

# TALKABOUT

Edition Number 90

February / March 2010

**FREE**

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

**COMMUNITY SUPPORT CENTRE**

13-17 Donald Street, P O Box 886, Innisfail 4860

Phone: 40438400 Fax: 4061 7312 Freecall: 1800 616 001 Email: [info@csci.org.au](mailto:info@csci.org.au)

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

**WEB PAGE**

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



(A local admiring the view at Etty Bay)

**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

**Contents**

Page 2	Editorial etc
Page 3	Who is new at the Community Support Centre?
Page 4	Whilhelmina Rawson
Page 5	Handbook 2010
Page 6	Monthly Recreation Days, Crossword Puzzle
Page 7	Free to be me, Garage Sale
Page 8	Zumba Dance, Play Connect Playgroups
Page 9	Cairns Community Legal Centre
Page 10	Recipes

## Editorial

Here we are again at the start of a new year and I would like to wish everyone the happiest of new years.

I may be biased but I think we live in the best part of Australia. Thank goodness we don't have those horrific bush fires, and our hearts must go out to those who have suffered - to lose everything and have to start all over again must take a lot of courage.

The recipes this time are based on vegetables. I do hope you enjoy them, and when you read Mrs Rawson's story you will be able to cook a bandicoot!!!

Looking through my autograph book I found a poem which is just as true now as it was 60 years ago. Please enjoy.

Gwen 

## The Common Things

The things I enjoy of greatest worth  
Are just the common things of earth.  
The rain, the sun, the grass, the trees,  
The flowers, the birds, the glorious  
breeze.

Clouds that pass and stars that shine  
Mountain valleys all are mine.  
Rivers broad and open sea  
Are riches none can take from me.

God is here on every hand,  
Upon the sea, upon the land.  
And day by day my thanks I give  
That with these "common" things I live.  
Leonard Natt Kemper



## CHURCH NEWSLETTER QUOTES



1. Thursday Night - Potluck supper. Prayer and medication to follow.
2. Remember in prayer the many who are sick of our church and our community.
3. Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.
4. This afternoon there will be a meeting in the South and North ends of the church. Children will be baptized at both ends.
5. Wednesday the ladies liturgy will meet. Mrs Johnson will sing "Put me in my little bed accompanied by the pastor".
6. Thursday at 5:00pm there will be a meeting of the Little Mothers' Club. All ladies wishing to be "Little Mothers" will meet with the Pastor in his study.
7. This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.
8. The ladies of the church have cast off clothing of every kind. They can be seen in the church basement Saturday.
9. A bean supper will be held on Tuesday evening in the church hall. Music will follow.
10. At the evening service tonight, the sermon topic will be "What is Hell?"
11. Come early and listen to our choir practice.

## ***Who is new at the Community Support Centre Innisfail?***



My name is Susan and I am the New Family Intervention Worker at the Community Support Centre Innisfail, this is a new service to the Community Support Centre and also to the Innisfail region - it is excellent to see additional services and resources locally available to service our Community.

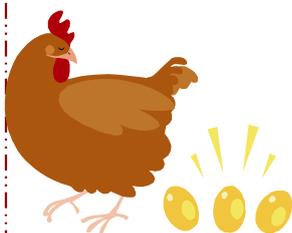
I was brought up in Aberystwyth which a coastal town located in Cardigan Bay in Wales, United Kingdom. My family emigrated to Australia in the early 70's and returned to Wales a few years later. I had a photograph taken as a baby at the Sydney Opera house and when I was growing up I was determined one day to return to Australia, which I did in 1994 to Perth, WA. I travelled for the first year and revisited Sydney and the very same spot and, yes, had another photograph taken. My travels brought me north to where I discovered Far North Queensland and decided that this was the nicest of areas to live.

I have worked in various industries including Childcare, Banking, Hotel Receptionist (numerous locations), Transport Co-ordinator for the Golf Buggies on Hamilton Island (best job), Employment Advisor and then I found myself working within Child Protection, which is an area I am passionate about, and I have completed studies to enable me to progress and further my career opportunities.

