

MACHANATIONS

www.machansbeach.net/machanations

Email : machanations@machansbeach.net **Mail**: C/Post Office Machans Beach 4878
Contact – Pippv 4055 0907

Moon Over Machans Saturday 8th October

Keith Edwick Park See inside for details

SUICIDE AWARENESS

Having suicidal thoughts at some time in one's life is a reasonably common occurrence. In the vast majority of cases, this will only be a passing phenomenon associated with a difficult time in one's life. In most cases, people use strategies to stand up to the suicidal thoughts and remain safe until things improve.

Statistics

In Australia, on average, 6 people suicide per day.

- 80% of all suicides are men.
- Men between the ages of 25 – 55 contribute mostly to suicide statistics.
- Suicide is the second most common cause of death in adolescents.

90% of people who suicide will have 2-7 risk factors.

RISK FACTORS

- Men, single 25-44 years \geq 75 years
- Indigenous
- Gay, lesbian, or transgender
- Recent attempt or deliberate self harm
- Intoxicated
- Mental illness

- Dysfunctional family
- Legal / criminal issues
- Isolation, limited supports
- Impulsive / poor coping skills

PROTECTIVE FACTORS

- Good supports
- Caring for children / pets
- Religious / spiritual beliefs
- Income security
- Problem solving ability
- Emotional regulation
- Good physical health

WARNING SIGNS

- Current plan
- Threatening to hurt or kill themselves
- Seeking access to things they can kill themselves with
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, anger, seeking revenge
- Acting recklessly or engaging in risky activities
- Feeling trapped, like there is no way out
- Withdrawing from family, friends or society
- Dramatic changes in mood
- No reason for living, no sense of purpose in life

- Sorting out affairs

3 Key Factors to ASSIST someone at risk.

1. If you think someone may be suicidal, ask them.
2. If they say yes, do not leave them alone.
3. Link them with professional help.

Sources of Help

24 Hour Support

Cairns Base Hospital 4226 0000

Lifeline 131 114

Salvo Careline 1300 363 622

Kids Helpline 1800 551 800

Parentline Counselling Service
1300 301 300

Mensline 1300 789 978

Women's Centre 1800 657 501

Drug and Alcohol 1800 177 833

Family Support

Mental Illness Fellowship of North Queensland 4041 2543

Counselling

Centacare 4044 0130

Relationships Australia 1300 364 277

Sexual Health 4050 6205

Alcohol Tobacco and Other Drugs Service 40506179

Source of Information: QH Suicide Prevention Information Booklet and Mental Health First Aid. Michelle

GREENPAGES

The 2011 Greenpages listing local business and trades will be published in the November Machanations

To have your listing added / removed / amended - Please contact James

40370102 jagc@bigpond.net.au

DATE CLAIMERS

Community Association	7.30pm in the Community Hall, Thursday 13 th October	(John 4055 0653)
Neighbourhood Watch	7.30pm in the Community Hall, Thursday 13 th October	(John 4055 0653)
Friends of Dungarra / Redden Island.....	Contact Rob 0432 287 032	
SES	7.30pm at HQ, Keith Edwick Park, Every Wednesday (Duty Officer 4055 9277)	
Sports Club - Drinks & Live Music.....	6.00 – 10.00pm, 2 nd Friday of the month	
Sports Club - Music Sessions & BBQ	3.00 - 10.00pm – 1 st Saturday of the month	(Dan 4055 0069)

MACHANS BEACH COMMUNITY ASSOCIATION **September Meeting**

Rock Wall Cairns Regional Council Engineer, Mr Tim Smith, was to have presented his audit report on the state of the rock wall at this month's meeting. He did not attend and has been rescheduled to the October meeting which is on Thursday 13th. If you live on the Esplanade this will be of particular significance to you.

Dengue There will be two guest speakers in October with the attendance also of a representative from the Dengue Research project who will discuss findings, and that Machans has been identified as a possible release site this season.

