

# MACHANATIONS

[www.machansbeach.net/machanations](http://www.machansbeach.net/machanations)

Email: [machanations@machansbeach.net](mailto:machanations@machansbeach.net) Mail: C/Post Office Machans Beach 4878

Editor – Mark 0438 760 861 Layout - Inga

## **WE NEED YOU!!!!!!!!!!!!!!!!!!!!**

### **SPLUTTER IN THE ENGINE ROOM**

We have had a major reshuffle in the operations of Machanations in this past month.

James Crawford, who has been the engine room of this newsletter for the last five years, is retiring and leaves a gaping hole in the place. Inga Fromm is now doing the layout and she will take it to the PO for printing. We welcome Inga to the team. But we now need someone to pick the copies up from the PO, fold with our new beaut folding machine, and organize distribution. This takes about three to four hours a month. Not a lot for a community spirited local and we'd love to see some of the new residents get on board.

A community like Machans Beach thrives on volunteer input. That's what makes Machans a special place to live. We have the great crew at the Sport and Rec Club that keep the show on the road one day every week and have for years. And they have a cast of extras that help out at their major events. You only have to ask at the school what benefit the Sports Club is to the community. We have volunteers at the school which make the place tick. We have our own SES crew that will be there when we need them, as they have in the past. We have a Community Association. We have a movie night twice a year, lots of community tree planting (see following story), Moon over Machans with its annual market and associated festivities and a monthly newsletter. We have a community organic garden, (fresh herbs in tonight's dinner,) monthly morning tea for our seniors, Neighbourhood Watch and Friends of Redden Island. Ah volunteers, aren't they great? Think not what your community can do for you, but what you can do for your community. (Thanks JFK)

So if you have a few hours to spare once a month, give Mark a call on 0438760 861

Thanks to James Crawford for the many hours he has put in and the high standards that he has set.

### **MESSAGE FROM THE STATE MEMBER FOR BARRON RIVER, STEVE WETTENHALL**

#### **THANK YOU JAMES**

My thanks goes out to James Crawford who has retired from his service at this newsletter after many years commitment to this community.

#### **1. HAVE YOUR SAY ON TRANSIT NETWORK**

Machans Beach resident's thoughts are needed on the Cairns Transit Network. The Queensland Government's Department of Transport has commenced planning to improve public transport which includes building a network of public transport spines the length and breadth of Cairns. This fast, safe and reliable public transport service will give buses priority to make them more readily used. Further details from my: office, or at the Redlynch Central Shopping Centre on Thursday Nov 6 between 10-3, or Clifton Village Shopping Centre on Saturday November 15 10-4pm. See the

website

[www.transport.qld.gov.au/cairnstransitnet](http://www.transport.qld.gov.au/cairnstransitnet) work or phone free call 1800 213 995.

You can have your say up until Friday, December 5<sup>th</sup>

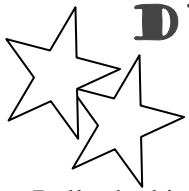
#### **2. HOUSEHOLDS URGED TO TRY THE CARBON CHALLENGE**

As promised in my last column, this begins the first of seven months of themed practical ways to reduce greenhouse gases in the home. There are many practical ways to help reduce our greenhouse gas emissions, and by doing so, become part of the climate change solution. Visit the website [www.climatesmart.qld.gov.au](http://www.climatesmart.qld.gov.au) where you can calculate carbon

footprints, making it easy to track progress.

**This month try implementing ways to limit your rubbish!!!!**

- Use items such as an egg carton for another use. Egg – growing seeds.
- Recycle.
- Take reusable bags to the supermarket.
- Buy in bulk or purchase items with the less packaging.
- Put a “no junk mail” sign on your letterbox.