I am very excited to be involved in this program of Family Intervention. This is a service that has a target group of parents and other immediate family members in a direct caring role who are referred exclusively by Department of Communities (Child Safety Services). The principal focus is on the development of practical and protective skills for parents to care for their child and improve the safety of the family home environment to enable the child to remain safely in the family home or to return to a secure and stable home environment when it is safe to do so.

**Wilhelmina “Mina” Rawson (1851 - 1933)**

A prominent writer in the late 1800s, Mina Rawson was the Mrs Beeton of the Queensland bush. Her cookbooks and practical advice were based on her own experience as a young wife and mother in the harsh conditions of the Queensland outback. With 4 young children and little in the way of finances, she took to writing (as she says in her memoirs *‘I was the only one earning’*). She also made hammocks and feather pillows, kept poultry, and pickled shallots for sale and it was these activities that prompted her to write *The Australian Enquiry Book of Household and General Information*, which was essentially a bush housewife “survival guide”.



Her first book, *The Queensland Cookery and Poultry Book*, was a practical guide for bush cooking, published in Maryborough in 1878. The preface states that *‘Mrs Lance Rawson’s Cookery Book ... is written entirely for the Colonies, and for the middle classes, and for those who cannot afford to buy a Mrs Beeton or a Warne, but who can afford the three shillings for this’*. Included were recipes to fall back on “should killing day be postponed” and no beef or mutton was available, such as recipes for ibis, bandicoot and flying fox, incorporating ingredients that could be found just beyond the outback kitchen door.

***“A bandicoot is a very disagreeable animal to clean, therefore it should be done as soon as possible, and then the flesh can be left in strong vinegar and water for a few hours before dressing. Sweet potatoes and onions make a good stuffing for bandicoot, which is good either boiled or baked”.***



Her next cookbook, *The Antipodean Cookery Book (1895)* included such native dishes as a stew recipe requiring a dozen parrots “well-picked and cleaned”. In this book she encouraged women in the bush to learn from Aboriginal people: “Whatever the blacks eat the whites may safely try.”

She recommended various insects, reptiles, ground game and plants as suitable for consumption, adding “I would advise every housewife in the Bush to experiment and try everything; the blacks or her own common sense will soon tell her what is edible and what is not. I am beholden to the blacks for nearly all my knowledge of the edible ground game.”

In 1895 she published *The Australian Enquiry Book of Household and General Information*, described on the cover as “a practical guide for the cottage, villa and bush home: recipes and information upon everything and for everybody.” With the authoritative message “Refer to me for everything”, the book advises that “there is really no reason why a lady should not be able to use a hammer as well as a man. If you can only get possession of the tool and a supply of nails you can be independent.” She described enthusiastically her own exploits doctoring stock and building cottages, constructing makeshift ovens from cut-down kerosene tins and jam-jars from beer bottles.

Rawson also advises brides-to-be to insist their fiancé buy a proper stove before the wedding or else they will cook on an open fire for the rest of their lives!

In addition to her cookery and house hold guide books she also wrote “fairy stories” for the Wide bay News, serialized her memoirs (entitled “Making the Best”) in the Queenslander, and was Social Editor of the *Rockhampton People’s Newspaper* in 1901 -1902. To add to her list of accomplishments, she was also the first swimming teacher in central Queensland!

Capable, creative, practical and ahead of her time, Mina Rawson embodied the spirit and determination which are the hallmarks of the colonial Queensland woman.



# HANDBOOK 2010

## Health

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's — Energy, Enthusiasm and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take a 10—30 minute walk daily. And while you walk, smile.

## Personality

1. Don't compare your life to others. You have no idea what their journey is all about.
2. Don't have negative thoughts about things you cannot control. Instead invest your energy in the positive present moment.
3. Don't overdo. Keep your limits.
4. Don't take yourself so seriously. No one else does.
5. Don't waste your precious energy on gossip.
6. Dream more while you are awake.
7. Envy is a waste of time. You already have all you need.
8. Forget issues of the past. Don't remind your partner of his/her mistakes of the past. That will ruin your present happiness.
9. Make peace with your past so it won't spoil the present.
10. No one is in charge of your happiness except you.
11. Realise that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
12. Smile and laugh more.
13. You don't have to win every argument. Agree to disagree.