Airport A five page response from Cairns Airport Pty Ltd has been received addressing points raised in our submission objecting to the Draft Land Use Plan. The letter is now on the home page of our website www.machansbeach.net, with a link on the top left of the home page to navigate you to it. The Cairns Airport Pty Ltd Draft Land Use Plan (Dec 2010) can be viewed at www.cairnsairport.com.au/Corporate/Land-Use-Plan.aspx

Next meeting is **Thursday 13th October at 7:30pm** in the hall on Tucker St. We invite you to attend whether this is your first time to a meeting or whether you have been many times before. *Carol*



The Cairns Airport Draft Land Use Plan was released in December 2010. The plan incorporates a movement expansion precinct (second parallel runway), commercial precinct (shopping centre!) and mixed aviation zone which would in total require an additional 100 hectares of marine wetland to be cleared. The shopping centre, to be built on the western side, would displace general aviation which would then be located further east, where more land would need to be cleared. To maintain sufficient space for air services, a second parallel runway (which has been in the plan since the 90's) would need to be developed.

Hon Paul Lucas, Deputy Premier and Attorney-General, Minister for Local Government and Special Minister of State will review the plan, taking into account the 22 submissions received, and make a decision later in the year on the final land use plan.

Federal, state, and local government representatives and the community have been alerted to the serious threat to an area of natural significance adjoining a World Heritage Area and the Great Barrier Reef Marine Park. Following a meeting at Machans Beach attended by airport representatives, a delegation representing community interest groups attended a meeting with Hon Paul Lucas which Steve Wettenhall arranged. It was reported that the delegates had a good hearing and that Paul Lucas is well aware of the concerns expressed.

The Machans Beach Community Association launched a petition to Hon Paul Lucas, stating that this construction, if it proceeds, will inevitably lead to

- The destruction of 100 hectares of important mangrove wetlands;
- Increased risk of flooding, storm surge and tsunamis to the Cairns Airport and adjoining residential areas and
- Diminished quality of life for residents in adjoining areas.

And request that the House:

- 1) Remove any provision in the Cairns Airport Draft Land Use

Our last Community Association meeting was of the opinion that we now wait on the Minister's decision and, depending on that outcome, respond accordingly. In the meantime there is on-going action being co-ordinated by the Barron Delta Mangrove Protection Campaign. A petition can be signed at CAFNEC and a letter of concern to Paul Lucas, cc to Tony Burke and Vicky Darling would be of assistance (addresses below).

Contact for Barron Delta Mangrove Protection Campaign is Rob Williams 0432287032 rbwil42@yahoo.com.au

Hon Paul Lucas, Deputy Premier and Attorney-General, Minister for Local Government and Special Minister of State - info@dip.qld.gov.au

Hon Tony Burke MP, Minister for Sustainability, Environment, Water, Population and Communities - Tony.Burke.MP@aph.gov.au

Vicky Darling, Minister for Environment and Resource Management - environment@ministerial.qld.gov.au

Barron Delta Mangrove Protection Campaign

Plan 2010 for a Movement Expansion Precinct; and,

2) Restrict any site development that results in the removal of any mangrove wetland surrounding the Cairns Airport.

Who should care? Local residents should care, as the bunding of 100 hectares of floodplain would certainly cause chaos in surrounding residential areas. Recreational and commercial fishers should care as marine wetlands are the nursery for a lot of marine life. The tourism industry should care as visitors come here to see and experience nature. The local council should be concerned as flooding is already an issue in coastal suburbs. For their own safety the Cairns Airport which is built at sea level must care and needs to take into account the fact that the square kilometre of mangroves on their seaward side that they eventually want to turn into a movement expansion area, is a valuable buffer against ugly weather.

The Qld Environment Minister Vicky Darling has the Great Barrier Reef Marine Park to care for so she's in. Tony Burke our federal environment minister has the World Heritage Area adjoining the Barron River Delta to care for.

Plants and animals living on the Great Barrier Reef will care, as the water quality and food supplied by marine wetlands are an integral part of the health of the reef.

The focus of the Barron Delta Mangrove Protection Campaign is

1. To have the movement expansion precinct (second parallel runway) taken off the land use plan.
2. For the mangrove wetland of the Barron River Delta to be protected from any further airport development.

