

TALKABOUT

Edition Number 82

October/November 2008

FREE

INNISFAIL & DISTRICT
Community Information Newsletter
Produced by the
COMMUNITY SUPPORT CENTRE

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



Patch It Positive Unveiling

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Editorial

Yes it is October and the year 2008 is nearly gone - I don't know about you but the older I get the faster time seems to go. I hope you enjoy the muffin recipes, and the story about the phones brings back memories.

I remember when I was a young school teacher, the only phone in the district was at the railway station. In the old days there was usually a station mistress who sorted the mail.

I remember the day I arrived at a country station - I got out of the train and the station mistress said, "Are you the new school teacher?" I said yes so she told me, "Get back on the train, here is your mail, the train will stop down the line a bit for you to get off." Which it did near a house where I would be staying.

How times change, that train doesn't even run anymore!

Anyway, HAPPY READING!

Gwen 

The Sugar Bag

We had one on the floor by the kitchen door,
And another out in the hall,
And one was used for drying our feet.
It hung on a nail on the wall.
No ordinary rag was the old sugar bag.

To be used once and then thrown away.
On a swagman's back on an outback track,
It still had a part to play.
It was used to repair anything anywhere.

It made an apron for Mum,
And Dad used one on his old plough seat.
In the leisurely ways of those wonderful days,
The days of the old sugar bag.

May I suggest of those folk who know best,
An emblem for our Queensland flag.
It would look good, if they could include
A piece of the old sugar bag.

Loss of an Icon

I'm in mourning because I lost a friend recently and I didn't get a chance to say goodbye.

I used to see him every day whatever the weather. Not even Winifred in 1986 nor Larry in 2006 could force him from his post.

He kept watch over my house and watched my three sons grow up.

Oh, if only he could talk! What stories he could tell!

He'd be able to tell how the hardworking 'Gentlemen of the Blade' i.e. canecutters who came from all corners of the globe, would sweat in the tropical sun and helped carve the cane industry upon which Innisfail was founded.

He could also tell how the locos carrying the cane to the mill would sometimes come to grief right next to him.

I knew him for nearly 40 years but he was there long before that.

He came there when the locos were steam-driven and he was very important as he provided the essential water they needed.

When diesel replaced the steam locos he was no longer needed and so he just stood there.

Being out in the weather his legs were getting tired so it was that he was finally put to rest.

It happened so quickly; I went shopping and when I came home he was gone, reduced to a pile of rubble.

You see folks, my friend was the water tank that stood on Daru Creek at Moresby.

Yes, another bit of history bites the dust. That's progress. I guess.

At least he's immortalised in photographs and there's even a painting.



Slavka Galea



The Touchstone

It is said that when the Great Library of Alexandria was burned down, only one book survived. It was a very ordinary book, dull and uninteresting so it was sold for a few pennies to a poor man who barely knew how to read.

Now that book, dull and uninteresting as it seemed, was probably the most valuable book in the world, for on the inside of the back cover were scrawled in large, round letters, a few sentences that contained the secret of the Touchstone - a tiny pebble that could turn anything it touched to pure gold.

The writing declared that this precious pebble was lying somewhere on the shore of the Black Sea, among thousands of other pebbles that were exactly like it, except in one particular - that whereas all the other pebbles were cold to the touch, this one was warm as if it were alive. The man rejoiced in his good luck. He sold everything he had, borrowed a large sum of money, which would last him a year, and made for the Black Sea, where he set up his tent and began to painstakingly search for the Touchstone.

This was the way he went about it: He would lift a pebble. If it was cold to the touch, he would not throw it back on the shore because if he did that, he might be lifting and feeling the same stone dozens of times. No, he would throw it into the sea. So each day, for hours on end, he persevered in his patient endeavour: Lift a pebble; if it felt cold, throw it into the sea; lift another... and so on, endlessly.

