



Palm Island Voice



Your community

Your newspaper

Issue 6.
26 October 2007



Young photographers proudly display Certificates of Participation from the Thru the Lens Photography workshops. Left to right: Zara Pitman-Blackley, Jerri Blackley, Shanen Castors & Rakesha Castors.

In this Issue:

News and Events

Creative Kids	1
Thru the Lens	2
Confirmation & Communion	3
Kilo Busters	3
Airport Upgrades	5
New Basket Ball Team	6
Creative Writing	6
Photography with Red Cross	7
Boxing Winners	7
Palm Island Song	8
Past to Future	9
Basket Ball	11

Regular Columns

Council Updates	4
Poets' Corner	10
Training	12
First Aid	12
Health News	13
Health Calendar	14
Letters to Editor	15
Editorial	15
Notice Board	16

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 0215
07 4770 1177
E-mail:
editor@piac.com.au

Printed by:

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

The views and opinions expressed herein are not necessarily those of the publisher, sponsors or editor.

Kid's Creativity Comes Out in Photography Workshops

The recent "Thru the Lens" photography workshop has highlighted the creative talents of Palms Island's young people.

In the second week of the school holidays Bwgcolman Future, Dilly Art and Larrikin Films combined efforts to bring yet another successful holiday program to Palm Island for our young people.

Twenty two budding young photographers and filmmakers joined Taki, Peta, Miss Helena and others to learn the craft of capturing the moment on film.

And didn't they do a great job!

The week long workshop ended with a

community exhibition at the PCYC, with 50 community members joining us for the opening, certificate presentation, cheese, biscuits and then a family dinner to follow with Pastor Solo and his wife cooking the meal.

The pictures are of such a high calibre we are now seeking funding to take the exhibition to Brisbane and show the mob down there how deadly Palm Island is and how talented our kids are!

See Page 2 for more details

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

Thru the Lens Photography Workshops and Exhibition



The age of workshop participants was up to 16 years and the standard of photos was very high. Copies of the photographs are being sold to help fund the cost of the inks in BF's new printer, which can print on canvas also. The copies cost \$8 for A4 size and \$5 for A5 size on photographic paper.

Talk to Robert Blackley if you'd like some of the photos or pick up an order form at the Exhibition.

A big thanks to all the kids for getting involved. If you want to learn new skills then coming along to our workshops is a great way to not be bored on the holidays and to do some deadly stuff!

A big thanks also to the workshop facilitators, most of whom we already know on Palm, Taki, Peta, Helena,

Alfie, Ado, Murray & Patrice; and to the PCYC for their ongoing support with our programs; to Rob and Svea and the BF crew; and all the community members who came to see their kids work!

Next holidays BF are working towards two workshops at this stage — Capoeira in December and more Descendance Dancing in January.

All workshops are free for Palm Island youth and next time we will have two groups, 6-12 and 13+, with lunch included every day. The photos will be up for a couple of weeks so if you get the time come and have a look. We did have to take down the canvas prints but there are still plenty of photos to look at.

**Story from Bwgcorman Future Inc.
Pictures from Svea Pitman**



Service held for Confirmation and First Holy Communion

On Sunday 14th October the Grade 7 students from St Michael's school were Confirmed at St Anthony's Church.

They were joined by three students from Bwgcolman State School.

Bishop Michael Putney and Church Elder Nana Ger-tie attended on the day with the assistance of our Parish Priest Father Cipriano.

The service started with a traditional smoking ceremony followed by the Confirmation of all candidates.

Two children also received their first Holy Com-munion. The children and their families participated in the service through prayers and songs.

Grade 7 has been preparing for their Confirmation for many weeks with the help of their teacher Mr Eroni and the APRE Ms Paula.

Many families and friends joined us after the service for a lunch to celebrate with lots of yummy cakes and party food. It was a wonderful day.

Story and Picture from St Michaels' School



Bishop Michael Putney gave the Confirmation and First Holy Communion Mass.

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

Contact Catherine Lawler or Alfred Clay for further information
Telephone 07 4770 0215 or 4770 1177
Fax 07 4770 1305
email: editor@piac.com.au

Advertise in *Palm Island Voice* and support the community that supports you!

KILO BUSTERS UPDATE

The winners of the "most steps in the week " are Trish the health service pharmacist - its a busy job

Julie - teacher from the school

and Nazareth also from the school

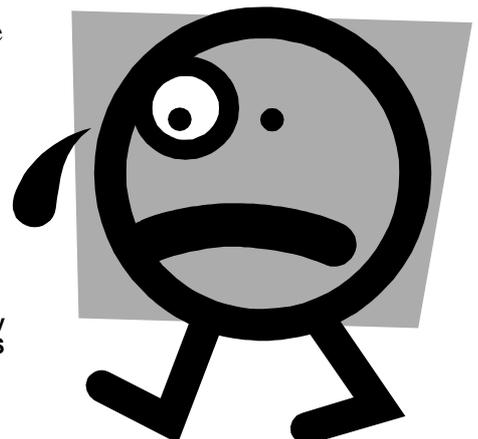
All Busters put in a great effort and the competition was very close. Overall everyone averaged over 12,000 steps per day

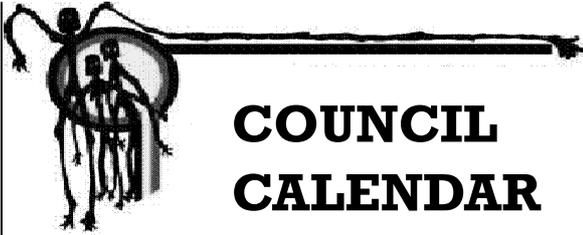
Also, there was a special prize for Katherine Nallagar for being not too far away from the others and consistently loosing weight each week.

