

Attitude

ONLY YOU CAN CHANGE IT!

‘Attitude in the workplace’ is the subject at the Plant and Maintenance Depot’s monthly safety meeting in Bamaga. Workshop Manager, Mr Anton Marinki, conducts the regular sessions, informing his crew of the merits of having the right attitude in the workplace. “Apprentices need to learn properly, from the start, to do it right. The right attitude needs to be built into your systems,” explains Mr Marinki, “If you have a bad attitude towards anything, you won’t do a good job.”



“Ensure a correct ‘Risk Identification’ is in place; make sure to isolate the risk, before starting a job. Tradesmen can’t take shortcuts, but must learn to put risk identification into one’s own business to teach the apprentices properly.”

“If we spend two hours talking, instead of working... that is what we teach

apprentices to do also. Apprentices will build this into their systems, the same goes for expectations. The workshop needs to be clean. A clean work environment is a safety conscious approach. A ‘don’t care attitude’ doesn’t get us anywhere. It will knock you down,” stresses Mr Marinki. “The attitude of one affects another. The language you use affects others. If one



cannot concentrate, because of a language distraction, perhaps an offensive religious remark, one may have an accident because of thinking about that and not concentrating. Attitude is paramount. Attitude is built in. Only you can change it. It affects your everyday life, how you go fishing, how you interact with others.

Put yourself in other’s shoes and then ask yourself, ‘How would it affect me?’ People with a bad attitude won’t have many friends, or the wrong type of friends. Use ‘we’ instead of ‘me’. Attitude can cause accidents. People may not come to work because of one’s attitude. Don’t use foul language. If you think it’s bad, don’t use it.”

“Attendance... if one works for 2 days, then has 3 days off... that is bad attitude. It’s a bad habit. It will affect you in life. Alcohol is another bad habit. Ask yourself what good attitude do I need to keep; which do I need to get rid off?”

“There are only three types of people in the workforce...

- 1.) The ones who get job satisfaction...
- 2.) The ones who work enough to get by...
- 3.) The ones who work enough to get past payday... “



“Which one are you?”

“If you are ‘1’, you will progress in life. If you are ‘2’, you must change your attitude to move to number 1. If you are as number 3, you are on your way out of the gate.

Change your attitude, because only you can do it,” said Mr Mariki.

We instead of me

Mr Anton Marinki addressed each individual in turn, by name, ‘Do you have any questions, Tommy? Do you have any, Connie?’

“Who should fill out the Risk Identification Plan?” asked Mr G. Poi Poi. “It must be filled out by everyone,” was the unanimous reply.

"All care is taken to ensure the accuracy of the information in this publication however NPARC, its officers, employees agents and consultants make no warranties or representations about the quality, accuracy, completeness, merchantability or fitness for purpose of any material in this publication. Subject to any law to the contrary which cannot be excluded, any liability howsoever arising (including in tort or for any incidental, special or consequential damages) is hereby excluded. The views expressed in this publication are not necessarily those of the NPARC and the inclusion of material in this publication does not represent an endorsement of that material by NPARC."

Up
in
smoke

NPARC's 'Parks and Gardens', a division of 'Engineering Services' is conducting controlled burn-offs around NPA communities. This is a precautionary measure to lower the fire risk to houses and facilities.

The flames and smoke brought out the kites, wedge- and fork tail hawks, as well as some chicken hawks and eagles from near the coast, eager to get the spoils.



Mr Titom Tamwoy (Junior) (right) and Mr Fletcher Christian (left) managing the burn off near Bamaga.

Mandingnou Apudthama Apang

New Mapoon

Family Place Project

Since April 08, the community of New Mapoon has been involved in designing their own unique community park and 'all abilities playground'.



