



Palm Island Voice



Your community

Your newspaper

**Issue 20.
6 June 2008**



“We did a guard of honour for the Lions as they ran onto the field.”

Palm's Kids Win At the Gabba

The weekend of 24 and 25 May has been described as Dreamtime at the Gabba for some of the youngsters from Bwgcolman Community School and St Michael's School.

A number of children from both schools went to Brisbane to play a half time exhibition match at the Lions vs Saints game at the Gabba. But the children tell the story best.

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

Neil Bara, Maurice Palmer, Cydni Charles, and Ella Morgan have written special reports of their trip.

On the weekend some kids, Scott Wallace and Miss Jen went to Brisbane to play AFL. We went down on a big red and white plane. When we got there we visited a really big school called St Peters and we walked around it and had a feed there. From there we got on a bus and went to the Gold Coast for a night.

When we woke up the next morning we went for a shower, had more food and then

Story continued on Page 2

Published Fortnightly

In this Issue:

News and Events

Palm's Kids at the Gabba	1-2
Reef Cat runs aground	3-4
Local Footy	5
Changes for <i>Palm Island Voice</i>	6
Elders at the Game	7
Great Lunches	7
Rio's Story	8-9
Poets' Corner	10
Redress Scheme	10
Suicide Prevention Conference	10
Palm Boxers	
Too Deadly	11
Schools' Cross Country	12

Regular Columns

First Aid	13
Health News	14
Health Calendar	15
Notice Board	16

Inside: Ferry on the Reef!



**Story & Pictures
pages 3 & 4**

Dreamtime for Palm's Kids at the Gabba

Story continued from Page 1

got on the bus again.

We visited the State Library and then we went to the Gabba to watch the Lions play St Kilda. At half time we got to play on the field. After the game we got back on the bus and went back to the airport, back on the plane and then back to Palm Island.

By Neil Biara

It was deadly at the hotel, it was amazing in Brisbane and Gold Coast. All of it was great.

By Maurice Palmer

We got chosen for the trip because we come to school everyday.

By Cydni Charles

We watched Lions play St Kilda and then we played at half time. Lions won and we won.

By Ella Morgan



"We played a game against Kowanyama kids at half time in front of 27 000 people."

Publisher

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

Contact Details

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

Printer

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

Distribution

Palm Island Voice is published fortnightly and distributed free of charge on Palm Island and by subscription elsewhere. Current circulation is 550 copies.

Copyright

Copyright of text and images vests in The Palm Island Aboriginal Shire Council or with individual contributors as credited. No part of this publication may be reproduced without permission of the publisher or individual contributors.

Contributions

Contributions for publication are welcomed. Submission of contributions is taken as permission to print. Contributions may be edited. Submission of images of people implies their permission to publish the image has been sought and given.

Disclaimer

The views and opinions expressed herein are not necessarily those of the publisher, sponsors or editor. The publisher accepts no liability for any action taken based on anything contained herein.

Where Do I Get a Copy of *Palm Island Voice*?

Pick up a copy every second Friday from:

- Council Reception
- Retail Store
- Hospital
- CDEP
- TAFE
- Airport

Palm Island Voice



Students Unveil Wall of Fame

The students of the Palm Island School have unveiled a new wall of fame in the school hall. The wall is dedicated to the achievements of the school's past and present students. It features the names of students who have excelled in various fields, including sports, academics, and community service. The unveiling ceremony was attended by school staff, parents, and community members.

Palm Island Voice



Kid's Creativity Comes Out Photography Workshops

The recent "Kids the Last" photography workshop was a great success. The children participated in a series of workshops where they learned the basics of photography and then applied their skills to create their own images. The workshop was led by a professional photographer and was a fun and educational experience for all the participants.

Palm Island Voice



Elders and Children March AGAINST ILLEGAL DRUGS

A group of elders and children from the Palm Island community have taken part in a march against illegal drugs. The march was held in front of the local government building and was a powerful statement against the use of drugs in the community. The participants carried banners and signs, and their voices were heard by the community and the media.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 4 for details of how to subscribe.

Reef Cat Lives Up to It's Name

Sun Ferries vessel *Reef Cat* ran aground in the Palm Island Jetty Channel yesterday around 12pm.

There were no reports of anyone being hurt and hopefully *Reef Cat* has not been damaged.

The ferry, which had been scheduled to arrive around the top of the tide at 9am, was delayed and did not leave Townsville until 9:30am. This meant it entered the channel on a falling tide.

And what a falling tide it was, one of the lowest for the year. at only 0.29m.

With the tides being so big at the moment, the tide was falling fast and there was not much water in the channel, or room for error.

The MV *Olympic*, the Lucinda barge was waiting to dock when *Reef Cat* came to grief and attempted to assist her get off the reef, but was not successful.