He spent a week, a month, ten months, a whole year at this task. Then he borrowed some more money and kept at it for another two years. On and on he went: lift a pebble; hold it; feel that it was cold; throw it back into the sea. Hour after hour; day after day; week after week... still no Touchstone.

One evening, he picked up a pebble and it was warm to the touch - but through sheer force of habit, he threw it into the Black Sea!

Anthony de Mello, as told in Margaret Silt, *One Hundred Wisdom Stories from Around the World*.



The Old Phone on the Wall

When I was young my father had one of the first telephones in our neighbourhood. I remember the polished old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother talked into it. Then I discovered that somewhere inside that wonderful device lived an amazing person. Her name was 'Information Please' and there was nothing she did not know. 'Information Please' could supply anyone's number and the correct time.

My personal experience with the genie in the bottle came one day while my mother was visiting a neighbour. Amusing myself at the tool bench in the basement, I whacked my finger with a hammer. The pain was terrible, but there seemed no point in crying because there was no one in the home to give me sympathy. I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly I ran for a foot stool in the parlour and dragged it to the landing. Climbing up, I unhooked the receiver in the parlour and held it to my ear. "Information Please," I said into the mouthpiece just above my head. A click or two and a small voice said in to my ear, "Information." "I hurt my finger," I wailed into the phone, the tears came readily now that I had an audience. "Isn't your mother home?" came the question. "Nobody's home but me," I blubbered. "Are you bleeding?" the voice asked. "No," I replied, "I hit my finger with the hammer and it hurts." "Can you open the icebox?" she asked, and I said I could, "Then chip off a bit of ice and hold it on your finger," said the voice.

After that I called 'Information' for everything. I asked her for help with geography, and she told me where Philadelphia was. She helped me with my maths. She told me my pet chipmunk that I had caught in the park would eat fruit and nuts. Then there was the time Petey, our pet canary died. I called and told her the sad story. She listened and then said things grown-ups say to soothe a child, but I was not consoled. I asked her, "Why is it birds should sing and bring joy to all families, only to end up in a heap of feathers on the bottom of the cage." She must have sensed my deep concern for she said quietly "Wayne, always remember that there are other worlds to sing in." I must have felt better. Another day I asked 'Information' how to spell fix.

All of this took place in a small town in the Pacific North West when I was nine years old. We moved to Boston and I missed my friend very much. 'Information Please' belonged in that old wooden box and I never connected the new shiny phones. As I grew in to my teens the memory of those childhood conversations never left me. Often I remembered how kind and patient she was with a little boy. A few years later I had about half an hour between planes and without thinking I dialled my home town and said 'Information Please'. Miraculously a voice I knew well said "Information." I had not planned this but I said "Can you spell fix?" After a long pause then came the soft answer, "I guess your finger is really better now." I laughed, "So it is really you. I wonder if you know how much you meant to me during that time?" "I wonder if you know how much your calls meant to me. I never had any children and I used to look forward to your calls." I told her how often I had thought of her and asked if I could call her again when I visited my sister. "Please do," she said, "Just ask for Sally."

Three months later I was back in Seattle. A different voice answered, "Information." I asked for Sally. "Are you a friend?" she said. "Yes a very old friend." I'm sorry to have to tell you this, Sally has been working part time the last few years, but she passed away 5 weeks ago. Before I could hang up she said "But wait a minute, are you Wayne? Well Sally left a message for you, she wrote it down in case you called. The note said tell Wayne there are other worlds to sing in." I knew what she meant.

Never underestimate the impression you make on others. Whose life have you touched today? Lifting you on eagles wings. May you find the joy and peace you long for. Life is a journey not a guided tour.

Wellness – What’s it Worth to You?

Wellness requires you to be a proactive agent for your body. You need to treat it well and not wait until you hurt before you decide to take care of it. As we've said before health is not merely the absence of disease any more than wealth is an absence of poverty. Let's remember health is not simply "feeling fine," for we know that problems may progress for years without causing any symptoms whatsoever. As you know by now, heart disease for example, often develops unnoticed for many years before it strikes: in fact, the first symptom of heart disease that many people experience is a heart attack or death.

