

# TALKABOUT

Edition Number 139

**FREE** April / May 2018



**WEB PAGE**  
[www.csci.org.au](http://www.csci.org.au)

## INNISFAIL & DISTRICT

Community Information Newsletter

Produced by the

### COMMUNITY SUPPORT CENTRE

13-17 Donald Street, PO Box 886, Innisfail 4860

Phone: 40438400 Fax: 4061 7312 Freecall: 1800 616 001



Funded by



**Electorate Officer – Hon Coralee O'Rourke MP  
Member for Mundingburra**

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### 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

### Editorial

Already our second issue of Talkabout for 2018. We trust everyone had a safe and happy Easter and are now enjoying what's left of the school holidays. We have some exciting things happening in the coming months. We hope you enjoy this edition of Talkabout.

**FREE WORKSHOPS** DOES YOUR CHILD HAVE AUTISM?



**My Child and Autism**  
A workshop for parents

**Thursday 3 MAY**  
9.30am—2.30pm  
Community Support Centre  
13-17 Donald Street  
INNISFAIL Q 4860

**REGISTER ONLINE**  
[www.autismqld.com.au/page/early-days](http://www.autismqld.com.au/page/early-days)

**Autism QUEENSLAND**

**earlydays**  
www.earlydays.com.au  
promoting development of young children on the autism spectrum

It is highly recommended you attend this workshop prior to attending any other Early Days workshops

**How Early Days can help:**  
Early Days provides workshops for parents and other family members of children 0-6 who have an Autism Spectrum Disorder (ASD) diagnosis or are going through the assessment and diagnosis process.

**What this workshop offers:**

- Learn about ASD and what it means for your child and your family
- Learn practical strategies that can make a difference to your child's development
- Learn how to navigate early intervention

**More about Early Days workshops**

- Free to attend
- Held in small groups of 4-15 and gives you an opportunity to meet other parents
- Lunch & light refreshments provided
- Childcare is NOT provided


Community Support Centre Innisfail Presents April's Recreation Morning:

**Nutrition Education Session with Dietician Kate Woods**


Topics to be covered include:


- Australian Guide for Healthy Eating Adults & Children
  - Discretionary foods
  - Healthy plate portions
  - Healthy lunch boxes
  - Meal time environments
    - Fad diets
- Helpful resources (websites, apps etc.)


**When:** Monday 16th April 2018  
**Time:** 9.30am to 11:30am  
**Where:** Community Support Centre Innisfail  
13-17 Donald Street (orange building)  
**Cost:** Free

Funded by  Queensland Government

Please call Reception on 40438400 to book your spot!



Funded by  Queensland Government



**Community Support Centre Innisfail Inc. invites you along to Our May Recreation Morning: "Keep that Body Moving" Hosted by Janice Prince**

**Keep That Body Moving**

Keep That Body Moving involves soulful movement activities, including tai chi and martial arts, qui gong, yoga stretches and dance activities. The focus is promotion of self awareness and self healing to improve well being and happiness.

The theme of the morning will be positive choices.

*"I am the person I am today because of the choices I made yesterday".*

**Where:** Community Support Centre,  
13-17 Donald St. Innisfail  
**When:** Monday 21st May 2018  
**Time:** 9.30 to 11.30am  
**Cost:** \$5 per person  
**Need to bring:** Mat or towel for the floor, wear comfortable clothes, water bottle, notebook and pencil  
**Bookings are Essential!**  
**Phone:** 40438 400



# Domestic and Family Violence Prevention Month

Each May, Queensland marks Domestic and Family Violence Prevention Month to raise community awareness of domestic and family violence and to send a clear message that violence of this sort will not be tolerated.

Domestic violence includes a wide range of behaviours that control or dominate someone, or cause them to fear for their personal safety or wellbeing.

These behaviours may include:

- physical or sexual abuse, punching, hitting, choking, or threatening to punch or hit, forcing a person to participate in sexual acts;
- damaging someone's property or threatening to damage property, including hurting or threatening to hurt pets
- emotional or psychological abuse, stalking, repeated text messaging, making insulting comments, calling someone names, blackmailing or extorting, preventing contact with family and/or friends, controlling someone's appearance, putting them down, threatening to expose their sexual orientation;
- economic abuse, denying, withholding, controlling or misusing money or property, or threatening to do so
- threatening behaviour saying things or acting in a way to make someone feel afraid, threatening to commit suicide or self-harm, stalking,
- coercive behaviour forcing, intimidating or manipulating a person to do things they don't want to do, such as sign a contract (e.g. for a loan) or a legal document giving another person power over their affairs (e.g. power of attorney).

