



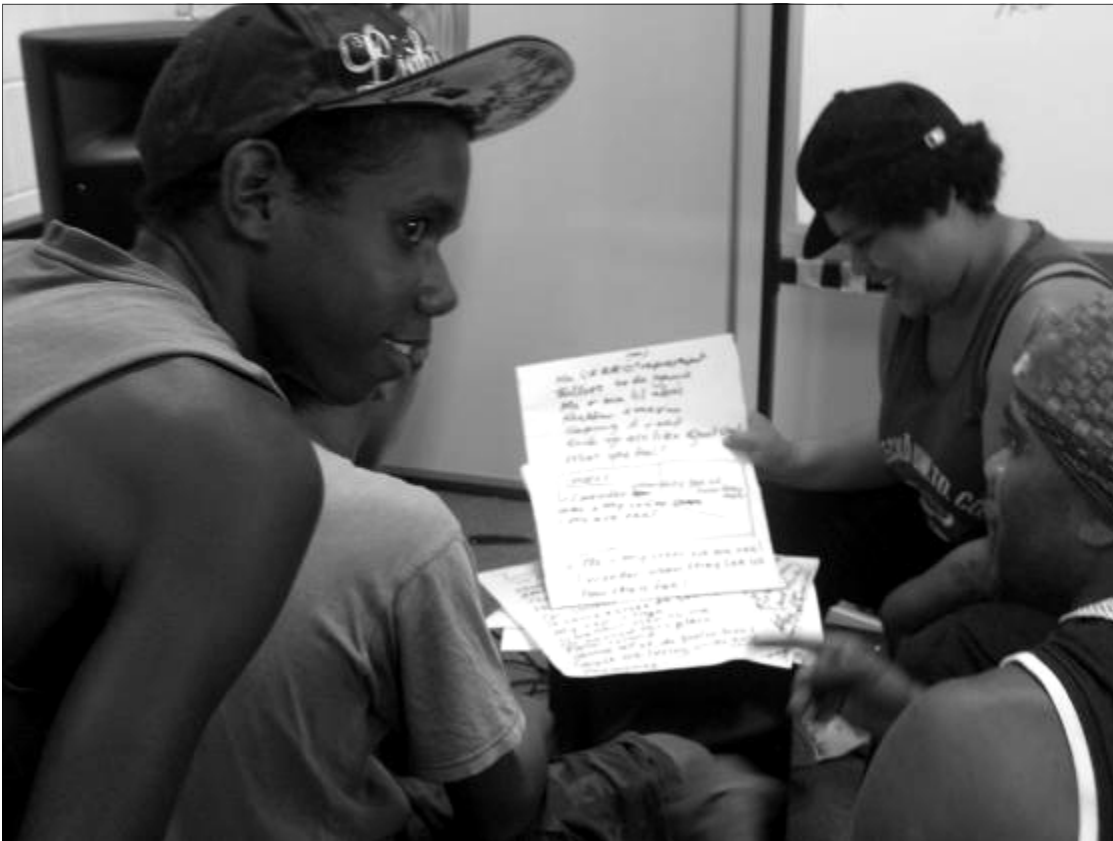
Palm Island Voice



Your community

Your newspaper

Issue 10.
21 December 2007



Participants in the Palms Up project work on their lyric material during one of the workshops.

Published Fortnightly

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Palm's Young People Prepare for Concert

In December Palm Island's young people took part in the 'Palm's Up' Arts and Culture program.

Young men and women from Bwgcorman Community School, Senior Phase of Learning and TAFE, participated in writing lyrics, raps and beats as well as design and stencilling.

The students are gearing up for performing at a concert on Palm Island on the 16th February 2008.

The concert will be a showcase of all the songs, raps and dances that have been created by the young people who have participated in the Palms' Up Program.

It will also involve other local talent including performers, artists and dancers.



Story and pictures from
Melania Stevens, SpeakOut

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



Merry
Christmas
&
Happy New
Year to All



Palm's young people prepare for February concert



Pictures

Left: Participants from Bwgc Colman Community School learning a traditional sa sa dance

Right: Bwgc Colman Community School students working on dance moves for the upcoming concert.



For more information about the concert, which will be held on February 16th, contact Karrina Nolan from Speak Out on **1300 656 431** (same cost as a local call).

Leave a message and contact number and she will call you back.

Publisher

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Where Do I Get a Copy of Palm Island Voice?

