

# TALKABOUT

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

**FREE**

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

## Let the Harvest begin



### 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

This edition carries a story from Rosa Binello, a Life Member of CSCI, about coming to terms with her impaired vision but Rosa has not let her life changes hold her back. There are also tips for parents of children about to go through the change from primary school to high school—another scary prospect.

Sometimes people find change difficult and I always feel sad when I hear of someone losing hope—I know sometimes our problems can seem so huge and we don't like to talk about them and so they become so heavy but there are a number of support agencies who are there to help. Lifeline's number is 131114 and the Innisfail Community Support Centre is 40438400. They are trained counsellors and, while they may not solve your problem, you do feel better after having talked about it and often it turns not to be so bad after all - having unloaded it.

I have just had a visit from my daughter who lives in Darwin and of course we drove around to see the sights. I don't drive around too far any more and it was good being driven around for a change. I have a feeling winter is fast approaching so get your blankets out and snuggle up.

Gwen 

### Buddy

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull." Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull." Buddy didn't respond.

Once more the farmer commanded, "Pull, Jennie, pull." Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull." And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

The farmer said, "Oh, Buddy is blind, and if he thought he was the only one pulling, he wouldn't even try!"

(From a church newsletter)

### Someone Else

Our church was saddened to learn this week of the death of one of our most valued members

**Someone's** passing creates a vacancy that will be difficult to fill.

**Else** has been with us for many years and for every one of those years,

**Someone** did far more than a normal person's share of the work.

Whenever there was a job to do, a class to teach, or a meeting to attend, one name was on everyone's list,

**"Let Someone Else do it."**

Whenever leadership was mentioned, this wonderful person was looked to for inspiration as well as results:

**"Someone Else can work with that group."**

It was common knowledge that

**Someone Else** was among the most liberal givers in our church. Whenever there was a financial need, everyone just assumed that **Someone Else** would make up the difference.

**Someone Else** was a wonderful person; sometimes appearing superhuman. Were the truth known, everybody expected too much of **Someone Else**.

Now **Someone Else** is gone! We wonder what we are going to do.

**Someone Else** left a wonderful example to follow,

### LIFE BEFORE THE COMPUTER

- \* Memory was something that you lost with age
- \* An application was for employment
- \* A program was a TV show
- \* A cursor used profanity
- \* A keyboard was a piano
- \* A web was a spider's home
- \* A virus was the flu
- \* A CD was a bank account
- \* A hard drive was a long trip on the road
- \* A mouse pad was where a mouse lived



## *Blowing In the Wind*

The concept of the *Wishflag* comes from the traditional idea of the Tibetan Prayer Flag. In Tibet the coloured flags are seen strung up along mountain sides and around villages where they are left to blow in the wind. The flags have prayers printed on them, in block form, with the idea being that they will eventually blow away in the wind, the prayers will be heard or received and, with hope, their prayers may be answered. The wind is thought to also carry these positive messages as good vibrations in the air helping to create a more harmonious environment.

The *Wishflags*, therefore, are of a similar concept. The Cassowary Coast *Wishflags* are being created to send out wishes, hopes or dreams to the wind. The flags themselves are made of a piece of coloured material that will eventually, when left to the elements, slowly, thread by thread, blow away.

The Community Support Centre Innisfail will be offering the *Wishflag* concept throughout the Cassowary Coast Region at many of our group and community events. We will supply you with a blank flag, along with some ideas for decorating it.

By the end of 2012, once all the flags are completed and returned to the **Community Support Centre Innisfail**, they will be strung and displayed in the public eye at the Northern and Southern ends of the Cassowary Coast region to mark the 2<sup>nd</sup> anniversary of Cyclone Yasi. We shall endeavour to keep you all fully informed via our local media.

***Ideas and different themes:*** Sustainability, Resilience, Health, Success, Compassion, Longevity, Overcoming Obstacles, Faith, Family, Friends, Prosperity, Community, Money, Special Occasions, Yielding good crops etc. (***must be a positive theme***).

***Symbols:*** could be of children, pets, names, smiles, hearts, suns, moons, stars, a poem or verse, the weather etc.

***To decorate:*** permanent markers or fabric paints of different colours (using prints from colouring books or pictures of any kind, such as mandalas, to trace over helps); embellish your flag with paper, glitter or embroidery. Otherwise writing poems etc and decorating the borders in gold or silver fabric paint can also look great. You are only limited by your imagination. Remember though that the intention of these flags is to eventually fragment in the wind (so although nice, the use of permanent decorations such as buttons are not a good idea for our purpose).

