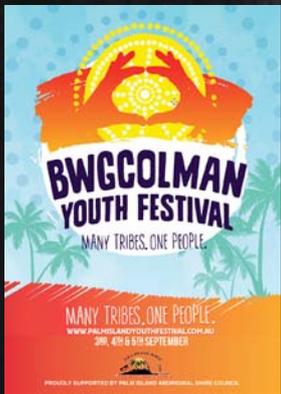




Palm Island Youth Fest — where to from here?



Pic: with thanks to <http://palmislandyouthfestival.com.au/>

A survey aimed at examining the social cost of drug, alcohol and volatile substance abuse will be an important follow up from the hugely successful Palm Island Youth Fest last month, Palm Island's Dr Lynore Geia says.

“It will be the next step towards supporting and informing a longer term Palm Island Youth Strategy,” she said.

James Cook University (JCU), Townsville Aboriginal and Islander Health Service

(TAIHS), Ferdy's Haven and Community Action Mentoring Services Network (CAMSUN) Palm Island are working together on the project.

“Murri youth are coming to the attention of governments and non-government services in

unacceptably high numbers,” Dr Geia said.

“We know that families are carrying the burden of disruptive behaviour of some youth and young adults on Palm Island.”

Continued next page...

Survey to play pivotal role in vital next step for Palm Island youth

“Latest census figures show half the population on Palm Island is under 24 years of age, this is a significant number of people who are potential future leaders in this community and it is important to prepare the youth for tomorrow,” Dr Geia continues...

(...from page 1)



<http://palmislandyouthfestival.com.au/>
Pic with thanks to

“To do this we need to find out what is happening today.”

She said they already knew young people are facing many challenges in life, and there was a significant number of youth who are drinking, sniffing and using drugs.

“We already know today’s youth require discrete services for their specific needs,” Dr Geia said.

“Developing these services requires funding and funding bodies need what they call ‘research evidence’ to fund projects. This community survey is a joint research initiative which will be the first of its kind undertaken on Palm Island by Palm Island people in line with the Palm Island Health Action Plan 2010 – 2015 (PIHAP).

“There is unanimous support from all levels of government, and service providers for this to happen.”

She said youth involvement was a fundamental component of the initiative.

“Youth themselves will be trained as Research Assistants,” she said.

“This will ensure the program initiatives and outcomes are locally driven and not externally imposed upon the community.

“Once the information is gathered a report on the research findings will be written and the information can be used by the youth through their Youth Council.

“They may decide to lobby current services to adjust and adapt their programs to meet the needs of Palm Island young people.

“The report could also be used to apply for funding to develop other programs which are currently not available on Palm Island.

“Importantly the report will give Palm Island some real information on what is happening in their community with youth and families.”

The survey is planned to begin in November 2015 when Palm Island Research Assistants, along with JCU Staff, will be in the community talking to people and inviting youth who give their consent to take part in the survey.

“Choosing to do the survey is voluntary, it is confidential, no names will be taken in the survey and all information is private and treated with respect,” Dr Geia said.

“There will also be focus groups of service providers and others who want to talk about the issue within a group setting. The research partners are bound by ethics conditions which govern the way we work.”

More information on the Youth and Community Survey can be provided by Dr Lynore Geia and/or Ms Rachel Cummins on 0437495787 and Ms Garcia Nallajar on 47701152.

Resolving our water crisis is a team effort

Mayor Alf Lacey has called on Palm Islanders to work together and remain calm in the face of potentially ongoing water shortages on the Island.

He said the Island was not the only community with limited supplies until the wet season arrived.

“It’s dry everywhere,” he said. “I’m as concerned about this as anyone on the island, as a family man myself, and a member of this community.

“Townsville authorities have tested the water fortnightly for several years now and I’d like to assure the community that despite the colour, the water is safe. I’ve also met with the Premier and we’re working closely with the State, particularly the Department of Energy and Water, and they’re working with us so we have a plan in place in case of the worst.

“The department has sent in a team from Brisbane to have a look at both dams (pictured right and below) and to assess the old bores which were drilled in the early 1990s (pictured below).

“We are working to do everything we can to resolve the problem but more than anything else, we just need it to rain.”

A spokesperson for Queensland Minister for Energy and Water Supply Mark Bailey said all levels of government needed to work together.

