

# TALKABOUT

Edition Number 96

February / March 2011

**FREE**

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

**COMMUNITY SUPPORT CENTRE**

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

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

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

*Busy February*



Chinese New Year



*Valentines Day*

*Play Group*



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## Editorial

Well here we are again at the beginning of another year. Our hearts must go out to our friends who are suffering in the southern floods. One of the wonderful things that comes out of tragedies is the heartfelt and very real support that people give out to their suffering neighbours.

I started out the new year by having a fall and hurt my left hand. I have been overwhelmed by the support of friends and neighbours. As my mother used to say "It's an ill wind that blows nobody any good".

Anyway the Community Support Centre is already on the ball and ready to help in anyway they can in this new year of 2011.

Gwen 

### Things Are Not What They Seem

- A koala bear is not a bear, it's a marsupial
- A Turkish bath is not Turkish, it's Roman
- A banana tree is not a tree, it's a herb
- A peanut is not a nut, it's a legume
- Shortbread is not a bread, it's a thick biscuit.
- A firefly is not a fly, it's a beetle
- A cucumber is not a vegetable, it's a fruit
- A silkworm is not a worm, it's a caterpillar
- A lead pencil contains no lead, it contains graphite
- India ink is not from India, it's from China and Egypt.

◇ The worst thing you can possibly do is worry about what you could have done.

*Lichtenberg*

◇ 80% of success is just showing up

*Woody Allen*

## Reception Volunteers Needed



Expressions of interest are invited from suitably motivated individuals who would like to join our team of Front Desk Volunteers at the Innisfail Community Support Centre to cover the afternoon shift from 1.30 - 4.00pm. Applicants must be eligible for a Blue Card and an induction course will be involved.

Please contact Julie to leave your name or for further details -

**Telephone 4043 8400**  
**or E-mail [julie@csci.org.au](mailto:julie@csci.org.au)**

The Relationships Australia Counsellor is on sick leave until 11th March 2011.

Please use their Telephone Counselling Service in the interim.

Phone: 1300 364 277

Don't forget our next.....

## Community Produce Swap Day



**Tuesday, 8th February**  
**Tuesday, 8th March 2011**  
**Between 10—12pm**  
**(the 2nd Tuesday of each month)**

**At the Community Support Centre  
Innisfail**

**13-17 Donald Street**  
**Enquiries: 40 438 400**

## June Sue Yek

(A seven year old migrant's story)

The TV program showing the tragic deaths of the illegal immigrants trying to reach our lucky country Australia, reminded me of how lucky I was in 1940 to be a legal immigrant to the "The Gold Mountain" as Australia was known to the Chinese in China.

I was 7 years old and sailed with my mother on the last ship that sailed out of Hong Kong harbour, fleeing from the imminent Japanese invasion of Hong Kong.

I remember how excited I was because I was going to meet my father for the first time. I had never seen a photo of my father so I didn't know what he looked like. So my father to me at the time was just someone who lived in a place called "The Gold Mountain", who sent my mother money, presents, chocolates and biscuits to us from time to time. My father had left my mother in Macau before I was born, promising to return to see us often, as soon as he had made his fortune in Australia. Of course this did not happen.

There was the White Australian Policy in force at the time, so my mother and I had to stay in Macau. It was because of the Japanese Invasion that the Australian Government issued compassionate passports to wives and children of Australian born Chinese to migrate to Australia. (My father was born in Darwin.)

The scenes from that TV program also made me recall the danger of our escape from Hong Kong. Because I was a child I didn't know that the boat we were on was in danger of being torpedoed, and attacked by the Japanese. But now I recall how the portholes were always covered with black material, the lights were always dimmed, and we had to assemble every day on deck to listen to instructions on how to put on lifejackets, how to get on the lifeboats, and how to jump from the ship if the occasion happened. I still remember how I used to cry and scream because I didn't want to be there because I was seasick.

Thinking back, I remember docking in Cairns after a long, long time on the boat and we were met by my father who looked nothing like what I thought he would look like, because I had in my mind that he would be like one of the figures in the Chinese Temple. What imagination I must have had.

It was dark by the time we arrived in Innisfail after a three hour drive from Cairns. I will never forget the wonderful sight of the lights shining from the Jubilee Bridge as we crossed it. I had never been over such a grand bridge before.

