



Palm Island Voice



Your community

Your newspaper

Issue 16.
11 April 2008



Susan Pryor, Beverly Robertson, Kathy Haines, Lillian Lampton, Liz Skinner and Julie Woodlock (left to right) enjoy afternoon tea together on Julie's last day.

TEACHING AT PALM Rewards and Inspires

Palm TAFE has said goodbye to a committed and dedicated teacher who describes her experiences on Palm as the most rewarding and inspiring she has had in over 30 years of teaching.

Julie Woodlock, Learning Pathways teacher from TAFE is sad to say goodbye to all the Palm Island people who have helped her over the past 10 years as she has worked on projects and programs at TAFE.

Julie feels the past couple of years have been the richest teaching and learning that she has done in the past 30 years.

Guiding the Palm Island students in the Learning Pathways program, working with Susie Pryor and having the guidance of Ralph Norman have been the most inspiring and rewarding work she has done in her teaching career and she is sad to have had to say goodbye.

Story continued on Page 2

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

Stories and Advertising due 21 March

**Next Issue Out
28 March**

Palm students reward and inspire

Story continued from Page 1

Julie Woodlock has taken on a project for four months as the new Institute trainer to support more flexible delivery options for people who come to TAFE.

Her role will be to show other teachers how they can develop some of their courses online using computers.

This way students will have access to some of their learning at any time they suits them and still get to learn on the job, in the community and working with teachers directly.

The students on Palm have shown Julie that you can teach using videoconferencing and computers even with people who have had little experience using these technologies before. Julie will use what she has learnt on Palm to help her in her new job.

"Working online is particularly good for people who live in remote areas like Palm, or who do shift work", Julie said.

"Also the challenge is to make learning fun and practical using new technologies. This is becoming increasingly manageable and possible."

The good news is that Julie's sister, Liz Skinner has driven all the ways from Melbourne to take her job!

Liz is a qualified teacher with a similar teaching background to Julie, and appreciates that Julie could not have left the students in the lurch.

Liz has moved to Townsville for four months so that she can continue the work with Susie Pryor and complete the semester for the students with as little disruption as possible.

Please drop by TAFE and introduce yourself to Liz, if you get a chance. She is also looking for guidance and mentors for next term.

If you want to see the latest developments in Julie's work with the Learning Pathways Students, and you have access to a computer, you can check it out the online at:

<http://wikopathways.wikispaces.com/Palm+Island+Update>

Story and picture from Julie Woodlock,
Barrier Reef TAFE

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.

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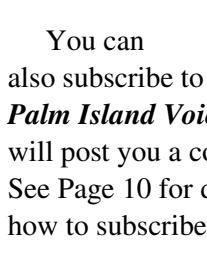
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Peachey New Ambassador For Strong Community Life



The new Ambassador for Strong Community Life, David Peachey, introduces himself and his message about being responsible when drinking.

Hi! My name is David Peachey, but mostly I'm known as "THE PEACH". I finished up footy in 2007 after playing more than 250 NRL first-grade games for the Cronulla Sharks and South Sydney Rabbitohs.

I've played first-grade for 14 years and there's nothing like the thrill of getting out there with my mates and having fun on the field.

This year, I have agreed to be the Strong Community Life ambassador, which means I will be making my way around communities over the coming months to celebrate Strong Community Life with you.

Strong Community Life is all about making good and responsible choices about drinking alcohol. It's important to be safe and think of your family when you choose to drink, so you can stay healthy and deadly.

As part of the Strong Community Life project YOU have a chance to get YOUR message across to your family and friends in the community. Each week there is a one-hour program on BRACS radio where you have the chance to tell your story, broadcast your song or interview your friends. It's your time – so use it!

In the meantime I will keep in touch by sharing some news in the Palm Island Voice and on the Strong Community Life radio show every Wednesday (6-7pm) and Saturday (9-10pm).