It's still not too late to join in the fun, and give your self a chance to look deadly and lose weight.

Sandy will be away for three weeks but just ask the staff in out patients and they will assist with joining you up or weighing you in.

Story from Sandy Christiansen, JPHS





COUNCIL CALENDAR

REPORTS

23 October—Corporate Plan

Council met with representatives from the Department of Local Government and Planning on 23 October, to finalise the Corporate Plan for Palm Island for the next four months.

This plan is required under the Local Government Act and sets out Council's plan for delivery of its services. It covers areas such as development of infrastructure such as road, maintaining building assets, and employment needs.

24 October—Housing Committee Meeting

Council held its monthly Housing Committee Meeting on 24 October. Recommendations made during this meeting will be table at the Council General Meeting on Thursday 29 November.

25 October—Water Sewerage & Infrastructure

Council met with representatives from the Manbarra traditional owners, on Palm Island, to discuss the Water, Sewerage and Infrastructure Project which is being funded by the Department of Local Government and Planning.

Council and Manbarra are still negotiating the extent of the project.

UPCOMING

30 October—Council General Meeting

Council will hold its next General Meeting on 30 October. The public gallery will be open and members of the community are welcome to attend.

However, community members need to remember Council has the right to close the meeting to the public when they are discussing confidential matters such as staffing and finance.

If Council does need to close the meeting, members of the public will be asked to leave, and to respect Council's decision.

13 November—Delegation Meeting

Members of the public who wish to put a proposal, petition, or other matters of concern or interest to the Council are able to speak at this meeting.

You will need to contact Council administration and notify them of your intentions prior to the meeting.

Presentations are limited to 1/2 hour and time is limited so you will need to book early.

You can make a booking by calling Thomasina Morgan on 4770 1177.

Updates from Council

Working to Improve Shopping Precinct

Work is being carried out to improve Council's commercial premises in town.

This work includes refurbishing premises occupied by the businesses Island Life, Sunset Snack Bar, EmployNet and Jigga's Agora.

In addition to installing new air conditioning, lighting, and painting the shops, Council is upgrading security facilities, fire escapes and exit signs.

Work will also be carried out to refurbish the old bakery, which CDEP has successfully applied to run as a new Bakery for the community.

The Justice Group building will receive a make over too when it is painted, gets a new kitchen and has the outside patio area completed.

Council is also in the processes of entering into commercial lease arrangements with the occupants of these various premises.

Community Concerns

If there is something concerning or bothering you, to do with Council services, you are encouraged to let Council know.

There is a set process to follow which will ensure your concern or complaint is dealt with properly.

You will need to come into Reception at the Council's main office to fill out and sign a form which sets out the details of your concern. Complaints must be signed, however, they will be treated confidentially and with respect.

We understand forms are not always easy to fill out, and our staff can assist if you have difficulties with reading or writing.

REMINDERS

Wheely Bins are for household rubbish only. Bottles, cans, cardboard, papers, and so on. Garden waste, car parts, building materials and other hard rubbish should not be put in the wheely bins. If you need to dispose of these things, call the Council to assist.

Noisy Parties remain an issue. Please be respectful of neighbours, Elders and working people and turn down your music after 9:30pm. Contact council if you have a complaints about noise. The Housing Section will contact tenants who have had a complaint made against them. If the problem continues noisy tenants may be evicted.

Council to upgrade Airport facilities

Palm Island Aboriginal Shire Council is undertaking work at the Airport to improve facilities for passengers and address concerns about security at the Airport.

Council plans to upgrade the waiting area, to make it more comfortable for people waiting for flight.

They will also be installing security cameras and sensor light to improve security for the airstrip. Council is doing this because there are ongoing concerns about unauthorised people being on the runway.

There are also concerns about people being on airport premises after hours.

Access to the airstrip must be available at all times in case of emergencies. Therefore it is not possible to lock