Domestic violence extends to children seeing violence, like their parent being hurt, being called names, things being broken or police arriving.

If you or someone you know is experiencing Domestic and Family Violence there is support and information available:

**DV Connect 1800 811 811 (24/7)**  
**Cassowary Coast Domestic and Family Violence Service**  
**07 4068 1004**

FREE self-defence classes for women in the Cassowary Coast

Sponsored by a Westpac Foundation Community Grant

The classes will consist of four one-hour sessions over four consecutive weeks. This will provide participants with the basics of self-defence and will allow them to progress in their self-defence skills over the four weeks.



WHERE: Innisfail Warrina Lakes undercover area. Entrance via Park St.

WHEN:

Tuesday 17 April 2018, 4-5pm

Tuesday 24 April 2018, 4-5pm

Tuesday 1 May 2018, 4-5pm

Tuesday 8 May 2018, 4-5pm



Contact Georgina at the Tully Support Centre on

4068 1004 to book your place, or email your contact details to

[info@tullysupportcentre.com.au](mailto:info@tullysupportcentre.com.au)





## Basilisk Blooms

Basilisk Blooms colour and style to delight the senses. Sixty varieties of exotic tropical plants grown locally by Robert and Heidi Piccolo at Boogan is a success story born through adversity.

The twenty-acre plot on Wilkie Gray Road was originally part of a much larger area of land on which Charlie (Robert's dad) and his wife Josie originally farmed sugar cane and then later bananas. With the downturn of the sugar industry in the 1990's much of the land was sold off with the exception of 20 acres now the site of *Basilisk Blooms* being retained.

In an effort to diversify, Charlie began experimenting with Gladioli flowers. Showing limited success, a friend suggested that he try the Heliconia plant. The rest, as they say is history. Some 25 years on the rich red soil of the land nestled around the Basilisk Range is producing a tantalizing array of exotic tropical flowers highly sought after in local and southern markets. The experiment began with the Psittacorum (Sids) variety, a smaller heliconia. With its showy colours and architectural structure this is still the most prolific variety grown by the family. The initial planting took 6 – 8 months to produce and Charlie began selling his blooms at the Yungaburra markets, Rusty's market in Cairns as well as direct to florists in Brisbane under the name *Basilisk Blooms*, which was chosen by him.

Today, most of the flowers head to markets in Brisbane, Sydney and Melbourne with Melbourne being the biggest buyer. Approximately 500 bunches per week are freighted to Melbourne. Closer to home, every Friday morning (very early) Heidi heads to Rusty's Market where her regular customers, some of them are well known restaurants and hotel/resorts, eagerly await her arrival.

With one of the year's busiest days just past, Valentine's Day, Heidi is gearing herself up for Mother's Day which is equally as busy.

Robert is justifiably proud of the customers he has established and maintained over the past 19 years since taking over the operation of the farm. With approximately 13 acres of land under production, when Robert and Heidi aren't picking, sorting and packing, they are maintaining the health of their crops and equipment. Being environmentally aware, plant material not sold is recycled on the farm to maintain soil health and help with weed control.

The cyclic nature of the flowering plants dictates their management. Flower production and sales are at their highest from October to June. Winter is maintenance time, when the plants are cut back and fertilized. It takes about a month to attend to the entire farm. Then there is the ongoing maintenance including weeding and pest management. Robert said "Everything from wild pigs to fungus needs to be addressed". The Lobster Claw plants are less demanding and run to a 3 – 4 year cycle. It is interesting to note that if it doesn't rain for a week, the ever thirsty heliconia's need to be irrigated.

Purchasing the business from his parents, Robert and Heidi decided to make a go of it while raising a young family, rising around 3am five days a week to ensure the flowers are picked and in the shed before sunrise. Robert a brickie by trade, learnt the bones of the business from his dad and while continuing with the same production and operating systems, has diversified with the variety of plants grown.



Over this period, the couple have had to ride out two major cyclones that forced both to seek work off the farm while replanting and rebuilding. The ten months the farm was out of production was a major setback which meant they could no longer afford staff to offset the work load. Being a strong partnership with an equally strong, "never give up" attitude, Robert and Heidi have gone on to manage the farm by themselves. Now, when the need arises some hired help is bought in.