Pick up a copy every second Friday from:

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

Palm Island Voice

Your community Your newspaper



Students Unveil Wall of Fame

The unveiling of the 'Wall of Fame' at the Palm Island Aboriginal Shire Council was a significant event. The wall, which honors local heroes, was unveiled by the Mayor and community members. The wall features portraits and names of notable individuals from the community.

Palm Island Voice

Your community Your newspaper



Kid's Creativity Comes Out Photography Workshops

The recent 'This is Life' photography workshop was a success. Children from the community participated in the workshop, learning about photography and expressing their creativity. The workshop was held at the community center and was a fun and educational experience.

Palm Island Voice

Your community Your newspaper



Elders and Children March AGAINST ILLEGAL DRUGS

The Palm Island Aboriginal Shire Council and the community joined together for a march against illegal drugs. The march was held in the community and was a powerful statement against the drug trade. The march was led by elders and children, and it was a great success.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page # for information on how to subscribe.

Deadly Palm Boxers Win Again

The Australian Boxing League championships were held at Parkes in N.S.W on the 29th and 30th of November and the 1st of December

There were 50 bouts over the three night event. The titles were sponsored by Aussie Bum, a clothing company.

All of the boxers were supplied with singlets, shorts and gowns in the colors of their home state, which they were allowed to keep.

You should be able to see this year's titles on the internet.

Once again our young boxers proved themselves against top class opponents from as far north as Cairns, Yungaburra, and Babinda and as far south as Tasmania.

Our boxers won three gold and two silver medals.

Selwyn Seaton defeated Jeremy White of NSW in the elimination bout and defeated Colby Johnson of Mt Isa in the finals to win gold.

This makes Selwyn now undefeated in 12 bouts. A remarkable achievement for a talented young athlete.

Luke Lenoy was very unlucky not to come home with two gold medals.

Luke defeated Cory Wilson from NSW in the elimination bout. But he was defeated by Raymond Cupitt from Yungaburra in the finals to win silver in the 60kg class. The loss was a split decision.

Luke then stepped up to the 63.5kg division to win gold when he completely out classed Brett Hampton from NSW, when Luke stopped him in the second round.

Hosea Murphy won gold for his own school boy's 44.5kg division and then stepped up to win a silver medal in the older junior division when he was defeated by Harley Broom from Rockhampton .



Since I started training on Palm Island in 1999, Palm Island Boxers have won 28 gold medals at the Australian titles.

The PCYC and the Palm Island Council have been a great help to us through 2007. We are grateful for the financial help that the council provided and the use of the PCYC gym. Hopefully we can run a tournament here next year after some repairs are done on the boxing ring.

Many thanks go to Chloe Hooper, the Townsville Bulletin, Mike Reynolds, Sport and Recreation and the Palm Island Council.

There was a pro/ am tournament held at the Entertainment Centre in Townsville on the 9th December starting at 2pm.

There were 8 bouts scheduled for that date, 4 professional bouts and 4 amateur.

Luke Lenoy or Selwyn Seaton were scheduled to fight Colby Johnson from Mt Isa and Inossi Geia was also lined up for a bout.

Fred Mundraby will be the main pro bout and Josh King and Joel Casey will also be taking part in what should be a good program.

A report on this tournament will be brought to you in an future issue of *Palm Island Voice*.

This is the last tournament for the year and I would like to thank everyone who has helped the Palm Island Boxers for their assistance throughout the year.

**Story from Ray Dennis,
Palm Island Boxing Club.
Pictures from Alf Wilson, Journalist.**

Pictures: Selwyn Seaton (top), Luke Lenoy (middle), and Hosea Murphy (bottom) at Townsville Airport, ready to fly to Parkes in New South Wales for the Australian Boxing League Championships.



COUNCIL CALENDAR

24 December to 1 January—Holiday Closure

Council offices and services will be closed for this period, with emergency staff on stand-by only.

22 January—Delegation Meeting

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

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

Presentations are limited to 1/2 hour and time is limited so you will need to book early. You can make a booking by calling Thomasina Morgan on 4770 1177.

23 January—Housing Committee Meeting

The Housing Committee will hold its regular

monthly meeting to discuss housing issues and policies. Recommendations from this meeting will be put to the General Council Meeting on 29 January.

