



PLEASE note there may be some images of deceased persons within this publication.

CDP crews doing an amazing job

Our core CDP crews – staff, participants and volunteers – have put an amazing effort into keeping parts of our beautiful island clean and tidy over the past few months CDP manager Janelle Whitehead says.

“Management and teams have pulled together to help create opportunities over the past six months while we’ve been in ‘hibernation’ due to Covid-19,” Ms Whitehead said.

“We have a contract to deliver services to the Hospital, including keeping the Helipad and hospital walkways tidy which is vital to their operations, as well as their accommodation, and we’ve been looking after the grounds at the pub.”

“So Covid-19 has not stopped the management, staff and dedicated volunteers coming in every day of the week to continue services to community, they really have done an amazing job.”

Their efforts have been recognised by Palm Island Mayor Mislam Sam.

“They’ve done a great job and we all appreciate their efforts,” Mayor Sam said.

“Well done CDP, thank you for your hard work, you’ve done a great job in sometimes difficult circumstances.”

Ms Whitehead said participants should remember next Monday was the day for everyone to be back on board.

“Everyone will need to be on deck to attend any appointments,” she said.

“The will also be expected to go back to their activities where full personal protection equipment such as hand sanitiser, gloves and masks will be provided.

“The paperwork is also back, with our monthly Job Search forms.”

She said exemptions for medical or personal reasons could only be granted via Centrelink.

“If you require Covid-19 testing you should let us know immediately and we



will let you know what you need to do to fulfil the requirements,” she said.



10 SIMPLE THINGS we can do every day to improve our mental health



Paying attention to our own mental health, as well as our friends and family, is as important as looking after our bodies, especially during these Covid times, PHCC's Dr Francis says.

- "Your mental wellbeing is about how you handle emotions, respond to stress and your general outlook on life," he said.
- "Unlike broken bones mental illnesses are invisible to everyone but yourself but they can be just as painful and difficult to live with.
- "Being mentally well can lift your mood, promote resilience in difficult situations and help you get the most out of life.
- "It doesn't matter who you are, where you live or how you're feeling – taking a few moments for yourself to help yourself each day will help you be a happier and more resilient person.
- "If you or anyone you know needs some help with your mental well-being, come and see us at the Palm island PHCC and speak with a doctor nurse or health worker.
- "There are several support and yarning groups locally, there are also one-on-one health workers who are there to help you.
- "If you have any concerns please come and talk to us and we can work together to find the best solution for you."

Remember: a healthy mind helps you achieve a healthy body!



Palm Island

COVID Safe Champions

We are looking for community members to participate in a short workshop to learn more about the virus. You will help design practical ideas to help your family and friends to manage during this time of COVID restrictions.

The workshop will be on **Wednesday 21 October** for 2 – 3 hours.

To register your interest or ask questions, please contact Jennifer Ketchell by email Jennifer.Ketchell@health.qld.gov.au or phone 0429 899 328.

Palm Island Primary Healthcare Centre



- 1. Be active!**
Go for a walk outside for half an hour, which can also help your physical health!
- 2. Keep in touch with friends and family!**
Visit regularly or call them!
- 3. Take up a hobby!**
Take every opportunity to relax or do something physical or socialise with other people.
- 4. Stay hydrated!**
Drinking two litres (eight glasses) of water every day keeps the body and mind functioning at its best.
- 5. Eat healthy!**
Get creative in the kitchen especially with vegetables. The more colour you can add to your meals, the better range of vitamins and minerals. Cut back on refined sugar such as soft drinks, snacks and deserts.
- 6. Relax!**
Try some meditation or just turn off all your devices and listen to some gentle music.
- 7. Go to bed!**
Create a consistent bed time routine so that you are getting good sleep.
- 8. Ask the question!**
Ask someone how they are and do something nice for someone in need.
- 9. Challenge your mind!**
Learn something new by visiting the library, reading a book, starting a new course or having a look at some brain training apps online.
- 10. Stop drinking and smoking!**
Drinking to excess, smoking or using recreational drugs can all have a negative effect on your mood and mental health. Remember: the ATODs team at Palm Island PHCC is there to help.



New ferry nearly here! SeaLink Travel Group, Australia's largest ferry operator, has officially welcomed their new 32 metre \$7 million vessel, Coolgaree Cat, to the Townsville region.

In a media launch last Friday artist Sue Pryor was invited to tell the story of the artwork on the new vessel, expected to be making its first run to Palm in the coming weeks.



The story of the artwork – as told by artist Sue Pryor (pictured above).



It was a 'thumbs up' from Auntie Doreen Morton at the jetty in Townsville. Pic thanks to Merlene Robertson.

