

Issue 31
Tuesday 7 April 2009

INSIDE THIS ISSUE!



Teens repaint strike rocks



Centacare art project launch NEXT TUESDAY



What's News @ TAFE



Youth Council wants more sports & culture

Input from more than 30 young people into a now up-and-running Youth Council have come up with some strong ideas about what's going on – and what should go on – for youth and the community on Palm Island.

Their first meeting was held two weeks ago (Tuesday 24 April) in the Government Coordination Centre, and another was held yesterday (Monday 6 April).

Coordinator for the project, Emmakita Pryor, said there had been a lot of interest.

"There has been a lot of input from the youths on what can be done to better Palm and how they live on here," she said.

Ideas for solving some of the problems for youth on Palm raised at the first meeting included:

- Fine parents if youths are wagging school.**
- Parental Control.**
- Get children services more involved.**
- Set up a Cultural Centre so youths can learn from the elders.**
- More sports in Community.**
- Boat Building and Canoe Building.**
- Get youths to scrub graffiti off properties.**
- More family involvement: mentoring; Cultural and Land.**
- Youths running their own discos and selling goodies.**
- Giving youth the ability to organise; budgeting; responsibility and respect.**
- Youths to take responsibility.**
- Having a Boarding College over here will allow more benefits to be on the Island in relation to ABSTUDY which in turn will be spent on Palm, adding to the economy.**
- A Youth Centre where youths can be responsible for managing the activities.**

The meeting also called for the establishment of a program called 'Connections' which has had some success in southern communities.

It was also suggested a program called 'Get Set for Work' should be run to help youths search for jobs, write their resumes and generally assist with things like filling out application forms and applying blue cards, etc.

Ministerial portfolios reduced from 21 to 18

Since last month's election Queensland Premier Anna Bligh has re-vamped her Cabinet and announced a major re-shuffle of government departments.

Cabinet has been reduced from 21 members to 18, while 13 new 'super' departments will be formed from an amalgamation – and some separations - of existing government departments, offices and agencies.

Cairns MP Desley Boyle is the new State Minister for Local Government and Aboriginal & Torres Strait Islander Partnerships, Brisbane-based Karen Struthers is the new Minister for Community Services and Housing, and Minister for Women.

Former Housing Minister Robert Swarten has become the Minister for Public Works, Information and Communications Technology. In other changes, former Police Minister Judy Spence has stepped down and out, to be replaced by new Minister for Police, Corrective and Emergency Services Neil Roberts.

Minister for Child Safety (and Sport) is Phil Reeves. The Office of Liquor, Gaming and Racing is now part of Employment, Economic Development and Innovation.

The former Departments of Corrective and

The 13 new departments are:

Communities
Community Safety
Education & Training
Employment, Economic Development & Innovation
Environment & Resource Management
Health
Infrastructure & Planning
Justice & Attorney General
Police
Premier & Cabinet
Public Works
Transport & Main Roads
Treasury

Emergency Services have been combined to form a new Department of Community Safety. Local Government and parts of Sports & Recreation are now part of Infrastructure and Planning.

And a new Communities Department now includes the former Departments of Child Safety, Housing and parts of Sports & Recreation, as well as the Indigenous Government Coordination Office, which was previously with the Department of Premier & Cabinet.

The full list of Ministers is:

Anna Bligh **Premier and Minister for the Arts**

Paul Lucas **Deputy Premier and Minister for Health**

Desley Boyle **Minister for Local Government and Aboriginal & Torres Strait Islander Partnerships**

Andrew Fraser **Treasurer and Minister for Employment & Economic Development**

Robert Swarten **Minister for Public Works and Information & Communication Technology**

Stephen Robertson **Minister for Natural Resources, Mines & Energy and Trade**

Geoff Wilson **Minister for Education & Training**

Neil Roberts **Minister for Police, Corrective Services & Emergency Services**

Craig Wallace **Minister for Main Roads**

Tim Mulherin **Minister for Primary Industries, Fisheries and Rural & Regional Qld**

Stirling Hinchliffe **Minister for Infrastructure & Planning**

Rachel Nolan **Minister for Transport**

Peter Lawlor **Minister for Tourism and Fair Trading**

Phil Reeves **Minister for Child Safety and Sport**

Karen Struthers **Minister for Community Services, Housing and Women**

Annastacia Palaszczuk **Minister for Disability Services and Multicultural Affairs**

Kate Jones **Minister for Climate Change & Sustainability**

Cameron Dick **Attorney-General and Minister for Industrial Relations**

Teen students help to commemorate 1957 worker's strike

Grade 8 students from Bwgcolman Community School recently painted the rocks representing the seven men who lead Strike 57 on Palm Island.

The rocks had lots of graffiti on them, so we painted them to show our respect for the people who fought for our rights.

