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Free News Letter

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# TALKABOUT

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Issue No 183 Aug/Sept 2025

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**INNISFAIL & DISTRICT**  
**Produced by the**  
**Community Support Centre Innisfail Inc.**  
**13-17 Donald St, P.O. Box 886, Innisfail, 4860**  
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**Website: [www.csci.org.au](http://www.csci.org.au)**



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## Acknowledgment of Country

CSCI acknowledges the Traditional Custodians of this land, the Mamu People, and we pay our respects to Elders past present and emerging.

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### **SUBMISSIONS**

Do you have a photo or story you'd like to share?

Please call us on: 4043 8400

### **DISCLAIMER**

All articles in this magazine are printed in good faith for the community & do not necessarily represent the views of the Innisfail Community Support Centre Inc.

# TALKABOUT

## UP COMING EVENTS 2025

### VOLUNTEER

#### IN OUR COMMUNITY CHAMPION PROGRAM

##### Community Champions:

- Care crew
- Reception
- Community Engagement
- Event & program support
- Form Filling
- Tax Help
- Talkabout Newsletter
- Student placements



#### Contact us to apply!

CSCI contact Details:  
13 - 17 Donald Street, Innisfail  
cpos@csci.org.au  
(07) 4043 8400

### COMMUNITY SUPPORT CENTRE INNISFAIL

DONATION



HELP US, HELP OTHERS

## FOOD DRIVE

Ongoing food drive, contributing to our free food pantry

- Unexpired & non-perishable food
- Toiletries
- Cleaning products

Help donate to those in need!



For more info contact:  
Community Support Centre Innisfail  
07 4043 8400  
kahlah@csci.org.au

### FREE Empowerment class for women 15years and older

Only 15  
places  
available



Register  
your interest  
today

**WHERE:** Fusion Fight & Fitness  
11 Richardson Street, Tully

**WHEN:** 4 consecutive Saturdays  
23rd & 30th August  
6th & 13th September

**TIME:** 9am—10am

To register please contact Maxine on 4068 1004 or email maxine@tullysupportcentre.com.au

Tully Support Centre | Servicing the Cassowary Coast since 1991 | tullysupportcentre.com.au | 4068 1004



This project is supported by the Tully Support Centre and Fusion Fight and Fitness, through funding provided by the Queensland Government.



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# TALKABOUT

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## **Words from our CEO**

This year Community Support Centre Innisfail Inc (CSCI) celebrates its 50th year of delivering services to the local community. Cassowary Coast Regional Council provided an office space in Edith St for a group of volunteers to provide service information to assist people to access support. CSCI has grown from a totally volunteer based community group to the current organisation that employs 20+ local staff, involves 10+ volunteers in service delivery across 7 State funded Services, connected 4370 people to services this year via the Neighbourhood Centre plus provided 10,000+hours of direct support to children and families in our region. The Management Committee, paid staff and volunteers are very proud of what we have achieved from our volunteer roots and look forward to the future.



A big milestone for CSCI this year, was registering with Reconciliation Australia to develop our Reconciliation Action Plan. The RAP process supports organisations to sustainably and strategically take meaningful action to advance reconciliation. During June and July, CSCI was privileged to be involved in three amazing activities to progress our understanding of Reconciliation. In June, CSCI paid staff, volunteers and Management Committee members were hosted by the Mamu RNTBC for an On Country Truth Telling experience. We visited Mamu Skywalk and Henrietta Creek Campgrounds where the Rangers and Mamu Elders shared their knowledge and expertise of our region. Although it was raining, all that attended have continued to share their enjoyment and their learning from the day. I thank Mamu RNTBC for organising the day.

In July, CSCI participated in NAIDOC week to celebrate the achievements of Aboriginal and Torres Strait Islander people. The first event was hosted by Mamu Health Service at Warrina Lakes. The event was vibrant, joyful and demonstrated the benefits of working together. And finally, I attended with other staff the NAIDOC march. I was inspired by the speakers that encouraged the community to value Indigenous Australian culture and to tap into the knowledge and experiences of Aboriginal and Torres Strait Islander people for the benefit of our community. Marching for the first time, I felt proud to be a part of a movement that values "The Next Generation: Strength, Vision & Legacy" of Aboriginal and Torres Strait Islander people.

I'm grateful for Aboriginal and Torres Strait Islander people in my life that have generously provided me guidance to learn and be a part of the Reconciliation process. Thank you.

# TALKABOUT

## Outdoor Family fun

Family time can be some of the most enriching and rewarding moments in life, and spending that time outdoors can multiply the benefits. Activities like hiking, swimming, fishing, kayaking, picnicking, and gardening strengthen family bonds and support overall wellbeing. These shared experiences help us disconnect from daily stressors and digital distractions, allowing for deeper, more genuine connection through nature.

Outdoor activities encourage teamwork, better communication, and the creation of positive memories. Whether it's hiking Josephine Falls, kayaking at Babinda, gardening together, or fishing off the esplanade, families gain space to talk, laugh, and problem-solve. These moments build trust and strengthen relationships between parents, children, and siblings.