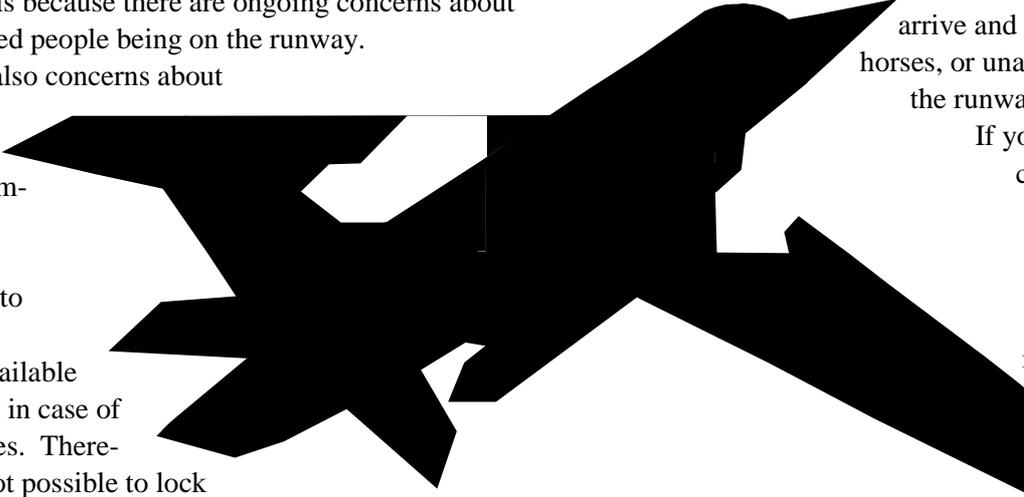
the gates to keep unauthorised people off the runway and out of airport premises.

However, Council wants to remind everyone unauthorised entry to the airport and airstrip are prohibited under Commonwealth Law and offenders may incur fines of more than \$5000.

Council's Airport Reporting Officers are Ashley Lenoy and Chris Camenzuli, who check the airstrip to make

sure it is safe for planes to arrive and that there are no horses, or unauthorised people on the runway.

If you have any concerns about anything you see happening at the airport premises or on the runway it is best to call the Airport.



Palm Island Aerodrome

Unlawful Entry Airside Unlawful Damage to Aerodrome and Aircraft

Queensland Police will charge individuals initially with unlawful entry or unlawful damage to property

Aerodrome Operator (Palm Island Council) and Aircraft Operators will submit a incident report to the Department of Transport and Regional Services under the *Aviation Transport Security Act 2004* and *Transport Security Regulations 2005*.

Fine as follows.

	<p>Commonwealth of Australia</p> <p>WARNING!</p> <p>Airside area</p> <p>Unauthorised entry prohibited</p> <p>Maximum penalty exceeds \$5 000 (<i>Aviation Transport Security Act 2004</i> and <i>Aviation Transport Security Regulations 2005</i>)</p>
--	--

a creative writing competition

Stories of Palm

Community members are invited to submit works of creative writing based on the theme "Stories of Palm".

We're looking for short stories, poetry, biographies, personal histories that tell stories of Palm, in a creative way.

Entries are invited for the following sections:

Children (under 12 years)

Youth (12-17 years)

Adult (18 years and over)

Prizes will be awarded in each section.

1st prize—\$50 gift voucher

2nd prize— \$45 gift voucher

3rd prize— \$35 gift voucher

Entries Close 16 November 2007.

Entries need to be typed or neatly handwritten and delivered to Council offices in a sealed envelope.

Please make sure you include your name, age and contact details.

Entries will be judged anonymously by a panel of three community members.

Winners will be announced on 19 November.

Contact Catherine Lawler for further information
Telephone 07 4770 0215 or 4770 1177
email: editor@piac.com.au

Game On for New Basketball Team

Palm Island has a new basketball team, which has begun training for a massive Indigenous basketball tournament which will be held in Cairns early next year.

The team will be taking regular trips over to the mainland to play against other teams. Similarly, it is hoped teams will come to Palm to play also.

To help prepare for these games, a 'Visitors' team has been formed to play against the Palm team. The Visitors team is captained by Dr Clint and is made up of visitors to the island, as well as some talented locals (Clint Barry, Todd Chatterton).

So far two games have been played and have been an overwhelming success. They have been highly entertaining and the competition has been of a high standard.

Coach Russell O'Neil is keen for the community get behind the players and support them. "The team is in its infancy, but is showing a lot of promise", he said "I believe they have the potential to achieve well in the Indigenous Tournament with the support of the community".

A competition is being run to find a name for the team. If you have an idea, contact Russell O'Neill, at Bwgcolman Community School, (47700333) for more details.

Story from Russell O'Neill, Bwgcolman Community School

Writing Competition & Celebration for start of *Palm Island Voice*



A Creative Writing Competition and community celebration will be held to mark the start of the Palm Island Voice.

The theme for the Creative Writing Competition is "Stories of Palm" and all community members are invited to submit entries.

We're looking for short stories, poetry, biographies, personal histories that tell stories of Palm, fiction or non-fiction, in a creative way.

There will be three sections for entry. Children (under 12 years), Youth (12-17 years), and Adult (18 years and over).

Prizes of gift vouchers from Mary Who Bookstore in Townsville will be awarded in each section. 1st prize is a \$50 voucher, 2nd prize a \$45 voucher, and 3rd prize a \$35 voucher. The vouchers can be used to buy books, CDs or DVDs from the shop.

The **Closing Date** for entries is **16 November 2007.**

Entries need to be typed or neatly handwritten and delivered to Council offices in a sealed envelope. Please make sure you include your name and contact details.

Winners will be announced at the official launch of *Palm Island Voice* the following week.

All members of the community are invited to attend the celebrations, to be held in conjunction with the launch of Palm Island PCYC Youth in Tune Project at the PCYC on 19 November. Special guest, The Honourable Mike Reynolds MP, Member for Townsville will award the prizes for the writing competition.

