

Hopes high for 2017 Barracudas' season



As the footy season moves into full swing, Palm Island Barracudas will have every chance to go one better when it contests the Remote Area Rugby League side at the Skytrans FNQ Challenge next month.

The carnival will be held at Stan Williams Oval in Cairns on June 17.

Other teams include defending champions Torres Strait Stingers, Northern Cape and Southern Cape.

A Northern United representative team will be picked from the carnival players to meet Queensland Outback at Barlow Park in Cairns on July 15.

Torres Strait won the 2016 RARL FNQ Challenge and will again start favourites to go back to back.

However Palm Island and 2015 champions Northern Cape can be expected to field strong sides.

The Palm Island Barracudas team will include most of the players who were in the Skipjacks side which beat Army Thunder 26-20 in the Bill Coolburra Memorial Shield match at Townsville 1300Smiles Stadium on April 22.

Missing from that team was blockbusting forward Fred Bulsey who should make the Barracudas team for the FNQ Challenge.

Northern and Southern Cape will have more players to pick from with the expanded Cape Cluster comp which started in May 13 with eight teams, two more than last year.

Southern Cape which finished last at the 2016 FNQ Challenge should also be stronger now that Kowanyama is back in the Cape Cluster.

Kowanyama won three Cape Cluster premierships in a row a few years back and also had powerful teams at several NQ Allblacks carnivals.

Labour Day march draws several thousand

JIMMY Baira was one of thousands who took part in the Townsville Labour Day celebrations on May 1 where stolen wages and Indigenous workers' rights were high on the list of discussion points.

More than 10,000 lined the esplanade road after about 1000 marchers set off from Anzac Park at 10.30am for Strand Park about 2km away.

Aboriginal and Torres Strait Islander men, women, and children were well represented in the march which was followed by a family day beside the ocean at idyllic Strand Park.

One of the banners the words "Solidarity, Reconciliation Now" above the Aboriginal flag.

It was one of the biggest May Day marches held in the North Queensland capital for many years.

Jimmy has been a long time supporter of such events.



"We have been in Townsville since late last year and try and get to a May Day event wherever we are," he said.

"We have been to some in Weipa when we were there."

The Baira family marched with the Queensland Teachers Union.

The Queensland Council of Unions was at the forefront of lobbying the State Government to pay outstanding Stolen Wages.

OUT & ABOUT with the PNG PM



Walking for health and culture

In early April SOS Health Foundation, in conjunction with Veronica and Lawrence Coutts, launched the Palm Kids Health and Culture Program.

Through organised bush walks, conducted by community Elders, SOS Health Staff and Volunteers, the program aims to educate and foster care and respect for self, environment and local culture in school aged children on Palm Island.

The program will run monthly throughout 2017 with the inclusion of overnight camps later in the year.

The program's inaugural bush walk saw 10 very excited Grade 5-6 kids from Bwgcolman School picked up bright and early on a school holiday morning.

Each child was allocated their backpack containing a healthy snack, fruit, sandwich and water bottles to sustain them for the big morning ahead.

Thankfully the sun was out and it wasn't yet too hot as we commenced our walk from New Dam up the trail towards Bamboo Creek and bottom weir.

Along the way we stopped regularly to conduct short educational talks, to look at historical points of interest, sample bush cherries and hear stories.

Uncle Lawrie was influential in passing on his knowledge of Palm's history, important aspects of culture and bush craft, bush tucker, and the importance of living a healthy lifestyle.

The kids listened intently to his every word.

After hiking up some very steep hills we all enjoyed a well-earned rest and lunch in a shady spot close to Bamboo Creek.

Luckily the second half of the walk saw more downhill than up and with weary legs we arrived back at New Dam at 1pm.

Following a group photo and a sum up of the important



messages for the day, the kids were really looking forward to an afternoon of swimming and rest.

A big thank you must go to the Masie, Sam, and Lissa-Shay for assisting throughout the walk; Nazzie, Kelsey and the team from Cathy Freeman Foundation for their kind assistance with transporting the kids to and from the start of the walk.