The project is part of the 'Queensland All Abilities Playground Project' (QAAPP), funded principally by 'Disability Services' from the Queensland Department of Communities. In Sept. 07, the Department provided \$4.6mill to 16 local councils across the state to develop all abilities play spaces in collaboration with their local communities. New Mapoon is the only indigenous community to be funded under the program. Due to the 'Centre for Appropriate

Technology's' (CAT) experience in participatory design and development, the CAT Cairns regional office was invited to project manage the design and construction of the park. Principal Program Officer, Ms Lisa Hand, leads the Disability Services Project Team. Steering committee member, Ms Leonie Ishmail, praised the project. "Being involved in this project has given me and other members of the community a great opportunity to contribute to our children's future". A

group of around 40 local people, including a couple of classes of school children and a steering committee of local residents, engaged in the decision making process, in small group sessions, involved in model building, flashcards, workbook design, interviews and surveys. More than a playground or a regular community park, the resulting design includes an emphasis on depicting the unique local history and culture in the landscape through the use of mosaic art work. The arts components of the project have become central to the design with the use of traditional children's stories within the landscape as a potentially powerful tool for developmental learning. Furthermore, New Mapoon's unique history, including the community's forced relocation from Mapoon, has led to a desire to depict and represent the past, with a view to healing old wounds and bringing the community closer together. The emphasis on the innovative use of mosaic art in the landscape has not gone unnoticed. The project has successfully attracted an additional \$50,000 from a highly competitive Arts Queensland grant program for public art installations. With the sense of ownership in the design comes a desire to own the construction as well. From the beginning of this project, Mr Neville Reys (NPARC, New Mapoon), strong project advocate and steering committee member, has been insistent about the need for the community to control and maximise involvement in the construction. "This project can build on the work that council and community did ourselves years ago, when we landscaped an adjacent area of parkland," Mr N. Reys said, "we did this ourselves, and it has been a source of pride for our community ever since, so it will be important that this flows on to this project, creating a deeper sense of pride in our community through the involvement of our community in construction, especially younger people". Ms Sonja Peter (Cat's Head Office, Alice Springs) is principal designer of the park. Mr Andre Grant (CAT's Cairns Office) is project manager. Critical to the success of the project has been the relationship and support of highly successful local NGO – Nai Beguta Agama, which runs the Childcare Centre and a range of community based family services. Under instruction from the community and steering committee, a major funding application has been prepared and submitted to local mining trust, to build the park to the specifications of the community. Several other funding venues are also being explored by the local council and CAT. "With widespread support from a range of government and non government agencies and significant funding already secured, we look forward to the opening of this exciting and unique development in New Mapoon," said Mr Grant. The Family Resource Centre at New Mapoon has large size images of the proposed playground.



Mr Neville Reys, NPARC New Mapoon, project advocate and steering committee member.

'Mandingnou' is the original name of the area where New Mapoon is located. It means 'Place of spring'. The Playground site location is between Bond and Langie Streets.

Brain Teaser Cryptogram:
ZKV IAGPPZ (NOOPAM WEN)



'Mad Max' Rocky

Mr Rocky Tamwoy is a man of many talents. He is Workshop Supervisor at the Plant and Maintenance Depot, Bamaga, specialised in small engines.

Mr R. Tamwoy is familiar with circuit principles, A.C., D.C. and amplifier principles, transducers, oscillators and all sorts of electronic jargon, as he is fully accredited, with

"I started with the Ukulele, as a kid of 8 years. I started playing the guitar at 13. My brothers, 'Big' Johnny, Neddy and 'Little' Richard, all used to play guitars then. We played Rolling Stones, Beatles, Jumping Jack Flash and Day tripper, and later, songs from Thin Lizzy, like 'Jailbreak', also the ACDC version of 'Jail Break', or Gary Moore's 'Too tired to run, too tired to walk', another of my favourites."



Trade Certificate in Electronics, from the Southern Sydney Institute, NSW.

He has a keen interest in all things 'electronic', but can just as easily operate a welder.