## Society

1. Call your family often.
2. Each day give something good to others
3. Forgive everyone for everything.
4. Spend time with people over the age of 70 and under the age of 6.
5. Try to make at least three people smile each day.
6. What other people think of you is none of your business
7. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

## Life

1. Do the right thing.
2. However good or bad a situation is, it will change.
3. No matter how you feel, get up, dress up and show up.
4. Get rid of anything that isn't useful, beautiful or joyful.
5. When you awake alive in the morning, give thanks for it.
6. Your Inner most is always happy. So, be happy.



## Community Support Centre Innisfail Welcomes you to: Monthly Recreation Days



Monthly Recreation Days are held at the Community Support Centre Innisfail, second Monday of each month.

Previous Recreation days include:

- Floral Arranging
- Acrylic Painting for beginners
- Scrapbooking
- Card Making
- Rumball Making



Flyers advertising what is on each month are distributed throughout the district and feature in the Talkabout publications (out every two months)

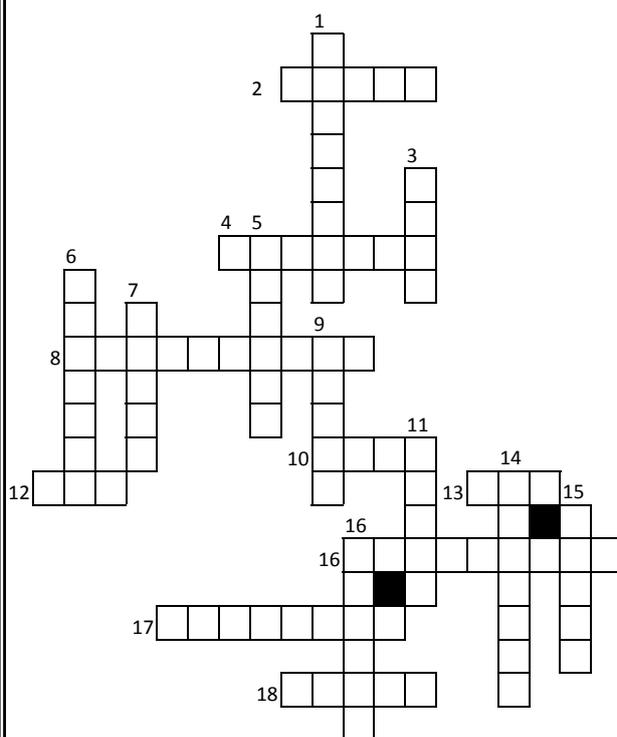
Please phone Natasha or Federica on 40438400 for more information or to find out what is on for the month.

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

**When:** The second Monday of the month

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

## Back to School Crossword Puzzle



**Across**

- 2. Read these at school and home
- 4. Who do you play with at recess?
- 8. You write on this with chalk
- 10. Test
- 12. Hall we go to for Physical Education
- 13. Transport to school
- 16. Head teacher
- 17. What school is all about!
- 18. Please ----- your name on your work

**Down**

- 1. It has a keyboard and screen
- 3. The teacher sits here
- 5. Document that records your progress
- 6. Place where books are kept
- 7. Write or draw on this
- 9. Draw straight lines with this
- 11. Learn to play an instrument in this class
- 14. School dress
- 15. The numbers subject
- 16. Do you need to sharpen yours?

*'Free to be Me'*

**'Free to be Me' is an 8 week self awareness and self esteem building program for children aged 8 - 11 years. The program is offered in after school sessions for one hour and is free of charge. The 'Free to Be Me' Program is facilitated by staff and volunteers of 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***
- Positive Thinking***
- Beating Shyness***
- Making Friends***
- Bullying &***
- Keeping Yourself Safe***

The sessions are facilitated in groups of 6 - 8 children in a comfortable, friendly setting. A party and certificates of attendance will be provided during the last week of the program.

