



Palm Island Voice



Your community

Your newspaper

Issue 4.
28 September 2007



Students Unveil Wall of Fame

On Wednesday the 19th September the students from the Learning Pathways course at Barrier Reef TAFE completed their project module 'So What's Doing'.

The module had 4 units of competency that had to be achieved. These units were:

- Plan a Project
- Undertake a Project
- Monitor a Project
- Review a Project

The Project that the students picked was a Wall of Fame consisting of Role Models from the Palm Island Community that they themselves chose.

The Wall of Fame is situated on the wall of the back entrance into TAFE.

Students who participated were: John Oliffe, Gavin Barry, Elzanna Palmer, Millie Bengaroo, Annie King, Shane Noble, VJ Walsh, Lerinne James, Belinda Coolwell, Theresa Clancy, Tamara Baira, Larissa Johnson, Susan Nugent, Audrey Fulford, Rupert Palmer, Isobel Chookie, Vera Doomadgee, Sybil Gibson, Valerie Noble.



Story and pictures from
Nola Smallwood,
Learning Pathways Teacher,
TAFE

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

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Printed by:

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

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CPR CHALLENGE A HUGE SUCCESS

Seventy three Palm Islanders wrote the Island back into the Guinness Book of Records when they joined 5,855 other Queenslanders in the CPR Challenge.

On Monday 10 September 2007 the Queensland Ambulance Service worked with 5,855 people across the State to set a new world record for the most people to perform CPR at once.

The record is yet to be ratified by the Guinness Book of Records, but this is expected in the near future.

Since the event, Ambulance Officer Ian Day says, "I have been asked repeatedly when we are doing the next one."

Ian also said he is endeavouring to secure some more of the special CPR pillows so we can have another CPR day here on Palm Island.

Story from Palm Island Ambulance Service



Above: Participants after successfully performing CPR.



Left: Ian Day organising everyone



Right: David Kain, demonstrates to the group

Below: Participants performing CPR.

Join Kilo Busters Feel Deadly, Lose Weight

You can win prizes and lose weight when you join the Palm Island Kilo Busters competition.

The idea for the competition came from hospital staff wanting to get fitter and healthier.

So Kilo Busters was born.

The Palm Island Kilo Busters 1st day of registration was on Thursday 20th September.

To date there are 40 competitors enrolled. You can join in as an individual or in teams of four.

The competition will run for 14 weeks and competitors will weigh in every Thursday.

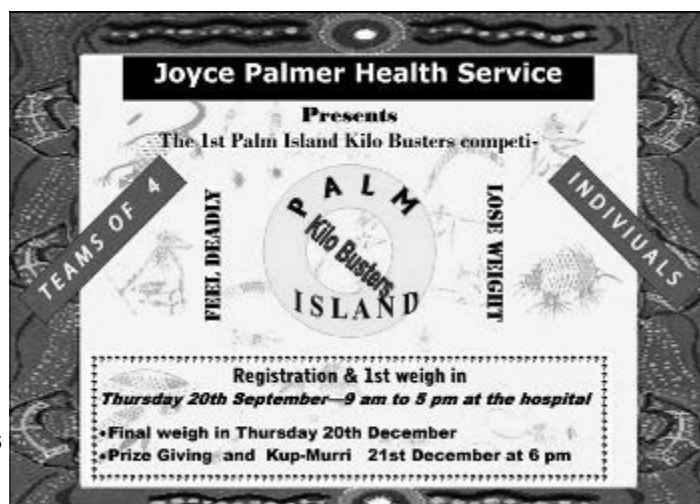
Arrangements can be made for alternate times if this is inconvenient.

On Friday the 21st December there will be a Kup-Murri (with healthy food) and prize giving.

Each week there will be give aways to competitors and small prizes such as meat trays (Donated by the Palm Island Butchery), hats (BHP-Billiton), pedometers (GSK), \$50 taxi voucher (Townsville Taxi's) and more.

It is not too late to join. Come along to the Joyce Palmer Health Service and ask for Sandy.

Story from Sandy Christiansen, JPHS



Cross and Icon Visit Island

The visit from the World Youth Day Cross and Icon stopped Palm Island on Wednesday 12 September.

People gathered on the jetty, and along the foreshore, which had been decorated with palms fronds and balloons to welcome the visitors.

The Cross and Icon, and bearers were given a traditional owners' welcome to land.

Roads were closed to allow the procession of the Cross, Icon and Message Stick through the community. Those who had gathered followed the procession to the PCYC.

Many people attended the festivities, ceremonies and special blessing which were held throughout the day.



Careers Expo Well Attended

The Palm Island Careers Expo held Thursday 6 September was well supported by a wide range of employers.

Show bags of information hand outs, pens, pencils, Ambulance money boxes and so on were a hit with the kids, as were the interactive displays from the Australian Defence Force (ADF), and the Department of Education. The hair dressing "heads" from TAFE were also popular, with boys and girls alike.

Mayor Delena Foster opened the Expo, welcoming all the visitors to the Island. She then introduced the PICPAH



dancers who performed a number of dances, showing Aboriginal and Torres Strait Islander cultures.

It seems Palm Island made a big impression on the Army personnel who attended the Expo.

The senior member of the display team, Major Trevor Davies (pictured above) said "although we are not recruiters, we were able to introduce the option of an ADF career to many young people who may not have considered this before".

Detached for the day by 10 Force Support Battalion (10FSB), the three member team, represented Townsville ADF units, providing Army, Navy and Air Force careers information.

