

TALKABOUT

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FREE

INNISFAIL & DISTRICT
Community Information Newsletter
Produced by the

COMMUNITY SUPPORT CENTRE

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Editor and great great grandson Jackson

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Contents

Page 2	Editorial etc
Page 3	Anger Workshop
Page 4 & 5	Danyeale Foster's story
Page 6	Play games with Children
Page 7	Art & Craft Exhibition
Page 8	Italian Cooking class & Travel Adv
Page 9	Xmas budget, Community Swap Day
Page 10	Recipes

Editorial

I have just been visiting my daughter in Darwin. One of the things I noticed was after cyclone Tracy they have planted lots of trees and you often drive down a tree lined avenue. Or you will see a row of white frangipanis, which gives a nice outlook to a place that can be very hot and dry. The photo on the cover is myself with my great great grandchild named Jackson—so I could not resist showing it off. Of course his surname is not Jackson. The other day I was cooking some corn beef when my hot-plate blew up and put a hole in my large saucepan, so I went out to buy another one. The first saucepan I came across was a slow cooker, so I bought that one, so guess what the recipes are in this edition of Talkabout! I think slow cookers must be a marvellous invention for working mothers. The poem below is one of my favourites by local writer Santina Lizzio.

Cheers Gwen



My Feathered Friends

Oh feathered friends up in the sky
How did you ever learn to fly?
Your graceful beauty does unfold
With colours of crimson, green and gold.

I sit and watch you every day
As you flutter on your merry way.
And with me sitting on my lap
Is my dear friend, the old tom cat.

He holds his head as if to sleep
But with one eye he seems to peep
He's watching you my feathered friends
Be careful you don't meet a furry end.



Lessons Life Taught Me

By Regina Brett

1. Life isn't fair but it is still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement, starting with your first pay cheque.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up your present.
11. It's ok to let your children see you cry.
12. Don't compare your life with others. You have no idea what their journey is all about.
13. If a relationship has to be secret, you shouldn't be in it.
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful, beautiful or joyful.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to have a happy childhood. But the second one is up to you and no one else.
18. Over prepare then go with the flow.
19. No one is in charge of your happiness but you.
20. Frame every so-called disaster with these words "In five years, will this matter?"
21. No matter how you feel, get up, dress up and show up.

Make Your Anger work for you: learn how to manage your anger in a safe, respectful and empowering way

- *Have you ever felt angry to the point that you could not express your feelings and thoughts in a clear way?*
- *Have you ever felt the need to confront the person who has caused you grief, but you were way too angry to address the issue?*
- *Have you ever felt overwhelmed by your anger, but been unable to work it through?*

If you have ever found your self stuck, in one or more of these situations, perhaps this article will help you to better understand some of your reactions to anger and provide some clarifications around this powerful emotion.

Anger is a normal, natural and universal emotion. From time to time, all of us experience this strong feeling. When anger is measured and controlled, it can lead to constructive actions and it can also help us to liberate ourselves from unfair, unjust or abusive situations. However, it is easier to say than it is to put into practice, as we tend to deal with our emotions when they are at the explosive point: when our heart feels ready to jump out of our chest and our head feels like a pressure cooker.

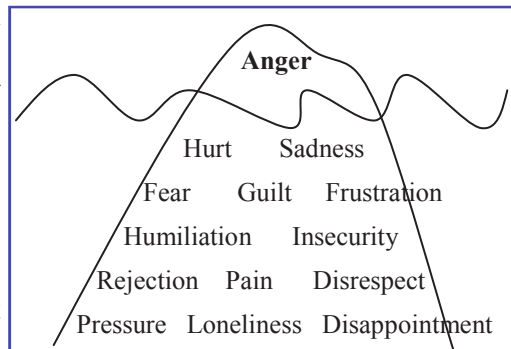
So, how can we control this powerful emotion and still be able to feel comfortable with ourselves and safe with our actions? The answer is much more simple than it sounds: we need to learn to manage our anger in a safe, respectful and empowering way. The main goal of managing anger isn't to bottle it up or to eliminate anger altogether, but to give us skills on how to control it and self awareness on how to appropriately defuse and express it, in such a way that we promote self respect and respect for others. Anger Management is a combination of strategies that all of us can learn and easily apply on a day to day basis, to defuse our strong emotions and to promote a self empowering life style. Feeling our emotions and experiencing them is the best way of releasing them. And there are ways of doing this without harming ourselves or others.

To begin this journey we need to identify and acknowledge the reasons behind our anger. As many of us know, anger is considered a secondary emotion. This means that anger is triggered by other feelings: we always feel something else before we get angry.