29 January—Council General Meeting

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

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

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

Celebrate New Year's Eve at Coolgaree Bay Hotel

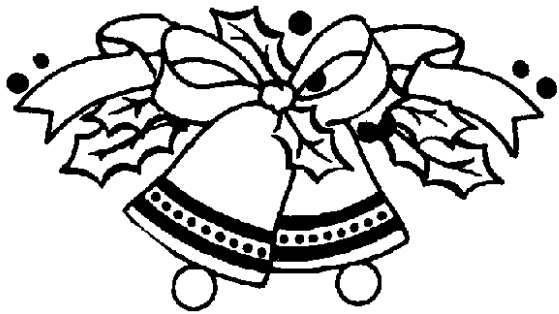


To celebrate New Year's Eve, the Hotel will open from 4pm on Monday 31 December, and stay open until 2am, 1 January.

A fun night of music and celebrations is planned and hot meals will be available. Extra security will be in place to make sure things run smoothly.

Because this is a special night, smart casual dress will be required.

So, get out your party gear and come along to celebrate Christmas and the New Year with other members of the community.



Mayor Delena Foster,
Councillors,
Managers and Staff of
The Palm Island Aboriginal
Shire Council,
would like to wish everyone
a safe and happy
Christmas holiday season,
and all the very best for the
coming New Year.

BE SMART AND BE SAFE

Take things easy over festive season

The message from the guys at ATODS this holiday period is to **DRINK SMART, DRINK SAFE.**

The Christmas and New Year period can be both a time of great celebration and of sadness.

Please be careful if you are going to attend parties and have a drink of alcohol. Drink smart, drink safe.

Make sure you always eat before drinking, even if it is a piece of fruit, like a mango.

Drink lots of water, between and after drinks. It's free.

If you are drinking, set yourself a limit and don't go over.

If you are not sure of the safe limit for men it is 4



standard drinks a day. For women it is 2 standard drinks.

If you are pregnant no alcohol is safe. The only safe thing for you and your baby is NO grog at all. Even small amounts can harm your unborn child.

Lastly rethink that yarndi if you are smoking it. It is dangerous to your health, so please cut down.

If you would like to talk to someone about the grog or yarndi, don't hesitate to talk with the ATODS staff.

We will have staff available on some days between Christmas and New Year and then back to our full shift starting back on 2 January.

Have a safe and happy Christmas and an even better new year.

Story from Craig Thorssell, Social Worker

POST CARDS FROM PALM MAKE "OVERSEAS" NEWS

More Great Postcards...



The wonderful postcards from Palm Island, which were featured in previous issues of Palm Island Voice, have put a "good news" story about Palm Island into the mainstream news media.

The postcards were written as part of an Australia Post Indigenous Literacy competition, which was intended to encourage students to have pride in their community and indigenous heritage and to inspire them to achieve their best.

Presentation of prizes in the competition formed part of Cathy Freeman's visit to the Island, under the banner of the recently established Catherine Freeman Foundation, to present awards to students for school achievements.

Ms Freeman (pictured at right with children from Palm Island) is proud of her heritage and connection to



Palm Island and she wants to acknowledge this by making Palm the first community to benefit from the work of the Foundation.

The visit from Cathy Freeman, and William Barton, and the Australia Post competition were reported in mainstream media such as the Townsville Bulletin, and Channel 7 local news.

Picture from Carolyn Schuwalow, JCCM Australia Pty Ltd

Tell us what you think

Letters to the Editor

Please, Show Respect for the Dead

Just a few complaints about some people here on Palms, our home.

Firstly, funerals, does anyone here have RESPECT any more, for friends and the relatives of the DEAD.

I suppose the dead can't complain. I mean like the loud music goes from one day all night until the next day of the funeral. People are drunk and dancing and noisy.

I like a party as much as the next guy; but in town if you play loud music after certain hours your music box will be gone man, by the police.

The police, well we won't go there right but just think about it man, the next funeral might be your dad, mum, brother, sister or even your baby.

I just hope someone don't get stoned or pissed or both and come down and piss, shit or spew all over their funeral site.

