



Palm Island Voice



Your community

Your newspaper

Issue 15.
28 March 2008



**Published
Fortnightly**

In this Issue:

News and Events

| | |
|----------------------------|-----|
| Palm Council Election | 1&3 |
| Children's Memorial Garden | 5 |
| Grants for Healthy Kids | 6 |
| Bwgc Colman Foal Success | 7 |

Regular Columns

| | |
|------------------------------------|----|
| Letters to Editor | 6 |
| Birthdays, New Babies, In Memoriam | 7 |
| Community Bus | 8 |
| First Aid | 9 |
| Health News | 10 |
| Health Calendar | 11 |
| Notice Board | 12 |

Good Voter Turnout at Council Elections

More than 700 Palm Islanders turned out to make sure they had a say in the future of their community by casting a vote in the recent Council Elections.

From the three candidates for Mayor and thirteen candidates for Councillors, Alf Lacey was elected Mayor, and the Councillors elected are Zina Prior, Ruth Gorringer, Raymond Sibley and Mick Thaiday. The new Council was officially sworn in on 20th March.

Mayor Lacey and his fellow Councillors are now busy working hard with CEO Barry Moyle, Deputy CEO Deniece Geia and the rest of Council's staff to settle into to their new roles.

See Page 3 for more details.



Roy Simpson, Georgina Geia, & Brad Foster, (left to right): Happy to have cast their votes.

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

**Next Issue Out
11 April**
Stories and Advertising due 4 April

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 4 April 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

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 members of the Palm Island School of Arts unveiled the Wall of Fame at the school on Friday 15th March. The wall is a tribute to the many talented students who have attended the school over the years. The wall is made of wood and is covered in the names of the students. The wall is a great way to celebrate the achievements of the students and to inspire the next generation.

Palm Island Voice



Kid's Creativity Comes Out Photography Workshops

The children of Palm Island School of Arts participated in a series of photography workshops over the past few weeks. The workshops were led by a professional photographer and were designed to help the children develop their creative skills and to learn how to use a camera. The children were given a variety of assignments and were encouraged to experiment with different techniques. The results of the workshops were displayed in a gallery at the school.

Palm Island Voice



Elders and Children March AGAINST ILLEGAL DRUGS

A group of elders and children from Palm Island School of Arts participated in a march against illegal drugs on Friday 15th March. The march was led by the school principal and was attended by a large number of community members. The group held a banner that read 'NO MORE DRUGS' and 'Palm Island'. The march was a powerful statement against the drug problem in the community and was a great way to show support for the school and the community.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 6 for details of how to subscribe.

Publisher

Palm Island Aboriginal Shire Council
 Main St, Palm Island QLD 4816
 ABN 68 799 811 816

Editor

Catherine Lawler

Editorial Assistant

Alfred Clay

Contact Details

Telephone:

07 4770 1177

E-mail:

editor@piac.com.au

Printer

Palm Island Aboriginal Shire Council
 Main St, Palm Island QLD 4816
 ABN 68 799 811 816

Distribution

Palm Island Voice is published fortnightly and distributed free of charge on Palm Island and by subscription elsewhere. Current circulation is 520 copies.

Copyright

Copyright of text and images vests in The Palm Island Aboriginal Shire Council or with individual contributors as credited. No part of this publication may be reproduced without permission of the publisher or individual contributors.

Contributions

Contributions for publication are welcomed. Submission of contributions is taken as permission to print. Contributions may be edited. Submission of images of people implies their permission to publish the image has been sought and given.

Disclaimer

The views and opinions expressed herein are not necessarily those of the publisher, sponsors or editor. The publisher accepts no liability for any action taken based on anything contained herein.

Elections Yield Total Change New Mayor & Four New Councillors

The Local Government Election held on 15 March has brought significant change to Palm Island with no sitting members being returned to Council.

The field of three candidates for Mayor and thirteen candidates for the Councillor positions had been campaigning strongly prior to the election.

They had also attended community forums where they met with members to explain their outlook for the future of the Island.

The candidates for Mayor, were Delena Foster, Alf Lacey and Josephine Geia. Alf Lacey was successful in his campaign to become Mayor, receiving almost 46% of the vote.

Another change is that the new Council is now smaller. Following State Government reforms to Local Governments across Queensland, the council has been reduced to Mayor and only four Councillors, rather than six. Successfully elected to Council were Zina Prior, Ruth Gorringe, Raymond Sibley and Mick Thaiday.

Pictures

Three successful candidates hard at work on polling day. New Mayor Alf Lacey (above) Ruth Gorringe (below left) and Mick Thaiday (below right).