We also painted them to show pride in our community history.

We would like to thank the Palm Island Aboriginal Shire Council and the *Palm Island Voice* for supporting us with our work.

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Sharna, Alison, Maurice, Frances, Carey, Dehannah, Toby, Shaneka, Kahlani, David, Kearhla, Danielle, Gaelene, Khane & Robert



Pic: Lawrence Coutts with some of the students

PIAC takes on school-based apprentice

Palm Island Aboriginal Shire Council has signed up a Bwgcolman Community School-based trainee, year 10 student Dennis Haines Jnr, under Queensland Apprenticeship Services.

QAS Account Manager David Alexander came over for the official sign-up and Dennis has the support of his parents, Dennis Snr and Jenny Prior and family.

He will be working with contractors to gain first-hand experience in the construction and building industries.

Teacher Bill Blackley will be there to support Dennis 100%, as will Council.

Deputy CEO Deniece Geia will oversee the traineeship and provide feedback to his family and School as to his progress.



Australian school-based apprenticeships and traineeships allow students in Years 10, 11 and 12 to:

- Undertake an apprenticeship or traineeship while still at school
- Participate in a combination of school, paid work, theoretical and structured workplace training
- Progress towards gaining a nationally recognised qualification
- Work towards completing their Senior Certificate

To undertake an Australian School-based apprenticeship or traineeship you need to be at least 15 years of age, or you can seek dispensation from Education Queensland to undertake paid employment during school hours.

A completed apprenticeship or traineeship qualification may also increase the student's chances of gaining entry into some tertiary courses.

Centacare

Working with families
and the community

Hello Everyone!
You may have already seen Mandy and Jonathan and other Centacare workers walking around the island.



We have tried to introduce ourselves to as many of you as possible and to let you know what we are doing. We are very aware that we are guests here on your island.

It is the knowledge and skills of the community on Palm that make the biggest difference in the lives of your kids.

Centacare is a Catholic non-government agency and our main job is to work with families and the community – especially looking at safety issues for children.

Currently Centacare programs include the



Family Intervention Service (FIS), which works with families referred from the Department of Child Safety; and the Counselling Support Service (Brenda) based at St Michael's Catholic School and the Catholic Parish.

The whole community is linked together in so many ways – and we have already seen, in our short time here, how powerful and positive these links can be.

We are looking forward to working with you and will also hope to see you at our launch next Tuesday (see below)!

Centacare can be contacted on 4772 9000

Art project
with Centacare

inviting you to create some deadly artwork

April-October 2009

come to our launch!
Tuesday April 14th,
1-3pm under the tamarind tree
Art for KIDS - PCYC 11-1pm
Tues/Weds 14-15th

murals posters t-shirts postcards

art for kids elders

community artists

story telling tradition culture

healing

creating yarning

Chance for Palm to have a say on human rights

Encouraging people to have their say on the protection and promotion of human rights was the focus of a visit by representatives from the Human Rights Commission to Palm Island last week.

The HRC's Legal Services Director Jonathon Hunyor and Native Title Unit Policy Officer Cecelia Burgman (*pictured right*) met with Council and community groups to hear "about the sorts of issues people here are worried about".



The National Human Rights Consultation Committee will be visiting Palm Island during the week of May 24th.

The role of the independent Committee is to broadly consult about the protection and promotion of human rights and report to Government on what they hear during the Consultation – to give the Government a better understanding of what the community thinks about human rights.

A final report produced by the Committee will be the basis for the Federal Government to consider the human rights framework in Australia

"We came over to speak to people about the National Human Rights Consultation that is going to be coming out to Palm in May," Mr Hunyor said.

"We want to encourage people to get involved and to let the committee know what people on Palm think about human rights and how

they should be better protected.

"We met with the Mayor Alf Lacey and with a number of the Councillors, we also had a small meeting with members of the community to give them information about the consultation.

"We were very pleased to meet people from Palm and hear about the sorts of issues that people here are worried about, and we were very happy to have the chance to give people some information so hopefully they will get involved with the consultation."

He said the National Human Rights Consultation Committee was chaired by Father Frank Brennan.

Other members of the Committee are Mary Kostakidas, a Broadcaster who used to be with SBS, Mick Palmer, who used to be the NT Police Commissioner, and Tanya Williams, an Indigenous Lawyer from Queensland.

National Human Rights Consultation (24 May 2009) Questions

- Which human rights and responsibilities should be protected and promoted?
- Are human rights sufficiently protected and promoted?
- How could Australia better protect and promote human rights?

<http://www.humanrightsconsultation.gov.au/>

A quick word from...

...the Ambo's Desk

Hi Everyone,

Ambulance personnel have been busy lately with emergency work. At the moment we have relieving staff here while some staff are on holidays.

