



Palm Island Voice



Your community

Your newspaper

Issue 13.
29 February 2008



Mayor Delena Foster and fellow Councillors Rosina Norman, Zac Sam, and Magdalena Blackley talk with doctors Shannon Springer and Raymond Blackman about their plans to set up a general practice on Palm Island, once they have finished their specialization training.

Published Fortnightly

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Young Doctors Plan for General Practice on Palm

Palm Island Aboriginal Shire Council recently held a positive and exciting meeting with two young indigenous doctors who wish to establish a general practice on Palm Island.

Raymond Blackman, who has family on Palm Island, and his colleague Shannon Springer, would like to establish a general practice on Palm Island.

Their practice would provide GP services and community based health work to the community.

And of course, their plans include employ-

ing local workers within the practice also.

Doctor Blackman and Doctor Springer expect to finish their training as special General Practitioners by the end of 2009.

If everything goes to plan, they would be ready to start their practice in 2010.

Council CEO Barry Moyle, said this was very exciting news for Palm.

Readers are advised this publication may contain the names and images of people who have passed away.

**Next Issue Out
14 March**
Stories and Advertising due 7 March

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email: editor@piac.com.au

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Editor

Catherine Lawler
Editorial Assistant

Alfred Clay

Contact Details

Telephone:
07 4770 1177

E-mail:

editor@piac.com.au

Printer

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Where Do I Get a Copy of *Palm Island Voice*?

Pick up a copy every
second Friday from:

- Council Reception
- Retail Store
- Hospital
- CDEP
- TAFE
- Airport

Palm Island Voice



Students Unveil Wall of Fame

The unveiling of the 'Wall of Fame'... The wall is a tribute to the community's achievements...

Palm Island Voice



Kid's Creativity Comes Out Photography Workshops

The recent 'Kids the Lens' photography workshops... Children learned to capture their own stories...

Palm Island Voice



Elders and Children March AGAINST ILLEGAL DRUGS

Palm Island Elders and Children... They marched to show their opposition to illegal drugs...

You can
also subscribe to *Palm Island Voice* and we will
post you a copy.
See Page 12 for information
on how to subscribe.

Memories of the Old House

Eddie Walsh shares some stories of the old Krause house, which has now been demolished to make way for new accommodation.

The Old House

I picked up the Palm Island Voice news paper just now (Issue 11 – 1 Feb 2008) and the picture of the beautiful old house, reminded me of a story told to me about the weather board house.

I was driving the Ambulance back then, anyway I had taken someone down to the hospital, and as was the practice then I would around the hospital for the person to be seen and if they weren't too sick the nurse would ask me to give them a lift back home, that was the old hospital, the one before the one we have now.

So while I waited around one morning I decided to go out the back to where people were allowed to smoke, and see if there was anyone there to yarn with, and sure enough Aunty Lindy-Lou was sitting out there looking across Mango Ave at the old Krause House.

I must have startled her for while, for when she looked up at me she said, "Oh hello boy I was just looking at that old house over there and thinking back." I said, "I'm sorry if I disturbed you old girl".

Then she went on and said, "You see boy that was the first place I ever worked when I left school. I was young then, very young and pretty too boy," she said so very proudly.

So that's a story I know about the old house of Mango Ave.

And then I think about all the hard work that went into building that great old house, firstly the timber cutters, the old blokes like Friday Lary that dragged the timber out, the men in the saw-mill that cut the timber to size, the men that built the house. Then there was the gardener of the house, who also had to fetch water from the well, the groceries, bread and meat, and the young pretty girls like Lindy-Lou, who did all the cleaning and housework, and looking after the children of the white people that lived here back then.

They were really hard times, but I suppose they would say they were also good times, that's because they were young.

Story from EJ Walsh "Super"

Authors Note:

Thanks to Gana P and Lizzy L for letting me use your mum's and dad's names here.

Palm Island Voice

Your community Your newspaper

Issue 11.
1 February 2008



Krause House Makes Way for More Housing

Issue 11 of Palm Island Voice reported on the reasons why the old house had been pulled down.

Published Fortnightly

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PROPERTY CONDITION ASSESSMENTS

WE NEED TO COLLECT SOME INFORMATION

ABOUT YOUR RENTAL PROPERTY.