The next Palm Kids walk will happen on Saturday 20th May, with the route following the shoreline at low tide from the jetty through to Casement Bay and then on to Butler Bay to explore the reef and enjoy some lunch.

Words and pics thanks to James Alexander, Physiotherapist, SOS Health Services





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Local nurse hopes to rein in kidney disease

Renal nurse Lauwana Blackley has returned to Palm Island in a bid to turn the tide of chronic kidney disease suffered by many locals.

Lauwana said slowing the progression of chronic kidney disease through educating the community was a key component of her position.

“I believe the community and our patients will be more receptive to our messages and their treatment if that message is coming from one of their own people,” she said.

“Through education we can slow the progression of chronic kidney disease but people need to be receptive to the message.

“I am really delighted to be home to see my family and it is a real privilege that I’ll be able to look after my community who really feel the impact of this chronic illness.”

Lauwana said she wanted to provide the community with the tools they need to take ownership of their kidney health.

She said the preventative messages for the community were to get regular exercise, drink plenty of water, quit smoking and to keep a close eye on their blood pressure and blood sugars.

In 1999, Lauwana began her career as a health worker at Joyce Palmer Health Service before beginning a nursing degree at James Cook University in 2011.

After graduating in 2013, she spent four years



working at The Townsville Hospital renal dialysis unit and at the North Ward satellite clinic.

At the beginning of 2017, she felt the call to go home.

“I really felt ready to go home and help my community,” she said. “Hopefully we start to see some results and I can act as inspiration for more of my family and friends on the island to consider a career in health.”

Indigenous Health Services Group director Ms Liza Tomlinson said research had shown Aboriginal health workers achieved better health outcomes for their patients.

“Lauwana has established a reputation as being an excellent renal nurse here in Townsville and I have no doubt she will be an invaluable health asset for the Palm Island community,” she said.



For several years the *Palm Island Voice* has reported on the youth work and research carried out by Bwngcolman woman, Dr Lynore Geia, with her strong emphasis on inclusion and community ownership.

Last month two more Bwngcolman women from Ferdy's Haven – Carcia and Christine – presented at the National Rural Health Conference in Cairns about the collaboration and what it has meant to them.

Here's what they've had to say about the experience:



Taking a community-approach to ICE

"THE social cost of drugs and alcohol is everybody's business, it is the community's business," Dr Lynore Geia says. "The families of those using ICE (crystal methamphetamine) are affected, but it affects the community as well, so we have to take a community approach to this."

Dr Geia spoke to the *Palm Island Voice* after attending a public forum in Townsville it's expected will lead to the formation of a community taskforce – as per the Prime Minister's strategy – to combat the drug ICE.

what we're doing on Palm is at the early stages of developing, but there's a lot of goodwill and commitment around it, so we want to be able to go forward," Dr Geia said. "There's no official record of ICE being on Palm, but there's certainly a risk of it coming in;

look at Townsville. "There are huge risks so we want to be proactive and preventative, proactive in raising awareness about it and finding community strategies to prevent it coming in and having disastrous effects.

...Continued Next Page...

Ferdy's Haven Program Manager Carcia Nallajar and Youth Worker Christine Cannon presented at the 14th National Rural Health Conference in Cairns late last month.

They spoke on their experiences as first time research partners with James Cook University (JCU) at a tertiary level over the past year.

Dr Lynore Geia from JCU invited Ferdy's to be part of a youth research project as part of the bigger youth strategy for Palm.

The project came about from the work of Community Action Mentoring Services Network (CAMSAN) in 2013 with other Palm Island services.

Last year four Bwngcolman youth were trained and employed as Research Assistants by Dr Geia and Dr David Lindsay from JCU to undertake the youth survey with their peers, friends and family in the age group 14 – 24 years.

This was exciting as this is a Palm Island developed and owned process with the information gathered and the report for use by Palm Island to better our services for youth and young adults.

Our experience has been positive – the interim findings of the research have provided more insight into the lives of young Bwngcolman people and their needs.

We are not able to reveal more at present until the data analysis is complete and the report is completed.

Most importantly the report will give Palm Island some real information on what is happening in their community with their youth and a foundation to build on.