Heidi and Robert both readily agree that they are "Blessed" to have their extended family who are always willing to lend a hand: family and kids, two things Heidi is committed to. Sunday is family day for Heidi and Robert and nothing will ever be too important to change this commitment.



"Kids are our future", with this mindset the couple generously support numerous schools in the district, The Innisfail Hospital Foundation and the Special Children's Christmas Party in Cairns. "It's important to give back to your local community", Heidi said.



Josie is the creative force behind the floral arrangements. All types of celebrations can be catered for. Size isn't a problem and yes, they do deliver. Robert adds that seeing someone's face light up when they are given flowers makes it easier for me to get out of bed each morning."

As with all primary industries, changes in the market place can be of concern. More small backyard growers with easier access to markets and the possibility of imported flowers have the power to change market dynamics. However, Basilisk remains one of the largest and best-established farms in Queensland. Robert and Heidi are passionate about their tropical flowers and have the knowledge to back it up.

**'Free to be Me'**  
**Self Awareness and Self Esteem Building**  
**Program for Children**

'Free to be Me' is a FREE 8 week program for children aged 9 - 12 years. The program is offered in a small group setting with one hour sessions and is free of charge. Programs are offered at the CSCI and through local schools upon request. The 'Free to be Me' Program is facilitated by staff at the Community Support Centre Innisfail and will increase your child's skills in relation to the following themes:

- Your Feelings and You
- Discovering and Building your Strengths
- Helpful Thinking
- Knowing Yourself
- Making Friends
- Bullying &
- Keeping Yourself Safe....



Program dates are being developed for 2018—so please register your interest ASAP.

The sessions are facilitated in small groups in a comfortable, friendly setting with CSCI Facilitators. A party and certificates of attendance will be provided during the last week of the program. The Free To Be Me Program is a free service for children in our community.

For more information or to register your child - please contact  
 Sherrie: PH: 4043 8400 or email: [sherrie@csci.org.au](mailto:sherrie@csci.org.au)  
 Community Support Centre Innisfail (CSCI)  
 13 - 17 Donald Street - Innisfail

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

AUSTRALIA'S  
**Biggest Morning Tea**

**COME ALONG & SUPPORT AUSTRALIA'S BIGGEST MORNING TEA**  
 Bring people together to help raise funds and make a big difference to those impacted by cancer.

**Thursday 24th May 2018, 9:00am**  
**Warrina Lakes, Innisfail**

\$5 Entry - Includes morning tea, craft display, orchid display, fresh produce, cent sale and raffles

Phone Lydia - 0424 649 093

 **Cancer Council**



## **BABY MASSAGE**

Are you interested in learning how to bond with your baby through baby massage whilst connecting with other mums?

Join us for a fun, interactive class where you can begin learning massage techniques that will relax your baby and strengthen your bond!

### **Some of the topics you will learn include:**

What are the benefits of baby massage... there are many!

What are 'Baby Cues' and how can you use them to 'read' your baby?

When is a good time to massage your baby?

Which positions are the safest to adopt?

Which massage oils are the best one to use? - All oils ain't good oils!

Basic Indian, Swedish and Reflexology strokes.

### **Benefits of baby massage include (but aren't limited to!)**

Relaxation, for Bub AND you!

Increased Circulation,

Improved Alertness,

Strengthens the Immune System,

Enhanced bonding for you and your Bub

It's disheartening to hear parents say 'My child doesn't like massage, they cry'.

Could it be that massage was attempted at the wrong time for Bub or you?

Learning 'Baby Cues' will help you understand your baby better and choose a more appropriate time to begin and end a session.

ANYTIME is a great time to learn baby massage, and you can use these techniques from birth to primary years and beyond. Demonstration dolls are provided for you to practice the techniques on before you start on your baby!

This is a skill that I have used throughout my kids childhood.

They are now preteens and regularly ask me for a massage because it makes them feel good. It's really a wonderful quality way to spend time with your kids whilst staying connected, PLUS they reap the health benefits associated with massage.



**To join us for a fun, interactive Baby Massage Class and connect with other mums in the area, please call: The Innisfail Support Centre**

**Ph: 4043 8400 for more information.**

Date of next course to be confirmed.