AN OFFICER FROM ABORIGINAL AND

TORRES STRAIT ISLANDER HOUSING WILL BE

VISITING YOU SOON TO

CONDUCT AN ASSESSMENT OF YOUR PROPERTY

Aboriginal and Torres Strait Islander Housing will be coming to your house to collect data about your rental property on behalf of the Council. An officer from Aboriginal and Torres Strait Islander Housing will visit you shortly to arrange a suitable time to carry out the assessment of the property. Thank you for your assistance.



ABORIGINAL AND TORRES STRAIT ISLANDER HOUSING



COUNCIL PROJECT UPDATES

Tourism Review

The representatives from Queensland Tourism and group of tourism operators who visited Palm Island last year, have submitted their report to Council. The report noted Palm Island had excellent potential for low impact eco-tourism activities such as fishing, bush hiking. In the near future, Council will set up a committee to review the report and how best way to go forward.

Retail Survey

Towards the end of last year, people shopping in the town square were asked to complete a survey about what shops they would like to have on the Island. This survey was part of the work Council is doing with Indigenous Business Australia to decide which shopping services will be of most benefit to the community and how to deliver those services. Now the survey has been completed, a report is being done to establish the feasibility of a number of stores, which are likely to include a newsagent, clothing store, and sports store.

Local Indigenous Partnership Agreement (LIPA)

Following the change of Federal Government last year, the State Government working towards establishing a joint arrangement with the Federal Government whereby, the LIPA will be reworked and refocused to include both State and Commonwealth in the agreement. With both levels of Government working together, it is hoped they will be able to deliver better outcomes for the community.

Land Tenure Project

Department of Natural Resources and Water (DNRW), Council and the Manbarra are still discussing the strategic framework they will use for this project. That is, they are still discussing how best to work effectively together. Amendments to relevant legislation, which will make it easier for people on Palm Island to apply for and register leases is expected to pass through State Parliament in March, this year. However, any such lease applications would be subject to the Native Title, Indigenous Land Use Agreements, and town planning issues which are part of the Land Tenure Project.

Alcohol Management Plan

The State Government is not looking at the prohibition or banning of alcohol in Indigenous Communities. Instead, they are leaving this decision to individual communities. If a community decides they want to ban alcohol, the Government will help the community do this. Also, the State Government is providing funding to help communities reduce the violence which often arises from excessive alcohol consumption through

funding facilities such as diversion centres.

Also, by the end of 2008, Indigenous Councils will no longer be able to hold the licence for a hotel. For Palm Island, this means the Council will have to divest itself of the licence for the Coolgaree Bay Hotel. They would have to establish a separate entity to hold the licence for the hotel, or lease the business to a private enterprise. This is a matter the Council will need to talk to the community about.

CDEP Bakery

There have been some delays with arranging the necessary paperwork to put a formal lease in place for this project. Also, there is still some work for Council to do to ensure the bakery is fit for CDEP to occupy as a business. However, once these things are finalized, CDEP will be moving in as soon as possible.

Water and Sewerage Infrastructure

Upgrades to the sewerage treatment plant have commenced and should be finished by the middle of the year. The water treatment plant will be upgraded to incorporate a rapid sand filter, and this work should be started in about two months time.

Roads and Transport

Council has received funding in excess of \$3million to repair and upgrade the roads on the Island. This work will be undertaken by the commercial arm of the Department of Main Roads. To further assist Council a consulting engineer has been engaged to develop a flood plan to identify and document likely areas and expected levels of flooding and this will help with development of the roads and drainage system. Council is also consulting with the Department of Transport about an extension to the Airport apron.

State Government Centre

The contract for the building works on the new State Government Centre has been awarded. Council has given the builder access to the old JJ MacDonalds site and buildings, for them to refurbish and use as accommodation while on the Island. Afterwards Council will decide whether to continue using the buildings as workers' accommodation, to raise income from other contractors, or whether to use the buildings as accommodation for residents of Palm.

Animal Pound

A small grant of \$60,000 has been received to upgrade the animal pound and associated buildings. This means Council's Animal Control Officers will have their own premises, and better facilities to deal with stray animals.

Meet Candidates for Palm Council at Community Forum

Palm Island has a strong field of candidates for both Mayor and Councillors positions in the upcoming Council elections.

Thirteen members of the Palm Island community have nominated to stand for election as councillors and there are three nominations for Mayor.

The Council elections will be held in just under two weeks time, on Saturday 15 March.

Following the changes made as part of the State's Local Government reforms, the number of councillors on Palm Island Aboriginal Shire Council following this election will be reduced from six to four. So, of the thirteen nominations, only four can be elected.