We also hope to have winners read extracts from their winning entries on the day.

Entries will be judged by a panel of three community members, but names will be removed from each entry so the judges will not know who has written it.

Jellyfish 2007

8 November 2007



On Thursday 8 November from 10:00am in the mall there will be a display to raise awareness of parents and children of the Jellyfish in Palm Island waters.

Each year between 12 to 15 people are stung by Jellyfish at the beaches at Palm Island. Most of these are local kids. In Palm Island waters there is a 1 in 400 chance of getting stung compared to a 1 in 160,000 chance on the mainland beaches.

We need to be more vigilant in letting our kids swim at the beach. Most of these stings can be avoided by wearing a 'stinger suit'.

Ian Day from Palm Island Ambulance said, "This day is to raise awareness among the local people that stinger suits are a great idea, will be cheap to buy and will reduce the number of children we have to treat at home and then take to the hospital. This is a great opportunity to come and have a look at the jellyfish samples, check out the stinger suits, learn how to treat stings and register for a first aid course."

Donations from Queensland Health and Palm Island PCYC will see stinger suits being purchased and placed into the schools so that the kids can partake in school water carnivals. The suits will also be available for purchase from the schools at a subsidised price. Money raised from the suits will go back into buying more suits.

"It is distressing for us as paramedics and nurses to see a child in severe pain after being stung. Treatment involves injections and medication for most kids. In a lot of cases this can be avoided by wearing a stinger suit", Ian said.

"With the co-operation of organisations such as PCYC, Palm Island Council, Dr Lisa Gershwin (Marine Stinger Advisor) and JCU this project has come to fruition. Melissa Cowlshaw from Surf Life Saving Queensland has worked tirelessly to seek funding and best pricing for the stinger suits as well as working to develop a Surf Club for Palm in 2008."

Target Zero is our aim for the number of stings this summer but it can only happen with the help of parents and adults in helping to warn the kids of the dangers of stingers and supporting the wearing of stinger suits.

Story from Palm Island Ambulance Service



PALM BOXERS KEEP WINNING

Eight Palm Island Boxers made it through to the finals of the Queensland State Titles held at the Upper Ross PCYCD on Friday 12 October and Saturday 13 October.

Palm Island Boxers won six Gold medals, three Silver, and one Bronze.

Selwyn Seaton won a Gold medal in the Bantam Weight division. Selwyn also won a shield and an extra trophy for the best Junior Boxer in Queensland.

Luke Lenoy won a Gold medal in the Light Weight division. Earlier this year, Luke won a Gold Medal and the trophy for the Best Junior Boxer, at the Queensland Golden Gloves.

The list of medal winners from the State Titles goes on. Dennis Haines won a Gold Medal in the 41 kg weight division and Hosea Murphy won a Gold medal in the 45 kg weight. David Clarke, won a Gold medal in the Bantam weight Senior division and a Bronze medal in the Light Weight division. Albert Gorringer won a Gold medal in the 32 kg division and Silver in the 35 kg division, and Nat Seaton won Silver in the Super Heavy division.

Story from Ray Dennis

Birthdays New Babies In Memorium

**Tell us about them!
And we'll put them here.
It's FREE!**

**Leave a note with the details at
Reception in the Council's
main administration building.**

Song About Palm TOO DEADLY

Students from Bwgc Colman Community School, Senior Phase of Learning and TAFE took part in the Palm's Up Program workshops on October 8-11.

Palm's Up is a music, dance, art and hip hop program that provides a platform for Young People to yarn about their stories, explore and express, develop pride and identities through culturally appropriate arts and forms.

On the last trip in September the Palm's Up team of mc's, musicians, producers and visual artists worked with students to write the song *Palm Island Home* (see below) during the school and after school workshops.

The next Palm's Up trip will be from November 12th 2007. There will also be another Local Artist Meeting to discuss collaboration between artists and workshop facilitators, and a showcase in January.

Palm's Up is coordinated by SpeakOut in partnership with Red Cross and funded by the Office for Youth, Department of Communities, Queensland State Government.

Story from SpeakOut

Send us *your* Stories



<u>Publication Date</u>	<u>Contributions Due</u>
9/11/07	30/10/07
23/11/07	13/11/07
7/12/07	27/11/07
21/12/07	11 /12/07



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.

Palm Island Home

On the weekend you can see them all
dance

They dance with the music in their ears

Singing and dancing

Beautiful beautiful

Palm Island Home

We are many tribes

Bwgc Colman Bwgc Colman

This is what we do on Palm Island

Ooh yeah

Pay attention people

Listen up, Listen up

This is what we do on Palm Island- ooh yeah

Saddle up the horses

Go ridin' on the beach

And when the tide goes out

We go walking on the reef

When the jellies aint here

We go swimming in the sea

We do backflips off the jetty

And race up to the beach

When we wanna get a feed

We knock a mango off a tree

If you get a lot of feed

Can ya give one to me?

A song written by the young people of
the Palm Island Community.

Message from the Past to the Future

"Thank You"

Today I understand will be the official opening of this Centre and I hope you young people will appreciate what the elders of this centre will you, teach you, also allow you the use of the facilities they try to provide for you.