THINK ABOUT IT BROTHERS AND SISTERS

Praise Allah

Eddie "Super" Walsh

Put Your Business Here

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

Display Advertising Costs (including GST)

Full page	\$440
Half page	\$231
Quarter page	\$121
Eighth page	\$66
Sixteenth	\$44
Inserts	\$660

Discounts available for multiple bookings

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

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

MAMS PLANT HIRE PTY LTD T/A

DAY&DAY

SHIPPING

Wishing the Palm Island Community
Merry Christmas & Happy New Year
Thank you for your support during the 2007 year
From the Management & Staff at Day & Day Shipping

Palm Island Service Schedule "OLYMPIC"

CHRISTMAS WEEK

Monday 24th December 2007

Depart Lucinda:	6:00 am
Arrive Palm Is:	8:30 am
Depart Palm Is:	10:00 am
Arrive Lucinda:	12:30 pm

Christmas Day - Tuesday 25th December 2007

NO SERVICE

Boxing Day - Wednesday 26th December 2007

NO SERVICE

Thursday 27th December 2007

Depart Lucinda:	8:00 am
Arrive Palm Is:	10:30 am
Depart Palm Is:	11:30 am
Arrive Lucinda:	2:00 pm

Friday 28th December 2007

Depart Lucinda:	8:00 am
Arrive Palm Is:	10:30 am
Depart Palm Is:	11:30 am
Arrive Lucinda:	2:00 pm

NEW YEAR'S WEEK

Monday 31st December 2007

Depart Lucinda:	6:00 am
Arrive Palm Is:	8:30 am
Depart Palm Is:	10:00 am
Arrive Lucinda:	12:30 pm

New Years Day - Tuesday 1st January 2008

NO SERVICE

Wednesday 2nd January 2008

Depart Lucinda:	10:30 am
Arrive Palm Is:	1:30 am
Depart Palm Is:	2:30 am
Arrive Lucinda:	5:30 pm

Thursday 3rd January 2008

Depart Lucinda:	8:00 am
Arrive Palm Is:	10:30 am
Depart Palm Is:	11:30 am
Arrive Lucinda:	2:00 pm

Friday 4th January 2008

Depart Lucinda:	8:00 am
Arrive Palm Is:	10:30 am
Depart Palm Is:	11:30 am
Arrive Lucinda:	2:00 pm

Speaking out about an unspoken issue

A young Palm Island woman is calling on the Palm Island community to speak up and speak out about the unspoken issue of relationship violence.

This young woman, who asked not to be named, is still coming to terms with the effect domestic and relationship violence has had in her life.

She said that, as a community, people here see domestic violence happening all the time. But to help break the cycle of violence, people need to speak up about what is going on.

Her message to the people who are affected by violence in relationships is that you don't have to put up with it. There is always someone to turn to, with an open ear to listen. But most importantly, she says you should not be afraid to report the abuse. She said, "It is important to the women in our community to keep their kids safe. But if people don't report the abuse, it will go on, and the cycle of violence we live in will continue and our kids will suffer." She added that it was important not to let your kids witness the violence or abuse, because they then think it is a normal way to act, and will grow up to behave in the same way. Domestic violence is always bad, but it is even worse when kids see it happening. She believes a lot of kids hang around in the streets because they are too scared to go home.

She said thinking about her kids kept her strong, and helped her to focus on getting the help she needed to leave a violent relationship. Small threats lead to bigger threats, and bigger threats become actions. So, this young woman feels that even a threat of violence should be enough to make you grab what you need and leave.

Alcohol and drugs can often trigger violence but it can happen even if someone is sober. Once a cycle of abuse starts it usually only gets worse, unless you and the other person get help.

She found the Palm Island police to be very helpful, providing advice about where she could get help. Community groups such as Kootana Women's Centre (for women) and the Palm Island Men's Business Group (for men) can provide guidance and assistance. Also, the Palm Island office of Relationships Australia can help if you need to have a yarn. And the staff at Joyce Palmer Health Service can refer you, your kids, or your partner to counsellors.

If you are not comfortable talking to someone lo-



cally, there are people from Townsville who will come and help.

When you speak to people working in this area anything you say will be treated with respect and kept private.

The young woman who is speaking out about this difficult issue feels that, without help, there's only one place perpetrators will end up, and that's in gaol.

She asked them to think about what they are doing when they hurt their kids or partners and urged them to remember there are other ways to solve problems without using violence.

Finally, she asked the men in the community to remember that, even though they may not be violent, the women and

kids who were being affected might be your sister, daughter or mother.

"So, if you know something bad is happening to someone you know and love, encourage them to get help or to get out."

Help and Support Services

Here are the contact details for some help and support services for women, children and men.

Joyce Palmer Health Service. Mental Health Team. Phone 4753 5163 Monday to Friday 8:30am to 4:30pm

Relationships Australia. See them at Palm Island PCYC Tuesdays, Wednesdays and Thursdays, from 8:30am to 5:00pm. Or call 1300 364 277

Kootana Women's Centre. Mango Avenue Palm Island Men's Business Group,

North Queensland Domestic Violence Resource Service. Phone 4721 2888. Lvl 3/ cnr Sturt & Stanley St, Townsville.