**Do you want to make Palm Island
a better place to live and work?**

**Are you an active member of the
Palm Island community?**

**Then become a shareholder in the new
Palm Island Community Company.**

The Company is a partnership which includes the Council, the Queensland Government and the people of Palm Island. Its job is to improve services on Palm Island.

Shareholders will nominate a community member to the Board, which will give you a real say in how to improve services on Palm. Shareholders can be individuals or organisations. There's no limit to the number of community shareholders and it only costs \$1.00.

Get your information pack from the following places:

- Council
- PCYC
- Airport
- Store
- Health Service
- Post Office

You can also talk to the
Company's Acting General Manager
Mr Stephen Bullow
when he's on the Island
or by telephoning him on 0419 172 063.

CHILDREN'S MEMORIAL GARDEN: A Special Place for all the Community

If you are curious what lies behind the fence, around the Viewing Room, in the grounds of the Joyce Palmer Health Service, it is a specially designed garden.

The Children's Memorial Garden is a community inspired project. The original concept for this garden was borne in 1999, after three beautiful little ones passed into Heaven.

The grieving families identified the need for a culturally appropriate garden that provided a peaceful retreat and solitude for families as they journeyed through the process of grief and healing that accompanies the loss of a special little one.

Roy Prior and his dedicated crew from CDEP did the hard work and over a period of weeks, through their innovative skilfulness, have fulfilled this dream.

They have erected a high fence to protect the amazing garden beds, wooden seating has been fixed, and the white memorial rock creates a central focus.

A plaque will be attached to this rock shortly, and a

painted sign naming the garden will be erected in the front of this project.

This garden will be maintained by the families, under the guidance of Ruth Gorringe, Yvette Lenoy, Tanya Luff and Aggie.

The Viewing Room will continue to be used during funerals, and with this garden extra shade and seating has been provided for the families.

We ask, please protect this garden and respect the wishes of many families in this community.

Story from Aggie Budzyn,
Child and Family Health Nurse, JPHS



LETTER TO THE COMMUNITY

Regarding the Bwgcorman Children's Memorial Garden

The Bwgcorman Children's Memorial Garden is located at the mortuary/ Joyce Palmer Health Service.

This garden is for the all members of the community to grieve and have quite times for their loved ones who have passed on.

A big thank you to the Coolgaree C.D.E.P and the three workers David (Dickie) Haines, Heath Prior and Noel Coolwell , who have been working diligently on the garden.

To all you people out there please respect and look after this garden as your own and don't take away or destroy any plants or other materials that is situated in the garden.

**Mabel Bligh,
Ruth Gorringe,
Delphine Robertson,
Beryl Gorringe,
Tanya Luff,
Yvette Lenoy,
Pamela Bligh**

And all the other mothers, fathers and grandparents who have grieved the loss of a child.

Send us *your* Stories



| <u>Contributions Due</u> | <u>Publication Date</u> |
|--------------------------|-------------------------|
| 04/04/08 | 11/04/08 |
| 18/04/08 | 25/04/08 |
| 2/05/08 | 9/05/08 |
| 16/05/08 | 23/05/08 |



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

Your community. Your newspaper.

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.

HELP TO KEEP KIDS HEALTHY

Grants of up to \$5,000 are available to community groups and organizations involved in supporting kids' health and well being.

These grants are part of the Woolworths Fresh Food Kids promotion and are open to groups working with children of primary school age.

There's no Woolies on Palm, but that doesn't mean you can't apply.

Projects such as providing some sporting equipment, upgrading a playground, or supplying fresh healthy snacks, or running an after school activities program would be eligible to apply.

Applications need to be in by 25th April, 2008 and results announced in May.

You can download an application from the website, www.freshfoodkids.com.au or pick up a form from a Woolworths Supermarket.

A total pool of \$2million is available so there are hundreds of grants available. If you have any queries you can contact the Woolworths Community Grant Coordinator on 1300 767 969 (local call cost) or via email at freshfoodkidsgrants@woolworths.com.au.

✂ 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

Bwgcorman Foal Books to Gallop Across North QLD

Palm Island school kids think the picture books inspired by their very own Palm Island are just too deadly.

The series of picture books were written to help teach young people about looking after their horses.

The Bwgcorman Foal is the first of four fully-illustrated children's books following the life of a foal born in an island community.

The book series is the brainchild of volunteer horse carer Rae-Jon Bunting and Biosecurity Queensland staff from the Department of Primary Industries and Fisheries.

"Rae-Jon has spent most of her life as a farmer, livestock dealer, horse breeder and trainer. Now retired, she works harder than ever as a voluntary educator and animal welfare crusader in indigenous communities," DPI&F veterinarian Jack Shield said.

