



Palm Island Voice



Your community

Your newspaper

Issue 18.
9 May 2008



Gerard Nuggins, together with Sandra Clay (left) and Noby Clay (right) will be designing the carpet for the new government buildings.

Published Fortnightly

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Artists Weave Their Magic for Government Buildings

The new Government buildings which are currently under construction on Palm Island will include public artworks, created by local artists.

In the first of the proposed artworks, local artists Gerard Nuggins, and mother and daughter team Sandra and Noby Clay will be designing the carpets to be used in the new government buildings.

This is only one of a diverse range of public artworks planned for the new Government buildings.

Interested artists answered an invitation by the Department of Public Works to attend a

meeting in March at the Bwgcorman Community school art classroom.

This meeting was to discuss artwork designs for carpet and for a number of glass windows throughout the new buildings.

The department's Public Art manager Christine Murray said there was good in-

Story continued on Page 2

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

Next Issue Out
23 May
Stories and Advertising due 16 May

Local Artists included in Government Project

Story continued from Page 1

terest from local artists for these artwork opportunities, and that the designs for the carpet were the first to be developed.

Gerard, Sandra and Noby, whose artwork was chosen for the carpet, attended a creative workshop where the department's graphic designer, Joanne Parolin, discussed some of the technical aspects of the project.

The artists were also shown how the integrity of their designs would be maintained in the manufacturing process of the carpet.

Christine Murray said working on the project with the artists had been very exciting.

"The artists have created some lovely designs and the carpet will look terrific when it's finished," Christine said.

Other artworks are currently being developed by local artist Allan Palm Island for the courtroom.

More artwork opportunities will be available for local artists in the near future.

Story and pictures from Michelle Smith, External Relations Unit, Dept of Public Works.



Allan Palm Island is creating artwork for the new government buildings currently being constructed in the town centre.

This projects builds on the previous success of the local artists involved.

For example, Allan Palm Island's artwork is featured on the sailing vessel *Tribal Warrior*, on which he participated in training onboard last year.

Gerard Nuggins has paintings in Palm Island Aboriginal Shire Council's collection and he has sold works to overseas visitors.

Sandra Clay has won prizes for her design work, one of which features as the logo for Bwgcolman Community Radio and Noby Clay is also active in producing many fine paintings.

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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

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Students Unveil Wall of Fame

The unveiling of the Wall of Fame, a tribute to the many people who have made a difference to the community, was held at the school on Friday. The wall will be a permanent reminder of the achievements of our students and staff.

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Kid's Creativity Comes Out Photography Workshops

The recent "This is Life" photography workshop was a great success. The children took part in a series of workshops where they learned about photography and how to use a camera. The results were fantastic and we are proud to display them in our gallery.

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Elders and Children March AGAINST ILLEGAL DRUGS

Palm Island Voice is proud to report on the successful march held by our elders and children against illegal drugs. The march was a powerful statement of our community's commitment to a drug-free future. We are grateful to all who participated and support this important cause.

You can also subscribe to *Palm Island Voice* and we will post you a copy. See Page 11 for details of how to subscribe.

Melbourne Storm hits Palm Island Schools

Two players from the Melbourne Storm Rugby League Team visited Palm Island recently with some deadly advice for Palm school kids.

Two weeks ago, on Thursday afternoon April 24th, Will Chambers and Greg Inglis from the Melbourne Storm came to Bwgcolman Community School and St Michael's School.

They talked about staying healthy, attending school

everyday, listening to the teachers, finishing work and always being on task.

They also visited some of the work places like Centrelink and the Council.

It was very exciting having the Storm players visit us. They have a lot of fans on Palm Island.

**Story by Shannen Castors, Year 6,
Picture from Miss Jess Molloy,
Bwgcolman Community School**



The recent visit from the Melbourne Storm Players continues the strong show of support by players from the NRL and the AFL for the kids of Palm Island.