The petition can be signed at CAFNEC and a letter of concern to Paul Lucas, cc to Tony Burke and Vicky Darling would be great (addresses below). Contact for Barron Delta Mangrove Protection Campaign is Rob Williams 0432287032 rbwil42@yahoo.com.au

LIFE SAVING REFLECTORS

The Wildlife reflectors are now in place on the Access Road. This does not, of course mean that we can drive as fast as we want to on the road at night and still maintain wildlife safety.

Early morning travellers would have noticed a bandicoot death on the first night and tragically, a wallaby death 4 days after installation. The wallaby death occurred, however, outside of the test area for the reflectors.

Please remain vigilant in the hours of darkness and slow down at night if possible.

Barry

MOON OVER MACHANS

**Saturday 8th
October**

Keith Edwick Park,
Marshall St
Machans Beach



MARKET starts 1:00 pm with great stalls and food

KIDS' ACTIVITIES including 'best decorated bike competition' with prizes for primary-age kids

FAR PAVILLION WINE BAR 1:00 – 5:00 pm

DEBATE starts 3:00 pm: *'Have we gone Around the Bend with the Invention of the Wheel?'* (hecklers required)

LOCAL ART EXHIBITION 4:00 pm at Ebony and Ivory Restaurant

MAIN BAR opens 5:00 pm with entertainment till 9:00 pm

Song and dance from Machans Beach School
The beautiful voices of WOYAYA, A capella Choir
Sassy Cats Risqué Dance Review

And THREE BANDS:

REGGAE BLISS *to soothe the soul*
FINGERPRINT *blues sensations*
THE FLYING LIBIDOS *lock-up-your-daughters rock & roll*

My name is Scott O'Neill. I am a scientist and the Program Leader of an international research team that is looking for a way to control the spread of dengue fever.

Our method is to stop the dengue carrying *Aedes aegypti* mosquito from passing the virus between humans and we hope to do this by introducing a naturally occurring bacterium called *Wolbachia* into the existing wild mosquito population. The effect of *Wolbachia* works like a vaccine for the mosquito and reduces its ability to pass the dengue virus to people.

You may have heard through recent media reports, or spoken to friends who live in Yorkeys Knob or Gordonvale, about our research and the first successful trials of our method in these suburbs earlier this year. In preparation for the coming wet



season we are considering additional suburbs to carry out further trials. To inform that decision we are beginning a period of consultation where we hope to talk to as many residents as we can about our work, at the same time listening and responding to any questions and concerns.

We are grateful to the committee of the Machans Beach Community Association for the opportunity to introduce our Cairns team and outline our expectations for possible trials in Machans Beach at the Association's October meeting (Thursday 13th) – and we hope to see you there.

In the meantime if you have any questions about the Program please call the Cairns office on 1800 811 054 or visit our website www.eliminatedengue.com Professor Scott O'Neill

FAREWELL TO OUR COMMUNITY GARDEN

After consultation with EQ representatives –the Facilities Manger, The Principal Advisor and WHS Personnel in Regional office - it has been decided that the Community Garden within the school grounds is to be dismantled. There are number of identified concerns which have caused the garden to become an unsafe place for staff, students and community members.

There has also been a perceived lack of interest from the majority of parents, P&C and the broader Machans community. While I accept there are some very keen community members who have tried valiantly to raise an interest this has not been forth coming nor consistent enough to continue the project.

Over the next few weeks the garden is to be cleared with a number of plants relocated to other community areas

outside the school by both the Machans Gardening Group and Permaculture Cairns.

I would like to sincerely thank everyone for their efforts over the years to try to make this garden a workable and enjoyable experience. However, as time goes on, it has become an increasingly difficult project to manage within the confines of the school, especially with expectations which are increasingly placed upon us as educators.