"The quality, versatility and effectiveness of our equipment, was immediately recognizable and engendered knowledgeable and interested questions", Lieutenant Chloe Dray, the Army display coordinator said.

"It was great to be able to get the message about ADF careers to young indigenous kids in an informal and hands on way – let's hope we get invited back next year" said Lieutenant Gibbo Gibson, the Battalion Adjutant.





Email contributions to:
dbrad66@eq.edu.au

News from Bwgcolman Community School

Yarnabout

Edited by— Zenovia Nallanjar

September 2007



ATTENDANCE DAY

Attendance day this year the awards were for kids who came to school everyday.

There were lots of kids who received awards on the day.

These are some of the student who attended school most of the time.

From high school Yolanda, Shakhira, Zenovia, Samelia, Owen, Jameka and Zinikia.

From year the year seven class were Chad, Tynelle, Delphine, Albert, Talli and Thomas.

From the year three class Merinda, Raekisha, Darryl, Travis, Subrina, Joshua, Joyce and Kay Kay.

Congratulations to these kids and all the other kids who received awards. Keep up the good work.



ANIMATION STORY

In high school, the prevocational class are doing a subject called IT.

In IT they are creating an animation story.

They worked very hard to complete the subject.

They made up their own dream-time story and will put it into an animation.

Hopefully when they have finished, we will get a chance to watch it. - Jennifer Prior



THE WALK

These are the High School Students- from 8's, 9's and 10's learning about the natural environment on Palm Island.

They walked from Palm Valley through the gap to Butler Bay.

It was hot and rough but they managed to walk down to the Butler Bay Beach .

At the beach they had a BBQ and there they had a few competi-

tions of spear-throwing with the teachers.

There was a goat that acts like a dog and we had a laugh at it and some of the boys went spear hunting and had fun on the walk to Butler Bay. - Bwuellha



GORDONVALE

This article is about Gordonville state high school.

Last year the Bwgcolman High School went to visit the school.

When I went to see them they did not know I was at their school until they saw me at the corner of the building.

They said to me come and sit down and talk to us but I was so shamed to go there.

After I was shamed I just went to the tree and sat down with my school mates from Bwgcolman and it was so great to see them again at Bwgcolman High School. - Barbara



There's a new culture room and it is looking great. We look forward to more great things.

Target Zero For Stinger Season

As summer approaches the risk of being stung by marine stingers increases. The Palm Island Ambulance Officers want to know if you are prepared.

In the warmer weather more of us will be heading to the water to cool off.

The problem is we have a very high number of people being stung by jellyfish around the beaches of Palm.

They recommend you wear a stinger suit to reduce your chances of being another stinger victim!

They have initiated a project of **TARGET ZERO**
What is TARGET ZERO?

The aim of TARGET ZERO is to reduce the number of stings on the island to zero. Last year there were 25 stings from jellyfish on this island. This year the Ambos would like to see ZERO stings.

The message from the Ambulance Service is that you need to protect yourself against marine stingers.

Protect yourself

You can reduce your chances of becoming another jellyfish victim.

Wear a stinger suit or wet suit. One with full arm and legs will give the best protection.

For maximum protection wearing a hood, gloves and boots will reduce your chances by 95%.

Also, it is a good idea to avoid swimming alone. If someone else is with you they can help if you do get stung.

You could also learn about tell tale signs of possible jellyfish infestation.

First Aid Ready

Also, when you head off to the beach or out in the boat, make sure you take a bottle of vinegar with you.

They only cost a couple of dollars and it is the primary first aid treatment for stings.

It is a good idea to do a first aid course or learn about treatment of stings.

You can help keep the number of marine stings down by buying a stinger suit and encouraging the kids to wear one.

Parents teaching kids

With the help of parents educating their children on the dangers of swimming without a stinger suit and being aware of what is going on around them in the water, this can be achieved.

Story from Palm Island Ambulance Service

JOIN PALM ISLAND COMMUNITY STORE ABORIGINAL CORPORATION NOW!

There are no fees and you will be able to vote.

- Palm Island Community Store Aboriginal Corporation
- (PICSAC) has been formed to create a community
- vehicle to own and operate the store.
- PICSAC can engage a professional management company,
- Outback Stores Pty Ltd, which can bring buying
- power, & working capital.
- The profits can be returned in full to the community.
- The use of profits should be determined by a
- democratically-elected committee made up of a majority
- of Palm Islanders, for the benefit of the whole community.

This corporation is a vehicle for all to join, to enable one Tender on behalf of the whole community.

We want to ensure the community can bid to own and operate the store on behalf of the whole community.

Join now and help get control of the store for the community.

Contact Lex Wotton 0428 788 811 or Chris Congoo 0407 573 762
or 4770 1152 ccongoo@bigpond.net.au and join today.

This Project is supported by funding from the Australian Government under the Indigenous Small Business Fund, which is administered by the Department of Employment and Workplace Relations.

PALM ISLAND COMMUNITY STORE ABORIGINAL CORPORATION ABN 95 384 533 636

Ian and Dave say:

**Remember
Stinger High Season is
November to April**



MARINE RADIO BEST

Mobile phones are no substitute for a marine radio in an emergency.

This is particularly so around the Palm group where phone coverage is limited and patchy, and fishing spots are often well offshore in open waters.

The Coast Guard Volunteer Marine Rescue Services (VMR) at Townsville, Ingham and Cardwell all monitor the distress frequencies on VHF (Ch 16) and 27 mhz (Ch 88). Also, all vessels with VHF are required to maintain listening watch on Ch 16. So, your chances of someone hearing a distress call via marine radio are excellent. Whereas it is possible no-one will answer your mobile phone call, even if you can get a signal.