Eventually, a replacement vessel, *Maggie Cat* arrived and police launches helped to transfer passengers from *Reef Cat* to *Maggie Cat*.

Maggie Cat finally departed for Townsville shortly after 4pm. The patient passengers seemed to be in good spirits as *Maggie Cat* sped away.

Reef Cat was left behind to wait for the high tide, which was not due until 10pm. However, the full tide of 3.82m meant she was successfully refloated by 6:45pm and on her way back to Townsville not long after that.

Story by Catherine Lawler
Pictures by John Lawler



Waiting for the tide ...



Ouch! Hard aground with the tide going out.



And the tide really went out!



Maggie Cat arrives to take passengers to Townsville.



Police launches transfer the passengers between ferries



Raymond Noble (left) and Alwyn Parker (right) checked out the action during their lunch break.



Everyone's gone, and Reef Cat waits for more water.

... to come back in

Local Footy Competition Gets Better and Better



The Bulls Team look pretty pleased with themselves after winning their most recent game.

The Skipjacks line up for a team photo and are looking forward to some serious footy over the coming weeks.



Story and pictures from
Sue Prior

CHANGES AT *PALM ISLAND VOICE*

Some recent events have impacted on the future direction of the Palm Island Voice.

Firstly, Alfred Clay, who was the Editorial Assistant has taken up a new position with Relationships Australia here on Palm Island.

Alf played a valuable role in the establishment of the Palm Island Voice. As I was a non-indigenous person and newcomer to the Island he provided me with advice and support, in relation to the particular issues and concerns that faced the community, and guidance on how to approach these issues sensitively and constructively.

I wish him all the best in his new role. His commitment to the well-being and future of the Palm Island community, together with his pride in being Kalkadoon and Bwgcolman will serve him and the community well.

Secondly, I have resigned from my position as Editor. Those of you who have met myself and John my husband will know that it was his research work in relation to housing which brought us to Palm.

However, at this stage, it would seem he has taken his work on Palm as far as he can and University time-tables and deadlines mean we will need to move on within the next few months to deal with the next stage of his work.

We have enjoyed our time here immensely. Our experiences on Palm have made a great impression on us and left us with many memories that will not be easily forgotten.

To those who have made us welcome; who have talked to us; told us about life on Palm Island; shared stories of the past; expressed thoughts and ideas about current issues; told us their hopes and dreams for the future; thank you. To those who have simply smiled and said g'day, thank you. To the children who have badgered us for rides in our dinghy; shown us how to get coconut candy; taught our white-fella ears to understand Murri; thank you.

Most importantly, from myself as editor of your community newspaper, to the people who have contributed articles and photographs, who have trusted me with their stories, who have had the courage to share themselves with everyone else in the community, my heartfelt thanks to all of you. This newspaper could not be what it is without you.

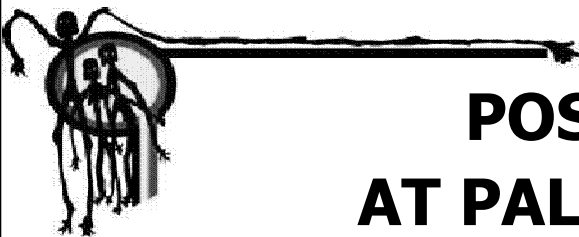
It is with very mixed feelings that I leave this project because from what I can see the community both wants and needs this newspaper.

So, finally, if you, or someone you know loves to write and to read, and is confident with computers, PLEASE, encourage them to contact the Council about the Editor's position which is now being advertised.

Please, now it's up and running, don't let it fall by the wayside. Please, don't let it be one of those things that Palm "used to" have.

Once again, thank you.

Catherine Lawler, Editor, Palm Island Voice



POSITIONS VACANT AT PALM ISLAND COUNCIL

The Palm Island Aboriginal Shire Council currently has a number of positions vacant.

- 1. HEALTH LIAISON OFFICER**
- 2. OFFICE/MOTEL CLEANER**
- 3. RECEPTIONIST**
- 4. EDITOR OF PALM ISLAND VOICE**

Community people are strongly encouraged to apply for these positions.

Anyone who is interested in applying should contact Deputy CEO, Deniece Geia, for position descriptions and details of how to apply for these vacancies.

Interested applicants should note accommodation is *not* provided for these positions.

Further information is available by contacting the Council in person or by telephone on 4770 1177.

**Applications for these vacancies close
Friday 20th June 3pm.**

Saturday Games enjoyed by Everyone

Even those people who don't play are getting involved in the local footy comp.

Good crowds are turning up to the games and people in the community are making sure they hang onto the \$5 they will need for the admission fee. This charge to watch the game from inside the ground helps the teams cover costs, such as jerseys, fees and so on.

Here Mr Alf Willis, Mr Midget King, Mr Edgar Maytown and their carer enjoy their Saturday afternoon at the game.

