



Babinda News

Proudly produced by the Babinda Taskforce

NOVEMBER 2013

Please email articles of interest to:

babindataskforce@bigpond.com

Newsletter may be viewed in colour on website

www.babindainfocentre.com.au



"The Presidents Notes"

Rachel Nicholas

Hi everyone,

Babinda Harvest Festival AGM: Tuesday 26 November, 7pm at 49 Munro St everyone welcome. Congratulations to the retiring committee for the spectacular 50th event held last June, well done and enjoy you well earned break.

Banners: Anyone who has picked up a Babinda Harvest Festival Street banner please hand in to the Taskforce.

Christmas in Babinda 2013: Saturday 14 December. Contact Kitty Anning ph: 4067 1202. See bank advert.

Congratulations Judi Van Dycke: 'Babinda Town Song' video clip is a finalist in the MUSICOZ AWARDS - video category. Read more in her 'News Flash' article in this newsletter.

October in the Taskforce Office: Among a myriad of activities we: laminated, photocopied, printed, faxed, typed letters, sold raffle tickets, negotiated office/hall hire and facilitated several meetings. We booked rail tickets—when possible, consoled customers when necessary! we apologise for the disruptions caused due to the introduction of Queensland Rail's new booking system, we appreciate your patience during this time and assure you these lengthy disruptions are temporary. 127 Centrelink customers were welcomed through our door in October: assisting some 55 customers with general and a few not so general enquiries. We booked ticket link concerts, provided internet access at a very competitive rate and computer use for free.

Taskforce Christmas Stocking Raffle: Tickets still only \$1 each. Drawn Thursday 19 December.

X-MAS Holiday: The office will be closed from Friday 20 Dec 12 midday and reopening Thursday 2 Jan at 9am.

Please Note: Next general meeting Thursday 28 November, 9:30am here at the Taskforce Office.

We currently have 110 members. Constitutionally the quorum required to hold a meeting is 9. Our meetings last anywhere between 20 minutes to 1 hour per month. Please consider attending at least one of the 12 meetings (including the AGM) per year. We promise not to give you any 'jobs' unless you twist our arm!

All the best,
Rachel

Rainfall for OCTOBER 2013

Babinda Rainfall - 62 mm

Year to Date 2136.2 mm

Bellenden Ker

Top Station - 156.0 mm

Year to Date - 6844.0 mm

Bellenden Ker

Bottom Station - 82.2 mm

Year to Date - 3331.2 mm

Contribution

Closing Dates

Friday 6 December

(Distributed 17 December)

Friday 3 January

(Distributed 14 January)

Disclaimer: All articles in this magazine are printed in good faith for the community and do not necessarily represent the views of the Babinda District Community Association Inc (aka Babinda The Taskforce) accepts no responsibility for these articles.

Errors and Omissions:

While every care is taken in the publication of advertisements and articles, Babinda News cannot be held responsible for omissions or errors or their subsequent effects.



Pictured: Bart Dryden

Hi I'm Bart Dryden and I have been appointed by Terrain NRM as the new Catchment Partnerships Coordinator for the Russell River Catchment. I have replaced Daryl Killin who has been working in this role for the last three years.

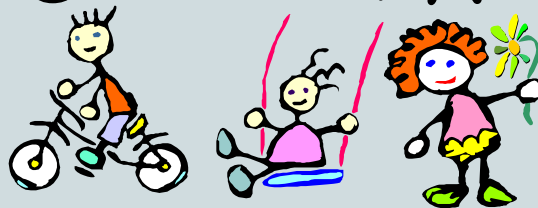
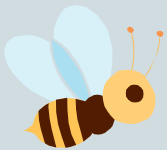
I have worked in the Cassowary Coast region for the past 12 years for Terrain and previous to that with the Johnstone Shire Council implementing a broad range of natural resource management related projects. My roles have been largely based around supporting and facilitating relationships between partners, land management planning, pests and weed management and riverbank restoration. I have a background in nursery management and botany and have also had a hand in developing some of the significant funding applications in the region.

As much of the work I have done neighbours with the Russell catchment, I am already familiar with some of the people and projects in your area. I am looking forward to working with the Russell River Landcare and Catchment group and the local community. I hope I can bring some important skills to the local Babinda area and provide support to local groups and landholders to undertake projects on their properties. I am currently based out of the Landcare office on 53 Munro Street Babinda on Tues and Thursdays. I can be contacted on 07 4067 1515 (Tuesday & Thursday) and on my mobile on 0409 573 666 or you can contact me via email at bartd@terrain.org.au.