Operators of VHF radios should hold their Marine Radio Operators Certificate of Proficiency. This is not required by users of 27 mhz radios but is encouraged.

The course of study to obtain this certificate teaches standard radio operating procedures, including distress and safety calling.

The Australian Maritime College (AMC) provides the marine examination and certificate service on behalf of ACMA. The AMC can provide the details of organisations and individuals offering courses and or conducting exams. AMC can be contacted on 03 6335 4869. Alternatively, Volunteer Marine Rescue Services also conduct courses.

121.5 EPIRBS Need Replacing Soon

As from February 2009 no monitoring will be provided for the 121.5Mhz EPIRB signal range.

Boat owners should consider upgrading to a 406Mhz model now and avoid a last minute rush to obtain one in the future.

Expired or unwanted EPIRBs and flares need to be disposed of correctly to prevent false alarms from interfering with signals from beacons in real distress situations, potentially putting other people's lives at risk.

Battery World (Townsville) will accept expired EPIRBs and batteries and provide a disposal service free of charge to prevent environmental damage and ensure accidental EPIRB activation does not occur.

Further information on the responsible disposal of unwanted beacons can be found on the Australian Maritime Safety Authority (AMSA) website at <http://beacons.amsa.gov.au/>.

Story from Maritime Safety Queensland

Send us your Stories



Publication Date	Contributions Due
12/10/07	2/10/07
26/10/07	16/10/07
9/11/07	30/10/07
23/11/07	13/11/07

Contact Catherine Lawler or Alfred Clay for further information.

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Fax 07 4770 1305

email: editor@piac.com.au

Your community. Your newspaper.

DON'T EXPIRE!

EPIRBs must be serviced or replaced by their expiry date. Flares must be replaced.



EPIRB expiry date

/ /

Flares expiry date

/ /



Pains Wessex
Australia

Maritime Safety
Queensland

Monitoring of 121.5 MHz stops from February 2009. Upgrade to the superior 406 MHz EPIRB now.

Monitor the expiry dates of your EPIRBs and flares

- EPIRBs and flares have expiry dates. After this date they are likely to become less reliable, and could, in the event of an emergency, jeopardise the safety of everyone on board your vessel.
- After its expiry date, an EPIRB must be serviced or replaced by the manufacturer or an authorised agent.
- Expired EPIRBs can be disposed of at Battery World outlets and flare disposal locations can be found at www.msq.qld.gov.au under the "safety" link.
- Under Queensland maritime safety law, carrying expired flares or an EPIRB with an expired battery as part of your safety equipment is the same as not having any at all, and carries a fine of \$150.

TMP D060749

Community Support needed for new Surf Club on Palm Island

Plans are underway to form a new Surf Club for Palm Island in 2008.

Queensland Surf Life Saving, both schools, TAFE and the Palm Island Ambulance are working toward establishing a Surf Lifesaving Club.

Once established it is hoped the Club will grow and continue on into the future, providing safety for all members of the community who enjoy the water.

Whilst the fellas from the Ambulance Service are doing the ground work to establish a club, they will need the support of parents in the community to ensure this club continues into the future for the benefit of the kids.

If you feel you can help in anyway please contact one of the ambulance staff on **4770 1478** to indicate your interest.



Jelly Fish 2007

Jellyfish 2007 will be held on 8 November 2007 in the Palm Island Town Square.

Palm Island Ambulance Service will be setting up displays in the mall and have information and giveaways on jellyfish, stinger suits, the Palm Island Surf Club and safe boating information.

Dr Lisa-Anne Gershwin will visit the island to talk to the schools about jellyfish to raise an awareness of stings and safe swimming. Dr Gershwin is the world renowned expert on Jellyfish and we are lucky to have her here in North Queensland. Lisa travels the world to give lectures on the problems of Irukandji and also to conduct research and gain information from other researchers.

There will be stinger suits available for sale at a subsidised price to encourage parents to buy them for their children to wear.

There will be a display by the Queensland Surf Life Savings to promote the formation of a Surf Club on Palm in 2008 and a Safe boating display by Maritime Safety Queensland. Palm Island Police will have their boat on display as well as safety information.

A raffle will be held for children to win the chance to ride on, or towed behind a jet ski. Money raised will be put back into the stinger suit purchase fund.

While you are down doing your shopping, come over and see the displays and buy a raffle ticket to help protect our kids.

Story from Palm Island Ambulance Service

✂ SUBSCRIPTION COUPON

**Don't live on the Island?
DON'T MISS OUT!**

Subscribe to ***Palm Island Voice*** Now!
\$2.20 per issue (including GST)

YES! I want to Subscribe to *Palm Island Voice*:

- ☐ 13 issues at a cost of \$28.60 or
☐ 26 issues at a cost of \$57.20 (tick one)

My Details are:

Full Name: _____

Address: _____

SUBSCRIBE IN THREE EASY STEPS



- Complete this Form
- Make your Cheque, or Postal Order payable to Palm Island Aboriginal Council
- Send this Form and your payment to:
Palm Island Voice
C/- Palm Island Aboriginal Council
Main St
Palm Island QLD 4816

☺ Keep a copy of this form for your tax records if necessary.

GST

This document will become a Tax Invoice for GST purposes when payment is made.
Palm Island Aboriginal Council
ABN 68 799 811 816

KIDS DON'T FLOAT And you may not either



Make sure you have a life jacket for all your passengers when you go out in your boat.

Wearing of life jackets is a good idea.