Matt will be around for a while.

I have seen 2 snakes in the last week so it's timely to remind everyone of what to do if they come by a snake.

For all those who have not heard before, do not touch or go near them.

Most times they will wander off by themselves.

If you get bitten, don't go running around – stay calm, sit down, get someone to call 000.

Put a dressing over the bite site so this can be tested for the type of venom, then wrap a compression bandage around that area.

Wrap another bandage from there all the way to the top of the limb and splint the limb.

If you get bitten somewhere other than an arm or a leg call 000 and wait for the Ambulance.

It is very important you do not move around too much.

Remember we are here to help you in times of trouble, so stay calm and let us do our job when we arrive.

Greg Clark



Will Tony be our first Physio/Occupational Therapist?

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

Our opening hours are 8.30 am to 4.30 pm Monday to Friday.

Our team consists of: Ron Hocking Team Leader, Aroha Webby (AMH), Bernadette Johnson (Indigenous Health Worker), Thomas Prior (Indigenous Health Worker), Helene Malouf (Indigenous Health Worker), Tony Olander (Indigenous Health Worker Trainee) and Mrs Leonie Hopkins.

Our Team can help Consult and Liaises with Case Managements, Crisis Interventions, Court Liaisons, Individual Counselling, Family Therapy and Mental Health Assessments.

We would like to let the community and other clients know that when you come to see our Mental Health workers for any problems that you may have, everything that you say remains within the Mental Health Unit.

Everything you say is strictly confidential.

If you require any assistance or need any advice about family members or know of anyone who needs help please feel free to come into the office and have a yarn.

During the past month Tony Olander, who has been seconded from Community Health, has been travelling to and from Brisbane.

Tony has been doing some training to become a Physio/Occupational Therapy Assistant, and is now anxiously waiting for the results of his exams.

He feels very confident that he has passed.

Tony was the first person to complete his Cert III in Business Administration at Joyce Palmer Health Service, and if he does pass his Physio exams, he will be the first on Palm Island to become a qualified Physio/Occupational Therapy Assistant.

Contact number:

0747- 525-163

Contact person:

**Ron Hocking or
any of our staff**



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

Having language on your side...

Famous Aboriginal elder, and singer song writer from down south, Bobby McLeod, made much of the importance of language in his songs, as does the principal and staff of Bwngcolman School.

Principal Leonie Betts and staff are working very hard to give all the school's students the power of language – both "Palm talk", or traditional language when it is known, and "school talk".

This new and strong emphasis on language is aimed totally at empowering the kids to be truly "Two-Way Strong."

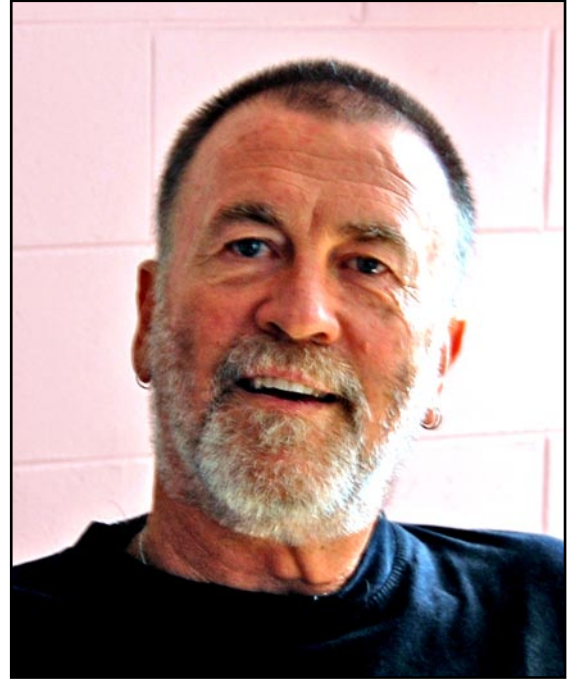
The community and school is very lucky to have Leonie, and Deputy Principal Andrew Shaw, both highly experienced in remote community living and teaching, along with other highly experienced senior staff such as Bill Blackley and myself.

The school has undertaken a number of language learning initiatives this year which include a major commitment to local culture. If you would care to visit the school any Friday after "smoko" you'd find the students very happily engaged in a whole range of cultural activities that reflect the strong Aboriginal and Islander culture that is the heart and soul of Palm Island life.

Already students are hearing stories from elders, and learning traditional Aboriginal and Islander dance, traditional weaving with palm leaves, how to decorate "burnie burnies" and more.

I have spent 10 years in remote communities and studying indigenous education.

I am very committed to helping his students get the literacy (language) and numeracy (number) skills that will ensure they are winners when they grow up, whether they choose to stay on Palm or venture into a life



and career on the mainland.