Story and pictures from Sue Prior



Lunch is Served: at the PCYC

The PCYC initiative of selling meals for lunch is proving to be a great success. There is a different meal each day, and for only \$6, it is great value.

The meals have the added benefit of being healthy, nutritious and very, very filling.

Over the last few days we have enjoyed roast pork with rice, vegetables and salad, spaghetti bolognese, & stir fried chicken, and korma beef curry. All meals are served with rice, vegetable and salad.

You can enjoy your meal at tables in the courtyard and catch up with the other people who drop by for this excellent feed.

These fantastic meals are prepared by Akanisi, wife of Pastor Solo, the Family Activities Coordinator at the PCYC. For the next few months, she is being assisted by Calvin Rich, from Alaska, who is visiting Palm Island to gain some community experience, before starting his University studies.



Above: These gentlemen know a good deal when they see one. Community Elders enjoy the excellent food on offer at the PCYC.
Right: A very tasty meal of stir fried chicken & vegetables with rice.



Love for Palm Drives Rio

Rhianon Walsh shares his story of life on Palm, how his love for his family, and the Palm community fuels his drive to always work harder and continually improve himself for the benefit of those he loves.

My name is Rhianon Robert Walsh (RIO). I moved to Palm Island in 1988-9. My journey here was supposed to be a 2 week holiday when my brother Stephen Walsh (Big Stumbo) told us that we should visit my fathers country. My dad was born on Palm in 1932, his name was Hal Allen Walsh and he was buried here in February 1982. I ended up staying here for the next 20 years.

I started to play football with the JETS Rugby League Club, which then gave me the opportunity to play with the Barracudas in 1989. (They Play GoooooD Football). This was a special occasion for me as my dad loved football and to represent Palm Island in rugby league was very special. I met most of the people that I know on Palm Island while I was playing football. I made some great friends and played against some great competitors. It was a great time. We all still have respect for each other to this day.

I have had all types of jobs here on Palm and I have had a job every year since I've been on Palm Island. I've been involved with a lot of organizations such as the Retail Store, Council, Canteen, CDEP, Department of Corrections, Department of Housing. I worked on the administration side of various building sites, including the construction of Palm Island Motel and the units at Butler Bay. I also participated in the construction of the new Palm Island PCYC in my role as a Community Renewal Officer. Now I am working as a site support administrator at the new building site with Laurie Lindner Constructions. It is going to house various government organizations.

I've had the opportunity to take some of our Palm Island youths down to Melbourne to leadership camp and driven some of our kids out to Charters Towers for workshops. I've been lucky enough to be involved with the volunteer organizations here on Palm Island: SES and the Rural Fire Brigade / QLD Fire and Rescue, for which we have attended a lot of competitions and received rewards.

I am married to Kaylene Ruth Walsh nee Bligh. We have six children together, four girls, two boys. We



Now working for Laurie Lindner Constructions Rio shows us his Australian Defence Medal for his Army service.

have also adopted Malcolm Kidner: he's our other son who we've had since he was 3 months old. My wife and I have been together for the last 19 years, we live out at Butler Bay, and we got married 24 April 1999.

My greatest achievement was when I had the opportunity to join the Australian Army. David Geia and I were sworn in to the Army in the old Palm Island court house in November 1997.

Then, not long after we were sworn in we were off to the great unknown: Recruit / Entry into the Australian Army. The "TEST" was on.

First off, we travelled to Cairns. For a few days we were drilled in the standards of the army life. This was a very chaotic period, because I really had no idea what it was truly like.

Then we transferred to Townsville Lavarack Barracks at 0200 in the morning. Anyway, we got off the bus straight into the faces of yelling / screaming / mad Sergeants and Corporals who were going to turn us into soldiers, they were going to torture us for the next 2 weeks.

I was apart of 150 men in the company that were taking part in the training. They kept us up till 0400am organizing our general issue equipment: uniforms, rifles, water bottles, and everything else that we needed to be soldiers. Then they let us sleep,

The routine was simple. 0500 – 0700: Wake up; get dressed in PT (Pain & Torture) gear; run 2.4km. do 50 push ups, then 100 Sit Ups (this was your BFA - Basic Fitness Assessment); march; stand fast; stand to; by the right quick march; about turn; drop give me twenty (push ups) — if you done something wrong; answer every question with Yes Sir /No Sir; carry on as you were; don't leave your rifle unattended; eat, sleep, bath, shower, go to the toilet with your rifle; IT IS NOT A GUN – IT IS A WEAPON, it kills people, a GUN IS FOR THE IS FOR ARTILLARY Boys (Guns On Wheels); get changed back into uniform; (MAKE SURE YOU WRITE YOUR NAME ON EVERY-



rifles, his and mine. So I had an extra rifle weighing 4.1kg with a full load of 5.56mm rounds. So I had 8.2kg worth of rifle with me, plus my pack. I finished the march and got back to the lines. But I left one of the rifles up there in the lines and I got spotted without this other rifle on parade. I got screamed at in front of the rest of the soldiers and became known as a BLACK COMMUNIST because I let the enemy get my rifle. I had to do a punishment detail for 6 hrs, (they say it's character building). I had to run up and down a three story building, (whatever, I made it through).