My heart goes out to all the people who want to come to our country, because I know how good it is to be living in Australia. I am proud and happy I have been naturalized, and to be an Aussie. I am very thankful that I was allowed to be a legal immigrant.



**Good Advice from the Innisfail Police**  
***Make sure you check before you donate.***

Police would like to advise those wishing to donate to victims of the Queensland floods to ensure they are giving their funds to legitimate charities.

Flood waters the size of New South Wales are currently covering large parts of the state, affecting thousands of Queenslanders. Many of these people have lost their possessions and have not been able to work for some time.

Police urge anyone considering donating to check the identity of doorknockers and internet based appeals to ensure their money is going to those who desperately need it.

The best way for people to ensure their donation is going to the right place is to:

1. *Ask the doorknocker/collector to provide identification*
2. *Ask for proof of which charity they are collecting for*
3. *Check that the charity is a registered charity*

Anyone who is unsure that the collector is legitimate should decline and make a donation through registered charity groups.

You can donate to the Premier's Disaster Relief Appeal by visiting [www.qld.gov.au/floods](http://www.qld.gov.au/floods), call 1800 219 028, or donate at the local branch of any major bank or at the checkout of your local Coles supermarket.

People experiencing personal hardship due to the flooding can call 1800 173 349 or visit the Department of Communities website <http://www.communities.qld.gov.au/gateway/> for updates on the types and availability of support.

**'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 at the Community Support Centre Innisfail and will increase your child's skills in relation to the following themes:

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***Your Feelings and You***  
***Discovering and Building your Strengths***  
***Positive Thinking***  
***Beating Shyness***  
***Making Friends***  
***Bullying &***  
***Keeping Yourself Safe***

**Free to Be Me Program - 2011**

**Venue: Community Support  
Centre Innisfail**

**Date: Thursdays**

**(commencing 10<sup>th</sup> February  
through 31<sup>st</sup> March 2011)**

**Time: 3:15 – 4:30PM**

**For more information or to register your child, please contact Sherrie or Natasha**

**Ph 4043 8400 or email [sherrie@csci.org.au](mailto:sherrie@csci.org.au)**

**Community Support Centre Innisfail**

**13-17 Donald Street, Innisfail**



The Innisfail Young Parents Playgroup is for any families with children aged from birth to 5 years old. At playgroup parents stay and play with their children and help them to make new friends and play with the other children. There is a range of activities for the children to participate in such as painting, arts and crafts, play dough, bubbles, as well as lots of books, toys and space to run around. Babies are also catered for at playgroup with soft toys to play with, music, singing and interaction with other children.

**Playgroup is also for parents.** The Young Parents Playgroup originated with Parents under 30 years of age in mind, providing a place for young parents to meet with other young parents, to share experiences, make new friends and have some time out. Young Parents Playgroup is for any parents, under or over 30 years of age, everyone is welcome.

Playgroup provides a safe and supportive place to share ideas and worries and to learn from other parents about different ways and techniques to care for small children.

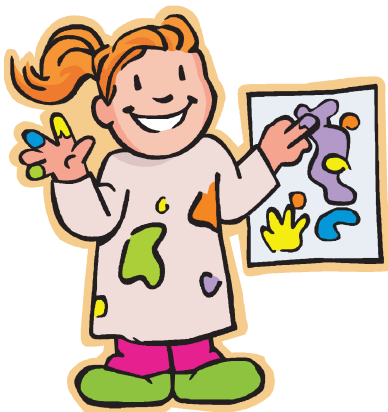
At Playgroup we :-

- Value Play and have fun
- Participate and share
- Encourage not discourage
- Respect and value difference
- Feel safe and secure

**Where** Innisfail YPP meets at the East Innisfail State School former preschool building every Friday from 9am until 11.30am. Children can participate in free play with the many toys available, a structured activity set up by one of the playgroup members on special days, morning tea, outdoors play and then story and/or singing time. Children are free to join in activities as they feel, do their own free play or just cuddle up and have a story with mum.

Please bring:  A drink and snack for your child for morning tea  A hat and a change of clothes  
If you would like more information please phone Natasha at the Community Support Centre on 4043 8400.