NEWS FLASH..... BABINDA PEOPLE !!! THE GREAT NEWS IS THAT YOUR NEW PROMOTIONAL MOVIE CLIP, THE BABINDA TOWN SONG, CREATED TO HELP PROMOTE OUR TOWN TOWARD GREATER PROSPERITY, IS A FINALIST IN THE MUSICOZ AWARDS 2013, UNDER THE CATEGORY OF VIDEO. THE MANY AWARDS IN VARIOUS CATEGORIES OF MUSIC, WILL BE PRESENTED NEXT THURSDAY THE 7TH AT THE STAR CASINO IN SYDNEY, SO I WILL BE THERE TO ENJOY THE EVENT AND PERHAPS MAY EVEN BE LUCKY ENOUGH TO RECEIVE AN AWARD FOR OUR WONDERFUL MOVIE CLIP. JUST TO BE A FINALIST IS FANTASTIC RECOGNITION FOR MARK RICHARDS AND MY EFFORTS AND OF COURSE MUSICIAN, WILL KEPA AND THE VERY TALENTED, NIGEL PEGRUM FROM PEGASUS MUSIC. WE'RE UP THERE WITH THE BEST OF THEM BABINDIANS AS MUSICOZ IS ALSO INTERNATIONALLY RECOGNISED. GO BABINDA TOWN SONG...YOU REALLY DO ROCK !!!!

People can check it out on line, if they havent already www.vimeo.com/68975085 Judi Van Dycke

Babinda Community Kindergarten



Enrol now for 2014

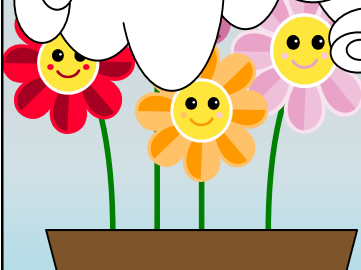
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07 4067 1294

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IMPORTANT NOTICE

Cairns Regional Council is seeking comments on proposed new opening times of the Babinda Transfer Station and the Bramston Beach Waste Disposal Site. The changes are being proposed as result of a council decision to remove the free waste "drop bins" from Deeral, Bellenden Ker and Bramston Beach. Bramston Beach is to be provided with a supervised bin service for two days per week and staff from the Babinda Transfer Station will need to attend the Bramston Beach site. Council is therefore considering closing the Babinda Transfer Station for the two days that staff are working at the Bramston Beach Site. Council is asking for the communities' preference for opening hours for both sites and for comments on the proposed changes may impact residents. Survey forms are available from the Bramston Beach Café, Mirriwinni Post Office, Babinda Post Office, the Babinda Library, Babinda Taskforce and the Babinda Transfer Station. The Survey can also be completed on line at Councils website www.cairns.qld.gov.au – search for Babinda Transfer Station Survey. Surveys need to be completed by **November 14**. For further information contact Council Customer Service on 4044 3044.

They Say...

'Ignorance more frequently begets confidence than does knowledge: it is those who know little, and not those who know much, who so positively assert that this or that problem will never be solved by science'

Charles Darwin

Holy Cross Anglican

Church Christmas Services will be held
 on 22nd December
 10:00am
 Brunch / Lunch will follow the service
 Please bring a plate

**REPORT
 A SCAM**



'If it sounds too good to be true, then chances are it is'
<https://www.scamwatch.gov.au/content/index.phtml/tag/reportascam>

Chris & Kaylene Heritage
(Proprietors)



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They Say...

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for life.

Lao Tzu

Christmas Carols in Babinda

8th December at 7.00pm

In the State School hall

Any one, or group

that wants

to do an item

please contact



Russell Lauridsen. Ph 40671757
(at night)

Just Joking... 'I like long walks, especially when they are taken by people who annoy me'



BABINDA GOLF CLUB

WARDY'S CHALLENGE

Saturday 16 November 2013

9 Hole
3 Ball Ambrose

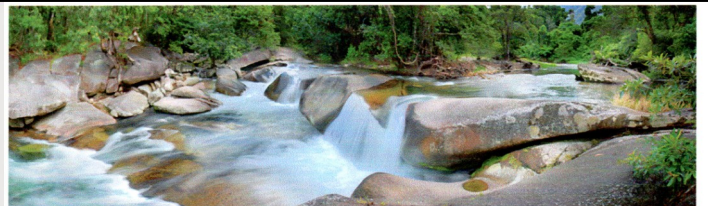
Cost \$15

Sausage sizzle after the game
Prizes and novelties

Registration: 1.00pm
Tee Time 1.30pm

Beginners, Learners, Hackers, Golfers
Everyone welcome

Contact Peter Penny on 40671194



BABINDA GOLF CLUB

Boulders Trophy Day

Sunday 24 November 2013

Social Golf
3 Ball Ambrose
9 Holes

Cost \$15



Includes Golf and Lunch

Registration: 1.00pm
Tee Time 1.30pm
Lots of Prizes

Beginners, Learners, Hackers, Golfers
Everyone welcome

Make a team or just come along and we will find you one!