The school has taken on special approaches to language learning this year which have proven very successful in other Indigenous schools.

These include "Making the Jump", a brilliant language program from the Kimberleys that has the kids learning about all the languages that shape their life and culture.

The school is also using the famous "Walking Talking Texts" program for language learning that has worked successfully in the Northern Territory for many years.

Walking Talking Texts is a language learning program designed by long term NT teacher Frann Murray which includes more than 40 different activities students can do based on whatever story they are reading in class.

Under the direction of Leonie and Andrew the school has recommitted to extensive use of "culturally appropriate" resources that make the learning far more relevant to the children's daily lives and to their wonderful Aboriginal inheritance.

Wherever possible learning is done in the two ways of traditional culture and the micaloo world.

James Ward

This week Palm Island Elder Berryl Haines reflects on the past ...

You know I have been here.

I was born at Herberton in the Atherton Tablelands, mum and dad were brought down here when I was only three months old.

I believe God planted my feet on Palm Island and I have had three children here. Albert works for CDEP, Boleen is a Teacher's Aid and Dennis, who is not working at the moment but used to work for Council. I don't know how many grandchildren I have right now, about six, and I have great grannys.

Haines is my maiden name.

I turned 70 last year in September. I have been very sick - when we talked at Women's Centre we wanted homes built close to the hospital because we can just walk across there.

(In the old days) *they used to have two boats coming from Townsville every week as tourists, and they had this Welfare Association. We formed a committee for the show where they also had artifacts and things that they used to sell – corals and shells – take it to the Welfare Association and sort it out so when the tourists would come they used to sell them. You know we were (self) supportive in every way, we had our own veggie garden, we had cattle here, we had fresh milk everyday.*

It was really good in those days, we even had fish traps at Francis creek and one around here at Casement. Once a month or so they would go over to Kershaw, there they used to go one end of the island and light a fire and chase all the goats to a certain beach and they had a yard there they used to kill them then and go and give it out. Lovely fresh veggies everyday growing up here was really lovely.

Well, I have had a good life and then when my husband was alive, when the Government left Palm and the Council took over, they took everything – they took the cattle and the horses, got rid of all the pigs. We had to start from scratch and it was hard really hard but my husband and I we decided to make a veggie garden. We used to sell to the store and I used to go in the car and sell the veggies on the weekend.

When they wanted someone to take over the chook farm, my husband and I ended up there. He did a good job there he was selling to "fresh" in town store, old peoples home and Orpheus Island. But then I went away to Ingham during the water problem here, I took the grandchildren there, my husband just could not do it on his own and he committed suicide because he never got any help.

I suppose we didn't have to deal with drugs or alcohol but it was beautiful in our days here growing up and I try to tell the kids how it was then. But I know it's hard, they are trying to adjust but this world is going to fast and all these things coming in, I just feel so sorry, But some kids do listen.

I (live) the way I live because we are role models and we have to set an example.

I can't see anything happening now but when I am gone you might see the results.

You go down the street as an elder people still respect you because of what you are and your standing in the community.



On Wednesday 25 March JUNC year 2/3 from Bwgc Colman Community School had some hands-on learning about safety.

First, Gemma brought in one of the ambulances to school. She showed us inside, then she showed us the loud siren and flashing lights. Gemma showed us some pictures about safety and emergencies. Gemma reminded us to call 000 if there is an emergency.

Then Illi brought in the big red fire truck to school. He told us all about what he does in the Fire Brigade and SES, and he showed us the equipment used in emergencies. He also showed us the flashing lights and loud sirens.



After that, Miss Jess, Nana Karen and Miss PJ took us up to the Palm Island Police Station for a look and a talk about safety. We had a tour of the station, and then we got to see one of the Police cars. We really liked playing in the Police car. Some people in our class even got to press the button to

put the loud sirens on. Aunty Luella then spoke to us about being safe on Palm Island. Like not riding motorbikes on the road, wearing seatbelts, and crossing the road safely.

We then walked to the Helipad to see where the emergency chopper lands when it comes to Palm Island. Then we walked back to school.

This was really fun learning about the safety on Palm Island.

A special thank you to Gemma, Illi and the Palm Island Police.



"What I liked learning about safety this term at school"

"I liked it when Gemma came and showed us the Ambulance". Rikisha
 "I like learning about stinger suits". Dylan
 "Ring 000 for Police, Fire and Ambulance". Levi
 "I liked learning about maps and Police". Alex
 "Safety is Ambulance, Police and Fire Brigade". Kelee
 "Gemma showed us the Ambulance and sirens". Miriam
 "Be safe on the road". Ashton
 "I liked it when we went in the Police car and the sirens". Malcolm
 "Use a knife carefully". Kyam
 "Be careful and stay safe". Jada



"I liked learning about everything. My Dad brought in the fire truck". Vasenai
 "Gemma showed us the Ambulance and the vinegar. I liked everything". Zanthia
 "Ring 000 in an emergency". Liana



When child safety officers visit your home

When child safety officers visit your home, they are required to show proof of their identity and explain the reason for their visit.