It is compulsory for children to wear a life jacket if they are under the age of 12 in an open boat that is less than 4.8 m in length, while it is under way.

There are five different types of personal flotation devices (PFDs). They should

be accessible at all times and kept in good condition.

Do not use PFDs as a cushion and be sure you know how to put them on quickly. Life jackets should be marked correctly to ensure they comply with Australian standards.

Carrying life jackets that do not comply as part of your safety equipment could cost you a fine.

It could also cost you a life.

Buying Stinger Suits for the Island's Kids

Funding is being sought to purchase stinger suits for both of Palm Island's schools and the PCYC.

Stinger suits will mandatory for kids who want to take part in any school based water activity.

This will show the kids that stinger suits are not too bad to be worn or uncool.

Once the children adopt the idea of stinger suits it is envision that they will be more willing to wear them when swimming at any time.

Again, this needs the support and encouragement of the parents in the community to reduce the number of our kids being stung each year.

Picture from <http://www.stingray.com.au/merchandise/details.asp?productID=186&CatID=3#>



Vinegar Only Option for Stinger Injuries

Lots of vinegar, poured over the area that has been stung is the best primary first aid treatment for marine stinger injuries.

Vinegar has been found to inactivate the stinging cells of the jellyfish.

Stinging cells can still fire even if they have been ripped off the animal.

Vinegar does not reduce pain or provide any other medical benefit.

Think of Vinegar on stinger cells like water on burns. It stops further damage or injury to the person.

Water irritates the stinging cells causing them to fire off therefore injecting more venom into the person. So don't use freshwater, cold packs and ice on sting areas.

Vinegar Stations

Vinegar Stations are located at selected houses and other premises on Palm Island.

These residents and organisations are willing to help community members who have been stung by jellyfish.

The Vinegar Stations are located in areas close to the beaches so that they are readily accessible by all.

If you are at the beach and don't have vinegar or a

Look for this sign at houses in the community. They will have a stinger box to treat anyone who is stung.

mobile phone, you can go to one of these places for first aid treatment and to call for the ambulance.

Vinegar Station Locations

- Pauline Shortjoe House Wallaby Point
- Ferdy's Haven Farm Area
- Bindy Geia House Beach Road
- Barge Terminal Jetty Area
- Doris Watson House Butler Bay
- Small Butler Bay
- Wallaby Point

If you would like to help others and be part of the vinegar station project, contact the ambulance station on **4770 1478** and speak to one of the staff.

Story from Palm Island Ambulance Service



Learning about stings the hard way

Jeremy was stung by an Irukandji late last season and shares his experience of being stung as a warning to others.

On Anzac Day this year, we decided to make the most of the day off work and head down to Pencil Bay for a BBQ with work colleagues and friends.

As usual, not to miss an opportunity to go diving I packed my gear into the back of the ute.

I couldn't find my wet shirt – but I decided it didn't matter because I wouldn't be in for long and wasn't worried about getting too burnt.

We had some friends from down on the Coast we were going to meet in Townsville that weekend, and I was really wanting to catch them a cray.

I got straight into the water and checked my spots right away. I had only been in there about 15 minutes and started to feel a little 'funny'. It didn't bother me and I continued to look for a cray – I didn't want to get out without one.

Soon I was feeling even stranger and I decided to get out.

I walked up the beach and sat with all the boys at the BBQ. I didn't feel comfortable, I stood up and sat down many times. I started feeling hot and had pains up and down my back. I started to feel a fair bit of pain. The guys suggested I go to the hospital.

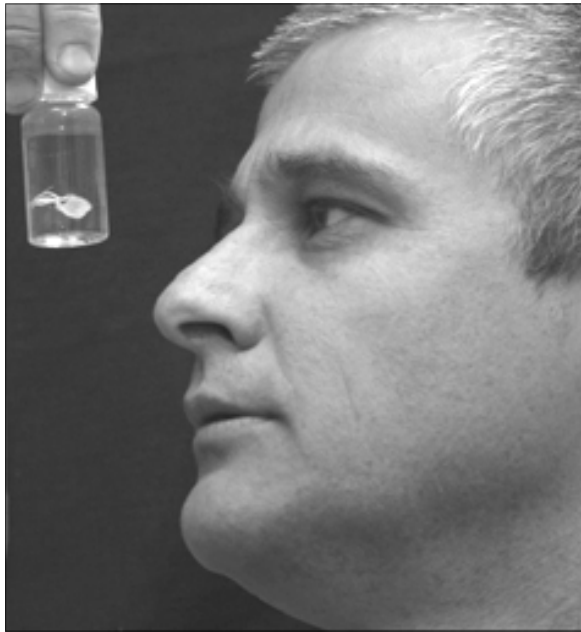
On the way to the hospital the pain got intense and unbearable very quickly. My heart was beating very fast and I was finding it really hard to breathe, like I was gasping for air.

At the hospital it was really bad. It felt like I was going to die. I couldn't sit still from the pain all over my body, from my head to my toes. I was spitting heaps and extremely hot all over.

The pain relief and drugs they were giving me were not taking the pain away. I had never felt like that before, it was the most pain I had ever felt in my life.

The pain was more than I had felt in any car accident, motorbike crash, dog attack or water skiing accident I ever had.

I was lucky a helicopter was already on the way over and I got into Townsville quickly. My blood pressure



Dr Jamie Seymour from James Cook University with a marine stinger.

was very high and my heart took a beating, but I was okay.

I was out of it for a couple of days from all the drugs they gave me and had to take pain killers for a little while after. I found it hard to sleep for weeks later.