Register: Peter Penny 40671194
Wal Anthony 40671767



BABINDA BOXING CLUB INC.

WARREN JENSEN HALL
WAKEHAM PARK

TUESDAY & THURSDAY - 5.30 PM - 6.30PM

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AMBULANCE NEWS

With the monsoon approaching and the cyclone season here everyone should know to be prepared with the usual 3 days food, fresh water, medicines, torch, batteries, radio and any medications including a first aid kit. In times of disaster the ambulance will do its best to get to you but due to flooding, fallen trees and high winds you may be on your own for a time.

Summer marks the arrival of the jellyfish – box jellyfish our main concern. If stung by a stonefish, bullrout or stingray apply as much heat as tolerable to the injured area. If stung by a box jellyfish wash the area with copious amounts of vinegar and call an ambulance straight away. We carry box jelly anti venom which depending on the type of sting can help. If the sting is from a non cuboidal (non box) jellyfish wash with salt water and give pain relief. Snake and spider bites require a compression bandage and immobilise the limb. The bandage helps slow the release of venom through the body. For a redback spider which mainly frequent southern Australia apply a cold pack. Redback and funnel web spiders can live in North Queensland hitching a ride on a load of timber or other products when sent from the south. It is worth calling the ambulance or going to hospital for all bites or stings. Even if bitten by a non lethal tree snake it is advisable to go to hospital for observation and possible medication for the bite injury. Snakes don't brush their teeth and may have eaten a rodent, their teeth then piercing your skin – it needs a good clean out.

Until next time,

Keep safe

Justin Cairns OIC Babinda

They Say...

"You are not a drop in the ocean

You are the entire ocean in a drop" *Rumi*

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Check out our website at:

www.babindameatmart.com

Hello from Babinda Kindy! We have had a busy start to Term 4. At the end of last term, the children wrote a letter to our very own Russell Landcare and Catchment Group asking if they would donate some native plants and trees towards the children's desired bird and butterfly garden. We were all very excited when Russell Landcare responded by donating 20 native plants. Earlier this term, the children were busily involved in drawing their plans as to how they would like the garden to look. We sent some of these plans to Bunnings Warehouse who also agreed to donate a bird bath, flower seedlings and an arch for our garden! The children have been busy planting and are very excited to see the garden come to life!

Linking in with the theme of nature, we have also been looking at living and non-living things. In particular, we have been looking at what living things have in common.

We are currently accepting enrolments for next year. To enrol your child in Kindergarten, please speak to Lorinda or Sharleen on 4067 1294.

Lorinda

Director/Teacher

Unfortunately the emergency services had to attend another fatal traffic crash in our area. When any crash occurs, it is almost always due to the actions of one or all of those involved. If we all obey the road rules, pay attention to road conditions and the actions of other road users, the chances of being involved in a crash will be significantly reduced. We will continue in our efforts regarding road safety. If you commit a traffic offence and get caught, be it speeding, using a mobile phone or crossing solid white lines, remember we would rather issue you with an infringement notice, in an attempt to modify that behaviour, than attend any more crashes in our area.

We are well into the cane crushing season. Amazingly we are still seeing people disregarding flashing warning lights at level crossings. The flashing red lights should be treated like a red traffic light. If you proceed through a level crossing whilst the lights are still flashing, you could be fined \$330 and 3 demerit points. Remember just because you have seen one train go past, does not mean there is not another one coming. Wait for the lights to stop flashing before moving off.

The wet season is fast approaching. For those who have been around for a while, you know where it floods, and for how long it stays up. Can I ask that you start to prepare your supplies of food, batteries, fuel, medications and other supplies, to ensure you have enough in the event of an emergency. For those who are new to the area, this is great opportunity to get to know your neighbours, find out what impacts the seasonal weather has on your area, and what you can expect.

We all know what a great town Babinda is and we do our best to ensure it stays that way. We currently enjoy great support from local businesses and the community as a whole. We encourage you to report incidents, be it anti social behaviour, like drinking or fighting in public, domestic violence or drug offences. We cannot do it on our own. If you don't think it is right, it probably isn't and should be reported. You can call the station on 40671120, or 13144 for non urgent incidents, or you can call Crime Stoppers on 1800333000, with information and you can remain anonymous. In the event of an emergency always use 000.