At Umagico, Mr Tamwoy built a workshop, starting with the framing for the roof on the ground. With the help of friends and a truck with hoist, the structure was raised in one go, onto the posts. Friends welded it securely into place. "I worked day and night to get this done. It fitted first time. I still need to fit some windows," says Mr Tamwoy.



"My uncle bought my first guitar with amp. In 1991, I bought my first Fender Telecaster, at 'Downtown Music' in Sydney." Mr Tamwoy, never one to waste much time rehearsing, performs regularly at Seisia Fishing Club, where he is lead guitarist and vocals. Back in 2007, Seisia Fishing Club hosted the Rock da kCroc music festival, which brought out a lot of local talent. The band went through several name changes, the latest is 'Seisia Sunset Band'.



Why 'Mad Max'? In his younger days, Mr Rocky Tamwoy had a love for fast cars and bikes. Today, fast boats are just as much fun. Mr Tamwoy is a keen fisherman with a fast 6.8m Cyclone 680 vessel. The boat has a 200hp Mercury engine with side console controls and produces enough power to reach Thursday Island in 30 minutes. It is fitted with 6 rod holders, life bait tank and 3 bucket seats. Two seats slide out to reveal extra fish boxes. The floor is flat with enough space to move around. "Sometimes we catch half an Esky full of fish. It's plenty and it goes a long way."



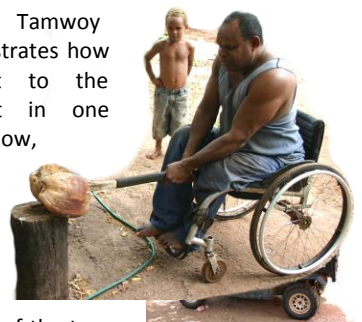
Place with a view from the back porch, at Injinoo. The meaning of Injinoo is 'Small River'. In the background is Wymarra Rock.

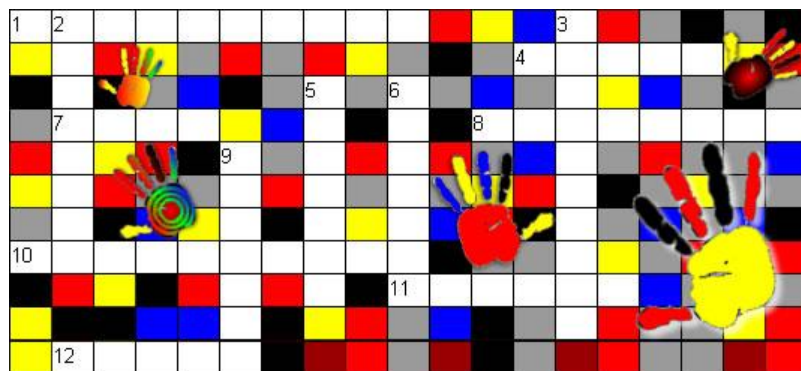


watched by one of his grandsons.

Mr R Tamwoy lives at Injinoo, right at the beach, near Wymarra Rock. In one of the trees lives a regular visitor, a green snake. Power comes from a generator with a 12V to 240V converter, when needed. Mr Tamwoy gets about the local area in this buggy, equipped with 4 spotlights.

Mr Tamwoy demonstrates how to get to the coconut in one clean blow,





The Crossword answers are below, read with a mirror.

Across
1 Mamburua
2 Wedge
3 Telecast
4 Kai
5 Everyone
6 New Mapoon
7 Sunset
8 Agua

Down
1 Affluence
2 Telecast
3 Telecast
4 Kai
5 Everyone
6 New Mapoon
7 Sunset
8 Agua

ACROSS

1. Place of spring, area where New Mapoon is located
4. Tail shape of hawks in local area
7. Fish, dish prepared with fish, coconut and curry
8. Who must fill out a Risk Identification Plan?
10. Where is a Family Place Project planned?
11. Name of NPA Band, Seisia Band
12. Non-governmental organisation, Nai Beguta A

