



Palm Island Voice



Your community

Your newspaper

**Issue 12.
15 February 2008**



The Boys at TAFE ready for some fun as well as serious study at Palm Island TAFE campus.
Back row, left to right: Gary Pryor, Robert Johnson, Jais Geia, Clarence Nugent, Brian Murray, Darryl Haines, Kim Palmer, Susan Pryor.

Front row, left to right: Joshua Landers, Robbie Snyder, Henry Dempsey, Dion Marks

BOYS AT TAFE

Ready for some deadly learning

This week the Learning Pathways Student started back at TAFE with a burst of energy for the year ahead.

This class of students want to be known as "Boys at TAFE".

The Boys at TAFE were greeted with some good news. It was Clarence Nugent's birthday, he turned 18 on the 28th Jan 2008, and he also won a training award.

"Clarence is an excellent student who was

always on hand to give a helping hand.

He has never missed a day at TAFE in 2007, and is very eager to come to TAFE even on his days off", says Susan Pryor.

Continued on Page 2

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

**Published
Fortnightly**

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**Next Issue Out
29 February**
Stories and Advertising due 22 February

Learning Pathways Student Receives Award

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Keen Learning Pathways student Clarence Nugent has been recognised for his hard work in 2007 with an achievement award.

His award read: "Clarence is a CDEP participant and is therefore obliged to come to class for 4 days on alternative weeks. However Clarence often comes in his off week to learn. This is not a common practice for students to take their learning that little bit further. Clarence is a motivated learner, he is a young man who is a great role model to others on the island to show them that they can take charge for themselves. He is also an excellent student who has overcome some of his fears and tries hard to improve his skills.

Clarence would like to be a jockey one day, and I hope that he will be able to achieve this goal. He has been successful in this award so he has the first star on jockey shirt even before he wears it, says his teacher Julie Woodlock.



Picture: Clarence receives his award from Learning Pathways Teacher Julie Woodlock.

What a great way to start the year!

Story and pictures from Julie Woodlock, Learning Pathways, TAFE

Publisher

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

Editor

Catherine Lawler
Editorial Assistant
Alfred Clay

Contact Details

Telephone:
07 4770 1177

E-mail:

editor@piac.com.au

Printer

Palm Island Aboriginal Shire Council
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ABN 68 799 811 816

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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



Students Unveil Wall of Fame
The students of the Palm Island Shire Council have unveiled a new wall of fame in the council's new building. The wall is a tribute to the many people who have made a difference to the community. It features the names of the following people: [List of names]

Palm Island Voice



Kid's Creativity Comes Out Photography Workshops
The recent "Kids to Live" photography workshop was a great success. The children took part in a series of workshops where they learned about photography and took part in a competition. The winners of the competition were: [List of winners]

Palm Island Voice



Elders and Children March AGAINST ILLEGAL DRUGS
A group of elders and children from the Palm Island community took part in a march to protest against illegal drugs. The march was a success and the community was united in their opposition to drugs.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 12 for information on how to subscribe.

New Project to Provide Construction Training

The need to train local people as construction workers on Palm Island has been an ongoing concern and issue for the community and many organisations providing services to Palm Island.

In response to this, a new project to employ Palm Islanders and provide their training locally has started.

On 29 November 2007 QBuild Burdekin Region, in conjunction with support from local employers and the Palm Island community, launched the 'Building Jobs for Palm Island' project.

The need for apprentice and construction worker training provided locally on Palm Island had been identified by the Palm Island Business and Training Steering Committee. As QBuild was already working with the community and employers through the 'Palm Island QBuild Mentoring Project' it was seen as a valuable opportunity to complement this with a structured training programme.

The 'Building Jobs for Palm Island' project aims to provide a complete training and support package for local apprentices and trainees with the goal of improving the successful completion of training contracts.

This will be facilitated by Trevor Murat as tradesperson/trainer who will work with local apprentices and construction worker trainees in a range of building projects. These projects will include refurbishments, planned maintenance and new construction within the own community.

Currently QBuild Palm Island employs one school-based and three full-time construction worker trainees,



Pictures: above, Apprentice Carpenter Ron Geia on the job; below, one of QBuild's major refurbishment jobs on Palm.

along with a fulltime Apprentice Carpenter.