# DUNGARRA- REDDEN ISLAND



## BULLY HAS BEEN TAKEN BY THE HORN!

Bully the big fella of Dungarra has had his eye seeking twisted horn pruned back. Not a lot for him to worry about now. The bee-eaters are well into their ground nesting (looks like crabholes) and I notice a goanna has been doing the rounds digging for their eggs. They lay four to five eggs and several birds both male and female tend to each nest. The radar field is a major nesting site for these iridescent birds. Saw my first ever long tailed nightjar (*aprimulgus macrurus*) swoop to the ground amongst the mangroves on the more isolated western side of Dungarra. It had bright white patches on its wing tips and moved with stealth like an owl. The persoonia fruit are almost ripe (taste like soursop) and the native grape vines are spearing up out of the ground powered by their very long term tubers. The fruit is delicious but eaten with caution and the early tendrils of the plant used in the rainmaking ceremony by some of the Cape York aboriginals. I spoke to Steve Wettenhall of my concerns about the airport land changing hands and what will happen to Dungarra under new owners. He said he feels confident there is enough concern and history related to the island to safeguard it from inappropriate development. Sure hope so. The mythical northerlies are due and I hope they kick in and bring us some salmon, prawns and streamy weather. Regards Rob for FORI mob 0432287032 robwillmono@yahoo.com.au

### STEVE WETTENHALL NOTE ON BULLY

I read with much interest about the bull with the ingrown horn on Redden Island – and would like to pass on my congratulations to all the community who have looked after the animal to-date.

## TREE PLANTING

### ANOTHER BIG THANKS

### TO ALL THE

### VOLUNTEERS!!!

A great days tree planting was had last Saturday the 25<sup>th</sup> in Keith Edwick Park. We're not sure what Cathie Archer did to get all those people in the park and because this is a family newsletter, we can't even begin to imagine, but they were there in there droves. It was a great way to start a day ending with a morning tea of champagne and caviar. Thanks to Council for the 200 plants and in particular Terry and Denise in the nursery and Dave in the plumbing dept. Thanks to Chris Marsh and Deryck Thompson for towing the trailer around and to Chris again for supplying fuel for the auger. Thanks to Nu Leaf Nursery in Little Spence St. for the water crystals. Please support the business' that support our

community. Well done Cathie.

Anybody who can assist with watering the trees please call Cathie on 4055 0889 !!!!!!!!!!!!!!!



*Osho Rebalancing  
Deep Tissue Massage*

**Dhyana Dickmann**

Ph **4055 9631**

41 Marshall Street  
Machans Beach Qld 4878

**0407 204 334**  
dhyanaad@yahoo.com.au

### WHY THE NEED FOR BODYWORK?

In these times of ever faster pace of life people are beginning to realize that they have to give more attention to their physical well being in order to find relaxation from an increasing inner tension.

Holistic, meditative bodywork meets this need in a unique and profound way. It attempts to free the body from limiting movement patterns and energy blocks and to integrate it into a new form.

The amount of energy available to us and the way we deal with it determines how we cope with various situations in life. We can meet the challenges of life more efficiently if we have a higher energy level available.

A basic insight of holistic bodywork is that body, mind and heart function as a unity. This means that our thoughts and our feelings affect our body and vice versa.

The body exists in present time; or at least most of it does. Yet those parts of our bodies that are uncomfortable, painful, or out of our awareness have a link to our past. There is unfinished business held in our body mind and expressed in that part of our bodies. Where ever there is a part of our life that we have not lived, that impulse not followed, that feeling not felt, we store the unfinished energy in our bodies and isolate it with a layer or shell of fear. Chronic tension diminishes our energy level and blocks our aliveness. In our bodies this results in structural and postural misalignments and limiting movement patterns. Osho Rebalancing as holistic bodywork includes all levels to free these tensions so we can regain our full aliveness and joy of life.

Dhyana has worked in this field for 21 years. She is trained in Osho Rebalancing as an instructor, Dhyana also practices Dorn Therapy, Hypnosis and Tao Massage.

**Dhyana Dickmann Phone: 40559631**

# THE CAIRNS POST AND THE MAYOR

We are spoiled with great political satirists in this country. Clark and Dawes, and Patrick Cook are just some that spring to mind. Like all the good ones, you never really know their political bent and they can immerse seriousness in their satire that can hit you like a brick.

The Cairns Post journo, Gavin King, satisfies none of these criteria. His constant mocking of our Mayor just seems seriously vindictive, not funny and poorly written to boot. In his last diatribe, a policeman has a message from the Mayor about King missing a bike ride. Then he tells us that the policeman's message is from the CP.

## POST OFFICE NEWS

Firstly, I would like to mention that our other editor for Machanations has had to resign from his post. Who was he, why James Crawford of course, you may have seen him wearing his other hat as the dog carer walking his charges around Machans. James, I would like to say a very big thanks to you for putting Machanations together for all of this time and for the arranging of the delivery as well. I hope your next endeavours are as successful as this one has been.