Now let us be clear that we are not under the illusion that everyone who creates a wellness lifestyle will be immune from pain, sickness, and disease. There are many people who do everything right and still get sick and die. Some will argue that there are many people who do everything wrong and live long, seemingly healthy lives. However, since we have no way to predict who is who, we have to do our very best to reduce our risk and promote our health.

We have seen people who have saved up and waited their entire lives to take a dream trip or to send their kids to college, whose savings and dreams were siphoned away to pay for health care expenses. We have seen people with work injuries like carpal tunnel syndrome or neck/back pain who have been unable to work, unable to drive, and even unable to sleep without pain. We have seen family members whose entire lives become dominated by the necessity to care for another family member who is sick or in pain. The effects of long-term illness or disability can be devastating; in many cases,

it happens to families who are already over-stressed, under-loved, and emotionally maxed out.

On the other hand, we have seen people who have been unemployed due to their pain or health condition choose to adopt new healthy habits: within a short period of time they are back at work making money, taking care of themselves and their families again, and are able to put away savings for their retirement.



We have heard every excuse you can imagine as to why people believe they can't afford the time or money to invest in their health. But the truth is that you must invest in your health today, or disease may bankrupt you in every way later. If you don't have the time and money to improve your health while you feel

good, what makes you think you will have the time and money to improve your health once you have lost it? As Anthony Robbins once said, "You can make time for wellness now or you can make time for sickness later." The choice is yours.

With regards to your wellness, the *three* main ideas that we really want to drive home...

1. Health is not merely the absence of disease.
2. The body has an innate intelligence that runs a series of complex systems that rely on proper balance and coordination in order to function correctly.
3. By living a wellness lifestyle you can enrich your life with vibrant health.

From Health in Hands Wollongong, NSW
Submitted by Dr Tonia Hess at Total Lifestyle Chiropractic in Innisfail
(07) 4071 2979

'Patch it Positive' Quilt Project

The Community Support Centre Innisfail supported Child Protection Week 2008 with a collaborative community project during August and September. The 'Patch It Positive' Quilt Project provided the local community with a unique opportunity to share their ideas by using a textile medium to create a permanent, reusable and portable visual craft exhibit in the form of wall hanging quilts and accompanying message books to demonstrate this year's child protection theme: Children See, Children Do: Make Your Influence Positive.

We invited children, young people and adults in our community to participate in the creation of individual/group quilt patches and offered free patch kits, containing material and instructions, as well as patch-making workshops through the Support Centre. Enclosed in the kits was also a



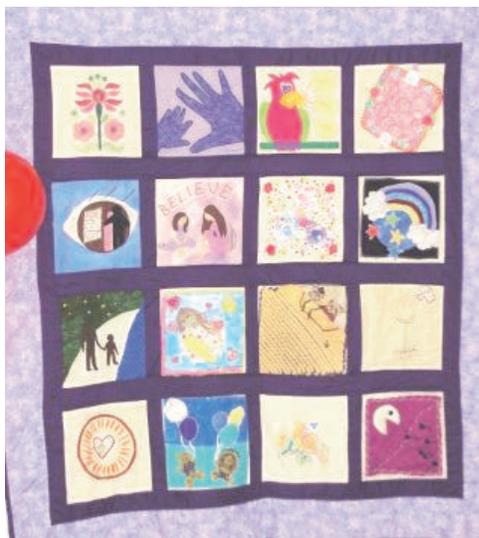
a paper template for participants to enclose a message to explain their patch in relation to the Child Protection Week theme. Five 2 hour workshops were held including a women's group, children's groups and two open groups. Approximately 120 patch kits were requested through the Centre or at the workshops and 80 completed patches and messages were returned by the patch closure date.