Two further full-time construction worker trainees will be engaged in 2008, providing the project with a total of six fulltime trainees and apprentices.

Deniece Geia whose son Ron is employed as a full-time Apprentice Carpenter at Palm Island said it was

exciting to see the local community being trained and achieving nationally recognised qualifications. "It's a dream to work for your own community, but more importantly it's an opportunity for our people to reach for the stars and work anywhere in Australia", she said.

**Story from
Michelle Carter, QBuild,
Department of Public Works
Pictures from
Michelle Carter (above)
and John Lawler QUT(left)**



Archie Roach and Ruby Hunter to perform with Palm Island Kids



As reported in previous issues of Palm Island Voice, the young people of Palm have been busy practicing for a deadly concert.

On Saturday 16 February, these young performers will be joined by Archie Roach and Ruby Hunter in an Entertainment lineup featuring the deadly talent of Palms Island's local bands and traditional dancers the speakout crew, and dance competitions.

The concert will be held at the PCYC and starts at 5pm. It will finish at 9:30pm.

There will be kid's activities in the afternoon from 3pm, which include face painting, fairy floss, art + photography.

The concert is supported by: SpeakOut, Australian Red Cross, Department of Communities, Joyce Palmer Health Service, Bwgcolman Community School, Palm Island Council, PCYC.

"SpeakOut would like to acknowledge the Traditional Owners, Palm Island community and young people"



Palm Island COMMUNITY COMPANY

UNIQUE OPPORTUNITY
Here's your chance to make a difference

General Manager and Services Manager

**Are you looking for a new challenge
with an innovative organisation?**

The Palm Island Community Company was established in October 2007 to:

- provide business advice and support to the Palm Island community,
- manage the delivery of a range of human services and;
- offer business services to non-government organisations.

The company is a partnership between the Palm Island Aboriginal Shire Council, the Queensland Government and the Palm Island community.

The Company is looking to recruit its key staff. The two positions available now are General Manager and Services Manager. These two positions will play a pivotal role in the Company's operation and will work closely to ensure better outcomes for the people of Palm Island.

General Manager

The General Manager will be responsible for

- managing operations of the Company
- ensuring the Company meets its obligations under all agreements
- developing effective partnerships and
- managing Company staff.

The position will be based in Townsville.

Services Manager

The Services Manager will be responsible for

- managing the provision of human services on Palm Island,
- identifying human services that a government department or agency could fund on Palm Island and
- seeking continuous improvement in the quality of services provided by the Company.

The position will be based on Palm Island

Experience working with Indigenous communities is desirable. Both positions will travel regularly. Attractive remuneration packages will be negotiated.

For further information contact Stephen Bullow at stephen-bullock@optusnet.com.au or on 0409 172 063.

Applications close 11 March 2008.

Historic Moments in Parliament for all Indigenous Australians

The first Welcome to Country before a sitting of Parliament, and the Australian Parliament's formal apology to the Stolen Generations have the potential to mark a turning point for all Indigenous Australians.

The Welcome to Country is expected to become a permanent part of the opening of future parliaments.

Following the apology to the Stolen Generations, Prime Minister Kevin Rudd, undertook to move forward, together with Aboriginal and Torres Strait Islander peoples, to address the disadvantages they face.

These commitments, together with the bipartisan support from Dr Brendan Nelson, seem to have been well received, and in a spirit of good faith by Indigenous and non-Indigenous Australians alike.



Kevin Rudd turns to the Indigenous people in the House of Representatives chamber to acknowledge them after giving his apology speech.

Source: <http://www.abc.net.au/news/>

The Apology

On February 12, 2008 Prime Minister Kevin Rudd's apology motion was been tabled in Parliament. This is the text of the apology.

Today we honour the Indigenous peoples of this land, the oldest continuing cultures in human history.

We reflect on their past mistreatment.

We reflect in particular on the mistreatment of those who were Stolen Generations – this blemished chapter in our nation's history.

The time has now come for the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence to the future.

We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians.

We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country.

For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.

To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities, we say sorry.

And for the indignity and degradation thus inflicted on a proud people and a proud culture, we say sorry.