I would sincerely like to acknowledge how the garden has done a wonderful job of creating an interest in growing fresh produce with our students. This love will continue as we create a garden with the students which is closer to the buildings, where students can be more readily supervised and where students have more ownership. (The huge garden was

overwhelming for small people to work in and they didn't feel as though it is "theirs")

I would also like to thank the original members of the community garden who all started this in 2005 and the Cairns Permaculture group who shared their passion and vision in the past few years.

While I don't expect everyone to understand the changing demands in a school, I sincerely hope you do understand that this decision has not been made lightly nor with any intention of upsetting those who have worked so passionately.

Thank you for your understanding and support with this decision,

*Jane Termaat Principal
Machans Beach State School*

LOCAL AREA DISABILITY COORDINATION SERVICE CENTRE OPENS IN YORKEYS KNOB

People with a disability and their families will have greater access to support and services in their local community following the opening of the Barron River Local Area Coordination (LAC) Service Centre at Yorkeys Knob in August. The Barron River Local Area Coordination program supports the "Barron River" communities of Aeroglen, Stratford, Freshwater, Machans Beach, Holloways Beach and Yorkeys Knob.

Local Area Coordinators assist people with a disability to work towards achieving the lifestyle of their choice, helping them to plan for the future and to build supportive relationships and networks within their community, depending on their individual needs and interests.

And also provide support to family and carers to assist them in the important role they play in lives of people with a disability.

The Barron River Local Area Coordination program works with community to develop a more inclusive and supportive environment for local people with a disability and their families.

Everyone is welcome to contact Colleen McRae, Local Area Coordinator for information about available services and resources.

Colleen can be contacted by telephone and email or can meet you at your home or somewhere of your choice. Telephone: **07 4081 0817** Mobile: **0427 016 871** Fax: 4055 7005

Email: Colleen.Mcrae@Communities.qld.gov.au

Or you can call into the service centre located at: **Shop 1D – 455 Varley Street Yorkeys Knob**

Colleen will be happy to show you around and provide more information about the Local Area Coordination Program and how it operates.

Colleen

NEWS FROM OUR POST OFFICE

I am now accepting "on consignment" goods for sale in the post office. The only limits are that the goods are not being sold at the markets or are placed with every shop in town and that the goods are hobby only manufacture. Details will be available from the post office when you are ready to sell your treasures.

Cards for chr....(still not allowed to say that word yet) will be at a reduced rate again this year but the stamps will not be available until November 1. Postage for overseas parcels by sea will have closed by now but by air will be open until about a week before chr....

A new product coming on line is the large 3kg express bag. These will only come in a unit of ten. The price is yet to be fixed but will differ with the volume bought.

As I am writing this a young fellow has just walked up the street carry a barramundi, with the biggest smile on his face. So, here's to good fishing and I will see you in the post office from time to time.

Russell.

Machans Beach State Emergency Service

Our Social Club In the past, the Social Club has sponsored events such as Go-Karts, Cable Water skiing, Skyrail and lunch at Kuranda, White Water Rafting, 10 Pin Bowling and dinner, Paint Ball and now dinner at Charlie's restaurant. The end of year event promises to be interesting – Rainforest surfing. Beginning next year, the Social Club, as a trial, is proposing to sponsor three events per year.

Positions Available We have vacancies in Flood Boat, Land Search and Storm Damage Operations. Recently, it was obvious there is a need for more Land Search members when members were required to assist our very own community. Fortunately, we were able to call on other Units to assist. If circumstances were different and other Units were busy attending to their own communities, we would not have the resources to even help our



own community. It is unfortunate that the workload falls on the same few people.

Local Training Two new members and an existing member who missed out on the local training are completing Ropes, Knots and Holdfast Course with Cairns members. Thank you to Cairns for including our members in their Course. It is difficult to run a Course with only a few participants.

Air Search One of our members who participated in an air search for 2 missing persons in the Princess Charlotte Bay area, located the overturned boat with the occupants sitting on top. Great spotting from 1200 feet.