David Geia and I marched out together, as privates in the Australian Army and David's mum was there to see us march out as soldiers.

In all this what kept me going was thinking of my family and my home Palm Island, and thinking that if I can go through all this crap I would be able to use these skills to benefit my family and my home Palm Island.

I served with the 51st Battalion FNQR A Company 3 Platoon, as a Rifleman, Patrolman, Signaller and Combat Medic. I was in the Army for 5 yrs, and got a medical discharge after a live fire practice with live hand grenades went wrong and I dislocated my shoulder.

Well that's my story. For doing time in the army I have received The Australian Defence Medal for service in the Australian Defence Force. It was presented to me by our favourite Politician (NOT) Federal Member Peter Lindsay on the 23rd April 2008.

To finish, I would like to say, I love this place, I will always try to improve myself and what I can do to help Palm Island. Thank You for your time and for reading my story.

Peace, Love, Respect to all Bwgcorman People.

Special Thanks to David Geia for encouraging me when I was going to give it up 4 days in. I'm glad I stayed. THANKS.

Story from Rhianon Robert Walsh

Pictures:

**This page—Rhianon Walsh;
Opposite page—John Lawler**

THING).;DONT LEAVE YOUR RIFLE ALONE ANYWHERE!! The enemy will use it against you; the enemy will kill you, and your mate!

Then its breakfast 0700 - 0715: Move out of the canteen and to lessons; MARCH DON'T RUN (Hurry Up and Wait); DONT FORGET YOUR BLOODY RIFLE. Lessons involved rifle drill, marching drill, navigation, use of all the weapons that we might use, live fire practice and on the mound zeroing your weapon, break contact drills. This could go on all day. The average day was at least 20 to 22 hours long without many breaks. Oh you know, you had breakfast, lunch, dinner, but you had to eat quick, and if you were really quick you could go to the toilet.

Oh I did leave my rifle once, up in the lines (where we slept). It happened when we were doing our lead up march of 7.5km for our CFA (Combat Fitness Assessment). This was a 15km walk/ march / run with full pack. In your pack was all your living utensils, which included, tent, water up to 8kgs, extra ammunition of 5kgs, rifle of 4.1kgs, sleeping bag, eating utensils. In total, all of this could weigh up to 30 – 40 kgs and you had to do the run within 2hrs 30 mins. Anyway a soldier went down on this march, and I ended up carrying two



Pictures: Rhianon Robert Walsh receives his Australian Defence Medal; with his Uncle Keith Walsh (above); and with the other recipients and Federal Member Peter Lindsay (left)

Poets' Corner

The Broken Honey Jar

There goes the honey
all over the floor
And I don't need no money
for me to get some more
But wouldn't it be funny
and wouldn't it be a bore
If they had no bloomin' honey
in the bloomin' store.

By Arron Richardson

Big Cannon Bay

T'was the crack of dawn that winter's morn
when I was thinking of a feed
As I rolled my swag and along I tag
me dog was in the lead
Over the hills and far away
to the bay I love so well
Where there's living in a cave
on clam and spider-shell
And there's spearing in the lagoon
and feasting on cray
And only then will you find yourself
at Big Cannon Bay.

By Arron Richardson

REDRESS SCHEME FOR REMOVED CHILDREN

Compensation is available to children who were removed from their families and were the victims of abuse in foster homes, orphanages or youth detention centres.

If you were taken away from your family and placed in a foster home, orphanage or youth detention centre and experienced any form of abuse you can apply for compensation from the Queensland Government.

The compensation scheme is called The Redress Scheme and the deadline for all applications for compensation is the 30th June 2008.

If this is your story and you want to apply for Compensation applications forms and assistance are available from both the Townsville Aboriginal & Islander Health Service Stolen Generation Unit at Garbutt and the Community Patrol & Community Justice Group in Flinders Street on the ground floor of the 4K1G offices.

For further information contact: The Stolen Generation Unit on 47594000.

Applications Close 30 June 2008

Suicide Prevention Conference in July

The Queensland Suicide and Self-Harm Conference 2008 will be held in Cairns from 23 to 25 July.

Hosted by the Dr Edward Koch Foundation and the FNQ Suicide Prevention Taskforce the conference will have a strong Indigenous and Multicultural focus with the themes of:

- Self-harm
- Early intervention
- Postvention and bereavement

It will provide an opportunity for attendees to formulate strategies and gain information on this pressing social problem. It will facilitate the exchange of ideas and offer support for everyone engaged in suicide prevention, counselling, and suicide bereavement support. It is hoped that the conference will increase the knowledge, capacity and skills of the health care community to respond early and effectively to suicide behaviour.