We the Parliament of Australia respectfully request that this apology be received in the spirit in which it is offered as part of the healing of the nation.

For the future we take heart; resolving that this new page in the history of our great continent can now be written.

We today take this first step by acknowledging the past and laying claim to a future that embraces all Australians.

A future where this Parliament resolves that the injustices of the past must never, never happen again.

A future where we harness the determination of all Australians, Indigenous and non-Indigenous, to close the gap that lies between us in life expectancy, educational achievement and economic opportunity.

A future where we embrace the possibility of new solutions to enduring problems where old approaches have failed.

A future based on mutual respect, mutual resolve and mutual responsibility.

A future where all Australians, whatever their origins, are truly equal partners, with equal opportunities and with an equal stake in shaping the next chapter in the history of this great country, Australia.

Source: <http://www.abc.net.au/news/events/apology/text.htm>

KILO BUSTERS LINE UP FOR NEXT ROUND



**Palm Island
Kilo Busters is
starting again
for a new
round of look-
ing deadly and
feeling great
again.**

The 2008 competi-
tion will start on
Wednesday 20th

February.

Weight in and registration will be between 09.00 and 4.00pm at the JPHS in the Community Area.

Follow the signs to join in the fun. If you have any queries, you can contact Sandy Christiansen at JPHS.

It's never too late to join, and never too late to start to lose weight. Your body, and your health will thank you.

Story from Sandy Christiansen, JPHS

Part Time Work for the Dole Supervisor Palm Island

The Work for the Dole Program is about helping people who are unemployed gain experience and learn new skills while also making a valuable contribution to the community.

We are currently looking for someone to work 15 hours a week supervising the Council / Jobfind Work for the Dole Program. This is a casual position that may be ongoing.

The successful applicant should be confident, well organised, highly motivated and respected by peers and friends. This position would ideally suit someone with an interest or experience in community work.

The role requires you to:

- Have a Construction Bluecard
 - Have a current Manual Driver's Licence
 - Show previous experience in construction/landscaping
- Be able to communicate effectively with a range of people of different ages and cultural backgrounds

**To apply or for further information
please contact Clare Davey
at Jobfind Palm Island
(07) 4770 1493**

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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

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

**Contact us by Friday 22 February 2008 to arrange your advertising
in the next issue of *Palm Island Voice***

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

PCYC Membership Explained

Recently there has been a lot of discussion about membership at the Palm Island PCYC and unfortunately incorrect information circulating around the community, is causing some misunderstandings.

PCYC is for the Community

I can assure the community that no child or young person has or will ever be turned away from participating at the Palm Island PCYC.

The PCYC is here for the community and is here to provide activities, programs and facilities for 'all community members regardless of age'.

The ability of community centres, such as the PCYC, to function relies upon community support through volunteering and financial contributions whether they are memberships, facility hire, or participation in fundraising events.

All money received by the Palm Island PCYC through financial contributions stays with the Palm Island Community.

Funding Issues

PCYC is not a government body and must rely solely on grant money sourced from the Qld and Commonwealth Government like other organisations on Palm Island.

PCYC staff apply each year for funding from the government to run the programs/activities and keep the centre well maintained.

This funding is never guaranteed and the PCYC must be able to show we are providing a quality service to the local community.

Memberships not for profit

The introduction of membership was made in consultation with the Mayor and other members of Palm Island Council.

The PCYC does not make a profit from membership. All money goes back into the centre and is used for insurance of members, to send sporting teams away, pay for new equipment, to continue bring specialist people to the centre to run programs and generally enhance services at the centre.

Membership Forms

Membership forms provide records of the children/youth and families who participate at the centre, emergency contact details and medical details of children who attend programs such as the after school and vacation care.

This information is confidential and is used to provide better care for your children while at the centre whilst keeping with legislative requirements in provid-

ing a licensed School Age Care Service.

When is membership needed?

Unfortunately, there is a misunderstanding within the community that schools are no longer able to access the centre, children are no longer able to use the arena to play basketball and children are no longer allowed to use the pool room because they not are members. This is not true.

Membership is only required for people who want to use the gym or be involved in PCYC organised programs such as the School Age Care Program.

Membership Costs

A family membership at the Palm Island PCYC is \$55 (the same as other PCYCs in QLD). This is a \$1.05 a week for a family.

