



Palm Island Voice



Your community

Your newspaper

Issue 14.
14 March 2008



**Published
Fortnightly**

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Circus Oz to Perform at Palm this Easter

The Death Defying Daredevils, Hilarious Humans, Marvelous Musicians, and Astonishing Acrobats of the world renowned Circus OZ are coming to Palm Island.

Circus Oz will be performing at a Free Community Event to be held at the Palm Island PCYC on Easter Saturday, 22 March.

The show will start at 4:30pm and there will be a Free Sausage Sizzle for everyone after the show.

This amazing event is supported by Bwgcolman Future Inc and the Palm Island PCYC.

Circus Oz is a rock-n-roll based, animal free circus that all the family can enjoy.

It promises to deliver a show packed with

amazing agility, death-defying deeds, awesome acrobatics, wicked comedy and a deadly live band.

Circus Oz has a strong belief in tolerance, diversity and human kindness, which is summed up in their motto "Community, Diversity, Humanity, Hilarity".

The company has a strong commitment to social justice, while working hard to ensure a good time for all.

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

**Next Issue Out
28 March**
Stories and Advertising due 21 March

Circus Oz builds strong links with Indigenous communities



As part of their commitment to social justice the troupe works with many indigenous communities.

In fact, Circus Oz kicked off their 30th Birthday celebrations at Wujal Wujal, an indigenous community in remote northern Queensland.

Their trip to Palm is eagerly awaited and should provide some fantastic memories for everyone.

Pictures

Left: Circus Oz at Wujal Wujal community in northern Queensland.

Right: Circus Oz performers show off their deadly skills.



Reference: www.circusoz.com
 Pictures: www.circusoz.com,
www.starbulletin.com,
www.calperfs.berkeley.edu

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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 of Fame is a tribute to the community's most notable figures... It was unveiled at a ceremony on Friday night...

Palm Island Voice



Kid's Creativity Comes Out Photography Workshops

The most "This the Last" thing... The workshops were held at the community centre... Children were encouraged to express their creativity through photography...

Palm Island Voice



Elders and Children March AGAINST ILLEGAL DRUGS

Palm Island Elders and Children... The march was held on Friday... It was a powerful statement against the drug trade in our community...

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 10 for details of how to subscribe.

Project underway to build new Government Offices



Two new Government Office buildings are being built on Palm Island.

This is the reason for all the activity you might have noticed happening uphill from the Police Station and Court House. This work is the start of the first of two new Government office buildings.

The first new building will finish at the end of the year and will contain Centrelink, Corrective Services and ATODS, as well as a new court facility which will be used by the Community Justice Group.

The second building will be started later this year and will be where the existing Centrelink and Post Office building is now.

The Post Office will be moved when that building is being knocked down.

When the second building's finished in the first half of 2009, it will provide offices for Child Safety, Communities, Employment and Industrial Relations with some desks for visiting workers.

As well as the new Post Office, the new buildings will also have some other retail space.

The builder, Laurie Lindner Constructions from Cairns, has negotiated with the Council to use the old construction camp near the dam which they'll fix up as part of the project.

Building projects like this encourage more local employment and training and will include public art.

A call has all ready been put out to local artists who'd like to be involved.

Story and picture from Department of Public Works.
Queensland Government

Picture: Perspective drawing showing south east elevation of the new government buildings to be constructed at Main Street Palm Island.



**Laurie Lindner
CONSTRUCTIONS**

Construction of Palm Island Government Offices

**Commencements of Works Notice for
Lot 72 & 74 Main Street Palm Island.**

**Heavy Machinery will be in operation during
construction.**

Please exercise caution when in the surrounding area.

**If you have any questions please contact LLC
representatives.**

P: 07 4035 3705

F: 07 4035 5782

**info@llconstructions.com.au
101 Hartley St Cairns Qld 4870**



Palm Welcomes New Paramedic



New member of the Palm Island Ambulance, Lyn Jones, team has extensive experience, including time in the remote community of Doomadgee.

Story and picture from Ian Day, Officer in Charge,
Palm Island Ambulance

Palm Island Ambulance service has welcomed a new member to their dedicated team.

Paramedic Lyn Jones (pictured left) has arrived on the island and has taken over from paramedic David Kain who has transferred to Townsville.

