

TALKABOUT

Edition Number 134

FREE

June/ July 2017



WEB PAGE
www.csci.org.au

INNISFAIL & DISTRICT

Community Information Newsletter

Produced by the

COMMUNITY SUPPORT CENTRE

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

Phone: 40438400 Fax: 4061 7312 Freecall: 1800 616 001



Funded by



INNISFAIL SHOW 13-14TH JULY 2017

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ALL ARTICLES IN THIS MAGAZINE ARE
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COMMUNITY AND DO NOT
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THE VIEWS OF THE
INNISFAIL COMMUNITY
SUPPORT CENTRE INC

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Editorial

Here we are in June and half the year is gone. We hope this edition finds everyone well and looking forward to the cooler months. Once again we have a busy couple of months ahead of us. Tax time is here and we have a great Free Budgeting Workshop as well as some great recreational mornings at the centre. Last but not least some tasty new recipes for you to enjoy.



Australian Government
Australian Taxation Office

25
Tax Help
Partnering with the community

Tax returns – we can help

Get free help with your tax return from a Tax Help volunteer

- Are your tax affairs simple?
- Do you earn around \$50,000 or less?

You could be eligible.

The Community Support Centre will start taking appointments in the middle of July. Please call 4043 8400. To make an appointment

TAX INFORMATION WHAT A CLIENT NEEDS TO BRING TO APPOINTMENT

1. Please ensure you have a MY GOV account (this is to make the process easier and quicker)
2. Payment Summary
3. Bank Details
4. Notice of Assessment
5. Superannuation Account Details

Appointment times are for one person. If you are needing a double appointment please advise when phoning.



Community Support Centre Innisfail presents June's Recreation Day:

"Basic Crochet with Lyn & Maria"

Where: Community Support Centre, 13-17 Donald Street Innisfail
When: Monday 19th June 2017
Time: 9.30 to 11.30am
Cost: Free

*Please phone Reception on 40438400 to book your spot

Funded by   

Commences Tuesday, 11th July 2017 at 1pm
Community Support Centre Innisfail
13-17 Donald Street

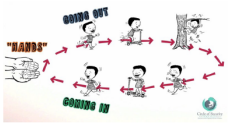
Circle of Security

Presented by: Community Support Centre Innisfail
Facilitators: Georgina and Meegan

Location: 13-17 Donald Street, Innisfail (big orange building)
Dates: 11th July–29th August 2017
Times: Tuesdays from 1–3pm
Cost: None

Who should attend?
 Parents of children aged prenatal–8 years

How to register:
 Call 4043 8400 : 9am–4pm



At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Training:

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

 **Circle of Security**
INTERNATIONAL
Early Intervention Program for Parents of Children

psst...

Do you have trouble managing your money?
 Never have enough money to go around?
 Are you having trouble paying your bills or making those repayments?
 Do you feel overwhelmed? Stressed?
 Would you like to take control of your money, rather than your money controlling you?

YOU'RE THE BOSS

FREE BUDGETING WORKSHOP

Topics covered in the workshop include...

- How to create new money habits
- Why a budget needn't be scary
- Making credit work for you
- Shopping smart, keeping every day costs down
- Gain some useful tips, tricks and contacts

When: Thursday 22nd June 2017
Time: commencing at 10am
Where: Community Support Centre Innisfail Inc.
 (orange building Donald Street Innisfail)

Contact reception on 40438400 to register your interest in attending.

8 MYTHS ABOUT SUNPROTECTION



1. I got wind burnt today.

Actually, there's no such thing as 'wind burn' – the burn is from the sun's UV rays.

You can't see or feel UV, so you won't notice the damage until it's already done. UV levels can even be high when it's cool or cloudy, so don't rely on temperature as a guide to sun protection.

2. If you use cosmetics with an SPF, you do not need to use sunscreen.

Foundations and moisturisers that contain sunscreen do offer protection from the sun's UV but not for the whole day – for example, a cosmetic with SPF30 will only be effective for at best up to two hours. Be aware that most cosmetic products offer protection that is much lower than the recommended minimum of SPF30 and may not be broad-spectrum.

