

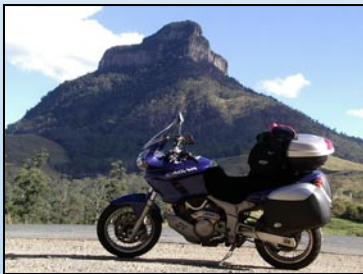
Issue 24

Tuesday 9 December 2008

INSIDE THIS ISSUE!



Two great weekends of boxing success



Police crackdown on bikes



Reports of a somewhat threatening visitor to Palm Island over the past week or so – a crocodile, which may be as big as 3.5m - have prompted Police and the Palm Island Council to issue warnings to swimmers between Francis Creek and the other side of the jetty. Queensland Parks & Wildlife Services and the Environmental Protection Agency have been notified of the sightings and are monitoring the situation.

They say before any action can be taken they have to wait to see whether the croc concerned is just passing through or has decided to take up residency.

In the meantime Police and the Council have issued strong warnings to the community that people – especially children - should stay out of the water in these areas.

Eyewitness, apprentice butcher Marcellus Clay said he saw the croc at 7.30am last Monday while walking to work.

"There were no waves or ripples, it was like glass," Mr Clay said.

"I just kept seeing this thing, it looked about 2m long and I watched it swim away towards Francis Creek."

Crocodiles, while common throughout North Queensland, are not regularly sighted here.

Mr Clay, 17, said he had never seen one in the waters surrounding the island before.

"I never thought there were crocodiles here until I saw it," he said.

He said he raised the alarm with the Island's Animal Control Officers who immediately warned local children to get out of the water.

They said parents need to make sure their children heeded warnings as there were still children and young adults swimming near the jetty after the croc had been reported.

It has been about 50 years since a croc has been spotted here, though slide marks have been found in the past few months as well as the body of a small crocodile in a crab trap.

(continued page 2...)



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Shaun Shortjoe said he found a croc slide in the mangroves at Francis Creek but estimated it was about five years old.

Palm Island Police have done a land-based spotlight survey around the swimming area over the past few nights to determine whether the crocodile was still in the area.

The EPA said they have not relocated any crocodiles to Palm Island.

"Crocodiles are currently on the move as they travel in search of mates," a spokesperson said.

"It is likely this crocodile is in transit."

The EPA have advised people to be 'croc-wise' by observing warning signs and reporting any sightings to the EPA Hotline on 1300 130 372.

Basic guidelines to reduce the risk include:

- Never swim in water where crocodiles may live even if there is no warning sign present.
- When fishing, stand at least a few metres back from the water's edge and never stand on logs or branches overhanging the water.
- Never clean fish or discard fish scraps near the water's edge, around camp sites or at boat ramps.
- Never provoke, harass or interfere with crocodiles, even small ones.
- Do not feed crocodiles – it is illegal and dangerous.

7 teachers leaving Bwgcolman school

Bwgcolman Community School is saying goodbye to seven teachers at the end of this school term, all of whom have been at the school for two years.

An Education Queensland spokesperson told the Palm Island Voice there were a number of reasons teachers move on.

"Vacancies in schools arise for a number of reasons including retirement, resignation, transfers for family/compassionate reasons and through promotion," the spokesperson said.

"Five staff teaching staff at Bwgcolman State School have completed two-year contracts at the school and are taking up other employment opportunities.

"Two other teaching staff are taking special leave for personal reasons.

"However, the majority of the current teaching staff will continue to teach at the school in 2009 and other qualified and dedicated staff will commence at the school at the beginning of next year to replace the teachers who are leaving the school.

"The final allocation of teaching staff to the school will be based on Day 8 student enrolments.

"Staff new to the school will be inducted to their new positions through state-wide and locally organised induction programs with a strong focus on the culture of the Palm Island community." In 2008 the school employed 27 teachers out of a total staff of 53.