The Cowboys are regular visitors, and earlier this year players from the Brisbane Lions also dropped in on the Island's schools.

These fellas provide great role models for the kids. They provide deadly messages about staying healthy and working hard.

Most importantly, they show the kids of Palm that if they dream big and stay focused they can achieve those dreams.

Invitation to Community Cabinet Meeting in May

Community members within the Burdekin, Townsville, Charters Towers, Hinchinbrook, Palm Island and Magnetic Island areas are invited to meet and discuss issues with State MPs at a forthcoming Community Cabinet.

The Community Cabinet, which will be the fourth for 2008, is to be held at Ingham and Townsville on 25 May and 26 May.

All welcome at Sunday Forum

The Sunday Forum to be held on Sunday 25 May 2008 is part of the Community Cabinet Consultation Program and all members of the public are welcome to attend.

The program will be as follows:

1.00-1.30pm Registration. Refreshments will be provided. Information and advice on government services will be available via information desks.

1.30-2.30pm Forum commences. Address by the Premier, followed by a question and answer session from the audience.

2.30-3.30pm Informal deputations. No appointment is necessary to make an informal deputation to Members during this time.

3.30-5.00pm Formal deputations. Formal deputations can be made to members by making a formal request and arranging an appointment.

Formal deputations

Formal deputations give individuals and organisations the opportunity to discuss issues directly with ministers relevant to their portfolios. Deputations are limited to 15 minutes per meeting.

Ministers will be available for meetings at Ingham on Sunday 25 May 2008 between 3.30pm and 5pm at the Hinchinbrook Shire Hall, 25 Lannercost Street, Ingham.

Ministers and government representatives will also be available for meetings at Townsville on Monday 26 May 2008 between 8.30am and 10.30am at the Rydges Southbank Townsville, 23 Palmer Street, Townsville.

How to organise a formal deputation

You must submit your deputation request by 12 noon Thursday 15 May 2008.

If you want to take the opportunity for a formal discussion you must complete and submit a request form.

These forms and tips for maximising your formal deputation are available on-line at http://www.thepremier.qld.gov.au/community_consultation/2008/ingham_townsville.shtm

They are also available from the Department of the Premier and Cabinet by phoning 1800 448 377 or 1800 448 378, and the following electorate and council offices:

- Member for Townsville
Mike Reynolds MP, Ground Floor, 31 Sturt Street, Townsville, phone 07 4772 4711 or 1800 811 196
- Member for Mundingburra
Lindy Nelson-Carr MP, Shop 3, 246 Ross River Road, Aitkenvale, phone 07 4725 4166
- Member for Thuringowa
Craig Wallace MP, Unit 8B, 48 Thuringowa Drive, Kirwan, phone 07 4773 3116 or 1800 817 230
- Member for Hinchinbrook
Andrew Cripps MP, 12 Lannercost Street, Ingham, phone 07 4776 1428 or 1800 810 656
- Hinchinbrook Shire Council Service Centre
- Townsville City Council Customer Service Centre

Submitting your request for a deputation

Applications for a deputation request must be received by 12 noon Thursday 15 May 2008.

Applications may be:

- emailed to communitycabinet@premiers.qld.gov.au
- faxed to 07 3224 6640
- posted to
Ms Linda Paton,
Cabinet Services,
PO Box 15185,
CITY EAST QLD 4002

Verbal confirmation of appointments will commence from Monday 19 May 2008.

Enquiries

If you have any enquiries about deputations please contact Ms Linda Paton, Community Cabinet Coordinator. Phone 1800 448 377 or 1800 448 378.

Story from Jane Locke, Aboriginal and Torres Strait Islander Partnerships, Department of Communities

STUDENTS FAREWELL ORIEL

Students and Staff from Palm TAFE bid a sad but fond farewell to Miss Oriel Johnson.

We the Learning Partways students at TAFE would like to say farewell to Miss Oriel Johnson, who has contributed her help and support with the assistance of Sue Pryor on giving her knowledge to the student for the time she has spent with us.