**If you are interested in taking the full 4 week course call:**

**Liz Thomas on PH:0447 805 898 for expressions of interest**



### Anzac Day Trivia Quiz

- 1 What does ANZAC stand for?
  - 2 In which country is Gallipoli?
  - 3 What date did the first ANZACs arrive at Anzac Cove?
  - 4 Where is the tomb of the "Unknown Soldier"?
  - 5 What date did the ANZACs leave Gallipoli?
  - 6 What date did WWI end?
  - 7 In which country did Australian soldiers train before boarding ships to Gallipoli?
  - 8 What 2 days of the year is the Australian flag flown at half mast?
- (Answers below)

### Mothers Day Word Search

Find the hidden words.

F R C B Y Y H C L Y L I M A F  
 G S E T H O U E V U U O G I M  
 N O N S N P G L F K M V M O X  
 I U E O P W S T W M D P T X U  
 V R R M I E H E Y O D H M E B  
 I F D T C G C W I W E E K K A  
 G R L A U G H T E R V H I Z Y  
 Z C I O R R W O R O O E S L J  
 Y Z H S W E E T L A T M S Q P  
 H T C T J E P O Z I E O E Q W  
 V W M G N I R A C H D H S M H  
 V L A I C E P S M W A A K N T  
 T I R F Q D R D S K N I Y K T  
 K W E T N J X A Z T T O N N H  
 L P R S L U P T P C J R O S G

- |          |         |          |            |
|----------|---------|----------|------------|
| CARING   | GIVING  | KISSES   | NURTURE    |
| CHILDREN | HEART   | LAUGHTER | PARENT     |
| DEVOTED  | HOLIDAY | LOVE     | RESPECT    |
| FAMILY   | HOME    | MEMORIES | SPECIAL    |
| FLOWERS  | HONOR   | MOMMY    | SWEET      |
| GIFTS    | HUGS    | MOTHER   | THOUGHTFUL |



JOHNSTONE TAFF &  
COMMUNITY CHILDREN'S CENTRE

## MOTHER'S DAY FAIR

19 FLYING FISH POINT ROAD, INNISFAIL, 4860

**GOLD COIN ENTRY FOR ADULTS**  
KIDS FREE WITH EVERY PAYING ADULT

**SUNDAY**  
APRIL **22ND**  
2018 **9AM - 1PM**

HUGE RANGE OF STALL HOLDER  
VASCOVEZ ART, PARTY LITE  
CANDLES, YOUNG LIVING OILS &  
THROMIX CONSULTANTS,  
MARY KAY, TOPPERWARE,  
JAMBERRY NAILS, ENJO,  
HANDMADE/HOMEMADE  
CLOTHING, CRAFTS & WARES

SAUSAGE SIZZLE & DRINKS - CUP CAKES & CAKE STALL  
RAFFLES - LUCKY DOG  
GOLD COIN DONATION FACE-PAINTING



### LIFE QUOTES

1. We all have two lives. The second one starts when we realize we only have one.
2. You get in life what you have the courage to ask for.
3. Life is 10% what happens to us and 90% how we react to it.

Our lives begin to end the day we become silent about things that matter.

- Anzac Day Trivia Answers
- 1 Australia New Zealand Army Corps
  - 2 Turkey
  - 3 25 April 1915
  - 4 Hall of Remembrance Canberra
  - 5 20 December 1915
  - 6 11 November 1918
  - 7 Egypt
  - 8 ANZAC day and Remembrance Day

**BACON AND THREE-CHEESE COB**

- 1 tablespoon olive oil
- 1 leek, thinly sliced
- 250g Primo Triple Smoked Pan sized Bacon, chopped
- 2 tablespoons plain flour
- 160ml (2/3 cup) milk
- 250g light cooking cream
- 1 corn cob, kernels removed
- 20g (1/4 cup) grated parmesan
- 80g (1 cup) grated pizza cheese
- 1 large cob loaf
- 110g triple cream brie, chopped
- Extra crusty bread, to serve



1. Preheat oven to 180C/160C fan-forced. Heat oil in a medium heavy-based pan over a medium heat. Add leek and cook, stirring for 2 minutes. Add bacon and cook, stirring for 4-5 minutes or until the leek is soft and the bacon is lightly coloured. Add flour to the pan and cook while stirring for 1 minute.