I really envy you young people because when I first came to Palm Island, I was put in a Dormitory for Girls, my brother Eddie was put in a Dormitory for Boys.

In my Dormitory I was cared for by old married couple, who taught us cleanness, not only with our own bodies, but with our rooms and our big yard.

Each girl had to have a garden plot, which she had to care for herself. The coconut trees of Main Street and the mango trees of Mango Avenue are planted by the girls and the boys of the Dormitory.

Once when we were short of money, to buy a gramophone, we girls were taken to Butler Bay by Mr Curry who was the "Super" then, to collect Trochus Shell which was sold. The spare money bought "Dress Material", as our dresses those days were made from Sugar Bags.

So you young people I beg you to make the best of every opportunity you get, and may you grow up to be very fine young women and men.

Thank you

Wudga Tallis (nee Walsh Barker)

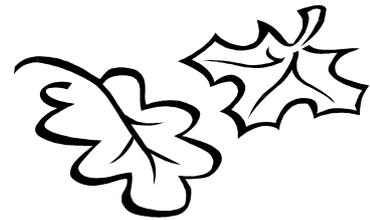
23 May, 1990

Palm Island Elder Mr Keith Walsh thought the community would like to read this letter and poem, written by his mother, Wudga Tallis.

She wrote them to express her concerns about, and hopes for the future of the young people of Palm Island. The letter "Thank You" was written for the opening of Kootana Women's Centre in 1990.

Of the poem "Thank God He Doesn't Strike she wrote:

"I am 70 and tired of reading of the greed in this beautiful world with people wanting more and more. Perhaps this poem will bring home a few truths."



Thank God He Doesn't Strike

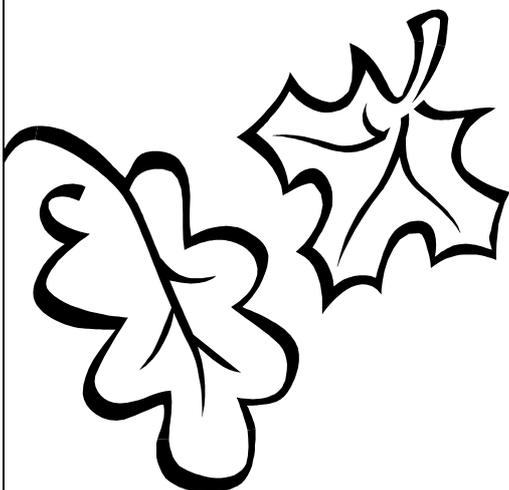
It's just as well that God above has never gone on strike.
Because he wasn't treated fair, or things he didn't like.
If he hadn't ever once sat down and said that's it, I'm
through.

I've had enough of those on earth so this is what I'll do.

I'll give my order to the sun, cut off all your heat supply.
And to the moon, give no more light and run the ocean dry.
And just to really make it tough, and put the pressure on.
I'll turn off air and oxygen till every breath is gone.

Do you know he'll be justified of fairness game?
No one has been more abused or treated with disdain –
Than God, yet he carried on
Supplying you and me with all the favour of his grace
And everything for fill.

Men say they want a better deal and so on strike they go
But what a deal we've given God; for everything.
Oh the things we often do to gain the things we like
But what a mess we'd all be in
If God should go on strike.



More Photography Courses with Red Cross Mentoring Program



Gavin Brown from Canon doing a Red Cross photographic workshop at Palm Island in April this year.

November will see another chance for young people and mentors on Palm Island to develop their photography skills.

This program builds on the success of the photography courses that operated in April this year as part of the Australian Red Cross mentoring program.

This time young people and mentors will have the chance to go on a two day camp to Magnetic Island and then two days back on Palm Island with experienced professional photographers.

A familiar face in this course will be Kevin Cooper who was one of the photographers from the last course. Kevin will return to the island with another four photographers, who are all donating their time to share their skills in photography with mentors and young people.

If you are interested in the course, which will run from Thursday 1st to Tuesday 6th November, talk to Zina and the staff at the Australian Red Cross office. The course is free.

If you were involved last time and want to extend your skills make sure you talk to Zina straight away so you can also be included in this next stage.

If you interested in the mentoring program in general also chat to the team at Red Cross about what is expected and how to sign up. The program is always looking for young people and mentors to be involved.

Just a reminder that all mentors must have or be willing to get a Blue Card and meet the mentoring requirements. Red Cross will help you apply for a Blue Card if you want to sign up as a mentor.

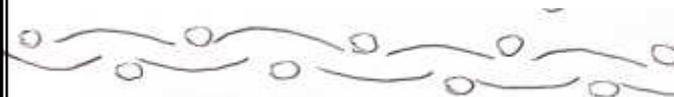
Story from Red Cross

Poets' Corner

Brown Sugar

Brown Sugar Baby
will you stick around
It's because of you and me
my happiness is found
And yor the best looker
in this bloomin town
And I love my Brown Sugar
and I like my sugar brown.