Teachers leaving (pictured above) are: Brent Stockall, Ben Whybird, Russell O'Neill, Emma McCall, Kelly Brady, Bonnie Gould & Karen Roberts. Deputy Principal Andrew Shaw thanked the teachers concerned for their dedication and hard work over the past two years.

Pub with no beer while Island goes without pub

As most on the Island would be aware in one way or another, the Coolgaree Bay Hotel is now closed for business.

As of December 1 this year, liquor licenses held by Aboriginal Shire Councils in Queensland were cancelled. Some months ago the Palm Island Aboriginal Council went through a tender process for management of the hotel facilities and business.

Successful bidders, Shane Stratton and Zac Sam, are still waiting to hear if their applications to hold a liquor license have been successful.

Xmas drought

According to the Liquor Licensing website, applications for new licences take at least 3-4 months to process - longer if there are public objections - and lodgement of the application is no guarantee a licence will be granted.

It is expected the remaining assessment period for the Coolgaree Bay Sports Bar and Bistro application may be as long as three or four months.

In the meantime the Coolgaree Bay Hotel will stay closed.



Carriage limits for the Island remain as they were, ie, (again, according to the Liquor Licensing website): *"The maximum amount of alcohol a person can have in the Palm Island Shire is limited to 11.25 litres (1 x 30 can carton) of light or medium strength beer. This amount is per person on foot, or per vehicle, boat or aircraft regardless of the number of people in it."*

Mixed reaction

Community reaction to the closure has been mixed. Random and informal surveys by the *Palm Island Voice* indicate most people believe there should be facility for liquor sales on the island.

Many are saying that for alcohol not to be available on the island over the Christmas/New Year period is particularly unfair.

As has been widely reported in the mainstream media, there has already been a boat stranded as a direct result of an attempt to access the mainland for alcohol supplies.

\$50K fine?

The skipper of that boat has been charged and is facing up to a \$50,000 fine.

There are few, if any, on the island who have the capacity to access the mainland safely, sensibly and independently of public transport.

Others – seemingly by far in the minority – said they were happy about the current situation.

There are also unconfirmed reports that the level of random breath testing for drivers has increased since the closure.

Most sporting club sponsorships are dependent on encouraging players to be drug, alcohol and violence-free, making it difficult, if not impossible for one of them to apply for even a temporary club license.

It would seem that the way things are now is the way they are going to stay, at least until February.

Do you have a view? Write to the *Palm Island Voice* and have your say on this issue. Please keep letters to a maximum of 250 words, or they may be edited. Names and addresses must be supplied, although not necessarily for publication (in other words you can ask not to have your name published if you want to).

Police crackdown on bikes



In recent times there have been a lot of trail bikes coming onto Palm Island.

Since the use of these motorcycles has started there has been an approach of tolerance by the Palm Island Aboriginal Council, the Palm

Island Community and the Police.

However due to the number of motorcycles now in the community and the number of complaints received by Police and the Council from members of the Palm Island Community, Police will be taking action against people who break the law on motorcycles.

If people re-offend this can result in the motorcycle they are riding being impounded. Complaints received from members of the community range from noise complaints to persons riding motorcycles without a licence and other offences against the law.

People who make complaints to police about motorcycles being ridden near their homes or in other areas must give police as much information as possible and be prepared to give a statement.

As of the 15th of December 2008 motorcycle owners will have to register their motorcycles and riders will be expected to have a licence.

If owners want to register their motorcycles,

they must have indicators and mirrors.

Police will be intercepting riders to

check their licences and registration, just like cars now.

Should owners and riders be found breaking the law then action will be taken against them by police.

Police and the Palm Island Aboriginal Council have a number of initiatives that will both provide riders with a safe and legal place to ride as well as reduce the complaints received from members of the community.

The Council has indicated that land will be set aside for motorcyclists where they can ride safely without getting complaints from the community.



The Council has also asked that the riding of motorcycles in the Mission Area be stopped.

This is for the safety of everyone.