A website is coming soon where you will be able to email me direct and ask me questions – so keep an eye out for my email address in the next issue of your newsletter!

Getting to Know David Peachey

Where did you grow up? Born and bred in Dubbo which is WIRADJURI land central west of NSW.

What's your favourite food? I love home cooked baked dinners along with fruit peaches, apples, oranges and pineapple!

What's your favourite NRL team? Of course the Bunnies and the Sharks, but I really love watching the Cowboys play.

Who's your favourite NRL player? Have a few, mostly the Aboriginal boys - Preston Campbell, Greg Inglis, Mattie Bowen, Jonathan Thurston and Greg Bird.

What do you like to do for fun? I love going home and spending time with family and tripping around talking and being in communities.

**Story and picture from Cassie Hunter,
Liquor Licensing Queensland**

From the Mayor's Desk



In this first of a new regular monthly column Mayor Lacey thanks the voters of the Palm Island Shire for their support and provides an update on the new Council's first three weeks of office.

I would like to thank you for the support that was given to me and the Palm United team on Election Day 15 March 2008. We are humbled by the support that was shown to us.

Our job now is to ensure that we lead the Palm community in a way where we see results happening on the ground.

One of the major tasks for the new council is the need to raise the housing of our people and the jobs that are urgently needed.

We believe if we work as a team then the results will speak for themselves. Our task now is to get on with the job at hand, and to work for you to make a better way forward.

There are a number of issues that the council will have to tackle before the end of the year. We need to resolve issues regarding the management of alcohol in the community, land issues, law & order and the welfare reform that was signed by the last council. There will be a series of meeting with the community to discuss and work through these issues.

These are just some of the many things that we will be doing for you in the coming months.

We will all have a say in the future of this community and as your Mayor I will make sure community people will have input on major issues that affect us all. I believe we are looking at exciting times ahead for us all.

As you would be aware, the Palm Island community is now a Shire and this means the rules governing the council are different. It's not like the old days anymore.

We are now a fully fledged local government. This means we now need to abide by the Local Government Act which sets the way forward on how we lead the town. It is important that you come with us on this new way forward because this is about Palm Island and the people.

There may be times when we all agree with each other and sometimes when we may not. But this is about working for the people of Palm so we all can see the outcomes.

I'd also like to bring you up to date on what I have been doing in the three weeks since being elected as your Mayor.

Firstly, there were issues raised regarding the removal of children from Palm Island families. I have met with the Zonal Director of Child Safety on Tuesday 1 April and talked to her about the issues and how we could work together as a community on matters that affect our children and their families.

The Zonal Director gave me a commitment to work with the Palm community to find solutions locally for our families. There will be more dialogue between us about putting some type of framework together with community input and I will keep you updated on this

I also attend the Mayors' summit in Brisbane on 27 March and this was the first meeting of its type called by the Premier of Queensland.

Premier Bligh spoke to all the Mayors of Queensland about the future of local government and gave a commitment that amalgamation was now off the State government's agenda. Each council's task now is to move on with running the many services for towns throughout the State.

This includes us here on Palm as well as all the other Aboriginal Shires. This means an all new way of thinking for us as a new council, especially with planning and development within the shire.

We have also taken up the invitation from Ferdy's Haven and the Justice group to have an informal discussion about how we all work together. These discussions were very positive I would like to thank the members of those organizations for their support and the partnership that they have offered.

I also would like to give a big thanks to those leaders of the Churches who put on a nice Sunday service to bless the new council. We are all humbled by the support of the community's Churches. As we know, and as I said, the Churches have a role to play in this community and I will be seeking their guidance over the next 4 years as we move forward.

Once again, thanks to those who have supported us in leading this wonderful community.

Yours, in community spirit.

Mayor Alf Lacey

Land Project to Include Input from Bwgcolman

The new Palm Island Council and Department of Natural Resources & Water are laying down positive foundations to ensure the success of Palm's future Land Management.