“This is an important issue that the community and all levels of Government need to work together on to address.”

The Council is grateful to the community for their cooperation to date and urges everyone to adhere to the water restrictions until further notice.



WATER RESTRICTIONS

Palm Island Aboriginal Shire Council has imposed restrictions on the use of water in the community after the island dams reached a total 175 days' supply.

(The Restrictions Includes the BAN on the Use of)

**Hoses and Sprinklers on gardens and lawns,
NO washing down paths, driveways or motor vehicles**



The Water is SAFE to use. Council advises that the Water Supply is monitored daily and is tested each fortnight, to ensure that the quality of the Water supply is safe to use.

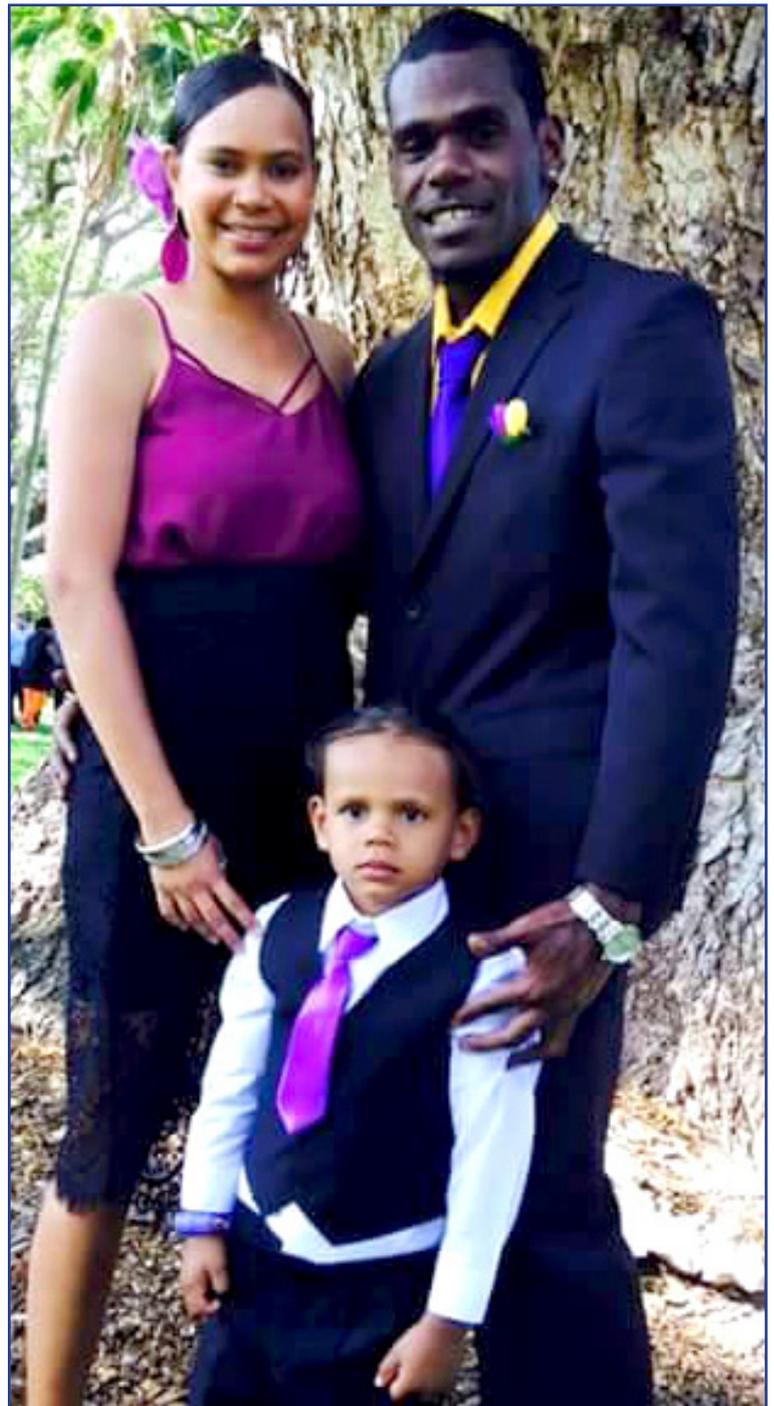
**Frances Creek Dam = 94 days
Solomon's Creek Dam = 81 days
Total = 175 for both dams**

On behalf of the PIASC we would like to thank the community for your Co-operation.