As I am employing new sorters for the mail, and it would make life just a little bit easier if the people with PO boxes could use the PO box as their address instead of the street address, especially with Christmas coming up fast. This would achieve a faster delivery for the box holders and a more accurate delivery of the mail. So ....you have been warned, please use the PO box address as much as possible.

At the PO I am gearing up for Christmas, which is not that far away. Chrissy stamps go on sale on the 1<sup>st</sup> November and may I suggest that if you have to send large parcels down south you do it before the December rush, I'm sure the rellies won't open them before the big fella gets here. It may just make your life a little less hectic too.

Well its time to go and practice my ho ho ho... for the coming season, bye for now.

*Russell and Wendy*

## WWW.MACHANSBEACH .NET/REALESTATE

The Machans Beach website now offers Real-Estate listings.

For Sale, For Rent, Houses Wanted for Rent or Buy.

For a small fee users may now list on the Machans Beach website. Private sellers and renters may list their property whether it is for sale or rent, buying or wanting. Real Estate Agents may also pay a small fee and have links back to their own website.

[www.machansbeach.net/realestate](http://www.machansbeach.net/realestate)

To advertise your property or to place a House Wanted ad

Contact: [james@machansbeach.net](mailto:james@machansbeach.net)

Then nearing the end of his tale, the policeman is on an errand from the Mayor after all and King is readying himself for the bike ride. Apparently the aforementioned bike ride that he has already missed. Surely King's grade ten English teachers told him to remain true to his topic.

I suppose we should be thankful that this time King did not wheel out again his tired and juvenile old theme of having a bug at a Council meeting. His English teacher would have again chastised him for using that silliness more then once. This is a poor show of bias on behalf of our daily newspaper. Why didn't we have a "loony left" commentator on board when Kevin Byrne had the job? Heaven knows KB was ripe for satire.

*Editor*

## ROBYN'S LEARN TO SEW STUDIO



Class Times  
& Dates

PH: 4055 9226

I am currently running Day & Evening Sewing Classes from my Studio and additional Evening Classes from in town.

These classes cover a range of subjects e.g.: *Learn to Sew*. 6 weeks 1 x 2 ½ hr lesson per week, **Covers** – cleaning, oiling threading and use of your machine. You get to make a sample book of seams, zip, hems, button and buttonholes, even Pattern reading and terminology.

*Fashion & fit* – Now that you have gotten to this stage you are ready to make something for yourself. We not only want this garment to **look good**, we want it to **fit** us as well. Now with patience and understanding, anything that is worth doing, is worth doing well. So you will be taken on a journey of discovery. How you can become your very own personal designer. You choose your style, colour, fabric type. I even cover pattern making or pattern altering.

If you are interested in taking any classes or have a few friends who would love to join you in learning, let me know, I can create a class to suit your needs/times. Minimum class number 4 Maximum 6.

Ring Robyn Bauer on PH: 40559 226 for Class times, cost and availability.

Machine hire for classes (only) is also available.

## MACHANS LOSS

Community Commiserations and support to the well known and much loved Anderson family, long term residents of Machans Beach for the loss of their daughter, sister, mother and wife, Daera.

## **MACHANS TAKE AWAY UNDER NEW MANAGEMENT.**

The Take - Away shop in Marshall St is now under new management. Long time locals, Nadine and Phillip Jose are the new management team and they will be open everyday from 10am to 8pm. Nadine and Philip would like to thank previous owner Joanne Pitcher for her assistance in a smooth transition.

The Take Away has an extensive menu and if you would like something a bit different, ring them first as they are out to impress. They cater for phone in orders, so have the night off and pick up dinner on the way home. You also have the option of their seating out the front where you can dine and enjoy the ambience of Marshall St.

We are fortunate to have so many local businesses in our small community. They are all a great convenience to us, but only remain so if we support them.

Ph 40559409 to order

## **MESSAGE FROM COUNCILLOR MARGARET COCHRANE**

Busy schedules with Parliament in town and Ministers calling on everyone's attention!!! Was an interesting process to see "how it all works" – much more reserved at Local Government level?

Council has approved the demolition of Bert's Cottage. It will probably be after Christmas before anything happens I am told. I have commissioned an artist to paint the cottage for a keepsake.