In certain circumstances, they may need to work with the police and they may also work with a Recognised Entity.

If your child is of Aboriginal or Torres Strait Islander descent:

- You have a right to know the concerns that have been received about your family and to respond to the concerns.
- You can talk to the child safety officers, or if you wish to have a support person or legal representative with you, in most situations you can arrange another time to discuss the concerns.
- The child safety officers will see and talk to each child in your family about the concerns.
- If the child safety officers have information that your child may be injured, a medical appointment may need to be arranged.
- When required, the Child Protection Act 1999 allows child safety officers to talk to your child at school or at childcare, before talking with you.
- If this occurs, a child safety officer is required by law to contact you as soon as possible to discuss the concerns with you.
- If the child safety officers assess that there are current safety issues for your child in the home, they will develop a safety plan with you.

What if I do not agree with a decision made by the child safety officers?

If you are unhappy about any decision made by the department about your child, you can have the decision reviewed.

The child safety officers will provide you with information about the department's complaint process.

If you are still not satisfied with the department's response, you may speak to one of the following external agencies:

- Children Services Tribunal: Freecall 1300 855 345
- Commission for Children and Young People and Child Guardian: Freecall 1800 688 275
- Queensland Ombudsman: Freecall 1800 068 968
- Crime and Misconduct Commission (CMC): Freecall 1800 061 611
- Aboriginal and Torres Strait Islander Legal Services: North Queensland (07) 4722 5111 or 1800 074 463

Is information recorded about my family confidential?

Information recorded about your family is confidential. However, if it is assessed that your child is in need of protection, some information may be shared with other government agencies or non-government service providers.

The purpose of sharing information is to help in the coordination of services to children and their families.

You can apply for a copy of the information recorded about you through the Freedom of Information Branch on 1800 809 078.

<<http://www.childsafety.qld.gov.au/>>

Palm Island TAFE News

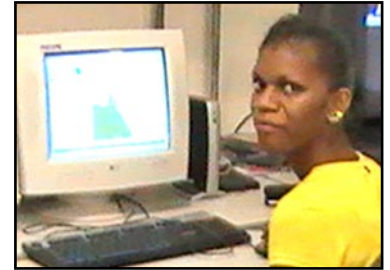
First of all, our staff would like to wish all avid readers a very belated happy and prosperous New Year. We will hopefully, have a regular segment in the Palm Island Voice where we promote our courses on offer but most importantly, promoting our students that take up the educational challenge.

IT & BUSINESS IS HERE!

Certificates in Business and Information Technology are being studied at The Palm Island campus of the Barrier Reef Institute of TAFE Queensland (BRIT). The course began on Tuesday 10 March with an information session and our first teaching class was Tuesday 17 March. The Information Technology course will teach participants to better understand and operate a computer. The knowledge can be used for both personal and business computers. Initially, the students will be taught basic computer operation and how to keyboard the right way. Classes in the future will teach students how to use the latest Microsoft Office (version 2007) programmes such as Word, Excel and Power Point. Students will also learn how to use email and the internet. The Business course will concentrate on preparing students to take on employment in Administration and Business. Students will learn how to use business technology, handle mail, file documents, create documents and how to work effectively and efficiently in a business environment. They will also learn how to provide quality customer service.



There are still places in the above certificate courses. New participants are required to come to the Palm Island campus office to obtain an enrolment form and pay their fees. Once this process is completed, they can join the classes on Tuesday mornings starting at 9.30.



OTHER COURSES

Certificate I & II Mumgu-Dhal Tyama-Tiyt Program (Message Stick of Knowledge)

Research Palm Island history, record local stories, understand impacts of government policy and investigate local cultural practices. This course will also improve your literacy and numeracy skills.

Certificate II Retail

Gain skills to work at the Retail Store, Post Office or shops on Palm Island?

Learn to: Use a cash register and pricing equipment, set up displays and provide good customer service.

Certificate II in Automotive

Learn how engine systems work? How to service cars?

Learn how to weld?

Certificate III, IV & Diploma in Education

Develop your skills to work in an educational environment. On completion of study, successful candidates will have greater chances of obtaining employment within the local schools or go that one step further and become a qualified teacher!

Palm Island Voice

Community Notices

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

Palm Island Voice Display Advertisements

(14 days to pay, invoiced on publication)

Full Page \$440

Half Page \$231

Quarter Page \$121

Eighth Page \$66

Sixteenth Page \$44

Classifieds

(payable in advance)

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

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 (see back page).