They also provide proven physical and mental health benefits, enhancing wellbeing, reducing anxiety, and fostering a love of healthy exercise. Activities like fishing and hiking build awareness of local ecosystems, while gardening encourages conversations about healthy eating and sustainability. Over time, these shared moments become cherished family memories and a foundation of belonging.



 **women's legal service**

**Our lawyers help with these areas of law:**

  
Domestic & family violence (DFV)

  
Migration & visa matters

  
Family law: Separation, divorce, parenting & property settlement

  
Child safety

**Our client advocate team helps with:**

  
Safety planning

  
Housing & financial advocacy

  
Support to access services & payments

  
Emotional wellbeing

  
DFV information & education

NQWLS is a not for profit, specialist community legal service. It works to empower women, to promote safety for women and children and to contribute to societal change that will support a better quality of life for women and their children.



Providing legal support for women across North Queensland

### Legal clinics in Innisfail 2025



**Tues**  
28 Jan

**Tues**  
25 Feb

**Tues**  
25 Mar

**Tues**  
22 Apr

**Tues**  
27 May

**Tues**  
24 Jun

**Tues**  
22 Jul

**Tues**  
26 Aug

**Tues**  
23 Sept

**Tues**  
28 Oct

**Tues**  
25 Nov

1800 244 504

[nqwls.com.au](http://nqwls.com.au)



# TALKABOUT

## Brumby's Innisfail



We want to express our gratitude to Innisfail Brumby's for their ongoing generosity in donating bread to our Community Pantry. Their unwavering commitment to supporting those in need truly makes a difference. Donating surplus bread is part of Brumby's wider community spirit. Brumby's donate millions of loaves to people in need each year but it's their local efforts here in Innisfail that bring hope and support to our own community.

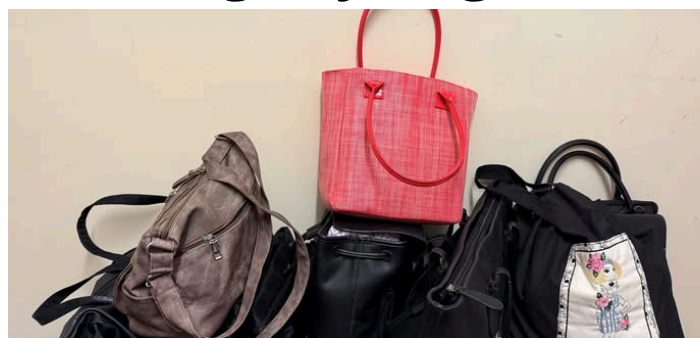
## Push for Better Challenge

18-Year-old, William Ben, a current employee at Harvey Norman Innisfail and proud member of Storms Gym stepped out of his comfort zone to take on the Push for Better Challenge.

After being introduced to the challenge last year, Will found it to be a truly inspirational way to combine fitness and mental health awareness. William challenged himself to not only complete the goal of 3,214 push-ups in a month but also to raise awareness about mental health believing strongly that a healthy body leads to a healthy mind.



## Dignity Bags



Dignity Bags are donated handbags filled with essential toiletry items, like soap, toothpaste, and other hygiene necessities, provided to vulnerable men and women, including those who are homeless or sleeping rough. These bags are generously assembled by local churches and community groups, and personally delivered by Councillor Trudy Tschui to the Community Support Center Innisfail. They offer more than hygiene they offer a sense of dignity, care, and community.

## Can for a Cookie

Samara spread kindness one cookie at a time outside Innisfail's local supermarket.

She invited shoppers to swap a canned good or non-perishable item from their trolleys for a delicious, home-baked packaged cookie — her treat for helping others in need.

All donated goods went directly to the Community Support Center Innisfail to provide aid to vulnerable families and individuals through emergency relief.





# TALKABOUT

## The Great Race 2025

On behalf of the Community Support Centre Innisfail, we would like to extend our deepest gratitude to all the stakeholders, community partners, and supporters who contributed to making The Great Race 2025 such a resounding success. A special thank you goes to the dedicated staff of Good Counsel College and Innisfail State College, as well as the enthusiastic Year 12 students who participated with such energy and curiosity. Your presence and engagement were the driving forces behind the event's success.

The Great Race is more than just a fun day out it's a meaningful opportunity to connect students with local services and organizations that may support them on their journey into adulthood. We hope the day inspired fresh perspectives, answered important questions, and sparked new pathways for the future.

Thank you for helping us create a positive, engaging, and informative experience for our future leaders.



The Community Support Centre Innisfail proudly participated in this year's NAIDOC Week by holding a vibrant and interactive stall at Warrina Lakes during the Children's Day event, hosted by Mamu Health Service. Our team engaged with local children through fun and meaningful activities such as rock painting and Giant Jenga using play to teach the values of patience and calm.