Meet the Candidates

All members of the community are invited to attend a **Council Candidates Forum**, where the candidates will be speaking. This Forum will be held on **Tuesday 11 March**. The time and place are yet to be advised, but it is expected to be held in the afternoon or evening. Posters with details of the place and time will be placed around the community once they are available.

Councillor Candidates

The thirteen candidates for Councillors are:

1. Lynette Freckleton
2. Ruth Gorringer
3. Michael Thaiday
4. Cindy Clumpoint
5. Zina Prior
6. Raymond Sibley
7. Merle Robertson
8. Zacchias Sam
9. Alfred Bonner
10. Rosina Norman
11. Robert Blackley
12. Raymond Roberts
13. Magdalena Blackley

Mayor Candidates

The three candidates for Mayor are:

1. Delena Oui- Foster
2. Josephine Geia
3. Alfred Lacey

All these candidates are to be commended for being prepared to undertake the hard work associated with being on the Council. So, good luck to them all!

Palm Island COMMUNITY COMPANY

UNIQUE OPPORTUNITY

Here's your chance to make a difference

General Manager and Services Manager

Are you looking for a new challenge with an innovative organisation?

The Palm Island Community Company was established in October 2007 to:

- provide business advice and support to the Palm Island community,
- manage the delivery of a range of human services and;
- offer business services to non-government organisations.

The company is a partnership between the Palm Island Aboriginal Shire Council, the Queensland Government and the Palm Island community.

The Company is looking to recruit its key staff. The two positions available now are General Manager and Services Manager. These two positions will play a pivotal role in the Company's operation and will work closely to ensure better outcomes for the people of Palm Island.

General Manager

The General Manager will be responsible for

- managing operations of the Company
- ensuring the Company meets its obligations under all agreements
- developing effective partnerships and
- managing Company staff.

The position will be based in Townsville.

Services Manager

The Services Manager will be responsible for

- managing the provision of human services on Palm Island,
- identifying human services that a government department or agency could fund on Palm Island and
- seeking continuous improvement in the quality of services provided by the Company.

The position will be based on Palm Island

Experience working with Indigenous communities is desirable. Both positions will travel regularly. Attractive remuneration packages will be negotiated.

For further information contact Stephen Bullow at stephen-bullock@optusnet.com.au or on 0409 172 063.

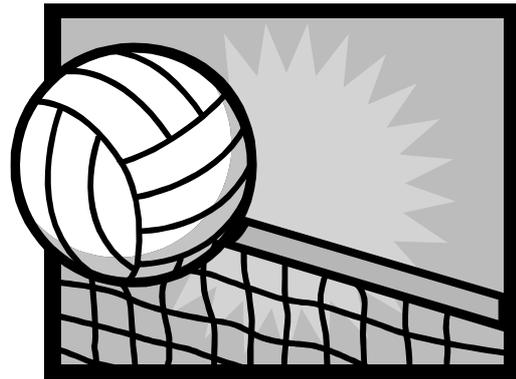
Applications close 11 March 2008.

Barrackers Welcome at School Sports

Thursday the 21st of February saw the start of interschool sport between Bwgcolman and St Michael's for all students in years 4-7.

Every Thursday from 1.30-2.30 there will be sport happening at various locations around Palm Island.

Soccer is at St Michael's, Oztag and Bocce are at Bwgcolman, Senior Cricket, Softball and Teeball are at the Farm, Junior Cricket is on the Top Oval and Table Tennis is at PCYC.



Friends and family are welcome to come along and watch. Actually, we would love for you to come and cheer for us.

2008 is going to be a really great year for school sport on Palm Island with lots of exciting things happening in both the primary school and the high school.

A big thank you to the CDEP crew for doing a great job cutting the farm grass and cleaning the cricket nets for us, your support is really appreciated.

Also thanks to PCYC for helping make it happen as well.

Story from Miss Jen Swords
(Jennifer Swords)

Primary PE, Bwgcolman Community School

Volunteers!!! Volunteers!!!

The Team at the Palm Island PCYC is looking for some more volunteers to help out with the many activities they run for the community.

If you register as a Volunteer you can get involved in a whole range of events and activities including the Youth and Children's programs, or even help out at Bwgcolman Radio.

Volunteer work is not only personally rewarding and satisfying, it can help develop skills and confidence you can use when looking for employment.

If you think you would like to join the friendly team at the PCYC, or if you have any questions about what is involved, you can contact Laneia Tuibua at the PCYC.