Remember, the more flags completed the more beautiful will be this collection of colourful community thoughts fluttering in the wind – sometimes waving gently, sometimes dancing furiously, and always sending out sentiments of hope and good will.

After some time the flags will begin to look tattered, threadbare and maybe even a little untidy but this is all ok as after they have spread their message they can be removed. It means they would have served their purpose and

*Blown in the wind.....*



## The Errant RP Sufferer



Have you ever noticed that the numbers on keypads are not all in the same place on different appliances and electronics? On computers and calculators the numbers 1,2,3 are on the bottom line but on almost everything else from ATMs, microwaves, telephones and EFTPOS machines they are on the top line? Have you ever noticed toilet paper dispensers are never in the same place? They could be on the left or right, parallel or slightly above or below your reach? Or that some food outlets do not have menus to order from, you can only choose and order from a board usually high above the counter? Have you noticed those sandwich boards advertising and tempting you into their stores are slowly creeping out further onto the footpath?

**Well, I have!** This is because I am a V.I.P. (Vision Impaired Person) and these are just some of the inconsistencies that I have wrestled with most of my life. When I think my husband “sneaks” up on me, I remember my childhood - I thought my Mum used to “sneak” up on me too. I would lose many things and I still do; my pens, pencils, toys and now jewellery, keys, phone etc. Sometimes they would disappear for a moment and then suddenly reappear as if by magic. I was possessed by gremlins! At the time, I was unaware that I had been afflicted with the eye disease Retinitis Pigmentosa (RP).

I loved playing with my brothers and the neighbourhood kids but I couldn't play sports like they could, and was always the clumsy clot that tripped over her own feet. The backyard “rounders” was a nightmare, but an opportunity to be one of the “gang”. I hated sports days at school and took many sickies and making any excuse to get out of it. I must have been the only girl at school with the most irregular periods!

I had the bumps and bruises to prove how clumsy and ungainly I really was and cuts to my hands are still countless. I even sport a stumpy finger that almost gave a new meaning to “finger food”. Whilst cutting up a salad when the in-laws were visiting, you know – chop, dice, slice, ouch- oops that was my finger and not the cucumber! By the time we found a Doctor at 7pm. (in the unfamiliar Melbourne suburbs) it was too late to save the dangling bit of severed finger, hence the stumpy finger! A butcher has even loaned me steel mesh gloves but I found these useless. I loved ironing as a child but the endless burns to my stomach and hands soon put me off. I still have many scars and bruises on my body as I go bumping into everything from dishwasher doors to doorknobs and corner benches!

Many optometrists and specialists all over the country have peered, probed, poked and pondered. It was always the same - they could see the degeneration of the retina but there was no cure! When a specialist actually put a name to it, it finally hit home. Well, at least it did explain a lot. I thought everyone did 180° turns of the head when driving! Or why I thought people were always sneaking up on me! It explained why I could not see at night and was scared of the dark. Mum always took us for walks on cool and starry nights and now I wonder - did she know, had she guessed? If she did, she never made a big deal. She loved us all

unconditionally and selflessly and never let me feel different or inadequate.

It wasn't until late thirties that the condition was diagnosed and it threw my life into chaos. It was a deterioration of the retina and it was incurable, they said! My central vision wasn't too bad but my peripheral was poor and patchy and could get worse. Night blindness and lack of depth perception were just some of the symptoms. More tests confirmed the diagnosis and at last they had put a "title" to my unruly stumble through life!

Over the years I have felt quite "normal" but I did notice little things happening in big ways. Like when I had to give up driving – wow, that was like clipping my wings. It deprived me of my independence! I knew it was safer for all and I could not put my family and friends at risk. I found, however, that these same people were wonderfully supportive and that there were other means of transport like buses and taxis.