Further details are available: online at www.suicidepreventionconference2008.com. Alternatively you can telephone 07 4031 0145 or email admin@kochfoundation.org.au.

Boxers Too Deadly for Opponents

The Palm Island Boxers, who are most likely the only all Aboriginal boxing team in Queensland, seem to have scared away their competition.

Six Palm Island Boxers travelled to Cairns PCYC to take part in a tournament on 31 May. Despite the effort taken by the Palm Team to travel so far, the promoters were not able to deliver opponents for four of the team.

Luke Lenoy is four times Australian Champion and Selwyn Seaton is two times Australian Champion. They have both been judged the best junior boxers in Queensland. They have both beaten every boxer of their own age and weight in Australia and they have both run out of opponents. It seems no-one wants to fight them.

So, after travelling so far, and because no-one wanted to take them on, Luke and Selwyn decided they would fight each other in an all Palm Island show down. Both boxers performed well in an excellent bout. The judges gave a split decision in favour of Luke Lenoy.

Reggie Palm Island proved he has a bright future, when he defeated the more experienced Harlem Eales from Mareeba. Reggie attacked his opponent very strongly from the first bell and the referee was forced to stop the bout mid-way through the first round to save Harlem from more punishment from Reggie.

Patrick Clarke put up a game performance in the 54kg bout but lost against the much more experienced Dean Thomas from Townsville Hawks boxing club.

Our two young boxers Nathan James and Alfred Lacey were very disappointed they did not get a bout.

The effort made by our boxer (in time and money) to attend tournaments does not seem to be fully appreciated. For example, even the Palm Boxer who won received only small runner up trophies.

Reggie Palm Island was very impressive against a

more experienced opponent and yet he only received a small runner up trophy for his win.

Luke Lenoy and Selwyn Seaton are two of the best junior boxers in Australia and it was unbelievable the promoters decided to give these high class athletes only two small runner up trophies for their performance.

At an earlier tournament, held at Mt Isa on 26 April this year, similar events unfolded. Palm boxers fought in eight of the ten bouts, meaning the programme would have been pretty short if the Palm team had not gone.

Luke Lenoy could not be matched at this tournament and young Nathan James had to give away age and weight just to get a bout.

In his first bout and after only four weeks of training, Reggie Palm Island outclassed his opponent, who was forced to throw in the towel in the second round.

Dennis Haines won his fight against Luke Dore from Hawks boxing club.

Patrick Clarke was defeated by Dean Thomas from the Hawks club and Inosi Geia was also defeated by Dean Thomas.

Selwyn Seaton fought the main bought against Kolby John, a grandson of Bronco Johnson, and although Selwyn outclassed his opponent in the last two rounds, the judges gave the decision to Johnson.

Super heavy weight Nat Seaton also performed well but lost on judges' decision. Nathan James appeared to have the better of his opponent but also had the judges decision go against him.

The three judges were from Mt Isa and so it may be

the Palm boxers had the odds stacked against them from the start.

The next challenge for the Palm Island Boxers is when they travel to Yungaburra to take part in the Queensland Golden Gloves which will be held on Friday 27 June and Saturday 28 June.

Story from Ray Dennis
Pictures from Catherine Lawler



Nathan James (left) & Hosea Murphy (right) in training for the Golden Gloves

Schools' Cross Country Carnival

St Michael's and Bwgcolman had their Cross Country on Thursday 29 May.

It was a really fun and enjoyable day. There were so many people from around the community that helped make the day a success: staff from both schools, Council, Police, Ambulance, PCYC, Q-Build.

And of course there were lots of Mums and Dads who helped with the organisation of the carnival and by supporting their kids.

Most of all, thanks to the students. Your participation and team spirit on the day was too deadly- you are too deadly.

Congrats to Trevally from St Michael's for winning the primary school carnival and Possum Island for winning the High School Carnival.

Everyone save the date for the Athletics Carnival- June 25th at the Farm because it will be even better.