“Farewell”

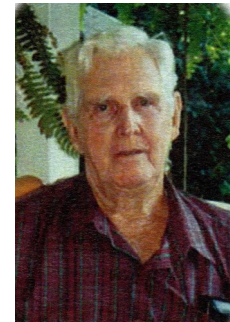
To a Gentleman of our Town

Richard Blackwell

(Dick) Alley

(26.5.1922 ~ 3.10.2013)

“Special Thanks”



To Babinda Respite and Abbeyfield House for their care & consideration given to “Dick” ‘Thank you’ to the many Family & Friends who sent flowers, cards, donations & phone calls to our Families during this sad time. - *The Alley Family* -

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Info Centre Illuminations

The tourist season is well and truly over, although we are still getting a steady trickle of visitors, mainly our fellow Australians at this time of the year. New South Wales leads with 130 in September followed closely by Victoria with 126. Our major overseas visitors are mostly from Europe. Our web site is hotting up with 1634 hits in September.

The Babinda Information Centre Management team have been busy providing information about Babinda and it's surrounds for an Accredited Information Centres app or tourists to the area to access.

We are experiencing perfect weather for locals to also explore and rediscover the fantastic area we live in, Malanda Falls Visitor Centre reopened 6 weeks ago and supplies wonderful ideas for accessing the area: <http://www.malandafalls.com/index.html>

Another possibility is to support the Cardwell community. There are many interesting things to do in the area and it's only a short (by Australian standards) distance away: <http://www.cardwelltourism.com/> Enjoy our area.

Until next time

Happy Trails

Abbeyfield
Babinda Australia

Wishes You All A Very...



You are invited for a Christmas Morning Tea



at Abbeyfield, \$5 per person



Tuesday 17 December 10 am

Sing along with Vick Shaw

Abbeyfield House Babinda offers:

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For enquiries phone: 4067 1197

20 Hospital Street, Babinda

Greetings from the Babinda Bargain Centre,

Please come into the store to see our most recent improvements!

We have recently installed new book shelving in the furniture side of the store and this has had a dramatic improvement within our 'Book Nook.' The new shelving was funded through our successful bid for a Grant offered by the Department of Communities. Be assured, that money you may spend here continues to be directed to individuals and families supported by Cootharinga North Queensland. If you would like more information on the services offered by Cootharinga North Queensland, please come and see me and I will be happy to assist further. Many thanks to Holly Gorris for her time and effort in setting up our 'Book Nook'.

The other point I wish to clarify in this edition of the newsletter is that we continue to be a 'Charity Store.' You may have seen the notices I have posted on our front windows clarifying the point that we are successful only by the kind donations made by our Community Members and by the efforts of our Volunteers. We do not and will never buy second hand goods from Lifeline or other charitable institutions and then resell these items at profit to the local community through a Retail outlet. In fact, we donate to Lifeline ourselves every Tuesday.

I appreciate you may have the choice to buy second hand items from alternate local outlets in the future, but we are the only store directly aligned to a Registered Charity.

As always, we would love to see you shopping with us.

On behalf of all pedestrians walking on Boulders Road, I would like to thank the Cairns Regional Council, and Councillor Steve Brain, for erecting a permanent fence across the drain bridge, thus making it a far safer crossing for users of the footpath, especially children!
 Karina Kruckow



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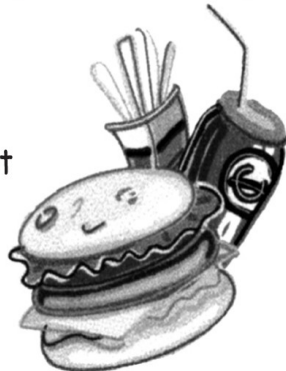
Lot 1 Lander Close,
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 Mob: 0419776201

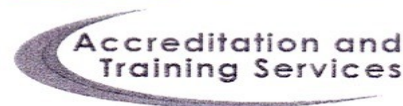
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Babinda Community Bank ® Branch Bendigo Bank

"Enhancing the community"

Christmas in Babinda Street Party

Saturday December 14 at 5.30 pm.

Once again Babinda Community Bank ® will be sponsoring our annual Christmas street party.

Prize money will be awarded for shopping locally and for best Christmas lights and costumes.

It promises to be better than ever with music, rides, al fresco dining and, if they've been very good, the children might see Santa there.