Lyn has come from the training department in Townsville and prior to that was the Officer in Charge of Doomadgee.

Lyn is originally from Melbourne, Victoria and used to work in the medical field down there – she has 13 years experience as a paramedic

Lyn's family lives on the Sunshine Coast of Queensland and she is a grandmother with two grandchildren . Lyn has 3 adult children of her own

Lyn is looking forward to working in with the community. She is happy to be here and has commented on how everyone has made her feel welcome

She is looking forward to getting out into the community and providing a continued service through the ambulance

Please make her welcome and say Hello!!!

Put Your Business Here

Advertising space is available to all businesses, organisations and individuals who have an interest in promoting services and events to members of the Palm Island community.

Display Advertising Costs (including GST)

Full page	\$440
Half page	\$231
Quarter page	\$121
Eighth page	\$66
Sixteenth	\$44
Inserts	\$660

Discounts available for multiple bookings

**Advertise in *Palm Island Voice*
and support the community
that supports you!**

**Contact us by Friday 21 March 2008 to arrange your advertising
in the next issue of *Palm Island Voice***

Contact Catherine Lawler or Alfred Clay for further information
Telephone 07 4770 1177 Fax 07 4770 1305
email: editor@piac.com.au

Deadly Activities for Kids over Easter School Holidays

The always popular Sonic Boom Collective will be back on Palm during the Easter School holidays.

In conjunction with Bwgcoldman Future Inc and Palm Island PCYC ,Sonic Boom will be making sure there's a bunch of deadly stuff for kids to do during their holidays.

The Holiday Program will be held from Monday 7 April to Friday 12 April.

There will be Hip Hop, Circus, Dance, Music, Face Painting, and Hairdressing Workshops. They will also

be helping to record film clips for local musos.

There will also be another AMAZING community parade and community performance on Friday 12 April.

No PCYC membership is required for you to come along.

There will be two groups running at once. So younger kids can be in one group and older youths in another.

If you are between 5 and 18 years old, then come along, bring your mates, your songs or raps or just yourself and meet the Combat Wombat, and Sonic Boom crew.

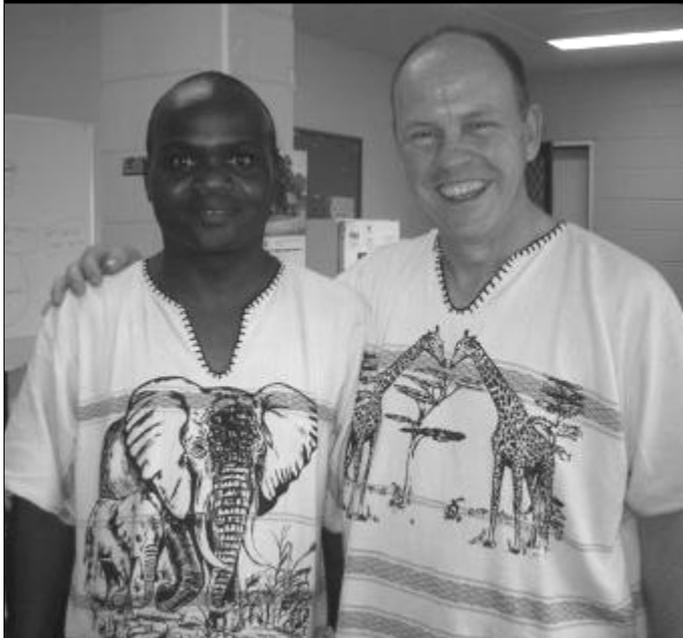
Lunch and morning tea will be provide each day for FREE!!!

Story and pictures from Svea Pitman, Bwgcoldman Future Inc.



There will be heaps of deadly things for kids from 5-18 years to do during at the holiday program

PALM COUNCIL ADOPTS SOME KENYAN STYLE



Palm Island Council's Financial Manager, John Mugambi has been working hard with fellow accountant Stanley Mugwiria and the Council's accounts team during the past year to better manage Council's finances.

The changes he has brought about have been successful and received with great appreciation.

John and Stanley are both originally from Kenya, but have immigrated to Australia. They live on Palm during the week and return to their families in Townsville each weekend.