DOWN

2. Only you can change it, a degree of like or dislike
3. Rocky Tamwoy's first Fender guitar
5. Dish made with pumpkin, taro and sweet potatoes
6. Parks and , a division of Engineering Services
9. Small islet near Injinoo, Rock

Les Paul dies

Inventor and giant legend in the music world, Mr Les Paul, died in White Plains Hospital, New York state, aged 94. Guitar company 'Gibson' called Les Paul 'one of the foremost influences on 20th century sound'. Les Paul pioneered the shift from acoustic to solid body electric guitar. As accomplished guitarist, he played alongside the likes of Nat King Cole and Luis Armstrong, but was also in his own right a sought after musician. The 'Les Paul', a solid model guitar body with the distinct single cut-out, released in 1952, is still one of the most popular designs ever produced. Mr Les Paul is inventor of multitrack recording. One of his last releases was double-Grammy winning album 'Les Paul and Friends: American Made World Played' with guitar greats Keith Richards and Eric Clapton. The once child guitar prodigy and school drop-out (at age 17), has changed the world of sound.

Reach your full potential

Ms Simone Sousa receiving a Head and Shoulders Stress Buster massage, from Massage Therapist, Mrs Lynda Symons, at Seisia Sunset Market.

"The point of a massage is to relax the muscles and bring the body back into alignment," says Mrs Symons. There are different sorts of massages, Swedish relaxation, Trigger points massage, Chinese massage with suction cupping and moxibustion, leaves wrapped up in paper, similar to a huge cigar. It puts heat into the body and relaxes the muscles. There is also Remedial Massage with stretches, to make the muscles active, all to put the body back into balance."

Mrs Lynda Symons is a regular participant at the Seisia Sunset Market, but also does private massages, at the house, and massages to treat work or sports injuries as well. "Everybody can benefit from having a massage," says Mrs Symons.

Mrs Lynda Symons can be reached on tel. 4083 0245 or mobile 0427 748 383, or at the Seisia Sunset Market.



"In the long term, the more massages you have, the more benefit you will get. I had many injuries and went to get twice a week massages, as well as treatments from my chiropractor over a period of a few years."



"A massage is also recommended for people that are overweight, as it is like a physical work-out, equal to going to a gym. A 1 hour massage moves all the lymphatic fluid in the body enabling the body to cleanse itself of toxins. In the local community it is seen as a sign of respect to not make eye contact, like the Fijians, to keep the head low, lower than the person they are respecting, but as they do that, they actually put a lot of strain on their muscles in the neck and shoulders. This in turn hardens the muscles, makes the shoulders hard as rocks. It is often the cause of massive headaches that can be released with the right massage treatment. The longer I live up here, the more I see it. Respect is great but not the physical response in the body. It is the cause of terrible headaches and neck problems. The high number of diabetes in the community can all benefit greatly from Swedish relaxation or lymphatic drainage massage. It is a type of massage that is very, very gentle. It just works on moving the lymph fluids through the body, a very essential form of massage that can help people with circulation issues."

Do you need a Driver's License?



Come to Bamaga Courthouse on 1st, 2nd or 3rd of September, between 8:30am – 4pm. The Indigenous Driver Licensing Unit (tel. 1800 130 886) can help you get a learner permit or issue car, bus, truck, motorbike licence, or an 18+ card. Bring as much identification material as you have: Birth Certificate, 18+Card, Key Card, Medicare or Health/Pension Card, original Bank

Statement and such. The Unit can help you with: Written test, practical driving test, Licence renewal, Licence replacement and 18+ Identification Card. Ring 1800 130 886 or see Police Station for more detail.

Correction: Issue 2 of the emailed NPARC Newsletter stated, that the song 'If it's not on, it's not on' was composed by Mr Aaron Tamwoy. This is incorrect. Both, music and lyrics were composed by Mr Tommy Rueben, Mr Vincent Babia and Mr Rim Chris. NPARC Newsletter apologises for any inconvenience this may have caused.