

TALKABOUT

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INNISFAIL & DISTRICT
Community Information Newsletter
Produced by the

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FREE

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The Community Support Centre is funded primarily by the Department of Communities



The Easter Bunny visits the Recreation Group at CSCI

DISCLAIMER

ALL ARTICLES IN THIS MAGAZINE ARE PRINTED IN GOOD FAITH FOR THE COMMUNITY AND DO NOT NECESSARILY REPRESENT THE VIEWS OF THE INNISFAIL COMMUNITY SUPPORT CENTRE INC THE CENTRE ACCEPTS NO RESPONSIBILITY FOR THESE ARTICLES

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Editorial

Well here we are with our second Talkabout for 2012. I do hope you enjoy the Pizza recipes. They can be awfully tasty!

When you listen to the news, I think we here in Innisfail have been lucky with our weather conditions. I like to have a positive attitude and am always grateful every day for things we can take for granted - good health, good weather and a cosy home.

I will end this note confessing I am very naughty where my computer is concerned. I love to play cards and do puzzles so that is why I loved the following poem. Also I do love my emails from friends and relations all over Australia.

Gwen 



The computer swallowed grandma.
Yes, honestly it's true.
She pressed 'control' and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found 'online'.

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy', 'Scan' and 'Paste' her
And send her back to me!

This poem was written by Valery Waite and published in the London Daily Mail in 2004.

Don't forget our next.....

Community Produce Swap Days

Tuesday, 10th April
Tuesday, 8th May 2012
Between 9:30—11:30am
(the 2nd Tuesday of each
month)

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



The strength of self esteem

- You are important
- You don't have to match up to anyone's standards except your own
- You have the right to express your personal, cultural or religious beliefs
- You have the right to have your own feelings, opinions and friends
- You deserve love and respect

Domestic violence resource centres

HOW TO SURF THE INTERNET SAFELY.

When surfing the internet, it is important to know about such things as viruses and spyware.



A virus is a self-replicating program that spreads by inserting copies of itself into programs or documents that already exist on a computer. The name comes from an analogy with biological viruses.

A few examples of viruses are:

Trojans. A Trojan is malware that masquerades as a legitimate program but is in reality a malicious application. It may simply pretend to be a useful program or it may actually contain a useful function as cover for a destructive one. Screen savers are often used as a carrier.

Worms. A Worm is similar to a base virus but differs in that it contains all the code it needs to carry out its purposes and does not depend on using other programs

As well as viruses there are programs called Spyware and Adware:

Spyware, adware and their variations are programs or applets (any small application that performs one specific task that runs within the scope of a larger program) that gets installed on your computer by a download from the Internet. (You could also get them on a disk from somebody but that is less common.).

There are basically three scenarios where problems arise:

1. You knowingly download and install something but do not understand all the functions of the program.
2. You download and install one thing but other things are installed along with it that you do not know about.
3. Something is downloaded and installed without your knowledge.

Viruses and Spyware/Adware are usually connected to links and downloads but sometimes you can get them just by entering certain web sites. There are a few ways to avoid these programs including:

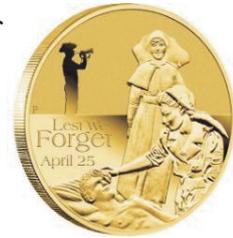
- Anti-virus or anti-spyware programs such as *Avast* for viruses and *Ad-Aware* for spyware/adware. These programs can be downloaded free through a Google search and work very well at protecting your computer from harmful programs. Other programs are also available for purchase.
- Awareness while web browsing is one of the best forms of protection. Only visit sites with a high safety rating.
- Viruses and spyware/adware can also be attached to emails. If you receive an email from an unknown source or receive an email with a suspicious email address **DO NOT OPEN IT** as it is most likely either a scam or a virus or spyware/adware sent to you for the purpose of keeping logs of your key strokes and such for the purpose of theft. One example would be if you use online banking - hackers can copy records of your keystrokes to gain your details which they then use to steal from you,. Please be aware of this.