BELLENDEN KER STATE SCHOOL

FULFILMENT THROUGH WORK

Bellenden Ker State School invite 2014 Prep students to attend our transition days to become familiar with school activities and routines **When:**

Tuesday 12th November, 2013 from 9am – 11:45am

• Please bring along lunch, hat and a spare change of clothes

Tuesday 19th November, 2013 from 11am - 1:30pm

• Please bring along lunch, hat and a spare change of clothes

Tuesday 26th November, 2013 from 9am - 3pm

• Please bring along 1st and 2nd break lunch, hat and a spare change of clothes

All students must wear closed in footwear and sun safe clothing when attending transition days.

For any further inquiries in regards to this please contact the school on 40675292

Regards, Peter Begemann Principal

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What Came Before

If you enjoy watching television and taking in the occasional movie, then it might be worth thinking about where those wonderful scripts for these productions come from. Chances are that there is a book, or books, behind these visual delights.

For example, if you enjoy watching “Miss Fishers’ Murder Mysteries” on television, then your library can supply the “Phryne Fisher” series written by Kerry Greenwood upon which it is based. For those who loved the “Game of Thrones” TV series, then look for the “A Song of Fire and Ice” books by George R.R. Martin. If the factually comical “Horrible Histories” is your choice.....yes, your library has the books. It is the same with movies. If you have just seen “Percy Jackson And The Sea Of Monsters” and want to know what happens next, then look for the “Percy Jackson And The Olympians” series by Rick Riordan on your library shelves. These and many more are available in book, audiobook, eBook and yes, we quite often have the DVD of the TV series or movie, (in case you missed an episode or just want to see it again). Your library membership can let you access them all, (it is really easy to join). If this has sparked your interest, then may I suggest a look at our catalogue on line at www.cairnslibrary.com.au or drop in to the Babinda library and our friendly staff will assist you. You may also like to have a look at the large range of television programs and movies on DVD that your library membership can let you borrow. I hope to see you in the library sometime soon.

Cheers, Holly

(Babinda Library)

Field Trial Update

November 2013

We have currently stopped our release of mosquitoes that carry *Wolbachia*, a natural bacterium that reduces the mosquito’s ability to transmit dengue between people. We are now continuing to monitor mosquitoes through our network of traps to determine how many mosquitoes carry *Wolbachia*.

We are seeing promising results at this stage of our field trial, and we hope *Wolbachia* will continue to establish in the local mosquito population.

Wolbachia levels are remaining high, and our latest results showed 75% of the mosquitoes we collected in Babinda on 26 September carried *Wolbachia*. We expect these levels will continue to rise during the wet season. We will update you again on our results towards the end of the year after the wet season begins and mosquito numbers increase.

Dr Andrew Turley, *Field Trial Manager*, Eliminate Dengue Project, Cairns



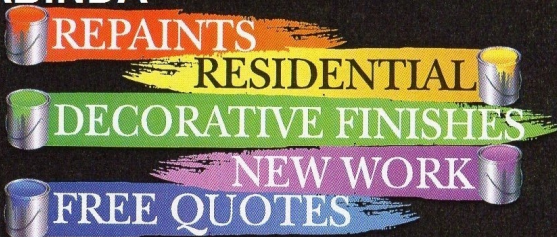
For more information about the Eliminate Dengue research program go to

www.eliminatedengue.com

or call the Cairns office on 1800 811 054 (free from a landline)

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*Trialling a Kindergarten & Preschool Curriculum

*Hours of operation = 7:00am—6:00pm

*For all inquiries and bookings please call our friendly staff on 4067 2122



Enrolments welcome...

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R.S.L. NEWS

MEMORIAL ARCH

Would all families of deceased members of Babinda. R.S.L. or deceased personnel who enlisted from Babinda and serves overseas in any conflict that Australia was involved in, please contact Tony Densmore 40676006, if that family would like plaque put on our memorial Arch in Eternal Remembrance.

Contact Tony Densmore 4067 6006

The preacher came to call the other day.
He said that at my age I should be thinking about the here after. I told him
“Oh I do all the time.
No matter where I am, if I'm in the parlour, up stairs, in the kitchen or down in the basement, I ask my self. Now, what am I here after”

CENT SALE

ADMISSION

\$3

GREAT PRIZES



LUCKY DOOR



YUM YUMS CAFE - 1.30PM

SNAP
RAFFLES



SUNDAY 8TH DECEMBER

AFTERNOON

TEA



PROCEEDS - BABINDA BOXING CLUB INC. - THANK YOU FOR YOUR SUPPORT

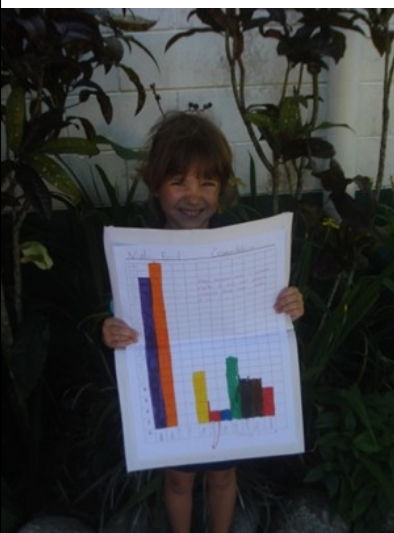
St. Rita's children learning for our future!