Story and picture from Miss Jen (Swords)

Results from the Cross Country Carnival day are shown below:



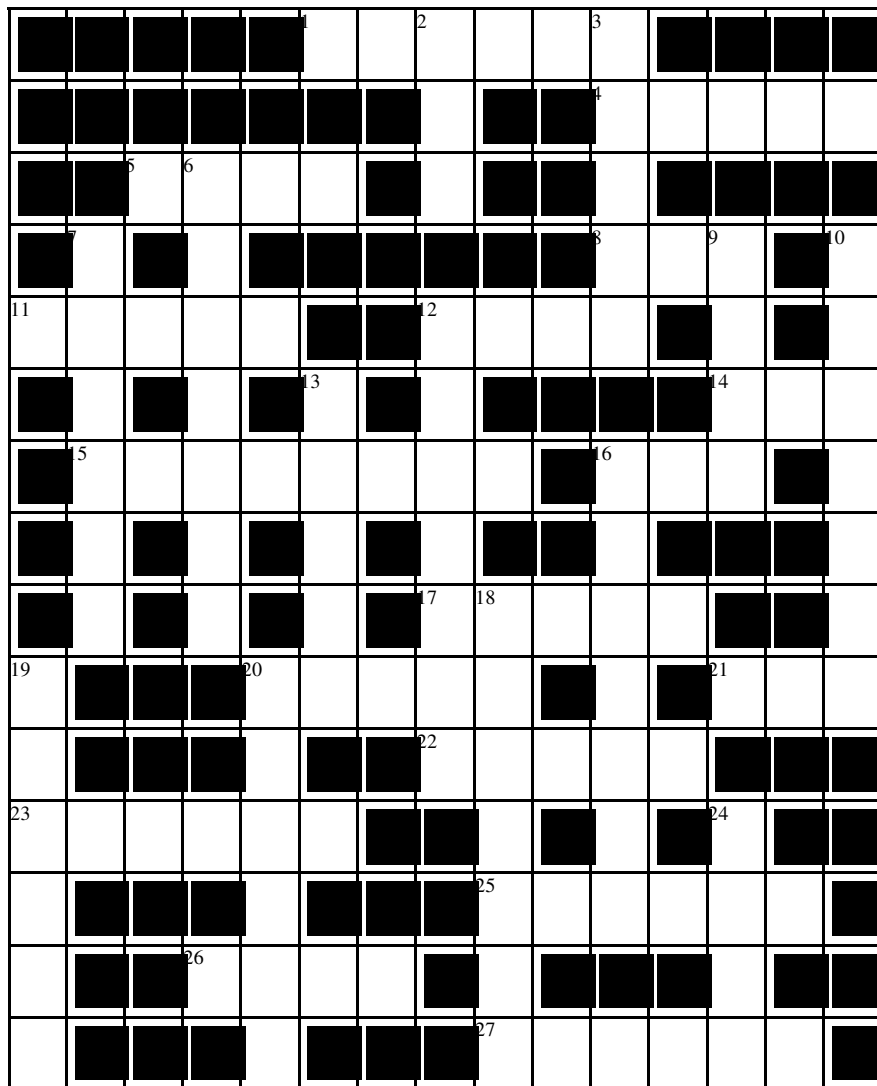
BOYS				GIRLS		
Age group	1 st	2 nd	3 rd	1 st	2 nd	3 rd
9 yrs	Marcus Ketchup	Jaysen Johnson	Tavis Creed	Elsie Barry	Naikeza James	Takhani Ryan
10 yrs	Sachin	Paulie Parker	Steen Walsh	Nikkea Sibley	Edna Coolburra	Janesha Robertson
11 yrs	Kenny Biara	Jermone Walsh	Quenal Douglas	Mowaiya Youngblutt	Beatrice Grannigan	Norita Inkerman
12 yrs	Shanden	Stanley Fraser	Wayne Wooten	Sharna Cannon	Terry-lene Mudd	Joelle Walsh
13 yrs	Thomas Morgan	Anthony Bourne	Norman Nelliman	Seldean Clarke	Jypsy Walsh	Desley Noble
14 yrs	Brendan Roberts	Owen Wilson	Winston Robertson	Shawna Pearson	Harriet Haines	Ronella Cummins
15 yrs	Alwyn Parker	Chris Barry	Bernard Haines	Temika Watson	Barbara Fullerton	Yolanda Kerr



Palm Island Ambulance

First Aid Hints and Tips

FIRST AID CROSSWORD



ACROSS

1. _____ Container, used to put in needles etc. for safe disposal. (6)
4. Organ that pumps blood around the body. (5)
5. Acronym: Used to determine the level of response for a casualty. (4)
8. Acronym: Used on an unconscious casualty that is not breathing and has no signs of life. (3)
11. These carry blood back to the heart. (5)
12. Fluid that can be used to protect a tooth whilst travelling to a dentist. (4)
14. The number of minutes between the recordings of the casualty's vital signs. (3)
15. Severe headache. (8)
16. Useful for reducing pain and swelling for a sprain. (3)
17. The flow of blood can be restricted if a bandage is too _____. (5)
20. The colour of a first aid kit. (5)
21. Acronym: Device that provides an electrical current to correct the patient's heart rhythm. (3)
22. Caused by very hot liquid coming into contact with the skin. (5)
23. Colour of bag used for clinical waste. (6)
25. Overstretching or tearing of a ligament. (6)
26. This knot is suitable for the tying of bandages and slings (4)
27. The first thing to check for when finding a casualty. (6)