Articles should be no longer than 500 words and sent in plain, unformatted text. Digital photographs should be sent separately in as high quality jpeg, gif or tif 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.

Thought of the Week

How Does love look ?

When someone loves you, you

feel valued, respected and

free to be yourself.



	Date/Day	T'ville	Palm
8th	WEDNESDAY	8.30 am	10.30 am
9th	THURSDAY *	**9.00 am	**11.00 am
13th	MONDAY *	**9.00 am	**11.00 am
15th	WEDNESDAY	9.00 am	11.00 am
17th	FRIDAY	7.30 am	9.30 am
19th	SUNDAY	7.30 am	9.30 am
22nd	WEDNESDAY	7.30 am	9.30 am
24th	FRIDAY	8.00 am	10.00 am
26th	SUNDAY	9.00 am	11.00 am
29th	WEDNESDAY	9.00 am	11.00 am

* Circumstances beyond our control may cause alterations to departure times without notice

** PLEASE NOTE DEPARTURE TIME CHANGES **

DEPARTURES FROM BREAKWATER FERRY TERMINAL

ENQUIRIES PHONE 4726 0800

'Stolen Wages' deadline!!!

Indigenous Wages and Savings

Reparations Scheme

Closes 30 April 09

If you have any further questions or require assistance please contact the Townsville office, Colleen Alcorn, Reparations Officer PH 4799 7611 Ground floor, Suncorp Building, Sturt St, Townsville. The freecall number for existing claimants or as an alternative contact for further information is 1800 809 097.

SKYTRANS TOWNSVILLE

AND PALM ISLAND

EASTER HOLIDAY OPERATION

EASTER THURSDAY

9TH APRIL OPEN

GOOD FRIDAY 10TH APRIL CLOSED

SAT 11TH & SUN 12TH CLOSED

EASTER MONDAY

13TH APRIL CLOSED

TUESDAY 14TH APRIL OPEN



SHOPPING TIPS

HOW TO KEEP COSTS DOWN

- Always write shopping list and have a rough idea what each item will cost
- Have an idea of how much the shopping should cost and try not to go over that amount
- Think about whether you need or just want each item
- Never shop when you are hungry
- Know when items are really cheap and buy regular items (e.g. tea, dishwashing liquid, canned food) in bulk when they are on special – perhaps three months supply
- Choose cheaper home brands for those things where there may not be much difference between the items but a great difference between the prices (like tissues)
- Take a calculator shopping and work out the best buy in quantity. For instance how much does 100g of a product cost when it is packaged in different sizes?
- Avoid pre-packaged food for cost and health reasons (e.g. frozen dinners)
- Clear your purse out every night and put all coins in a jar to be banked monthly
- Keep some ‘mad ‘ money each month to spend on a treat
- Don’t spend all your grocery money in one go; just in case there is an essential item that wasn’t on your list (eg toilet roll)
- Plan your meals ahead. This way you only need to buy the extra things that aren’t already in your cupboard.

Remember not everything you buy should be considered to be a ‘household’ expense, eg. Kimbies, baby food, cigarettes, food for kid’s lunches, and mobile phones just to name a few – these are items that you need to allow for and purchase from your own personal budget.