DV Connect Womensline Phone 1800 811 811 24 hours, 7 days a week.

Women's Legal Service Phone 1800-677-278

DV Connect Mensline Phone 1800 600 636 7am to midnight, 7 days a week.

Child Protection Crisis Care Phone 1800-811-810 or after hours 1800 177 135

Statewide Sexual Assault Helpline Phone 1800-010 120 24 hours

LifeLine General counselling Phone 131 114.

Kids Help Line Telephone counselling for children and young people Phone 1800 551 800.

Australian Childhood Foundation For children and young people Phone 1800-176-453

**Birthdays
New Babies
Funeral Notices
In Memoriam**

Tell us about them!

**We'll put them in
the paper.**

It's FREE!

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

Or give us a call. 4770 0215

Put Your Business Here

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email: editor@piac.com.au

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

✂ 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



Palm Island Ambulance

First Aid Hints and Tips

Sexual Health Matters

Ian the local ambo and Rachel from sexual health have got together to canvass Palm Island to increase awareness of sexually transmitted diseases.

We will be going to all areas of Palm Island either in an Ambulance or the Local Health Bus to make it easy for people to check their sexual health.

We will be setting up, usually in the afternoon, to encourage people to do a little urine test to check for STDs especially Chlamydia and Gonorrhoea.

There is no shame in this. The test is private and confidential and if you do have something its easily treated.

As part of Ian's course that he is doing he will soon be able to treat people – so people on the island will have different options they can see Rachel the sexual health nurse – Deacon (Frank) sexual health worker or Ian the ambo

We will also be promoting healthy diets and eating habits and will provide fluids and fruits as part of our visits around the island.

So if you are sexually active and feel that you may have contracted something the option is there to seek help –keep an eye out for Rachel and Myself set up in your local area soon.

We encourage all people to talk to us.



Stinger Suits Have Arrived

The specially designed Palm Island Stinger Suits, will be available from the Ambulance Station and the store from the 22 December.

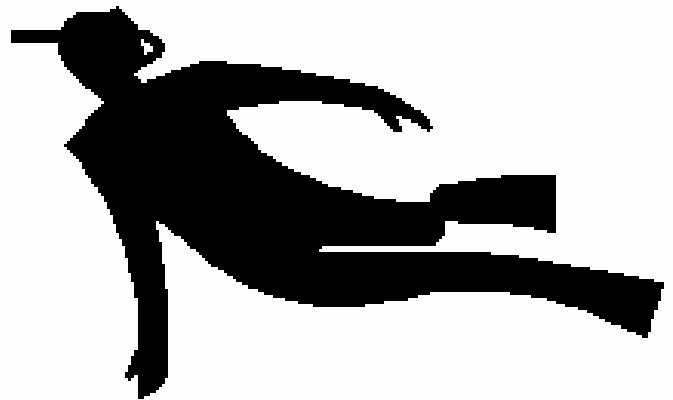
These suits were arranged and ordered as part of the Palm Island Ambulance Service JellyFish 2007 project to provide stinger suits for Palm Island kids to use when they are involved in water activities arranged by the schools or PCYC.

However, it is better for your kids to wear a stinger suit everytime they go in the water. So, if you can, buy your children their own stinger suit so they are better protected when swimming.

There are various sizes available (but remember, they come in kids sizes only).

The cost of the suits is \$30 for one, \$20 per extra suit. The normal price in the shops is \$70.00 each.

Money from the sale of these suits will go toward buying more suits at this discounted price.



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

Immunisation Important for All

In July 2007, three new vaccines were added to the Immunisation schedule for families in Queensland. Vaccines are important because they protect us from many preventable diseases.

Sometimes it is difficult for parents to keep up with the latest vaccines needed for their children, or themselves.

The Child Health Clinic can help you to make sure your family is up to date with their vaccinations.

You can have your immunisations at the Child Health Clinic between the hours of 8:00am and 4:30pm.

You don't need to make an appointment to see Aggie for your immunisations. Also, if you are unsure about what immunisations you are due for, call Aggie on 4752 5172 and she will be able to assist.

Remember: These vaccines are FREE.