Council's free green waste program is on again. You can dump vegetation waste FREE from November 8 to 16, and FREE mulch can be collected between December 12 and 15<sup>th</sup>. Smithfield transfer station is the closest location for Machans residents.

I would just like to pay tribute to James Crawford's work over the years with Machanations. James is a generous community member and has played many roles over the years and has now passed the reins of the Machanations over to a very capable Mark. The work the team does with Machanations is fantastic, the manner in keeping the Machans community informed of the news around the beach, both good and not so good, is very much appreciated by all. James has played an important part in that team and I thank him for all his commitment and dedication and for keeping me on track when I waiver from the deadlines. Thanks James and look forward to seeing you around the beach on my "drive-bys"

If you need any assistance from Council, contact the Call Centre, 24/7 phone 4044 3044, or via the website via Contact Us. If I can be of any help with issues my mobile number is 0419 706 372.

See you at the Association meeting  
*Take care, Margaret.*  
Deputy Mayor and Division 8 Councillor

### **Hall Activities**

#### **Can Can Dancing**

Fridays 12 – 2pm  
Jilly 0412 036 771

#### **Kung Fu**

Wednesdays 6.00 - 7pm  
Richard 4057 7237

#### **Tai Chi**

Wednesdays 7.00 - 8pm  
Richard 4057 7237

Thursdays 10 - 11.15am  
Catherine – 4055 0929

**Wu Tao** Dance Class  
for Mums and Bubs

Wednesdays 10 –  
11.30am

Ardyn 0409 268 262

#### **Belly Dancing**

Thursdays 5.30 –  
6.30pm

Bobbin 0427 719 565

#### **Cairns War Games**

Saturdays 10.00am –  
6.00pm

Owen 0400 970 997  
(except Magnets  
Saturday)

Hall Bookings

Contact: Russell 4055  
9402

president@machansbeach.net

### **Machans Beach Greenpages Phone Directory**

*Do you have a business or  
service you would like to list in  
the Machans Greenpages?  
Does last year's listing need  
amendment/removal?*

*To list or make changes  
Please contact James before  
1st December*

**40370102**

[james@machansbeach.net](mailto:james@machansbeach.net)

### **DATE CLAIMERS**

Community Association .....7.30pm in the Community Hall,  
Thursday 13<sup>th</sup> November (Russell 4055 9402)  
Neighbourhood Watch .....7.30pm in the Community Hall,  
Thursday 13<sup>th</sup> November (Russell 4055 9402)  
Friends of Redden Island – FoRI.....Contact Rob 0432 287 032  
SES .....7.00pm at HQ, Keith Edwick Park,  
Every Wednesday (John 0417 365 323)  
MAGS..... Coordinator wanted  
Machans Organic Community Garden.....4.00 – 6.00, Saturdays &  
Wednesdays, west side of School (Geoff 4055 9995)  
Sports Club - Drinks & Live Music.....6.00 – 10.00pm at the Sports Club,  
every Friday  
Sports Club - Music Sessions & BBQ .....3.00 - 10.00pm – First Saturday of  
the month (Dan 4055 0069)  
Magnets Morning Tea .....10am in the Community Hall, 1<sup>st</sup>  
Saturday of the month (Fred 4055 9129)  
School P & C .....At the school, for date and time see  
School newsletter (Dave 4055 0365)

**For Hall Bookings contact Russell – 4055 9402 -  
[president@machansbeach.net](mailto:president@machansbeach.net)**

# THE CAMINO DE SANTIAGO - A PILGRIM ROUTE IN NORTHERN SPAIN

by Dympna Leonard



In medieval times, it was common for people in Europe to make a pilgrimage to visit the tomb of a saint or other holy place in the belief that that the pilgrimage would guarantee an eternity in heaven. The custom fell away over the centuries but nowadays the pilgrims are growing in numbers again.

The city of Santiago in north western Spain was one of the major pilgrim age centres centuries ago and the walking tracks which the pilgrims used, have been re-established with scallop shell 'way markers' marking the route.

In September I did the pilgrimage, walking about 600 kilometres altogether. I stayed in pilgrim hostels and met people from all across Europe and from Canada, South Korea, Japan and the occasional Aussie and Kiwi as well. Some people do the pilgrimage for religious

reasons but most people who walk it are not religious and like me, they just enjoy the long walk through beautiful countryside.