Call in and see her at the PCYC or telephone on 07 4770 1793.



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BRISBANE LIONS VISIT PALM and try some jetty jumping

On Friday the 8th of February Brisbane Lions players Jared Brennan, Jason Roe, Anthony Corrie and long-time assistant coach Craig Lambert visited Bwgcolman and St Michael's schools.

All of the Brisbane Lions team were in Townsville for the week for the Lions Community Camp.

North Queensland AFL Manager Richie Lyons used the opportunity to organise a visit by members of the three time premiership winning Lions team to every primary school in his district.

Both schools had an assembly for the Lions, where Jason, Jared and Anthony all talked about their experiences growing up and how important it is to go to school and to stay in school.

They also talked about how important it is to be fit and healthy and to work hard to achieve your dreams.

One thing that made the boys laugh was that despite easily being able to name Cowboys coach Graham

Murray no student from either school could guess the name of legendary Lions coach Leigh Matthews.

The closest guess was by Erona Miller who guessed Leigh Mills.

The main reason for the Lions visit was to help promote healthy lifestyles, but it was also a lovely excuse to have some fun kicking around the footies which were kindly donated to the schools by the club.

The Brisbane Lions players were all very funny and great with our students and seemed to really love their short Palm Island visit as evidenced by their after school fishing and jetty jumping stint.

**Story from Miss Jen Swords
Bwgcolman Community School
Photo courtesy of Cameron Laird/ Courier Mail**

Picture: Anthony, Jared and Jason had heard that Palm Island is famous for jetty jumping and after a very hot day at school they couldn't resist our beautiful blue water.



Deadly Palm Talent and Special



In spite of the rainy weather over 600 community members and guests were at the Palm's UP Concert on Sat 16th Feb 2008. This huge turn out of support made sure the concert was a great success.

The concert was the final show case of all the deadly talent that had been nurtured and encouraged as part of the Palms UP project on Palm Island.

Palm's UP, through the SpeakOut team, have been coming to Palm once a month for the last 8 months and working with young people from across the community aged between 10 and 20.

Palms UP Project

The Palms UP crew have been delivering arts and cultural workshops, hip hop dance, song-writing, Mcing, beat boxing, visual art and screen printing .

The final concert came after another week of workshops with young people from the Bwgcorman Community School, Senior Phase of Learning, TAFE and other young folks from the community.

Palms UP has been working to provide space for young people to engage in arts and culture, share stories and develop skills.

The project has supported young people to yarn about issues in a space where they're encouraged, supported and have positive role models.

The concert was an event in which young people and community members could show their stuff, be proud, hang out together and enjoy a deadly community celebration.

Special Guests

Uncle Archie Roach and Aunty Ruby Hunter (pictured left) were the special guests of the event. They performed alongside the young people involved in the project,

The next generation from 'Descendance' traditional dancers, Dreamkeepers, Uncle Micky Thaiday, Noel n Noel, Aunty Kathy, Bwgcorman Staff Band, Daniel Romaine and the SpeakOut Artsworker Crew also performed at the concert.

The concert was a incredibly well supported, and it provided and uplifting and inspiring community event.

Thanks to

Speak out would like to thank

- Australian Red Cross (all the Palm Island and Brisbane staff, photographers)
- Bwgcorman Community School
- Palm Island Council
- PCYC (and all the staff)
- TAFE
- Senior Phase of Learning
- Blue Water Aviation

al Guests at Palm's Up Concert



- Bwgcorman Futures
- Local performers and musicians
- Archie Roach and Ruby Hunter
- Perry Thompson for tech
- Gail Mabo MC
- Cyndell Pryor and Nancy Bamaga for the feed
- SpeakOut and the SpeakOut Artsworker team

Real Stars

Of course, thanks and congratulations must go to the deadly young people of Palm Island who made this fantastic event possible.

And many thanks to all the community members who helped make not only the concert an amazing night but supported the project and helped it to be so successful over the last eight months.

SpeakOut would also like to acknowledge and thank the traditional owners of Palm Island.

This initiative has been funded by the Department of Communities (Office for Youth) through 'Positive Futures' and was delivered by SpeakOut limited in partnership with Palm Island Communities and the Australian Red Cross (ARC).