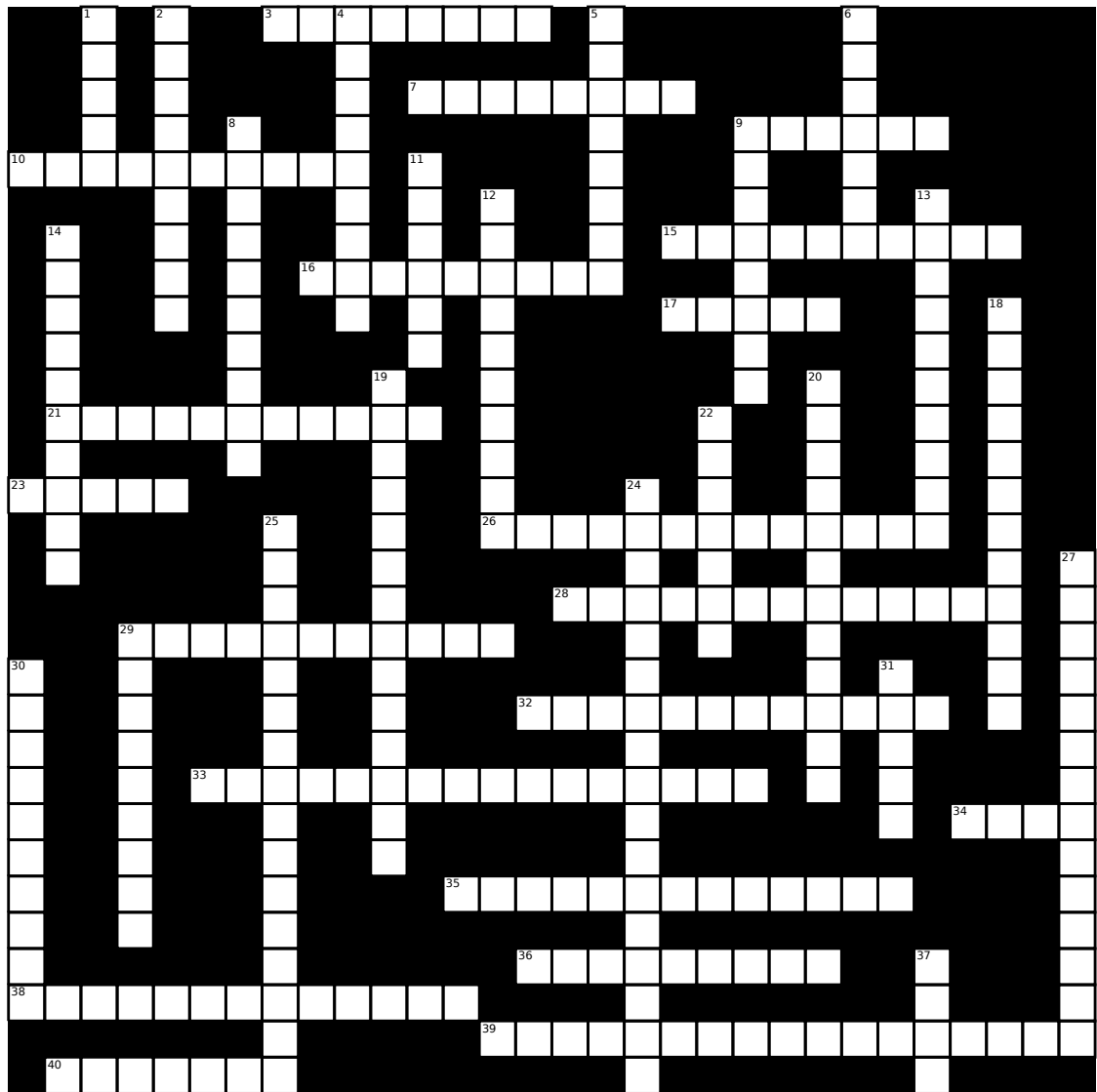
Palm Island Voice

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.

Palm Island Voice

CROSSWORD NO 31 - It's all Rugby League... (sorry!)

**Palm Island Voice would like to acknowledge the assistance of the crossword maker at: <http://www.armoredpenguin.com/>
Thanks also to Muriel, Rhianna, Cam, Gilmore, Jim & Rachael.
Answers next Issue (Tim doesn't have them!!!)...**



Across

3. One of north Queensland's longest running all blacks carnivals, named for two brothers
7. What player wears number 1 on his or her jersey?
9. The city most NRL teams are from
10. The first Aboriginal footballer from any code to tour abroad, nicknamed 'Paddy'
15. Winners of the first State of Origin match
16. What team knocked the Cowboys out of the premiership run in 2007?
17. A 1960s try was worth ... points?
21. This team won the first NSWRL premiership
23. Dale Shearer's nickname
26. The 'other' State of Origin team
28. Torres Strait Islander player who switched from league to rugby
29. From Murgon, in the state's south, he played 11 games for Queensland and nine Tests for Australia.
32. Who coached the Cowboys from 2006-2007?
33. Persistent winners at All Blacks carnivals, especially in the south east
34. Last name of league family dynasty from LaPerouse
35. A front rower for the North Queensland Cowboys for close on a decade
36. The 'M' in the 'Dally M Award' stands for ...
38. Inaugural QLD captain in 1980 and captain coach in 1981
39. Captained locally by Frank Conway
40. North Queensland's own...

Down

1. Queensland Cup team based in FNQ
2. Host of the Barefoot Rugby League Show
4. He played 20 years of senior football and represented Queensland in 1975. In 1971 was the footballer of the year in Brisbane.
5. Yarrabah's finest
6. 1999 saw a record home crowd for the Cowboys against which team?
8. Aboriginal singer who did the Aus national anthem at the State of Origin
9. This team won 11 premierships in a row
11. Who did the Cowboys play in their first grand final?
12. The game rugby league broke away from
13. The Palm Island combined All-Blacks team
14. A fullback who played 18 games for Queensland between 1980 and 1987. In 1992 he coached the Queensland Aboriginal team.
18. The first Indigenous test player (not Artie!).
19. This team won their first premiership in 1999
20. Townsville-based side who hosts an annual all-blacks comp
22. One of the Bowen's from Hopevale
24. Who won the Dally M award in 2005?
25. Local team in black and white
27. Palm Island grand final winners in two grades last year
29. Local fish/footy team, came runners up last year
30. Who won three premierships in a row in the early 1980s?
31. Winner of the 2008 NRL competition
37. The female side of this local team won their grand final last year

Fourteen Palm Island Boxers travelled to Mackay to take part in a tournament held at the Kooyong Hotel on Saturday 28th March.