Send me an email ([dandy51@bigpond.net.au](mailto:dandy51@bigpond.net.au)) if you want to know more and I will let you know when I get my notes and photos organised and post them on the web. Meantime a Google of Camino de Santiago or the Way of St James will lead to plenty of interesting sites.

## MESSAGE FROM JIM TURNOUR

**MP FOR LEICHHARDT**

### **THE ECONOMY**

The global financial system has been the main focus of the Government in recent times. The Australian economy is strong, but to maintain that strength the Prime Minister is acting decisively and moving quickly to support the economy. That is why in October the Rudd Government announced a \$10.4 billion package, providing immediate financial support for millions of Australians.

We're delivering a down payment to pensioners, carers, and people with a disability to provide them with immediate financial help in the lead up to the comprehensive reform of the pension system.

This will be available through a lump sum payment of \$1400 to single pensioners and \$2100 to pensioner couples. People receiving a Carer Allowance will also receive \$1000 for each eligible person being cared for. Families who receive Family Tax Benefit A will receive a one-off payment of \$1000 for each eligible child in their care. First home buyers will have a better chance entering the housing market with up to \$21,000 on offer for first home buyers. And \$187 million will go to creating 56,000 new training places.

### **ONE YEAR ON**

November 24th marks one year since I was elected to represent the electorate of Leichhardt and the Rudd Government was established. A number of Federal Ministers have visited the region in recent months, including Prime Minister Kevin Rudd, Minister for Climate Change & Water Penny Wong, Treasurer Wayne Swan, Minister for Infrastructure and Transport, Anthony Albanese and Tourism Minister Martin Ferguson to name a few. Very importantly, I am pleased to report that we are delivering all of our election commitments, plus more.



### MACHANS BEACH STATE EMERGENCY SERVICE

**SES Competition.** The State finals have been held and Cairns came a creditable 4<sup>th</sup>. When you consider that about 350 Groups in Queensland were given the opportunity to vie for the State Title, the local team has done very well.

**SES WEEK.** This year it runs from 8<sup>th</sup> to 15<sup>th</sup> of November and SES Week will be launched at Innisfail with all Flood Boats from the area meeting on the river at Innisfail. There will be a chainsaw challenge, Vertical Rescue demonstration, recruitment campaign and SES awards and the usual sausage sizzle. Also, on the 5<sup>th</sup> of November, on the Cairns Esplanade, is the official launch of the Cyclone Season which runs November to April. Be prepared.

**TRAINING.** In addition to Group training, two members have completed a Team Leaders Course. This Course involved two weekends and two Friday nights with activities taking place at night and is designed to be challenging, both physically and mentally.

**THANKS.** We would like to thank the Community Association for sponsoring our application for a grant from the Reef Casino. Of course, all this would not be possible if the Reef Casino did not offer it. This grant has enabled us to purchase much needed equipment for field, welfare, training and administration. Thank you Community Association for your assistance and Reef Casino for the money. Thanks also to James – retiring Machanations Coordinator for assistance in 'wrapping' our contribution each month. Nice job and professional – thank you.

#### **Get involved - be part of SES.**

More members are needed from our community, to prepare for the Cyclone season and assist persons and communities in need of assistance. Gain new skills, be challenged, make new friends, have fun and help the community at the same time! Ring the Duty Officer on 4055 9277 for information about becoming an SES volunteer.

**Flood Storm Emergency – 132500**  
**Machans Beach SES – Caring for the Community**

**FISH & CHIPS**  
 Hamburgers  
 Fresh Fish/Seafood  
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 The TAKE-AWAY on Marshall St  
 Nadine : 4055 9409



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 Bookings - 07 4055 0398  
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 James  
**4037 0102**

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 7 days  
 Paul & Colleen Remedio  
 4055 9357



**Cairns Youth Mentoring Scheme**  
 Encouraging and Supporting Young  
 People in our Community  
**Mentors Wanted** The  
 community is in a real need for  
 positive male and female role  
 models to mentor young people  
**(07) 4041 5844**  
 cyms@centacarecairns.org



**ROBYN'S LEARN TO SEW STUDIO**  
 Class Times  
 & Dates  
 PH: 4055 9226



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**www.machansbeach.net**  
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**Green Paper for this issue provided by Steve Wettenhall MP, State Member for Barron River**

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