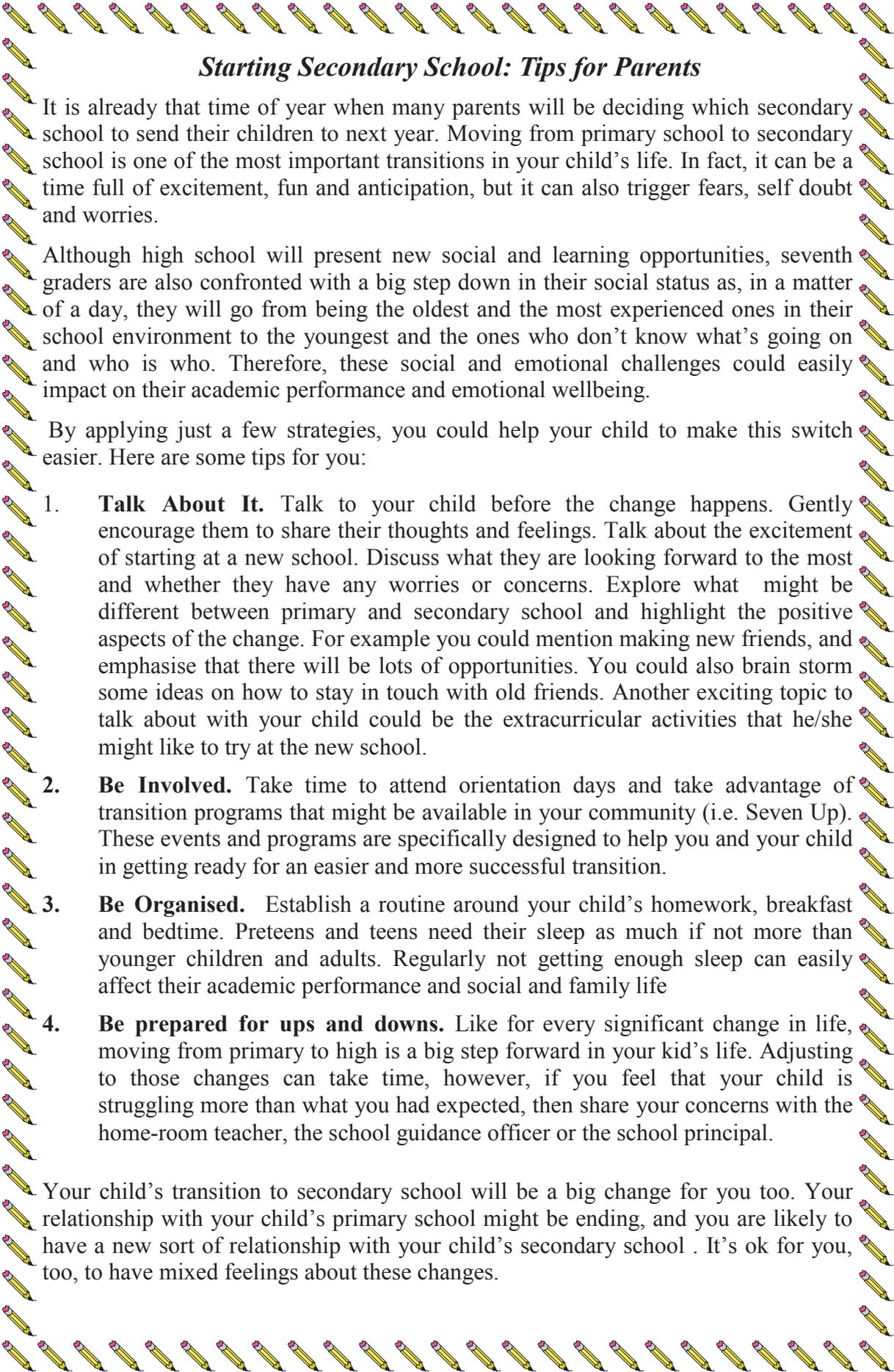
I was then given a "white cane" and begrudgingly did some training. But poor old "Sugar" (my affectionate nickname for my cane) was thrown into a cupboard and only dusted off once a year when the mobility officer came to visit. I didn't feel ready to "succumb" to Sugar as yet until one of the mobility officers finally coaxed me into going to the Guide Dogs training centre in Brisbane. It was a week of full-on training from the minute we arrived (with responding to fire drills and other emergencies) to the minute we left with an excursion to a very busy shopping complex where we were shown how to tackle escalators and human traffic! It was a great experience. I now have a new cane called "Candy" who has given me much confidence, stability and support that I never leave the house without her. It took a few stares and silly questions from the community to prompt me to write a letter in the local newspaper enlightening them. Now I actually get reminded if I leave it behind or if they don't see it on me; this is usually

when it is neatly folded up beside me or in my handbag as I sip on my cappuccinos!