Imagine an iceberg, where the part out of water represents the angry behaviour that we display, and the part under water the feelings that are hidden behind. What others can see is only our angry behaviour, but what we feel is certainly much stronger and deeper than that. Being able to recognise and acknowledge those feelings, helps us to understand our triggers to anger and, as a consequence, we become more and more able to address our needs. What a beautiful self discovery we have just made!

Understanding our needs is undoubtedly one of the first steps to developing a healthy and empowering life style, as we will be more likely to follow the path that feels more right for us and developing the kind of relationships that we want in our life.

As we can see, learning how to identify, acknowledge and express anger in a safe, respectful and empowering way, is not only learning how to deal with one of the most powerful emotions that human beings experience. But also, an exciting opportunity to get to know ourselves from a deeper and self discovering level.



Expression of Interest

If you would like to learn more and register your interest about our *Make Your Anger Work For You* course (to begin late October), please contact Federica at the CSCI on 40 438 400.

Me, Asperger's and NQRDA By Danyele T. Foster

The last several years of my life could best be described as painfully chaotic, and indeed, it is only recently that a certain amount of equilibrium has been established. With this improved stability, has come the desire to positively alter my life, and so I have once again started riding at North Queensland Riding for the Disabled. (Previously I rode with NQRDA in early 2008, but the three tragedies of that year intervened, and I had to discontinue, sadly after only two sessions)

There is nothing more profound and satisfying than riding, and attempting to communicate effectively with a horse. Upon the ground, and within society's confines, I am socially awkward and of low status, but upon a horse I feel like I am near freedom. Horses calm me, for they are non predators, and horse riding has given me both enjoyment and a sense of purpose, purpose which has long been absent from my life. And not only intention, but a sense of hope, of the potentialities that may be ...it is not all despair, though optimism tends to be rare in our world, now days. The human animal bond is such an important one, and perhaps humans need that bond more than ever before, in this age of increasing detachment from the environment.

My journey of personal discovery first began in November 2007, when first diagnosed with Asperger's Disorder or High Functioning Autism, after an extended period of significant crisis. Previously my existence was a miserable interlocking of random events over which I had little control. Humanity and I faced each other across a great divide; neither they nor I could understand or explain why I was so...other. Consequently, society thought me mad, bad or defective. From childhood, I was denied the understanding and support that is now typical for children with Asperger's Disorder. (Not that this understanding/support or funding is adequate, indeed, there are many issues with the current system, not least of which is the emphasis on early intervention...from the teenage years onward, it seems that people with Asperger's/Autism and their families are essentially on their own and this is particularly true in rural areas) I was at best, an enigma ...at worst someone to be manipulated and abused. November 2007 is when my life finally began, in a very real sense, though the process of acceptance is never one that is finite; it is always an ongoing process. Nonetheless, there have been many more positive things to follow from my diagnosis than negative ones...notably the validation that both I and my mother now have, after being dismissed and belittled by various professionals and family/friends, for so many years.

The people that have made my childhood dream, my dream of horse riding, the dream of a lonely and misunderstood child, possible, deserve more than mere words can properly express...unfortunately I can only offer them my sincere thanks and profound gratitude.

It has been said that it takes a village to raise a child; well it must take a similar amount of support to enable the NQRDA to exist and to thrive. Coach Sheena Ferguson is an excellent teacher and mentor, calm and levelheaded, whose explanations make true understanding possible. She does this in an environment of respect, which makes improvement and achievement not only feasible, but enjoyable. The many volunteers who dedicate their time to NQRDA are true examples of what can be accomplished when people offer their time and skills to a purpose...they are such an integral part of NQRDA, and the program would literally not exist without them. For the volunteers; thank you, for your commitment and altruism have made my dream, and that of others, possible. The facilities at The Stables are truly first class, well designed, spacious, clean and tidy, and are a reflection of the ethos of the NQRDA. And finally (but certainly not least) the horses...a rather vital part of the NQRDA! They are consistently sociable, well mannered, healthy, and groomed to perfection. They are entirely suited to their careers, and a credit to Sheena and her volunteers, for they are a pleasure to observe, handle and ride. Thanks also must go to Wheelie Easy for organising the wonderful RDA camps; they have been such a positive and enriching experience for both me and others. Wheelie Easy are to be commended for offering such a rewarding experience to people who would not otherwise have this opportunity.

And on a personal note, without my mother, her steadfast love and unwavering support I would not be where I am today...I love you, and I thank you, from the bottom of my heart.

Danyele T. Foster



Danyele does her horse riding at Wondecla, near Herberton, which is the nearest branch of the North Queensland Riding for the Disabled (RDA) - part of a world-wide organisation which provides hippotherapy for people with a wide variety of disabilities.

"Hippo" is the Greek word for horse, and all horse sports and related activities are involved. Many Paralympic champions in horse riding and jumping started as members of an RDA centre.