## Innisfail Young Parents Playgroup Open Day!



National Playgroup Week will be celebrated around Australia from 20-26 March 2011 with the theme,

**"LEARNING TOGETHER THROUGH PLAYGROUP"**

So grab a friend & join us at the Innisfail Young Parents Playgroup Open Day!

When: Friday 25th March 2011

Time: 9.00am—11.30am

Where: East Innisfail State School (Old

Preschool Building) Mourilyan Road Innisfail. What to bring: A hat & water bottle for your child. Activities & Light refreshments will be provided. For

further enquiries, please contact Natasha on 40438400.



Proudly Supported by Community Support Centre Innisfail & Playgroup Queensland.

## SYMBOLS of VALENTINE'S DAY

### Valentine's Day Roses

There is an interesting story behind the legend of the Valentine's Day Rose. It is said that once a beautiful maiden by the name of Rodanthe was pursued by a number of impassioned suitors. In their desperate pursuit the lovers broke the doors of Rodanthe's house. This enraged goddess Diana. She turned Rodanthe into a flower and her suitors into thorns.

According to a popular legend in Rome, once Cupid was carrying a vase of sweet nectar to the Gods on Mount Olympus and some nectar spilled on the ground. From the spot where the nectar fell emerged the beautiful Rose flower.

Roses are found in different colors and it is fascinating to note that each of these different Rose colors have been assigned different meanings. Hence one needs to be careful when presenting a rose to someone.

**Red Roses** - Love and passion

**Yellow Roses** - Friendship

**White Roses** - True love and purity of the mind

**Pink Roses** - Friendship or Sweetheart

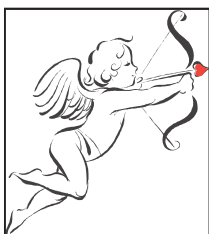
**Black Roses** - Farewell



**Valentine's Day Hearts**—A Red heart pierced by the Cupid's arrow is a traditional symbol of Valentine's Day. Heart symbolizes love and giving someone a heart means to hand over one's existence to someone. A heart pierced by a Cupid's arrow means that when someone presents a heart, the person takes the risk of being rejected and feeling hurt. A piercing arrow therefore symbolizes death and the vulnerability of love.

Around the 12th Century people were not aware that the function of heart was to circulate blood inside the human body. What they knew was that the heart begins to beat faster when a person is upset or excited. They, therefore, derived that the heart was the seat of emotions and feelings. Poets too eulogized the role of heart in feelings of love and romance and over the years this made believe connection between heart and love became deep seated in the minds of people. Today, even though it has been scientifically proved that emotions come from the brain, the heart remains a powerful symbol of love and Valentine's Day.

**Cupid**—The winged and mischievous little angel called Cupid is one of the very famous



Valentine's Day Symbols. It traces its origin from the Roman mythology where Cupid has been described as the son of Venus - the Goddess of Love. It is believed that Cupid had a bow with a quiver of arrows and anyone hit by Cupid's arrow did not die but fell in love. According to a myth, it was Cupid's mother Venus who used to send him on such errands.

In Greek mythology, Cupid is known by the name of Eros and as the son of Aphrodite - the Greek Goddess of Love. In Roman and Greek mythology Cupid is always shown as a youth and not as a fat baby with wings. In Latin, however, the meaning of the word 'Cupid' is desire. Latin mythology shows Cupid as a chubby,

naked, winged boy or youth with a mischievous smile and as someone who made people fall in love.

**Love Knots**— A Love knot is yet another symbol of Valentine's Day. Representing love that will last forever, love knots are actually a series of winding and intertwining loops that have neither a beginning nor an end.



The Valentine's Day symbol of Love Knots traces its origin to early Arab traditions.

Young Muslim women living in strict orthodox households used to express love to young men through secret messages woven through the knots of a carpet. Lovers read the messages by turning the knot around and around. The tradition of sending messages through the knots gave birth to the concept of love knots that exist even to this day.