Employment was another issue. I have had many great jobs mainly in office environments and for many years bluffed my way through. Suddenly been diagnosed with a "permanent" disability, I was fortunate to gain some valuable guidance from the Low Vision Clinic and was "pensioned" off. Financially, I really did not need to work, but it was very dull and boring at home, so I dedicated myself to volunteer work at the Community Support Centre Innisfail who produces this wonderful publication the "Talkabout". I was kept very busy for 10 years of my life and witnessed and participated in many events, some joyful, some sad and some like Cyclone Larry that we wished never to experience again. Unfortunately they did with Cyclone Yasi. I felt I was "earning my keep" and giving back to the community. I was generally feeling good about myself by helping others. I retired from the Centre and volunteered at the Nursing Home. This was fun (and a little sad) until health issues forced me to retire.

I can't read and write as I would like to, but I have my trusty computer, which I am becoming quite attached to. Modern technology allows me to "email" my letters now, search the internet with the aid of magnification AND to play silly games. I also have a Daisy reader which is a nifty and portable machine that reads CDs (talking books). I also enjoy Scrapbooking – easy to cover my mistakes with pretty embellishments!

I am also very lucky to have a wonderful and supportive husband and family oh so brave. They guide me around and comfort and encourage me and I hope they will continue to do so especially "if", and hopefully not "when", Candy can no longer do so. What's that you ask?! NO, no way will I ever have a cute and obedient Guide Dog – I am too forgetful so a poor defenceless dog would not be safe with me!



### *Starting Secondary School: Tips for Parents*

It is already that time of year when many parents will be deciding which secondary school to send their children to next year. Moving from primary school to secondary school is one of the most important transitions in your child's life. In fact, it can be a time full of excitement, fun and anticipation, but it can also trigger fears, self doubt and worries.

Although high school will present new social and learning opportunities, seventh graders are also confronted with a big step down in their social status as, in a matter of a day, they will go from being the oldest and the most experienced ones in their school environment to the youngest and the ones who don't know what's going on and who is who. Therefore, these social and emotional challenges could easily impact on their academic performance and emotional wellbeing.

By applying just a few strategies, you could help your child to make this switch easier. Here are some tips for you:

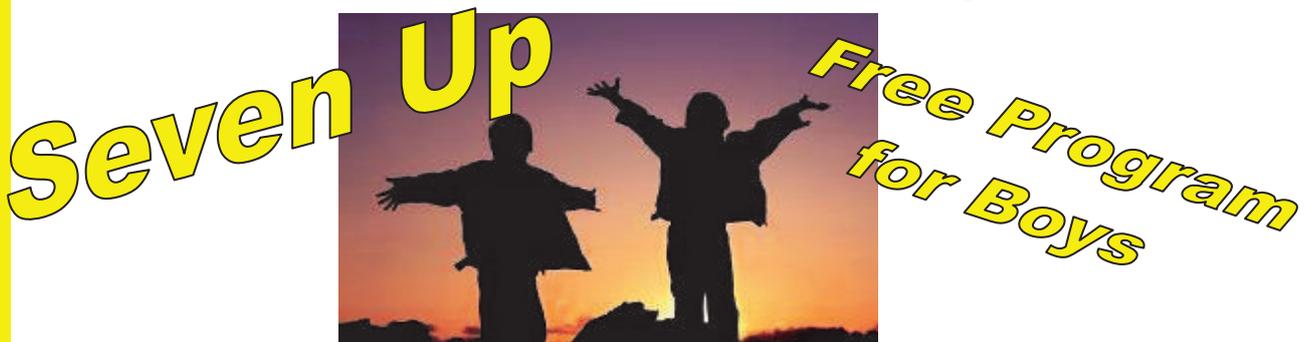
1. **Talk About It.** Talk to your child before the change happens. Gently encourage them to share their thoughts and feelings. Talk about the excitement of starting at a new school. Discuss what they are looking forward to the most and whether they have any worries or concerns. Explore what might be different between primary and secondary school and highlight the positive aspects of the change. For example you could mention making new friends, and emphasise that there will be lots of opportunities. You could also brain storm some ideas on how to stay in touch with old friends. Another exciting topic to talk about with your child could be the extracurricular activities that he/she might like to try at the new school.
2. **Be Involved.** Take time to attend orientation days and take advantage of transition programs that might be available in your community (i.e. Seven Up). These events and programs are specifically designed to help you and your child in getting ready for an easier and more successful transition.
3. **Be Organised.** Establish a routine around your child's homework, breakfast and bedtime. Preteens and teens need their sleep as much if not more than younger children and adults. Regularly not getting enough sleep can easily affect their academic performance and social and family life
4. **Be prepared for ups and downs.** Like for every significant change in life, moving from primary to high is a big step forward in your kid's life. Adjusting to those changes can take time, however, if you feel that your child is struggling more than what you had expected, then share your concerns with the home-room teacher, the school guidance officer or the school principal.