The Palm Island Council and Police, in conjunction with Rising Sun Honda from Townsville, will be conducting a two -day "Motorcycle Safety Awareness" workshop.

All interested people are welcome to attend and owners and riders of motorcycles are encouraged to attend.

The workshop will be held at the Palm Island PCYC on the 10th and 11th of December 2008.

If anyone has any questions in relation to the law about motorcycles, or the use of motorcycles in the community please contact the Palm Island Police Station on 47701800 or the Palm Island Aboriginal Council on 47701177.



Palm Island Voice

Palm Island Voice is a fortnightly community newsletter, first launched in August 2007. Advertising space is available to any businesses, organisations or individuals who have an interest in promoting services and events to members of the Palm Island community.

The hard copy format is black and white, hopefully soon to be colour, with an electronic versions available in full colour PDF for email distribution. A system of paid subscriptions for non-Palm Island residents will be implemented early in 2009.

Palm Island Voice is published by the Palm Island Aboriginal Council with support from a Queensland State Government initiative through the Community Renewal program.

Lil's moving on

It is with sadness that we have to report the leaving of a much-valued educator on Palm Island.

Principal of St Michael's school, Lil Mirtl, is leaving after teaching in this community for three and half years.

Dr Cathy Day, Director of Catholic Education Townsville, said they appreciated Lil's commitment to the school during her time.

"Lil has worked tirelessly to uphold a strong Catholic



school community at St Michael's that has served hundreds of children and their families during her three and half years at the

school," she said.

"We wish Lil all the best in her future endeavours."

Lil said she wanted to thank all the teaching and support staff for their support during her tenure.

She also wanted to pass on this message: "You can be the best person in the world, you just have to want it, you have to strive for it, and you have a right to demand quality education in a supported atmosphere," she said.

"I wish you all the very best in luck for the future."

Strong year of community support from Day & Day barge service

Owned by husband and wife team Brian and Bernice Day, Day & Day Shipping has been a generous sponsor for a range of activities in our community this year, including providing more than \$5000 worth of shipping for the Palm Island Indigenous Rodeo.

"We have operated a daily barge service from Lucinda to Palm Island for the past eight years," Bernice says.

"We've been running a cold and frozen service to Palm Island for 12 months, and now we supply fresh fruit, vegetables and milk on Monday, Tuesday and Wednesdays.

"We also employ local man, Ron Geia, on the island to help us unload the barge every day.

"We're local to Ingham, where we support a lot of activities, and to us Palm Island isn't any different, so we

support community events there as well.

"We've offered half price travel to Lucinda and back for the All Blacks carnival, we gave jerseys to the Jets rugby league A-Grade team, and we were a major sponsor of the Palm Island Indigenous Rodeo.

"We've also donated training and match footballs, we've taken the elderly for a cruise, and on Sunday 13 December we're taking some children.

"And we're sponsoring an NRL footy competition notice board.



Local team members & supporters sporting shirts sponsored by Day & Day

"I particularly wanted to thank people for their support and wish the community a Merry Christmas and a Happy New Year.

"I also want to say that it's through their support that we are able to support them and their community events."



Palm Island Boxing News

Ten Palm Island Boxers travelled to Townsville to take part in the Australian Amateur Championships the weekend before last.

The Boxing Titles were held in the Show Grounds, from Thursday 27th November to Saturday 29th November.

Palm Island Boxers won four Gold and five Silver medals, and one Bronze.

Star of the Palm Island Boxing Team was Female Boxer Noby Clay. Although she was defeated by Rebecca Miller from Tasmania who was 12kg heavier and had been training for six months.

Noby Clay has not boxed for five years and now has three children.

Her last baby is only a few weeks old and Noby only did six days training.

The Tasmanian girl tore straight into Noby and never stopped throwing punches.

Noby has Kalkadoon blood flowing through her body and she would never give in under pressure.

Kalkadoon blood is the best fighting blood in the world.

Noby made the big girl miss with many of her punches and threw plenty back at the Tasmanian.