We wish you all the best in your full time employment for the future.

From the Learning Pathways Students, Palm Island TAFE

Miss Oriel Johnson has worked with the Learning Partways student at TAFE for little over a year, and has contributed with her knowledge and support she has given the students.

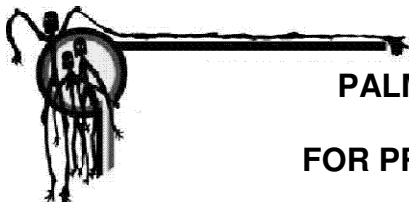
We will miss her for her assistance and humble words of wisdom.

Oriel has scored herself a full time job, and we hope she will enjoy her journey in her future direction.

GOOD BYE AND GOOD LUCK

From all us at Palm Island TAFE.

Story and picture from Sue Prior



PALM ISLAND ABORIGINAL SHIRE COUNCIL EXPRESSION OF INTEREST FOR PROVISION OF DEBT RECOVERY SERVICES May 2008 – July 2012

Introduction

Palm Island Aboriginal Shire Council (PIASC) has approximately \$ 2.2 million worth of debtors as at 31 March 2008 (76% housing tenants). Additionally, Council issues some 1000 invoices per annum for other debts, including shop and motel bookings, fuel, hire of equipment etc.

Accordingly Council requires the services of a suitably qualified and experienced debt recovery company to assist in the collection of Council's outstanding tenancy debts and sundry debts.

Council will select one company to provide debt recovery services for the period May 2008 to July 2012, with a two year extension option.

Information required with Expression of Interest

Interested companies are requested to provide relevant information about their company, including (but not limited to):

- experience with local government debt recovery
- availability of in-house legal advice
- your collection methodology, specifying each step in the recovery process from 'letters of demand' onwards
- how you require to receive debtor information from Council, schedule of costs and commission

for each step in the recovery process

- your facilities for reporting the status of accounts to Council, e.g. hard-copy reports, online enquiry service, help desk
- details regarding your company's compliance with Federal and State legislation and Code of Conduct, Quality Assurance, Code of Ethics
- your invoicing process and contact details of references

Further information

For further information please contact CEO Barry Moyle or Finance Manager John Mugambi, Palm Island Aboriginal Shire Council, on (07) 4770 1177,

Submission of Expression of Interest

Expressions of interest should be sent by mail in a sealed envelope marked "Expression of Interest – Debt Recovery Service" to the attention of CEO, Palm Island Aboriginal Shire Council, Main Street, PALM ISLAND QLD 4816, by **Friday 16 May 2008**.

GREAT GAME FROM THE JETS



Palm Island's new local footy comp is proving to be a big success.

This picture of the JETS was taken after the first game played in the comp.

The committee members of JETS would like to congratulate the boys on their good performance.

Good on you JETS

Story and picture from Sue Prior



EXPRESSION OF INTEREST FOR PROVISION OF INTERNAL AUDIT SERVICES

Palm Island Aboriginal Shire Council (PIASC) wishes to outsource its Internal Audit Service for the next 3 years and is seeking expressions of interest from contractors/ companies interested in:

- Revising and maintaining an Internal Audit Plan
- Performing financial, compliance and performance audits in accordance with the Internal Audit Plan
- Working with PIASC management to facilitate continuous improvement of systems and proactive management of risks
- Researching, disseminating and tailoring of best practice relevant to PIASC systems
- Providing consulting advice and problem solving in relation to PIASC procedures and systems
- Assisting the PIASC to come up with documentary management system
- Attending meetings of the PIASC Audit and Risk Management Committee

The PIASC is proposing to enter into a contract for provision of these services for an initial period of one year, commencing as soon as possible after 1 July 2008, but is prepared to consider an extension of the contract period for two further terms of one year. The PIASC selection committee will select a contractor to provide these services on the basis of:

- Demonstrated capacity to provide the required services
- The technical feasibility and commercial acceptability of the proposal
- Price competitiveness
- Conformity with professional standards

Expressions of interest, including a company profile, a short recent work history and references must be provided by 5pm 23 May 2008 to:

**Barry Moyle
CEO, Palm Island Aboriginal Shire Council
Main Street
PALM ISLAND QLD 4816**



Palm Ladies Have Seriously Good Fun at Health Lunch!