This information is taken from <http://surfthenetsafely.com/surfsafely3.htm> . Further tips for safe Internet use are available on sites such as www.staysmartonline.gov.au

(Illustration from <http://hackers001.blogspot.com.au>)

In Memory of the ANZACs

Mustafa Kemal Attaturk was the organizer and commander of the 19th Division attached to the Fifth Army of Turkey during the Battle of Gallipoli. He correctly anticipated where the Allies would attack and held his position until they retreated. Ataturk rose to become a great Turkish statesman— he was the first President of Turkey and is credited with being the founder of the Turkish Republic. This quote, made by him in 1934, commemorates the losses on both sides. It is inscribed on the memorial at ANZAC Cove, Gallipoli and more recently on the Ataturk memorial on a Wellington headland (which is supposed to be a little like the coast around Gallipoli).



**"Those heroes that shed their blood
and lost their lives;
You are now lying in the soil of a friendly country.
Therefore rest in peace.
There is no difference between the Johnnies
and the Mehemets to us where they lie side by side
here in this country of ours.
You, the mothers,
who sent their sons from far away countries,
wipe away your tears;
your sons are now lying in our bosom
and are at peace.
After having lost their lives on this land they have
become our sons as well."**

What?

- planting trees
- beach and dune erosion controls
- installing or developing artwork
- helping with endangered native animals
- enhancing community assets

Where?

- Innisfail, Tully/Tully Heads, Mission Beach
- meet at project site
- or transport can be provided

When?

- one day per week for 12 weeks
- commencing March

How?

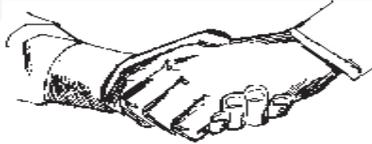
Everyone aged 15-70 are welcome.
To join or find out more contact Vicki at
Conservation Volunteers on 4032 0844
or email cairns@cva.org.au
www.conservationvolunteers.com.au

- have fun outdoors
- helps get you fit

**Green
Gym
Cassowary Coast**



Connecting people
with our environment



The Scout Movement is the world's largest youth organization, founded by Lord Robert Baden-Powell in England in 1907.

His dream was to provide youth members with opportunities for fun, adventure and social interaction through participation in an outdoors-based program. Today Scouting has over 16 million members in 150 countries, catering for both boys and girls from the age of 6 to 26.

Australian boys were involved in Scouting as early as 1908. Adapting to the general changes in Australian society, Scouting admitted girls and young women to its Venturer Scout and Rover Sections in 1973 and its Cub Scout and Scout Sections in 1988.

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The Joey Scout Section commenced on 1 July 1990 and is open to boys and girls aged between six and seven-and-a-half years of age. Scouting is all about teaching children and young people to develop a strong sense of self and community responsibility...while having a great time! Scouting aims to encourage the physical, intellectual, emotional, social and spiritual development of young people, so they can reach their full potential and take a constructive place in their local, national and international communities.

As one of Far North Queensland's oldest established Groups, Goondi Scout Group was first registered in 1945. It started at the old Goondi School and as it grew and became financial, Council land was designated and a den was built in Wattle Street. It still stands in its original position. The only difference is it is now brick not corrugated iron. This refurbishment started in 1999 and was a very large project taken on by a handful of parents and leaders. With 2 successful grants and a lot of fundraising it was completed in 2004. Goondi was then the largest Scout group in the Bartle Frere district with 102 youth members and 14 leaders.

Sadly in 2006 we were greatly damaged during Cyclone Larry, losing the equipment shed (Biddy's Barn) and all of the equipment. Once again the local service groups rallied together with donations to help replace and restock the outdoor equipment. However the biggest decline was with Youth members numbers as parents left town to find work elsewhere and the group struggled to stay afloat. We are proud to say we have survived the major set backs of Larry and Yasi and are now inviting all youth members aged between 6 -18 years to come and join us and be part of this wonderful world of Scouting.

Scouting is for everyone once tried never forgotten.

The Group continues operating through the work of dedicated leaders and a parent group committee. These special people work tirelessly to provide a safe environment for the youth to meet on a weekly basis. The Group is always on the lookout for Adult members to help with the supervision of the youth. All adult leaders must have a Working with Children Blue Card.

Goondi Scout groups meet at the den every Friday evening.

Meeting times

6.30-8.30 pm Joeys and Cubs.

7.30-9.30 pm Scouts and Venturers

For all enquiries contact the **Group Leader**

Phone 0420316220



**Goondi Scout Group is proudly sponsored by
Tablelands Family Day Care.**

The Easter Bilby

Have you ever wondered why you see chocolate bilbies in the shops at Easter as well as the traditional bunnies?