Story from Daniel Romaine, Principal Project Officer, Government Co-ordination Centre Palm Island
 Pictures from Karrina Nolan, Speak Out, and Daniel Romaine

Send us *your* Stories



<u>Contributions Due</u>	<u>Publication Date</u>
22/02/08	29/02/08
7/03/08	14/03/08
21/03/08	28/03/08
04/04/08	11/04/08



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COMMUNITY BUS TIME TABLE AND INFORMATION UP DATE

The Palm Island Community Bus provides valuable service to the community.

To ensure the service runs efficiently and regularly, the bus runs to a specific timetable.

Keeping to the timetable is important so people know when they can expect it to arrive.

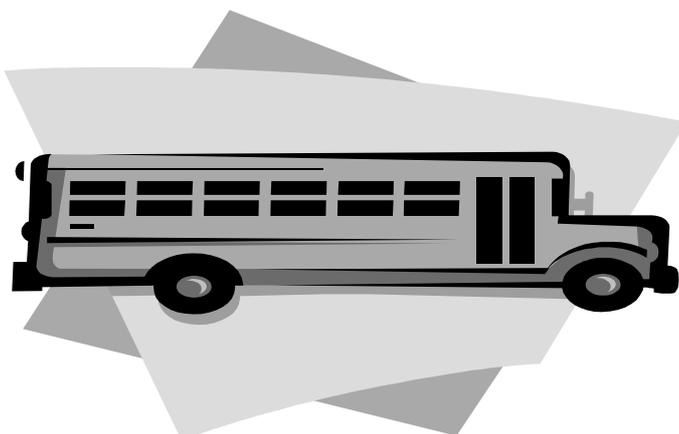
It also means they can be sure they will get to their destination on time.

To make sure the bus keeps to the time table it will not do unscheduled stops.

Also to help with running costs for this service, everyone using the bus will have to pay the full bus fare.

Morning	
TIME	SCHEDULED STOPS
7.00am	School Run
7.50am	Store – 10min wait
8.00am	Arrive Airport
8.40am	Departs Airport
8.45am	Store – 10min wait
9.00am	Chook City
9.05am	Farm
9.10am	Cook Town Area
9.15am	Hospital
9.20am	Store – 10min wait
9.35am	Butler Bay
9.40am	Reservoir
9.45am	Store – 10 minute wait
10.00am	Chook City
10.05am	Farm
10.10am	Cook Town Area
10.15am	Hospital
10.20am	Store – 10 minute wait
10.35am	Reservoir
10.40am	Butler Bay
10.45am	Store – 10 minute wait
11.00am	Chook City
11.05am	Farm
11.10am	Cook Town Area
11.15am	Hospital
11.20am	Store – 10 minute wait
11.35am	Reservoir
11.40am	Butler Bay
11.45am	Store – 15min wait

Afternoon	
TIME	SCHEDULED STOPS
12.05pm	Reservoir
12.10pm	Butler Bay
12.15pm	Arrive Airport
12.50pm	Depart Airport
12.55pm	Store – 10min wait
1.10pm	Chook City
1.15pm	Farm
1.20pm	Cook Town Area
1.25pm	Hospital
1.30pm	Store – 10min wait – No passengers
<i>1.40pm</i>	<i>KINDY RUN – SCHOOL RUN</i>
3.10pm	Store – 5min wait
3.20pm	Reservoir
3.25pm	Butler Bay
3.30pm	Store – 5min wait
3.40pm	Arrive Airport
4.15pm	Depart Airport
4.20pm	Store – 10min wait
<u>4.30pm</u>	<u>Bus Run Finished</u>



APPRENTICES AND TRAINEES

Palm Island has a strong commitment to ensuring community members are encouraged to take on apprenticeships and training.

The trainees and apprentices work very hard at both their on the job components of their course as well as the TAFE components.

In each edition of *Palm Island Voice* we will bring you the stories of a group of trainees or apprentices.

Murielle's hard work brings her success

Murielle has finished her traineeship and has passed all her units of competency to complete Certificate III in Business Administration.