I never thought I would be stung by an irukandji. I don't even know where I got stung – I didn't feel it sting me. I didn't even think they were around Palm.

Now, after being stung I cover myself in a stinger suit or wetsuit any time I go in the water.

It is not worth going in without one, and I think everyone

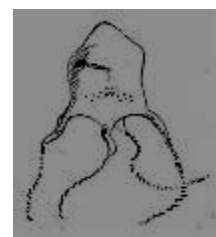
(including all the kids) that go swimming should be wearing one. Believe me, you don't want to find out the hard way what an irukandji can do to you.

"It felt like I was going to die"

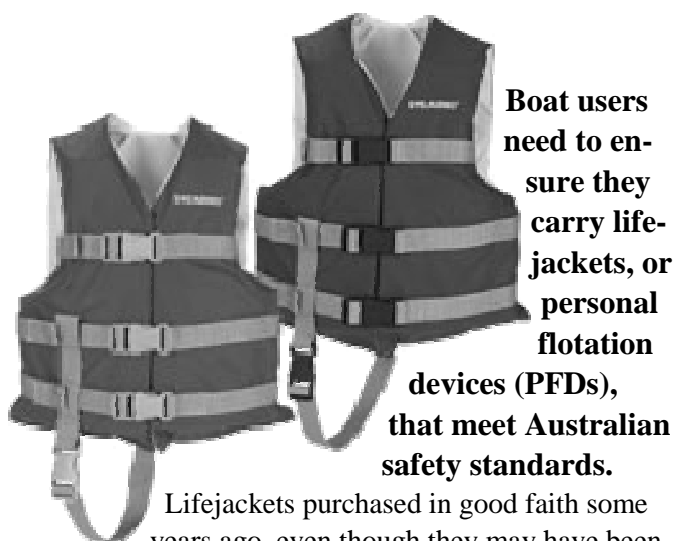
Story from Jeremy, at QBuild
Picture from James Cook University
<http://media.jcu.edu.au/story.cfm?id=520>

STINGER FIRST AID

- Protect yourself from being stung.
- Pour Vinegar liberally over the sting site. Up to 8 litres may be required.
- If you don't have vinegar and are able, go to the nearest Vinegar Station.
- Make the person comfortable
- Protect airway, breathing and circulation
- Ring the Ambulance on 000
- DO NOT wash the area with fresh water



LIFE JACKETS: Meeting the Standards



Boat users need to ensure they carry life-jackets, or personal flotation devices (PFDs), that meet Australian safety standards.

Lifejackets purchased in good faith some years ago, even though they may have been kept in excellent condition, might not meet the current Australian Standard. Carrying them on board as part of your safety equipment could cost you a fine.

Enforcement agencies throughout Queensland have been conducting frequent checks of boats and more recently operations in the Hervey Bay and Bundaberg regions found some are carrying lifejackets that do not meet the standard. Breaches of the legislation will result in a \$150 fine, however, investing in the right jacket may save you much more than money in an emergency.

If you have a lifejacket that is labelled with a Standards Australia mark, including the number 1512, and "Lifejacket" but does not carry a label identifying the garment as a PFD Type 1, 2 or 3, then it does not comply with the current Australian Standard.

All approved lifejacket and PFD standards require markings on the jacket that can be used to identify them as meeting the standard.

PFDs that are manufactured to comply with the Australian standards require legible markings which include the following:

- Manufacturer's name, trade name or trademark
- The words "PFD TYPE 1", "PFD TYPE 2" or "PFD TYPE 3" in block letters not less than 6 mm high, with the words below: "CAUTION: May not be suitable for all conditions" (or for a child's PFD, the words "CHILD'S PFD TYPE 1" and a caution advising that a child wearing the PFD should be under competent supervision)
- Manufacturer's model identification, batch identification and year of manufacture
- Intended body mass range
- Illustrated instructions for donning the PFD
- Instructions for storage and care
- Information related to replacement or checking of gas cylinders of inflatable PFDs

Purchasers can ensure their PFDs are compliant with the standards by shopping for jackets bearing the SAI-Global "five ticks" symbol or the compliance marks of other certification bodies.

To make sure you are complying with Australian standards, check that your jacket is marked correctly.

Also check the condition of your PFD to ensure:

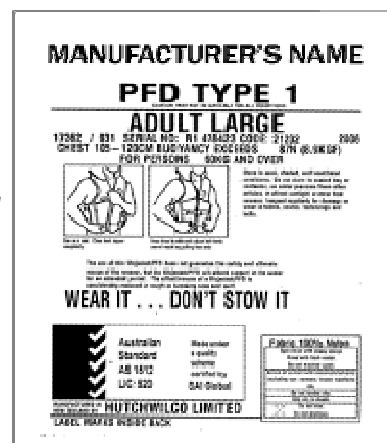
- Parts which are visible when the wearer is submerged from the armholes up) are high visibility in colour
- It is in good working order, and elements such as stitching and colour have not deteriorated with age
- Webbing tapes and chords are at least 2.5cm wide when wet and designed to resist roping and rolling when in use
- Stitching on the jacket is in lock stitch (and not starting to unravel)
- Fittings are free from burrs and sharp edges. Press studs are not a compliant method for fastening a buoyancy aid

If you are carrying inflatable jackets be sure to comply with manufacturers' instructions for servicing and maintenance, including replacement of expired gas cylinders. Keep a record of each servicing (a safety equipment log is a good way to do this).

If you have recently purchased a PFD and the markings are incorrect or non-existent, or should you feel a PFD or lifejacket is in some other way non-compliant, contact the retailer or manufacturer to discuss your concerns. Contact the Office of Fair Trading if you believe that you have been sold a jacket that does not comply with regulations.