John recently took some time out to share some Kenyan fashion style with Council's Chief Executive Officer Barry Moyle (pictured above).



LAURIE LINDNER
CONSTRUCTIONS

Experienced Camp Cook Required

You will be responsible for preparing & maintaining wholesome camp style tucker for up to 25 people twice daily Monday - Saturday.

The ability to control stock with forward planning skills are essential for success in this position.

Please forward your resume to David Monks:

Ph: 07 4035 3705 Fax: 07 4035 5782
Email: info@llconstructions.com.au

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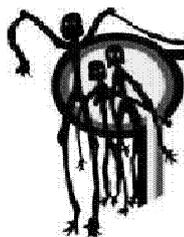
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COUNCIL ELECTIONS

DON'T FORGET TO VOTE

THIS SATURDAY

15 MARCH 2008

PLEASE RESPECT RESCUE CHOPPER

Recently an incident occurred at the helipad opposite the hospital, which could have seriously damaged the Rescue helicopter and put someone's life in danger.

The Townsville based Rescue helicopter had come to Palm Island to retrieve a serious ill patient back to Townsville.

The helicopter had landed and the retrieval team had gone into the hospital to pick up the patient

A crew member had noticed a few children outside the fence throwing mud at each other.

A noise was heard and the crew member found that mud had been thrown at the helicopter landing on the rotor blades

The mud had to be cleaned off before the helicopter could take off.

This was a very dangerous incident and could have jeopardised the crew members and the patient.

The police were called but the children absconded. This is a request for all parents to reinforce with their children the importance of the helicopter coming to Palm Island.

This behaviour is not acceptable and heavy fines could be given to anyone found interfering with the helicopter.

The emergency helicopter service is vital to Palm Island – we need it here.

So please respect the helicopter and its crew who do a fantastic job for the sick and injured in the Palm community.

**Story and picture from Ian Day,
Officer in Charge, Palm Island Ambulance Service**



Picture: The Queensland Rescue helicopter, which comes to Palm Island provides an important service to the community by helping to transport critically ill and injured patients to the mainland for treatment.

BWGCOLMAN SCHOOL'S Busy Start to the Year

Deputy Principal of Bwgcolman Community School, Andrew Shaw reports on a busy start to the new school year.

Bwgcolman Community School Celebrates the National Apology to the Stolen Generations

To mark the historical national apology to the stolen generations, Bwgcolman Community School invited community elders and community members to a whole school special parade, kup murri and student performances.

It was a wonderful celebration and acknowledgement of this very important event. The elders were served by some of our high school leaders. A special thanks must go to our many elders who came and spoke to the children about their personal experiences and shared a lunch with the school staff.

Bwgcolman Community School and PCYC 2 Way Strong Awards

Recently the Bwgcolman Community School rewarded students who had excellent attendance, work ethic and behaviour in the first five weeks of school. These special students were rewarded with a family membership at the PCYC. The school community is very proud of them. When we look at these students do we see the future Palm Island doctors, principals, teachers, Mayors or tradespeople?

Well done students and their families for being 2 Way Strong at Bwgcolman Community School.

Attendance at School is the Key to a Successful Future for our Children

Thankyou to the many Palm Island families who have ensured your children go to school every day, five days a week. Your efforts will

ensure your child has the best shot at his or her life. Education provides our children with choices. The choice of going to university or TAFE. The choice of further education or straight into the workforce for employment. Education also teaches our children how to get along with other students who may come from different areas in the community or have a different background. It helps our children be the best they can be.

Bwgcolman Community School is serious about ensuring every child can access education. At present our CEC team, led by Aunty Winnie Obah, are seeing families whose children have been away from school without any reason given. This can impact on Abstudy payments and may end up in court fines of up to \$750. Most importantly, it will impact on not giving some of our Palm Island children choices on which path they want to travel in the future.

Please come up to the school to see Aunty Winnie or Mr Shaw about ways the school can help your child come to school every day.

**Story from Andrew Shaw
Deputy Principal, Bwgcolman Community School**



Bwgcolman Community School is looking forward to a year full of successful events such as the Interschool Athletics Carnival held with St Michael's School last year.

"OVERSEAS NEWS"

Indigenous welfare quarantine scheme gets go ahead

Parents in four Cape York Indigenous communities could soon have their welfare payments quarantined if they do not take care of their children and homes and do not stay out of trouble with the law.