Each RDA centre runs independently through a local management committee, but is audited by the Queensland Branch to ensure a quality program and environment. Membership of RDA pays for insurance and support from the Queensland Branch of Riding for Disabled Australia.

The level of involvement of a person with disability in horse activities depends on the level of disability, and on the level of support a person receives from their carer or support worker, and the centre volunteers.

The cost of a riding lesson is \$20, and can include grooming, tacking (putting on saddle, bridle and reins) and a variety of rider activities such as gymkhana and physical exercises on horseback.

NQ RDA depends heavily on volunteers to help with all the activities, as many riders with disability need to have someone to lead their horse, and one or two side walkers if a rider does not have the physical strength to keep themselves in the saddle, or if they have epilepsy. A trained coach monitors each rider's ability, and will provide more challenging activities to those riders who are ready for the next step.

NQ RDA has been growing steadily since its founding in 1994. Coach Sheena Ferguson is a very capable lady who knows her horses and her riders well, and is keen to help riders reach their full potential.

Contact Sheena on 4096 2404 for further information about their riding program.



Playing Games with Children

by Sherrie Meyer

How does this simple activity lead to your child's overall healthy development?

Most parents and carers can reflect on the hundreds of times their child has asked 'Play a game with me—pleeeeeease'. If you are like me, I came up with many 'clever' excuses for putting this request off. Luckily I had a few kids so they could usually find another family member to play a game with. Yes—I feel guilty especially now that I can appreciate the incredible benefits for families who take the time to play games with their children on a regular basis.

My group work with children has provided some valuable insights into children and their play habits. There is one thing that really stands out to me. The era of electronic game playing has seen a phenomenal change in how children adapt their play. Play behaviours have inevitably evolved to fit this popular game medium. In a recent group program with 8–11 year olds, we as facilitators asked the kids what games they would like to play at the end of program party. We were amazed that the only games suggested by the children were computer and electronic console games.

I am not bagging electronic games as they can be great fun and educational. Also those type of games represent only one of the many different types of play our children will experience. I do strongly feel however that it is important to balance electronic game playing with that of hands on socially interactive game playing to maintain and encourage other valuable developmental play skills in our children.

~

Game playing can encourage the following skills to help a child:

- Practice social skills such as cooperation and collaboration
- Build relationships with others and develop communication techniques
- Practice appropriate responses to success, as well as, disappointment.
- Explore their ability to attend, to concentrate and persevere with tasks.
- Practise problem solving, dealing with conflict fairly and decision making
- Explore their responses to restrictions, limitations and the expectation of others
- Discover their strengths and skills

(*Counselling Children*: K Geldard & D Geldard 1997)

~

Community Support Centre Innisfail will hold a **Games Morning for Children** during the 2010 school holidays. Please see the info below and register your child for a morning of fun and skill-building!



~Games Morning for Children~

Community Support Centre Innisfail

13—17 Donald Street (the big orange building)

Wednesday - December 15th 2010

9:30—11:30

Ages Groups 5 -8 and 9—12

Registration essential—free program

(Please note : date may change if group sizes warrant. Spaces are limited so register early to avoid disappointment)



Thank You! Thank You! Thank you!

The Community Support Centre Innisfail would like to thank everyone who participated in the Family Fun Afternoon and Art and Craft Exhibition held in September in celebration of Child Protection Week 2010. The event marked the culmination of a series of art and craft workshops for children, young people and adults based around the theme *“Protecting Children is Everyone’s Business”*.



Art and craft workshop



Family Fun Afternoon



Art and Craft Gallery



Our sincere appreciation goes to the following sponsors :

1. Qld Child Protection Week Committee
2. Cassowary Coast Regional Council
3. McDonalds Innisfail
4. Brothers League Club
5. IGA Supermarket Innisfail
6. Kmart Innisfail
7. Collins Cordials
8. Midway Butchers
9. Wangan Bakery
10. Carrie Smith
11. Rosie’s Jumping Castle



Also many thanks go to all workshop participants who provided beautiful and thought provoking items for the gallery!

A Big Round of Applause to Volunteers & Staff of CSCI who made this event possible and provided good food, great energy and lots of fun!



Community Support Centre Innisfail Recreation Day for October



Come and join us and
Learn to make
Italian pasta & sauce.



*You will learn how to make a yummy
and easy Italian dish from scratch.*

*Places are limited, so please call
Reception on 4043 8400*

Cost: \$7

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

When: Monday 11th October 2010 at 9.30am

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

TRAVELWORLD INNISFAIL

Wonders of The Kimberley

10 Day Tour Departing 4 August 2011

From discovering Darwin to cruising Katherine Gorge,
see the best the Kimberley has to offer.

Fully Escorted by Travelworld Innisfail this tour will be a
magical experience.