The exact origin of the Easter Bilby concept is unknown, but it dates back to at least the late 1970s.

Queensland children's author Rose-Marie Dusting self-published the book *Billy the Aussie Easter Bilby* in Adelaide in 1979 and is recognised by many as Australia's Bilby Lady and creator of the Easter Bilby. Rose-Marie has been a passionate Bilby advocate for over 20 years and a percentage of the sales of her books has been donated to Bilby conservation.



Ian Faithfull, in his article *On the Origin, History and Significance of the Easter Bilby* (Victorian Naturalist, Volume 117, April 2000) suggests that "the concept of the Easter Bilby was invented between 1976 and 1983 by Malcolm Turner of the Hawthorn Junior Field Naturalists Club as a replacement for the Easter bunny at the Club's traditional Easter bush camps. Officials of the Club acted as the Easter Bilby and delivered chocolate eggs to camp participants on Easter morning." He also notes that the "concept also appears to have been invented independently by Tony Robinson of the South Australian National Parks Service about 1980".

The Anti Rabbit Research Fund of Australia (now known as the Foundation for Rabbit-Free Australia) began using the Easter Bilby in 1991 to highlight the damage that the introduced rabbit does to the native environment. They arranged for the first chocolate Bilbies to be produced in South Australia by Haigh's Chocolates, Melba's Chocolates and Cottage Box Chocolates in 1993. Now many more chocolate Bilbies are available each Easter.

The Easter Bilby is an important reminder to Australians
of the plight of our native wildlife.

Some Bilby Facts

- The Greater Bilby (*Macrotis lagotis*) is on the endangered list, the Lesser Bilby (*Macrotis leucura*) is believed to be extinct.
- The Greater Bilby, usually referred to as the Bilby, is the largest of the bandicoots, measuring up to 55cm in length (body only) with a tail up to 29cm long. Adult males weigh up to 2.5 kg and females about half that.
- Bilbies are also known as Rabbit-Eared Bandicoots.
- They are marsupials. The pouch opens backwards so as not to be filled with dirt while digging.
- The word Bilby is from Yuwaalaraay, an Aboriginal language (source: The Australian National University).
- Bilby fur is very soft. It is mainly blue-grey, with some fawn. The belly is white and the tail is black with a white crest at the end and a naked spur-like tip.
- The large ears of the Bilby are almost hairless. As well as providing great hearing, they are believed to help keep the Bilby cool.
- The long snout, which is pink and hairless at the tip, gives the Bilby an excellent sense of smell.
- Bilbies have poor eyesight, so it is just as well their hearing and smelling senses are so good.
- The Bilby's strong forelimbs with their long claws make them brilliant burrowers.
- Bilbies live in spiralling burrows which they dig up to 2 metres deep. A Bilby may have up to a dozen burrows.

Lexiphiles' Delight

Lexiphiles are lovers of words. They love puns like these...

You can tune a piano, but you can't tuna fish... or...

I wondered why the baseball was getting bigger. Then it hit me.

To write with a broken pencil is pointless.

When fish are in schools, they sometimes take debate.

A thief who stole a calendar got twelve months.

When the smog lifts in Los Angeles, U.C.L.A.

The professor discovered that her theory of earthquakes was on shaky ground.

The batteries were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A will is a dead giveaway.

If you don't pay your exorcist you can get repossessed.

With her marriage, she got a new name and a dress.

Show me a piano falling down a mineshaft and I'll show you A-flat miner.

You are stuck with your debt if you can't budge it.

Local Area Network in Australia: The LAN down under.

A boiled egg, is hard to beat.

When you've seen one shopping centre you've seen a mall.

Police were called to a day care where a three-year-old was resisting a rest.

Did you hear about the fellow whose whole left side was cut off? He's all right now.

If you take your laptop computer for a run you could jog your memory.

A bicycle can't stand alone; it is two tired.

In a democracy it's your vote that counts; in feudalism, it's your Count that votes.

When a clock is hungry it goes back four seconds.

The guy who fell onto an upholstery machine was fully recovered.

He had a photographic memory which was never developed.

Those who get too big for their britches will be exposed in the end.

When she saw her first strands of gray hair, she thought she'd dye.

Acupuncture: a jab well done.



