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## Community healing 20 years later ...

A memorial event held on Tuesday 19 November, to mark the 20th anniversary of the death of Mulrunji Doomadgee at the Palm Island Police station in 2004, was a healing event for the community, Palm Island Mayor Alf Lacey says.

Sister Valmae Doomadgee said words couldn't explain how much they appreciated the day.

"On behalf of myself and families we would like to thank all our local businesses for their time, consideration and help with food and preparations for the 20th anniversary," she said on Facebook.

"And to the Palm Island Aboriginal Shire Council, Mayor, Councillors, CEO and their wonderful staff & workers — without you it wouldn't be possible, so thank you all who participated and helped in the shadows especially Tania."

She also thanked speakers on the day who included Dr Gracelyn Smallwood, Lex Wotton and Alec Doomadgee, who travelled with his mother Noreen, son Bailey Dumaji and nephew Don Don to be there.

"Your presence was so strong and

powerful and was felt throughout the day," Valmae said. "Thank you for travelling here to help us all heal, forgive & move forward as a family, as a community."

Mr Doomadgee said he was on Palm for two days.

"The past two days here on Palm has been very healing and spiritually uplifting due to the respect and kindness of the community and my Doomadgee family," he said.

Dr Smallwood said it was about trauma healing.

"It just seems like yesterday," she said. "Mulrunji's death sparked a resistance, and all that trauma has built up. This time was a little bit different, the anger wasn't there.

"It was very sad.

"The police were very cooperative and very supportive of the cultural business. "Alec did special ceremony and then there were speeches, and we spoke about trauma healing — this should never happen again."

Mayor Lacey said the day exceeded his expectations.

"It was a time for community to come together and not so much opening up old wounds, but finding a process in terms of all of us moving forward and getting things done, particularly for the new generation in our community," he said.

"It was about how we find inner peace in ourselves — human rights is always going to be an issue, no matter we live.

"I want to thank the community for participating, I think it was really important that we just had a moment to ourselves as a community to sit down and think about things and where we want to move forward."



# Townsville HHS urges residents to prepare for cyclone season

With the start of the official cyclone season just around the corner, the Townsville Hospital and Health Service (HHS) has urged everyone to make health and wellbeing preparedness one of their top priorities.

The season officially started this month and the Bureau of Meteorology has warned more severe cyclones could impact Australia this season.

Public health director Dr Steven Donohue said now was the time to start getting your medications and first-aid kits ready.

"Taking proactive steps now can help safeguard your health and the health of your loved ones," he said.

"Make sure your disaster kit includes a well-stocked first aid kit which is easily accessible and includes spare essential medications in original packaging along with bandages and antiseptic solutions.

"By taking some simple steps now people are not only prioritising their own health but also contributing to the overall community resilience."

# 13 <sup>#</sup> 15 <sup>#</sup> DECEMBER 2024



### **Nominated Teams**



#### MEN'S

\$35,000 based on 14 Teams

BARRACUDAS 1 SSI DESCENDANTS

WALLABY POINT BOARS
STUMBO WALSH MEMORIAL

MT. BENTLEY RAIDERS

WAANDI WARRIORS

NORTHERN CROCS

**MANTA RAYS** 

**CHERBOURG BROTHERS** 

YARRABAH YULU

**BAY SIDE TRIDENTS** 

BARRACUDAS (GREEN)

**WOORABINDA WARRIORS** 

**STINGRAYS** 

#### **WOMEN'S**

\$15,000 based on 6 Teams

WAANDI WARRIORS ROSIEMINDA MEMORIAL KACEY 83 MEMORIAL BIRRI GOOTHALINS CHERBOURG TIDDAS

PALM ISLAND BARRACUDETTES



TO NOMINATE YOUR TEAM, CONTACT TELSTAN - FASTSPORTSWEARSALES@GMAIL.COM

## THE NEXT Palm Island Voice DEADLINE\*

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The **Palm Island Voice** is published \*weekly if we have paid advertising, or otherwise fortnightly by the Palm Island Aboriginal Shire Council. For advertising rates and/or more information contact the Editor on 0419 656 277 or at howeschowes@gmail.com Members of the Palm Island community and local organisations are welcome to submit birthdays, community information, pics, yarns and letters to the Editor, Christine Howes. You can also follow us on Facebook! We have 2,900 'likes' and more than 3,000 followers! The **Palm Island Voice** is free and online at http://www.chowes.com.au

Operating Hours for Palm Island Council are Monday—Friday 8am – 5pm If you have any questions please contact Reception on 4770 1177 or 4770 0200 Palm Island Aboriginal Shire Council has 5,400 'followers' on Facebook!!!