The vision is to build a Palm Island Youth



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 (CAMSAN) 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."

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Bwgc Colman Women share their work at national rural health conference



Above: Christine Cannon; Garcia Nallajar & Dr Lynore Geia at the National Rural Health Conference in Cairns

Strategy with young people and services once we have the report information.

As a service provider we realise that we needed to know more and to do this we had to engage with Palm Island youth on a different level from a position of being family and drug and alcohol worker.

To further strengthen the service model we realised the need for evidence based research as a very important process and so we became research partners with James Cook University in 2015.

Information from this community survey will also be used to help Ferdy's in the development and review of the Ferdy's Haven service model.

From this research process involving community from the beginning we have gained our first insight into the importance of community participation which is essential given we are a community controlled health organisation.

We are looking forward to building a service to meet the needs of young people and adults in the community.

All 228 Issues of the Palm Island Voice are online at the webpage below.



Follow up surveys for youth to kick off this week

Follow up surveys to the follow up surveys after the Palm Island Youth Festival last year will be carried out by locally employed young people on the Island from tomorrow, Friday 20 May, for about nine days.

The original survey, conducted in November last year, aimed at examining the social cost of drug, alcohol and volatile substance abuse, Dr Lynore Geia said at the time (Palm Island Voice Issue 190). "It will be another 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 (CAMSAN) Palm Island worked together on the project.

Dr Geia said they had already known young people were facing

many challenges in life.

She said youth involvement would still be a fundamental component of the initiative.

"Youth themselves will be trained as Research Assistants by JCU College of Health Care Sciences staff," she said.

"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.

"As a gesture of thanks for their time participants in the study will be offered a voucher such as a \$30 phone recharge.

"The survey is an opportunity for youth to have their say about their issues."

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.



INSIDE: Meet Cr Eddie Walsh; stolen wages news; footy and MORE!

Palm Island Voice

Public &
Community Notices



Don't forget!!!
The DEADLINE for the
NEXT
PALM ISLAND VOICE
(229) is

**Thursday
25 May**

FOR PUBLICATION

**Thursday
1 June**

Check out our
Facebook page!

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**Operating Hours for
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If you have any
questions please
contact Reception
on 4770 1177 or
4770 0200



Palm Island
Aboriginal
Shire Council
has 1,478
'likes' on
Facebook!!!

Expressions of Interest for permanent public art

Palm Island Aboriginal Shire Council is
seeking the services of suitably qualified
individuals or organisations to coordinate
a ceremonial pole public art installation
as a key element of the Coolgaree Bay
foreshore redevelopment.

**A Consultant's Brief is now available by
contacting Allison Rossetto at
allison.rossetto@palmcouncil.qld.gov.au
or on 0438 272 725.**

**EOIs close Friday
19 May 2017**

COMMUNITY NOTICE

Invitation to Register as an Events Food Provider

Palm Island Aboriginal Shire Council undertakes a number community events during the year and is seeking registrations from residents and families interested in providing food for these events.

Examples of events are:

- Opening of projects (like recent Mall opening);
- Celebrations (NAIDOC etc); and,
- Hosting functions (dignitary visits).

Food Handling Requirements: Any resident or family wishing to provide food for events will need to have a person undertake an appropriate safe food handling course and be able to produce the certificate on request.

Registration Forms: Residents and families will need to complete an application form so that they can be included on the register. Those forms are available from the Council's customer service reception staff. Completed forms should be returned to reception.

Please contact Murielle Morgan for more information on 4770 1177 or via email: murielle.morgan@palmcouncil.qld.gov.au



**Local Indigenous Author Talk:
What happened over at Palm Island
in 1957?**

Friday 19 May, 10am – 11am
CITYLIBRARIES THURINGOWA CENTRAL

Torres Strait Islander Elder, Aunty Dulcie, remembers at the age of sixteen how her family was affected by the strike. Her memories live on.....today.