As reported in previous issues of the Palm Island Voice the Department of Natural Resources and Water (NRW) is leading the Improved Future Land Practices (Palm Island) Project.

The project aims to deliver a package of measures to meet legal requirements and enable the Palm Island community to develop in a way that meets its needs.

Recent Meeting

Following recent elections, NRW officers met with the new Council and members of the Bwgcolman people on Wednesday 2 April 2008 to discuss key elements of the project and the path ahead.

At the meeting, Mayor Lacey made it clear that land was a top priority for the new Council and he would

ensure that the Bwgcolman people are given every opportunity to participate in the project.

To support Council in this regard, NRW will make funding available for a position to be created to consult with the community over the life of the project.

NRW and Council are discussing the best way to fund and manage this position.

The meeting was held in a constructive and positive spirit, building on the goodwill formed in previous discussions between the former Council and NRW.

With this positive foundation to work from, all parties are looking forward to working together in the future to achieve success.

Have your say

NRW have placed a "questions and suggestions" box at Palm Island, located at the Government Coordinator's Office where community members can ask NRW questions or provide written feedback and suggestions.

**Story from Ted Besley,
Department of Natural Resources & Water**

Looking for Palm Island's Young Achievers

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.

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

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

Palm Islanders Lend a Hand

Jeannie Ling, Indigenous Youth Worker with Red Cross, was called upon to be part of an Indigenous Emergency Relief team to give assistance to the community of Mackay, following the recent floods which devastated the town.

Here she tells her story of the challenges faced, the lessons learned, and her pride in being able to represent Palm Island in a positive manner to the broader Australian community.

I had only been employed with the Australian Red Cross for a couple of weeks, when I received a phone call from the “Manager Indigenous Community Programs” Mark Hollingsworth; asking if I would be interested in being apart of an “Indigenous Emergency Relief Team”, which Australian Red Cross had put together for the first time. With an opportunity like that, I could not refuse.

My travelling companion and colleague Rhianon ‘Crocodile Man’ Walsh and I left our homes and family on Monday 25 February 2008 to assist with Flood Relief in Mackay. It was only when we were driving down to Mackay, that we realised we did not know who we were to meet or what we were expected to do! Our thoughts were to help and assist in anyway possible.

We finally reached Mackay at 11.20pm. We booked into our motels and went our separate ways to our rooms for the night. I could not sleep because of the new surroundings and the mixed emotions of excitement, anxiety and nerves, that I was feeling.

At 6.30am the next morning, I went to the motel next door, left my bag at reception and knocked on the door where Rhianon slept to see if he was awake (which he was).

As Rhianon emerged so did his room mate who introduced himself as Perry Miller from Toowoomba. I soon learned Perry was to be our fearless “Team Leader”.

While waiting out the front of the motel Rhianon and I discussed in anticipation of what peoples reactions were going to be when we introduced ourselves and especially where we come from (given the history that our home has). We were determined to be positive and stay focused on the tasks that lay ahead.

As more of our colleagues from around Australia emerged, I heard a familiar voice. I turned and saw Walbira Murray who has been doing some workshops back home with our youths. I introduced her to



Rhianon and we started to walk towards the base of our operations on Sydney St for briefing. When the debriefing was over, we obtained a vehicle and headed off to the “Aboriginal and Torres Strait Islander Community Health Service Mackay” (ATSICHS).

When we arrived, we were offered tea and coffee while we waited for fellow indigenous workers from other Organisations. Once they arrived we were ushered into a conference room with tea or coffee in hand for another briefing on the task of the day. I began to get nervous as I realised that we were going around the table to introduce ourselves, but this subsided quickly as I kept thinking in a positive way that I was here for a reason.