It was most certainly the best fight of the night and it was a real crowd pleaser.

When Noby used to fight five years back she never fought anyone less than 10kg heavier so she is used to giving away weight.

Patrick Clarke won two Gold medals – he is only 15 years old.

There was no one for Patrick to fight his own age and weight division so

Patrick received a Gold medal for his division and then stepped up to intermediate under-19 years old.

Patrick boxed very well against his older opponent and defeated Alistair Lardner from NSW to win his second Gold medal.

Patrick trains every day and is sure to be one of our best in 2009.

Selwyn Seaton once again proved his class to win a Gold medal by defeating Sam Friend from Stingers Club in Townsville.

Selwyn has now won the Australian Title three times and also been judged best junior in Qld three times.

Anthony Bourne won a Gold medal for his age and weight division and then had to step up and fight his team mate Albert Gorringe in a higher weight division.

Anthony was narrowly defeated in a split decision and received a Bronze medal for his bout against his team mate.

I do not like my boxers to fight each other but according to the Australian Boxing League rules, if a Boxer does not fight he or she does not receive any medals at all.

Because Anthony had already received a Gold medal for his age and weight division, had

he not stepped up in weight division he would not have received his Gold medal.

I did not go in either of their corners and sent two other trainers to look after them.

Big Nat Seaton is a very unlucky boxer who always seems to have split decisions go against him.

Nat won a Silver medal when he was defeated by Scott Mahony from Yungaburra.

It was one of the best bouts of the Saturday night and I thought Nat was very unlucky to lose.

Albert Gorringe fought in the final of the Schoolboy 38kg division and seemed to be very unlucky to lose a split decision to Josh Ferguson from Victoria.

Albert received a Silver medal for the bout.

Reggie Palm Island won a Silver medal when he was defeated by Harley Broom from Rockhampton.

Harley Broom was last years Australian Champion and Reggie was unlucky to lose a split decision.

Reggie Palm Island has only been boxing for seven months and Harley Broom is much more experienced.

Luke Lenoy won a Silver medal when he was defeated by Michael Perry from NSW.

Luke needs to train and get down to his right weight.

He was fighting two weight

divisions above his correct weight. Young Steen Walsh is only 10-years-old and put up a great performance.

He defeated Luis Brampton from Moranbah on Thursday night.

Luis Brampton is older and has had 14 bouts.

Steen was very unlucky to lose a split decision to Brendan Dempsey from Mt Isa in the final. Dennis Haines was certain to win a Gold medal but he did not stay with the rest of the Palm Island Boxing Team and didn't make it to the weigh-in in time to make the right weight.

We are grateful to the Palm Island Council for making it possible for our boxers to compete against the best amateur boxers in Australia.

Some of our boxers were unlucky to lose split decisions.

Palm Island can be very proud of the effort of our young boxing team.

They proved themselves to be good sportsmen and they made friends with boxers and trainers from all over Australia. They are all well behaved and not one of them are on drugs. Meanwhile, Peter Bonner won his first Professional bout in Maroochydore on Saturday 29th November.

Peter won by TKO in the 3rd round against his 128kg opponent. Peter Bonner will be offered many more professional bouts in the near future.

Palm Island Boxers finished of the year of 2008 with a very impressive performance at a tournament held at the Lavarack Barracks in Townsville last weekend.

This tournament was not open to the public and was only attended by boxers from Stingers, Hawks, Black River and Palm Island.

There were only five bouts and one exhibition.

Chris Kahn from Black River won the main bout when he defeated Peter Erickson from Stingers.

Selwyn Seaton is now three-times Australian Champion and three-times judged best junior boxer in QLD.

Selwyn stepped up to fight senior boxer Mathew Erickson from stingers.

Mathew Erickson won a split decision in a very close bout.

Selwyn now knows he is not invincible.

Selwyn later went on to defeat Sam Friend from Stingers in his second bout for the night.

Patrick Clarke won two Gold medals at the Australian Titles. Patrick defeated another Australian Champion, Dean Thomas from Hawks Club in Townsville.