The community response was so overwhelming that instead of one quilt, it was necessary to make four quilts to accommodate the number of completed patches. The messages were then scanned to cloth 'pages' and made into colour coordinated cloth books. Each quilt patch could be identified through their message in the cloth book and the name of the person making the patch.

The 'Patch It Positive' Quilt Project unveiling was held on the evening of Tuesday 9th of September at the Support Centre to kick off Child Protection Week 2008 in Innisfail. All four quilts were displayed with their corresponding books and Children See, Children Do educational material. Around 50 people attended the unveiling and enjoyed a light supper while reading the message books and identifying their patches on the quilt.

On Saturday 13th September, the CSCI also participated with the Patch it Positive Quilt Project at the Child Protection Week 'Day In The Park' organized by The Department of Child Safety Innisfail. All participating in the event were very pleased with the high turn out of people, children and parents/carers at the event which promoted the 'Make Your Influence Positive' theme. The Quilts looked lovely floating in the breeze, and with the sun behind, the patches seemed to glow and really draw your attention to the powerful message behind them.

During the remainder of Child Protection Week, the Patch it Positive Quilt Project was on public display in the Central Arcade Shopping Centre and remained there for the duration of September. The quilts and message books will be housed and



eventually hung in the Community Support Centre's new Department of Communities funded building 'The Hub' in Innisfail. The quilts are easily transportable and are available for display by local schools and community organisations throughout the coming year.

Community response and involvement in the Patch It Positive project was much greater than expected and feedback from participants was very positive. The largest collective group of patch makers was a local primary school with 19 children from the Flying Fish Point State School contributing patches. Many comments reflected the enjoyment of the reflective and creative process of the patch making message writing and then viewing all the other patches connected together on the finished quilts and message books.

The Community Support Centre would like to sincerely thank everyone in the community for their support and participation in this worthwhile project. Special thanks to Sherrie Meyer our Child Sexual Assault Counsellor.



When NASA started sending astronauts into space, they discovered that ball point pens would not work in zero gravity. To combat this, NASA scientists spent a decade and 12 million dollars developing a pen that writes in zero gravity, upside down, under water, on almost any surface, including glass, and at temperatures ranging from below zero to over 300 degrees. The Russian's used a lead pencil!

Letters

Letters today are an easy and accepted part of life, whether we are writing to loved ones and friends, or seeing to business matters. In early Victorian times, letters were an expensive luxury, far beyond the reach of the poor. Postal charges were levied according to distance and anyone receiving a letter had to pay for it.

One day Rowland Hill noticed a poor woman refusing a letter from the postman because the charge was a shilling. Concerned, he paid for the letter and gave it to her. The woman told him that, in fact, there was nothing on the paper. It was from her son, and when working away from home, he would send her a blank sheet of paper at regular intervals. Being poor, she never accepted it, but its arrival told her he was still alive and well. Grieved to know that the less fortunate received no news of absent relatives, Rowland Hill used this knowledge as one of his strongest weapons in the fight for postal reform.

In 1840, the prepaid Penny Post, along with the Penny Black stamp, was introduced by the kindly caring gentleman who had been touched by the plight of a poor woman.

Onions (*Allium cepa*) are part of the lily family. There is evidence the Sumerians were growing them as far back as 2500BC. Onions are believed to be native to central and western Asia. There are hundreds of varieties of onions, but only a handful of those varieties are cultivated.

The ancient Egyptians worshipped the onion for its spherical shape and concentric rings, which symbolised eternity. Onions were such an emblem of worship, they were buried with the Pharaohs. It is said onions were placed in the eye sockets of King Ramses IV when he was entombed in 1160BC.

The word onion comes from the Latin *unus*, which means oneness or unity. Alexander the Great ordered his troops to eat onions to improve their vitality. Onions assist circulation, help prevent blood clots and lower blood pressure. Onions contain a good source of vitamin A and C, along with potassium, magnesium, calcium and dietary fibre. Eating parsley will help prevent the smell of onion on your breath.