It is with pride and excitement that St. Rita's is able to announce that we have become a part of the *Stephanie Alexander Kitchen Garden Foundation* program! Mrs. Judy Billiau and I attended a two day workshop recently to learn the skills required to embed the program into our curriculum in 2014. This well renowned program has been operating nationally for more than 10 years in more than 408 schools across Australia.

The philosophy of the program hinges on engaging children in positive, memorable experiences in the garden and the kitchen that will form a basis for healthy, lifelong habits. Next year our Senior students will be involved in regular classes that will see them creating a vegetable garden, and then using the fresh produce from their garden to cook recipes and share these meals together. Through doing this they will enrich their knowledge about seasonality, environmental care and how to prepare delicious wholesome food.

We have kicked off our focus on Environmental Education by launching a 'Nude Food' campaign which looks at the number of pieces of rubbish children have in their lunch box each Thursday. Using their mathematical skills to collect and represent data, children from Prep through to Year 7 are collating the rubbish noted in lunchboxes. We are seeing real changes in the amount of waste being packed in lunch boxes, and children are looking forward to celebrating their achievements at the end of the term.

Kind Regards,
Sarah Hession



Pictured:
Year 1
Student
Georgina
Stone with a
graph of
'Nude Food'
in her group's
lunch boxes



Year-Round and
Special Xmas Offer!



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SAVE \$30

Have an Awesome massage at
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Retreat**

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Thursdays,
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Now open in Babinda
at the Babinda Taskforce Offices
Phone 40312688
for appointments

www.marinomoller.com.au

Babinda Golf Club Notes

Babinda Golf Club is having another successful year in 2013, both competitively and socially. Membership numbers and consequently playing numbers have been a little on the low side for weekly competitions and new or returning members are always very welcome.

Casual and social golfers have noticeably increased during 2013 and the management committee is very pleased with this improvement. The course is maintained in very good, playable condition throughout the year by a dedicated group of volunteers and this along with the relatively dry weather has contributed to the rise in visitor playing numbers. Local community members are encouraged to use the course.

A number of local people exercise themselves and/or their dogs on the golf course and the golf club is happy to have this community use of the resource. These walkers are aware of the primary purpose of the golf course and avoid potential injury by keeping clear of players.

There are a couple of community golf events coming up in the near future and everyone is welcome to play on these days.

WARDY'S CHALLENGE is on Saturday, November 16th, at 1.30pm.

BOULDER'S TROPHY DAY is on Sunday, November 24th at 1.00pm.

Flyers advertising these events should already be up around town.

Contact: Peter Penny on pennyppj1@bigpnd.com

Adults Beginners Golf - Mums, Dads, Grandparents

-Learn to play

-Clubs, Balls, Tuition Provided FREE

-Monday 9:00 am - 10:30 am

Junior Golf - Monday 3:30 - 5:30 pm age 10 years and up

Contact: Chris Hannam ph: 4067 1309

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Babinda Multipurpose Health Service

This month, we focus on physiotherapy services at Babinda MPHS. We look at three exciting new programmes to provide valuable therapies and healthy options for the district.

Finding Your Feet!

Babinda MPHS together with Innisfail Health and Community Care, are planning a falls prevention program *Finding Your Feet* starting February 2014.

Finding Your Feet aims to improve mobility, mobility

confidence, balance and falls efficacy in older adults with a history of and/or a fear of falling.

If you would benefit from attending to improve your balance & education on ways to reduce your falls risk, please contact Babinda MPHS Physiotherapist Julie Catton to secure a place. Julie can be contacted on **4067 8206** or at **lucille.catton@health.qld.**



Getting Strong

A new health and exercise program has started in Babinda.

'**Get Strong**' is a physiotherapy exercise program to assess and treat participants to improve their strength, health and their quality of life. The program consists of 6 sessions facilitated by the MPHS Occupational Therapist and MPHS Physiotherapists.

Recently, there has been a high demand for physiotherapy services at Babinda MPHS, so for some people, depending on their urgency, they may be experiencing a long wait to see a physiotherapist.

Everybody's health is

important to us, so this group program - **Get Strong** - will address the waiting list as a trial. Hopefully this will decrease waiting times for



MPHS physiotherapy services and enable timely access to treatment for all.