Vaccination Name/Abbreviation Diseases covered by vaccination

MMR	Measles, Mumps, Rubella
DTPa	Diphtheria, Tetanus, Whooping Cough
Hep B	Hepatitis B
Varilrix	Chicken Pox
Pneumovax 23	Pneumonia
Rotovirus	Rotavirus gastroenteritis (runny tummy)
BCG	Tuberculosis
Prevenar 7	Pneumonia – 7. Worst in children

Note: Rotavirus – dose 1 – can ONLY be administered

while infant is between 6-12 weeks.

Immunisation Program Schedule

Age	Name of Vaccine
Birth	Hepatitis B/ B.C.G
2 months	DTPa-IPV/Hib-Hep B/Prevenar 7/ Rotavirus
4 months	DTPa-IPV/Hib-Hep B/Prevenar 7/ Rotavirus
6 months	DTPa-IPV/Hib-Hep B/Prevenar 7/ Rotavirus
12 months	Measles, Mumps, Rubella / Hib-Hep B/ Meningococcal C
18 months	Varilrix / Hepatitis A(1)
2 years	Hepatitis A(2 Pneumovax 23
4 years	DtPs-IPV /MMR
13 years (Yr 8)	Varilrix
15 years(Yr 10)	Boostrix – Tetanus booster, diphtheria, whooping cough. Flu vaccination in March/April or May Pneumovax 23
Adults	Flu vaccination in March/April or May Pneumovax 23
Females	
15-26 years	HPV (for prevention of cervical cancer)

Story from Aggie, Child Health, JPHS



The staff at the
Joyce Palmer Health Service
would like to wish everyone a
Merry Christmas and happy New Year.



The **Hospital** will be open 24 hours a day
over Christmas and New year
for accidents and emergencies.

The **Doctors Clinic** and Pharmacy will be closed:
Tuesday 25th December - Christmas Day
Wednesday 26th December - Boxing Day
1st January - New Years Day

Mental Health will be closed:
Tuesday 25th December - Christmas Day
Wednesday 26th December - Boxing Day
Thursday 27th December
Tuesday 1st January - New Years Day

Community Health and **Sexual Health** will be closed
from 21st December until the Monday 7th January

PALM ISLAND COMMUNITY HEALTH CALENDAR

Joyce Palmer Health Service

Doctors Appointments

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

Pharmacy

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

Dressing Clinic

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

Dental Clinic

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

Physiotherapy

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

Renal Clinic

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

Paediatrics Clinic

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

Speech Therapy

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

Eye Clinic

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

Diabetes Clinic

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

Podiatry

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

Mental Health Team

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

Child Health Clinic

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

Midwife Clinic

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

Sexual Health Clinic

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

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

Women's Health Nurse

The Nurse will be available on the following dates:

- Tuesday 20th November
- Tuesday 4th December

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

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

Ring Rachel for an appointment on 4752 5165, or simply drop in between 8.00am-3.00pm on the day.

ATODS

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

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

Vet Clinic

Dr. Jim has made his last visit for the year. He will be back again in January. In the meantime if you need assistance with your animal Luawana may be able to help and you can call her on 0428 325 183.

Otherwise Council Animal Control Officers may be able to provide advice or help.

Palm Island Voice Community Notice Board

AA Meetings at Ferdy's

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

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

Palm Island Play Group

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

DATE: Wednesdays

TIME: 10.30am – 12.30pm

WHERE: PCYC child care room

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

717 607 **Svea Pitman** 4770 1828 or 0423 158 368.

Supported by the Palm Island Family Support Hub.

Rubbish Pick Up Times

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

Public Holidays for 2007

Christmas Day	Tuesday	25 December
Boxing Day	Wednesday	26 December

Computing Class

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

Ferry Timetable

Day/Date	Departs from	
	Townsville	Palm Island
Fri 21 December	2:30pm	4:30pm
Sun 23 December	10:00am	12:00pm
Wed 26 December	11:00am	1:00pm
Fri 28 December	11:00am	1:00pm
Sun 30 December	11:00pm	1:00pm

Mon 31 December 10:00am 12:00pm

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

Call 4771 3855 to confirm departure times.

Council Holiday Closure

The Palm Island Aboriginal Shire Council offices will be closed over the holiday season.

Council offices will be closed from 21 December 2007 to 2 January 2008 inclusive.

Learner's Permits

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

If you want to do the course you need to enrol at TAFE. You will need your birth certificate & other ID.

Course dates

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

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.



Send us *your* Stories

Publication Date	Contributions Due
18/01/08	11/01/08
1/02/08	25/01/08

Contact Catherine Lawler or Alfred Clay for further information.

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