Ten boxers fought and four could not get a match. The crowd at the Kooyong was the largest I have seen at an amateur tournament for many years.

Selwyn Seaton won the main bout against the very popular John Werhman from Mackay in the 71kg division.

The crowd made so much noise I could not hear the bell ring.

John Werhman is much older than Selwyn and threw everything at Selwyn beside the corner post.

Selwyn proved to be a much better boxer and gave back much more than he received.

When the bout was finished the large crowd never stopped throwing money into the ring.

Selwyn didn't train for this bout and proved he is one of the best amateur boxers in Australia.

If he stays out of trouble he may one day represent Australia.

Reggie Palm Island was defeated by Australian champion Harley Broom from Rockhampton.

The bout was too short for Reggie, he put his opponent on the floor in the last round but he was also giving away 3kgs.

Steen Walsh was defeated by Mitchell Anderson from Moranbah in the 35kg Division.

Nathan James from Palm Island defeated Jake Bowen from Moranbah in the 38kg Division.

Anthony Bourne from Palm Island defeated Lincoln Martin from Rockhampton in the 38kg Division. Walter Morgan from Palm Island defeated Ben Martland from Mackay in the 51kg division.

Allan Baira from Palm Island defeated Brody O'Malley from Mackay in the 57kg division.

Denis Haines from Palm Island was defeated by Harley Broom from Rockhampton in the 54kg Division.

Dennis was also giving away too much weight against the Australian champion.

Stirling Aden from Palm Island defeated Caige Island from Mackay in the 57kg division.

Harry Reuben from Palm Island was defeated by Michael Lynch from Rockhampton.

One of our best young boxers, Patrick Clarke, could not be matched in the 57kg division.

Ethan Morgan from Palm Island could not be matched in the 45kg division.

Young Joey Geia from Palm Island could not be matched in the 28kg division.

Frank Aden from Palm Island also could not be matched in the 67kg division.

Palm Island boxers made the night of boxing and were greatly appreciated by the promoter and the big crowd.

Palm Island Boxers are expected to travel to Mt Isa on Saturday 18th April.

Ray Dennis

WORLD KIDNEY DAY (Continued from p 16...)

"Kidney disease is preventable but people first need to know if they are at risk."

The event was run by enthusiastic community health workers and nurses, with doctors on hand to discuss any questions or concerns.

Colourful and informative stalls included tables with materials on healthy tucker, exercise and quitting smoking. Staff were also taking blood

pressures, blood sugars and waist measurements.

Chronic kidney disease nurse at the Joyce Palmer Dialysis Unit, Tina said kidney disease did not have any symptoms "until you have lost 80-90% of your kidney function".

"Most people who are told they have kidney disease think dialysis," she said.

"The good news however is that if you know early enough you

can do something about it, it doesn't have to mean dialysis."

The event also incorporated morning tea with an assortment of healthy food alternatives.

Feedback from the community was very positive, with some

residents suggesting more 'in the community' events for future health promotion.

In all, a great day was had out of the office and in the sun.

On March 12 2009 while World Kidney Day was being celebrated across the world, Palm Island was no exception.

Not even the unpredictable weather of cyclone season was going to dampen the efforts of health staff to get the message out about kidney disease.

One in three people in Australia are at risk of kidney disease.

Palm Island's event focused on raising awareness in the community about the risk factors of kidney disease.

"It is important to get the message across to everyone in the community about kidney disease but especially young people who are the next generation," health worker Mersane Oui said.

(Continued p 15...)



Many thanks to those who supported the Palm Island World Kidney day event including JPHS, Palm Island Council, QAS, Amgen, Jansen Cilag and Baxter.

WORLD KIDNEY DAY!



Take the test.....

- Do you have high blood pressure?
- Do you suffer from diabetes?
- Are you overweight?
- Do you smoke?
- Do you have a family history of kidney disease?
- Are you over 50?

If you have answered yes to one or more of these please discuss with your doctor.

And remember kidney disease is preventable.....



PUBLICATION DETAILS FOR THE **Palm Island Voice**

Editor: Christine Howes (chowes@westnet.com.au)
 Chief Reporter: Tim Miller (editor@piac.com.au)
 Ph 4770 1177 Fax 4770 1305
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