Suitable candidates have and will continue to be contacted by the MPHS Allied Health team and given the opportunity to receive treatment in our **Get Strong** program.

The Babinda Walking Club

The walking club now meets three mornings each week—**Monday, Wednesday and Friday at 7 am** on the lawn out the front of the Masonic Hall.

Come and join us if you are over 55 and interested in healthy ageing. Babinda MPHS staff are able to give some assistance if needed, as we enjoy a stroll through our great little part of the world. All you need is a hat, some water and the desire to age healthily.

See you there soon!

Babinda Junior Rugby League AGM
Tuesday 19th November @ 6.00pm
Drinks and Nibbles will be provided.
@ Football Clubhouse Bill Wakeham Park
All Members and Parents are
encouraged to attend
Any Queries please contact
Louie Galea 0417790769
or Tanya Davey 0409282676.

Adrian Dewaard

(Plumber/Gas Fitter)

A & R Babinda Home Services



* We do Home Assist

* Tiling

* Roof Repairs

* All Small Home Repairs

0456 149 901 - Adrian

0467 008 264 - Ranees



Dear Babinda Community

Active afterschool Sport - Our primary afterschool sports has started again on Mondays and Tuesdays – we have a great bunch of kids coming along and there is a lot of fun being had. This term Prep and year 1 students are involved in multisport and our year 2 to 7 students are participating in cricket on Mondays and Swimming on Tuesdays. A reminder these activities run from 3:20pm to 4:20pm and are free of charge to all primary aged students from across the area. This includes afternoon tea and pool entry. Please see the school office for a permission form if you would like to be involved.

Naplan Results - Recently our school was in the local newspapers for the incredible achievements our school has received across the NAPLAN tests (National Assessment Program – Literacy and Numeracy) again this year. In particular when the two year improvement of student learning is compared to those of the nation our results are outstanding!! In 14 out of the 15 test areas our students improved further and faster than vast majority of schools in the nation. In some case **our students improved twice as fast** as other schools. Wow!!! Great job to all the students, staff and parents for the work they put in across the year to get the best in learning for our kids.

Yours in schooling – Matt Thompson, Principal Babinda P-12 State School

AROMATHERAPY and CORIANDER-Coriandrum sativum

Hi everyone, Coriander leaves are widely used as a garnish in cooking. Many of us grow or buy this herb from our supermarket. The name '*coriandrum*' is derived from the Latin '*koros*' which means '**bed-bug**', because the fresh leaves have an odor, which apparently resembles the insect's smell. Coriander is also known as Chinese parsley or cilantro. It takes approximately forty-five pounds of seeds, steam distilled to produce one pound of essential oil.

Physical uses: Nervous nausea, indigestion, flatulence, upset stomach, muscle aches, tight muscles, joint stiffness, gout, nerve pain, deodorant, calmative, revitalizing, circulation, colds and flu, digestive complaints, pains and arthritis.

Psychological uses: Nervous tension, nervous exhaustion, mental fatigue, low libido, help promote feelings of security, motivation. It is considered to be an aid to improving memory.

Subtle uses: Promotes confidence, creativity, and spontaneity. It may be helpful at times when one is depressed or unsure of one's ability to heal. Coriander can be used as a tool for anorexia nervosa as it has the ability to increase appetite. A gentle and compassionate oil.

Bath: Fill the tub with warm water and immerse yourself in essential oil mixture of, 4-6 drops of essential oil in 1 teaspoon of carrier oil, such as coconut oil, milk or if you have muscle aches, Epsom salts. Swirl the water around you. Massage your skin and breathe in the aroma. Remain in the tub for 10-15 minutes.

Massage: Mix 10 drops essential oil to 25mls of cold pressed oil or fragrance-free, natural lotion.

Blends with: All citrus, Clary sage, Cypress, Jasmine, Juniper berry, Neroli, Petitgrain, Pine, Frankincense and Sandalwood, Rosemary.

Use Coriander oil externally. Avoid during pregnancy and nursing. Always check with your Doctor before using any alternative remedy for health in case they react with medications already being taken.