We currently have a number of families of 12 people paying the \$55 family membership. For this family to be a member at the PCYC it equates to 9cents per week for each person in their family to be a PCYC member.

If a family is unable to afford membership they should contact the branch manager to make arrangements.

Adult	\$27.50
Student	\$16.50
Senior	\$ 5.50

If community members are unclear about membership or any of the programs running at the Palm Island PCYC please contact the Branch Manager.

Story from Sergeant Ben Walsh
Branch Manager, Palm Island PCYC

CAN YOU HELP? Parent Centre Needs a Fridge

The Parent Centre at St. Michael's School is in desperate need of a refrigerator and is asking the community for help.

The Parent Centre is for the community and is important to the running of the school.

St Michael's are seeking the assistance of any community organisation that may be able to help.

If you can help, then please contact Nikki Willis - Culture Officer on 4770 1147 or by email on nwillis@plmis.tsv.catholic.edu.au

Tell us what you think

Letters to the Editor

Tell us what you think.
About anything!
We'll keep it confidential if you
want.

Leave your letter at
Council Reception.
Or send us an email.
editor@piac.com.au

Remember:
It's your community.
It's your newspaper.

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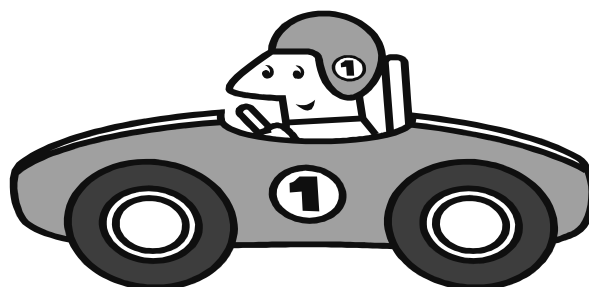
Learner's Permits and Blue Cards

These two popular TAFE courses will start again in March.

The Learner's Permit course assists students who are sitting for their Learners Permit so they can learn to drive. This course starts on Mondays and finishes Wednesday.

The Blue Card (Construction Induction Course) gives you the knowledge of occupational health and safety issue required to work on a building site. The course is for one day and held on a Thursday.

Murray Holm will once again be providing excellent teaching in the both these areas



Learner's Permit

10-12 March
21-23 April
19-21 May
2-4 June
11-13 August
8-10 September
6 - 8 October
3 - 5 November
1- 3 December

Construction Induction

13th March
24th April
22nd May
5th June
14th August
11th September
9th October
6th November
4th December

FOOD HANDLER'S COURSE PLANNED

Palm TAFE is proposing to run a run at Food Handler's Course this term.

The course will be two days (one day a week over a two week period).

If you are interested, come to TAFE and give your names to Beverley Robertson or Rani Sam



Great Year of Learning Lined up at Palm TAFE

The Palm Island TAFE has a big range of learning opportunities in place for the coming year.

Learning Pathways

TAFE is continuing its Learning Pathways program. This program supports community members in their literacy/numeracy needs, using computers and working in areas such as culture.

Community projects are used to make the learning relevant and community members are invited and encouraged to support these programs as learners and teachers.

Teachers/tutors for the course are Susan Pryor, Julie Woodlock and Nola Smallwood. Lillian Lampton will continue her Learning Pathways course with the senior phase students enrolled with Kirwan School's campus on the Island.

Literacy focus group

TAFE has started a weekly literacy focus group for its staff (professional development). Meetings are held every Wednesday at 3pm. Community members are welcome to come and ask questions regarding this group and join the sessions. Hopefully this can develop into a more community based literacy focus group.

Automotive/hand and power tools.

Long term TAFE teacher Ross Casey will continue his Outdoor power equipment course this year. He teaches this course alternative weeks. The other week is dedicated to Occupational Health and Safety. Come and see Ross if you are interested in any of this.

Trainees and Apprentices

Charlie Goldsmith continue giving support to trainees this year. Their numbers are growing (over 30 in the community) and their success rate is very encouraging.

Computer classes

Computer training will start this Thursday and continue throughout the year. Courses can assist beginners to people who need a bit of a challenge. Classes can support general community people and workplace needs. The computer room will be open all day Thursday so you can choose your times. The teacher will be Charlie Goldsmith and you can see Rani for enrolments.