If you are outside you will also need to reapply sunscreen every two hours and use other sun protection throughout the day.

3. If you had a lot of sunburns or didn't use sun protection when you were a child or teenager, it's a waste of time trying to protect your skin now.

While excessive exposure to the sun's UV rays in the first 10 years certainly increases your risk of melanoma, what happens after this is also very important. You can reduce your risk of skin cancer at any age, whether you are six, 16 or 60.

4. I'll probably only head outside to grab lunch, so I won't have time to get burnt.

UV rays are high enough to damage your skin in just 11 minutes. All that damage from unprotected exposure to UV will build up and can ultimately lead to skin cancer. Take the time to protect your skin before you head outdoors, whether it's for 15 minutes or a few hours.

5. People need plenty of sun exposure to avoid vitamin D deficiency.

From September to April, most people will only need a few minutes of sun exposure mid-morning or mid-afternoon to help with vitamin D. This can generally be achieved by just going about day-to-day activities. People with naturally dark skin may require more sun exposure.

6. Only sunbathers get skin cancer.

Many people get skin damage like sunburn and a tan when they are not deliberately seeking a tan. We can be exposed to high UV levels during all sorts of daily activities, such as working outdoors, gardening, running, walking the dog or having a picnic.

Your skin is like a memory bank, it remembers all encounters with UV rays and it all adds up. You can't wipe the memory bank but you can lower your risk by using a combination of sun protection steps.

7. If you tan but don't burn, you don't need to bother with sun protection.

If your skin turns brown, it's a sign of sun damage, even if there is no redness or peeling. The colouring is your skin's way of trying to protect itself because UV rays are damaging living cells.

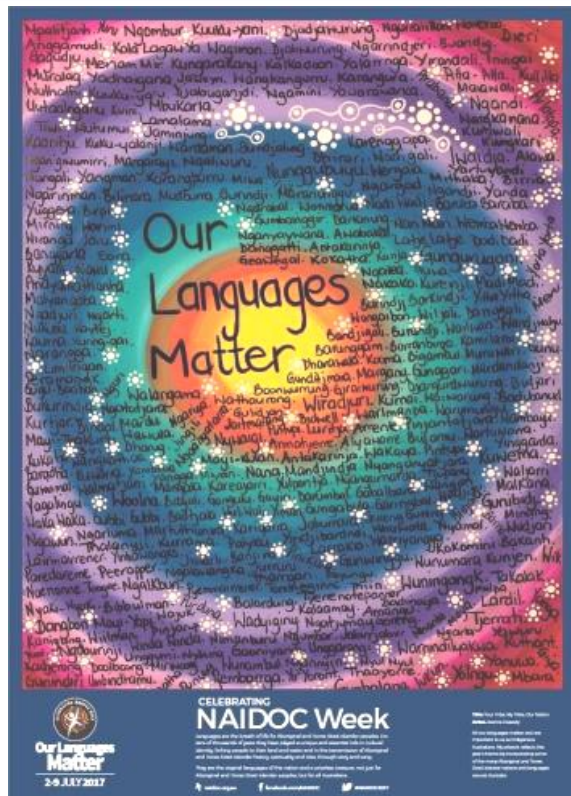
Tanning and sunburn are skin cells in trauma and can lead to premature skin ageing and skin cancer.

8. You can't get burnt through a car window.

Glass filters out some UV radiation, but won't block it out completely, so you can still get burnt if you spend a long time in the car during sun protection times. More commonly, people get sunburnt in cars because they wind the windows down, directly exposing their skin to high levels of UV radiation.

Find out more about how to protect yourself from UV damage.





NAIDOC 2017

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

NAIDOC Week is held in the first full week of July which means this year it will be held from 2nd to 9th July. Each year a theme is chosen to reflect the

important issues and events for NAIDOC Week, and the theme for 2017 is *"Our Languages Matter"*.