As of July, the new Family Responsibility Commission will have powers to manage welfare payments in Aurukun, Coen, Hope Vale and Mossman Gorge.

Queensland Premier Anna Bligh says it will be a difficult time for some residents and the trial won't be an overnight success.

"In light of past policy failures we simply have to try something different," she said.

The Opposition voted in favour of the bill, but leader Lawrence Springborg says it is just one step in the right direction.

"One step doesn't get us very far," he said.

Ms Bligh says the radical new approach to welfare has been led by the communities themselves.

"It is not the work of Mal Brough or Brendan Nelson

or Anna Bligh or Peter Beattie," she said.

"It is the intellectual hard yards done by the likes of Noel Pearson, by the people who worked on his team and by the leadership of the communities of Aurukun, Coen, Mosman Gorge and Hopevale that deserve credit."

Meanwhile, the working party Ms Bligh set up to discuss a referendum on fixed four-year parliamentary terms will meet for the first time today but the Opposition still wants certain conditions met before it will agree to a poll.

Source: ABC News Website
Overseas News is compiled by Alf Clay

"OVERSEAS NEWS" is a regular column which brings you highlights of news stories reported in the commercial media which may be of interest to and have an impact on the people of Palm Island.

✂ SUBSCRIPTION COUPON

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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: _____

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- 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

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.

CHIKO'S BACK !

Sidney Charlie (known as Chiko to all) has returned to Palm Island to carry on in his role as Indigenous Employment and Support Officer (IETSO) working with the Department of Employment and Industrial Relations (DEIR), and of course Palm Island.

Chiko (pictured above) is a Bwngcolman and very well respected in the community. He worked in his current position for many years before going to town. Chiko is now back.

Chiko's core role is to support all trainees and apprentices, visiting them on the work site and at TAFE.

As a community person Chiko is able to liaise with the students on all matters: family, cultural, work, study and personal issues. He works between employer (CDEP, QBuild, Quality Meats, PIASC, etc) and TAFE to make sure that trainees and apprentices are able to fulfil their commitments and gain success. He liaises



with employers with regards to supervision issues to get everyone working in a happy environment.

His greatest achievement is when he can lift the self esteem of students and help them in their desired direction and make them feel good about themselves. Chiko says, 'Our mob must get knowledge. Knowledge is power. Everyone can make their dreams come true if they commit to it.'

Chiko also plans to visit Bwngcolman and Kirwan School on the Island to encourage and mentor young Palm Island students in areas such as work ethic and trainee/apprentice opportunities.

Welcome back Chiko!

Story and picture from Charles Goldsmith
Teacher/Leading Vocational Teacher: Palm Island
Aboriginal & Torres Strait Islander Studies Centre



Send us *your* Stories

Your community. Your newspaper.

<u>Contributions Due</u>	<u>Publication Date</u>
21/03/08	28/03/08
04/04/08	11/04/08
18/04/08	25/04/08
2/05/08	9/05/08
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Contact Catherine Lawler or Alfred Clay for further information.

Telephone 07 4770 0215 or 07 4770 1177

Fax 07 4770 1305

email: editor@piac.com.au



Birthdays New Babies Anniversaries In Memoriam

SANDRA QUI

**Happy 18th Birthday
15/03/08**

**Have a great day and god bless you.
Love aunty Ruth & uncle Albert, Sondra &
Albert (jnr), Hanna & Tooya
Oui families of Palm Island,
Townsville & Cherbourg.**

DOUNIE BLIGH

**Happy 18th Birthday
May you have a good day
and god bless you.**

**Love Granddad Moe, Mum & Dad,
aunties May, Ruth, Loyla & Jan
All your family and friends of Palm Island.**

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

Palm Island: A Wonderful Place to Visit

It was our pleasure to have three weeks on Palm Island with our son Ian, and Michael.

We were very taken with the hospitality and friendliness of the local people. Really enjoyed having Christmas Day with the hospital and nursing staff, who all made us feel so welcome.

Ian on his days off was able to take us to Butler Bay, Francis Creek, Mt Bentley, Solomon Dam, Pencil Bay and Wallaby Point.