Senior Phase courses open to Community

If numbers permit after senior phase placements TAFE can offer places to community members in the following courses:



Picture: Palm TAFE staff (left to right) Lillian Lampton, Kathy Haines, Rani Sam and Susan Pryor ready to help students succeed.

Child Care (Monday and Tuesday)

Retail (Thursday)

Construction (Thursday)

Hospitality (Tuesday and Wednesday)

Student and workplace support

Those students studying at TAFE and other Institutions can gain educational support at Palm Island TAFE. Employees who need workplace support can also access TAFE. Come and have a chat about how this can be done.

TAFE also offers a wide range of courses that can be delivered via distance education (using videolink and other methods) to Palm Island community members. This can open the door to deliver much more education/training to the community. It is important to speak to Rani Sam or Charlie Goldsmith about this educational support and delivery.

Work Experience

TAFE is looking for expressions of interest from employers for work experience for TAFE students. Please come and see our staff if you are able to help.

Stay tuned to this paper for more short courses coming up during the year.

Please come and see Rani Sam, our new Student Support Officer Beverley Robertson or Kathy Haines for more information about the above or any other educational needs. Our phone number is 47701200.

Have a great year of learning.

Story and picture from Charlie Goldsmith, TAFE

PALM'S PHOTOGRAPHERS IMPRESS PROFESSIONALS

Late last year Red Cross held some photography workshops to teach the young people of Palm Island how to take deadly photos!

And they sure impressed the professional photographers running the workshops.

Twelve young people from Palm Island learnt how to take professional photos over an intensive five day series of photography workshops held in November.

Supported by Fuji Film, these workshops followed on from the success of the first photographic mentoring workshops held on the Island in May 2007.

Photographer and mentor Kevin Cooper from Fuji said the photos produced at the workshop were very professional.

"They were unbelievable and really inspirational," said Kevin.

Four well known photographers showed the young people how to take dream photos, teaching them lighting and picture composition as well as camera care.

They also went through the many types of photography, showing hands-on how to take landscape, portrait, illustrative and nature photos.

The workshops started with two intensive training days on Magnetic Island before travelling to Townsville to photograph examples of both modern and old buildings.

The group then went back to Palm to photograph familiar locations and family. Many community members helped with this, enthusiastically posing for the young photographers when they were needed.

From the 10,000 images taken by the group, the best pictures from each participant were made into an audio-visual presentation, which was shown to the Palm Island community at the Police Citizens Youth Club.

At the end of it all, the young people had learned



what to look for when capturing photos. They were also encouraged to use their own ideas and create their own style.

All participants received a certificate of involvement and copies of their best work.

Story and picture from Simon #, Red Cross

Pictures tell stories as well as words do

Have you got some deadly photos you've taken? Would you like them published in Palm Island Voice?

If so we'd love to hear from you.

Give us a call on 4770 1177, leave a note with Reception in the Council's main administration building, or send an e-mail to

editor@piac.com.au

COMMUNITY BUS TIME TABLE AND INFORMATION UP DATE

The Palm Island Community Bus provides valuable service to the community.

To ensure the service runs efficiently and regularly, the bus runs to a specific timetable.

Keeping to the timetable is important so people know when they can expect it to arrive.

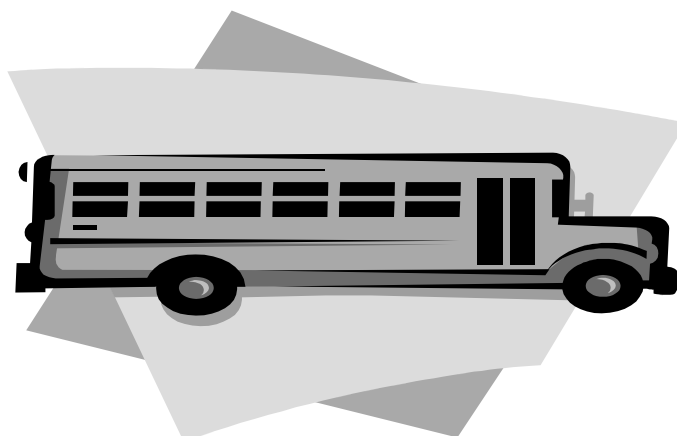
It also means they can be sure they will get to their destination on time.