After the briefing Rhianon and I were introduced to a local, by the name of Bevan Doyle, who was going to be our navigator to do follow ups and delivery of some basic needs: mattresses, food and blankets etc... to families. Rhianon and I put a lot of trust in his navigation to assist us with the tasks that was given to us. As we were driving around to the families, little did Rhianon and myself know we were going around in circles, until I noticed we were passing the same buildings a couple of times (and here Rhianon and I thought we were in good hands). Eventually we arrived at our destinations, laughing the whole time.

By lunch time we were back at ATSICHS. As we walked in we could smell wonderful food (curried chicken, vermicelli chicken and rice) that reminded us of home. Little did we know it was for us, until the

d to Flood Stricken Mackay

wonderful cook Patricia said it was for us to welcome and thank us for our help. We also noticed some homemade cakes and tarts, which we were informed was done by an Elder of the community, affectionately known as Aunty Aggie, who was excited and pleased of having an Indigenous Emergency Relief Team to assist in the disaster. The food continued throughout our activation.

The next day a young woman came in off the streets seeking help and we were informed that she lived by the river with a group of 10 – 15 other people (Indigenous and Non – Indigenous). At the briefing that morning, we realised the ‘River Bank Mob’ (which they are known by) would not feel comfortable coming to see us, so we took the initiative to go to them. There was myself, Rhianon and Walbira (ARC), Karen (Centrelink) and Pam (Community Care).

We arrived at the river bank and walked to a tree that is known as ‘The tree of Knowledge’. Just as we were apprehensive in meeting the River Bank Mob the feeling was mutual. After a while the emotion subsided and we all got along talking and achieved a good outcome.

Luckily for us Rhianon was there, because we were not watching as a huge crocodile approached us slowly and he pounced on the croc to save us. Hence, Rhianon ‘The Crocodile Man’ Walsh. Back at the ARC Office in Sydney St our debriefing began, and our fearless Team Leader informed our colleagues of our adventure.

The days flew past quickly and before we knew it, it was Friday 29 February. As we were the second team, we knew we had high expectations to carry on from the wonderful job done by the first team which was lead by Kylie O’Donnell. We were debriefing regularly at ATISCHS with the Heads of Departments to see; what worked and what could be improved in order to have an ongoing I.E.R.T.

The following are some of the outcomes:

Cultural Awareness: - We automatically think of traditional Owners (Aborigines) and seem to forget that Torres Strait and South Sea Islanders occupy this land as well.

Protocol and Procedures: - Not only within our Organisation/Government Departments, but a pacific one for I.E.R.T.

Appropriate Genders: - 2x Males and 2x Females at all times.

Money:- With natural disasters, when a large amount of money are handed out, a Financial Advisor should be

available to assist in budgeting as the emotional stress level are very high.

Over all we encountered 35 families a day that were affected by the floods and I was shocked at how many of them were so young. To listen to them speak about losing so much during the disaster and having to start all over again is heart breaking for anyone.

Reflecting on the week in Mackay, I realised that I have achieved another milestone in my life, by meeting and working alongside the most wonderful, caring and compassionate people whom I have the greatest respect and friendship for the courage and commitment that was achieved in the disaster at Mackay.

My name is Jeanie Ling. I am of Aboriginal and Torres Strait Islander descent and I have been living on Palm Island for 16yrs. Considering the amount of negative attention that has been focused on my community (Palm Island), I would like to take this opportunity to thank my employer (ARC) and everyone that I came into contact with for giving me the opportunity to show a positive aspect of my beautiful home Palm Island.

**Story and picture from Jeanie Ling
Indigenous Youth Worker, Australian Red Cross Palm Island**

Send us your Stories



<u>Contributions Due</u>	<u>Publication Date</u>
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.

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About anything!
We'll keep it confidential if you want.

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It's your newspaper.

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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
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My Details are:

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- Send this Form and your payment to:
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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

Women's Health Lunch

Calling all you Mothers, Daughters, Grandmothers, Aunties, Women and Girls!

You are invited to a FREE LUNCH at the Joyce Palmer Health Service on **Tuesday, 29th April** from **11am till 1pm.**

There will be lucky door prizes!