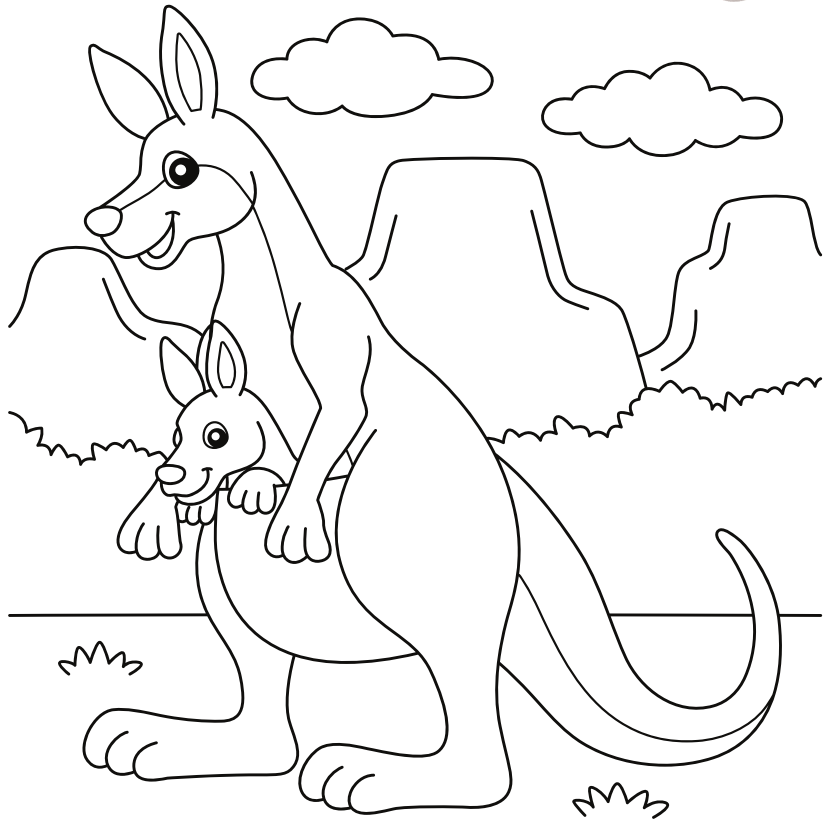
This year's NAIDOC celebrations were especially significant as we marked 50 years of the annual event with the theme being Strength, Vision and Legacy a milestone that honours the rich history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. We're grateful to have been part of such an important community celebration and look forward to continuing our support and involvement in the years to come.







# KIDS ZONE



## Australian Animals

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

CROCODILE  
 GOANNA  
 GALAH  
 RED BACK SPIDER  
 KANGAROO  
 BROWN SNAKE  
 WOMBAT  
 ECHIDNA  
 BILBY  
 FLYING FOX  
 STINGRAY  
 CICADA  
 KOALA  
 EMU  
 DEATH ADDER  
 TASMANIAN DEVIL  
 BARRAMUNDI  
 BULL ANT  
 WALLABY  
 DINGO



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# RECIPES

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## Homemade ice cream:

### *Ingredients:*

- 1 x 395gms tin of sweetened condensed milk
- 2 x 300ml tub of thickened cream

### *Instructions:*

- In a bowl whip the cream until thick.
- Pour in the sweetened condensed milk and gently combine the two ingredients together.
- use any fresh fruit like mango or lychee pieces for extra flavour and gently mix in.
- Transfer the mixture into a suitable container to go in the freezer.
- Place container in freezer and leave overnight.
- Scoop the ice cream into bowls or cones and enjoy your homemade treat!
- Feel free to add extra mix-ins like chocolate chips, fruit, or nuts.



## **Share Your Delicious Recipes!**

*Do you have a recipe you'd love to share?*

*Feel free to contact us at [kahlah@csci.org.au](mailto:kahlah@csci.org.au) to contribute your recipes for our upcoming Talkabout.*

## Homemade donuts:

### *Ingredients:*

- 1 teaspoon salt
- 2 large eggs
- 1 1/2 cups warm milk
- 1/2 cup granulated sugar
- 5 cups all-purpose flour
- Vegetable oil for frying
- 1/3 cup unsalted butter, melted
- 2 1/4 teaspoons active dry yeast



### *Instructions:*

- In a small bowl, dissolve the yeast in milk and let sit until frothy.
- In a large bowl, combine the sugar, salt, eggs, and melted butter.
- add the yeast mixture and mix until combined.
- slowly add the flour until a soft dough forms.
- Knead the dough on a floured surface until smooth and elastic.
- Place the dough in a greased bowl, cover, and let it rise for about 1 hour, or until doubled in size.
- Roll the dough into about 1/2-inch thickness.
- Use a donut cutter to cut out the donuts and center holes.
- Place them on a floured surface and let rise for another 30 minutes.
- Heat vegetable oil in a deep fryer pan
- Fry the donuts in batches until golden brown, about 1-2 minutes per side.
- Drain on paper towels.
- Dip the warm donuts in your favourite glaze or sprinkle with powdered sugar.