Your child's transition to secondary school will be a big change for you too. Your relationship with your child's primary school might be ending, and you are likely to have a new sort of relationship with your child's secondary school. It's ok for you, too, to have mixed feelings about these changes.

# Seven Up 'for boys'



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



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 boys 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 girls' will be offered in Term 4. Please contact CSCI for more info...
- Program is free of charge
- Afternoon tea provided

**Seven Up for Boys**  
**Commences: July 24, 2012**  
 (Space limited—Boys must be registered with CSCI by 16th July)

**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: 24.07.12  
 Tuesday: 31.07.12  
 Tuesday: 07.08.12  
 Tuesday: 14.08.12  
 Tuesday: 21.08.12

**Time:** 3:15pm to 5:00pm

**Contact: Sherrie or Federica**  
 Phone: 07 4043 8400  
 Fax: 07 4061 7312  
 E-mail: [sherrie@csci.org.au](mailto:sherrie@csci.org.au)

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

## Too Much Clutter?

Invisible clutter in our heads is often a reflection of the clutter around us and the first step in sorting out the confusion in our minds is creating some order around ourselves.

Do you have an area in your home that always looks untidy? Maybe you have let the mail and advertising material pile up on the kitchen bench, or perhaps the spare room has become a haven for all the things you can't find a home for. Often the thought of tidying and de-cluttering the area sends us running to the sofa with a cup of tea and a bar of chocolate! On the other hand, a trip to the shopping centre results in us spending a fortune on beautiful boxes and pretty holders that when we get home either don't fit in the allotted space or are the wrong size to hold those special items we want to store. Don't despair. Help is at hand.

The first step is to make the task manageable. You don't have to de-clutter a whole room in one afternoon. Look at one small area and aim to complete it. Four large boxes or plastic bags (plastic clothes baskets are useful) are essential for sorting out items into four categories: things to keep, items to sell (maybe on e-bay or a garage sale), items that can be recycled (such as the St Vincent de Paul Op shop or to pass on to others) and rubbish. If you are de-cluttering your office or desk, include a separate box for paper that has confidential information on which can be shredded. If you don't have a shredder, use a thick, black marking pen to hide the important information. As a general rule of thumb - if you haven't used the item for over 12 months then get rid of it.

Once everything is sorted, look for containers or plastic bags around the home or visit the cheap chain stores for appropriate storage boxes for the things that you are going to keep, throw away the rubbish and make a plan to deal with the stuff you are going to sell or give away (and keep to it!)

Sorting out the bathroom is another matter all together. Is your bathroom cupboard full of old boxes of tablets and ancient lipsticks? We often hang onto items long after we should throw them out.

Did you know make-up has a shelf life? Most people don't but the general rule of thumb is to throw out mascara after six months, eye-shadows after three years and lipsticks after two to three years (lipstick will smell if it's off).

All medicines, including over the counter items, should be checked for their use by date, and don't be tempted to keep those antibiotics that cured little Billy's infected finger. They won't cure your chest infection. Are you aware eye drops have a very limited shelf life and can be dangerous if used after their use by date? Medication should not be flushed down the toilet (it damages the environment) but handed in to your local pharmacy. People often keep old bandages as they can be expensive to replace, but there are specific bandages for different areas and they can quickly lose their elasticity which leaves them ineffective.

Your bathroom cabinets will stay tidier if you turn them into drawers. Check out the small plastic drawers from the cheap chain stores to put on the shelves. You can also use plastic baskets (or old ice-cream containers) with one each for hair-care products, skincare products, manicure products as well as one for a mix of sunscreen and insect repellents. Make-up caddies and hooks over the door can also help reduce clutter and toiletry bags could be stored in suitcases. Lastly, add a pretty plastic waste paper-bin to store toilet rolls which will free up more space in the cupboard.