Brad Runs North

Brad Carron-Arthur is 22 and on the 1st of January 2012, he departed on a 4000km solo run across Australia. He left from Canberra, Australia (The world's second most southern capital city) and will run unassisted all the way to the top of Australia (Cape York) near the equator.

Why?

There are two forces driving him "Firstly the innate drive for adventure and to challenge myself is what has me daring to run so far and to such a treacherous place." However, he is not without a sense of purpose, He is also driven to use all this energy and motivation productively. He is also running to the Cape in order to raise funds and awareness for mental health; specifically AFFIRM: The Australian Foundation for Mental Health Research.

He will be passing through Innisfail on 7th April and is looking for support and donations to this worthy cause. More details available on www.bradrunsnorth.com and donations can be made at www.everydayhero.com.au/bradrurnsnorth



It is TEATIME again and the Cancer Council
is welcoming EVERYONE to
AUSTRALIA'S BIGGEST MORNING TEAS



East Palmerston Hall, East Palmerston
Great Morning Tea, Raffles, Cent Sale.

Thurs 3rd May @ 9am Phone Lydia 40645281

Community Support Centre 13 - 17 Donald St Thurs 10th May @ 9am Phone Josie 40611864
Entertainment, Cent Sale, Raffles

Innisfail Plumbing & Paint, 93 Ernest St
On-street morning tea, Raffles.

Friday 11th May @ 9am Phone Sue 40613166

Canegrowers and Barracks Cafe, Mourilyan
40632477
Raffles, Cent Sale and fashion parade.

Tuesday 15th May @ 10am Phone Grace

Silkwood Card Ladies, Silkwood Bowls Club,
Japoonvale Road.
Morning Tea, Cent Sale, Raffles.

Wed 16th May @ 9.30 am Phone Lyn 40652172

Combined Services, Cane Cutter Court.
Entertainment and Raffles.

Thurs 17th May @ 9.30am Phone Anna 40645255

Philoptohos Ladies Assoc.
Next door to Greek Orthodox Church 133 Ernest Street.
Scrumptious Greek food & Raffles.

Thurs 24th May @ 9.30am Phone Kate 40611568

Innisfail C.W.A. Hall, McGowan Drive
Morning tea, Raffle, Guest Speaker.

Monday 14th June @ 9am Phone Dot 40632647
or Nola 40614961

IMPORTANT COMING EVENTS

- ⇒ **CLIP FOR CANCER** R.S.L. FRIDAY 20TH APRIL
- ⇒ **COUNTRY MUSIC** WANGAN HALL SUNDAY 12TH AUGUST
- ⇒ FURTHER INFORMATION - CONTACT - ANNA 40645255 - LYDIA 40645281



Whether you're the parent of a tantrum throwing toddler or a truant teenager, Triple P is a system of easy to implement, proven parenting solutions that helps solve current parenting problems and prevents future problems before they arise.

For course information please contact
Susan or Natasha at the
Community Support Centre Innisfail Ph: 40438400

Seven Up 'for girls'



...a fun new program for grade seven girls to assist them with the emotional transition to high school

Seven Up



Free Program
for Girls

Life changes are a very exciting part of growing up and although we look forward to those moments, at times, we can also feel a bit anxious about stepping into them.

Children who are graduating from year seven and entering into high school are generally excited and looking forward to the changes that will be occurring. Sometimes, however, the changes can be a bit scary and it can help to prepare for the challenges coming up.

Seven Up is a five week program offering an opportunity for girls to share this unique experience while developing self awareness, social and communication skills in a group setting with their peers.

- Facilitated by CSCI staff counsellors
- Fun and creative hands on activities
- RSVP/registration essential
- Seven Up 'for boys' will be offered in Term 3. Please contact CSCI for more info...
- Program is free of charge
- Afternoon tea provided

**Seven Up for Girls
Commences: May 8, 2012**
(Space limited—Girls must be registered with CSCI by 1st May)

**Venue: Community Support Centre
Innisfail**
13—17 Donald Street
PO Box 886
Innisfail Q 4860
~ orange building at the bottom of Donald Street ~

Dates for sessions:
Tuesday: 08.05.12
Tuesday: 15.05.12
Tuesday: 22.05.12
Tuesday: 29.05.12
Tuesday: 05.06.12

Time: 3:15pm to 5:00pm

Contact: Sherrie or Federica
Phone: 07 4043 8400
Fax: 07 4061 7312
E-mail: sherrie@csci.org.au

The Community Support Centre Innisfail Inc is primarily funded by the Department of Communities.