2. Remove pan from heat, add milk and stir until smooth. Stir in cooking cream. Return to heat and cook, stirring for 3-4 minutes or until mixture boils and thickens. Stir through corn, parmesan and half the grated cheese and season with salt and pepper. Remove from heat.

3. Cut the top off the cob loaf and scoop the soft bread out of the centre, leaving a 2-3cm shell. Scoop out any soft bread from the lid as well. Lay two large sheets of foil on the bench at crossways to each other. Lay non-stick baking paper over the top. Place the cob in the centre of the cross. Half fill the cob loaf with bacon mixture. Scatter over half the brie. Pour the remaining mixture over to fill. Top with remaining brie and grated cheese. Place the lid of the cob on top. Wrap the cob in the baking paper and foil. Place on an oven tray. Bake for 40 minutes or until the cob is crisp and cheese is melted and warmed through. Serve with extra crusty bread to dip in the centre.

**THAI CHICKEN MEATBALLS**

- 500g chicken mince
- 1 garlic clove, crushed
- 2cm piece fresh ginger, peeled, finely grated
- 3 fresh kaffir lime leaves, finely chopped
- 1 tablespoon chopped fresh mint leaves, plus extra sprigs to serve
- 1 tablespoon chopped fresh coriander leaves
- 2 tablespoons fish sauce
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- 1 small red chilli, seeded, finely chopped
- 1 tablespoon peanut oil
- Lime wedges, to serve



1. Combine mince, garlic, ginger, kaffir lime leaves, mint and coriander in a bowl.

2. Using clean hands, roll level tablespoons of mixture into balls. Place on a large plate. Refrigerate for 30 minutes.

3. Meanwhile, place fish sauce, lime juice, sugar and chilli in a small bowl. Stir until sugar dissolves.

4. Heat oil in a large, non-stick frying pan over medium heat. Cook meatballs, in 2 batches, turning, for 10 minutes or until light golden and cooked through. Serve with dipping sauce and lime wedges, sprinkled with extra mint sprigs.

**HERB CREAM CHEESE LOG**

- 250g cream cheese, softened
- 2 teaspoons port
- 1 garlic clove, crushed
- 2 tablespoons finely chopped toasted pecans
- 1 tablespoon finely chopped fresh chives
- 1 tablespoon finely chopped fresh flat-leaf parsley leaves
- 1 teaspoon finely chopped fresh thyme leaves



- Using an electric mixer, beat cream cheese for 3 to 4 minutes or until smooth and fluffy. Add port and garlic. Season with salt and pepper. Beat until well combined.
- Spoon mixture onto a 25cm-long piece of baking paper to form a 15cm-long log. Using paper as a guide, roll up from 1 long side, twisting ends of paper (mixture will be quite soft). Refrigerate for 15 minutes to firm up slightly.
- Combine the pecans, chives, parsley and thyme in a bowl. Spoon onto a plate. Remove log from paper. Roll in herb mixture to coat, including ends. Refrigerate until required.

**BACON PECON CHEESE LOG**

- 8 oz. cream cheese, softened to room temperature
  - 2/3 c. white Cheddar
  - 1 tsp. garlic powder
  - kosher salt
  - Freshly ground black pepper
  - 12 slices bacon, cooked and crumbled, divided
  - 1/2 c. toasted pecans, chopped and divided
- In a large bowl, combine cream cheese with cheddar, garlic powder, half the bacon, half the pecans, and half the chives. Season with salt and pepper and stir until combined.
  - Empty bowl out onto a piece of plastic wrap and form into a log shape with your hands. Place in the refrigerator to harden slightly.
  - On a large plate, combine the remaining chives, bacon, and pecans. Stir so that they are evenly distributed on the plate. Remove cheese log from refrigerator and roll in mixture, pressing more toppings on with your hands if needed. Place on a serving dish with crackers or vegetables for dipping.

**GUACAMOLE WITH TOMATOES**

- 3 ripe avocados; peeled, stones removed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 onion, diced
- small handful chopped fresh coriander
- 2 roma tomatoes, diced
- 1 clove garlic, crushed
- 1 pinch ground cayenne pepper (optional)



1. In a medium bowl, mash together the avocados, lime juice and salt.

2. Mix in onion, coriander, tomatoes and garlic. Stir in cayenne pepper.

3. Refrigerate 1 hour for best flavour, or serve immediately.