*Eileen Bedford*

**COMMUNITY SUPPORT CENTRE  
INNISFAIL WELCOMES you :**

*THE FREE Recreational Group in June 2012*

*RECYCLING + CRAFTY CRAFT*

*Making things out of rubbish!*

*Come along and make a bowl out of magazine pages!*



**When: Monday 18th June 2012**

**Time: 10—12pm**

**Where: Community Support Centre,  
13—17 Donald Street, Innisfail.**

**Please register by Thursday 14th June by contacting  
Reception on 40438400**



**ENROLMENTS ARE ESSENTIAL AND NUMBERS ARE LIMITED!**

**Free Morning Tea provided.**

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



Are you interested in a Baby  
Massage workshop?  
Community Support Centre  
Innisfail will be hosting a  
Baby Massage workshop  
(dates to be advised if enough  
interest is received).

If you are interested please phone  
Family Support Worker Natasha  
on 40438 400.

## Gluten-free Recipes

### Buckwheat Pancakes

1 cup buckwheat flour, 1 egg,  $\frac{3}{4}$  cup water, oil for greasing. Sift flour into bowl and make a well in centre. Add combined egg and water. Beat with wooden spoon or whisk until well combined. Pour batter into jug. Heat pan and grease, pour a little batter into hot pan. Turn over once bubbles appear on top surface. Variations: mix with coconut milk and fill with fruit; or use rice milk instead of water. Serve with honey or maple syrup; stack with suitable fruit filling.

### Pear Muffins (use tinned pears or very ripe fresh pears, peeled thickly)

1 cup brown rice flour, 1 cup buckwheat flour, 2 tsp baking powder, 1 pear (chopped),  $\frac{1}{2}$  cup pear juice, 2 eggs,  $\frac{1}{4}$  cup sugar, 3 tbsp oil, 1 tbsp poppy seeds (optional).

Sift dry ingredients, add chopped pear and stir in pear juice. Beat eggs, sugar and oil in small bowl, with electric mixer, until light and fluffy. Fold egg mixture into batter. Place tablespoons of mixture into well oiled muffin trays. If desired sprinkle with poppy seeds. Bake at 210°C for 10-12 mins. Leave in tray for 3 mins before turning onto wire rack to cool. Stewed apples can be used instead of pears.

### Sausage Rolls



Pastry: 450g warm cooked mashed potato,  $1\frac{1}{4}$  cups rice flour,  $\frac{1}{2}$  cup gluten-free cornflour, 1 teaspoon salt, 100g butter or Nuttelex spread, chopped, 1 egg. Place mashed potato, rice flour, cornflour, salt and butter or spread in a large bowl. Add egg. Using a flat-bladed knife, stir until dough forms. Dust work surface with cornflour. Knead dough for 3 minutes or until smooth. Wrap dough in baking

paper. Set aside for 30 minutes to rest. Roll into a square (roll between 2 sheets of baking paper and use the bottom sheet to assist in rolling).

Filling: 750g minced chicken or veal, 1 egg, 2tbsp cornflour, 1 tbsp finely chopped parsley,  $\frac{1}{2}$  tsp salt, egg for glazing. Combine mince with egg, cornflour, parsley and salt. Knead by hand to combine completely and form meat into neat rolls, using wet hands. Place along edge of pastry. Glaze edges and turn edge of pastry over filling. Turn again so that filling is completely enclosed and cut along edges of pastry with sharp knife. Repeat with remaining filling and pastry. Brush with egg glaze, cut into 5cm pieces, place on lightly oiled tray and bake at 200°C for 20-25 mins

### Mini potato pies

1 quantity of sausage roll pastry, your favourite pie filling, mashed potato. Roll out pastry on cornfloured board. Cut out rounds using a 6-7cm rounds. Place in lightly oiled round based patty tins. Bake at 180°C for 5 mins. Cool. Fill with cool filling and pipe mashed potato on top, making sure top is completely covered with potato. Glaze with beaten egg and bake at 180°C for 10 mins until pastry is cooked. Serve at once.

### Patty Cakes (Use deep base patty pans. Can be frozen un-iced- thaw before icing.)

125g margarine or butter,  $\frac{1}{2}$  cup sugar, 2 eggs,  $1\frac{1}{2}$  cups cornflour,  $1\frac{1}{2}$  tsp baking powder,  $\frac{1}{4}$  cup water. Cream butter and sugar until light and fluffy, add eggs one at a time. Beat well between each egg. Sift cornflour and baking powder and fold into creamed butter and sugar alternately with water. Spoon teaspoons of mixture into paper lined patty pans. Bake at 180°C for 15-20 mins., may be iced with icing sugar mix to which 1 tbsp carob powder has been blended.