Patrick Clarke and Dean Thomas have now fought each other seven times.

This was only the second time that Patrick has defeated Dean Thomas.

Patrick fought on of his best bouts and was very impressive.

Young Albert Gorringer fought his best fight ever and defeated Daniel Matheson from Hawks Townsville Club.

Albert was defeated by Daniel Matheson last time they fought.

Young Albert should win many more bouts next year now that he has more confidence in his own ability.

Big Nat Seaton could not get a bout as his opponent did not turn up and he had an exhibition bout with Sam Wade.

All our Aboriginal Boxing Team have once again proved they are capable of mixing it with any boxing club on the mainland. Palm Island Boxing Club is the only sporting club that is continually competing against the best opposition on the mainland.

Many thanks to the Army for flying us to Townsville when we missed the boat.

Ray Dennis

Palm Island Voice

Community Notices & Positions Vacant

Employment Vacancy



Cleaner Position

Palm Island Council is looking for a cleaner to be responsible for the cleanliness and image of the council premises such as the Motel and other office buildings.

Requirements:

- Work hours 8am to 5pm Monday to Friday
- Be able to maintain a clean and orderly workplace by performing required duties.
- Experience in cleaning is not required but will be an asset.
- Understanding of workplace hygiene standards, usage of chemicals and cleaning agents is an advantage.
- Fit and healthy

Applications to be addressed to the CEO, if you require any more information please contact the Palm Island Aboriginal Council on 4770 1177.

CLOSING DATE
17th December 2008



Christmas/New Year TimeTable



Monday 22/12/08

Dep Lucinda: 7.30 am Arr Palm Island: 10.15 am
Dep Palm Island: 11.30 am Arr Lucinda: 3.00 pm

Tuesday 23/12/08

Dep Lucinda: 9.00 am Arr Palm Island: 11.45 am
Dep Palm Island: 2:00 pm Arr Lucinda: 4:30 pm

Wednesday 24/12/08

Dep Lucinda: 8:00 am Arr Palm Island: 10:45 am
Dep Palm Island: 12.30 pm Arr Lucinda: 3:00 pm

Thursday 25/12/08 NO SERVICE

Friday 26/12/08 NO SERVICE

Monday 29/12/08

Dep Lucinda: 7.30 am Arr Palm Island: 10.15 am
Dep Palm Island: 11.30 am Arr Lucinda: 3.00 pm

Tuesday 30/12/08

Dep Lucinda: 9.00 am Arr Palm Island: 11.45 am
Dep Palm Island: 2:00 pm Arr Lucinda: 4:30 pm

Wednesday 31/12/08

Dep Lucinda: 8:00 am Arr Palm Island: 10:45 am
Dep Palm Island: 12.30 pm Arr Lucinda: 3:00 pm

Thursday 01/01/09 NO SERVICE

Friday 02/01/09 NO SERVICE

For Bookings Ph 4776 5055



*Day & Day Shipping would like to
thank you for your support and wish you a
Merry Christmas & Happy New Year!*

AA Meetings @ Ferdy's are held day and night to help support people with drug or alcohol problems. Meeting times are 9am and 7pm. Call day staff at the centre on 4770 1152 in the morning to be picked up for the 7pm meeting.



Principal Project Officer (Specified)

Service Delivery and Smart Service Queensland

(One temporary full-time position available until 30 June 2009. Specified - Applicants will need to provide a reference from a member of an Aboriginal or Torres Strait Islander Community)

Department of Communities

Salary: \$81 140 - \$87 005 p.a.

Location: Palm Island

REF: QLD/COM9146/08

Key Duties: Manage a range of projects designed to co-ordinate Government service delivery solutions to Palm Island. Projects involve significant community engagement processes with the Palm Island Aboriginal Shire Council, Non-government organisations, individuals and government.