Some 250 distinct Indigenous language groups covered the continent at first (significant) European contact in the late eighteenth century. Most of these languages would have had several dialects, so that the total number of named varieties would have run to many hundreds. Today only around 120 of those languages are still spoken and many are at risk of being lost as Elders pass on.

The 2017 theme - *Our Languages Matter* - aims to emphasize and celebrate the unique and essential role that Indigenous languages play in cultural identity, linking people to their land and water and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song.

Congratulations to Wiradjuri woman Joanne Cassady who is the winning artist of the 2017 National NAIDOC Poster Competition! Ms Cassady's winning artwork, ***Your Tribe, My Tribe, Our Nation***, reflects this year's theme **Our Languages Matter** by representing some of the many Aboriginal and Torres Strait Islander languages and nations around Australia.

Joanne is passionate about language and their connection to culture. She encourages everyone to pass on their culture and language to their children. "Language means a lot to every culture. If there was one thing I could wish for, it would be to learn my language." Joanne said.

<http://www.aidoc.org.au/>

TLC**Talk, Laughter and a Cuppa**

Everyone welcome...Come and join us, meet new people, learn a craft, cook, share skills and ideas, have fun and conversation...whatever you want to make it!

We will meet on the first Thursday of the month

At the Community Support Centre Innisfail,
the big orange building at the end of Donald Street. Phone 40 438 400

Our first get together will be —

9am — 11.30am, 6 July 2017

Our theme for 6 July will be 'Puzzles & Games'. For 3 August it will be 'Trivia'



TOOLS TO MAKE A CHANGE

FIXIT
COUNSELLING

www.fixitcounselling.com.au
78 Pease St, Cairns
Ph 0418 986 293
Email: kylie@fixitcounselling.com.au
Skype appointments available

Are you a...

Dad, grandpa,
stepfather, uncle,
foster father,
big brother or
another significant male
in a child's life?



All welcome to a ...

Dads & Kids Morning

9.30am—12.30pm

on 27 June 2017

(First week of the school holidays)

At the Community Support Centre Innisfail

Call 40 438 400 for information or to register.

Lots of fun activities to share with your kids
and other dads & their kids (12 & under)

**LIFE HINTS.....**

1. **Make it a habit to do nice things for people who will never find out**
2. **Give someone a second chance but not a third**
3. **When someone hugs you let them be the first to let go**
4. **Never waste an opportunity to tell someone you love them**
5. **Never deprive people of hope, it might be all they have**

ESCAPE THE COLD

The cooler months are upon us, and before we know it, we'll be getting all rugged up to escape the biting cold.



Getting cosy is one of the things to love about winter. But, with the fresh morning air and cups of hot tea, also comes cold and flu season!

There are some quite wacky remedies out there like - putting raw onion and garlic onto the soles of your feet at bed-time. (It is meant to draw out the toxins and illness!)

What you can do for colds and flu

- ◆ For a sore throat remedy, fill a 250 mL glass with warm water, mix in one teaspoon of **salt and gargle** away. The salt really does soothe the pain.' Add a squeeze of **lemon juice** to a glass of warm water for the more traditional sore throat gargle. This creates an acidic environment that's hostile to bacteria and viruses.
- ◆ Drink as much **water** as you can 8 or more 250 mL glasses to keep mucous membranes moist and to help relieve dry eyes and other common flu symptoms. Fluids also help thin mucus so that it's easier to expel.
- ◆ Cut short your cold with a blow-dryer. As outlandish as it sounds, **inhaling heated air** may help kill a virus working its way up your nose. Set your hair dryer on warm (not hot), hold it at least 45 cm (18 in) from your face, and breathe in the air through your nose for as long as you can at least two or three minutes preferably 20 minutes.
- ◆ Breathe easy with **steam**. Pour just-boiled water into a large bowl. Drape a towel over the top of your head to trap the steam, and breathe in through your nose for five to 10 minutes. Don't lower your face too close to the water or you risk scalding your skin or inhaling vapours that are too hot. To make steam inhalations more effective, add five to 10 drops **thyme oil** or eucalyptus oil to the water. Keep your eyes closed as you breathe in the steam, since both essential oils and steam may irritate your eyes.
- ◆ On the go? Dab a few tissues with **eucalyptus oil** and hold them under your nose whenever you feel congested.