*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. - Lao Tzu*

*Life has taught us that love does not consist in gazing at each other but in looking outward in the same direction. - Antoine de Saint-Exupery*

*The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. - Helen Keller*

*Creating Your 'Self'*

*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. If you feel that you are facing one of these moments and you would like to learn more about yourself and your emotions, in a very creative and fun way, then you will probably enjoy 'Creating Your Self'*

*This free 5 session program is a great opportunity for teenage girls between 15 and 17, who would like to create the person whom they wish to be.*

**Venue: Community Support Centre Meeting Room**

**(13-17 Donald Street –Innisfail)**

**When: 22nd February, 1st March, 8th March, 15th March, 22nd March 2011  
from 3:15 pm to 5:00 pm**

**Light refreshments provided.**

**If you would like to register for this program please contact**

**Sherrie or Federica on 4043 8400 by 17th February**

**Registrations are essential. Places are limited.**

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

Community Support Centre Innisfail Inc.

CSCI

Presents

# The Stress Management Workshop



**When: Monday 28th February**

**from 9:00 am to 3:00 pm**

**Where: Community Support Centre**

**(13-17 Donald Street)**

**If you would like to register for this program  
please contact reception on 4043 8400**

**by 24th February 2011**

**Registrations are essential**

**Lunch will be provided**

## Chinese New Year February 3 - the Year of the Rabbit



Chinese New Year is the longest and most important celebration in the Chinese calendar. The new year begins on the first day of the Chinese calendar, which usually falls in February, and the festivities continue for 15 days.

During Chinese New Year celebrations, people wear red clothes, give children 'lucky money' in red envelopes and set off firecrackers. Red symbolises fire, which the Chinese believe drives away bad luck. Family members gather at each other's homes for extravagant meals.

Chinese New Year ends with the lantern festival, where people hang decorated lanterns in temples and carry lanterns to an evening parade under the light of the full moon. The highlight of the lantern festival is often the dragon dance. The dragon can stretch over 30 metres long and is typically made of silk, paper and bamboo.

### The Chinese in Australia

Chinese people first came to Australia in large numbers during the Gold Rush in the 1850s and 60s. About one-third of the miners were Chinese. Many Chinese-Australian families can trace their settlement in Australia to that time. Monuments and buildings, such as the Chinese temple in Innisfail, developed by Chinese settlers serve as reminders of the long history of Chinese immigration to Australia. Several cities and towns have Chinatowns that are a hub for restaurants, Chinese grocery stores and other small businesses, and centres for the celebration of festivals such as Chinese New Year.

### The Chinese calendar

Australia follows the Gregorian calendar. Although the People's Republic of China follows the Gregorian calendar for its day-to-day business, the dates of the Chinese New Year and other important festivals are determined by the Chinese calendar which is thought to have been invented by Emperor Huangdi, nearly 3000 years BC.

The Chinese tradition follows a different calendar to the calendar followed in Australia. The Chinese lunar year is divided into 12 months of 29 or 30 days. The calendar is adjusted to the length of the solar year by the addition of extra months at regular intervals. The years are arranged in major cycles of 60 years.

Each successive year is named after one of 12 animals, and these 12-year cycles are continuously repeated. The Chinese New Year is celebrated at the second new moon after the winter solstice and falls between 21 January and 19 February on the Gregorian calendar. The year 2008 translates to the Chinese year 4705-4706.

Chinese New Year, pronounced in Chinese as 'xin nian', occurs on the first day of the first month of the lunar calendar. There are different versions of the story behind the development of the Chinese zodiac, but all the versions are based around a race called by an Emperor to determine the animals to be represented.

The cunning Rat hitched a ride on the back of the Ox and crossed the winning line first, followed by Ox (Cow), Tiger, Rabbit (Cat), Dragon, Snake, Horse, Ram (Goat, Sheep), Monkey, Rooster (Chicken), Dog and Pig (Boar).

According to the Chinese zodiac, you take on the characteristics of the animal associated with the year of your birth, but those characteristics are also influenced by what time of day you're born, what fixed element you belong to (water, metal, wood, fire, earth), as well as the influence of Yin and Yang.