PICKLED ONIONS Combine $\frac{1}{4}$ cup salt and 4 cups warm water in a bowl. Add 1kg peeled and trimmed pickling onions and leave for 24 hours. Drain, pat dry and place in sterilised jars. Combine 4 cups vinegar, $\frac{1}{2}$ cup sugar, 1 tbl mustard seeds and 2 bay leaves in a saucepan over a low heat and cook until sugar dissolves. Cool and strain liquid. Pour over onions. Seal and date. Set aside in a dark place for 3 weeks before eating.



NEW USE FOR VICK'S VAPOUR RUB

Wow, I was raised, and my kids were raised with Vick's. How come I never knew this? IT WORKS 100% OF THE TIME, although scientists at the Canadian Research Council (who discovered it) don't know why. To stop night time coughing in a child (or an adult, as we found personally), put Vick's Vapour Rub generously on the bottom of the feet at bedtime and then cover with socks. Even persistent, heavy, deep coughing will stop in 5 minutes, and will stay stopped for many, many hours of relief. This works 100% of the time and is more effective in children than even strong prescription cough medicines. In addition, it is extremely soothing and they will sleep soundly. Also, cough medicines in kids often do more harm than good due to a chemical make up of strong drugs. Pass this on to those with children and grand children.

Once upon a time there was a bunch of tiny frogs... **Who arranged a running competition.**

The goal was to reach the top of a very high tower.
A big crowd had gathered around the tower to see the race and cheer on the contestants...

The race began...

Honestly, no one in the crowd really believed that the tiny frogs would reach the top of the tower.

You heard statements such as:

"Oh, WAY too difficult!!"

"They will NEVER make it to the top."

"Not a chance that they will succeed. The tower is too high!"



The tiny frogs began collapsing. One by one, Except for those, who in a fresh tempo, were climbing higher and higher...

The crowd continued to yell, **"It is too difficult!!! No one will make it!"**

More tiny frogs got tired and gave up...

But ONE continued higher and higher and higher...

This one wouldn't give up!

At the end, everyone else had given up climbing the tower. Except for the one tiny frog who, after a big effort, was the only one who reached the top!

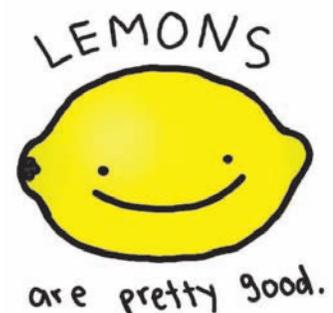
THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it?

A contestant asked the tiny frog how he had found the strength to succeed and reach the goal?

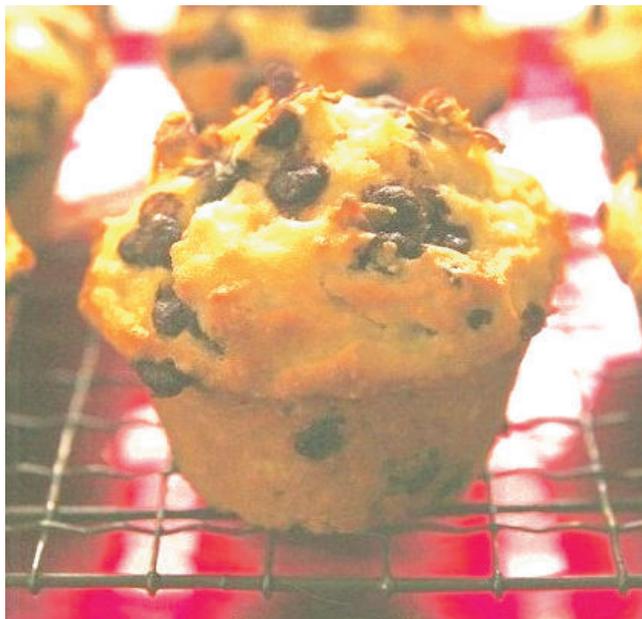
It turned out...

That the winning frog was DEAF!!!!