Community Support
Centre Innisfail invites you
to join us for our July
Recreation
Day -

Learn the Art of African
Drumming with Olivia



Please phone
40438400 to
book your
place

Funded by




Where: Community Support
Centre,
13-17 Donald Street Innisfail

When: Monday 17th July 2017

Time: 9.30 to 11.30

Cost: Free

WINTER WORD SEARCH

E	T	C	G	B	W	T	B	X	E	S	S	Y	H	I
T	N	A	H	Q	L	W	I	K	Q	E	N	T	O	J
A	Y	E	H	I	I	I	A	U	V	F	O	S	L	T
L	W	C	Z	N	L	L	Z	O	S	W	W	O	I	S
O	I	W	T	O	F	L	L	Z	I	W	G	R	D	E
C	I	E	M	W	R	G	Y	P	A	H	O	F	A	W
O	R	D	O	W	T	F	W	I	B	R	F	N	Y	O
H	S	N	E	E	R	T	E	N	I	P	D	J	S	S
C	S	C	T	M	I	T	T	E	N	S	Y	A	N	N
T	E	P	A	E	L	C	I	C	I	F	K	O	A	G
O	J	E	K	R	H	B	O	O	T	S	B	W	M	C
H	Y	U	S	E	F	D	N	I	W	B	M	O	V	V
F	I	R	E	P	L	A	C	E	A	O	L	E	E	I
A	V	U	C	R	U	G	U	L	N	D	D	C	E	N
C	P	Y	I	J	U	U	L	S	U	Q	S	I	Y	G

WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

NATIONAL SORRY DAY 2017



National Sorry Day is an Australia-wide observance that acknowledges the impact of Australia's Stolen Generations.

The first National Sorry Day was held on May 26, 1998, which was one year after the tabling of a report about the removal of Aboriginal and Torres Strait Islander children from their families. The report, known as *Bringing Them Home*, acknowledged that Indigenous children were forcibly separated from their families and communities since the early days of European occupation in Australia. This removal was

official government policy in Australia until 1969.

This year's National Sorry Day was particularly significant as it was the 20th anniversary of the *Bringing Them Home* report.

Staff had the opportunity to participate in the National Sorry Day event held at Anzac Park on Friday, 26th May 2017. Our badge-making stall was well-received and popular especially with the youth.

<https://www.timeanddate.com/holidays/australia/national-sorry-day>



The most destructive habit Worry

The greatest Joy Giving

The greatest loss Self-Respect

The most satisfying work Helping Others

The ugliest personality trait Selfishness

The most endangered species Dedicated Leaders

Our greatest natural resource Our Youth

The greatest "shot in the arm" Encouragement

The greatest problem to overcome Fear

The most effective sleeping pill Peace of Mind

The most crippling failure disease Excuses

The most powerful force in life Love

. The most dangerous parliah A Gossiper

The world's most incredible computer The Brain

The worst thing to be without Hope

The deadliest weapon The Tongue

The two most power-filled words "I Can"