Poem by Arron Richardson



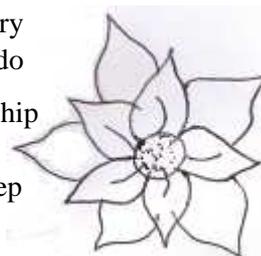
Friendship

Our friendship means a lot to me
Through the good times and the bad
For all the times we were happy
There's just too many when were sad

Even when were taken apart
Were really still together
Even if it's in the heart
Our friendship will last forever

There is not a day that goes by
When I don't think of you
At times when I'd almost cry
I think of what we used to do

No one can win our friendship
No one can spoil our fun
Our friendship is one to keep
An ever lasting one.



Poem and Illustrations by Angela Kidner

Palm Island's Official Basketball Team attempts to make it Two from Two

Coach to the new basket ball team, Russ O'Neill reports on an exciting game between Palm and "the Visitors" that goes down to the wire.

After their emphatic 22 point win several weeks ago, the Palm Island basketball team was out to make it two-in-row against the Visitors for 2007.

The match was played at the local PCYC and was an absolute spectators dream, played at a great intensity right from the onset.

Both teams came out firing early with great sharp shooting displays. However, Palm Island's Raymond Prior had the hot hand landing shots from all over including several 3-pointers to get his team to a 21-12 lead at the first break.

Palm Island controlled the game well into the 2nd quarter. Tight defence and fast flowing teamwork by the home team gave them the advantage over the Visitors, who were struggling to keep their positions or get away any clean shots at the basket.

Palm in front

Strong rebounding by Gerry Watton, David Clarke (Dabu), and Tim Nardoo set up many easy scoring fast breaks opportunities for the home team.

Raymond's hot streak continued firing successive 3-pointers which took the Palm Islander's to a 22 point lead at the main break.

The 3rd quarter was equally balanced as the Visitors began to play more structured defence which limited Palm Island's scoring chances.

The Visitors began to play smarter basketball, as Bwgcorman's Todd Chatterton and local resident Clint Barry used their height and size to muscle their way into the keyway to take advantage of the smaller Palm Island side.

The hospital's Dr Clint and Californian import Cameron Elkin found openings in the home team's defence and were able to make some comfortable jump shots to keep the game evenly poised.

However, Palm Island still continued to play disciplined basketball and maintained a steady flow of baskets which took them to a seemingly unbeatable 19 point lead into the final quarter (62-43).

Visitors comeback

The final term saw the beginning of an amazing comeback from the Visitors. With nothing to lose, Cameron used his strength, speed, and ball handling skills to penetrate the home team's defence and domi-

nated the tiring Palm Island side, scoring 20 points alone in the final quarter.

The Visitors were unstoppable as they found holes all through their opposition's defence and went on a scoring rampage.

Palm Island could only manage to score 8 points in the final term with clumsy turnovers and fouls costing them dearly. The homes team's 19 point three quarter lead was quickly squandered to just 5 points with two minutes to spare.

Critical errors by Palm Island in the final two minutes set up the Visiting team for a '5 point play' followed by a 3 pointer, which gave the Visitors the lead for the first time in the match.

Down by 3 points with less than a minute to spare, the home had one last scoring opportunity to tie up the ball game. With the seconds counting down, the Visitors swarmed the home side in their attacking half. However, Raymond managed to find a way to the basket, but could only manage a two pointer.

One point the difference

The Visitors were able to maintain control of the ball in the final few seconds and won the match 71-70.

This concluded what was an exciting 2nd match against the Visitors with more games scheduled in the coming weeks.

The top scorers for Palm Island: Raymond Prior 34, Russell O'Neill 16, Gerry Watton 11. The top scorers the Visitors: Cameron 31, Todd Chatterton 15, Dr Clint, 11.

Thanks to supporters

The game could not have gone ahead without the support of the PCYC as well as a big thankyou to Sam Coutts and Bonita Gould for refereeing and also to the girls who helped with the scoring.

Furthermore, condolences to Palm Island resident Harold Coutts who sustained an ankle injury in the 4th quarter whilst playing for the Visitor's and was unable to continue.

Finally, a special thanks to Palm Island's young Jy Prior who played a good game and has shown great maturity playing amongst the adults. Well done Jy.

More games to come

If you would like to come down and support the Palm Island team, keep an eye out for posters around the community or contact Russell O'Neill at Bwgcorman Community School (47700333) for more details.

Story from Russell O'Neill, Bwgcorman Community School

APPRENTICES AND TRAINEES

Palm Island has a strong commitment to ensuring community members are encouraged to take on apprenticeships and training.

The trainees and apprentices work very hard at both their on the job components of their course as well as the TAFE components.

In each edition of *Palm Island Voice* we will bring you the stories of a group of trainees or apprentices.



Making Training Relevant to Work Opportunities

Palm Island Council apprentices have been working on the community for a number of years engaged in many different trade areas.

Recently Richard Robertson, Saul Burns, Russell Parker and Thomas Curly (TC) got together to discuss their apprenticeship and adjustments to make their training more relevant to their future work arrangements and the community.

Palm Island Council Deputy CEO, Deniece Geia, TAFE, DEIR (Pauline Shortjoe and Ronelle) and John Lawler(QUT) have been working hard behind the scenes to support the apprentices.

They have now transferred their training to a housing and maintenance course delivered by TAFE in Townsville. With lots of experience in carpentry and block laying, they are only required to complete part of the course to finish their traineeship. This is good news.