"She regularly visits the Palm Island Aboriginal community where she teaches children how to look after their animals and assists the community generally in animal welfare and management. Rae-Jon's original story was the inspiration for this book."

In his foreword, North Queensland Cowboys star fullback Matthew Bowen recalls how he grew up in an Aboriginal community and developed his love for horse riding and animals.

"It's good that the book tells you about the rules of how to look after your animals. Did you know that there are simple rules to follow when you ride a horse or if you own a dog?" Matthew writes.

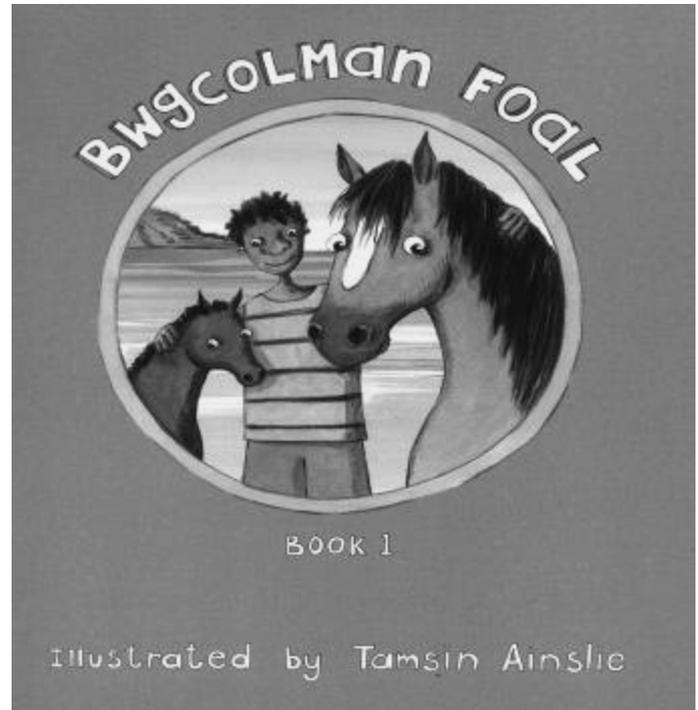
"As you read this book, you will meet an old fella, Elder Stan, and he will explain some of these rules. All they really mean is – if you ride a horse or if you have an animal, then you have to look after it properly."

Bwgcorman Foal is followed by the second book in the series, Bwgcorman Yearling.

The series will culminate with Bwgcorman Gelding and Midnight, Bwgcorman Pride.

Both books will be distributed to students at Palm Island State School and St Michael's Primary School, as well as other Indigenous community schools across North Queensland.

Story from Andrea Corby, Regional Media Officer Department of Primary Industries & Fisheries



Birthdays New Babies Anniversaries In Memoriam

KAYLENE WALSH

Happy birthday

20/3/08

Wishing you a happy birthday on the 20/3/08
Lots of love from all your family.

TRENTON BLIGH

Happy birthday

19/03/08

Wishing you a happy birthday on the 19/03/08
Love mum and dad.

VINCENT BLIGH

Happy birthday

27/03/08

Wishing you a happy birthday on the 27/3/08
Love mum and dad.

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.

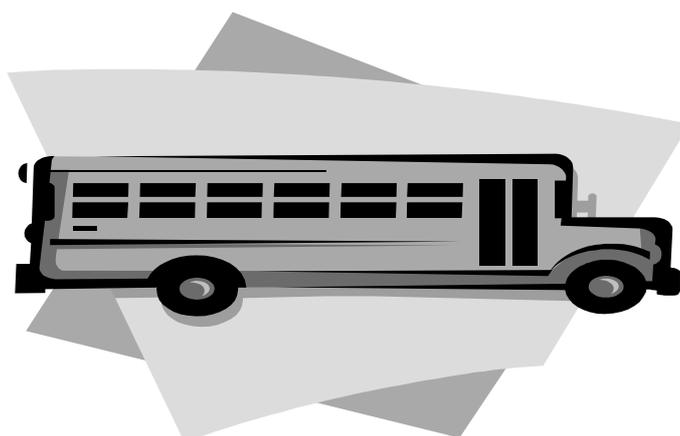
It also means they can be sure they will get to their destination on time.