To make sure the bus keeps to the time table it will not do unscheduled stops.

Also to help with running costs for this service, everyone using the bus will have to pay the full bus fare.

Morning	
TIME	SCHEDULED STOPS
7.00am	School Run
7.50am	Store – 10min wait
8.00am	Arrive Airport
8.40am	Departs Airport
8.45am	Store – 10min wait
9.00am	Chook City
9.05am	Farm
9.10am	Cook Town Area
9.15am	Hospital
9.20am	Store – 10min wait
9.35am	Butler Bay
9.40am	Reservoir
9.45am	Store – 10 minute wait
10.00am	Chook City
10.05am	Farm
10.10am	Cook Town Area
10.15am	Hospital
10.20am	Store – 10 minute wait
10.35am	Reservoir
10.40am	Butler Bay
10.45am	Store – 10 minute wait
11.00am	Chook City
11.05am	Farm
11.10am	Cook Town Area
11.15am	Hospital
11.20am	Store – 10 minute wait
11.35am	Reservoir
11.40am	Butler Bay
11.45am	Store – 15min wait

Afternoon	
TIME	SCHEDULED STOPS
12.05pm	Reservoir
12.10pm	Butler Bay
12.15pm	Arrive Airport
12.50pm	Depart Airport
12.55pm	Store – 10min wait
1.10pm	Chook City
1.15pm	Farm
1.20pm	Cook Town Area
1.25pm	Hospital
1.30pm	Store – 10min wait – No passengers
<i>1.40pm</i>	<i>KINDY RUN – SCHOOL RUN</i>
3.10pm	Store – 5min wait
3.20pm	Reservoir
3.25pm	Butler Bay
3.30pm	Store – 5min wait
3.40pm	Arrive Airport
4.15pm	Depart Airport
4.20pm	Store – 10min wait
<u>4.30pm</u>	<u>Bus Run Finished</u>



**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. 07 4770 1177

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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

Diabetes – Sugar Problems

Many people on the island have sugar problems or diabetes. Some people can control their diabetes, through diet and what they eat, or tablets and exercise. Others may need an injection every day

There are two conditions where you may have to call the ambulance. They are people who are having a hypo or hyper sugar attack. This is when the persons blood sugar is either too low (hypo) or too high (hyper).

How to tell the difference:

Low Sugar:

- Rapid and weak pulse
- Fast breathing
- Clammy skin – sweating
- Muscle weakness
- Confusion, disorientation not knowing where they are
- Trembling
- Seizures – fits
- Bizarre or combative behaviour
- Sometimes they go unconscious

High Sugar:

- Deep and rapid breathing
- Nausea and vomiting
- Excessive thirst
- Frequent need to urinate
- Warm, dry skin
- Abdominal pain
- Sickly sweet breath odour
- Sometimes unconsciousness

What To Do

- Call for an ambulance **Ring 000**
- If conscious give them something to sweet to drink
- If patient unconscious give nothing by mouth turn them on their side
- Watch their breathing – check their pulse
- If you know they have sugar problems tell the paramedics when they arrive

Stinger Season Count Palm Island Number – 16

*Swim Safely
Wear a Stinger Suit
Or
Long Sleeved Shirt and Long
Pants*



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

Stinger Box Houses

Stinger Box houses have First Aid facilities for treatment. They are at premises close to the beach. Look for this sign.



Eat Healthy for a Healthy Heart

Eating a variety of foods from all the different food groups is an important part of keeping your heart healthy.

This is because good nutrition plays a major part in reducing key risks for heart disease, stroke, and diseased blood vessels. These risks are high levels of fats in the blood, high blood pressure, diabetes and overweight.

Tips for healthy eating

To keep your heart healthy try to eat:

- lots of plant-based foods – vegetables, fruit and legumes (dried peas, dried beans and lentils) and grain based foods (preferably wholegrain) such as bread, pasta, noodles and rice;
- small amounts of lean meats, poultry, fish and reduced fat dairy
- products; and
- small amounts of polyunsaturated or monounsaturated oils and fats.