Story from Charlie Goldsmith, TAFE



Palm Island Ambulance

First Aid Hints and Tips

Who's Who At the Ambulance

William Landers

**Ambulance Attendant since 2002
Born Cherburg - Lived at Duaringa then to
Palm Island moved here in 1974**

**Worked at oyster farm Palm Island - did a
stint at the bakery - worked at the retail
store - worked as a carpenter, painter,
brick layer with the council, then worked at
the pub, then employed with CDEP (fishing
gang), groundsmen at the hospital before
taking a career with the Qld Ambulance
Service**

Interests football rugby league

Volunteer with the SES and Rural Fire Service

**Married Catherine in 1999 have 4 children -
heaps of nephews and nieces**

**Likes to go fishing but never brings any
home - joking**



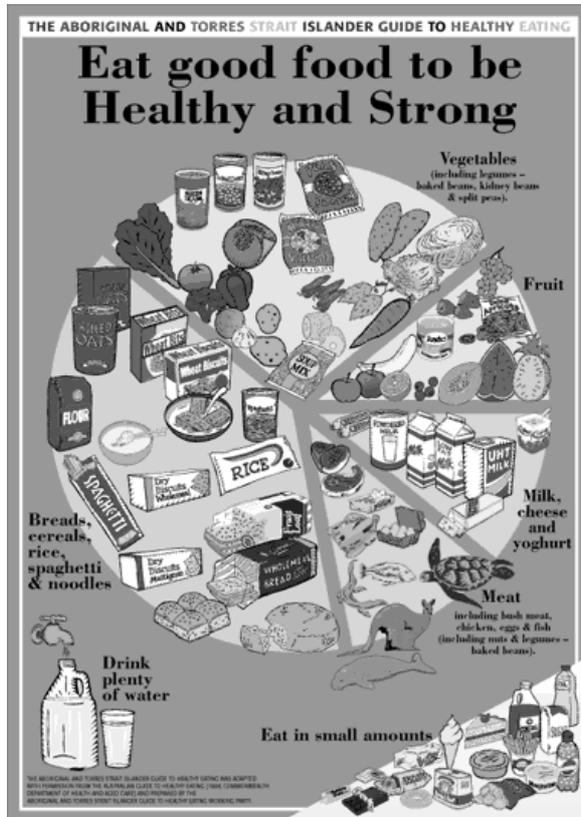
HEALTHY EATING FOR A HEALTHY LIFE

To live a happy life we need to eat well and also move our bodies.

By eating well we can prevent many diseases like diabetes, blood pressure, heart problems, kidney problems, some cancers, skin problems and even stop becoming very big or overweight.

To be healthy we need to eat a wide variety of good foods and also the correct amount of each of these foods throughout our life. Eating more or less of these foods can make us sick and over a long period of time cause diseases.

The food we eat provides us with the energy that our body needs to carry out all the work we do. It also helps in building, protecting and keeping the body strong and healthy.



• Eating mainly wholegrain breads and cereals, rice, pasta, plenty of vegies, beans and fruit can provide us with energy and plenty of fibre.

• All types of meat, fish and chicken helps in body building and growth.

• Milk and milk products help to keep our bones strong.

• Fruit and vegies protect our bodies by helping to ward off illnesses.

Other foods like soft drinks, chips, lollies, ice-cream, chocolates, rich pastries, pies, etc are foods which we should avoid but can be eaten now and then.

Water is very important and we should be having at least 8 glasses everyday to keep the blood flowing and to help remove waste from our body.

Story and picture from Queensland Health

✂ 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

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
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.

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.

Sexual Health Clinic

Rachel, Frank and Mersane are in the office 8am to 4.30pm Monday to Friday. The clinic is open late on Tuesday nights till 6.30pm.

No appointment necessary.

We provide advice, treatment and management of any sexual health issues. We also provide help with issues such as contraception, Pap smears, counselling and Trans Gender.

Vet Clinic

Dr. Jim is available every three weeks at the vet shed in Mango Avenue for any pet needs. Surgery is in the mornings and consultations in the afternoon.

This is a free service. You may need to pay for vaccinations and some medications for your pet.

No appointment is necessary. Book in at the hospital or call Lowana on 0428 325 183. Council officers will take your dog to the appointment if needed.

Women's Health Nurse Visiting Next Month

The Women's Health Nurse will be visiting Palm Island (Community Health, Joyce Palmer Health Service) during November and December.

The Health Nurse will be available on the following dates:

- Tuesday 6th November
- Tuesday 20th November
- Tuesday 4th December

The Womens' Health Nurse can provide counselling and support on women's health issues, pap smears, other concerns regarding women's health and healthy lifestyles.

REMEMBER: If you come for your regular pap smear, we can *prevent* cervical cancer.

Ring Rachel for an appointment on 47525165, or simply drop in between 8.00am-3.00pm on the day.