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 |

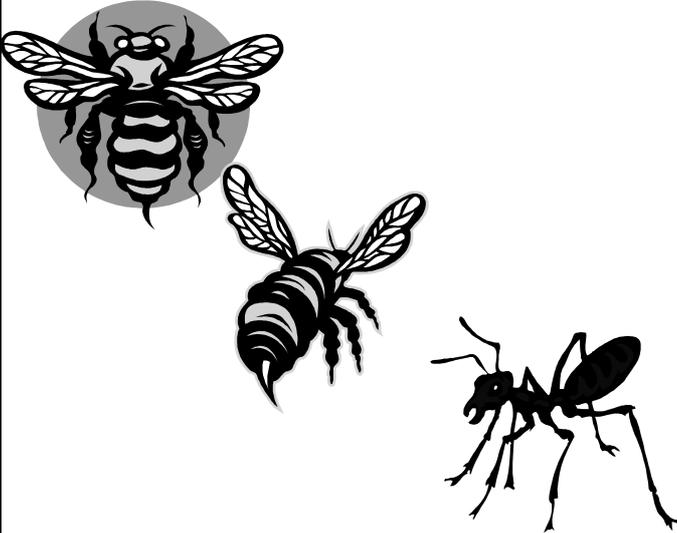
| Afternoon | |
|----------------------|---|
| TIME | SCHEDULED STOPS |
| 12.05pm | Reservoir |
| 12.10pm | Butler Bay |
| 12.15pm | Arrive Airport |
| 12.50pm | Depart Airport |
| 12.55pm | Store – 10min wait |
| 1.10pm | Chook City |
| 1.15pm | Farm |
| 1.20pm | Cook Town Area |
| 1.25pm | Hospital |
| 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> |





Palm Island Ambulance

First Aid Hints and Tips



Bee, Wasp and Ant Stings

People commonly receive stings from these insects. Some people suffer allergies to the venom. These allergic reactions can be severe and occur quickly. Respiratory or Cardiac Arrest may occur in some instances

Signs and Symptoms

- The sting may be visible
- Painful, red and swelling
- Allergic symptoms
- Itchy rash
- Facial swelling
- Swelling in the airways
- Difficulty in breathing
- Collapse (rare cases)

Management (What to do)

- Scrape the sting off sideways (Do not attempt to pull the sting out, as this may inject more venom)
- Apply an ice compress to relieve the pain
- Rest and Reassure the patient
- Call 000 and ask for ambulance if the patient shows signs of allergic reaction
- Watch the patients airway
- 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 – 17

Stinger Season One Month to Go

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.



Great Response to Flu Needles

CONGRATULATIONS PALM ISLAND...

Your response to the recent FLU VACCINATION PROGRAMME was remarkable and greatly appreciated.

Six hundred flu vaccinations and 74 Pneumovax vaccinations were administered by Juliano and Aggie, supported by Gemma and William from the Ambulance crew, and the hard working Health workers, Alex, Owen, Frank and Emele.

This is the best ever response, and as a Community you should be proud in taking such positive steps in caring for your health.

****REMEMBER****

**FLU VACCINATIONS are
FREE
and recommended for community members 15 years
of age and older.**

If you were unable to attend or missed having the flu vaccination, new supplies will be available in early April.

Come and see Aggie at Child Health to be vaccinated against these deadly illnesses. It is predicted that this year will be a very bad flu season.

Story and pictures
from Aggie Budzyn,
Child and Family Health Nurse, JPHS



Two happy "Victims". Brendan Robertson receives his shot from RN Juliano Custodio (above) and Kevin James gets his medicine from Aggie Budzyn (below).



Remember:
this winter please
"Be Wise... Be Immunised"

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 | 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

21-23 April

19-21 May

2-4 June

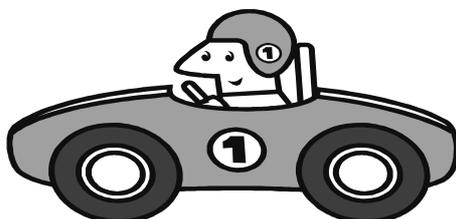
11-13 August

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

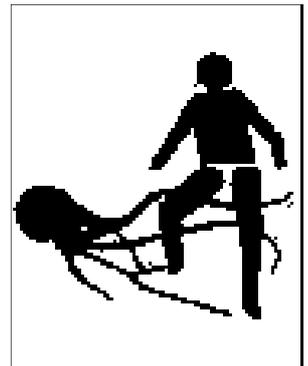
6th November

4th December

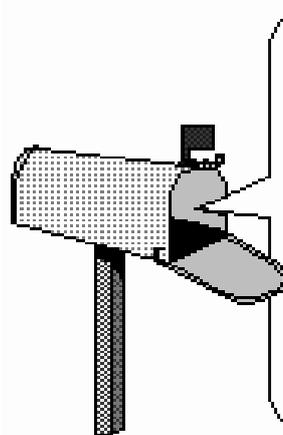
Stinger High Season

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).