This lunch will be a great opportunity to yarn about women's health issues to and meet the doctors, midwives, nurses and health workers who can provide information and help.

Come on! Come along, and join us for a great feed and heaps of information about how to stay healthy and deadly.

We'd love to see you! Bring your mum, bring your sister, bring your neighbour. Young children are welcome too.

This event is proudly sponsored by the Palm Island Ambulance Service.

Story from Alex Godsden, Department of Health



Breast Screening for Palm in June

The BreastScreen Mobile unit will be visiting Palm Island in June .

The unit will be located at the Joyce Palmer Hospital. Screening will be available from **Monday 23 June** to **Thursday 26 June** only.

Please NOTE there is **no screening on Friday**. Unfortunately, some ladies turned up last time on Friday and missed out because there was no screening that day.

Liela Murison will also be visiting at the same time as the mobile unit to help ladies with any transport they require getting to the mobile.

Contact your Health Worker or Liela on 47963231 or mobile 0417740394 to make arrangements if you require assistance with transport.

**Phone now on 13 20 50 to make an appointment
for your FREE breast screen.**

**Story from Donna Walters,
Health Promotion Officer / Clinical Nurse
BreastScreen Queensland, Townsville Service**

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Palm Island Ambulance

First Aid Hints and Tips

There have been outbreaks of flu and gastro in the community.

To help to reduce the number of people getting sick here is a simple solution to stopping the spread of these diseases.

Hand washing



Wash your hands

Keep yourself, family and friends healthy by washing your hands.

Infectious diseases can spread in a variety of ways. One common way is when hands that have picked up germs carry those germs to the mouth or nose. Hand washing is the single most important way to stop the spread of many infections. Here is some practical advice on preventing illness in yourself and those around you.

Remember to wash your hands

Before:

- Preparing and handling food
- Eating food
- Before caring for patients

After:

- going to the toilet
- providing patient care
- handling raw food and cracking raw eggs
- using a tissue, coughing or sneezing
- smoking
- handling rubbish
- touching ears, nose, hair, mouth
- changing babies' nappies
- touching objects that are soiled by blood or other body fluids
- Gardening
- touching animals

Stinger Season Finishes at the end of April



*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.



**Stinger Season Count
Palm Island
Number – 17**

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 an 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 (ophthalmologist) 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. We can also help with 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.

BreastScreen

The BreastScreen unit will be providing FREE screening at the hospital from **Monday 23 June to Thursday 26 June** only. Please NOTE there is **no screening on Friday**.

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

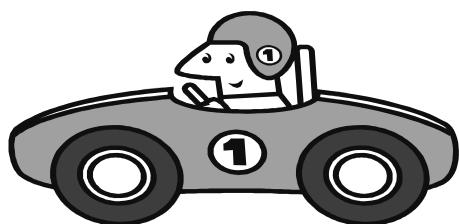
Learner's Permits

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.

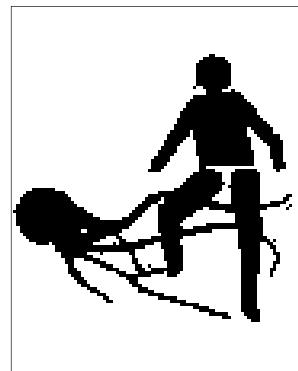
Course Dates

24th April
22nd May
5th June
14th August
11th September
9th October
6th November
4th December

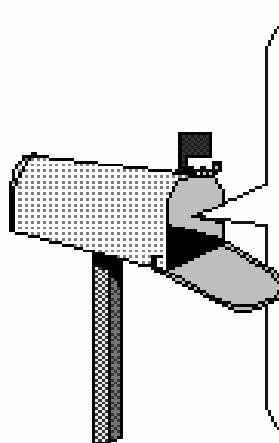
Stinger High Season

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).