Story from Maritime Safety Queensland

Jackets marked "LIFEJACKET" with a Standards Australia mark (shown right) were made before the introduction of the 1988 edition of the standard and do not comply with modern requirements.



Palm Island Boaties Take Extra Care

Much of Palm Island Boating is Offshore and requires extra care to ensure the safety of your vessel and passengers.

Waters to the East of the Palm Island group and out to the Reef are considered “beyond partially smooth/open waters”.

This means people boating in these waters are faced with more risks, from wind and sea conditions. They are also further from help if needed.

It is important to have all your safety equipment close by and ready for use. You need to make sure any passengers who are not familiar with your boat also know where it is kept and how to use it.

In an emergency, you may have only seconds to act.

Maritime Safety Queensland has a list of compulsory and recommended safety equipment. This list can be accessed by visiting www.msq.qld.gov.au or calling the Townsville office on 4726 3400.



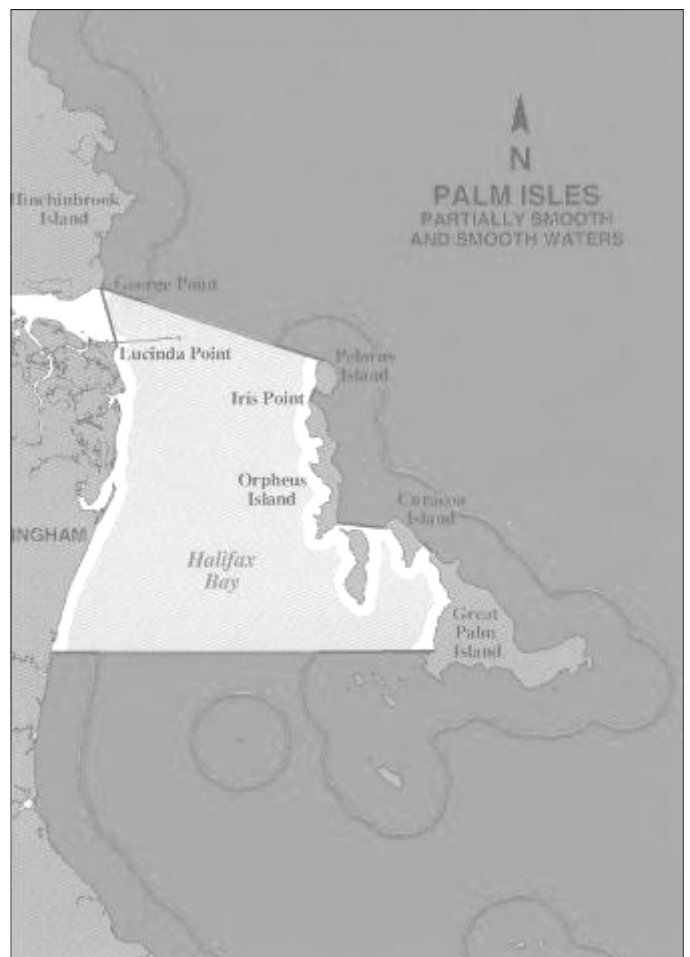
Maritime Safety Queensland recommends the following safety equipment be carried on such trips:

- EPIRB
- PFD1 for all people on board
- Signalling torch
- V sheet
- Flares (2 red hand held, 2 orange smoke)
- Charts, compass and other navigation aids
- Pumping/Bailing equipment to suit vessel
- Anchor and cable to suit vessel
- Drinking water sufficient for trip and number of people on board.

They also recommend that you:.

- Carry a marine radio and maintain contact with a coast radio station such as a Volunteer Marine Radio group
- Carry a spare battery because battery failure is a common cause of breakdowns.
- Tell someone where you are going and when you expect to return and include details of the vessel, (such as description, registration number) and people on board.
- Check the weather conditions and forecast prior to departure and regularly while at sea.
- Wear your lifejacket if the weather gets bad and conditions are rough.

Even a trip to North East Bay will take you into open waters



Diabetes Major Health Issue for Indigenous Australians

Type 2 diabetes has been recognised as one of the most important health problems for Indigenous populations across Australia.

The overall prevalence of the disease is likely to be around four times that of the general population.

As well as making a major contribution directly to the excess mortality experienced by many Indigenous populations, type 2 diabetes is associated with a number of other chronic conditions, particularly renal disease. Type 2 diabetes is also responsible for a variety of complications, the frequency of which are likely to increase in the future.

After adjusting for differences in the age, diabetes/high sugar levels were around 3.4 times more common for Indigenous than for non-Indigenous people.

The prevalence of diabetes increases with age, with the increase occurring at much younger ages among Indigenous people.

An overall prevalence of between 10 and 30% for Indigenous people is likely to be 2-4 times that of non-Indigenous Australians.

The numbers of deaths from 'endocrine, nutritional and metabolic diseases' (almost 90% of which were due to diabetes) were 7.5 times higher for Indigenous males than the number expected from rates for non-Indigenous males and 10.5 times higher than expected for Indigenous females.