Also had the pleasure of going around Palm Island in a boat with Billy and Frank who took us into North East Bay and to Possum island where we had lunch.

We thoroughly enjoyed our time on Palm Island and look forward to visiting again in the near future.

**Elaine and Neil Day
Ian the Ambo's parents**

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

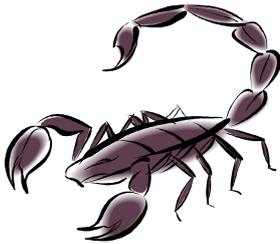
**Leave your letter at
Council Reception.
Or send us an email.
editor@piac.com.au**

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



Palm Island Ambulance

First Aid Hints and Tips



Scorpion or Centipede Bites

Australian scorpions and centipedes are not dangerous, unlike overseas varieties, which regularly kill people – They can give you a nasty bite which is painful .
So don't mess with them

Signs and Symptoms

Local pain and swelling (bite area)

Management of Scorpion and Centipede injuries

- Apply an ice compress
- Give reassurance
- Seek medical aid for pain relief
- Call 000 and ask for ambulance if required or if the patient shows signs of an allergic reaction to the bite
- Itchy rash
- Facial swelling
- Swelling in the airways
- Difficulty in breathing
- Collapse (rare cases)
- Begin resuscitation as required
- Apply a pressure immobilisation bandage to the effected area if the patient shows signs of allergic reaction

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.



Cervical cancer symptoms don't show on the outside

Can you spot the early signs of cervical cancer? Not from the outside you can't.

You see, almost all cervical cancer is caused by Human Papillomavirus (HPV) – a common sexually-transmitted virus. And you only have to have sex once to contract it.

There are no outward signs. No early symptoms. The best way to detect any changes caused by HPV is to have a Pap smear every two years.

What about the new cervical cancer vaccine?

The new cervical cancer vaccine is most effective for women who have never been sexually active.

That's why the vaccine program is primarily targeted at girls and young women.

Regular pap smears important for detection

For women who have ever been sexually active, the

best way to prevent cervical cancer is to have a regular Pap smear.

When HPV persists and is left undetected in the cells of the cervix, it can cause changes that lead to cervical cancer.

Even if you find it embarrassing or a bit uncomfortable to have a Pap smear, don't put it off. It only takes a few minutes and it could save your life.

Cervical cancer is preventable

Cervical cancer is the most preventable of all cancers. A Pap smear every two years is all it takes to make sure you're in the clear.

Like to find out more? See Rachel or Jan at the Sexual Health Clinic at the Hospital, talk to your doctor, or visit www.papsmear.qld.gov.au

Story from Jan Gale,

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Your community. 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 JPHS. 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 JPHS 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 25th March 9am - 3pm

Tuesday 15th April 9am - 3pm

Tuesday 29th April 9am - 3pm

Tuesday 13th May 9am - 3pm

Tuesday 27th May 9am - 3pm

Tuesday 10th 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

21-23 April

19-21 May

2-4 June

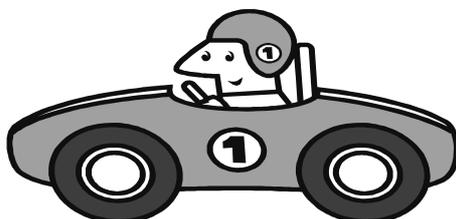
11-13 August

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

24th April

22nd May

5th June

14th August

11th September

9th October

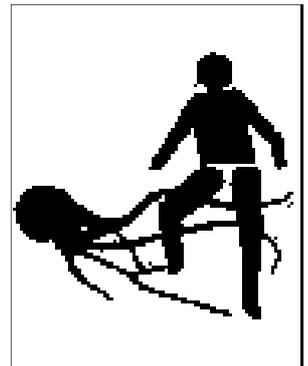
6th November

4th December

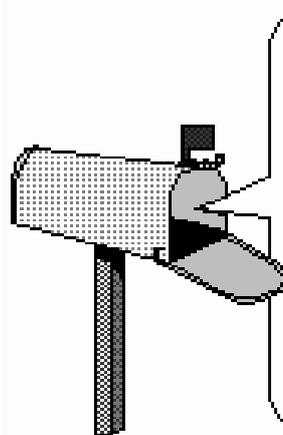
Stinger High Season

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).