**Free To Be Me Program - 2010**

**Venue: Community Support Centre Innisfail - 'The Hub'**

**Date: Tuesdays (commencing 20<sup>th</sup> April through 8<sup>th</sup> June 2010)**

**Time: 3:15 – 4:30pm**

**If you would like more information about registering your child in the Free To Be Me program, please contact Sherrie Meyer on PH: 4043 8400 or email**

[sherrie@csci.org.au](mailto:sherrie@csci.org.au)

**Community Support Centre Innisfail, 13 – 17 Donald Street - Innisfail**

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



**GARAGE SALE**

**Saturday, 27 February**

**7am-1pm**

**East Palmerston Hall**

A variety of items on sale including appliances, books, furniture, toys and much more.

Morning tea available (Tea, coffee, lamingtons)

For further information call Lydia Massa on 40645281 or Anna Lees on 40645255.

All proceeds to Cancer Council Queensland

**Crossword Answers**

**Across:** 2. Books, 4. Friends, 8. Blackboard, 10. Exam, 12. Gym, 13. Bus, 16. Principal, 17. Learning, 18. Write  
**Down:** 1. Computer, 3. Desk, 5. Report, 6. Library, 7. Paper, 9. Ruler, 11. Music, 14. Uniform, 15. Maths  
 16. Pencil



Community Support Centre Innisfail  
welcomes you to :  
An Introduction to  
Zumba Dance



**What Zumba is:**

- Zumba is fun...it's the type of exercise you'll want to do everyday and feel good doing it!
- It's different. You probably never thought you'd be exercising to this type of music.
- It's effective. It is an aerobic workout which we all know works. But it's more fun, which will make you stick with the program until you get results.

**Please enrol by Monday 1st March by contacting either  
Natasha or Federica on  
40438400.**

**Morning tea will be provided!**

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

**When:** Monday 8th March 2010 at 10.00 am



**Fun Fitness Class with Helen  
McCulloch**

*Cost: \$5.00 per  
person*



## PlayConnect Innisfail

Innisfail PlayConnect is a playgroup for children with Autistic Spectrum Disorders. It meets each Tuesday from 9.30am during the school term at the East Innisfail Pre School building, Mourilyan Road.

The group is here to connect families that have a child from 0-6 yrs with ASD, or ASD like symptoms. Children do NOT need an ASD diagnosis to join and siblings aged 0-6yrs are welcome to attend.

**At PlayConnect you and your children can have fun, make friends, share stories and gain information about other services available.**

**Membership is free and new members are encouraged.**

For more information contact Playgroup Queensland 1800 171 882 or  
Community Support Centre Innisfail 40438400



# Cairns Community Legal Centre Inc

## SENIORS LEGAL AND SUPPORT SERVICE:

### FOR SENIORS EXPERIENCING ELDER ABUSE OR FINANCIAL EXPLOITATION

The Seniors Legal and Support Service is staffed by a solicitor and social worker and provides free legal advice and support to seniors who are at risk of and/or experiencing elder abuse or financial exploitation.

With a view to servicing seniors living outside of Cairns, the Seniors Legal and Support Service is now offering:

### TELEPHONE ADVICE AND ASSISTANCE – FREE CALL 1800 650 931.

By calling 1800 650 931 seniors throughout Far North Queensland may have the opportunity to obtain advice and assistance by phone.

### OUTREACH CLINICS IN MOSSMAN, MAREEBA, ATHERTON, INNISFAIL AND YARRABAH.

Seniors living outside of Cairns may also have the opportunity to access face to face advice and assistance via one of 5 outreach locations at Mossman, Mareeba, Atherton, Innisfail or Yarrabah. To make an appointment at one of the Service's outreach locations seniors should call 1800 650 931.