Skills and Abilities: Demonstrated ability to communicate effectively and sensitively with Aboriginal and Torres Strait Islander people. Proven project management, staff supervision and negotiation skills.

Enquiries: (07) 3006 7675

Closing Date: Monday, 15 December 2008

Smart jobs in Queensland

To view position descriptions, apply and see more jobs visit www.jobs.qld.gov.au

TMP 0041225

YOUR CONTRIBUTIONS

to the

Palm Island Voice

are welcome.

Contributions may include news, yarns, pics, letters-to-the-editor, poetry, community notices or advertisements.

Contact

**Tim Miller,
Barry or Deniece
at the Council
offices:**

**Ph 4770 1177 or
Fax 4770 1305.**

**If you have email
you can write to us
at
editor@piac.com.au**

VALENTINE NONA INVITES MEMBERS OF THE PALM ISLAND COMMUNITY TO A MEETING ON TUESDAY 9TH DECEMBER.

TIME: 11 AM

PLACE: FIG TREE, OLD SCHOOL GROUNDS

Coolgaree Bay Constructions Pty Ltd (Valentine Nona's company) is looking into establishing a housing construction and maintenance business on Palm Island. They would like to offer employment to community members, but first they need to do some planning work.

**COME ALONG FOR A STICKY BEAK
AND A FEED!**

RODEO POSTERS ON SALE NOW!!!

Featuring local & visiting riders, these A3 full colour posters are available now from Tim @ the Council offices. **\$10, or \$15 laminated**
Pick up yours today!



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(14 days to pay, invoiced on publication)

Full Page \$440

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Eighth Page \$66

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Items for sale

under \$1000 - FREE

Public Notices - Births, Deaths, Marriages, Birthdays - FREE

Sale Price over \$1000 & Other

Notices - 4 lines - \$10

**Ads are to be submitted
by no later than 5pm on
deadline day (see p12).**

Article and photo submissions to the *Palm Island Voice* are welcome. Original submissions of articles or photographs must belong to the contributor, and/or delivered with an indication of the owner's permission to publish, no later than 5pm on deadline day.

Articles should be no longer than 500 words and digital photographs should be as high quality as possible (no thumbnails please!).

Final say on advertising, news items, other contributions and photo reproductions is at the discretion of the *Palm Island Voice* Editor.

ATODS News

Christmas is only a few weeks away and already the Christmas parties and celebrations have started.

This might be a good time to reflect upon how some people have the idea that to some people having a good time over Christmas is to be drunk with alcohol and or stoned from yarndi smoking.

This is not good behaviour to show our family and community, more importantly the effect on our children who learn from our behaviour.

I want to challenge people who want to get drunk or stoned to try enjoying a 'straight' Christmas.

You will enjoy yourself just as much and laugh even more.

Men should drink no more than six Gold or Midstrength beers in a day, and women no more than four, as any more will affect your health.

With yarndi there is no safe limit and if you think it does no harm, you are lying to yourself - best way is no way.

If you choose to have a drink please have a feed before starting, drink lots of water in between and most importantly, count your drinks so you keep safe and healthy.

Cigarette smoking is another issue which we often don't recognise as affecting our health. Smoking is number one on the health killer list.

Think seriously about quitting.

A good start is to cut down by stretching out the time between each smoke.

Don't share your smokes and when you first catch up with family and friends don't light a smoke as you first yarn.

If you would like to yarn about these matters don't hesitate to come into the hospital and speak with one of the ATODS team.

Have a great and safe Christmas & New Year, and hopefully one that is drunk- and stone-free.

Craig Thorsell
Social Worker

Coolgaree Bay Constructions update

Valentine Nona, Director of Coolgaree Bay Constructions Pty Ltd says he is happy with the progress being made on a DEEWR funded Scoping Study being conducted by Beyond Consulting.

The study is looking at training and employment opportunities that Coolgaree Bay Constructions may be able to create on Palm Island.

Beyond Consulting has been working with local community members.

For the past few weeks interviews have been carried out to gauge the level of support for Coolgaree Bay Constructions'

planned new venture.