DOWN

2. This acronym indicates the priorities when dealing with a life threatening condition. (3)
3. A condition where the patient may have pale, cold and clammy skin. (5)
6. Liquid that can be used to incapacitate the stinging cells from jellyfish. (7)
7. If a casualty is wearing one of these then it should not be removed unless the airway is in danger. (6)
9. The speed at which something happens (e.g. breathing). (4)
10. The rate at which chest compressions should be performed per minute. (7)
12. Brain cells are unable to survive for more than a few _____ without a supply of oxygen. (7)
13. Liquid used in the treatment of burns. (5)
16. Often used by asthma sufferers in the event of an attack. (7)
18. A wound caused by a sharp implement such as a knife or glass. (7)
19. This element constitutes 21% of all the air we breath in. (6)
20. Wearing these reduces the risk of cross infection from body fluids. (6)
24. Acronym: Treatment for a strain, sprain or bruising. (4)

Senior First Aid Course in June

QLD Ambulance Service will once again be holding its valuable Senior First Aid courses, which is provided FREE to Palm Island residents.

The Senior First Aid Course will be held at the PCYC on Monday 16 and 17 June. Training starts at 9am and finishes at 4pm.

Participants must attend both days (by turning up on time and staying for the whole of each session) to achieve their certificate.

Meals are not included or provided by the QAS - but adequate time is allowed for breaks for lunch and morning and afternoon tea.

There will only be three courses this year and the next one will not be until October or November.

If you would like to attend this course, please see Ambo Ian at the Ambulance Station. This course is FREE for Palm Island Residents

The Senior First Aid course is valid for 3 years and provides valuable training that is often required by employers. Even when it is not a specific job requirement it can also give you an advantage over other people applying for a job.

This course is available to Palm Island Residents free of charge because the costs are sponsored by grant monies obtained by the Queensland Ambulance Service.

To keep things fair and because there are a limited places available on the course, organisations that submit names for the course will be asked to pay for any people who do not attend.

Legitimate excuses will be accepted but non arrival or attendance without good reason means that someone else who could have done the course misses out.

You can nominate to attend the course by contacting the Ambulance office in person, by phone 4770 1478 or by email at iday@emergency.qld.gov.au.



Have you had your Flu shot ?

Making sure you have a Flu shot every winter is a good idea because Aboriginal and Torres Strait Islanders suffer from higher rates of respiratory diseases.

Having a vaccination shot can help stop you from getting sick with the flu and pneumonia.

All Indigenous people over the age of 15 years are advised to have a flu needle EVERY year.

The vaccination is FREE to Indigenous people who are over 50 years old. It is also FREE to those Indigenous people who are between 15 and 49 and have heart disease, lung diseases, kidney disease, asthma or diabetes, or who are having treatment for cancer, or who smoke cigarettes or drink lots of alcohol.

The vaccination is free for these people because they become sicker when they get the flu or pneumonia, and in the worst cases could actually die from these diseases.

You cannot get the flu from having the flu shot.

So contact your Health worker, Nurse or the Joyce Palm Health Centre for further information.



Story from Ian Day, Office in Charge, Palm Island Ambulance Service

PALM ISLAND COMMUNITY HEALTH CALENDAR

Joyce Palmer Health Service

Doctors Appointments

Doctors run clinics Monday to Friday 8 am to 5 pm.
See the administration staff for appointments

Pharmacy

Mon, Wed Thurs, Fri
10am to 1 pm
2pm to 4.30 pm
Tuesday only close 6.30 pm

Dressing Clinic

9am to 11am and 2pm to 4pm Monday to Friday
only – unless it is an emergency.

Dental Clinic

Tuesday every week in the Community Health Area.
You need a current **Health Care Card** or **Pension card** to be eligible for this service. Come up between 9-10am to have your problem looked at. Then you will be booked in for an appointment at the next available clinic.

Physiotherapy

Physiotherapist visits every Wednesday. Contact the hospital to make and appointment.

Renal Clinic

The Renal Specialist (nephrologist) visits every two months, and clinics with the Renal Dietician and Social Worker are held every month. If you have been referred as a patient, the clinic will contact you with details of your appointment.

Paediatrics Clinic

The Paediatrics Clinic is held monthly at JPHS. Contact the hospital for more details.

Speech Therapy

The Speech Therapist visits Palm Island every month. Contact the hospital for more details.

Eye Clinic

The Optometrist visits once a month and the eye specialist (ophthamologist) comes twice a year. Contact the hospital for more details.

Diabetes Clinic

The Diabetes clinic is held monthly. Contact the hospital for more details.

Podiatry

The podiatry clinic is held every month. Contact the hospital for more details.