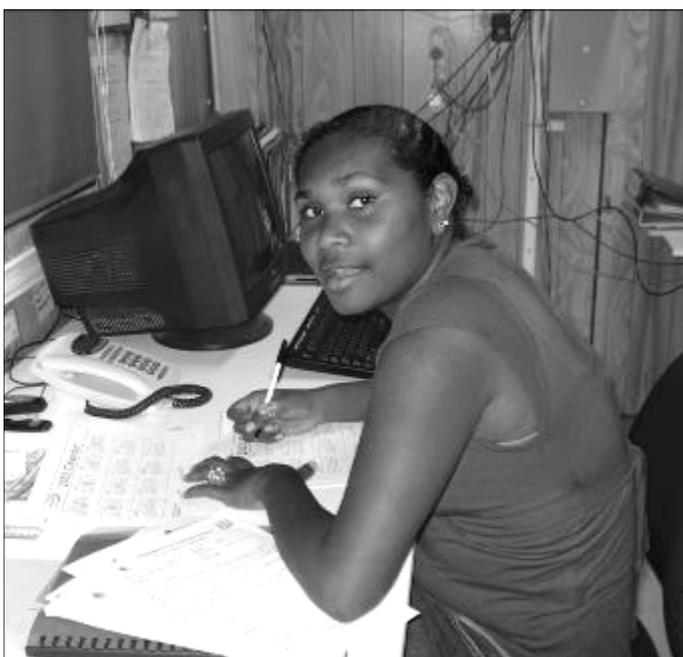
Murielle has worked very hard during her traineeship at QBuild and attended TAFE each week to finish all necessary work.

Murielle is a great role model for all trainees, and the community in general, as she has applied herself in both work and study to a high standard.

QBuild should also be every pleased and proud of their input into Murielle's successful training.

Murielle is now employed by the Palm Island Shire Council, applying all the skills developed at TAFE and with QBuild, under the supervision of Deniece Geia. Congratulations Murielle.

Story from Charles Goldsmith
Teacher/Leading Vocational Teacher: Palm Island
Aboriginal & Torres Strait Islander Studies Centre
Picture from John Newbould, QBuild



In this issue we bring you two wonderful stories about young Palm Islanders getting into the work force, and receiving recognition for their hard work and dedication to their studies.



Ron's determination & courage bring rewards

Ron Geia was recognised recently for his hard work and determination in his studies.

At a ceremony held to induct new apprentices into the 2008 QBuild apprenticeship program Ron received a certificate of completion from the Minister, to mark his graduation from the school-based apprenticeship program,

Ron has now had the courage to take the big step of leaving Palm to live and work in Brisbane.

He works for QBuild at their Rocklea Depot. He lives in Runcorn and drives to and from work every day.

As well as working he trains four days a week with the South's Logan Football Club, which is a feeder club to the Canberra Raiders.

Some people think that things like this could never happen to a Palm Islander but all things are possible. Ron's story shows that good things can and do happen.

Story and picture from Deniece Geia

★
★ **Has a young person in your life dreamt big and reached for the stars?** ★
★ **Do you know someone who is quietly achieving great things and showing the way for other young people?** ★
★ **We'd love to hear from you so we can share these wonderful stories with everyone.** ★
★

Send us *your* Stories



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✂ SUBSCRIPTION COUPON

Don't live on the Island? **DON'T MISS OUT!**

Subscribe to ***Palm Island Voice*** Now!
\$2.20 per issue (including GST)

YES! I want to Subscribe to ***Palm Island Voice***:

- 13 issues at a cost of \$28.60 or
 26 issues at a cost of \$57.20 (tick one)

My Details are:

Full Name: _____

Address: _____

SUBSCRIBE IN THREE EASY STEPS



- Complete this Form
- Make your Cheque, or Postal Order payable to Palm Island Aboriginal Council
- Send this Form and your payment to:
Palm Island Voice
C/- Palm Island Aboriginal Council
Main St
Palm Island QLD 4816

☺ Keep a copy of this form for your tax records if necessary.

GST

This document will become a Tax Invoice for GST purposes when payment is made.
Palm Island Aboriginal Council
ABN 68 799 811 816



Palm Island Ambulance

First Aid Hints and Tips

Eye Injuries



All eye injuries are potentially serious because of the dangers of infection and damage to sight. The eye may be damaged in a number of ways:
Foreign bodies – dust, dirt, insects, metal or wood fragments, eye lashes
Burns – chemicals, welding flash, sun, smoke from fires, household sprays
Trauma – direct blow to the eye causing laceration or bruising
Penetration – foreign object piercing the eye

Signs and Symptoms

- Pain in the eye
 - Discomfort
 - Bleeding or watering
 - Spasm of the eyelid
 - Redness of the eye
 - Gritty feeling in the eye
 - Burning sensation in the eye
 - Inability to open the eye
- Loss of vision, double vision

Management

- Flush with clean water
- Call 000 and ask for an ambulance
- Rest and reassure the patient
- Cover both eyes
- Lay the patient down with slight head elevation

Remember you only have two eyes, seek medical aid for eye injuries



Stinger Season Count Palm Island Number – 16

*Swim Safely
Wear a Stinger Suit
Or
Long Sleeved Shirt and Long
Pants*



STINGER FIRST AID

- Protect yourself from being stung.
- Pour Vinegar liberally over the sting site. Up to 8 litres may be required.
- If you don't have vinegar and are able, go to the nearest Vinegar Station.
- Make the person comfortable
- Protect airway, breathing and circulation
- Ring the Ambulance on **000**
- **DO NOT** wash the area with fresh water

Stinger Box Houses

Stinger Box houses have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.