Photo: Aunty Dulcie and Dallas with Janeese Henaway

BOOKINGS REQUIRED >> Use the link to book into this event online <http://bit.ly/2qx6mkg>

AUDIENCE KEY
👶 INFANT CHILDREN (0-5 YRS) 👤 ADULT
🎒 PRIMARY SCHOOL (6-12 YRS) 👴 SENIOR
👦 YOUTH (12-18 YRS) 🌿 ALL

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TOWNSVILLE CITY COUNCIL

**GREAT BARRIER REEF
FILM FESTIVAL**
Fri 8 - Sun 10 Sept 2017
MAGNETIC ISLAND QLD



CALLING ALL FILM MAKERS!

If you have a film, documentary or music video that you'd like to submit for consideration for this year's Great Barrier Reef Film Festival in September, we'd love to hear from you. Just send the details to us via:

<http://www.gbrff.com.au>

and if there is a topic you'd like to see a workshop/forum on, send us that too! We're open to ideas, and you probably have some great ones! So let's collaborate and make GBRFF the best it can be!

ISLAND BOXERS WIN

Palm Island boxers won two and drew one of the three fights they contested at last night's boxing program staged by Australian Natives' Association.

The boxing was the opening of the association's 1952 Australia Day celebrations. Four Palm Island boxers were brought to Mackay to fight. One did not pass a medical examination.

Main factor in the Palm Island boys' success was their superior condition and greater knowledge of the science of boxing.

In most cases their scientific boxing blended with the hectic hitting of the locals to produce a first-class night's entertainment.

The Palm Island-Mackay draw was supplemented by an attractive series of bouts featuring local boys.

A wrestling bout between Ron Horner and Merv Euston brought variety to the program. The result was a draw.

Details of the bouts were: Nev Laird (8.4) d. Les Jensen (8.3) on points; Clarrie Penola (9.0) d. Charlie Johnson (9.0) on points; Tom Prier (8.13) d. Les Euston (9.2) on points; Colin Gibson (Palm Island, 8.13) k.o. Maurice Ah Wong (8.7); Freddy Tiers (Palm Island, 8.12) d. Bindy Jack (8.1); George Taylor (11.0) and Robert Miller (Palm Island, 11.0) drew.

Palm Island Amateur Boxing Association,
Visited Townsville 4th April, 1939.



Back Row—Eric Lymburner, Mick Ryan, G. Sibley, P. Doyle, G. Barry, M. Miller
Second Row—J. Harvey, A. Gein, R. Dodd, (Mgr. and Trainer) K. Walsh, J. Davidson,
Front—E. Ebagoala, J. Sibley, J. Shepherd.

A glimpse
of the Palm
Island Boxers'
long, strong
and proud
history

1953



Fred Clay

Boxer's First Win Took 40 seconds

BRISBANE, May 6.—Palm Island aborigine, Fred Clay, 10.7i, knocked out Bob Rubie, 10.8i, 40sec. after the start of the first round at the Stadium to-night.

After taking several lefts and rights to the face and a right under the head, Rubie dropped to the floor to be counted out by the referee.

The sudden collapse of Rubie angered the crowd of 3000 and a prolonged demonstration followed Rubie's recovery after the count and his exit for the dressing room.



ALFIE CLAY

1950

Thanks to Aboriginal Boxers 1900s (on Facebook) for these!

New boxing club in Townsville

Townsville Art of Strength Club founder Greg “Scooter” Hooper said former champion professional boxer Brad Mayo has started a new Townsville Club, QYS Fighters, which has some fighters of Palm descent.

“Brad had several Indigenous boys training and they fought at the recent tournament on Magnetic Island as did some Palm Islanders,” Mr Hooper said.

“I think it is fantastic to have someone who as a professional fought both Anthony Mundine and Danny Green as well as having a great amateur career, is now passing on his knowledge to help kids get some positives into their life.

“People need to realise that again if boxing is taught by the right people then it builds ones belief in themselves and can give them, sometimes for the first time in their lives a feeling of self worth and belonging.

“It doesn’t incite violence actual does the opposite as you learn self control.”



In the lead up to last month's Coolburra Shield several players and their families met up at the Bill Coolburra Lookout at Jezzine Barracks the day before to show off their new jerseys and celebrate the game.



2017 COOLBURRA SHIELD