What's Happening In Babinda

- BABINDA TASKFORCE** - Meetings 4th Thursday of month, 9:30am, Taskforce Office, next: 28 November, 2013
- ABBEYFIELD HOUSE** - HOY / Mini Cent Sale 3rd Monday of the month 4067 1197
- ABBEYFIELD HOUSE** - Meeting 1st Monday of the month, 7.30pm, SOB Hall. Phone: Janis 4067 1406
- AUSTRALIAN PENSIONERS & SUPERANNUATES LEAGUE** 2nd Thursday of the month at 9am SOB Hall
- BABINDA ARTS & CRAFTS** - 2nd Wednesday every month - 6pm at the shop, bring a chair
- BABINDA BARGAIN CENTRE (COOTHARINGA NQ)** - HOY 2nd Mon of the month. SOB Hall Ph 4067 1533
- BABINDA BOXING CLUB** Tuesday & Thursday 5.30—6.30pm, Warren Jensen Hall - Bill Wakeham Park . See advert.
- BABINDA BOWLS CLUB** - Phone 4067 1148.
- BABINDA CHAMBER OF COMMERCE MEETING** - 5.30pm - 1st Tuesday of the month at Roddo's News
- BABINDA DISTRICT FISHING CLUB** first Tuesday of the month 7.30pm Club House
- BABINDA GOLF CLUB**-Social days Wed and Fri 3pm Saturday 12.30 in winter and 1pm in summer. Ph 4067 1510
- BABINDA LIONS CLUB** - 2nd & 4th Monday of the month at 7pm at the RSL Hall, School St
- BABINDA MONTHLY MARKET DAY**- 2nd Saturday of each month. Contact Roger Castlehouse 4067 1363
- BABINDA PUBLIC SPEAKING GROUP** - 2nd Mon of month 7pm SOB Hall. 4067 1438 Loretta or 40674110 Rod
- BABINDA RAINY DAYS BOOKCLUB** - Meets every last Tuesday @ 10am @ Stag Tavern—Call Sue 4067 2640
- BABINDA RSL** - 1st Sunday of the month, 9:30 am at RSL. Contact 4067 6162
- BABINDA STATE SCHOOL P & C MEETING** - 4th Monday of the month 7.30pm at the school
- BARTLE FRERE STATE SCHOOL** - Family Day Group Tuesday 9am—11am 4067 6240
- CARER'S SUPPORT NETWORK** - Last Friday of month, Innisfail Hospital, Transport available ph: 40678200
- CHILD HEALTH CLINIC** - 2nd Wednesday of the month 10am Hospital. Ph 4061 5388
- CHINATSU MEDITATION AND HEALING CENTRE** every Friday morning from 9.15am. Enq Karen 4067 2474
- COUNCILLOR STEVE BRAIN** - By appointment 4044 3071, 0488 148 778 or s.brain@ Cairns.qld.gov.au
- FITNESS CLASS:** Postponed until further notice. For more information phone Laurel 4067 1378
- INFO CENTRE** - Open 9 - 4 daily
- KIDS CLUB** - Grade 1 to Grade 7 - Wednesday 5pm to 7.30pm CWA Hall, Babinda
- MENSHED'S** - Wed & Fri's 9am - 2pm @ Babinda's Showground contact Merv for further info: 40618494
- PLAYGROUP BABINDA BUMBLEBEES:** Tuesdays 9am-11am, Community Hall, Church St, Julie 0438 033 898
- QCWA BABINDA**- 2nd Sat of the month meeting 9.30am .4th Mon of the month - Hoy/Mini Cent Sale 1.30pm
- QCWA DEERAL**-2nd Wednesday of the month— Meeting 9.30am Craft follows meeting. Deeral Hall
- RELAXABOUT MASSAGE RETREAT** - Ph Judi Van Dycke on 0400 726 245
- RUSSELL LANDCARE & CATCHMENT GROUP** - Contact 4067 2515
- SOCIAL TOUCH FOOTBALL** - Every Thursday night 7pm Bill Wakeham Park
- SNAKE REMOVALIST** - Brian James mobile 0400 752 977 or home phone 4067 1581
- STORYTIME** - Babinda Library 3rd Wednesday every month, 10.30-11.30am, 4067 1112
- TAI CHI** - Wednesdays 9.30am -10.30am Spirit Of Babinda Hall
- WILDLIFE CARERS (FNQ)** 4067-6054 (after 4pm & W/ends) 0428 699 246 (7.30am to 4.00pm Mon to Fri)
- YOGA** - Wednesdays 5.30am - 7.00pm, Spirit of Babinda Hall. Ph Ingrid 4056 6909 INGRIDURBAN@GMX.DE

Babinda News Newsletter Advertising Prices (includes GST)

Members	Non-Members
Business card size.....\$22.00	Business card size.....\$25.00
Quarter page.....\$35.00	Quarter page.....\$40.00
Half page.....\$50.00	Half page.....\$55.00
Whole page.....\$100.00	Whole page.....\$110.00

Contact the Taskforce Office for further information

51 Munro Street Babinda QLD 4861 ph 0740 672 900 fax 0740 672 911