Mental Health Team

The Mental Health Team Office is open from 8.30am to 4.30pm. Phone 4753 5163. The Team can help with mental health assessment, crisis intervention, case management, consultation and liaison with persons presenting to JPHS emergency department, court liaison, Individual counselling and family therapy.

Child Health Clinic

Aggie is available from 8am to 4.30 Monday to Friday to provide help with child health problems issues such as immunisation and baby health checks.

We can also help with some women's health issues and family counselling. Ring on **4752 5172** or call in anytime.

Midwife Clinic

The midwife is available every Tuesday and Friday from 8.30am till 3.30pm. She can provide pregnancy testing, antenatal care and education, organise ultrasounds, offer postnatal care, contraceptive advice and help with women's health issues. Call 0437 550 171 or just come up and see her.

Sexual Health Clinic

Rachel, and Frank are in the office 8am to 4.30pm Monday to Friday. The clinic is open late on Tuesday nights till 6.30pm. No appointment is needed.

We provide advice, treatment and management of any sexual health issues.

You can go to the clinic if you need help or advice about any aspects of women's health. The team can help with information about issues such as contraception, menopause, or protecting yourself against diseases that may cause infertility.

Women's Health Nurse

The Women's Health Nurse will be holding clinics in Community health on the following dates

Tuesday	27 th May	9am - 3pm
Tuesday	10 th June	9am - 3pm

No appointment is needed. Please feel free to visit the nurse to discuss any Women's Health issues. Please contact the clinic on 4752 5165 for further information.

REMEMBER: If you come for your regular pap smear, we can **prevent** cervical cancer. If you are under 26 years you can be eligible for a free Gardasil vaccination, which can help protect you against cervical cancer.

BreastScreen

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

ATODS

The Alcohol, Tobacco and Other Drugs Service has counsellors available to help with drug related issues, free of charge.

Users or members of their families who are worried about the impact drugs are having on their lives you can come and yarn to Craig, Jenny or Uncle Owen about what to do.

Palm Island Voice Community Notice Board

AA Meetings at Ferdy's

AA meetings to help support people with drug or alcohol problems are held at Ferdy's.

Meetings are held both day and night Meeting times are 9am and 7pm. Call day staff at the centre in the morning to be picked up for the 7pm meeting.

Palm Island Play Group

All family members with children aged 0 – 5 years old are invited to come along the Palm Island Play-group.

DATE: Wednesdays

TIME: 10.30am – 12.30pm

WHERE: PCYC child care room

Contact **Tiana Friday** – PCYC 4770 1793 or 0438 717 607

Supported by the Palm Island Family Support Hub.

Rubbish Pick Up Times

Area	Day
Chook City & Farm	Thursday
Mango Avenue	Monday
Top End	Tuesday
Bottom End	Wednesday
Reservoir Ridge & Butler Bay	Friday

Learner's Permits

Courses to assist students who are sitting for their Learners permit are held monthly on Palm. This course has an extremely high success rate.

If you want to do the course you need to enrol at TAFE. You will need your birth certificate & other ID. Contact TAFE for details of course dates for 2008.

Course Dates

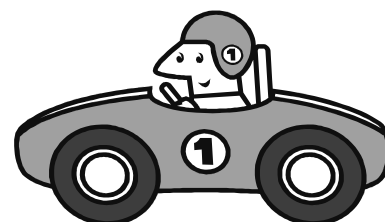
11-13 August

8-10 September

6 - 8 October

3 - 5 November

1- 3 December



Blue Cards

Construction Induction (Blue Card) is conducted by TAFE on Palm Island. This card is a requirement when working on a building site but is also gives a good sound knowledge of the Workplace Health and Safety Act, Safe work practices and Risk Assessment.

It is a three to four hour course and on completion students are issued with a General Safety Induction card

Enrolments are taken at TAFE. Contact TAFE for details of course dates for 2008.

Course Dates

14th August

11th September

9th October

6th November

4th December

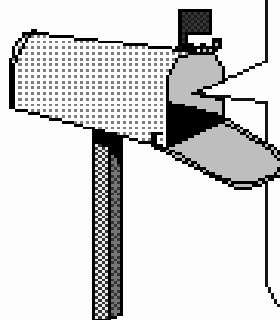
Ferry Timetable

Day/Date	Departs from	
	Townsville	Palm Island
Fri 6 June	7:00pm	9:00pm
Sun 8 June	10:00am	12:00pm
Wed 11 June	12:00pm	2:00pm
Fri 13 June	1:30pm	3:30pm
Sun 15 June	7:30am	9:30am
Wed 18 June	8:30am	10:30am
Fri 20 June	9:00am	11:00am

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

Call 4771 3855 to confirm departure times.

Land Tenure Project Suggestions Box



Have your say on the Land Tenure Project. You can submit written feedback and suggestions using the suggestions box, located at the Government Coordinator's Office (the old kindergarten).