The Highlights

- Parry Lagoon Nature Reserve,
- Visit Warriu Park
- Cruise on Katherine Gorge
- Historic Durack Homestead
- Wildlife spotting on Ord River
- Hidden Valley National Park
- Cruise on Chamberlain Gorge
- Lirrgarn Argyle Diamond Mine
- Cruise through Geikie Gorge



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This is a paid advertisement

Did you know?



In the 1920s, an accident-prone housewife, in the United States, inspired the invention of the Band-Aid bandage. Her husband, who tended her various burns and wounds, came up with the idea of sticking small squares of sterile gauze onto adhesive plaster, covering it with a layer of crinoline (stiff fabric), then rolling it back up so that his wife could cut off and apply the ready-made bandages herself.

The man was employed by Johnson & Johnson who soon began producing the first Band-Aids. By the time the man died in 1961 he was a member of the company's board of directors and profits on the sale of his invention exceeded \$US 30 million a year.



Plan ahead for Your Christmas Budget



Christmas is not that far away
and it is a good idea to plan ahead
with these Christmas Budgeting Tips
from the Salvation Army

1. Plan your Christmas shopping.
2. Start early! The later you leave it the more likely you are to overspend.
3. Make a gift list.
4. Set a price limit for each person and total the list.

Inviting you to come along to our next.....

Community Produce Swap Day



Come and see all the different kinds of vegetables, herbs and fruit our community members can grow!
Bring along any excess you have and join other swappers over a cuppa on.....

Tuesday, 12 October 2010
Tuesday, 09 November 2010
Between 10—12pm
(the 2nd Tuesday of each month)

At the Community Support Centre Innisfail
13-17 Donald Street
Enquiries: 40 438 400



SLLOOOWW COOKER BEEF RECIPES

Mushroom -round steak

680 -900 g round steak cut into serving size pieces and placed in sprayed, oval slow cooker
30g French onion soup mix, 125ml dry red wine, 230g sliced fresh mushrooms, 1 x 280g can of mushroom soup and 125 ml water - mix together and spoon over steak pieces. Cover and cook on low for 7 - 8 hours. Serves 4 - 6.

Cola Roast

1.8kg chuck roast, scored and seasoned with salt and pepper in the slits. Sear roast on all sides in frying pan and place in slow cooker. Combine 340g chili sauce, 1 chopped onion, 1 x 340g can cola and 15 ml Worcestershire sauce and mix well. Pour over roast. Cover and cook on low for 8 - 9 hours. Serves 6 - 8.

Stroganoff

900g beef round steak, trimmed of excess fat and cut into 8cm x 1.2cm wide strips. Toss meat strips in 60ml flour mixed with ½ tsp dry mustard and salt and pepper. Place in sprayed, oval slow cooker. Cover meat with 2 thinly sliced onions and 230g of fresh, sliced mushrooms. Add 375ml beef stock and 60mls dry white wine. Cover and cook on low for 8 - 10 hours. Just before serving, combine 230g sour cream and 60g flour and stir into cooker. Cook for another 10 -15 mins until stroganoff thickens slightly. Serves 4 - 6.

Teriyaki steak

680 - 900g flank steak, rolled, tied in place and cut into 7- 8 individual steaks. Marinade steak rolls in a mixture of 125ml pineapple juice, 15mls Worcestershire sauce, 75g brown sugar, 45mls sauce and ¼ tsp ground ginger in a bowl large enough to cover all the steaks. Marinade for an hour. Pour 500ml carton of chicken stock into sprayed slow cooker. Add 200g of long grain converted rice and 175ml water. Place steak and sauce on top of the rice, cover and cook on low and cook for 8-10 hours. Serves 4-6.

Smokey Brisket

1.8 - 2.7kg trimmed brisket. Place in a large, shallow dish and cover with ½ bottle of barbecue sauce. Sprinkle with garlic and celery salt, cover and refrigerate overnight. Place 1 chopped onion in slow cooker. Drain brisket, douse with Worcestershire sauce and place on top of onions. Cover and cook on low for 7-9 hours. 1 hour before end of cooking add remaining ½ bottle barbecue sauce and finish cooking. Serves 6 - 8.

Stuffed Cabbage

Wash 10 -12 large cabbage leaves, place in a saucepan of boiling water, turn off heat and leave for 5 mins to soak. Remove, drain and cool. Combine 680g lean minced beef, ½ cup brown rice, 1 beaten egg, ¼ tsp ground cinnamon, salt and pepper in a bowl and mix well. Place 2 tbs beef mixture on each large leaf (or 2 small ones together) and roll tightly. Stack cabbage rolls in sprayed, oval slow cooker and pour over 1 x 425g can tomato soup. Cover and cook on high for 1 hour, lower heat and cook for an additional 6 -7 hours. Serves 4 - 6