The women's health lunch held on 29th April at the Joyce Palmer Health Service was a great success.

Over 60 people attended and were provided with a variety of health information and a wonderful lunch.

New Clinic

Dr Sarah informed the women about the new women's clinic that is starting 12th May and will be held every Monday evening 3pm to 6.30pm.

Pap Smears and Breast Screening

Jan Gale, the mobile women's health nurse provided information about Pap smears and breast screening.

Pregnancy and Babies

Alex Gosden, the midwife reminded everyone that the antenatal clinic is on Tuesdays and Fridays and that an obstetrician now comes to Palm once a month.

She also discussed her project to improve the antenatal and postnatal care, plus the possibility of some women being able to have their babies on the Island.

Sexual Health

Rachel Tipoti and Florence Hemmingway from Sexual Health explained Gardasil, the new vaccine that

helps to prevent cervical cancer. Gardasil is being offered free to Women between 12-26.

Quiz and Prizes

Rachel and Florence also put together a fun quiz about the information that was provided as part of the lunch. There were lots and lots of prizes and everyone really enjoyed the day.

Sponsors

The Women's Health Lunch was proudly sponsored by the Queensland Ambulance Service, who are regular supporters of events that help the community learn about being healthy.

Next Lunch in June

The next Women's Health Lunch will be 10th June from 11am to 1pm. There will be another free lunch and heaps more prizes to be won. The theme this time will be breast health. Come along and join in the fun. The team really hope to see you then.

Story and picture from Alex Godson, JPMS

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.

Birthdays New Babies Anniversaries In Memoriam



DENNIS HAINES (SENIOR)

**Happy birthday
8 May 2008**

Love from your children and all your family on
Palm Island.

**ROSINA CLAY
Happy birthday
6 May 2008**

Love from Tanya Haines and Family.

Send us *your* Stories



Contact Catherine Lawler for further
information.
Telephone 07 4770 1177
email: editor@piac.com.au

| <u>Contributions Due</u> | <u>Publication Date</u> |
|--------------------------|-------------------------|
| 16/05/08 | 23/05/08 |
| 30/05/08 | 06/06/08 |
| 13/06/08 | 20/06/08 |
| 27/06/08 | 04/07/08 |

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Looking for Palm Island's Young Achievers

Has a young person in your life dreamt big and reached for the stars?

Do you know someone who is quietly achieving great things and showing the way for other young people?

We'd love to hear from you so we can share these wonderful stories with everyone.

Contact Catherine Lawler for further information.
Telephone 07 4770 1177
email: editor@piac.com.au

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 for further information
Telephone 07 4770 1177
email: editor@piac.com.au

Contact us before Friday 16 May to place your advertising in the next issue of *Palm Island Voice*



Palm Island Ambulance

First Aid Hints and Tips

Bleeding

There are three types of bleeding

Arterial – Bright red and spurting

Venous – Dark red and under less pressure than arterial

Capillaries – droplet presentation and oozing

The Body's Reaction

The body will attempt to compensate for blood loss by increasing the heart and breathing rates to accelerate circulation, and by reducing blood pressure to bleeding vessels to decrease the amount of blood flowing them

What to do?