For further information please contact either Mayor, Cr. Lacey on 0438701175 or Ross Norman, Chief Executive Officer on 0458789011.



Out & About @ the NRL



Above: Mayor Alf Lacey, Deputy Premier Jackie Trad and Carpentaria Mayor Fred Pascoe; Left: Crusher Wotton in Townsville

Kyneesha Romelo, Niu Rabuka Jnr & their son Nejaiya Rabuka

Dates set for Stable on Palm



THE third 'Stable on Palm' Christmas celebrations this year will be held on 27–28 November.

It is expected the event will attract people from the mainland as well as locals who will also have the opportunity to shine in the Nativity performance.

The main night will also feature entertainment by locals groups. Pictured left is part of last year's coverage of the Stable on Palm in the *Palm Island Voice*.

Out & About

Right: In between looking after family and her work The Cathy Freeman Foundation, over the past seven years, Daphne Lawrence has officially earned a Bachelor of Social Work at Institute of Koori Education at Deakin University Geelong and graduated earlier this month. You're an inspiration Daph!



LEFT: "Our daughter, Rasharna Prior, played at the 2015 CANA National Netball Titles for 10 days," Norman Bounghi says.

"She played for Corcoran Park Open Ladies whilst trying out for the Combined Australian under 17's girls team to tour Singapore and Kuala Lumpur for two weeks in April 2016.

"She was successful in gaining selection.

"She will also be travelling to Cairns on November the 21st – 23rd to attend the Inaugural Sharon Finnan Indigenous Netball Academy, which she was selected for in July this year."



Rasharna Prior



Pic of the swamp thanks to Greg Simpson

Palm Island Voice

Public &
Community Notices



STOLEN WAGES HELPLINE: 1800 619 505

(Free if calling from a landline, charges apply if calling from a mobile) Alternative number: 07 3224 8464 (normal charges apply)

FOR MORE INFORMATION

Queensland Government Department of Aboriginal and Torres Strait Islander Partnerships (DATSIP)
<http://www.datsip.qld.gov.au/programs-initiatives/reparations>
and/or

ANTAR 'Support the Stolen Wages Elders of Queensland' Facebook

<http://www.facebook.com/qldstolenwages>

St. Michael's

Christmas Gift Appeal

Give a little to someone who needs it most.

How you can help:

At the local store buy an extra item such as biscuits, tea or a food can and put it in the Giving Box, located on the far left counter when you are leaving the shop.

St Michael's students will distribute these gifts to people in our community who are struggling this Christmas.

If you would like to make a donation, please contact Pam at the store or Susanne at St Michael's (Phone: 47701147).

2015 Rates & Dates

Issue No. Deadline / Publication

191	Thursday 29 October / 5 November	193	Thursday 26 November / 3 December
192	Thursday 12 November / 19 November	194	Thursday 10 December / 17 December

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Ads are to be booked by no later than 5pm on deadline day (see above) and all material submitted no later than COB the next day. Print approval required by Monday COB.

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Individuals & Families (hard copy): \$30

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All from now to 30 June 2015

Palm Island Voice is online at chowes.com.au

Subscription rates vary according to when the initial subscription is taken out – eg if taken in January 2015 the rate will be half of the full year to take it to July 2015.

To book an ad or inquire about subscriptions please contact the Editor, Christine Howes, on 0419 656 277 or via chowes@westnet.com.au
PDF archives of the Palm Island Voice are available at <http://chowes.com.au>

Don't forget...

BIRTHDAYS, ANNIVERSARIES AND OTHER PUBLIC/COMMUNITY MESSAGES ARE FREE *(subject to space!)*

PLEASE SUPPORT US SO WE CAN CONTINUE TO SUPPORT YOU!



Christmas is almost here again! Chrisco distribution dates this year are:

- **Homewares - Thursday 29 October from 10am**
- **Groceries and Hampers - Thursday 19 November from 10am**

Please arrange for collection of your goods on these days.
If you are unable to come, please arrange for a friend or family member to collect on your behalf.
Make sure you bring your paperwork and/or identification!



Operating Hours for Council are
Monday – Friday
8:00am – 5:00pm

If you have any questions please contact Reception on 4770 1177 or 4770 0200



Palm Island Aboriginal Shire Council has 932 'likes' on Facebook!!!