Enquiries Ring the Duty Officer on 4055 9277. From all of us at the Machans Beach SES

132 500 – Flood Storm Emergency

HUMAN NOT DOGGIE FOLLY. NO ONE BLAMES THE DOG WE WANT TO LOVE THEM

Following is an exact copy of a note that showed up in my letter box a while ago.
“STOP YOUR RAGING WAR ON INNOCENT DOGS!!!! GET A LIFE!!! OR SOME EAR PLUGS!!!
FROM – UNITED DOG LOVERS”

In response I'd like to say I do have a life – it's busy and varied, and my greatest joy is to come back to Machans Beach, my home of 21+ years, and counting. I have nothing against dogs – isn't it great there are spaces to exercise them – but constant barking is not acceptable.

So – to the United Dog Lovers – I would respectfully ask you to consider the following:-

- Exercise dogs sufficiently to stop “boredom barking”
- Secure animals at the back of the yard so they are not constantly “on duty”
- Keep small dogs on a leash so they don't harass the large dogs in the yards
- Train dogs not to bark at community members as they stroll through town
- Consider a muzzle if neighbours tell you the dog(s) bark all the time you're away from the house.

Midge

LOBO ...occasionally known to some as Rodney Bailey (1955-2011)

A person dear to many Machanites has only physically exited our lives during the past equinox.

From the” old days “of Cedar Bay and Hartleys Creek to his present home at Pascoe Farm out of Lockhart River, our “brother Lobes” has entertained friends and family with his music ..His enthusiasm and passion for hitting the road and playing music that told a story precious to those that remembered the “early days” was infectious, leading many of us to Wallaby Creek each year to camp and jam together.

...Lobes was given the choice of debilitating surgery or 3-6 months of life. He chose door #3 and got 1 year ...which he used to visit his mum and brother in South Australia spending valuable time with them, a gig at the F.R.L. concert in Melbourne, a last Christmas in Byron with the extended family, numerous recording sessions and a spell of tending his garden at the Pascoe. He achieved this using natural therapies and pure tenacity.

When saying goodbye to our friend, I reflected that it was too bad he couldn't take his much used truck or his favourite guitar, but then I thought, when you already have so many valuable things in your heart to carry through the gate....gifts of respect, honour appreciation and talent, nothing else is needed. Thanks Lobes, from your loving tribe of friends and family xxx

Cindy

Hall Activities October 2011

Tuesday

Yoga at Machans
5.15 - 6.30pm
Martha 40559 538

Wednesday

Tai Chun Academy
5.00 - 8.00pm
Darcy 0412 027 216

Thursday

Tai Chi
10.00 - 11.30am
Kathryn 4093 0466

Friday

Sassy Catz Dancing
12.30 - 2.30pm
Jillian 0412 036 771

Saturday

Cairns War Games
9.00am - 5.00pm
Connor 0429 820 971

Community

Association Meeting
2nd Thursday of the month 7.30pm
Carol 0428 326 813

Hall Bookings

Bob: 4037 0240

G'Day from Steve Wettenhall MP State Member for Barron River

Licensed Builders If you are having any work done on your home, I urge you to use the Queensland Government's free online search facility first. This will confirm if the contractor is licensed, what work the license entitles the contractor to do and a full history including any conditions imposed on the license. For further information visit the Building Services Authority website www.bsa.qld.gov.au

Public Holiday Consultation Premier Anna Bligh released a discussion paper titled *Getting the balance right: A proposal on holidays in Queensland* as part of a review of the State's holiday system which includes

- Moving the Queen's Birthday to create a new Summer Public Holiday
- Allocating an extra public holiday when Christmas, Boxing, or New Year's days fall on a weekend
- Expanding state school Easter holidays from six days to two weeks.

You can register your opinion via an online survey at www.qld.gov.au/holidayproposal until Monday, 31 October, 2011

Building Boost \$10,000 is available to help you build or buy a new home in Queensland from 1 August 2011 to 31 January 2012. For further information visit www.qld.gov.au/boost


Steve

Green Paper for this issue provided by
Warren Entsch MP Federal Member for Leichhardt

Machans Beach
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4055 0539
Fish & Chips - Burgers - Drinks

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 Cnr O'Shea Esp. & Machan St, Machans Beach


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