- ✦ Apply Direct pressure – over the wound
- ✦ Elevate the injured site
- ✦ Rest the patient
- ✦ **Call 000**
- ✦ Cover wound with clean dressing
- ✦ Apply bandage
- ✦ Look out for ambulance

Precautions

- ✦ Children have less blood than adults
- ✦ Haemophiliacs—their blood does not clot so they may bleed more than others
- ✦ A large amount of blood loss will put the person into shock
- ✦ Infection control—wear gloves or cover hands when treating someone bleeding



Don't Panic Remain Calm



Treat Common Colds with Common Sense

Common colds are infections in the respiratory tract (our airways), caused by a virus. Symptoms of the common cold include sneezing, coughing, blocked or runny nose, sore throat and sometimes a mild fever.

Children do not have the same level of immunity (resistance) to colds as adults and they may get between 5 and 10 colds in a year. Adults will usually get only 2 to 4 colds per year.

Although they make us feel lousy, common colds are generally not serious. They generally take about 5 to 7 days to get better, but a cough may often hang around, sometimes taking as long as 2 weeks to improve.

The green or yellow mucus that builds up in the nose does not mean the cold is getting worse. It is a sign the immune system is fighting the cold virus.

Colds are easily spread by breathing in droplets from sneezes or coughs, or by touching infected hands or objects such as tissues and toys.

To stop the spread of colds it is best to:

- Cover your mouth if you sneeze or cough
- Keep your hands away from your eyes, nose and mouth

- Blow your nose with paper tissues and throw them out after they have been used once
- Wash your hands after blowing your nose and always before touching food
- Avoid sharing plates, glasses, cups, and cutlery.

If you get a cold, the best thing to do is to take it easy, and do what you can to relieve the symptoms. You can use specialized cold medicines if they are available. Otherwise pain relievers such as paracetamol, aspirin or ibuprofen can help with headache, throat lozenges will soothe a sore throat, and steam inhalations can help a blocked or runny nose. Antibiotics will not help fight a cold virus.

However you should see a doctor if the cold gets worse or persists. Aboriginal and Torres Strait Islanders people are more at risk of developing complications (like pneumonia or ear damage) from respiratory tract infections. Colds can also make other illnesses like asthma or diabetes worse. So it pays to monitor symptoms carefully for any changes and to see a doctor if symptoms come on very suddenly, are worse than usual, or if they last longer than normal.

✂ 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 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

9am to 11am and 2pm 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.

We can also help with 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 13th May 9am - 3pm

Tuesday 27th May 9am - 3pm

Tuesday 10th 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.

BreastScreen

The BreastScreen unit will be providing FREE screening at the hospital from **Monday 23 June** to **Thursday 26 June** only. Please NOTE there is **no screening on Friday**.

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

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 |

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.

Course Dates

19-21 May

2-4 June

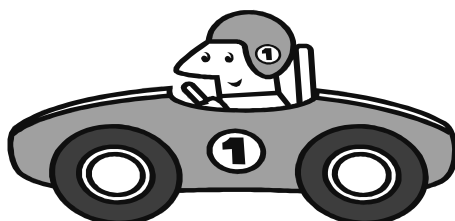
11-13 August

8-10 September

6 - 8 October

3 - 5 November

1- 3 December



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.

Course Dates

22nd May

5th June

14th August

11th September

9th October

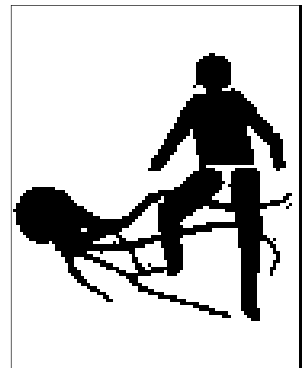
6th November

4th December

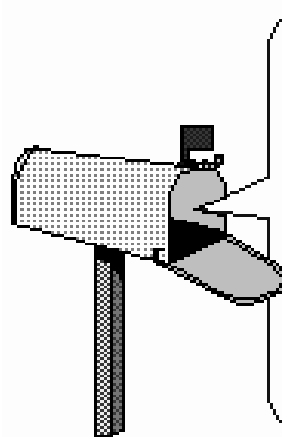
Stinger High Season

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).