. The lounge was long gone but the loan still remained.

The original loan was for \$7,000.00 and after 24 years of not missing one single payment the amount remaining on the loan was????????? Go on guess ??????

**That's right \$7,000.00**

The big problem of course is that Mary, and in the beginning Bill, over the 24 years had paid back approximately \$55,000.00 on furniture they no longer had and the loan was still active. No one had told them that making the base payment would never payout the loan. So be careful and make sure the monthly amounts will have some time frame to finish paying the loan.

*This is a true story submitted by Kerry Ahlberg, a Lifeline Financial Counsellor, but names have been changed. If you are in need of Financial First Aid contact Lifeline on 1300 370 255 for advice.*

## Tropical Fruit Treats To Tempt Your Tastebuds

(Recipes supplied by Ruth Lipscombe)

### Mango/Chilli Salsa (Good with fish/chicken)

2 large chillies, de seeded and cut across into thin slices. Mix with 4 diced spring onions, 1 diced clove of garlic, 1 diced avocado, ½ diced mango, juice of 1 lime, salt to taste.



### Mango Lassi

200g yoghurt, flesh of 1 mango, 1½ cups (330ml) cold water, 1 tbsp caster sugar. Blend all ingredients until smooth, cover and refrigerate. Serve lassi over ice.

### Pawpaw Salad “Cocktail”

1 ripe, firm pawpaw with seeds removed and cut into small dice. Divide evenly into 6 cocktail glasses. Mix together in a small jug: juice of 2 lemons, ½ cup tomato juice, 1 tbsp Worcester sauce and a pinch of cayenne pepper. Pour a little of this mix into each glass. Chill well. Top each with small ice cube and mint leaf when serving.

### Black Sapote Mousse

250ml (1 cup) pulp of black sapote, 3 tbsp caster sugar, 30 ml liqueur (amoretto or Jacques coffee liqueur from the Tablelands is terrific). Blend together till sugar has dissolved then fold in 2 cups (500ml) of whipped cream and refrigerate before serving.

### Breadfruit Pudding

1 small very ripe breadfruit (about 2 cups of pulp), 250ml thick tinned coconut milk, 100g sugar (palm sugar if possible), 2 whole eggs, a little grated nutmeg, 200ml whipped cream. Preheat oven to 150°C. Cut breadfruit in half, remove core, scoop out soft, ripe flesh and blend until smooth. Add all other ingredients EXCEPT cream and stir. Pour into greased baking dish and bake for one hour. Serve warm with cream (very rich).

### Banana and Date Cake

125g butter, ¾ cup sugar, 4 medium bananas, 2 eggs, 2 tbsp milk, 1 tsp bicarb of soda, 2 cups SR flour, pinch salt, ½ cup finely chopped dates. Cream butter and sugar. Add eggs. Add mashed bananas. Dissolve bicarb in milk and add and then add dates alternating with flour. Spoon into loaf tin and bake for 1 hour in medium oven.

### Rollinia Mousse

120ml water, 30 ml sugar, 20 marshmallows, 250g rollinia puree, 250g whipping cream. Add sugar and marshmallows to water, place over low heat until a smooth mixture is obtained. When mixture is cool, add rollinia puree and stand in a cool place until partially set. Fold in whipped cream, serve chilled.

### Lime Dragonfruit Salad (Nicer with red dragon fruit)

1 dragonfruit, cut into quarters, skin removed and cut into 2cm thick slices.  
1 mango, cheeks removed and cut in half lengthwise, skin removed and cut into 2cm slices, ¼ pineapple, skin and core removed and cut into 1 cm thick slices.



Combine all fruit in a shallow dish, sprinkle with 2 tsp brown sugar and 1 tbsp fresh lime juice. Toss gently with your hands and put in fridge to chill for 30 mins before serving.

### Non Alcoholic Cocktail

Blend the following for 2 mins, chill and serve over cracked ice: 4 cups ripe papaya pulp, 1 cup passion fruit juice, ¼ cup lime juice, 2½ cups guava juice, ¼ cup orange juice, 4 cups pineapple juice, 1 cup sugar, ½ cup water. ENJOY!