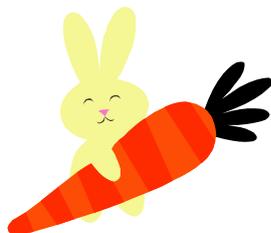
Elder abuse is any act within a relationship of trust which results in harm to an older person. Financial exploitation can include illegal or improper use or misappropriation of a person's property or finances, forced changes to a will or other legal documents, denying someone the right to access and control of their personal funds and unfair or fraudulent practices relating to accommodation services.

The Seniors Service is operated by the Cairns Community Legal Centre Inc and is funded by the Queensland Department of Communities.

## **Christmas Shopping**

- It was just before Christmas and the Magistrate was in a happy mood.
- He asked the prisoner who was in the dock, "What are you charged with?"
- The prisoner replied, "Doing my Christmas shopping too early."
- "That's no crime," said the magistrate. "Just how early were you doing this shopping?"
- "Before the shop opened", answered the prisoner.



**RECIPES FROM THE VEGETABLE PATCH**

**POTATO SALAD WITH YOGHURT DRESSING:** Boil, steam or microwave 700g Kipfler potatoes until tender. Drain, cool and slice thickly. Combine 1 cup yoghurt, 2 tbsp finely chopped fresh dill leaves, 2 tbsp finely chopped fresh chives, 1 tbsp seeded mustard, 2 tbsp small gherkins chopped finely, in large bowl and season with salt and freshly ground pepper. Stir through potatoes. Serve topped with watercress and flaked, boned, smoked trout.

**ASIAN INSPIRED VEGES:** Chop a variety of veges, onions into rings, layer finely sliced carrots, shred cabbage or buk choy on top, frozen baby beans and a little bit of water (1/2 cup) and on low steam until just cooked. Stir in Teriyaki sauce and just before serving, break those Chinese noodles by pressing side of cellophane and throw on top of veges and serve. Or take a small tin of coconut cream and throw on veges and continue as before.

**PUMPKIN VEGE DISH:** Cut one of the smaller varieties of pumpkin (not blue) depending on how many you wish to serve - chop into small pieces, the size of a large walnut. Melt butter into pan and throw over base finely chopped garlic, place pumpkin pieces on top. Put on lid and cook on very low heat and leave for 20 -25 minutes, check they are not burning, can be turned over with a spatula if desired. Delicious.

**POTATO SPECIAL DISH:** Cube 3-4 potatoes, place in a small amount of water with a heaped teaspoon of chicken stock powder, cook until very soft. Add a container of cream and as it comes to boil, stir in some corn flour to thicken and serve.

**SPINACH:** Shred spinach. Place in saucepan 1 tsp real butter and 1 tbsp water and put spinach on top. When steamed to satisfaction, add 1/2 cup of coconut cream and sprinkle with salt and cracked pepper.



**CURRIED CARROTS:** Peel and slice carrots in half and then halve down the centre. Place in pot and cook until tender. Take 1 -2 tsp of curry powder and place in melted butter or a little olive oil until the powder gives off a pungent odour, add water from carrots and a tablespoon of skim milk powder, or a small tin of skim Carnation milk and thicken with corn flour and pour over carrots.

**CABBAGE:** Fry bacon and cut into small pieces, set aside. Sauté onion that has been diced with sliced garlic clove, top with shredded cabbage and 1 cup of water. Place on lid and cook low until just cooked, mix in a tin of skim Carnation milk with a teaspoon of chicken powder stock and thicken, adding bacon to the cabbage just before thickening.

**HASH BROWNS WITH BABY TOMATOES & SPINACH:** Trim 250g baby tomatoes from truss but leave green tops on and roast, brushed with olive oil, at 200°C for 15 -20 minutes until soft and slightly golden. Peel and coarsely grate 4 large Sebago potatoes, squeeze handfuls to remove as much water as possible and place in bowl. Heat 1/4 cup olive oil in frying pan and fry "patties" of grated potato for 2 -3 minutes on each side until golden. Place on plate and cover with foil to keep warm. Wash spinach and wilt over medium heat for 1 -2 minutes. Serve hash browns topped with spinach and tomatoes.