The greatest asset Faith

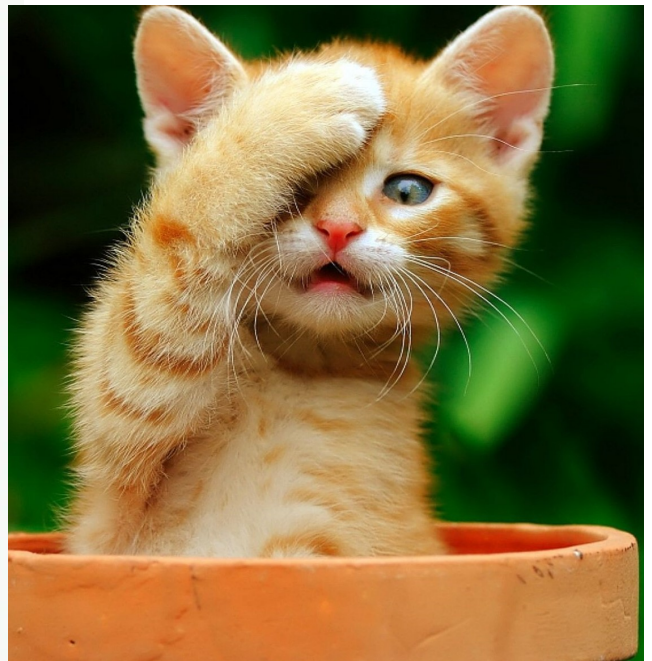
The most worthless emotion Self-pity

The most beautiful attire Smile

The most prized possession Integrity

The most powerful channel of communication Prayer

The most contagious spirit Enthusiasm



Cauliflower & parmesan soup with creamy bacon

- 1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
- 1 celery stalk, thinly sliced
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 potatoes (about 400g), chopped
- 1.5L (6 cups) chicken stock
- 1 bay leaf
- 1 large (about 1kg) cauliflower, cut into florets
- 1/2 cup (125ml) thickened cream

1. Grated nutmeg and finely chopped flat-leaf parsley, to serve
2. Preheat the oven to 200°C. Line 2 baking trays with foil.
3. Heat 2 tablespoons oil in a large saucepan over medium heat. Add celery, onion and garlic, then cook, stirring, for 3-4 minutes until softened. Add the potato, chicken stock, bay leaf and three-quarters of the cauliflower, bring to the boil, then reduce the heat to medium-low and simmer for 12-15 minutes or until cauliflower and potatoes are tender.
4. Remove from heat, cool slightly, then transfer to a blender and blend until smooth. Stir through the cream and 1/2 cup (40g) parmesan. Season to taste.
5. Meanwhile, place the bacon and remaining cauliflower on one of the lined baking trays. Season with pepper, then drizzle with remaining 1 tablespoon oil and sprinkle with 2 tablespoons parmesan. Roast for 10-12 minutes or until crisp. Put the bread rolls on a separate tray, sprinkle with remaining 1/3 cup (25g) parmesan and bake for 2 minutes or until golden.
6. Divide soup among 4 bowls, then top with crispy cauliflower and bacon. Sprinkle with nutmeg and parsley, drizzle with oil and serve with bread rolls.

Spicy sweet potato soup with chilli coriander cream

- 1L (4 cups) chicken stock
- 2 teaspoons sunflower oil
- 1 large brown onion, finely chopped
- 1 tablespoon red curry paste
- 2 carrots, peeled, thickly sliced
- 750g sweet potato peeled, coarsely chopped
- 2 teaspoons lime juice
- 1/2 teaspoon brown sugar
- 90g (1/3 cup) extra light sour cream
- 1 long fresh red chilli, finely chopped
- 1 tablespoon chopped fresh coriander

1. Heat oil in a large saucepan over medium heat. Cook the onion for 5 minutes or until soft. Stir in curry paste for 1-2 minutes or until aromatic.
2. Add the carrot, sweet potato and stock. Bring to the boil. Reduce heat to low. Simmer for 25-30 minutes or until tender. Cool slightly.
3. Blend the soup until smooth. Heat over low heat for 2-3 minutes. Stir in the lime juice and brown sugar. Season.
4. Combine the sour cream, chilli and coriander in a bowl. Serve with the soup.