Perfect Pizzas



Ham, Philadelphia® and basil pizza.

Preheat oven to 200°C or 180°C fan forced. Spread 26cm pizza base with $\frac{1}{4}$ cup pizza sauce. Top with 100g sliced ham or prosciutto, 8 pitted olives, 6 cherry tomatoes (halved), and 90g of Philadelphia block (broken into cubes). Spray with olive oil and bake for 10 - 15 mins till cooked through and cheese is golden brown. Sprinkle with basil leaves and serve immediately.

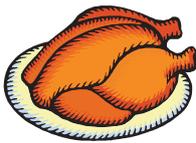
Meat ball and rocket pizza. (serves 2)

Preheat oven to 210°C or 190°C fan forced. Spread 26cm frozen pizza base with favourite pizza sauce and slices of mozzarella cheese. Take the skin off one or 2 tasty sausages, break meat into walnut-sized pieces and roll into balls. Scatter over pizza and bake for 15 - 20 mins until base is crisp and topping is golden. Sprinkle with rocket leaves and shaved parmesan to serve. Vary the topping according to taste e.g. Marinated vegetables, salami, tuna etc



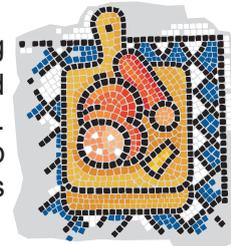
Smoky barbeque chicken pizza. (serves 4)

Preheat oven to 220°C or 200°C fan forced. Combine $\frac{1}{3}$ cup smoky barbeque sauce with 2 crushed garlic cloves. Spread 2 pizza bases each with 2 tbsp sauce mixture. Sprinkle each with 2 tbsp grated pizza cheese, half a thinly sliced brown onion, 1 cup chopped cooked chicken (e.g. barbequed), $\frac{1}{2}$ thinly sliced red capsicum, $\frac{1}{2}$ thinly sliced green capsicum and top with another $\frac{3}{4}$ cup grated pizza cheese. Bake for 18 -20 mins until bases are crisp and cheese has melted..



Kumara peperoni pizza. (serves 4)

Preheat oven to 190°C. Use 2 x 23cm pizza bases with sauce. Peel 200g kumara (sliced thinly), $1\frac{1}{4}$ cups grated pizza cheese, 1 small red capsicum (sliced), 75g sliced peperoni, 2 tsp finely chopped fresh parsley. Sprinkle bases with half of cheese, cover with thinly sliced kumara, top with capsicum and peperoni and the rest of cheese. Bake for 20 -25 mins till bases are crisp and cheese has melted. Sprinkle with parsley to serve.



Mini garlic pizzas. (serves 4)

Preheat oven to 220°C or 200°C fan forced. Using a 12cm round cutter, cut 4 rounds from pizza base and place on lightly greased baking tray. Combine 2 crushed garlic cloves with 1 tbsp olive oil and spoon and spread over bases. Season with S and P. Top each with 1 tbsp grated pizza cheese and bake for 8 mins or until bases are crisp and cheese has melted. Sprinkle with fresh thyme.



Blueberry crumble pizza. (serve6-8)

Combine $\frac{3}{4}$ cup warm water, 7g dried yeast, $\frac{1}{2}$ tsp caster sugar and $\frac{1}{2}$ tsp salt in a jug and set aside until frothy. Place $1\frac{1}{2}$ cups flour in a large bowl make well in centre and add yeast mixture and 2 tsp olive oil. Mix till soft dough forms then turn onto floured surface and knead till smooth and elastic. Place in large, lightly oiled bowl cover loosely with clean tea towel and leave to rise for about 45mins or until double in size. Preheat oven to 210°C or 190°C fan forced. Punch down dough gently and knead briefly then divide into 2 and shape each piece into an oval shape about 40cm x 18cm. Place each on lightly oiled tray.



Rub 125g chopped butter into $\frac{3}{4}$ cup plain flour, using fingertips. Add $\frac{1}{3}$ cup brown sugar, $\frac{1}{3}$ cup chopped, slivered almonds, $\frac{1}{4}$ cup desiccated coconut and mix well. Mix in 375g blueberries and sprinkle mixture over pizza dough. Press in gently and bake for 15 -20 mins