"There's a lot of interest in the project" Valentine said.

"Some people have commented that it will build up the economy of our community; others have said that it's good to see our own local man take the initiative to do something for the community, especially building and housing".

Members of the Scoping Study team have been out and about talking to people around the island community.

"I would encourage anyone interested in future jobs in the construction industry on this island to talk to one of the

interviewers and come along to our Community Meeting at the Fig Tree on the 9th of December." Valentine said.

Information from the interviews will be presented at a Community Meeting to be held at the Fig Tree in the old school ground on Tuesday 9th December at 11am, with a barbeque lunch afterwards. All community members are welcome. Valentine will be at the meeting and will answer questions about his project. He said everyone's opinion was important, particularly older people who can't work, but who care about the future of the Island.

The Mental Health Office is located at the Joyce Palmer Health Service, Beach Road, Palm Island.

Our opening hours are from: 8.30am to 4.30pm – Monday to Friday and our phone number is 4752 5163

Our team provides Mental Health Consultation and Liaison, Case Management, Crisis Intervention, Court Liaisons, Individual Counselling, Family Therapy and Mental Health Assessments.

The team consists of:

Ron Hocking - Team Leader

Aroha Webby – Adult Mental Health

Kylie Straube – Adult Mental Health

Bernadette Johnson – Indigenous Health Worker

Thomas Pryor – Indigenous Health Worker

Helene Malouf – Indigenous Health Worker – Child & Youth Mental Health

Leonie Hopkins – Indigenous Health Worker

Our Mental Health Unit would like to welcome Tony Olander to the team.

Tony has come to us from the Community Health Unit and is backfilling for Mrs Leonie Hopkins who is currently on leave.

Tony's role will include doing some training in project co-ordination, suicide prevention, and other community initiatives focusing on social and emotional wellbeing and mental health.

In 2006 Tony was offered a Traineeship in Cert III Business Administration at Joyce Palmer Health Service, which he successfully completed, and in 2007 he was also successful in obtaining his Cert III in Indigenous Primary Health.

He is now waiting to enrol in Cert IV Indigenous Primary Health.

Eventually he hopes to gain a Diploma in Indigenous Primary Health.



Staff at Bwgcolman Community with their Mental Health First Aid Certificates are: Bernadette Johnson, Arthur Dalton, Averil Liscomb, Deanne Sibley, Harry Reuben, Donaleece Obah, Rhiannon Friday, Steven Hopkins & Helene Malouf

During November Mental Health Workers Helene Malouf and Bernadette Johnson presented a workshop on Mental Health First Aid to the staff at Bwgcolman Community School.

Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis.

First Aid is given to the person until appropriate professional treatment is received or until the crisis is resolved.

There are many things that can have an impact in the well being of an individual or the community.

When they happen people can become ill and mental health problems and illness may develop.

Sometimes professional help is not available and most people do not know how to help someone who is experiencing mental and emotional problems.

From all accounts the workshop was thoroughly enjoyed and each participant received a certificate on completion.

Well done.

Be mind-wise and help keep our communities strong and healthy.





Boxers, fashion, bikes and footballers...

...all put on a show in one way or another for Palm Islanders over the past fortnight. Pictured on this page is a spread of the people involved including members of our winning boxing team and recent visitors to Palm Island, Cathy Freeman (top) and Mal Meninga (above right).

Do you have photographs we can print in the *Palm Island Voice*? See contact details below...



PUBLICATION DETAILS FOR THE

Palm Island Voice

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 Many thanks to all the Palm Islanders who have
 contributed to this issue of the Palm Island Voice.
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Editorial & Advertising Deadlines + Publication Dates:

DEADLINE	PUBLICATION DATE
Thursday 18 December 2008	Tuesday 23 December 2008
Thursday 22 January 2009	Tuesday 27 January 2009
Thursday 5 February 2009	Tuesday 10 February 2009

Repeat advertising rates available upon request.