**Pea soup with prosciutto**

- 600g (4 cups) frozen peas
- 500ml (2 cups) salt-reduced chicken stock
- 250ml (1 cup) water
- 2 teaspoons olive oil
- 4 thin slices Primo Gourmet Selection Prosciutto
- 80ml (1/3 cup) light thickened cream

1. Place the peas, stock and water in a medium saucepan over high heat. Cover and bring to the boil. Reduce heat to medium. Simmer, partially covered, for 8 minutes or until the peas are tender. Set aside for 10 minutes to cool.
2. Meanwhile, heat the oil in a large frying pan over medium-high heat. Add the prosciutto and cook for 2-3 minutes each side or until crisp. Transfer to a plate lined with paper towel. Set aside to cool.
3. Transfer the pea mixture to the bowl of a food processor or the jug of a blender. Process or blend until the mixture is smooth. Transfer the soup to a clean saucepan over medium heat and stir until heated through. Taste and season with salt and pepper.
4. Ladle the soup among serving bowls and drizzle over the cream. Break the prosciutto into large pieces and arrange on top of the soup to serve

Chicken, corn and risini soup

- 30g butter
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 3 corn cobs, kernels removed
- 1 1/2 litres chicken stock
- 1 cup dried risini pasta
- 1 cup shredded silverbeet leaves
- 1/2 cup pure cream
- baby basil leaves, to serve

1. Melt butter in a large saucepan over medium heat. Add onion. Reduce heat to medium-low. Cook, stirring occasionally, for 10 minutes or until onion is soft. Add garlic. Cook, stirring, for 1 minute.
2. Add corn and stock to pan. Bring to boil. Add pasta. Reduce heat to medium-low. Cook, uncovered, for 10 minutes.
3. Add silverbeet and cream to pan. Reduce heat and simmer, uncovered, for 10 minutes or until pasta is tender. Remove from heat. Ladle soup into bowls. Sprinkle with basil leaves. Season with pepper.

**Toblerone self-saucing pudding**

- 60g unsalted butter
- 125ml (1/2 cup) milk
- 100g (1/2 cup) caster sugar
- 150g (1 cup) self-raising flour
- 2 tablespoons cocoa powder
- 150g Toblerone milk chocolate, coarsely chopped
- 310ml (1 1/4 cups) boiling water
- 155g (3/4 cup, firmly packed) brown sugar
- 2 tablespoons cocoa powder, extra, sifted
- Double cream, to serve
- Caramel spread, warmed, to serve
- 50g packet mini Toblerone milk chocolate, broken into triangles

1. Preheat oven to 180C/160C fan forced. Brush a 1.5L (6-cup) ovenproof dish with melted butter to grease and place on a baking tray lined with baking paper.
2. Place the butter and milk in a large microwave-safe bowl. Microwave on High, stirring every minute until melted and combined. Stir in the caster sugar. Add the flour and cocoa, and stir until well combined. Stir in the chopped Toblerone. Spoon into greased dish. Use the back of a spoon to smooth the surface.
3. Combine water, brown sugar and 1 tablespoon of the extra cocoa in a large jug and stir until well combined. Gradually pour over pudding mixture. Bake for 35-40 minutes until a cake-like top forms and a skewer inserted into the centre comes out clean. Set aside for 10 minutes to cool slightly. Dust with remaining extra cocoa. Spoon cream on top. Drizzle with the caramel. Sprinkle with Toblerone triangles

**90-second mile-high Nutella mug cake**

- 2 tablespoons gluten-free self-raising flour
- 2 tablespoons brown sugar
- 2 tablespoons Dutch cocoa powder
- 1/4 teaspoon gluten-free baking powder
- 1 large egg
- 2 tablespoons milk
- 1 tablespoon oil
- 2 tablespoons Nutella
- Double cream or ice-cream, to serve
- Gluten-free chocolate sauce, to serve

1. Combine the flour, sugar, cocoa and baking powder in a bowl.
2. Make a well in the centre and add the egg, milk and oil. Use electric beaters to beat until well combined.
3. Spoon into a 435ml (1 3/4 cup) mug. Spoon the Nutella into the centre. Microwave on High/1000watts/100% for 70 seconds or until risen. Top with double cream or ice-cream and drizzle with chocolate sauce.