FIRST AID COURSES ARE BACK!

Palm Island Ambulance Service is pleased to announce the first of three scheduled First Aid Courses for Palm Island has been organised for the 17th and 18th of March 2008.

The Senior First Aid Course will be held at the PCYC and run from 9am to 4pm on each day. Participants must attend both days to complete the course and receive their certificate.

This course is open to Palm Island residents and is **Free of Charge**. This is possible due to a grant being received through the QAS and the Medicare Benefit fund scheme. We are indeed fortunate to have their support in continuing these valuable worth while courses.

Ambo Ian will be taking names of those who wish to attend. You can contact him at the Ambulance Office at the Hospital, or by calling him on 4770 1478

The next scheduled course will be sometime in June or July

Story from Ian Day, Officer in Charge, Palm Island Ambulance.



**Birthdays
New Babies
Funeral Notices
In Memoriam**

Tell us about them!

**We'll put them in
the paper.**

It's FREE!

**Leave a note with the details at
Reception in the Council's main
administration building.**

Or give us a call. 07 4770 1177

Tell us what you think

Letters to the Editor

Tell us what you think.
About anything!
We'll keep it confidential if you
want.

Leave your letter at
Council Reception.
Or send us an email.
editor@piac.com.au

Remember:
It's your community.
It's your newspaper.

PALM ISLAND COMMUNITY HEALTH CALENDAR

Joyce Palmer Health Service

Doctors Appointments

Doctors run clinics Monday to Friday 8 am to 5 pm.

See the administration staff for appointments

Pharmacy

Mon, Wed Thurs, Fri

10am to 1 pm

2pm to 4.30 pm

Tuesday only close 6.30 pm

Dressing Clinic

8am to 4pm Monday to Friday only – unless it is an emergency

Dental Clinic

Tuesday every week in the Community Health Area. You need a current **Health Care Card** or **Pension card** to be eligible for this service. Come up between 9-10am to have your problem looked at. Then you will be booked in for an appointment at the next available clinic.

Physiotherapy

Physiotherapist visits every Wednesday. Contact the hospital to make and appointment.

Renal Clinic

The Renal Specialist (nephrologist) visits every two months, and clinics with the Renal Dietician and Social Worker are held every month. If you have been referred as a patient, the clinic will contact you with details of your appointment.

Paediatrics Clinic

The Paediatrics Clinic is held monthly at JPBS. Contact the hospital for more details.

Speech Therapy

The Speech Therapist visits Palm Island every month. Contact the hospital for more details.

Eye Clinic

The Optometrist visits once a month and the eye specialist (ophthamologist) comes twice a year. Contact the hospital for more details.

Diabetes Clinic

The Diabetes clinic is held monthly. Contact the hospital for more details.

Podiatry

The podiatry clinic is held every month. Contact the hospital for more details.

Mental Health Team

The Mental Health Team Office is open from 8.30am to 4.30pm. Phone 4753 5163. The Team can help with mental health assessment, crisis intervention, case management, consultation and liaison with persons presenting to JPBS emergency department, court liaison, Individual counselling and family therapy.

Child Health Clinic

Aggie is available from 8am to 4.30 Monday to Friday to provide help with child health problems issues such as immunisation and baby health checks.

Also provide help for some women's health issues and family counselling. Ring on **4752 5172** or call in anytime.

Midwife Clinic

The midwife is available every Tuesday and Friday from 8.30am till 3.30pm. She can provide pregnancy testing, antenatal care and education, organise ultrasounds, offer postnatal care, contraceptive advice and help with women's health issues. Call 0437 550 171 or just come up and see her.

Sexual Health Clinic

Rachel, and Frank are in the office 8am to 4.30pm Monday to Friday. The clinic is open late on Tuesday nights till 6.30pm. No appointment is needed.