After adjusting for differences in the age structures, the level of being overweight or obese was 1.2 times higher for Indigenous people aged 15 years or older than for their non-Indigenous counterparts

The main complications of diabetes (manifest through microvascular and macrovascular changes) are renal disease, retinopathy, heart disease, infections, cerebrovascular disease, and neuropathy (as well as a variety of more minor complications)

There is no cure for diabetes therefore effective management of the condition is crucial. Improvement of glycaemic control can be achieved through:

- weight loss – which can reduce the need for medications (oral hypoglycaemics or insulin), reduce blood pressure in obese hypertensive subjects, and improve hyperlipidaemia;
- Dietary changes – mainly involving reduction in carbohydrate intake and increased mono-unsaturated fat and fibre intakes. Reducing meal size but increasing frequency can also improve glycaemic control;
- increased physical activity – exercise can im-

prove glycaemic control, hypertension and total serum cholesterol levels; and

- Medications – oral hypoglycaemic agents can help 'postpone' the complications of diabetes, but their role in glycaemic control deteriorates with time. Insulin therapy may be needed to achieve optimal glycaemic control.

Primary prevention

Primary prevention aims to prevent the emergence of disease in susceptible populations or individuals. In the case of type 2 diabetes, this involves removing or modifying behavioural and environmental risk factors (such as obesity, sedentary lifestyle and poor diet) prior to the onset of disease or manifestation of symptoms.

Secondary prevention

Secondary prevention consists of early detection of asymptomatic diabetes followed by prompt, effective interventions that may lessen the condition's impact.

Tertiary prevention

Tertiary prevention involves lessening or eliminating long term impairments that may result from diabetes, such as foot and eye problems.

Story submitted by Sandy Christiansen, JPMS

Based on extracts from *Review of diabetes among Indigenous Australians* from Australian Indigenous Health InfoNet

Retrieved from

http://www.healthinfonet.ecu.edu.au/html/html_health/specific_aspects/chronic/diabetes/reviews/diabetes_our_review.htm#factors

September 16, 2007

Put Your Business Here

Advertising space is available to all businesses, organisations and individuals who have an interest in promoting services and events to members of the Palm Island community.

Contact Catherine Lawler or Alfred Clay for further information

Telephone 07 4770 0215 or 4770 1177

Fax 07 4770 1305

email: editor@piac.com.au



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

APPRENTICES AND TRAINEES

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

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

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

Monitoring Progress, Aspirations & Outcomes for Trainees Important

To gain successful outcomes for Palm Island trainees and apprentices it is important to consistently monitor progress and assist with challenges that occur.

For that reason a sub-committee of the Employment and Training committee (held monthly) has been formed.

The members of this committee are employer bodies (such as QBuild, Council, CDEP, Joyce Palmer Hospital), DEIR, Queensland Training services, Community Renewal, Housing and TAFE.

Workplace trainers play a key role in the support of trainees and apprentices and they are encouraged to attend. The meetings are held monthly one week prior to the Employment and Training meeting.

As can be imagined a lot of the work and networking takes place away from this meeting, and lots of feedback from all parties is gathered together.

It is extremely important to get the feedback from the trainees and apprentices themselves.

The meeting pulls lots of information together and takes action and advice in making sure that Palm Island trainees and apprentices are kept on the right track, listened to and given all the assistance they require.

Story from Charlie Goldsmith, TAFE

Oops! Making Art *Work*



We forgot to mention in our last issue, that local artists interested in working with Gerard Nuggins to set up art workshops can contact him by leaving a message with Clare Davey at JobFind, or sending a letter C/- Post Office, Palm Island.

HEALTH CALENDAR

Joyce Palmer Health Service

Doctors Appointments

Doctors run clinics Monday to Friday 8 am to 5 pm.

See the administration staff for appointments

Pharmacy

Mon, Wed Thurs, Fri

10am to 1 pm

2pm to 4.30 pm

Tuesday only close 6.30 pm

Dressing Clinic

8am to 4pm Monday to Friday only – unless it is an emergency

Dental Clinic

Tuesday every week in the Community Health Area

Come up between 9-10am to have your problem

looked at. Then you will be booked in for an appointment at the next available clinic.

Mental Health Team

The Mental Health Team Office is open from 8.30am to 4.30pm. Phone 4753 5163.

The Team can help with mental health assessment, crisis intervention, case management, consultation and liaison with persons presenting to JPHS emergency department, court liaison, Individual counselling and family therapy.

Child Health Clinic

Aggie is available from 8am to 4.30 Monday to Friday to provide help with child health problems issues such as immunisation and baby health checks. Also provide help for some women's health issues and family counselling. Ring on **4752 5172** or call in anytime.

Sexual Health Clinic

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

No appointment necessary.

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

Vet Clinic

Dr. Jim is available every 3 weeks at the vet shed in Mango Avenue for any pet needs. Surgery is in the mornings and consultations in the afternoon.

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

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

Tell us what you think

Letters to the Editor

Thank you from Tourism Mob

Dear Editor,

On behalf of Tourism Queensland and the members of the Tourism Product Review Team, I would like to pass on our appreciation to Council and all of those Palm Island residents who made our visit such a special occasion over the weekend of Friday 31 August to Monday 3 September.

At the invitation of Council, our objective was to visit Palm and other islands in the group, with a team of experienced people from the tourism industry, to meet local people interested in tourism, visit areas where tourism activities might be a possibility and discuss issues relating to sites and ideas.

Team members, who volunteer their time, came from a wide range of tourism sectors, which included Tours, Aviation, Retail, Marine, Accommodation, Marketing, Sports fishing, and Backpacking.

We were all appreciative of the fact that everyone involved gave up their weekend to ensure that we had the best possible chance to see Palm and associated Islands and what they have to offer.

To Veronica & Laurie, Pauline & Shawn and their respective families, "Thank You" for making us welcome and sharing your dreams, as well as your food.

Friday night at the Tavern watching the Cowboys win and celebrating with the locals was a great night and we were all made to feel very welcome.