For a healthy heart it is also best to avoid

- saturated (animal based) oils or fats.
- large amounts of salt, and foods with salt added.

Plant-based foods

Plant-based foods are low in saturated fats and are full of fibre, vitamins and minerals.

Grain based foods

Eat plenty of **grain based foods** and choose whole-grain breads and cereals, brown rice etc. whenever possible. White rice or white bread are not as good but are

quite healthy options.

Choose a variety of **vegetables and fruit** types. An easy way to have a variety is to try and have a number of different colours.

For example, red (e.g. tomatoes and red capsicums), green (e.g. broccoli and green beans), orange (e.g. carrots and oranges), yellow (e.g. corn and squash) and white (e.g. cauliflower and turnips).

If fresh vegetables are not available dried, frozen or canned are also good, but make sure you choose the “no added salt” ones.

For at least two meals a week, try to include some **legumes and nuts**. Legumes are foods like dried peas or beans, (split peas, haricot beans, kidney beans), canned beans (e.g. baked beans, three bean mix) or lentils.

You can serve peas or beans with meat or fish, or use them in soups, or salads.

Plain unsalted nuts make an excellent healthy snack or a tasty extra in salads and stir fries.

Lean meat, poultry and fish are a good source of protein, iron and other nutrients. But red meat and chicken are high in saturated fat and should be eaten in moderation.

You should choose lean red meat trimmed of any fat, and chicken without skin.

Also, only have small amounts of sausages and other processed meats such as ham, as they are very fatty.

It is a good idea to try and have any type of fish, fresh or canned, at least two times a week

Dairy products are excellent sources of vitamins and minerals, particularly calcium, but be kind to your heart and pick **low or reduced fat** varieties.

Replace saturated fats with healthier fats by

Using vegetable based fats (such as margarine, vegetable, canola, olive and peanut oils) instead of animal fats (such as butter, dripping or lard).

Also, **limit the amount of fat** you actually eat. This has many benefits. It reduces your risk of heart disease and helps you manage your weight.



Reference: National Heart Foundation
Health Eating for the Heart
http://www.heartfoundation.org.au/document/NHF/nrcr_healthy_eat_mar04.pdf

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.

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

Women's Health Nurse

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

Tuesday	11 th March	9am - 3pm
Tuesday	25 th March	9am - 3pm
Tuesday	15 th April	9am - 3pm
Tuesday	29 th April	9am - 3pm
Tuesday	13 th May	9am - 3pm
Tuesday	27 th May	9am - 3pm
Tuesday	10 th June	9am - 3pm

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

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

ATODS

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

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

Palm Island Voice Community Notice Board

AA Meetings at Ferdy's

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

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

Palm Island Play Group

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

DATE: Wednesdays

TIME: 10.30am – 12.30pm

WHERE: PCYC child care room

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

Computing Class

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

Learner's Permits

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

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

Blue Cards

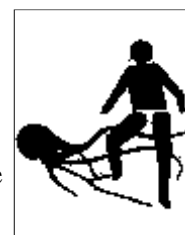
Construction Induction (Blue Card) is conducted by TAFE on Palm Island. This card is a requirement when working on a building site but is also gives a good sound knowledge of the Workplace Health and Safety Act, Safe work practices and Risk Assessment.

It is a three to four hour course and on completion students are issued with a General Safety Induction card. Enrolments are taken at TAFE.

Contact TAFE for details of course dates for 2008.

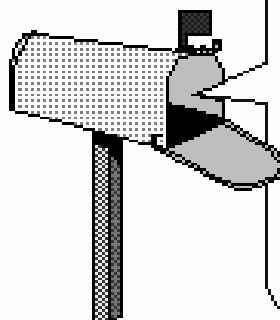
Stinger High Season November to April

- 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.



Land Tenure Project Suggestions Box

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



Send us *your* Stories



<u>Contributions Due</u>	<u>Publication Date</u>
22/02/08	29/02/08
7/03/08	14/03/08
21/03/08	28/03/08
04/04/08	11/04/08



Contact Catherine Lawler or Alfred Clay for further information.

Telephone 07 4770 0215 or 07 4770 1177
Fax 07 4770 1305
email: editor@piac.com.au

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