Classifieds Available in *Palm Island Voice*

Items for sale

Sale Price	
less than \$1000	FREE
more than \$1000	\$2.50 per line

Public Notices

Births, In Memorium, Anniversaries, Birthdays	FREE
Other notices	\$2.50 per line

Contact Catherine Lawler or Alfred Clay for further information
Telephone 07 4770 0215 or 4770 1177
Fax 07 4770 1305
email: editor@piac.com.au



Tell us what you think

Letters to the Editor

Make a decision to create better future

I was born on Palm Island and spent most of my life here. I believe I am able to make a comment about life on Palm Island. (Past, Present and Future)

As a young girl I grew up during the ration days and we also could not travel away, go fishing, get married unless we had a permission form signed by the Manager of Department of Native Affairs. (DNA)

Thankfully we are free people today. We can make our own decisions.

The decisions we make today will affect our future.

Palm Island Council signed two (2) documents recently.

(1). Over arching Community participation agreement with State Government.

(2) The reform document taking us forward and away from welfare with the Commonwealth Government.

Please feel free to ask myself and my colleges any questions about the management of Palm Island.

We are now called Palm Island Aboriginal Shire Council. (P.I.A.S.C). This means we are able to be funded and resourced better than previous years. We will be able to deliver better basic services.

I my portfolio areas by actively attending meetings to develop solutions to problems and finding out ways to deliver those solutions to the Community.

Amongst many of our Community problems, drugs

use by our children as alarmed me. I am asking you the Community please protect our children. Our children carry our hopes and dreams, especially our Aboriginality, into the future. Our future as Palm Islanders will be destroyed if we don't protect our children from the harmful effects of drugs.

I speak directly to anyone selling drugs just to have more money or to look good or to feel good. Stop now. Look around you we all need to be good role models to our children. Get a Job!!!!

The Council has fought to deliver cheaper ferry and airfares to this Community. You will still have your house here on Palm Island.

The Council has a new housing policy to support people studying, working, or living off shore for medical reasons, by recognising your right to hold your house or flat.

Create your own job!!!

Apply for a loan from I.B.A and start your own business. It can be catch and release charter fishing or maybe a dive charter or Island hopping.

By signing the Commonwealth document the council has made it easier for you to borrow money. You can also receive assistance to develop your business plan.

Make a decision today to create a better future for you and this Community.

Councillor Magdalena Blackley

Palm Island Aboriginal Shire Council

Creativity Crucial for Change

As it turns out, many of the stories in this issue are to do with the creative work of the children and adults of Palm Island.

These stories remind us the children of Palm are the future of Palm. And in this they also highlight the truth that our work today is for the children of the future.

So we are obliged, on behalf of our kids, to undertake the hard work of dealing with the issues of today, whether that is here on Palm Island, across Australia, or around the world.

But we also have an obligation to equip them to do likewise. Encouraging their creativity, and using ours, is one way of achieving this.

Encouraging creativity opens the way to imagine other possibilities and other ways of living. It opens the way for realizing there are other ways of doing things that could provide solutions to the issues faced by the community.

Editorial

Encouraging creativity builds a capacity to think in new and exciting ways. To use a whitefella phrase, it builds a capacity to "think outside the square", to generate innovative solutions, to work against the status quo, and to challenge ways of thinking that are limited and limiting.

Since I have been here at Palm Island, a number of community Elders have remarked to me about a phrase which is often used on Palm. This is the phrase, "we used to..."

By building on their creativity young people are empowered to imagine possibilities and ways of living that are other than what they are currently faced with. They are empowered to stop saying "we used to do that..." and to say, not only "we could do that...", but to say "we actually do that..."

Catherine Lawler—Editor

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 **Svea Pitman** 4770 1828 or 0423 158 368.

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

Public Holidays for 2007

Christmas Day	Tuesday	25 December
Boxing Day	Wednesday	26 December

Computing Class

Every Monday at the Bwngcolman State School. Beginners are welcome. Contact Charlie or Rani at the seaside TAFE campus. Telephone: 4770 1200.

Ferry Timetable

Day/Date	Departs from	
	Townsville	Palm Island
Fri 26 October	9:00am	11:00am
Sun 28 October	11:00am	1:00pm
Wed 31 October	12:30pm	2:30pm
Fri 2 November	12:30pm	2:30pm
Sun 4 November	12:30pm	2:30pm
Wed 7 November	3:00pm	5:00pm
Fri 9 November	2:30pm	4:30pm

Times may alter due to circumstances beyond the control of Sun Ferries.

Call 4771 3855 to confirm departure times.

Future Directions Group Meeting

The next meeting of the Palm Island Future Directions Group will be held on 20 November. The time and agenda will be advised closer to the date.

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 and other ID.

Course dates

November 12 – 14th

December 10 – 13th

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.

Course dates

November 15th

December 13th

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.



Jellyfish 2007

Jellyfish 2007 will be held on 8 November 2007. Stalls and information displays on water and boating safety are being held by Palm Island Ambulance Service, Maritime Safety Queensland, and Queensland Police, will be held in the town square. A raffle will also be held to raise money to buy stinger suits for use by Palm Island kids.

Coral Reef finfish Closed Season

3 November 2007 to 11 November 2007 (inclusive)

3 December 2007 to 11 December 2007 (inclusive).

Fines may be applied for taking fish during a closed season. Contact the Queensland Boating and Fisheries Patrol for further information. Telephone: 4772 7311.