Live long and healthy

Neilene and Leon Tromp moved to Palm Island from Hervey Bay to continue the work of Medical Missionary Training Institute.

Palm Island Voice will publish semi-regular columns from them covering different, easy and natural ways to implement change into your lifestyle that seem small but can make a huge difference to your future health and longevity.



With the warmer weather arriving and the end of the cooler months we are about to weigh up the things we need to do to prepare for the holiday or festive season. First of all we need to look at how we want to approach this time of year.

Maybe a little healthier or a little thinner or even fitter.

Exercise is a good start and will lead us into a more enjoyable summer season. There are lots of ways to exercise, for example:- walking, bike riding,

swimming or even light rowing.

There are not methods of punishment, as all can be enjoyable pastimes as well as much needed exercise.

First thing in the morning is the best time to exercise or late afternoon but not later as we don't want to speed up our metabolism at bedtime and be unable to have a restful night.

Just a tip to help when exercising, remember to drink lots of water and as it is getting warmer don't reach for the soft drink or sugary

fruit juices.

A good choice if you want something other than water is fresh coconut water. Healthy, refreshing and filling, full of electrolytes and totally pure.

Share your exercise time with friends or family and make it an outing and before you know it you will look forward to this time of the day with enthusiasm and achieve your goals quickly and easily.

Get started, have fun and feel the difference.

Rothana & Selina shine at Redcliffe Allblacks

TWO Palm Islanders played leading roles in the women's section of the Queensland Aboriginal & Islander Health Council (QAIHC) Arthur Beetson Foundation Murri Carnival at Redcliffe, near Brisbane, earlier this month.

28 sides played in the Deadly Choices Open men's section, 10 in the AEC women's division and 17 in the UQ and Queensland Government under 15 grade.

Palm Island's Selina Hughes shone for the Coastal Gummaz who reached the semi final before losing 22-nil to Murri Sistas, which included blockbusting forward Rothana Baira.

"I have really enjoyed playing here at the Murri Knockout," Selina said.

Murri Sistas went on to win the grand final beating Highlanders easily and Rothana played from the bench and shone.

In the men's section Southern Dingoes Black beat Saguci Tigers 22-20.



Gooooood football set to dominate Bindal Allblacks

PALM Island teams dominate nominations for the popular Bindal Sharks Allblacks rugby league carnival to be held at the Townsville Sports Reserve this weekend.

Twenty sides have nominated for the carnival, as well as six under 19 teams and five for the under 16 grade.

A grade teams will be Palm Island Barracudas, Jack Sibley Memorial team, Northern Brothers United, Yungi Boongi, Woorabinda Warriors, Coastal Balas, Elijah Heroes, North Coast Dolphins, Black Bream, Bowen Stingers, Gubulla Munda, Arkai Brothers, NQ Balas (Moa Boars), Bowen River Broncos, Walkabouts, Cannonballs, Cherbourg Hornets, Murungal Defence and Eastern Warriors.

Under 16 sides are: Eastern Stars, Bwgcolman Warriors, Bowen Stingers, Walkabouts, Jason Geesu Memorial team.

Under 19 teams are: Bindal Sharks, Black Brems, NQ Balas, Bowen River Broncos, Walkabouts and Cannonballs.

Carnival organiser Jenny Pryor the Townsville Aboriginal & Islander Health Service (TAIHS) was a major sponsor promoting healthy life style choices.

"The Townsville Junior Rugby League are also on board," she said.

Barracudas spokesman Cr Roy Prior said he was trying to get some consistency with players turning up to training.

"Most players are relatively young and don't have the experience or like hard training and we seem to get a whole different crew each night it's pretty stressful at the moment but we will probably need to bite the bullet and just go what players we have," he said.

In recent years Aja's Boys - a team consisting mostly of members of the Geia family has also competed.

However Mrs Pryor said this year they had withdrawn and their players would be part of the Barracudas squad, making it much stronger.

Elijah Heroes spokeswoman Christine Hero said their team will be promoting Autism Awareness.

"The players will be promoting awareness and also letting our mob know there services available for families who think they alone," Christine said.

"It's struggle for us.

"If we share our story, everyone will understand and accept.

"For those who may be walking the same path as us, we can encourage them to use the services.

"The players are keen to represent our cause and looking forward to great weekend."