When life hands you a lemon,
make lemonade.



It's Time for a Muffin



Banana and Cinnamon Muffins

Mix together 2 cups plain flour, $\frac{1}{2}$ tsp ground cinnamon, 3 tsp baking powder, 3 tbl brown sugar and a pinch of salt. Combine 1 beaten egg, $\frac{1}{4}$ cup melted butter, 1 tsp grated lemon rind, 1 tbl honey and 250ml milk. Pour into dry ingredients. DO NOT OVER MIX—mixture should still look lumpy. Stir through 1 chopped banana and place in paper lined patty tins. Sprinkle each muffin with crystal sugar. Bake at 200° C for 20-25 minutes.

TIP: For 2 yummy variations try combining $\frac{1}{2}$ cup choc chips or $\frac{1}{4}$ cup coconut with the banana.

Carrot muffins

Mix together 2 cups plain flour, 1 tsp mixed spice, 3 tbl baking powder and 3 tbl brown sugar. Combine 1 beaten egg, $\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ tsp grated orange rind and 250ml milk. Add to dry ingredients. Do not over mix. Quickly stir through 1 cup grated carrot and place in paper lined patty tins. Sprinkle crystal sugar on top. Bake in a hot oven for 20-25 minutes and serve warm.

Fresh Berry Muffins

Mix together 2 cups plain flour, 3 tbl baking powder, 3 tbl brown sugar, and a pinch of salt. Combine 1 beaten egg, $\frac{1}{4}$ cup melted butter and 250ml milk. Add to dry ingredients. Do not over mix. Finally add 1 cup fresh mixed berries (raspberries and blueberries). Place mixture in patty tins and sprinkle with crystal sugar. Bake in hot oven for 20-25 minutes.

Apple and Walnut Muffins

Mix together 2 cups plain flour, $\frac{1}{2}$ tsp ground cinnamon, 3 tsp baking powder and 3 tbl brown sugar. Combine 1 beaten egg, $\frac{1}{4}$ cup melted butter and 250ml milk and lightly mix. Now stir through $\frac{1}{4}$ cup chopped walnuts, 1 green apple grated and 2 tbl sultanas. Spoon the mixture into paper lined muffin tins and cook in a hot oven for 20-25 minutes. When cool sprinkle with icing sugar.

Savoury Muffins

Sift 4 cups flour into a large bowl. Add 6 finely sliced spring onions, 6 stalks celery chopped, 2 cups cold mashed pumpkin, 1 grated carrot, 1 small red capsicum chopped, $\frac{1}{2}$ cup chopped fresh parsley and 2 cups grated tasty cheese. Season with salt and pepper. Combine 2 cups milk, 125g melted butter and 2 beaten eggs. Stir into vegetable mixture. Do not over mix. Place in muffin tins, sprinkle with cayenne pepper and parmesan cheese and cook in a hot oven. Serve with gherkin relish, grated cheese, ham or tomato.

Ham and Cheese Muffins

Sift 2 $\frac{1}{4}$ cups plain self raising flour and 2 $\frac{1}{4}$ cups wholemeal self raising flour into a bowl. Add 1 cup finely diced ham, 1 cup grated tasty cheese and $\frac{1}{2}$ cup finely snipped chives. Stir in 3 beaten eggs, $\frac{3}{4}$ cup oil and 3 cups buttermilk. Cook in a hot oven and serve warm with butter.

Oat and Apple Muffins

Sift $\frac{1}{2}$ cup self raising flour, 2 tsp baking powder and 1 tsp mixed spice into a large bowl. Add $\frac{1}{2}$ cup all bran, $\frac{1}{2}$ cup oat bran, $\frac{1}{2}$ cup sultanas and 1 green apple grated. In a small jug whisk 1 egg, $\frac{1}{4}$ cup honey, $\frac{1}{2}$ tsp vanilla essence and $\frac{2}{3}$ cup milk. Add to dry ingredients. Bake for 15-20 minutes.