This painting tells my story of growing up on our home island Palm Island and the surrounding islands that we camped at and visited to get food and collect water from. The circles represent some of our islands – Falcon, Esk, Palm, Fantome and Curacoa. The largest circle is home. Every island has been visited and camped on by me and the rest of the community. Our connection to these islands and the surrounding sea is very strong. We belong in this landscape and it gives us energy. My childhood memories are full of exploring, fishing and getting food off the rocks on the islands. The animals in the painting tells the story of our food sources, and the coming together and sharing of food we have caught. Migaloo, the white whale is included as he is a special visitor in our sea. The turtle, fish and colours

26 September was the night of double 60th birthday celebration for cousins Cheryl Haines (Dawnie) and Marina Coutts (nee Haines). Marina turned 60 in March but due to COVID-19 restrictions could not celebrate with a party. A small number of family and friends came for dinner but it was a "girls night only" for the after-party on Palm Island.

Belated Congrats also to our cousin Arnold Ryan who also turned 60 in August, with love from family and friends.

Marina, Auntie Charity Ryan & Dawnie in 1961

Dawnie & Marina in 2020

Dawnie & Marina in 2020

also show the movement and flow of our sea and animals through our islands. I grew up on the coastline so I've always known our stories and paintings contain lines. For this painting I have used dots and a mixture of Torres Strait Islander and Aboriginal colours, because we island, coastal and inland people are all intermingled and that makes us who we are today, the Bwngcolman people of Palm Island. When asked to create artwork for the new ferry, the vision for the story came to my mind immediately. It's a story I wanted to do for all of us on Palm, a story everybody can relate to. I don't see it as my painting, I see it as all of us, because we all have a connection to the islands and our food. I hope that people immerse themselves in it.



From Monday 19 October 2020, CDP services will resume for CDP job seekers.

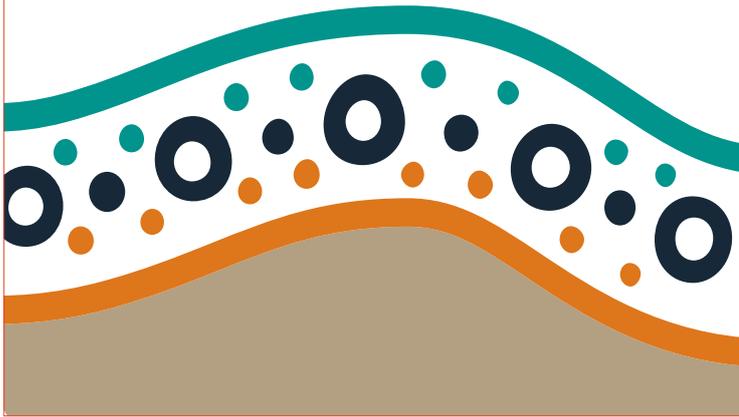
This includes the reintroduction of job seeker mutual obligation requirements.

Job seekers will need to attend appointments and resume activities to meet their mutual obligation requirements.

Contact us on

to talk about your:

- Job plan
- Mutual obligation requirements, and
- Individual circumstances
- Job opportunities.



Changes to Council Meeting Dates for 2020



In accordance with *Section 254B (3)* of the *Local Government Regulation 2012* Council advises Land Trust and Ordinary Council meetings for the months of October to December 2020 are now on the same days, as per below:

- Wednesday 28 October 2020
- Wednesday 25 November 2020
- Wednesday 16 December 2020

Meetings are held at the Council Office on Palm Island. Please note Covid-19 restrictions apply to attendance.

PALM ISLAND JUNIOR SPORTS ABORIGINAL CORPORATION



Community Notice

Palm Island Junior Sports Aboriginal Corporation will be holding our Annual General Meeting as follows:

Date: 9th November 2020
Time: 6:00 pm
Venue: Community Clubhouse

Agenda

- 1 Confirmation of Minutes.
- 2 Presenting of Reports
- 3 Electing Directors.
- 4 General Business.

If you are interested in becoming a member or a director of this corporation then you are welcome to attend and get involved in Junior Sports.
*Light Meal & Refreshments will be provided.

THIS NOTICE IS AUTHORISED BY:
GERMAINE BULSEY
8 OCTOBER 2020

Palm Island Rubbish Collection Mondays to Thursdays



Bins out by 8am

We're going weekly (for a bit)! OUR NEXT DEADLINE (Issue 311) will be this Thursday 15 October for publication on Monday 19 October!

The **Palm Island Voice** is published fortnightly by the Palm Island Aboriginal Shire Council and edited by Christine Howes. Members of the Palm Island community and local organisations are welcome to submit birthdays, community information, pics, yarns and letters to the Editor. You can follow us on Facebook, we have 2,653 'likes'!

The **Palm Island Voice** accepts paid advertising. For rates and/or more information contact the Editor on 0419 656 277 or at chowes@westnet.com.au

The **Palm Island Voice** is free and online at <http://www.chowes.com.au>

Operating Hours for Palm Island Council are Monday–Friday 8am – 5pm

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

Palm Island Aboriginal Shire Council has 4,036 'likes' on Facebook!!!