**The Chinese zodiac for the next 12 years is:**

- 2011 - Rabbit**
- 2012 - Dragon**
- 2013 - Snake**
- 2014 - Horse**
- 2015 - Sheep (Goat)**
- 2016 - Monkey**
- 2017 - Rooster**
- 2018 - Dog**
- 2019 - Pig**
- 2020 - Rat**
- 2021 - Ox**
- 2022 - Tiger**



Extracted from <http://www.cultureandrecreation.gov.au/articles/chinese/>



**Characteristics of People Born in the Year of the Rabbit**

People born in the Year of the Rabbit have certain characteristics that reflect those of the rabbit. The rabbit symbolizes sensitivity, compassion and creativity. These people are often friendly, outgoing and enjoy the company of other people. They prefer to avoid conflict and tend to shy away from aggressive and competitive situations. In fact, they approach conflicts with consideration for the other party. According to Chinese astrology, people born in the Year of the Rabbit believe strongly in friends and family and a lack of these relationships can lead to emotional problems.

For details of celebrations in Innisfail, contact Neville Lee, Trustee of the Temple on 4061 1527

We are all on a spiral path. No growth takes place in a straight line. There will be setbacks along the way.... There will be shadows, but they will be balanced by patches of light and fountains of joy as we grow and progress. Awareness of the pattern is all you need to sustain you along the way...

Kristin Zambucka

## June's Recipes Suggestions for Chinese New Year

### Mango Pancakes

25g plain flour      400ml light coconut milk      1 egg      400g melted butter

Sift flour into bowl. Whisk coconut milk, egg and half the butter together in separate bowl. Pour into flour and beat until smooth. Stand for 30 minutes. Brush frying pan with melted butter, add ¼ cup batter and cook for 2-3 minutes. When cool, spread with whipped cream, top with sliced mango and fold sides to centre.

### Prawn and Pork Rolls



Cut crusts from sliced bread. Lightly butter bread, dot with diced roast pork and diced cooked prawns. Roll up. Seal edges with beaten eggs. Dip in a combination of 2 beaten eggs and ¼ cup water. Deep fry. Cut into 1 inch rolls.

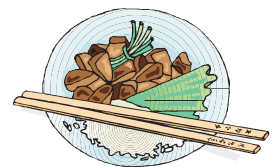
### Beef with Pineapple

500g fillet steak	450g tin pineapple slices	1 green capsicum
1 red capsicum	3 cloves garlic	1 small piece green ginger
3 shallots	2 tbsp soya sauce	1 tsp sugar
2 tsp cornflour	2 tsp water	1tbsp oil, extra for frying

#### Sauce:

1 tbsp oyster sauce	1 tbsp soya sauce	1 tsp sugar
1 tsp sesame oil	1 tsp cornflour	¼ cup water

Trim meat of all fat and sinew and cut into thin slices. Place meat in bowl with soy sauce, sugar, cornflour and water and mix well. Stand for 30 min. Drain pineapple. Cut slices into quarter size pieces. Slice capsicums and shallots diagonally into 1" pieces. Slice ginger very thin and cut garlic very small. Heat oil in pan. Add pineapple, capsicums, toss gently for 2 minutes. Remove from pan. Add extra oil to pan, heat until hot, add ginger and garlic, toss until garlic turns just golden brown, add meat, cook quickly until meat just changes colour. Combine all ingredients for sauce, add to meat. Stir sauce in pan until sauce boils and thickens. Add vegetables, toss for 1 minute over high heat.



### Mongolian Lamb

500g lamb fillet	2 tsp sugar	1 tsp salt
2 tbsp dark soy sauce	1 egg	¼ tsp bicarb of soda
1 tsp cornflour	3 tbsp peanut oil	1 tsp finely chopped garlic
1 shallot, finely chopped	¼ tsp five spice powder	2 tsp Hoi Sin Sauce
1 tsp chillie sauce	1 tbsp dry sherry	

Remove all fat and sinew, cut meat into bite size paper-thin pieces. Add sugar, salt soy sauce, egg, bicarb soda and cornflour, mix well, then add 1 tbsp oil and mix again. Stand at least 2 hours. Heat wok or pan, add oil, cook garlic, ginger and shallot gently until garlic turns golden brown. Remove from pan. Heat remaining oil and on very high heat stirfry the lamb until colour changes. Mix 5 spice powder, hoi sin sauce, chillie sauce and dry sherry together, add to lamb and toss for 1 minute over high heat.