Barry, Deniece, Walter, Tiny and the ladies at the Motel all went out of their way to make sure we were comfortable and that activities happened as planned. Again, a big "Thank You" for giving up your weekend to look after us.

I am currently in the process of collating all of the information we gained over the weekend, plus comments from the team members. This information will be used to provide Council with a Report on tourism possibilities relating to Palm Island, with associated recommendations for further action.

We would like to return to Palm Island and present the Report to Council, once it has been completed. I am anticipating that I should have it in a Draft format by the end of September.

All members of the Review Team thoroughly enjoyed their visit to your community, the friendliness and support of everyone we met and are all looking forward to returning to help Palm Island realise whatever tourism-related goals you may have, both collectively and as individuals.

Best wishes

Glen Miller

**Manager, Market Development
Tourism Queensland**

Editorial

Safety *always* relevant

As we head toward warmer weather, and plenty of opportunities to get out on the water this issue of *Palm Island Voice* has a special focus on water and boating safety.

For some people this may seem irrelevant here on Palm. But events that are unforeseeable and beyond our control can and do happen. And access to assistance is reduced here on Palm.

Two recent events in my own life have certainly brought this home to me. The first incident occurred last week. We were on our way back to Palm after having been on the slip with our boat. As we were motoring down the Ross River and across Cleveland Bay toward Magnetic, our motor started over heating — badly. The motor was unusable and we needed to return to Townsville to fix it.

We used our marine radio to contact the Townsville Coastguard and advise we may need assistance. However, there was enough wind, from the right direction to allow us to sail up the Ross Creek where we dropped anchor.

Without the sails for alternative propulsion, the wind to use the sails or the radio to call for assistance, we could have been in strife. We did have flares, an EPIRB, and V-Sheet to use if needed. And we were in shallow enough water that we could have anchored also.

However, a few months ago, while anchored in Horseshoe Bay, Magnetic Island, we helped a young man who was less prepared.

We had returned to our boat just before sunset, and heard someone calling out. At first we thought it was the people who were kayaking nearby.

However, when we heard it again we realized it was further out to sea. Looking northward, John saw someone on a jet ski holding up a bright orange sheet. Clearly something was wrong so we motored out in our dinghy to assist.

The young man we met was on a friend's jet ski and had been intending to motor it around the eastern side of Magnetic to Nelly Bay, when the motor failed. He had a mobile phone, but no coverage. He had no radio, nor paddles for alternative propulsion. He did have his V sheet and a set of flares on board. Luckily for him we heard him. And he said he was very glad to see us.

Needless to say we make sure we *always* have our oars in the dingy when we motor ashore here at Palm.

Catherine Lawler—Editor



Palm Island Ambulance

First Aid Hints and Tips

000

The Emergency Number

When to call

We encourage Palm Island residents to use this number when they require an ambulance

- ✦ **Don't ring the hospital for an ambulance**
 - ✦ **Don't ring the ambulance office**
 - ✦ **Don't ring Ian or David**
- ✦ **Don't put sick or injured people in a car and race to hospital**

**In all circumstances
Ring 000 – Stay Calm – Do First Aid**

When the Telstra operator answers – say you want an ambulance –if you are ringing from your mobile phone, say you need an ambulance on Palm Island – Queensland near Townsville – wait to be connected to Ambulance Comms – this usually takes a few seconds

When the ambulance operator answers state where you want the ambulance to go to – who's house – street name – area for example Nallajar's place, Dee Street, Mission Area

Tell them what's happened – who's hurt/sick and why – the patients age – can they talk to you are they breathing

While you are giving this information another operator is letting us know here on Palm and we are responding – sometimes we have many calls so we go to the most urgent first

Stay calm – follow instructions from operators – look out for us and wave us down

STINGER FIRST AID

- Protect yourself from being stung.
- Pour Vinegar liberally over the sting site. Up to 8 litres may be required.
- If you don't have vinegar and are able, go to the nearest Vinegar Station.
- Make the person comfortable
- Protect airway, breathing and circulation
- Ring the Ambulance on 000
- DO NOT wash the area with fresh water

Ian and Dave say:

**Remember
Stinger High Season is
November to April**



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.

Public Holidays for 2007

Christmas Day	Tuesday	25 December
Boxing Day	Wednesday	26 December

School Holidays

School's out for two weeks soon. Last day of school before the break is 21 September. First day back for students is Tuesday 9 October. Monday 8 October is a pupil free day.

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

For more information contact **Tiana Friday** – PCYC 4770 1793 or 0438 717 607 **Svea Pitman** 4770 1828 or 0423 158 368.

Supported by the Palm Island Family Support Hub.

Computing Class

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

Ferry Timetable

		Departs from	
Day/Date		Townsville	Palm Island
Wed	3 October	12:30am	2:30pm
Fri	5 October	12:30pm	2:30pm
Sun	7 October	2:30pm	4:30pm
Wed	10 October	9:00am	11:00am
Fri	12 October	11:00am	1:00pm
Sun	14 October	12:30pm	2:30pm
Wed	17 October	12:30pm	2:30pm

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

Call 4771 3855 to confirm departure times.

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 and other ID.

Course dates

October 15 – 17th
November 12 – 14th
December 10 – 13th

Blue Cards

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

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

Enrolments are taken at TAFE.

Course dates

October 18th
November 15th
December 13th

Stinger High Season

November to April

- Wear a **Stinger Suit**.
- Primary **First Aid** is **Vinegar** not water or ice.
- **Stinger Box Houses** have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.



Jellyfish 2007

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