We provide advice, treatment and management of any sexual health issues.

You can go to the clinic if you need help or advice about any aspects of women's health. The team can help with information about issues such as contraception, menopause, or protecting yourself against diseases that may cause infertility.

Women's Health Nurse

The Women's Health Nurse will be holding clinics in Community health on the following dates

Tuesday	11 th March	9am - 3pm
Tuesday	25 th March	9am - 3pm
Tuesday	15 th April	9am - 3pm
Tuesday	29 th April	9am - 3pm
Tuesday	13 th May	9am - 3pm
Tuesday	27 th May	9am - 3pm
Tuesday	10 th June	9am - 3pm

No appointment is needed. Please feel free to visit the nurse to discuss any Women's Health issues. Please contact the clinic on 4752 5165 for further information.

REMEMBER: If you come for your regular pap smear, we can **prevent** cervical cancer. If you are under 26 years you can be eligible for a free Gardasil vaccination, which can help protect you against cervical cancer.

ATODS

The Alcohol, Tobacco and Other Drugs Service has counsellors available to help with drug related issues, free of charge.

Users or members of their families who are worried about the impact drugs are having on their lives you can come and yarn to Craig, Jenny or Uncle Owen about what to do.

Palm Island Voice Community Notice Board

AA Meetings at Ferdy's

AA meetings to help support people with drug or alcohol problems are held at Ferdy's.

Meetings are held both day and night Meeting times are 9am and 7pm. Call day staff at the centre in the morning to be picked up for the 7pm meeting.

Palm Island Play Group

All family members with children aged 0 – 5 years old are invited to come along the Palm Island Play-group.

DATE: Wednesdays

TIME: 10.30am – 12.30pm

WHERE: PCYC child care room

Contact **Tiana Friday** – PCYC 4770 1793 or 0438 717 607

Supported by the Palm Island Family Support Hub.

Rubbish Pick Up Times

Area	Day
Chook City & Farm	Thursday
Mango Avenue	Monday
Top End	Tuesday
Bottom End	Wednesday
Reservoir Ridge & Butler Bay	Friday

Learner's Permits

Courses to assist students who are sitting for their Learners permit are held monthly on Palm. This course has an extremely high success rate.

If you want to do the course you need to enrol at TAFE. You will need your birth certificate & other ID. Contact TAFE for details of course dates for 2008.

Course Dates

10-12 March

21-23 April

19-21 May

2-4 June

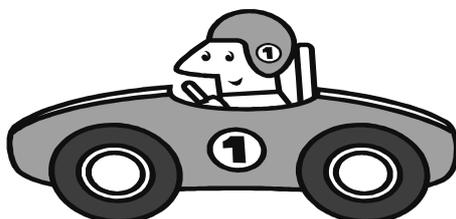
11-13 August

8-10 September

6 - 8 October

3 - 5 November

1- 3 December



Blue Cards

Construction Induction (Blue Card) is conducted by TAFE on Palm Island. This card is a requirement when working on a building site but is also gives a good sound knowledge of the Workplace Health and Safety Act, Safe work practices and Risk Assessment.

It is a three to four hour course and on completion students are issued with a General Safety Induction card

Enrolments are taken at TAFE. Contact TAFE for details of course dates for 2008.

Course Dates

13th March

24th April

22nd May

5th June

14th August

11th September

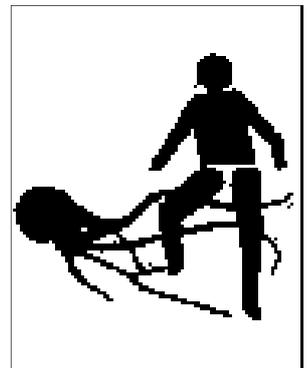
9th October

6th November

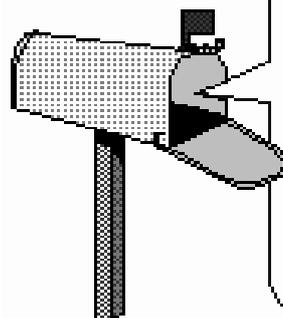
4th December

Stinger High Season November to April

- Wear a **Stinger Suit**.
- Primary **First Aid** is **Vinegar** not water or ice.
- **Stinger Box Houses** have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.



Land Tenure Project Suggestions Box



Have your say on the Land Tenure Project. You can submit written feedback and suggestions using the suggestions box, located at the Government Coordinator's Office (the old kindergarten).